

[704.637.6838](tel:704.637.6838)

[Rowan County, NC](#)

[On the Web](#)

February



Happy February - "Through love serve one another" Galatians 5:13 ESV We are grateful for our many partners who put God's Love Into Action through our ministries.

*Celebrating Success*



## Only One Amy

**Amy is an artist, fashion designer, domestic violence survivor and Crisis Assistance client of Rowan Helping Ministries. Amy's experience of being homeless influenced her fashion design. We have journeyed with her to find her pathway home.**

Amy first connected with Rowan Helping Ministries 17 years ago. She escaped an abusive relationship and sought shelter at a Battered Women's Shelter. On her journey to recover from the abuse, she was referred to Rowan Helping Ministries for assistance and we did just that. With help from our Crisis Assistance Team, Amy found an apartment and received clothing, food, and utility assistance. Unfortunately, after all that she accomplished, Amy had a set back. "It started with the domestic violence, 2 years after getting my apartment he found me and I lost everything. I moved in with another abuser for 10 years. It got very bad." Just when she thought things were getting better, Amy ended up being homeless with her dog.

Amy spent several years moving from state to state while dealing with physical and mental scars resulting from the abuse she suffered. It was at her lowest point that she tapped into her God given talent of sewing to not only help her to cope mentally, but to stay warm during the winter. "It really started when I was out on the street with my service dog. Because it was cold, and we were in the snow, I used flannel shirts and blankets to make clothes so we would be warm." Amy used items she found in the trash, donated blankets, and used clothing as material for her designs. She explained that not only did her custom pieces keep her warm, it was also a way to protect her property from being stolen. "You have to carry everything around and if you are not careful, your things will get snatched- so it literally has to be on your body. Amy is a self-taught seamstress who pulls inspiration from scrap material to make dresses, hats, sweaters and so much more. "I look at the material and I wing it. Basically, it's the fabric that says to me I am a shirt, I am a hat."

While living on the streets, Amy decided to reconnect with her mother. After years of not seeing each

other, she opened the doors to her small cabin and welcomed Amy and her dog Grace into her home. She is still by Amy's side today as her support system. "When Amy first got here (Salisbury) Rowan Helping Ministries was the first place, she said she wanted to come to for help. Since we've been coming here her whole behavior and attitude has changed," says Amy's mom. Amy remembered the help she received from us years ago and decided to reach out again for help. She connected with Cathy Wood-Romero, Crisis & Housing Manager, who enrolled her in our Back at Home program. Amy has also been connected to mental health resources and officially diagnosed by a doctor for Complex PTSD. She is currently in therapy and we financial assistance for medication to help her cope with her trauma. Amy truly appreciates Rowan Helping Ministries for helping her get back on her feet "It made me feel like I wasn't invalid, I had someone that was willing to help me get on my feet," she explained. She has also built a close relationship with Cathy Wood-Romero. "I love my Cathy! She takes care of my mental problems. I trust her, and I don't trust people at all."

Currently, Amy is dedicated to her passion of design and is looking for ways to use her work to help those in need. "I want to be whole again because I want to help people. I want to help the homeless and those who experience domestic violence." Because of her mental diagnoses, she is unable to work but is trying to get disability benefits. Cathy referred Amy to our community partner who is assisting her with her disability claim. Amy's goal is to be financially independent. She is working to monetize her passion and turn her design business "Only One Amy" into a brand. "I want to be able to show people they can look nice even if it comes out of the trash. You don't have to go out and buy new stuff, actually blankets are even better fabric and cheaper. Everyone has blankets."

With the help of our crisis assistance team, we are dedicated to connecting Amy to resources to obtain income, to maintain stable housing, as well as further her passion. She currently donates her custom designs to our clothing center and shares her story to inspire those who are in need. She believes sewing is a great form of therapy "When a lady is sitting down with her kids at night in the shelter with nothing to do but think about stuff, sew you something."

To check out Amy's custom designs please visit her Facebook page, click [HERE](#)

## *Volunteer Highlights*

**This month we would like to highlight our **student volunteer groups**. Every month we have student groups of all ages that take time from their studies to volunteer with us. We appreciate you all and enjoy having you here with us on a consistent basis.**

### **Catawba College Nursing Association**

The Catawba College nursing program requires each senior to complete 90 clinical service hours for graduation. This Community Health Class decided to incorporate Rowan Helping Ministries into their class schedule.

These future nurses volunteer with us monthly in Jeannie's Kitchen and the Food Pantry. Thank you to Sarah K. Sweatt, MSN, RN, Assistant Professor of Nursing, for coordinating this volunteer experience for the students. Having your group here with us each month helps out the staff tremendously!



## Sacred Heart Middle School

Building well rounded teenagers one packing party at a time! It is always a breath of fresh air to see these young middle school students working hard to serve their community. The students at Sacred Heart Middle School are here every month with a burst of energy and big smiles ready to pack hundreds of Food For Thought Food Bags for Rowan County students in need.



## North Hills Christian School

What better way to teach a 8-year-old about working hard!! Check out these 3rd grade students from North Hills Christian School packing Food For Thought bags for their neighbors in need!



Are you interested in volunteering? Visit our website for a list of our volunteer opportunities, and to sign up and serve. For questions, contact Volunteer Manager Monica Seamon at 704-637-6838 ext. 112 or [visit our website](#).

## Donation Highlights



### Memorial Baptist Church In Kannapolis

Thank you to the members and leadership at Memorial Baptist Church in Kannapolis for donating 100 coats! Because of your generosity, we provided warm coats to homeless individuals in our emergency warming station.



### First United Church of Christ

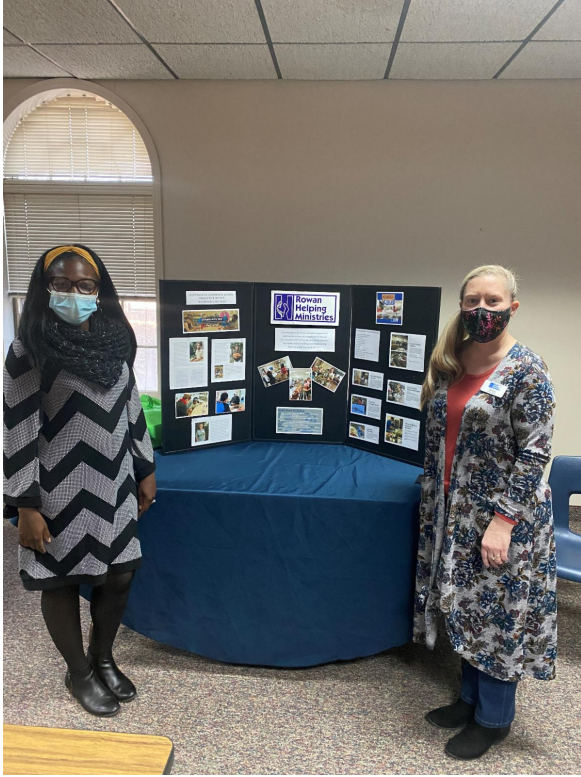
First United Church of Christ has supported us for 28 years! Last month they stopped by to donate clothing, food, and a financial gift. We appreciate your support throughout the years. Your partnership has allowed us to feed, clothe and be a financial support for those in need. Thank you!

## In Other News..

### Engaging the Community!

Community Relations Director, Raeshawn Palmer, and Volunteer Manager, Monica Seamon, attended a high school internship resource fair hosted by the Rowan Salisbury Schools Career and Technical Education Department. It was a great networking opportunity and chance to recruit for volunteers.

Is your organization hosting an event, meeting or resource fair? We would love to come out to share the good news about Rowan Helping Ministries! Please contact Raeshawn Palmer at 704-637-6838 ext.123 or email [rpalmer@rowanhelpingministries.org](mailto:rpalmer@rowanhelpingministries.org).



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SPECIALIST**

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ATTENDANT**

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MANAGER**

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In search of a last minute Valentine's Day gift? What better way to show the person you love appreciation, than to sponsor a meal in their name. You can sponsor breakfast, lunch, or dinner in Jeannie's Kitchen to have your loved one's name published on our website, and you will receive a copy of the 2022 Hope Calendar!

Visit our website [TODAY](#) to get your copy of our 2022 HOPE calendar!

## *Community Partners*



## Winter Weather Heroes Come Together to Launch Emergency Warming Station

For the past few weeks we have experienced back to back snow and freezing temperatures. Rowan County's Emergency Management Services contacted Rowan Helping Ministries to open our doors for homeless individuals living on the streets. With only a few hours to pull it off, we put out a call to our partners and everyone came running to assist! With the help of board member Daniel Lancaster, volunteers, staff, S&H Youth and Adult Services, DSS, EMS and the Health Department, we got it done.

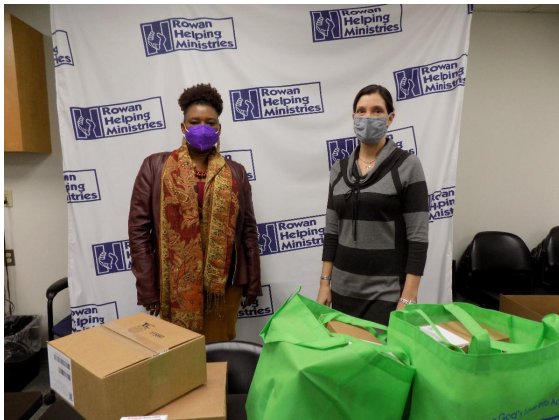

We opened our doors for several cold days and provided the homeless with warm shelter, food, blankets, coats, and so much

more.

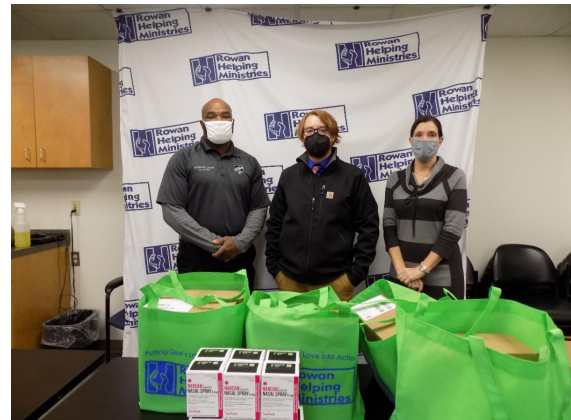
A special shout out to our dedicated board member Daniel Lancaster for putting down salt, shoveling our walkways, transporting our staff, and helping to find volunteers.

Thank you to all volunteers who left the comfort of their warm homes to help us! Without you all we could not pull this off! Our warming station will be open again to the public on days where the temperature drops in the teens!

# REVERSE OPIOID OVERDOSE WITH NALOXONE



Pictured: LaTanya Hardy, Executive Director, S&H Youth and Adult Services, Inc. and Kyna Grubb, Executive Director, Rowan Helping Ministries



Pictured: Dennis Rivers, Victims/Homeless Liaison, Salisbury Police Department; Zack Shepherd, Care Coordination Manager Vaya Health; and Kyna Grubb, Executive Director, Rowan Helping Ministries

## Vaya Health Donates 26 Cases of Naloxone To Rowan Helping Ministries

Naloxone is a life-saving medication that can reverse an overdose from opioids, including heroin, fentanyl, and prescription opioid medications. Vaya Health donated 26 cases of naloxone and we shared several cases with our community partners at the Salisbury Police Department, S & H Youth and Adult Services, Rowan County Health Department, and the Rowan County Sheriff's Office. Thank you Vaya Health for equipping us with the life-saving tools to reduce overdose deaths in Rowan County.





Pictured: Meredith Littell, Nursing Director  
Rowan County Health Department and Kyna  
D Grubb, Executive Director

With the Omicron variant rapidly spreading across the state, we continue to play our part to keep our shelter guests, staff, and volunteers safe. Thank you to our partners at the Rowan County Health Department for donating 600 COVID-19 Rapid Antigen Tests! Providing access to testing is a priority for us to serve the most vulnerable. Thank you for contributing to our mission

## Upcoming Events/Event Recap



### Winter Flight 8K/5K

On Sunday, January 30, the 39th Annual New Sarum Brewing Winter Flight 8k/5k and Fun Run was a great success. Rowan County runners came together at Catawba College for the largest 8K in the state. More than 400 runners participated in the event. Jonathan Martin of China Grove won this year's event with a time of 24:35 for the 8K run. All proceeds will support Rowan Helping Ministries programs. Thank you to the Salisbury Rowan Runners, event sponsors, and volunteers for putting on a great event.



## Take the Souper Bowl of Caring



## Challenge for Super Bowl LVI

What if everyone watching the game on super bowl Sunday donated just \$5 to a local food charity? It would be a game changer!

We invite you to join Rowan Helping Ministries and take the

#Tacklehungerchallenge for our Rowan County neighbors in need through Souper Bowl of Caring.

Share your caring spirit by setting up a "soup bowl" to collect financial donations on Super Bowl Sunday, February 13, 2022. Every donation will support our food programs to feed those in need in Rowan County.

To accept the #tacklehungerchallenge please call Raeshawn Palmer, Director of Community Relations, at 704-637-6838 ext. 123.

### February Needs List



Remember, items can be purchased and shipped directly to Rowan Helping Ministries at 226 N. Long Street, Salisbury, NC 28144. Donations can also be dropped off Monday-Friday from 8:00 a.m. to 3:30 p.m. at our receiving dock facing Liberty Street at 226 N. Long Street in Salisbury. Clothing donations are accepted on Wednesdays only.

#### **Equipment & Specialty Items**

Small equipment for Jeannie's Kitchen and other specialty items are found on our [Amazon Wish List](#). [Check it out](#)

*Don't forget to use Amazon Smile!*

#### **Jeannie's Kitchen**

Fresh Onions  
Fresh Lettuce  
2% Milk  
3-Quart Large Cans of Vegetables & Fruit (no tomato products please)  
Frozen Vegetables (broccoli, cauliflower, mixed vegetables)

#### **Crisis Assistance Food Pantry**

Can Fruit  
Canned Vegetables  
Canned Soup  
Lower Sodium Options of canned goods

#### **Shelter Services**

Shampoo (travel size)  
Lotion (travel Size)  
Body wash (travel size)  
Washcloths  
Towels  
Twin Size Sheets  
Blankets  
Pillows  
Facial Tissue

#### **Housing Services**

Laundry Detergent

## ROWAN HELPING MINISTRIES

Our mission is to serve, through cooperative community action, our neighbors in Rowan County who are in crisis, by providing essential life needs and educating and empowering them to break the cycle of crisis.

[Donate Now](#)

