



Happy New Year - May God grant you with blessings in 2022!



2021 By the Numbers: Look at all that's been accomplished last year!



26,288
Overnight
Stays
in the shelter



57,133
Meals
Served in
Jeannie's
Kitchen



4,585
Individuals
served in our
food pantry



27,849
hours of
volunteer
service



932
Households
received assistance
to bridge a financial
crisis

Celebrating Success



Marine and Army Veteran came to Rowan Helping Ministries while in search of a home and left with a life-changing skill.

Rowan County citizens face a wide range of personal obstacles that may cause them to become homeless. As an organization, we meet the community we serve where they are and provide them with resources to find their pathways home. While holding the weight of her personal obstacles on her back, Veteran, Teresa Merriman, used the resources provided by Rowan Helping Ministries to successfully meet her financial and housing goals.

Teresa served in the Army and the Marines. Like many veterans that are referred to us by the VA, Teresa was dealing with trauma from her military experience. "I couldn't figure out what was wrong with me. I thought I don't do drugs, I don't drink, what is wrong with me?", she said. Teresa was officially diagnosed with PTSD and immediately took advantage of prescription medication and therapy to help her cope. "Unfortunately, I was raped in the army while in Thailand, I seek therapy now, I go every week to deal with it."

Teresa was stable and happy living on her own when a dispute with her landlord ended in eviction. "I have never been homeless before, I had to put all of my stuff in storage and face the facts," she said. Teresa was happy to receive a referral to Rowan Helping Ministries and even happier when she arrived. We are a congregate shelter and to accommodate our Veteran guests we create private sleeping areas for them within the dorm. When Teresa was assigned her bed, she cried with tears of joy. "I was amazed! I felt important, I felt honored, I felt privileged. It was a turnaround for me," she recalled.

While at Rowan Helping Ministries, Teresa participated in our New Tomorrow's program. She attended weekly life skills classes and took full advantage of the financial counseling offered by our community partner, Operation Hope. She worked one on one with her

financial coach Ms. Kenney. "I just paid off a \$3,000 debt and working on another \$7,000 one." Before coming to Rowan Helping Ministries, Teresa stated her finances were all over the place. She was able to learn a new skill of budgeting and creating a savings goal to help her move out on her own. "I save my money; it is amazing how much money you can save when you are not spending."

With discipline and the support of staff and community partners, Teresa met the goals outlined in her case plan and successfully moved out on her own. "I was so confident to move. I went from sleeping in my truck to a two-bedroom, two-bathroom apartment," Teresa stated with excitement. She expressed that she continues to use the budgeting tools she learned while at Rowan Helping Ministries. "I am working on paying down another loan and saving to move close to the beach. When I pay it off, I will continue to save the money as if I am still paying the bill."

Because of our shelter services model, Teresa not only found and maintained housing, she learned a skill that will help her for life. She states that she learned so much while attending the classes and encourages all guests to participate. "There are so many resources and information there (Rowan Helping Ministries) for you. There is so much there to be offered if you just listen. I listened, and look what it did for me."

Volunteer Highlights

We are grateful for our volunteers, young and young at heart, who make sure our community needs are met.



On Wednesday, December 15, the staff at Miller Davis Agency took a break from work to serve the families of Rowan County in our food pantry. During their 3 hour shift, they assisted the pantry staff with packing grocery bags, organizing, and re-stocking the shelves. Thank you to our partners at Miller Davis for taking the time to give back, especially during the busy holiday season.

Pictured: Natalie Hedrick, Digital Marketing Specialist; Kimberly Ramirez, Videographer; and Megan Hedrick, Digital Marketing Specialist.

Thank you to the students at Corriher-Lipe Middle School. They worked efficiently to pack almost 500 Food For Thought grocery bags. Due to the holiday school break, we provided students with double bags to ensure



they had extra food during the holiday. We truly appreciate your help with this!



Thank you to the the staff at Innospec Performance Chemicals. They volunteered with us for the very first time on December 15. They were a joy to have and so excited to learn about the packing process for our Family Food Bags. They packed 6 pallets in less than an hour, 120 boxes, enough to feed 60 families/clients. Many Hands make light work. Thank you!

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](#).

[Sign up to Volunteer](#)

Donation Highlights



THANK YOU!

During the holiday season, Rowan County churches, schools, businesses, and community organizations showed up and showed out for Rowan Helping Ministries. We are so blessed and grateful. There were a number of food and coat drives hosted on our behalf. We can't thank you enough for the endless support. We are the primary support for many families and with your help we were able to support them even more during the holidays.

Special Thanks to Imperial Supplies, Livingstone College, Daymark Recovery Services, Jack & GiGi LLC, The City of Salisbury, Trinity Oaks Retirement Community, Bostian Elementary School, Concordia Lutheran Church, and so many more that are not pictured.

In Other News..

**Miracles on
the Horizons
Capital Project**



We are excited to announce our Miracles on the Horizons Capital Project. This project will expand transitional and permanent supportive housing with space for wrap-around services. The project will also expand direct mental health and substance use treatment services to the chronically homeless through partnerships with Cabarrus Rowan Community Health Centers and S&H Youth and Adult Services.

**We're
Hiring**

**CRISIS SUPPORT
SPECIALIST**

**PART TIME SHELTER
ATTENDANT**

We are hiring! We have a Crisis Support Specialist and Part-Time Shelter Attendant positions available! Please visit our website to read the full job description. If you or someone you may know is interested, please apply on our website.

[Apply Now](#)

Community Partners

**Rowan County
Democratic Party Host
Christmas Party for
Shelter Guests**

On December 15, the Rowan County



Democratic Party brought the spirit of Christmas to the guests in the Robertson-Stanback center. Santa came early bearing gifts for all to enjoy. Guests enjoyed refreshments, music, and had the opportunity to pick from an abundance of donated gifts. We thank you all at the Rowan County Democratic Party for thinking of the guests during the holidays!



Rowan Helping Ministries Host Leadership Rowan Group

Wednesday, December 15, the 2021-2022 Leadership Rowan class ended the year with a service day hosted by Rowan County non-profits. The group started their visit with us with a welcome address by Executive Director, Kyna Grubb, followed by lunch, and ended with a volunteer project packing Food for Thought grocery bags.

Leadership Rowan is a leadership development program created by the Rowan County Chamber of Commerce. The program was created to help professionals enhance their leadership skills and knowledge of the community. Thank you Leadership Rowan for choosing Rowan Helping Ministries for your service day.

Event Recap

Texas Roadhouse Fundraiser

Saturday, December 4, and Sunday, December 5, Texas Roadhouse in Salisbury hosted their friends & family day events. This "invite only" event was a soft opening for the restaurant, and an opportunity to showcase their menu as well as train staff for their grand opening. **\$5,651** was raised to support our Miracles on the Horizons Capital Project, to expand transitional and permanent supportive housing. Thank you Texas Roadhouse for supporting us. We look forward to our

continued partnership.



Salisbury Swing Band Christmas Concert



Saturday, December 4, the Salisbury Swing Band hosted their annual benefit Christmas Concert. **\$510** and 162 pounds of food was raised to support Rowan Helping Ministries. Thank you to the Salisbury Swing Band. We appreciate your continued support.

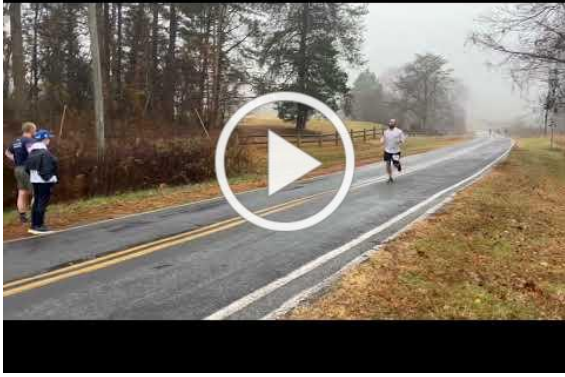


Holiday House

Friday, December 10, Board Member Matt Marsh hosted the annual Holiday House Fundraiser at his home. The event kicked off the holiday season with fellowship, food, and fun. Thank you to the Resource Development Committee for planning a successful fundraiser. The event raised **\$4,530** to support Rowan Helping Ministries programs! We are so blessed and thankful. We appreciate everyone that donated.

2021 Santa 5K Run

Saturday, December 11, The Salisbury Rowan Runners hosted their annual Santa 5K Run presented by Global Contract Services. Participants came together to run for a great cause. **\$2,968** was raised to support Rowan Helping Ministries programs. We are grateful for our amazing community partners.



January 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.

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, Beans & Fruit (no tomato products please)
Frozen Vegetables (broccoli, cauliflower, mixed vegetables)

Crisis Assistance Food Pantry

Can Fruit
Canned Vegetables
Soup
Lower Sodium Options of canned goods

Shelter Services

Shampoo (travel size)
Lotion (Travel Size)
Body wash (travel size)
Washcloths
Pillowcases
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](#)

