



All things seem possible in May! Flowers are brighter and the days are warmer just like our hearts, filled with gratitude and love. This time of year we are excited about the transformations of not only the weather but in the lives of those we serve.

Celebrating Success



United States Army Veteran & Former Shelter Guest, Thomas Nunn

Homeless Vet went from living in a 9x13 shack to his very own apartment

Thomas Nunn served in the United States Army for several years, he fought in the Vietnam War and was also stationed in Fort Bragg, North Carolina.

After his service, all he had to show for it was a 9x13 storage shack he lived in, on property he inherited from his parents. Nunn was stable, working, and housed until he decided to sell his inherited property. The new owners wanted Nunn out of his storage shack and off their property right away. They had him removed by the police and things went downhill from there.

Nunn was now homeless and living in and out of motels. He coped by drinking alcohol excessively. "I was homeless and drinking, but I wanted to detox," Nunn explained. During this time, Nunn stayed connected with the Salisbury VA and was referred to a temporary rehab shelter. Upon the completion of the 90-day rehab program, the VA sent representatives to transport him from Wilkesboro, NC to Salisbury. When Nunn arrived in Salisbury, he stopped at the ABC store for his last drink before he checked into the hospital.

Nunn was placed in the psych ward at the VA hospital and while he was there

a bed opened at Rowan Helping Ministries. Nunn worked with his VA shelter case manager to work on his personal goals. He maintained his sobriety and started his search for a home. "I quit smoking and drinking when I moved here (Rowan Helping Ministries), I worked with Solomon, he's been good to me."

During his time in our shelter, Nunn kept busy by attending New Tomorrow's classes, "I liked the art class and enjoyed the VA class." Nunn stated. In just a few short months, Nunn found an apartment and, with the help of the VA and our Crisis Assistance Network he was financially set to move in and move forward with his life. "I love my apartment; I can walk to the VA," states Nunn.

This is a major victory for Nunn. He went from living in several cheap motels to a 9x13 storage shack and is now in his very own apartment.

Mr. Thomas Nunn is just one of many Veterans we serve through our Veterans GPD program. We respect and honor all Veterans and do all we can to ensure they have the resources needed to be successful.



CELEBRATE MOM

with a gift that gives back!

*Sponsor a breakfast,
lunch, or dinner in
Jeannie's Kitchen*



Mother's Day is Sunday, May 8th Have you decided how you will celebrate mom? Sponsor a meal in Jeannie's Kitchen in her honor or memory.

[Click Here To Purchase Your Gift](#)

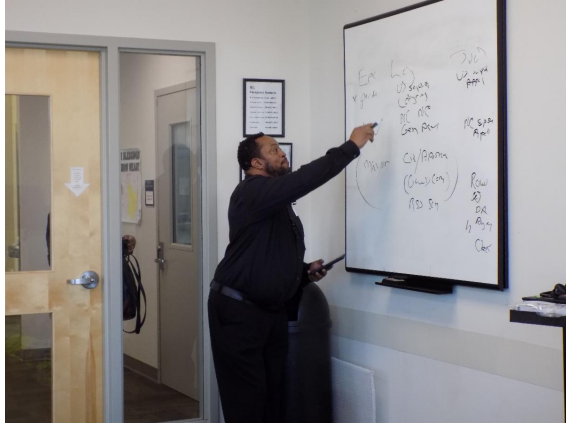
Volunteer Highlights



Bi-Partisan "How Voting Effects You" New Tomorrow's Class

Every week the guests in our shelter attend New Tomorrow's Classes. Volunteers lead these classes and provide practical life, work, and financial management skills. On, April 11, Shawn Rush, Mayor Pro-Tem at Town of East Spencer, and Alisha Byrd-Clark, Seat 5 Representative of the Salisbury-Rowan Board of Education and Candidate for Rowan County Commissioner, hosted a class on " How Voting Effects You."

Shawn educated the guests on the three branches of government and shared the value of voting in local elections. Alisha educated the guests on how to register to vote and assisted with registration applications. Thank you, Shawn and Alisha, for volunteering with our New Tomorrow's program.



Salisbury Academy 2nd Graders

On, April 19, Salisbury Academy 2nd graders packed 350 Food For Thought bags for Rowan County Schools students. Salisbury Academy volunteers with us each month, rotating students from all grade levels. Thank you so much to the 2nd graders for taking the time to serve those in need.



First Baptist Church of Salisbury Young Adults Sunday School Class

Thank you to the youth members of First Baptist Church of Salisbury for taking the time to prepare and serve a meal in Jeannie's Kitchen. Dedicating your free time to community service is

so heart warming to see.



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



Unity Presbyterian Church

James Moore, a member of Unity Presbyterian Church, volunteered in the Food Pantry on April 18. During his volunteer shift, James noticed the pantry was low in stock on several food items. He immediately sprung into action and asked his church community to donate. In response to the need, Unity Presbyterian Church donated over 200 pounds of food! Thank you so much for your commitment to serving our neighbors in need. Your dedication to the community is greatly appreciated.

Michael & Allison Barr

Micheal Barr traveled to Salisbury from Florida to clean out the home of his deceased relative. During the cleaning, he sorted through tons of clothes, some brand new. He reached out to a neighbor and they referred



him to us! Thank you, Mr. & Mrs. Barr, for choosing us for your donation of 18 boxes of clothes and shoes.

Community Partners



Wednesday, April 27, from 10 a.m. - 2 p.m., Wellcare of North Carolina hosted a Wellness Fair in the parking lot of the Robertson-Stanback Center. Shelter guests and members of the community enjoyed access to a FREE COVID-19 vaccine, snacks, community resources, giveaways, and more. Representatives from Healthy Blue, AmeriHealth Caritas' North Carolina, Carolina Complete Health, and United Healthcare were present to share information on medical plans. Thank you to our community partners for providing resources to our guests and clients to assist them on their journey to find their pathway home.



To celebrate National Volunteer Month the staff at Novant Health came together to prepare blessing bags for our guests and clients. Thank you all so much for taking the time to help our Rowan County neighbors in need.

In Other News..



Jeannie's Kitchen Pre-COVID

We are excited to announce as of **Monday, May 02, 2022**, Jeannie's Kitchen is fully open, and guests are now able to receive breakfast, lunch, and dinner through our serving line. We are happy to be back to serving our guests face to face, and we can only do this with the help of you, our volunteers. Face coverings are still required in the Robertson-Stanback Center.

Upcoming Events/Event Recap

MARK FISHER MEMORIAL CAR SHOW

MAY 7, 2022 - 9AM-3PM - WEST END PLAZA-SALISBURY NC
RAIN DATE: 5-28-22



100% of proceeds will benefit Rowan Helping Ministries !

The Mark Fisher Memorial Car Show was created to honor a friend of the community and a big car enthusiast, Mark Fisher, who recently lost his life to COVID. We are happy to announce Rowan Helping Ministries was chosen to be the benefit partner of the car show. To learn more about the car show and how you can support [click here](#).

COMMUNITY CONNECTIONS RESOURCE FAIR



SAT, MAY 14, 2022
10A.M. - 2P.M.



The Homeless Task Force will be hosting a Community Connections Resource Fair to provide resources for the homeless and those at risk of homelessness.

Saturday, May 14, 2022
Park Ave. Community Center
10 a.m. - 2 p.m.
632 Park Ave
Salisbury, NC 28144

NOVANT
HEALTH



ROWAN COUNTY
PUBLIC HEALTH
Prevent. Promote. Protect.
Be an original.

Vendor registration is open until April 29, 2022.

For more details

please contact Cathy Wood- Romero, Crisis and Housing Manager at
704-637-6838 Ext. 107

email: cwood@rowanhelpingministries.org

Letter Carriers' Food Drive

Saturday, May 14th is the National **#StampOutHunger** Letter Carriers' Food Drive. It is simple for everyone to participate. On May 14 place your non-perishable food donations next to your mailbox and our local letter carrier will pick up your donation and deliver them to the local post office. Donations made in Salisbury will be donated to Rowan Helping Ministries & The Salvation Army!

Would you like to volunteer for this event?
Contact Volunteer Manager Monica Seamon to
get signed up at 704-637-6838 ext. 112.

THIS SPELLS
HELP FOR LOTS OF
FAMILIES THIS
YEAR!



LETTER CARRIERS' FOOD DRIVE

**FOOD LION
FEEDS**
presents...

PASS *the* PLATE

**Saturday
May 21, 2022**

Tickets \$65



Pass The Plate 2022

May 21, 2022, at 6 p.m. at The Country Club of Salisbury

Rowan Helping Ministries' largest fundraiser of the year, Pass the Plate, generates over \$140,000 in unrestricted funding to assist our most vulnerable neighbors in need. With generous support from our community, we can support them during their darkest times by providing food, clothing, financial assistance, and more as they work to break the cycle of crisis. Over 90% of the funds raised will go directly toward our clients and guests. Visit our website to purchase tickets and learn more about sponsorship opportunities. [**Learn More**](#)



Cheerwine Festival 2022

We are excited to announce that Rowan Helping Ministries was chosen to be the benefit partner of the Cheerwine Festival on May 21, 2022.

We are looking for volunteers to join us at the event. The festival hours are noon to 10 p.m. Volunteer shifts could begin as early as 8 a.m. for set up. Duties will include vendor load-in assistance, managing parking lots, serving in the information booths, and serving as a Cheerwine Festival street ambassador. Volunteers are asked to be available for at least one, three-hour period.

Please contact Volunteer Manager Monica Seamon to sign up to volunteer at the event. 704-637-6838 ext. 112 or email at mseamon@rowanhelpingministries.org

May Needs List

Our May WISH LIST



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

Pasta Sauce/Tomato Sauce • Jelly
Canned Fruit • Canned Vegetables
Canned Soup • Lower Sodium Options
of canned goods • Breakfast: Cereal & Grits

SHELTER SERVICES

Pillows • Blankets
Shower shoes • Razors

HOUSING SERVICES

All-purpose cleaner • Sponges
Dish towels/dish rags

HOMELESS STREET OUTREACH

Beef Jerky • Protein Bars Snack • Crackers

Equipment & Specialty Items

Small equipment for Jeannie's Kitchen and other specialty items are found
on our Amazon Wish List [CHECK IT OUT!](#)

Donations can be dropped off Monday-Friday from 9:00 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.

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

