



# STRUGGLE, SERVICE, AND HOPE: TERESA’S STORY

As the eldest of four sisters, Teresa has always carried a sense of responsibility that would shape her entire life. At seventeen, she joined the military, spending eight years serving our country. Those years taught her discipline, resilience, and the value of service—lessons that would prove invaluable in the years ahead.

After her military service, Teresa’s heart drew her to Charlotte to be closer to family. But life took a difficult turn. When her father passed away, the grief was

overwhelming, and Teresa found herself facing challenges that felt impossible to overcome. During this time, she came to Rowan Helping Ministries’ shelter.

She approached her time as a guest in our shelter as a new beginning. She threw herself into accessing every resource available, setting goals, and working toward housing and employment. Guided always by her faith, she used this time to rebuild her life and prepare for the opportunities that lay ahead.

Today, Teresa’s transformation is remarkable, but what makes her story so powerful is how she has chosen to use her journey to lift others. She has earned her social work degree from Livingstone College and is preparing to pursue her Master of Social Work—a path that speaks to her heart’s desire to walk alongside others who face struggles similar to her own.

Teresa now volunteers with us regularly and serves as an inspiring speaker to participants in our New Tomorrows program. She understands firsthand the challenges our guests face because she has walked that same path. Her voice carries authenticity and hope that can only come from lived experience.

This spring, her impact was recognized through our Volunteer of the Year award and the Governor’s Volunteer Service Award. Teresa recently purchased her first home, where she lives peacefully with her two beloved dogs, Wednesday and Barney Rubble. Most meaningful to Teresa is her prayer closet, a sacred space that reminds her daily of the spiritual foundation that carried her through every storm.

Teresa’s path from someone seeking help to someone providing it shows what becomes possible when people have the support of a caring community like ours.

Teresa puts it simply: "In this age, people need someone to help lift them up." She has become that person for many in our community. Her journey with us continues, and every day she uses her experience to bring hope to others who are working to rebuild their own lives.

# FIGHTING HUNGER AND CREATING BRIGHTER FUTURES

For nearly forty years, Rowan Helping Ministries’ food pantries have been a lifeline for our neighbors facing hunger. What started as a grassroots community effort to provide food has grown into one of the largest sources of support for families and individuals across Rowan County. Through the years, our pantries have adapted and grown, always guided by the simple belief that no one in our community should have to go hungry.

This year, that need reached its highest point in our history. More households than ever are relying on our pantries, and we’ve taken steps to meet them where they are. A new cargo van helps us collect and deliver donated food more efficiently. A new storage building, additional shelving and worktables, extra commercial refrigerators, and a converted freezer give us the space we need to store more fresh and nutritious foods.



We’re also transitioning all three of our pantries to a self-shop model, letting visitors choose the foods that work best for their families. This small change makes a big difference, giving people dignity and choice while still providing the support they need.

From its earliest days to this season of growth, our food pantry program has been a place of care and hope. Thanks to the support of our community, we can continue making sure that everyone in Rowan County has access to meals that nourish both body and spirit.



**Rowan Helping Ministries**  
Putting God’s Love In Action  
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## OUR MISSION

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.

# IMPACT REPORT

FOR THE FISCAL YEAR JULY 01, 2024 - JUNE 30, 2025



**NOURISHED OUR COMMUNITY**  
Jeannie’s Kitchen served **87,515** hot meals so that no one had to face hunger alone.



**SHARED ABUNDANCE**  
Our three food pantries placed **999,528** pounds of food into the hands of **4,749** households.



**OFFERED REFUGE**  
**777** men, women, and children found safety, shelter, and compassionate care in our shelter.



**FED YOUNG MINDS**  
We delivered **32,389** weekend food bags to students, ensuring no child went hungry.



**PROMOTED HEALTH AND HEALING**  
**339** unsheltered neighbors took **2,607** showers, **143** accessed primary care, **161** received mental health support, and **106** joined healing group counseling sessions.



**KEPT FAMILIES HOUSED**  
We helped **1,060** households avoid eviction with **\$585,838** in financial assistance, while **161** guests transitioned from our shelter into permanent homes.



**BUILT BRIGHTER FUTURES**  
**543** guests strengthened their skills in classes on resume writing, financial management, and life planning.



**CELEBRATED VOLUNTEERS**  
**2,741** volunteers gave **38,788** hours of time and talent—service worth **\$1,227,252**—to lift up our neighbors in need.





Dear Friends,

This letter is one of deep gratitude—and a little bit of disbelief. As I sit down to write what will be my final message in an annual report as Executive Director of Rowan Helping Ministries, I am filled with emotion and reflection.



Fifteen years ago, I walked through the doors of a single building on North Long Street, unsure of exactly what was ahead but fully aware that I had stepped into sacred work. That building, modest in size but mighty in purpose, housed the hopes, heartbreaks, and resilience of people who just needed someone to believe in them. Over the years, I've had the immense privilege of journeying with this organization as we expanded far beyond those walls—not only in buildings and programs, but in the depth of our impact and the strength of our mission.

Together, we've opened new doors, both literally and figuratively. We've launched new housing programs, expanded food and crisis assistance services, and walked with individuals from crisis to stability and beyond. We've witnessed lives transformed: neighbors who once came to us in despair now returning as volunteers, donors, and advocates. And through it all, we've remained grounded in compassion, dignity, and the belief that everyone deserves a chance at a new tomorrow.

None of this would have been possible without you: our supporters, partners, volunteers, staff, and most importantly, the guests and clients who have trusted us to walk beside them. You have inspired me every day. You have reminded me that this work is not about any one person, but about a community that chooses to show up for one another.

Though I'll be retiring early next year, Rowan Helping Ministries will always have a place in my heart. It has been the honor of my lifetime to serve this organization and this community. I leave confident in the knowledge that the mission will continue to thrive in the hands of passionate, capable leaders and a community that truly cares.

Thank you for walking this journey with me. Thank you for believing in our mission. And thank you, most of all, for helping us put God's love into action.

With gratitude and love,

**Kyna S. Grubb**  
Executive Director,  
Rowan Helping Ministries

Thank you to our 2024-2025 Impact Report Sponsors:

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## RENEWING SPACES, RESTORING LIVES: EAGLE'S NEST I AND II RENOVATION

Eagle's Nest has long been a symbol of hope and stability for those experiencing homelessness in Rowan County. What began in 1997 with the opening of four apartments in Eagle's Nest I has grown into a community of 22 transitional housing units across three buildings, including 12 reserved for Veterans. Each building marks a chapter in our community's shared commitment to creating safe spaces where individuals and families can rebuild their lives on the path to permanent housing.

This year, thanks to generous grants from Lowe's Hometowns and The Cannon Foundation, we turned our attention back to the buildings where it all began. After decades of use, Eagle's Nest I and II were showing their age. Worn flooring, decades-old siding, and tired walls and roofs no longer reflected the hope we aim to inspire in every guest who walks through our doors.

Renovations have now brought new life to these buildings. Fresh paint and new flooring have created welcoming interiors for our residents. New siding and roofs not only brighten the exteriors but provide improved insulation and weatherproofing so that they will be safe and comfortable for years to come.

The volunteers who helped renovate Eagle's Nest I imagined it as a place of nurture until residents were ready to "leave the nest". These renovations are a recommitment to the promise that healing, independence, and new beginnings are always possible.

We are deeply grateful to our partners who made this renewal possible and honored to continue building on the foundation of compassion that began nearly three decades ago.



## ENHANCING ACCESS TO HEALTH AND HOPE: CRCHC EXPANSION

When Rowan Helping Ministries first opened our doors, our focus was simple: meet immediate needs with food, shelter, and compassion. Over time, we learned that lasting stability often requires more than a warm meal or a safe bed. Homelessness is often tied to deeper challenges, such as untreated health conditions, mental health struggles, and the stress of living without consistent care.

This year, we reached an important milestone in addressing those needs. In partnership with Cabarrus Rowan Community Health Centers (CRCHC), we expanded medical and mental health services on our campus, transforming the way we care for our guests. By renovating space in our Ralph W. Ketner Center, CRCHC is now able to operate full-time on-site, offering both primary care and behavioral health services.

For our guests, this means regular check-ups, treatment for chronic illnesses, and counseling are available right where they live and receive support, without the transportation hurdles or fragmented care that once stood in the way. Preventive care reduces medical crises. Mental health support helps address the root causes of homelessness. Together, these services build a stronger foundation for stability and self-sufficiency.

From providing meals and shelter to now delivering comprehensive, coordinated care, Rowan Helping Ministries has grown alongside the needs of our community. This expansion is a commitment to walk with our neighbors through every step of their journey toward health, stability, and hope.

