



**Salisbury Housing Authority
will be closed for the
New Year's Day Holiday
Monday, January 3, 2022 and
Martin Luther King, Jr. Day
Monday, January 17 2022**

Only emergency maintenance calls will be answered. If you have a serious maintenance problem which requires immediate attention, please call the emergency number, **704-677-3066. This is not a pager.** You will either talk to the maintenance man on call or have the option to leave a message. Please leave a telephone number so your call can be returned.

Have a safe and happy holiday!

NOTICE

The Salisbury Housing Authority will be accepting applications for Multi Family Housing as of January 1 2022.. All bed-room sizes will be open. Applications may be completed at our main office, located at 200 S MLK JR AVE, Salisbury, NC 28146.

Applicants should bring a picture ID and Social Security card. For questions, please call 704-636-1410



Family Self Sufficiency (FSS) News

A New You in 2022!! Let us help you reach all your goals! Did you know that?

- *Housing will reward you for working! You receive the rental increases when rent increase from wages!
- *You can get assistance to be a homeowner!
- *You can get help with children being successful in school!
- *You can get help to improve your credit score and save hundreds of dollars!
- *Get help to start that business!
- *Be positioned to be approved for loans, grants etc.

For access to this and more contact **Stephanie Bruce 704-636-1410 x. 113 stephanie@salisburyha.com**



Martin Luther King Jr. Day And Annual Celebration

The Dr. Martin Luther King Jr. Celebration Committee, as part of the Human Relations Council, will host the annual weekend celebration to honor the civil rights icon, beginning Saturday, Jan. 15 through Monday, Jan. 17, 2022.

The Dr. King celebration weekend kicks off with a drive-thru community resource fair at the Civic Center where Rowan County residents can collect gift bags filled with information on local resources and other surprises from 11:30 a.m. to 2:30 p.m.

On Monday, Jan. 17, the committee will hold a Community Day of Service Share the Warmth activity at Kelsey Scott Park. Residents are invited to help clean the park and also drop off winter coats to be donated in support of local families. The virtual MLK program will debut at 2 p.m. on Facebook, featuring the North Carolina NAACP President Deborah Maxwell.

Event Schedule:

Saturday, January 15
11:30 a.m. to 2 p.m. – Drive-Thru Community Resource Fair,
Salisbury Civic Center

Monday January 17th 2022
11am –Share the warmth : Community Day of Service
At Kelsey Scott Park
2pm to 3 pm-Virtual Celebration Program



Credit and Money Management
Workshop!
One-on-One Credit Counseling

Alisha Kenney

Alisha.kenney@operationhope.org

704-870-7117

Call , Text , Or Email

JANUARY FIND-A-WORD

C S T Y W T R D E B A R E V J
 S M N L F W L N T O T J G S B
 K N X O P I Y C I O E B Y W S
 S E O U I E R E H T U L X G Y
 L C L W L T A S W S R E M S C
 J A A J F A U S S R A A G O P
 O A I R E L N L Q Q E H M H I
 G Y O F F O A G O R Y T C T P
 W S V V W C J K D S W E N K N
 T Y G M P O B L E X E O I I I
 A F A R E H O M L P N R T N W
 O N K T P C H N S L E E T G E
 C W W B F T A U G Z H A U C A
 I D W P G O V N P U C O C G Q
 X D Z L W H I B E R N A T E J

SEE IF YOU CAN FIND THESE WORDS:

(Words may be up, down, across, backwards, or diagonal)

- | | |
|---------------|-------------|
| BOOTS | RESOLUTIONS |
| COAT | SCARF |
| COLD | SLED |
| DREAM | SLEET |
| FLUSHOT | SNOW |
| FROST | SNOWFLAKE |
| HIBERNATE | SNOWMAN |
| HOT CHOCOLATE | SPEECH |
| ICY | WHITE |
| JANUARY | WINTER |
| KING | |
| LUTHER | |
| MARTIN | |
| NEW - | |
| YEAR | |
| PEACE | |



Head Start Programs

Wiley Lash Head Start and Early Head Start

632 South Martin Luther King, Jr. Ave.

The Wiley Lash Head Start Center is open to children from 6 weeks to 5 years of age (according to birthday). Care is offered from 6 a.m.—6 p.m. Monday - Friday. Call **704-637-7853** for more information on services available.

W.O.T. Fleming Center

410 West 15th St. (Pine Hills)

The W.O.T. Fleming Head Start Center enrolls babies 6 weeks to 3 years old. An infant room, pre-toddler room and toddler room are provided. Normal hours of operation are from 8:30 a.m. until 2:30 p.m. For those who need care before and/or after normal hours of operation, an extended Day Child Care Program is available from 6-8:30 a.m. and from 2:30-6:00 p.m. Call **704-637-8662** for more information on services available.



NEW WEBSITE!!!!

<https://salisburyha.com>



Get Informed!

Incredible Years Family Program

Free to All Rowan County Families With Children Ages 3-5 & 6-12

Class Topics Include :

- Self care - setting limit
 - communication skills
 - Setting Limits
 - Bullying prevention
 - Stress/ Anger Management
- AND MANY MORE!!!**

Also provided :

- Supper for the family each night
- Childcare provided during class

CLASS TIME THURSDAYS AT 5:15PM

Location : Zoom Virtual Classes

Contact Lisha Weaks for more information



Need to Reach Us?

We are only a Phone Call Away!

Salisbury Housing Authority
Main Line: (704)636-1410

When dialing the main phone number to the SHA, you will be prompted by the following:

⇒ **Press 1**—For Maintenance related questions during normal business hours. If you have a maintenance need after hours, on a holiday or during the weekend, you will need to call (704) 677-3066.

⇒ **Press 2**—For General Information

⇒ **Press 3**—For the Employee Extension Directory

⇒ For your convenience, we have listed our Employee Directory below. You may dial the extension of the person you are trying to reach and you will be transferred appropriately.

Open	Receptionist	0
Stephanie Bruce,	Housing Specialist/FSS	113
Rod Kesler,	Finance Manager CFO	114
Julia Rex,	Accounting Asst.	115
Lakia Moore,	Housing Specialist	116
Cameron Allison	Occupancy Manager	118
Adam Conte,	Maintenance Supervisor	119
Kim Johnson,	Accounting Asst.	120
Mark Boltz	Work Order	121
Julia Rex,	Housing Specialist	122
Bradley Moore	Executive Director	126
Samone Cowan,	Executive Assistant	126

To reach the Operator at any time during your call, please dial 0!



HERE ARE A FEW MORE NUMBERS THAT MAY COME IN HANDY!!

Emergency:	9-1-1
American Red Cross:	704-633-3854
CRIMESTOPPERS:	1-866-639-JAIL
Duke Power (To Report Outages)	1-800-769-3766
Poison Control Hotline:	1-800-222-1222
Prevent Child Abuse Rowan:	704-639-1700
Rowan County Health Dept:	704-216-8777
Rowan County 911 (Non-Emergency)	704-216-8500
Rowan Helping Ministries:	704-633-5771
Rufty Holmes Sr. Center:	704-216-7714
Salisbury Animal Control:	704-216-7768
Salisbury Fire Dept:	704 638-5351
Salisbury PD:	704-638-5333
24 Hr. Family Crisis Hotline:	704-636-4718
Salisbury Fire Dept:	704 638-5351
Salisbury PD:	704-638-5333
24 Hr. Family Crisis Hotline:	704-636-4718



Financial help

Name: Rowan County Department of Social Services Address: 813 E. Innes Street, Salisbury, NC 28146 Phone: 704-216-8330 Website: www.rowancountync.gov
Service(s) Offered: Child care, Food & Nutrition benefits, Child support, Medicaid, Income support, child/adult protective services

Agency Name: Rowan Helping Ministries Address: 217 North Long Street, Salisbury, NC 28144-5049 Phone: 704-637-6838 Website: www.rowanhelpingministries.org
Service(s) Offered: Assists with utilities (bills and deposits for electric water and natural gas) disconnection notices, eviction notices, heating fuel, medications, food and clothing,.

Agency Name: Salisbury Community Development Corporation Address: 1400 West Bank Street, Salisbury, NC 28144 Phone: 704-216-2738, Website: www.salisburycdc.org or www.nchfa.com
Service(s) Offered: Mortgage assistance, counseling, housing repairs within Rowan County.

Agency Name: Salvation Army Address: 620 Bringle Ferry Road, Salisbury, NC 28144 Phone: 704-636-6491 Website: salvationarmycarolinas.org
Service(s) Offered: Provides emergency assistance such as food, clothing, rent, fuel medicine, supplies and utilities.



HOW TO AVOID THE FLU...

Parents, please review these tips with your children often to help them avoid the flu!

- Wash hands frequently with warm water and soap;
- Cover nose and mouth with a tissue when coughing and/or sneezing. Throw tissue away and wash hands;
- Avoid touching eyes, nose, and mouth to prevent the spreading of germs;
- Avoid close contact with sick people; and
- If sick stay home and limit contact with others.

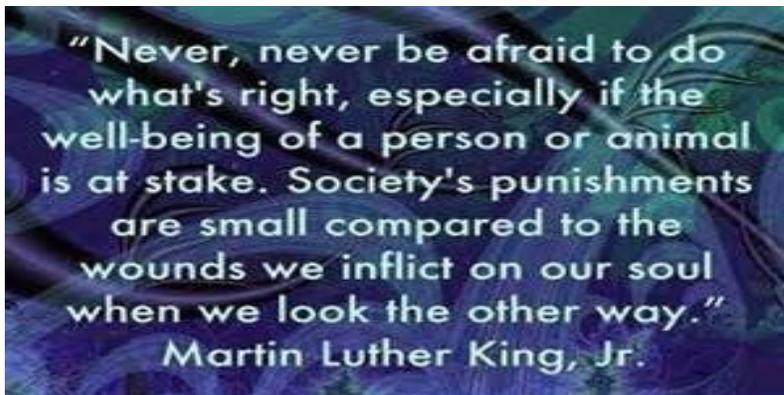
Symptoms of the common cold include:

- Fever is rare in adults and older children. Small children and infants can have fevers as high as 102° F.
- Usually has a runny nose, sneezing, sore throat, and mild cough.

Symptoms of the flu include:

- Fever is usually 102° F, but can go up to 104° F and usually lasts 2 to 4 days.
- Sudden and severe headache.
- Muscle aches are often severe.
- Sometimes experience a runny nose, sneezing, and sore throat.
- Cough is usual and can become severe.
- Tiredness and weakness can last 2 weeks or more.
- Extreme exhaustion.

Please contact your family doctor or the health department at 704-216-8777 if you have flu-like symptoms.





Melt in Your Mouth Chicken Breast

(man this stuff is good!)

Ingredients:

- 1 cup mayonnaise
- 1/2 cup parmesan cheese, grated
- 1.5 tsp seasoning salt
- 1/2 tsp black pepper
- 1 tsp garlic powder
- 4 boneless chicken breast, halves

Directions: Preheat oven 375 degrees. Mix the first five ingredients. Spread the mixture over the chicken breasts and place in baking dish. Bake for 45 minutes.

Cheesy Potatoes

(not for the faint of heart!)

Ingredients:

- 2 bags shredded style frozen potatoes (diced works too)
- 16 oz sour cream
- 1 can cream of chicken soup
- 3 cups of shredded sharp cheddar cheese
- 1 stick of butter

Directions: Preheat oven 360 degrees. Mix the first four ingredients in a bowl. Place mixture in 9x13 dish. Melt butter and pour over mixture. Bake for 45 minutes to 1 hour.

Agency Name: Hope 4 NC HELPLINE: 1-855-587-3463

Service(s) Offered: The Hope4NC Helpline connects North Carolinians to mental health and resilience supports that help them cope and build resilience during times of crisis. It is being made available to everyone in North Carolina's 100 counties during the COVID-19 crisis. Hope4NC is now available 24 hours per day, seven days a week to speak to a live person and the service is free.

Agency Name: Lifeworks Behavioral Center at Rowan Regional Medical Center Address: 612 Mocksville Avenue, Salisbury, NC 28144 Phone: 704-210-5302 Website: www.rowan.org Service(s) Offered: Programs for psychiatric issues

Agency Name: One Love Community Programs Address: 121 West Council Street, Salisbury, NC 28144 Phone: 980-330-7000 Website: oneloveservices.com Service(s) Offered: Free Mental Health and Substance Abuse Services

Agency Name: S&H Youth and Adult Services (SHYAS) Address: 714 S. Main Street, Salisbury, NC 28144 Phone: 704-603-8285 Website: www.shyas.com

Service(s) Offered: DWI Assessment and Classes, IN—Home Therapy, Office based therapy, Adult Case Management/Community Support (Peer Support), youth and adult individual and group. Counseling for

Maintaining Mental Health During the Holiday Season (and a Pandemic)

- Limit the number of people and households. ...
 - Accept your needs. ...
 - Write a gratitude list and offer thanks. ...
 - Manage your time and don't try to do too much. ...
 - Be realistic. ...
 - Set boundaries. ...
 - Practice relaxation. ...
- Exercise daily.

Housing Authority of the City of Salisbury, N.C.
PO Box 159 - 200 South MLK, Jr. Ave.
Salisbury, NC 28145-0159

