



Cumberland Community Action Program, Inc.



eNews
May -June 2011

SHFB Mobile Pantry fills a need in Robeson County



Robeson County residents receive canned items, fresh produce, bread and meat at a recent food distribution event.

Since its inception late in 2010, the **SHFB** Mobile Pantry has met resounding success during every delivery day. More than 2,700 households, or 8,600 individuals, have received some 67,000 pounds of food from the Mobile Pantry. The majority of these recipients reside in relatively remote areas that would not have immediate access to other food pantries or soup kitchens in **SHFB's** network.

And, the Mobile Pantry has only been operating a little more than 6 months.

The most recent distribution days in **Robeson** County highlight the need this added **SHFB** service is filling in the largely rural area.

"We have know that the rural portions of our seven-county service area needed additional support," remarks David Griffin, **SHFB** director. "Though our more than 250 member agencies continue to grow, some households [in remote areas] were simply unable to travel to their closest pantry. The Mobile Pantry is the result of careful planning and a strategic infrastructure growth plan that allows us to 'feed the gap' and continue our mission of service."

The **SHFB** Mobile Pantry serves dual duty. It provides regularly scheduled distribution to previously unreachable households in need while also acting as a readily available disaster response vehicle as demonstrated during the April tornadoes ravaging the area.



Head Start Celebrates Successful Year of Growth



Pictured above are Head Start Director Donna Barnette, who presented the Head Start Leadership Team, Sandra Shambley, Linda Darden, Annie Kelly and Janice Wright with awards for their dedication and contribution to the program.

During the annual End of Year gathering of all Head Start staff, the Leadership Team takes this opportunity to recognize contributions of all staff at all levels for accomplishments in education, service and performance during the 2010-2011 Program Year.

"This past year was filled with challenges—we opened new centers, enrolled more students, and set the bar higher in every area—and the staff accepted and successfully conquered each challenge," remarks Donna Barnette, Head Start Director. "I am proud of Head Start and every member of this staff, they deserve this celebration and to be honored."

Fayetteville Mayor recognizes CCAP during Community Action Month

National Community Action Month highlights Community Action Agencies work fighting poverty on the local level. The national office of the Community Action Partnership designates May as National Community Action Month to recognize Community Action Agencies' work fighting poverty on the local level. Each year, Community Action Agencies help 20 million Americans escape poverty and achieve financial stability through programs such as Head Start, Weatherization, job training and placement, financial education, housing, energy assistance, and transportation.

"The economy is on everyone's mind—people want to work, they want to be able to purchase a home and provide for



their families. With the economy continuing to veer off course, these basic goals seem illusive and out of reach," said Don Mathis, President and CEO of the Community Action Partnership. That is why Community Action programs such as the Cumberland Community Action Program are needed now more than ever. National Community Action Month is our time to showcase our 47-year history helping people achieve economic security amid some of the most dismal circumstances."

CCAP celebrated through open houses for our Weatherization Assistance Program and ASPIRE. The ASPIRE program also held a Community Day Fair.



CCAP CEO Cynthia Wilson and Tiffany Anthony, receive a proclamation recognizing Community Action Month from Councilwoman Kady-Ann Davy on behalf of Mayor Chavonne.

Weatherization Assistance Program Aims to Keep Residents Cool This Summer

Temperatures are beginning to rise and so are many resident's utility bills due to the high cost of cooling their homes this summer. Poor home insulation creates a problem not only during the cold winter months, but also during the summer, making it difficult for people to keep their homes cool, resulting in high electricity bills.

The Weatherization Assistance Program is holding several intake sessions in July for those who qualify to apply for assistance to receive weatherization services. They will be held for Cumberland, Montgomery and Sampson County residents. Please help us spread the word about the intake sessions, so everyone can have a cooler summer.

For more information about the intake sessions, please call 910-223-0116 or 1-877-678-5222.

SAVECSBG

www.thecaap.org

SAVE CSBG: Graduate Helen Hartley's Expresses Gratitude

The following is a letter from 2010 ASPIRE participant, Helen Hartley.

I would first like to start off by thanking God for leading me to the ASPIRE Self Sufficiency program and the wonderful, caring, concerned, understanding, and supportive staff there. The kind, encouraging, and no non-sense help that I received improved by life. With this help I improved my life and I was able to set and accomplish life-changing goals.

I entered ASPIRE a broken, unemployed, and almost homeless individual. The encouragement,

workshops and support offered at this program help me meet my short-term goals and become a productive, self-sufficient member of my community. I am now a registered CNA working full-time and paying my own bills. I am also a Junior at Devry University.

I am hoping that this program will be around for a long time so that I can accomplish my long-term goal to obtain my bachelor's degree and secure a job at this wonderful organization and give back to others. ASPIRE is not just a social service program that gives handouts, but an agency that offers an opportunity and support to those who need and want to change the status of their lives. Hard work and sacrifice along with ASPIRE and other community resources that the program will introduce to you will guarantee success. If you work with it, ASPIRE will work for you. To lose this program would be a disservice and detriment to Cumberland County.

Sincerely,

Helen Harley
2010 successful graduate of ASPIRE

SHFB Receives \$20,000 from Food Lion and Western Union



Pictured above is David Griffin, SHFB Director, accepting the award from Food Lion and Western Union representatives on June 1.

SHFB was recently awarded \$20,000 from a joint Food Lion-Western Union charitable contribution project. SHFB was one of 5 North Carolina food banks to receive funding.

The grant award was received for SHFB's Backpack Program. The Backpack Program addresses child hunger in our area by providing weekend meals to school-aged children at most risk of hunger.

CCCS Financial Tips of the Month: May be time for a mid-year financial check-up

Believe it or not, 2011 is half over. That means it's time for a mid-year financial checkup.

We're accustomed to physical check-ups which help us stay healthy. We even take our vehicles into the shop for the once-over to improve their performance. It only stands to reason that we should do the same for our finances.

The National Foundation for Credit Counseling suggests that consumers review the following areas and take action where necessary:



- **When was the last time you looked at your New Year's Resolutions list?** Are you meeting the financial objectives you set for yourself six months ago? If not, remind yourself of why you set those goals, and why implementing them will put you in a better financial situation.
- **Is your savings account growing?** Perhaps it doesn't exist at all. The absence of a savings account, or a poorly funded one, puts you and your family on a very slippery financial slope. The people who have the hardest time saving are often the ones who most need a safety net in case of an unplanned expense or emergency.
- **Are you maximizing the potential interest on your savings?** Many banks and credit unions now offer interest on accounts that is remarkably high compared to standard rates for such accounts. Shop sites such as www.checkingfinder.com or www.bankrate.com to research the rates and terms. You usually have to meet some minimum requirements such as a certain number of debits during the month, a direct deposit or draft from your account, and agree to receive your statements online rather than by mail, but the interest rate often makes jumping through these hoops very doable. Always make sure that the financial institution where you deposit your money is FDIC or NCUA insured.
- **Are you tracking your spending?** People work hard for their money, but spend it with abandon. Even if you feel as though you have control of your spending, you won't know for sure until you track it for at least 30 days. Write down every cent you spend, and then put your spending into categories. At this point you can make conscious decisions regarding how you want to spend moving forward.
- **Have you ordered a copy of your credit report?** Your credit report is basically your credit reputation. It is a reflection of who you've borrowed from in the past, and how you repaid them, and is the basis of your all-important credit score. Since you can obtain your credit report free of charge from www.annualcreditreport.com, what are you waiting for?
- **Are you financially organized?** This will keep you from overlooking bills and paying late, which results in late fees being added to your balance, negative marks on your credit report, and a lowered credit score.
- **Have you updated your W-4?** You don't want to underpay or overpay Uncle Sam, yet last year millions of people overpaid by thousands of dollars. To determine the proper number of withholding allowances, go to www.irs.gov and type the words "withholding allowance" in the search box. It will provide you with a simple worksheet. Answer a few questions and you'll have the correct number of allowances to withhold. You are allowed to adjust your W-4 at any time during the year, and should do so whenever your situation changes for events such as a marriage, divorce, death, birth, etc.
- **Are you prepared for 2010 holiday expenses?** Remember the old Holiday Accounts where everyone methodically deposited money throughout the year and then drew it out during December to pay cash for their purchases? That idea is one that we should take out of the moth balls, dust off and put into practice. Now is the time to establish your own personal Holiday Account. Involve the entire family in finding an extra \$20 per week and start making out your gift list, as you'll have \$500 to spend. And the best gift of all will be the one that you give to yourself...a debt-free holiday.

The good news is that it's not too late to still make a difference in your financial health in 2010. For

instance, if you managed to save \$1.00 per day for the rest of the year you'd have over \$180 socked away. That's not much, but it may be more than you have now, and even more importantly, it will get you into the habit of saving.

Remember, CCCS is always there to help you or a friend if you need a little guidance to get your financial house in order. Call us at (910) 323-3192 or visit us at www.ccap-inc.org/cccs to make your appointment today!

Stamp Out Hunger Food Drive has another successful year



Councilwoman Valencia Applewhite presents the Fayetteville Postmaster with a proclamation recognizing Stamp Out Hunger on behalf of Mayor Chavonne.

May's Annual Letter Carriers' Food Drive resulted in an overwhelming donation of canned goods and non-perishable food items, adding up to well over 25,000 pounds of food to be distributed in our area.

SHFB is grateful to the many local businesses who came out to support in droves on collection day and the more than 73 individual volunteers who worked tirelessly to receive the donations.

The NALC Stamp Out Hunger National Food Drive is the largest one-day food drive in the nation. With the commitment and dedication of thousands of letter carriers, rural carriers, and postal and community volunteers along with corporate partners, we will make a difference in helping to feed America's hungry. The drive has resulted in delivery of more than

one billion pounds of donations to community food banks and pantries over the past 18 years. Letter carriers in more than 10,000 cities and towns across America deliver much more than mail when they walk and drive along their postal routes. Carriers collect non-perishable food donations left by mailboxes and in post offices and deliver them to local community food banks, pantries and shelters. Nearly 1,500 local National Association of Letter Carriers (NALC) branches in all 50 states, the District of Columbia, Puerto Rico, Guam and the Virgin Islands are involved in the drive.

CCCS Needs Volunteers!

Need something to do this summer? Looking for an opportunity to get involved in your community? We have the answer!

Consumer Credit Counseling Service of Fayetteville needs your help! CCCS is looking for responsible adults (18+) to volunteer on Saturdays from 9:00 am-12:00 pm. Tasks include general office duties, data recording, and assisting with events. Volunteers will be required to pass a records check and sign a confidentiality agreement.

For more information, please visit [Online Volunteer Registration](#) or call Nicki Maynor-Brown at (910) 485-6131, ext. 32.

Get The Latest CCAP News Instantly!



CCAP is now sharing published news stories about our programs that you may be interested! You can follow the CCAP News Feed by clicking on the link below, or accessing the feed from the Press Room at www.ccap-inc.org.

Verizon Employee Discount

You can save 8% off your Verizon Wireless bills as a CCAP employee! There is no need to start a new account, existing customers can take advantage of this discount too!

Contact the local representative, Mary Baskerville, at mary.baskerville@VerizonWireless.com or register your current account at www.verizonwireless.com/getdiscount. You will need to enter your CCAP email address to apply the discount to your plan.

New HIRES

The greatest asset in the CCAP family is the staff and volunteers. Every employee comes to the table with the specific skills necessary to bring about the change in the lives of those we touch through the various programs and services.

CCAP welcomes our new employees hired April 15 through June 15, 2011:

- Jamaco McPherson - Head Start
- Margaret Huggins - Head Start
- Yniquekeyah Mole - Head Start
- Kareema Cavallo - Head Start
- Patricia Davis - Finance
- Therese Melchiorre, Consumer Credit
- Kenneth Tatum - M&A
- Katina Higgins - Head Start
- Latoya Dixon - Head Start
- Thomas Cudgel - M&A

HUNGER DAYS is coming... Are you ready?



Don't miss the newest addition to our opportunities to get involved! SHFB's brand new Hunger Days Campaign offers community members a whole spectrum of events to enjoy!

A unique Open House event, the Strike Out Hunger Bowl-a-Thon, the Tackle Hunger Video Game Tournament, and fan-favorite Driving Out Hunger Golf Invitational will be here before you know it!

Don't forget to register for events or submit your sponsorships today by visiting www.hungerdays.org.

Coming Soon:

June 25: 1st Time Home Buyers' Workshop

June 30: ASPIRE Graduation Event

July 22: 4th Friday Downtown (Look for the SHFB table!)

July 30: 1st Time Home Buyers' Workshop

August 1: HUNGER DAYS begins!

August 6: SHFB Open House

August 18: Strike Out Hunger Bowl-a-Thon

September 16: Driving Out Hunger Golf Tournament

September 17: Tackle Hunger Video Game Tournament

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