

**Rowan Vocational Opportunities, Inc.
Cabarrus Vocational Opportunities**

Autumn 2023 newsletter

**Rowan Vocational Opportunities, Inc.
Board Members**

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RVO Leadership Team

Gary Yelton - Executive Director/QP

Susan Brenner - CVO Qualified Professional

Tamara Chisholm - CVO Innovations Program Mgr.

Manson Cooper - Maintenance Supervisor

Gary Elmore - RVO Production Mgr.

Steven Gaither - CVO Asst. Production Mgr.

Skip Kraft-CVO Director of Operations/QP

Adrienne Krug - RVO Qualified Professional

Tammy Lemmons - Finance/Human Resources Mgr.

Glenn McDonald – Sales & Marketing Director

Robbi Russell - RVO Production Mgr.

Mark Schiemann - RVO Asst. Production Mgr.

Tara Seaford - RVO Innovations Program Mgr.

Carol Williams - RVO/CVO ADVP/LTCS Program Mgr.



RVO Warehouse Expansion Started

By: Wilson R. Cherry

Progress is being made on the proposed 17,000 square foot addition of the RVO warehouse and production area. According to Gary Yelton, Executive Director of RVO/CVO, "Our warehouse expansion presents a wonderful opportunity to upgrade our facilities, equipment and storage space while enhancing our safety measures." Yelton further stated that the larger work space opens up the prospect of increased packing, shipping and storage. "This will also lead to improved efficiency and productivity to help us satisfy our increased customer demand," he concluded.

RVO commemorated the initiation of the construction process with a ceremonial groundbreaking ceremony on Thursday, October 26.



CVO Innovations Topic of the Month

By: Tamara Chisholm

As part of the calendar of events at CVO, we have a topic of the month. Each week we discuss the topic in various ways whether it be a discussion, a game or activity or maybe a relative activity sheet. The Innovations Department's recent topic was manners.

Listening manners:

Don't talk when someone else is talking. Focus on the person that is talking to you. Give eye contact. Raise your hand to speak. Use whole body listening; meaning ears listening, eyes looking, mouth closed, hands are still, feet are down and still.

Verbal manners:

We talked the way you should speak to someone: tone, volume, indoor voice versus outdoor voice, words you use, saying please and thank you, and saying excuse me when trying to get someone's attention or when trying to pass by someone. We also discussed that if you can't say something nice about someone don't say anything at all; as well as appropriate topics.

Public Manners:

We reviewed giving someone their own personal space, keeping hands to yourself, burping, passing gas, picking nose, zipper being zipped, covering your nose when sneezing, knock before entering, opening/holding the door for others and even touched on writing thank you notes for gifts.

Table Manners:

For this, we discussed the following: washing hands before meals, place settings, taking small bites, not stuffing your mouth, chewing food, don't talk with food in your mouth, keep mouth and face clean, don't eat with your fingers, don't hunch over your plate, sit up straight, keep elbows off of the table, chew with mouth closed, food to mouth not mouth to food, don't reach across the table, clear your plate from the table, and placing your napkin in your lap.

To practice these various manners, the group went to Parkway House for lunch. It was exciting to see our discussions put into practice; even drawing the attention of our waitress who relayed how impressed she was with the group and how "nice" they were to her. "I was so proud of our group."

RVO Shredding is Now More Available

By: Wilson R. Cherry

Shredding services are available from 9:00am until 2:00pm at our agency located at 2728 Old Concord Road in Salisbury. Current rates are twenty-five cents per pound for senior citizens. Rates are fifty cents per pound for businesses and other individuals.

"Our shredding operation is scheduled around the needs of the customers," said Ted Oglesby, RVO Shredding Supervisor. Ted, who is assisted by consumers from the RVO Innovations Department, stated, "We can also offer secure, locked containers to be delivered to your facility or event, with regular pickups scheduled weekly, monthly or quarterly; whichever you may need."

Contact Ted Oglesby at (704) 633-6223 to discuss your shredding needs and to customize a schedule.



RVO & Food Lion Sponsor Dance

By: Wilson R. Cherry

As fall approaches and leaves are turning into a colorful canopy throughout the land, Rowan Vocational Opportunities and Food Lion's Retail Business Services collaborated with the Rowan County Recreation Department to sponsor their annual Halloween Shakers Dance. Over 150 individuals dressed in a wide array of costumes to dance, eat and socialize at the West End Plaza.

As a major effort to serve as outstanding corporate citizens, Food Lion also presented a substantial gift to Rowan Vocational Opportunities, Inc. to assist with the agency's warehouse and production area expansion. Several Food Lion Executives also attended the groundbreaking event.



Breast Cancer Awareness Month

By: Wilson R. Cherry



October has been designated as Breast Cancer Awareness Month. Special emphasis and effort is put forth to promote screenings and prevention of the disease. According to the Food and Drug Administration (FDA), one in eight women in the United States, and over 2.3 million worldwide, contract the disease each year.

Although breast cancer is much more common in women, it can have devastating effects on men also. Breast cancer awareness programs are offered to help educate people about breast cancer risk and to stress the importance of regular screenings starting at the age of 40.

CVO celebrated Cancer Awareness by dressing in pink and joining the fight against all kinds of cancer. They recognized two of their own survivors; along with family members who have fought or may still be fighting this awful disease.

The RVO main lobby was beautifully decorated in the pink theme color. Staff and consumers alike were adorned in pink ribbons; while Jane Brown, Administrative Assistant, served as event coordinator for what we hope to be our first annual Breast Cancer Awareness Fundraiser. Wonderful, inviting gift baskets were on display and raffled off to raise money for cancer research in hopes of finding a cure. This year's effort raised a total of \$752. The donation was made to the Wallace Cancer Center in Salisbury.

Cherry Inducted into Sports Hall of Fame

By: Tammy Lemmons



Wilson R. Cherry, Director of Community Affairs at Rowan Vocational Opportunities, Inc., was recently inducted into the Salisbury-Rowan Sports Hall of Fame. Cherry was an award winning broadcaster and journalist for over 40 years.

A graduate of Catawba College, he received the college's Distinguished Trailblazer Award in 2021 and previously was honored with the Arc of North Carolina's Outstanding Volunteer Award.

The Power of Words

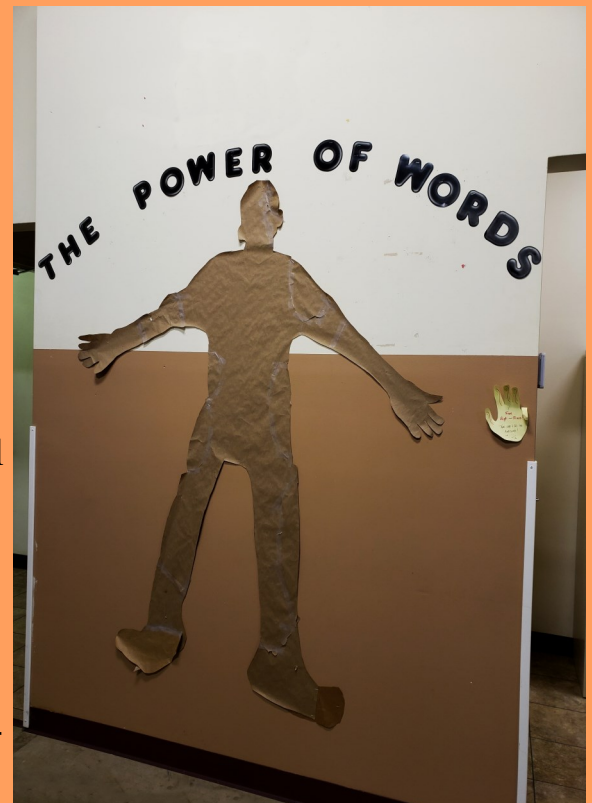
By: Tamara Chisholm

How can a word have power? It's just a word or something you say,. Right? Oh no, it's much more than that as CVOs Innovations group has been learning. In our discussion of "Character," we see that words are very powerful. They can lift someone up or tear them down, sometimes without intention.

To give a visual of this truth we cut out a silhouette of a person. We looked at how smooth and nice the paper looked. We talked about words that make us feel happy and good inside. After this each person was given a piece of paper torn from the silhouette and told to think of a word or phrase that would hurt their feelings or make them sad. To represent this, they wrinkled the paper inside their hands. After each person had had a chance to do this, the group was told to apologize for the hurtful things they said.

Of course this sounded silly to them but was needed to get the point across. After laughing at how silly they felt we drew attention to the fact that no matter how many times we apologized or told that paper "I'm sorry" it still had wrinkles; scars, if you may. You can rub it and even iron it and possibly remove some of the wrinkles or scars but we were never able to get the paper back to its original condition.; never able to remove a hole. We put the pieces back together, forming the original silhouette but it never will look exactly like it was before.

In just this same way our words can put permanent wrinkles, scars, holes in someone's heart and life that, try as we may, we can never remove.



New Staff Spotlight



Please welcome Mrs. Shanta Hill to our CVO DSP staff. Shanta has joined our ADVP/LTCS Department as a Supervisor. She joins us from RHA Health Services.



Please welcome Mr. Robert Moore to our DSP staff at RVO. Robert has joined our Innovations Department as a Supervisor after retiring from Rowan-Salisbury Schools.

Please welcome Ms. Tyresha Barnett to our CVO DSP staff. Tyresha has joined our Innovations Department as a Supervisor. She joins us from the Charlotte-Mecklenburg School System.



Please welcome Mrs. Adrienne Krug to our staff at RVO. Adrienne is our new Qualified Professional for the ADVP/LTCS and Innovations Departments. She joins us from RHA.



Please welcome Ms. Bridgette Cannon to our CVO DSP Staff. Bridgette has joined our ADVP/LTCS Department as a Supervisor. She joins us with 20

years of experience working with this population and believes in the motto of, "always be teachable."

Please welcome Mrs. Alice Tillman-Cuthbertson to our DSP staff at CVO. Alice has joined our Innovations Department as a Supervisor. She previously worked with RHA for 15 years and has worked with this population for 19+ years.



Please welcome Mrs. Stephanie Hatley to our RVO DSP Staff. She has joined our ADVP/LTCS Department as a Supervisor. Stephanie joins us from Preformed Line Products.

Please welcome Mrs. Theresa Boger to our RVO DSP Staff. She has joined our ADVP/LTCS Department as a Supervisor. Theresa joins us from Piedmont Residential Development Center.



Please welcome Ms. Shana Tucker to our RVO DSP Staff. She has joined our ADVP/LTCS Department at RVO as a Supervisor. She joins us with 14+ years working with this population.



CALENDAR OF EVENTS

November 10, 2023 - Veterans Day Holiday (Closed)

November 23-24, 2023 - Thanksgiving Holidays (Closed)

December 25-27, 2023 - Christmas Holidays (Closed)

January 1, 2024 - New Year's Day Holiday (Closed)

January 15, 2024 - Martin Luther King, Jr. Day Holiday (Closed)

March 29, 2024 - Good Friday Holiday (Closed)

May 27, 2024 - Memorial Day Holiday (Closed)

June 19, 2024 - Juneteenth Holiday (Closed)

July 4, 2024 - Independence Day Holiday (Closed)

September 2, 2024 - Labor Day Holiday (Closed)

November 11, 2024 - Veterans Day Holiday (Closed)

November 28-29, 2024 - Thanksgiving Holidays (Closed)

Donations

Thank you for your support of Rowan Vocational Opportunities, Inc.
Your contributions will help us fulfill dreams for both RVO and CVO consumers.
You can decide where you want your gift to be used to make a difference.

Name

Address

Phone

Check Amount: _____ Cash Amount: _____

Signature: _____

Mission Statement

Rowan Vocational Opportunities, Inc. provides opportunity and training for adults with disabilities to develop work habits and skills leading to employment. Rowan Vocational Opportunities, Inc. also provides these consumers with daily living skills to increase independent functioning at home and in the community and in a diverse and inclusive environment.

Rowan Vocational Opportunities, Inc.

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**Rowan Vocational
Opportunities, Inc.**



Rowan - Cabarrus

Cabarrus Vocational Opportunities

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