



Neighbors Helping Neighbors

A Habit of Generosity is Linked to Wellbeing



At the beginning of the new year, many of us evaluate our lives and make a list of things we want to do differently. Our list of New Year's resolutions might include getting healthier, better work/life balance, or saving money.

But, if you have already abandoned those New Year's resolutions, you are not alone.

According to a study conducted by Time magazine, 80% of people abandon their New Year's resolutions by February.

Good habits do not just have to begin on January 1. The good news is, the second

Friday in February is National Quitter's Day, a day to restart those broken resolutions. If you need to restart or simply start those resolutions, it isn't too late.

According to many research studies, a habit of generosity is one of the best ways to improve your health. When we participate in giving behaviors, our brains release chemicals that reduce stress, depression levels, and blood pressure. These chemicals include serotonin (the mood regulation chemical), dopamine (the "feel-good" chemical) and oxytocin (the "love" hormone).

If giving makes us feel good, why do we stop? According to James Clear, author of Atomic Habits, one of the major reasons we fail is due to an inability to develop consistent habits. We tend to focus on the big "goal" rather than the tiny steps that help us reach the goal. Focusing on the tiny changes can have remarkable results. At Crisis Control Ministry, we experience the remarkable results of small, collective acts of kindness every day.



Your Support Impacts Lives

Betty, who is retired and raising two of her grandchildren on her Social Security benefits, receives no food stamps or child support, but their little family makes do under normal circumstances. However, when Betty required knee replacement surgery, she didn't have enough income to cover her co-payment, her medications, and her electric bill.

The electric bill fell further behind when the kids needed clothes and supplies to return to school. Her monthly checks could only stretch so far. When the heat kicked on for the first time one evening, Betty knew she had to do something. She came to us with her disconnection notice, asking for help.

Because of the kindness of neighbors like you, Crisis Control was able to pay her past-due utility bill and keep the heat on for her and her grandchildren.

TO DONATE TO THE SHARE THE WARMTH CAMPAIGN, VISIT CRISISCONTROL.ORG/STW

Here are a few small ways to build strong giving habits!

KEEP KITCHEN ORGANIZED	SET A SCHEDULE TO CLEAN OUT YOUR PANTRY Remember many foods are still good past the "best by" date. To learn more about what foods are still good to donate, visit crisiscontrol.org/bestbydate
DEVELOP BETTER SHOPPING HABITS	BECOME A "BOGO (Buy One-Get One) SHOPPER" A great way to support Crisis Control Ministry is by donating the free item of a buy one-get one deal. For a list of convenient drop-off locations, visit crisiscontrol.org/dropofflocations
MEET NEW PEOPLE	VOLUNTEER A great way to meet new people is to volunteer. There are many opportunities. To learn more contact: Abbey McCall at 336.724.7875, ext. 1043 or amccall@crisiscontrol.org





A Legacy for Tomorrow

Help Fill Our Pantries

Our client-choice food pantries in both the Winston-Salem and the Kernersville locations are especially low.

For a list of Most Needed Items, and resources to help promote Food Drives and Gift of the Month programs, visit our website.

crisiscontrol.org/resources

Gift of the Month

January: Canned Stews
(Brunswick, Chili, etc.)

February: Soul Food
(Canned Greens, Black-eyed Peas, Cornbread Mix, etc.)

March: Canned Meats
(Canned Tuna, Canned Salmon, Canned Ham, Canned Chicken, etc.)

Location Hours

Winston-Salem:

Monday-Friday 9 a.m. - Noon
1 p.m. - 4 p.m.

Kernersville:

Monday-Friday 9 a.m. - Noon
Tues. & Thur. 1 p.m. - 4 p.m.

EXECUTIVE DIRECTOR
Margaret Elliott

THE MINISTRY MESSENGER is a quarterly publication of Crisis Control Ministry.

Crisis Control Ministry provides assistance with basic life needs to those facing a crisis in Forsyth and Stokes Counties.

Send editorial ideas to
The Ministry Messenger Editor:
Tammy Caudill, PR & Marketing Manager
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As the new year dawns, it is a time of new beginnings, resolutions, and plans for the future. Many take time to reflect and ponder their legacy. Thoughts turn to wills and trusts - proper vehicles to care for loved ones and distribute assets. Yet seldom considered is planned giving: an impactful and often overlooked part of one's legacy that can also better heirs' affairs if incorporated thoughtfully.

Strategic charitable bequests can considerably reduce taxes and probate costs for loved ones. Planned gifts needn't hamper your finances today; rather, they empower you to support your community tomorrow. They allow the flexibility to change as life unfolds while still honoring your charitable intents.

Planned giving can include designating the charity as a beneficiary for retirement plans or life insurance policies. It can also include gifts of non-cash assets such as real estate, cryptocurrency, stocks, or vehicles to the organization. Crisis Control Ministry welcomes the chance to explore this creative philanthropic path with you.

However you envision your legacy, we're here to listen and help identify your charitable goals. New beginnings invite new perspectives. This year, consider how a planned gift could write the next uplifting chapter of your family's story while also building a brighter future for struggling neighbors.

The new year brings a chance to lay the foundation of your legacy that will support future generations of neighbors in our community. We're ready when you are.



Angie Wilson, Director of Philanthropy
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Volunteers Receive Philanthropy Awards

We are proud to announce our very own volunteer Rebecca Avila was awarded the 2023 *Association of Fundraising Professionals Outstanding Youth in Philanthropy Award*. Crisis Control Ministry nominated Rebecca for this award for her many years of philanthropic service with the Kernersville Post Office annual Stamp Out Hunger Food Drive that supports the Kernersville food pantry.



Crisis Control Ministry volunteer, Mike Hauser was recognized as a *Spirit of Philanthropy* Honoree.

Mike Hauser and Rebecca Avila with Master of Ceremonies, Cindy Farmer at the Association of Fundraising Professionals, Triad Chapter Awards Ceremony

Welcome New Board Members & Staff



Rev. Dr. George C. Banks is Pastor of Goler Memorial AME Zion Church in Winston-Salem. He has served as both a board member and a staff member at Crisis Control Ministry, recently serving as Director of Philanthropy from 2019-2022. George is a volunteer facilitator for Crisis Control Ministry's Living on the Edge poverty awareness program and serves as the chair of the Board Development Committee.



Larry Elliott is a retired pharmacist who grew up in Kernersville. Since retirement in 2016 Larry has served weekly as a volunteer pharmacist in Crisis Control Ministry's Free Pharmacy. He is an active member of Centenary United Methodist Church and volunteers at Riverwood Therapeutic Riding Center. Larry serves on both the Facilities Committee and Philanthropy Committee.



Brenda Evans is the former Deputy Director of the Forsyth County Department of Social Services. After retirement she worked part-time in Resource Development for The Children's Home and as Interim Partnership Director for The Forsyth Promise. Brenda returns for a second term on Crisis Control Ministry's Board of Directors and serves as Chair of the Personnel Committee and a member of the Special Projects Committee.



Kelia Hubbard With degrees in Political Science and Public Administration, Kelia serves as the Executive Director and Senior Immigration Compliance Officer at the Center for Immigration Services and Support at Wake Forest University. Kelia serves on Crisis Control Ministry's Long Range Planning Committee and has been a volunteer with Crisis Control Ministry's Poverty Simulations.



Jim Wall is a partner at the law firm Waldrep Wall Babcock & Bailey, PLLC. Jim's areas of practice include health and corporate law as well as commercial transactions. He also serves as a volunteer coach at St. Leo's Parrish School and with several AAU basketball teams. Jim's law firm has been the lead sponsor of Crisis Control Ministry's Hope du Jour event for many years and Jim serves on the Philanthropy Committee.



Brandon Wiley Transportation and Safety Coordinator

In November, Crisis Control Ministry welcomed Brandon to our team. He helps to pick up donations of food from local grocery stores and from places that conduct food drives. He also helps stock and inventory items in our warehouse and food pantries.

Don't throw away those almost-used gift cards!!

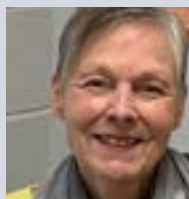
That small balance left on Visa, Master Card, American Express, Walmart, or Amazon Gift Cards after you shop this holiday season can help our neighbors at Crisis Control Ministry.

You can donate gift cards with small remaining balances (\$0.10 and up).



**Mail cards to:
Crisis Control Ministry
200 East Tenth Street
Winston-Salem, NC 27101**

Volunteer Voices: Meet the Winston-Salem Thursday Afternoon Interviewers



Marilyn Little loves being able to do something valuable with her time and enjoys providing hope to neighbors in crisis as an interviewer at Crisis Control Ministry.

She began volunteering in April of 2019. Previously, she referred clients to Crisis Control Ministry during her work as the Director of Daymark Clinic. When she retired, she wanted to continue working with underserved populations.

She knows Crisis Control Ministry is an invaluable community resource and appreciates its culture, where people are treated with kindness and respect.



Jim Peacock first became involved with Crisis Control Ministry through Mt Tabor United Methodist Church. He began volunteering with their annual *Great Day of Service*. The mission of the ministry resonated with him,

and when he transitioned to part-time in 2019, he decided to try volunteering as an interviewer.

"I've never looked back. Volunteering has opened my eyes to the financial and other challenges many people in the community face," he said. "Listening to client trials and tribulations can be emotionally overwhelming as well as inspiring." He shared, "I only wonder if I would have the resilience and perseverance that some of our neighbors have."



Ever since **Judi Perrault** was a candy striper in high school, she has always found a way to give back to her community. She has been a volunteer interviewer since 2008, and became a board member in 2021.

One client story that she remembers fondly was a taxi driver who we helped years ago. She recalled how appreciative he was, so much so that he offered her a free ride if she ever needed it.

She recommends becoming an interviewer, "It is very rewarding when you can help someone with their crisis," she stated. "You must understand that people come to us very upset because they are at the end of their rope."

We are grateful to have Marilyn, Jim, and Judi at our side assisting neighbors!
If you're interested in becoming a volunteer interviewer, contact
Abbey McCall, at 336-770-1621
or volunteer@crisiscontrol.org.



Crisis Control
MINISTRY

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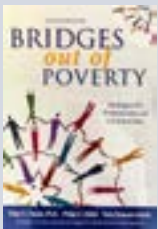
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RETURN SERVICE REQUESTED

FEEDING FORSYTH
THE HUNGER CHALLENGE

March-April **SAVE THE DATE**

Gifts designated for the
Feeding Forsyth
Hunger Challenge
will be eligible for
matching funds from
local donors.



Bridges Out of Poverty **February 23**

You're invited to attend an in-depth exploration of the impact of poverty on community, society, and you. This program is offered free to the community by Crisis Control Ministry.

To learn more, or register, visit:
crisiscontrol.org/news-events

March 3 at 3 p.m. **Temple Emanuel**

The UNC School of the Arts, School of Music faculty, Ida Bieler (violin), Demetri Vorobiev (piano), and Maria Serkin (horn) will perform at the annual *Music for Food Concert*.



Admission to the concert is a food or monetary donation to Crisis Control Ministry food pantries.

For more information, visit:
crisiscontrol.org/news-events



Wee Care! **March 1-31**

Crisis Control Ministry's Wee Care! Cereal Drive is a wonderful opportunity for children to learn about helping others. Throughout the month of March, preschools, daycares, and elementary schools in Forsyth and Stokes Counties will collect boxes of cereal for our food pantries.

Last year, 62 schools participated and donated nearly 10,000 boxes!

To get involved, contact,
Tammy Caudill
tcaudill@crisiscontrol.org



Our Unifying Principles...

Love • Stewardship • Listening • Grace • Truth • Collaboration • Better Lives • Transformation