



# the ministry messenger

Summer 2021  
A Publication of  
Crisis Control Ministry

## Neighbors Helping Neighbors



### Why We're Here

*Written by Margaret Elliott, Executive Director*

Matt and his wife Stormy purchased their modest home more than 27 years ago. Matt has been the primary breadwinner while Stormy was a stay-at-home mom most of her adult life. In 2016, the couple's son was tragically killed in a motorcycle accident. He was 28 years old. When the police officers came to report the news of their son's death to the couple, Matt fell to the ground in grief and severely injured his back. Stormy became the caregiver of her husband while grieving the loss of her son. She also developed panic attacks following their son's death and was advised she should not work.

Just before COVID-19 hit, Matt had major back surgery in hopes of being able to continue to work. Unfortunately, the procedure did not provide enough relief for him to return to work. Although he did qualify for short-term disability, it did not provide enough income to keep them from having to file Chapter 13 bankruptcy to keep their home and car. When the short-term disability ended, they had no income. They found themselves in danger of losing their home with less than three years to make payments to complete

the Chapter 13 commitment. The only income they had was money received by Matt's elderly mother who was struggling herself and from selling his plasma weekly, (when his blood pressure was not too high). To add more hardship, both are dealing with chronic health issues. Insurance provided by the Affordable Care Act helps with doctor visits and some of their medications. However, their diabetic medication and supplies were still costly so they were "sharing" meds when they could not afford to buy them. Although CCM generally does not help with Chapter 13 payments, Kathy Hoffner, the Director of the Kernersville Office, said "CCM has the ability to do so when the situation warrants it." With two checks for \$790 each, in March and another in April, CCM helped them keep their home and pay their utility bills. In addition, CCM provided a large food order and much-needed diabetic medications for both of them.

Through tears of gratitude, Stormy vowed to pay CCM back when they could and expressed her desire to volunteer for the ministry sorting food, answering the phone, or anything we needed her to do.

When I interviewed Stormy for this article, she told me her anxiety was increasing again. They still had not received their stimulus

money or their income tax refund. The bankruptcy payment will be due again soon. She told me that it gave her hope to have someone "in their corner" and was profoundly grateful. This story will be with me for a while. It helps me to realize how grateful I am for our client service staff members and volunteers who listen to the stories of those in our community who may not have anywhere else to turn.



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## Welcome New Staff Members



Mary Benbow

We welcome Mary Benbow to the staff of CCM as our Database Coordinator. Mary retired from Global Brands Group

in January 2020 where she was an SAP (Systems, Applications and Products) Data Associate/ Master Data person. When she retired, she was hoping to begin volunteering in the community but that was two months before the COVID-19 pandemic hit. She was happy to be able to take this position to give back to others while utilizing her skill set. She also provides computer and woodworking/carpentry services to small businesses. In her spare time, she enjoys the outdoors, gardening, bird-watching and hiking.



Ryan Moody

On June 1, 2021, CCM welcomed Ryan Moody as our new Special Events and Marketing Manager. He is a recent graduate of

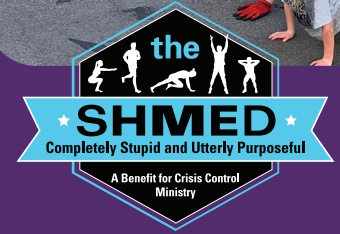
UNC-Wilmington with a degree in Communication Studies. He served as the marketing manager of the school newspaper and was a student leader in college. He was born and raised in Eden, NC, and says his family instilled in him the values of giving back to the community. Before starting his position, Ryan was asked what he was most looking forward to at CCM. He replied, "I'm most looking forward to meeting everybody involved with CCM and doing my part to support and empower people in need." In Ryan's free time he likes to write and play board games with friends.

## The Shmed— Fitness With A Purpose

*Written by Paul Windley (aka Greenspan)*

2020 was a year unlike any other. The trauma of the year took a toll on our community and culture and forced our annual traditions to transform. One such tradition was Shmedfest, an annual benefit for Crisis Control Ministry. In lieu of the large, in-person festival being cancelled, The Shmed was born. A 24-hour workout, facilitated by members of F3 (Fitness, Fellowship, and Faith) and FiA (Females in Action). The Shmed was a spontaneous eruption of CSAUP (Completely Stupid and Utterly Purposeful) - an acronym used frequently in F3. We wanted to do something because so many people around us were unable to do anything.

With little coordination and many things falling into place at the last minute, more than \$25,000 was raised through The Shmed in support of Crisis Control. Some people donated money based on the number of people who attended the 2 a.m. workout; some donated money as a multiple of the number of repetitions that participants of the 5,000 rep challenge completed in the 24-hour period; some just donated money. F3's network engaged River Oaks Community



Church as a host for The Shmed, Mrs. Pumpkin's as a breakfast caterer for overnight participants, and Molly Maid for snacks and hydration.

On August 27, 2021, The Shmed will be the opening act for Shmedfest, with a 24-hour workout beginning Friday evening, followed by the music on Saturday. In addition, the 5,000 rep challenge will return, and we will also have an official 5K race. These activities are open to all people, not just F3 and FiA regulars.

"Acceleration" is a frequently used term in F3 parlance. In our language, acceleration means "a marginal increase in the pace of movement." We envision The Shmed in conjunction with Shmedfest providing an opportunity for our community to accelerate. Come join us!

For more information about F3, visit [www.F3Nation.com](http://www.F3Nation.com).

# SHMEDFEST

**FITNESS - FELLOWSHIP - MUSIC - FUN**

**AUGUST 27, 2021 - AUGUST 28, 2021**  
**WINSTON-SALEM FAIRGROUNDS**

*Celebrate the work of Crisis Control Ministry in the community with an end of summer bash!*



# CCM Pharmacy Provides Additional Resources to Clients

Written by Cathy Craig-Wilder, Pharmacist

The pharmacy staff and volunteers are going the extra mile for clients during the COVID-19 pandemic by giving out health care bags. The health care bags include items such as Band-aids, travel wipes, masks, hand sanitizer, antibiotic ointment, lip balm, Vaseline, ibuprofen, sunscreen, cough drops, etc. The pharmacy team has heard from many clients how much they appreciate these products. Some of these items can be expensive and clients aren't always able to afford them.

This new initiative also presents another opportunity for community members to engage with the Ministry. For instance, we were grateful to our friends at Wake Forest School of Medicine, who hosted a fundraiser to be able to purchase the items for 100 health care bags. Medical students and staff came to pack the bags for us. It was a fun way to share the work of Crisis Control Ministry with others.

Another way the pharmacy team has been able to offer additional support to pharmacy clients is to partner with our food pantry. Food insecurity often leads to health problems. Therefore, we now offer a full order of groceries to certified pharmacy clients who come monthly to pick up their medications. The response has been overwhelming! In addition, we've been giving out one bag full of cereal, usually with about four regular-size boxes of cereal in each bag. One time I had a client say "Sure - I've got 10 grandkids!" so I gave two bags of cereal!

Additionally, the food pantry staff and volunteers are working with us to pre-pack snack packs that we can offer to our homeless pharmacy clients. The snack packs are

small; each one includes peanut butter, crackers, and canned goods with pop-tops. These items do not require refrigeration and have long shelf lives.

We have seen lots of smiles and heard a lot of thank yous. One homeless man who walked with a cane shared with me that his girlfriend was arriving from Texas next week and she would take care of him then - but the snack pack would help him through until she arrived.

Our pharmacy volunteers really enjoy talking with the clients and offering these extra resources to neighbors. They love hearing the gratitude and it also allows them to extend the conversation beyond just taking their prescription list. Allowing our already helpful volunteers to be even more helpful to our clients warms everyone's heart!

## Help us collect healthcare items to bag and distribute to pharmacy clients.

Recommended healthcare items: cough drops, lipbalm/chapstick, Neosporin, band-aids, acetaminophen, ibuprofen\*, pill boxes, travel size shampoo/lotion/soap, toothbrush, toothpaste.

*\*must be in small count quantities such as 100 or less ibuprofen.*



## Gift of the Month

**July:** Peanut Butter & Jelly

**August:** Cooking Oil

**September:** Pasta

Some essential items can't be purchased with food stamps. Please consider donating one or more of the following: dish detergent, shampoo, disposable diapers, feminine hygiene supplies, bath soap, laundry detergent, and deodorant.

## Current Hours

CCM continues to conduct phone interviews with neighbors needing assistance. Please visit [crisiscontrol.org](http://crisiscontrol.org) for the latest information.

### Hours (including drop off):

Winston-Salem:

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

Kernersville:

Monday - Friday 9 a.m. - Noon



## Do you want to help Crisis Control Ministry make a difference in the community AND DOUBLE YOUR IMPACT?

Ask your employer if they have a matching donation program. Many companies will match your personal donations to Crisis Control Ministry. If your company does offer a matching program, let us know about it. Email [give@crisiscontrol.org](mailto:give@crisiscontrol.org).

CCM does not share donor information with anyone. To notify us about a change of address or to receive CCM newsletters electronically, please email us at [give@crisiscontrol.org](mailto:give@crisiscontrol.org).




# Crisis Control MINISTRY

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## Thank You for Eating Out During Hungry for Hope

*Written by Rev. George C. Banks, Director of Philanthropy*

After more than thirty years of asking restaurants in our community to give back to Crisis Control Ministry (CCM) through the annual Hope du Jour campaign, CCM wanted to “pay it forward” to these faithful partners. The result was the Hungry for Hope campaign. For the entire month of June 2021, CCM challenged staff, board members, clients, and friends of the ministry to give back by patronizing these establishments as many times as possible during the month. The goal was to help restaurants rebound and to show appreciation for their support of CCM and the community. Margaret Elliott, CCM’s Executive Director, noted that “the restaurants and their staffs have faced challenges that they may not have had to endure before the pandemic. This is our way of saying thank you.” As part of the campaign, there was a “Dine Out Challenge” on social media, where diners were asked to post on social media pictures and thoughts from their dining experience. Restaurants owners and operators as a whole were extremely appreciative and thankful for CCM’s effort to highlight their businesses and value to the community. Kimberly Gregg, who along with her husband, Murphy Gregg, own the renowned Diamondback Grill stated, “We are grateful for the appreciation of the community and to be a partner with CCM and their recognition.”

### Thank You Sponsors!

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#### Bakery Ally



#### FLOW LEXUS

#### Carry-Out Ally

CHARLES G. NEW, DDS, MS, PA

#### Media Partners

Winston-Salem Journal, FM Forsyth Mags, Kernersville News, Excalibur Direct Marketing, Lamar, Clemmons Courier, WS Chronicle



### Our Unifying Principles...

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