

# THE RESOURCE

THE OFFICIAL PUBLICATION OF SECURING RESOURCES FOR CONSUMERS INC.

## MESSAGE FROM LEADERSHIP TEAM

As we welcome a new year, we pause with gratitude and intention. We step forward with renewed purpose, shared hope, and a continued commitment to growth, not only as an organization, but as a community of people deeply invested in one another and the individuals we serve.

Together, we embrace new opportunities with courage and care. We strengthen our connections through compassion, collaboration, and trust. And we move forward in unity, guided by progress and grounded in the belief that the work we do makes a real and lasting difference.

To every member of the SRFC, Inc. team, thank you. Thank you for your presence, your passion, and your unwavering dedication. Thank you for showing up with integrity, resilience, and heart, even when the work is demanding. Because of you, lives are supported, dignity is preserved, and hope is made visible each day across our communities.

As we begin this new year, we invite each team member to join us in incorporating the following personal development pledge into this year's intentions: This year, I commit to personal growth by embracing challenges, learning continuously, and striving to become the best version of myself, both personally and professionally. Growth is not just about what we achieve, but about how we align our actions with our values and purpose.

As a resource for this journey, we encourage reading *The 7 Habits of Highly Effective People* by Stephen R. Covey. This book offers powerful insights on personal effectiveness, prioritization, and living in alignment with our values, principles that mirror the mission and vision of SRFC.

We wish each of you a Happy New Year filled with possibility, prosperity, and success. May this year bring moments of reflection, growth, joy, and fulfillment. We are deeply grateful to walk this path with you and excited for all that we will accomplish together in the year ahead.

*Karen R. Brooks and the Leadership Team*

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**SECURING RESOURCES  
FOR CONSUMERS,  
INC.**

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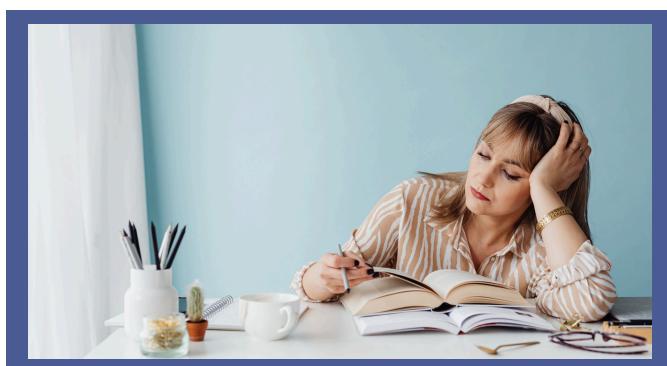
# HEALTH, WELLNESS, AND MINDFULNESS

January is National Mental Health Awareness Month, a dedicated opportunity to pause, reflect, and renew our commitment to caring for our mental and emotional well-being. As the year unfolds with fresh goals, responsibilities, and expectations, it is important to remember that our greatest resource is ourselves.

Mental wellness is not limited to managing stress during difficult moments. It is about intentionally building balance, resilience, and emotional strength throughout our daily lives. This may look different for each person. It can be found in setting healthy boundaries, honoring the need for rest, engaging in mindful moments, staying physically active, or creating small routines that bring calm and clarity.

As you move through this month, we encourage you to check in with yourself and with one another. Notice what you need, allow yourself permission to unplug when necessary, and extend kindness toward yourself during demanding days. Reach out for support when you need it and remember that **asking for help is not a weakness**. It is a meaningful act of self-care and a reflection of personal strength.

By caring for our mental health, we strengthen our ability to show up fully for our work, our communities, and one another. Let this month serve as a reminder that your well-being matters, and that tending to your mental wellness is an investment in both your present and your future. In an effort to be mindful as we focus on our resetting in the new year, we are asking that each of you participate in the following 10-minute wellness pause:

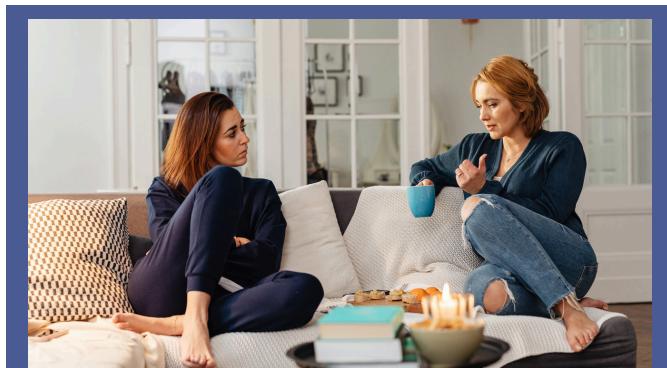


## Step 1: Check-In (3 minutes)

Take a quiet moment to reflect and answer the following for yourself:

- Right now, I feel: (energized, overwhelmed, hopeful, tired, calm, unsure, or another word that fits)
- One thing that has been weighing on me recently is:
- One thing that has been giving me strength or comfort is:

*There are no right or wrong answers. This is for awareness, not judgment.*



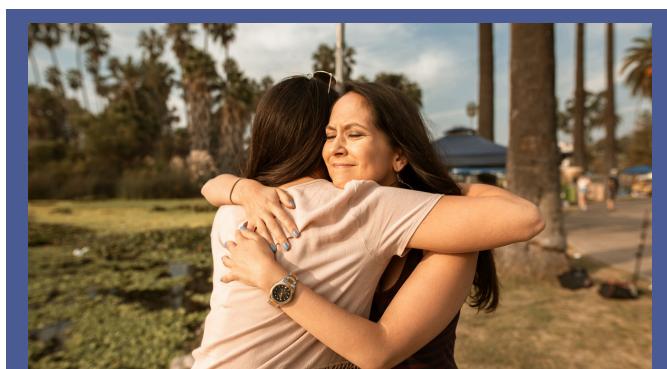
## Step 2: Boundary or Balance Reset (4 minutes)

Choose one small action you can take this month to support your mental wellness. Examples include:

- Taking a full lunch break away from screens
- Setting a clear start and end time for the workday
- Scheduling short movement or breathing breaks
- Saying “no” or “not right now” when your capacity is full
- Creating a simple morning or evening routine that helps you unwind

Write your chosen action here:

This month, I will support my mental wellness by...



## Step 3: Support & Self-Kindness (3 minutes)

Reflect on the following:

- One person or resource I can reach out to if I need support is:
- One way I will practice kindness toward myself this week is:

# MONTHLY OBSERVANCES

## January: MLK Celebrations

### Durham, NC

#### MLK: Celebrating the Legacy Through the Arts

**Date:** Saturday, January 10, 2026

**Time:** 2:00 PM to 5:00 PM

**Place:** W.D. Hill Recreation Center, 1308 Fayetteville Street, Durham, NC

**Cost:** Free

**Features:** This free community celebration features visual art displays, open mic poetry, performances, arts and crafts, discussions and more.

### Henderson, NC

#### MLK Day of Service Event

**Date:** Monday, January 19, 2026

**Time:** 10:00 AM - 2:30 PM

**Place:** Vance Granville Community College Civic Center 200 Community College Road Henderson, NC,

**Cost:** Free

**Features:** You have been invited to join First Baptist Church Henderson's team for the Meal Packaging Event, in the movement to end hunger.

### Charlotte, NC

#### Dr. Martin Luther King Jr. Holiday Parade

**Date:** Saturday, January 17, 2026

**Time:** 9:30 AM

**Place:** Route is on Tryon Street, from 9th Street to Brooklyn Village Avenue.

**Cost:** Free

**Features:** More than 100 community organizations, marching bands and step and drill teams will participate. Highlights will include floats with the student winners of the CMS MLK Art and Writing Contests and local performance groups.

### Atlanta, GA

#### Annual Martin Luther King Day Parade

**Date:** Monday, January 19, 2026

**Time:** 11:00 AM

**Place:** Gwinnett Justice Center, 75 Langley Dr. Lawrenceville, Georgia

**Cost:** Free

**Features:** Community Organizations, Marching and Step and Drill teams.

## February: Love is in the Air!

### February 14th is Valentine's Day

Here's a Valentine's Day Love Recipe

#### Ingredients:

1. 2 souls with open hearts
2. 1 cup of laughter shared often
3. ½ cups of patience
4. 3 cups of trust
5. A generous handful of affection and special moments
6. A pinch of vulnerability

#### Instructions:

True love isn't rush, it's cooked slowly, cherished daily and best when it's cooked from the heart!



## March: Spring is here!

March 17, 2026 is celebrated as Happy St. Patrick's Day, wear your green!

The first day of Spring is Friday, March 20, 2026



## Business Insights

Residential homes have been a long standing part of SRFC and is responsible for the growth and development for the past 19 years of this organization and our programs. Changing times makes it necessary to meet the needs of the population we serve.

While residential homes still remain in communities, the structure of residential programs are changing to meet the desired outcome of independent living and this is the direction that SRFC is moving towards. Residential homes will remain part of SRFC, but in order to meet the needs of the changing population, it is necessary to consolidate our homes. We remain committed to our members, present, and engaged in the communities.



# EMPLOYEE RESOURCE

## Birthday Honorees

Happy Birthday to our amazing team members celebrating birthdays from January through March 2026! We send you our warmest wishes on your special day. May your birthday and the year ahead be filled with joy, good health, and moments as incredible as you are. Thank you for being such an important part of the SRFC family.

## New Hires

Welcome to our team: Please take time to welcome the new members to our SRFC, Inc. family. We are thrilled to have them as a part of our team!

### Durham, NC Office

- Diana Z-C. - Administrative, Durham, NC
- Doris B.- IDD, Durham, NC
- Ernest C. - IDD, Durham, NC
- Kevin W. - IDD, Durham, NC
- Libert H. - IDD, Durham, NC
- Latasha H. - IDD, Durham, NC

### Charlotte, NC Office

- Nerissa M.- Administrative, Charlotte, NC
- Charles S.- Peer Support, Charlotte, NC
- Latosha H.- Peer Support, Charlotte, NC
- Delmardis Y.- Peer Support, Charlotte, NC
- Hattie H. - Peer Support, Charlotte, NC
- Nikkole D. - Qualified Professional, Charlotte, NC

### Atlanta, GA Office

- Darryl L.- Peer, Atlanta, GA
- Deontri H. - Peer, Atlanta, GA

## Bad Office Joke



## Join our Team!

Securing Resources for Consumers, Inc. has the following job opportunities available. Please visit our website [www.srfcinc.com](http://www.srfcinc.com) and submit your resume and cover letter for interested positions.

### Durham, NC

Job Coach  
Day Support Staff  
Community Based IDD 1:1 Workers

### Charlotte, NC

Certified Peer Support Specialist  
Community Based IDD 1:1 Workers  
Community Based Behavioral Health 1:1 Workers

### Atlanta, GA

Certified Peer Support Specialist

### Henderson, NC

Community Based IDD 1:1 Workers  
Community Based Behavioral Health 1:1 Workers

## Trainings

### CPR Quarterly Schedule:

All trainings will take place at our Day Support building @ 10am. For any questions regarding training information, please contact [stephanie.santiago@srfcinc.com](mailto:stephanie.santiago@srfcinc.com)

- January 14, 2026
- January 28, 2026
- February 11, 2026
- February 25, 2026
- March 11, 2026
- March 25, 2026

### NCI Schedule:

NCI training dates TBA. Please contact Stephanie Santiago for further updates, [stephanie.santiago@srfcinc.com](mailto:stephanie.santiago@srfcinc.com)

## Newsletter Contributions

Have exciting or informative content to share? Submit your materials by emailing Robin Brooks at [robin.brooks@srfcinc.com](mailto:robin.brooks@srfcinc.com).