

VOLUME 3 MARCH/APRIL 2021

Scoops of Information & Inspiration!



DURHAM COUNTY DEPARTMENT OF SOCIAL SERVICES



CHECK US OUT!

If this is your first copy of SCOOPS welcome! We're bringing you all the info & inspiration to make life a little easier! Please share SCOOPS with your friends and family.



To get your SCOOPS delivered to your inbox, email:
DCoDSSPublicInformation@dconc.gov



Managed Care is Here!

Our Medicaid clients now have 5 healthcare plans to choose from. Your good health is your wealth! DCoDSS will host a Facebook LIVE presentation on these healthcare plans April 20th at 6 pm. Follow our social media for more details! Visit ncmedicaidplans.gov to select your plan by May 14th!



The word **BUDGET** doesn't have to be a bad word. Perhaps you're waiting on your stimulus money to be deposited or have received it already,

THINK BEFORE YOU SPEND.

Here's an article from The Penny Hoarder: **BUDGETING FOR BEGINNERS.** Here's the link:

bit.ly3rxkkjX

ONE-PAN CHICKEN PARMESAN PASTA

Recipe courtesy of **EATINGWELL.COM**

This chicken Parmesan pasta uses the one-pot pasta method to cook your noodles, chicken and sauce all in one skillet for a fast and easy dinner with minimal cleanup. Finish the dish under the broiler to achieve a delicious melted cheese crust.

INGREDIENTS:

- 2 tablespoons extra-virgin olive oil, divided
- ¼ cup whole-wheat panko breadcrumbs
- 1 tablespoon plus 1 teaspoon minced garlic, divided
- 1 pound boneless, skinless chicken breast, cut into 1/2-inch pieces
- 1 teaspoon Italian seasoning
- ¼ teaspoon salt



SOCIAL WORKERS
ARE ESSENTIAL



Assist. Director Jovetta Whitfield with Carly Kramer from Revolve Church bearing gifts for Social Work Month! Thank you Revolve Church!



We want to feature **YOU** here in **SCOOPS!** Take a selfie and tell us of your new job, your kid making honor roll, etc! Share your story with us!

Email the picture & story to:

DCoDSSPublicInformation@dconc.gov

ONE-PAN CHICKEN PARMESAN PASTA CONTINUED

More INGREDIENTS:

- 3 cups low-sodium chicken broth
- 1 ½ cups crushed tomatoes
- 8 ounces whole-wheat penne
- ½ cup shredded mozzarella cheese
- ¼ cup shredded Parmesan cheese
- ¼ cup chopped fresh basil

Step 1

- Heat 1 tablespoon oil in a large ovenproof skillet over medium-high heat. Add panko and 1 teaspoon garlic. Cook, stirring, until the panko is golden brown, 1 to 2 minutes. Transfer to a small bowl and set aside. Wipe out the pan.

Check out this link for the video for this recipe:

bit.ly/3cvadAW



Instructions Checklist Continued

Step 2

- Heat the remaining 1 tablespoon oil in the pan over medium-high heat. Add chicken, Italian seasoning, salt and the remaining 1 tablespoon garlic. Cook, stirring frequently, until the chicken is no longer pink on the outside, about 2 minutes. Add broth, tomatoes and penne. Bring to a boil and cook, uncovered, stirring frequently, until the penne is cooked and the sauce has reduced and thickened, 15 to 20 minutes.


Step 3

- Meanwhile, position an oven rack in the upper third of the oven. Preheat the broiler to high. When the pasta is cooked, sprinkle mozzarella over the penne mixture. Place the pan under the broiler; broil until the mozzarella is bubbling and beginning to brown, about 1 minute. Top with the panko mixture, Parmesan and basil.



Social Workers ROCK!

Of course we're a bit biased, but among the 4 social workers that you see above, represent decades of experience in the profession.


From L to R: Katia Gaynor Barber helps clients gain employment & sends them tips on health and wellness. John Margolis serves in our Adult Protective Services, and stays plugged into our clients needs with empathy. Nichole Weedon, serves our young people in foster care, with the loving care as if they're her own. Ernest Johnson is a Child Welfare Investigator, who co-founded a fatherhood initiative in NC to help young fathers navigate social services programs. These are just few of the people working hard every day at DCoDSS to serve YOU. If you need us, we're here with #CompassionateCare  Call 919-560-8000 or visit dconc.gov/dss

Get Unplugged!



Tired of your kids being on a screen all day? Check out our Durham County Libraries! Their FREE programming is the best in the nation!


www.durhamcountylibrary.org



We're here 24/7 with support and resources.

855.587.3463

hope is on the line



Your Mental Health Matters

The stresses of life can leave us all feeling hopeless and alone.

This pandemic has challenged everyone, but there is help available. Our state has established the HOPE4NC Helpline. The

toll-free number is available 24/7. Call

1-855-587-3463 or text "hope" to 1-855-587-3463

HOPE4NC is also in Espanol

Help Is On The Way

The Durham County Emergency Rental Assistance Program--ERAP will be

launching VERY soon!

ERAP is a program to help renters who have fallen behind on their rent due to COVID. Follow our social media to know when to

apply!



Child Abuse Prevention Month

During the month of April we recognize child abuse prevention nationally. When you see the blue pinwheels, know that they were planted to symbolize a happy, healthy childhood. #BeAConnection



Please visit our community partner Prevent Child Abuse NC to find out ways to be an ally of children and learn of activities taking place in April. Here's the link: bit.ly/3dDnCGA



DURHAM CENTER FOR SENIOR LIFE



Thursdays
12pm-4pm



By Appointment only

Appointments are made on a first come first serve basis and you have until the wednesday before the event at 2pm to register.

Please contact NaQuana Johnson (919)688-8247 ext. 103



Together for Resilient Youth

When Can I Get My Shot?



COVID-19 Vaccine

Where Can I Sign Up?

Need Help?

Call: 919-536-8972

TRY QR CODE



myspot.nc.gov

Tag Us On Social Media

#URBESTSHOT

FACEBOOK: Together for Resilient Youth - TRY

Operation Medicine Drop

Special thanks to NC National Guard Counterdrug Program Drug Demand Reduction and Outreach

**LOCATION: WALMART SUPERCENTER
1525 GLENN SCHOOL RD, DURHAM, NC 27704**

DROP OFF UNUSED OR EXPIRED MEDICATIONS

**APRIL 24TH, 2021
10AM TO 2PM**

**APRIL 24TH, 2021
10AM TO 2PM**

DURHAM COUNTY Public Health SHERIFF DURHAM COUNTY INSIGHT Human Services

Check out our other community partners activities on this page and spread the word! Stay tuned to our social media for updates

Twitter: [@DCoDSS](https://twitter.com/DCoDSS)

Facebook.com/DurhamDSS

