

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



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
- ½ teaspoon salt







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

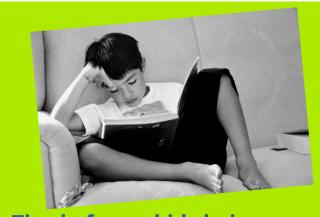
Meanwhile, position an oven rack in the upper third of the oven.
 Preheat the broiler to high. When the pasta is cooked, sprinkle mozzarella over the penne mixture. Place the pan under the broiler; broil until the mozzarella is bubbling and beginning to brown, about 1 minute. Top with the panko mixture,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



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



Page 6 SCOOPS

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









Thursdays 12pm-4pm



By Appointment only

Appoinments 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







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

Twitter: <a>@DCoDSS

Facebook.com/DurhamDSS

