

VOLUME 6 JULY 2021

Scoops of Information & Inspiration!



WATER SAFETY

LOOK AROUND

Check out SCOOPS our Information & Inspiration news bulletin created with YOU in mind. We want to provide you with updates on our numerous programs, but also provide you with practical living tips with a healthy dose of INSPIRATION 

To get your SCOOPS delivered to your inbox, email:

DCoDSSPublicInformation@dconc.gov



Parents, it's super hot and humid outside and the pool is a great way to get relief. Please do not leave children unattended while visiting a pool, or the beach. Consider getting them swim & water safety lessons at our Durham Parks & Rec!

bit.ly/3eYCeSk



Have a FREE family fun night at the movies at the Durham County Stadium Friday, August 6th! Register here NOW, space is limited: bit.ly/3BO6VDH

DELICIOUS, NUTRITIOUS SMOOTHIES FOR ANYTIME

Recipe courtesy of [GetInspiredEveryday.com](https://www.getinspiredeveryday.com)

It's too hot, we're giving you another tasty treat that is nutritious. It's DCoDSS kitchen approved! Yes, we've made these!

This Strawberry Watermelon Smoothie is a favorite summertime refreshing smoothie! This simple combination never gets old and it's equally popular with kids or adults. The sweet berry flavor pairs perfectly with the juicy watermelon. It's frosty cold and a touch of mint makes it even more refreshing as a variation. There's no bananas involved in this smoothie, just 3 simple ingredients.

8 cups cubed watermelon, seedless, fresh or frozen for a frostier smoothie



Doesn't this look delicious?

This is an Orange Creamsicle Smoothie! The magic ingredient to this smoothie is coconut milk. If you remember Orange Julius, this tastes better! Click here for the recipe & tips:

bit.ly/3BN91ne

STRAWBERRY WATERMELON SMOOTHIE (CONT)

Check out this link for this recipe:
bit.ly/36ZqzOX

INGREDIENTS: 12 ounces of frozen strawberries, 3 cups

1/4 cup freshly squeezed lemon juice, 1 lemon, or juice of 2 limes

Optional: sweetener of choice if your fruit isn't perfectly ripe, and or 3-5 mint leaves

INSTRUCTIONS

Place the watermelon cubes into a blender and blend until smooth. It should be reduced to around 5 cups.

Add the strawberries and lemon juice and blend again until smooth. Serve right away or refrigerate for up to 1 day



We want to include YOU in SCOOPS! Send us your celebrations & pictures @ DCoDSSPublicInformation@dconc.gov



Did you receive your Child Care Tax Credit \$\$

The funds you may have received are being provided until the end of this year. Use your funds wisely. Here are 5 ways to maximize your dollars.
cnb.cx/313ZSkM



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MCDUGALD TERRACE

NATIONAL NIGHT OUT

Building Positive Relationships

4-6 PM
531 LAKELAND T.A GRADY **FREE EVENT**

TUESDAY, AUGUST 3

Free - Live Music by DJ Smitty Free Food Free Covid Vaccinations and much more

For more information:
Ashley Canady
919 806-7991

McDougald Terrace Resident Council

Join DCoDSS and other organizations as we build positive relationships in the community! At the National Night Out hosted by McDougald Terrace, there will be food, fellowship, entertainment & vaccinations available. See you there!

HOPE 4 NC

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

855.587.3463

hope is on the line

Protect Your Mental Health!



Shine is a great FREE app to remind you to take the time for SELF-CARE. Your mental health is important, protect it by any means necessary. We recommend the SHINE app created by two women of color that will benefit everyone.

Go to your App store and download it.

Free food, haircuts, backpacks, vaccines, games, & more!

Durham County Back-to-School Bash!

COVID-19 vaccines available for all people 12 and older!

\$25 Visa gift card for everyone who gets vaccinated or brings someone to take their shot!

Friday, August 20 10:00am-2:00pm

Durham County Memorial Stadium



Come check us out at the Back-to-School Bash! Another great family event in August!



Our FEI division resumed their annual community outreach project of giving back to the community. Our team gave away 26 bags of non-perishable food to each of the four non-profit food banks. NCCU, CAARE, The Durham Center for Senior Life & Bethany United Methodist Church were the recipients. It was a beautiful day to promote #NationalHungerAwareness.



This is Campbell Russ & her mom Meghan Russ. These two did ALL of the grocery shopping for our giveaway, but couldn't be with us to deliver the goods!



DCoDSS staff participating: Rhonda Stevens, Neelie Reddy, Natalie Pennington, Jamie Jones, Nancy Santos, Latoya Chambers, Meghan Russ & Pam Purifoy





Our CSSA workers are truly special people. CSSA stands for Community Social Services Assistant. These hard-working professionals provide transportation to and from supervised visitations for both children and/or adults. They monitor visits, and are the reliable, kind people, parents and children count on during a difficult time in their lives. In recognition of CSSA Recognition Day, our team was treated to an outing to let off stress at Urban Axes, and they were also taken to lunch.

Thank you team! L to R: Tamika Cannady, Rosalind Lindsay, Darius Grafton, Tina Morton, Erica Parker Williams, Shalotta Scoggins, & Supervisor Demetria Jones.

Keep in touch with us daily!

[DCONC.gov/DSS](https://dconc.gov/DSS)



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Impressed by some of the activities DCoDSS employees engage in while doing the work they love? Check out: [Careers.dconc.gov](https://careers.dconc.gov)