

Scoops of Information & Inspiration!

DURHAM COUNTY DEPARTMENT OF SOCIAL SERVICES



TAKE A PEEK!

Check out 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

Back-to-School



The excitement of physically attending school again is all upon us. Of course there's some anxiety about the spreading of the delta variant, particularly among children who are not yet able to receive the vaccine. We can all do our part by getting vaccinated. Contact our friends at Durham Public Health. Their website provides locations and times to #GetVaccinated. Check here: https://www.dcopublichealth.org





DURHAM FARMERS MARKET

Shop as often as you can at the Durham Farmers' Market.
They offer a wonderful 'double bucks' program for
SNAP/EBT customers. You spend \$15 you'll have tokens for
\$30! To learn how 'double bucks' works visit their website:
www.durhamfarmersmarket.com

COPYCAT CHICK-FIL-A CHICKEN SALAD SANDWICH

Recipe courtesy of MomFoodie.com

Mom's Dad's you might gain some cool points for making a knock-off Chick-Fil-A chicken salad sandwich! You can definitely save some \$\$

Ingredients

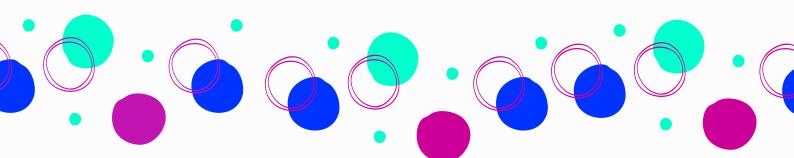
- 2 cups cooked and cooled chicken breasts chopped
 - ⅓ cup celery chopped
- 1 hard boiled egg chopped
 - ¼ cup sweet pickle relish
 - 34 cup mayonnaise
 - salt and pepper to taste
 - 8 slices whole wheat bread
- loose leaf lettuce

A historic increase in SNAP benefits have been approved. They're set to go into effect in October, 2021.

Read all about it here:

n.pr/3gwq8k9







COPYCAT CHICK-FIL-A CHICKEN SALAD SANDWHICH (CONTIN)

Instructions

- Mix together the chicken, celery, egg, mayonnaise, relish, salt and pepper.
- Toast bread and top half with lettuce.
- Spread ¼ of the copycat chicken salad over each, and top with remaining toast slices.

Of course you could roll this chicken salad in pita bread, or just serve it as is with crackers! Don't forget some veggies and/or fresh fruit!

Meet Shemecka McNeil, the founder and Executive Director of SLICE 325. She created this non-profit to educate low income people on creative ways to create delicious meals economically. We salute you Shemecka for your efforts & enjoyed meeting your team at the Back-to-School Bash 2021!

SL CE 325

They offer a 5-week course designed to help low-income people create healthy meals. Each week, participants learn a variety of new skills, techniques & recipes.

- Grocery Budgeting
 - Food Safety & handling
 - Canning & Preserving
 - Nutrition & MORE!

www.slice325.org





ABOUT THE PROGRAM

The Program is a free college readiness and career exploration program designed to motivate and guide boys of color, grades 6 through 12, to explore their interests and passions. Our program works with each student to build confidence and skills, develop a plan to pursue the career of their dream and close the opportunity and workforce readiness gaps to expand career pathways and economic opportunities

We prepare boys of color to excel academically, graduate high school, persist through college and lead change in the workforce and community



Academic, Professional & Leadership Skill Development



Mentoring, Coaching & Social & Emotional Support

College & Career Success

FOCUS AREAS Academic Enrichment

- Cultural Affirmation
- College Exploration & Readiness
- Goal Setting & Decision-Making
- Financial Literacy
- Technology Skills
- Leadership Development
- Professionalism
- Career Exploration & Readiness

PROGRAM ACTIVITIES

- College & Career Planning
- Career Competency Workshops
- Academic Tutorial Sessions
- **Career Conversations**
- College Information Sessions & Tours
- Company Site Visits & Job Shadowing
- Public Service Initiatives Projects & Competitions
- Scholarships

INTEREST FORM www.rb.gy/dapble

Equipping Boys of Color for College & Career Readiness & Success

www.charleshamiltonhoustonfoundation.org YMOE@CHARLESHAMILTONHOUSTONFOUNDATION.ORG

DeWarren Langley is a Durham native and is a product of Durham Public Schools. He is a proud graduate of C.E. Jordan High School. We're proud of DeWarren as he has earned two professional degrees from NCCU--a Masters of Public Administration and a Juris Doctorate. We had an opportunity to talk with DeWarren at the Backto-School Bash 2021, and follow-up with him as he shared what he's doing in the community. Thank you DeWarren Langley for all that you're doing to make Durham a better place! To learn more about his foundation visit:

Charles Hamiltion Houston Foundation.org

DeWarren Langley, is the Founder & Executive Director of the Charles **Hamilton Houston** Foundation.

"Established in 2016, the Foundation connects boys and young men of color to the strategies they need to secure socioeconomic success by delivering innovative leadership & professional development programs for college and career readiness, facilitating connection with professional opportunities and transforming academic policies and practices."

Making the Connection
At DCoDSS, we're all about making connections, & collaborating with Community Partners and Durham citizens. If you have some tips for better living, or celebrations-- send us the SCOOP!

DCoDSSPublicInformation@dconc.gov





No, the pandemic is not over. Yes, it is understandable if you don't feel like yourself. Your mental health is important. Call the HOPE line for assistance.

Try These Stress **Busters**

Breathe. Take a deep breath and count to 10. ...

Take a walk. A brisk walk can knock out stress and improve your mood almost

instantaneously. ... Laugh out loud. ...

Join a class. ...

Jump in the tub. ...

Turn on music. ...

Get cooking. ...

Try creative arts.



Our Child Support Agents work for both custodial & non-custodial parents alike. Contact us, we can help! (919) 560-8000 #ItTakesTwo

Keep In Touch!

www.dconc.gov/DSS







Social Services

#NationalChildSupportAwarenessMonth #ItTakesTwo



we want you to know that our child support agents work tirelessly, always to serve families. We have a program to assist our non-custodial parents with job placement. If you live in Durham, contact us. We can help you collect the support you need, and help non-custodial parents as well. Call: (919) 560-8000 Email: DCoChildSupport@dconc.gov.

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