

VOLUME 8 SEPTEMBER/OCTOBER 2021

Scoops of Information

& Inspiration!



DURHAM COUNTY DEPARTMENT OF SOCIAL SERVICES



TAKE A PEEK!

As you read through our news bulletin, don't forget to send us pictures if you try a recipe or if you want to share a celebration or helpful scoop! We provide you 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

FALL IS HERE!



The days are a bit cooler, so enjoy lots of outdoor activities with your friends and family! Pumpkin patches are great places to visit. Check out triangleonthecheap.com to plan your activities!



October is National Domestic Violence Awareness Month. Our community partner DCRC will be hosting **Lunch & Learn Sessions** at 12 noon every Thursday in the month of October. Visit www.thedcrc.org & [Facebook.com/durhamcrisisresponsecenter](https://www.facebook.com/durhamcrisisresponsecenter)



HEALTHY PUMPKIN PECAN MUFFINS

Recipe courtesy of EATINGWELL.COM

Ingredients

Ingredient Checklist

- 3 ½ cups old-fashioned rolled oats
- 1 ½ cups reduced-fat milk
- 1 cup unseasoned pumpkin puree
- ½ cup light brown sugar
- 1 ½ teaspoons vanilla extract
- 1 teaspoon baking powder
- 1 teaspoon pumpkin pie spice
- ¾ teaspoon salt
- 2 large eggs, lightly beaten
- ½ cup chopped pecans



Steps to Health is an educational program from the USDA to encourage youth and adults learn to eat a healthy diet. Check out their website for more info.

bit.ly/3j4jinn



From the **FOOD NETWORK**

Is it safe to eat freezer burned food? Learn more here: bit.ly/30ilyzy.



Pumpkin Oatmeal Muffins CONTINUED

Directions

Instructions Checklist

Step 1

- Preheat oven to 375 degrees F. Stir oats, milk, pumpkin, brown sugar, vanilla, baking powder, pumpkin pie spice, salt and eggs together in a large bowl until fully incorporated.

Step 2

- Lightly coat a 12-cup muffin tin with cooking spray. Spoon the batter into the prepared muffin cups, filling each almost to the top. Sprinkle evenly with pecans.

Step 3

- Bake the muffins until a toothpick inserted in the center comes out clean, 25 to 30 minutes. Let cool in the pan for 10 minutes, then transfer to wire rack. Serve warm or at room temperature.

Tips

To make ahead: Wrap airtight and refrigerate for up to 2 days or freeze for up to 3 months.

Nutrition Facts

Serving Size: 1 muffin

Per Serving:

183 calories; protein 5.6g; carbohydrates 27.9g; dietary fiber 3.4g; sugars 11.1g; fat 6.2g; saturated fat 1.1g; cholesterol 32.5mg; vitamin a iu 3239.7IU; vitamin c 0.9mg; folate 20.3mcg; calcium 86.6mg; iron 1.5mg; magnesium 38.2mg; potassium 207.3mg; sodium 212.4mg; added sugar 8g.

Send us your pics if you make recipes found in **SCOOPS!**

You've Been Folding Your Clothes All Wrong!

This woman is an organizing expert, she was featured on GMA for her great techniques on folding clothing. She also gives tips on storing bulky items in small spaces!



Check her out: bit.ly/39VDzX2

Raise Your Voice



— OCTOBER —

**DOMESTIC
VIOLENCE**

Awareness Month

www.susonc.org



Stand Up Speak Out of NC is another wonderful community partner of DCoDSS. They work tirelessly with individuals dealing with sexual assault & abuse. They offer a unique art therapy program and so much more to the residents of our state. They are headquartered in Durham, and the founder, Monica Daye is a native of Durham. Check out their programs at: susonc.org.

During September, we celebrated Kinship Care Month. Recognizing the many grandparents, aunts, uncles and other relatives who step-up to care for children in their family. Strengthen your family bonds today! #FamilyOverEverything



September is Kinship Care Month

We recognize and celebrate those grandparents and other relatives who stand in the gap for children every day.

"The simple act of caring is heroic" - Edward Albert



The
**PENNY
HOARDER**
.com

Check out our favorite money matters website! The Penny Hoarder has great journalists providing information on credit, money saving tips & lots more! Visit: bit.ly/3yQdJPI

MENTAL HEALTH MATTERS



HEALTH IS WEALTH

healthy Self-Talk	
THIS	NOT THAT
✓ Whoops. I made a mistake.	✗ I'm so dumb.
✓ I like me.	✗ No one likes me.
✓ I did something bad.	✗ I'm a bad person.
✓ This is really hard, but I'm going to keep trying.	✗ I give up. I'll never be able to do this.
✓ I haven't figured it out...yet.	✗ I never get anything right.
✓ I am enough. And worthy, too.	✗ I'm not good enough.



No matter whether we're young or old, or somewhere in between, what we say to ourselves, about ourselves matters.

Here's a story from CNN about an educator who has her students speak positive about themselves while they look into a mirror every morning. She's seeing excellent results! View here:

[cnn.it/2YjddyG](https://www.cnn.com/2021/04/29/health/mirror-therapy/index.html)

HAVE YOU TRIED THE SHINE APP?

We've been telling you about SHINE for awhile now.

SHINE was designed to reduce anxiety & stress. You will receive daily messages to make you reflect, and to get into a zen state of mind.

Go to your App store and download it. It's FREE!



HOPE 4 NC

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

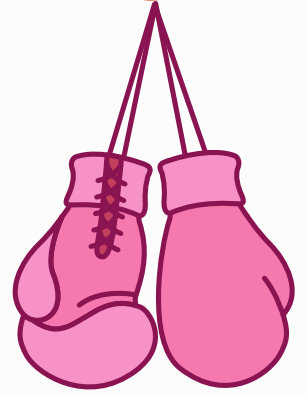
855.587.3463

hope is on the line



Unfortunately, our community has experienced multiple suicides among our college students. This impacts ALL of us. Our mental health has been affected by the pandemic. Please, if you or someone you know needs help, call the HOPE line .

FIGHT LIKE A GIRL!



We live in the City of Medicine. We're so fortunate to live in a region known for its medical research and excellent healthcare! Please DO NOT put off getting your annual mammogram. Medical facilities are practicing COVID protocols to keep us all safe.

Women aren't the only one's who should be concerned about breast cancer. Approximately 2,650 invasive cases of breast cancer in men will occur in 2021, according to the American Cancer Society

BREAST CANCER awareness month

BREAST CANCER IN THE U.S. WILL AFFECT 1 IN 8 WOMEN OVER THE COURSE OF HER LIFETIME

PREVENTION TIPS

- Keep a healthy weight.
- Exercise regularly.
- Don't drink alcohol or limit alcoholic drinks.
- Breastfeed one's children, if possible.
- If one has a family history of breast cancer, they should talk to a doctor for more prevention tips.

RISK FACTORS

- ALCOHOL:** Breast cancer risk increases with the amount of alcohol a woman drinks.
- SMOKING:** Smoking is associated with a small increase in breast cancer risk.
- OBESITY:** Being overweight is associated with increased risk of breast cancer.

SIGNS AND SYMPTOMS

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in any area of the breast.

APPROXIMATELY 1 OUT OF EVERY 100 BREAST CANCER DIAGNOSES IN THE U.S. IS FOUND IN A MAN.

INFORMATION PROVIDED BY:
[HTTPS://WWW.BREASTCANCER.ORG](https://www.breastcancer.org)
[HTTPS://WWW.CDC.GOV/CANCER](https://www.cdc.gov/cancer)

Signs and Symptoms of Breast Cancer in Men

Possible symptoms of breast cancer to watch for include:

- A lump or swelling, which is often (but not always) painless
- Skin dimpling or puckering
- Nipple retraction (turning inward)
- Redness or scaling of the nipple or breast skin
- Discharge from the nipple

Sometimes a breast cancer can spread to lymph nodes under the arm or around the collar bone and cause a lump or swelling there, even before the original tumor in the breast is large enough to be felt. These changes aren't always caused by cancer, but if you notice any breast changes, you should see a health care professional as soon as possible.



The PINK OUT at Duke Medical Center



Another NEW Program by DCoDSS



DURHAM LOW-INCOME HOMEOWNERS RELIEF PROGRAM (LIHR)



Are you a home owner needing relief with your taxes?

The **LIHR** Program may be able to assist you if you meet the following requirements:

- Property must be within Durham county.
- Must be homeowners primary residence for the current 10 years.
- Residents who are not receiving other state subsidy tax assistance.
- Households with income \leq 30% AMI.
- Proof of primary residence-current tax bill to include applicants name on property.
- **Documentation of Household income:** Pay check stubs,
Social Security/SSI Award Letter
Unemployment Benefit Letter
2020 Tax Return
Photo ID

The *maximum* amount provided for eligible homeowners is \$750.00.
Payments are made directly to the Durham County Tax Office.

A Letter of Thanks from A Client

I am a senior citizen(66yrs old) and have lived in my current residence for 20 years. I have experienced several hardships during this pandemic. As I became informed of the ERAP Program, I pursued it and was introduced to DSS. I must admit to the team of members of your staff as being so professional as well as showing patience and understanding to the community as we look to your team to guide and help us through these terrible times. I have never in my life been subjected to possible eviction. I had to be put on blood pressure meds, for which I have never used during my life time. I was first introduced to Mrs. Eilanna Johnson as my social worker. She guided me with knowledge and patience that allowed me to move to the next level. I had a million questions and she answered each one as if it was the first one. She was very kind, polite and professional. As I transitioned to Mrs. Carla Pike, she also guided me in a kind, polite, patient and professional way. She held her position as a manager as she exposed her skills as well. She assisted me to the next level with efficiency as well. As I transitioned to Mrs. Hammond, a very kind, professional and didn't mind me having her repeat herself. She was very patient with me. These three professional ladies of your team changed my life. I have been approved and I do not know how I would have made it through this tough time without your caring staff members. I would like to take the time out to thank you for having these three ladies inclusive of your staff. I am with heightened appreciation for your awesome staff. Please allow this email to benefit recognition of your hierarchies of the DSS staff as I know they will continue to assist the people of this community as they assisted me. Please send a copy of this email to each of the mentioned persons and include this email in their files.



Congratulations to our own Sheila Dorsett, Supervisor of Program Integrity. She is the recipient of the prestigious Dorothy Forney Award, a lifetime achievement recognition for fraud investigators. She was also recognized for being the President of the United Council on Welfare, UCOWF. Kathy Hudson received a \$825.00 sponsorship to attend the conference. Special thanks to Sheila, Kathy & Rubi Fuentes for attending the educational conference.

#GoTeam!

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