

VOLUME 11 JANUARY 2022


Scoops of Information & Inspiration!



DURHAM COUNTY DEPARTMENT OF SOCIAL SERVICES



Check out our first edition of the New Year of SCOOPS! An information & inspiration news bulletin created with YOU in mind. We want to supply 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

Acts of KINDNESS



Happy New Year! It's 2022 and the COVID pandemic is not letting up. To get vaccinated, boosted and wear a mask when we're out in public spaces, or around vulnerable individuals are truly acts of KINDNESS. Please, let's look out for one another. Here are some tips: bit.ly/3FsLnNt

DO YOU NEED HELP WITH YOUR HEATING BILL?



Starting December 1, 2021 DCoDSS will begin taking Applications for LIEAP -- The Low Income Energy Assistance Program. Applicants aged 60+ are eligible, as are those with disabilities and who receive Food & Nutrition Services. **Call (919) 560-8192** to make a virtual appointment with our LIEAP Specialists. On January 3, 2022 all Durham residents may apply online as well at:

<https://ePass.nc.gov>

The LIEAP program ends March 31, 2022.



Social Services



You can get paper applications for our programs from the kiosk outside of the Human Services Building at your convenience.

CHILI: A WINTER COMFORT FOOD

Recipe courtesy of FoodNetwork.com

Great step-by-step video:

bit.ly/33Emls9

Ingredients:

2 pounds ground beef

2 cloves garlic, chopped

One 8-ounce can tomato sauce

2 tablespoons chili powder

1 teaspoon ground cumin

1 teaspoon ground oregano

1 teaspoon salt

1/4 teaspoon cayenne pepper

1/4 cup masa harina

One 15-ounce can kidney beans, drained and rinsed

One 15-ounce can pinto beans, drained and rinsed

Shredded Cheddar, for serving

Chopped onions, for serving

Tortilla chips, for serving

Lime wedges, for serving



**Send us your good news,
pictures, achievements &
recipes to be published in
SCOOPS!**

Email us:

DCoDSSPublicInformation.gov

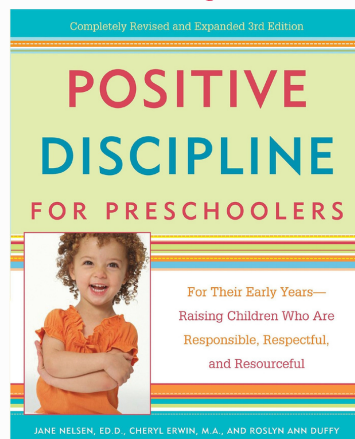


COMFORTING CHILI

Top off your chili with cheese, scallions, or if you like heat -sliced jalapeños! Bon Appetit!

DIRECTIONS:

1. Place the ground beef in a large pot and throw in the garlic. Cook over medium heat until browned. Drain off the excess fat, and then pour in the tomato sauce, chili powder, cumin, oregano, salt and cayenne. Stir together well, cover, and then reduce the heat to low. Simmer for 1 hour, stirring occasionally. If the mixture becomes overly dry, add 1/2 cup water at a time as needed.
2. After an hour, place the masa harina in a small bowl. Add 1/2 cup water and stir together with a fork. Dump the masa mixture into the chili. Stir together well, and then taste and adjust the seasonings. Add more masa paste and/or water to get the chili to your preferred consistency, or to add more corn flavor. Add the beans and simmer for 10 minutes. Serve with shredded Cheddar, chopped onions, tortilla chips and lime wedges.



The Positive Discipline Parenting series offers families tools and strategies to:

- Be Kind and Firm (at the same time)
- Understanding Child's Behavior
- Praise and Encouragement
- Routines
- Natural and Logical Consequences
- Empowering Children

What: Positive Discipline Parenting Series
 When: Wednesday February 2nd-March 9th, 2022
 Time: 6:30-8:00pm
 Where: ZOOM conferencing
 RSVP: Cindy 919-560-7319 or ckriley@dcon.gov

WELCOME BABY

POSITIVE DISCIPLINE



Cooperative Extension
Durham County Center

How are YOU Feeling?

Your mental health matters! These apps are ranked the best for mental health:

- Best Overall: Moodfit.
- Best for Learning Coping Skills: MoodMission.
- Best for Therapy: Talkspace.
- Best for Stress Relief: Sanvello.
- Best for Meditation: Calm.
- Best Fun App: Happify.
- Best for Depression: Depression CBT Self-Help: Guide.
- Best for BIPOC: Shine

HOPE 4 NC

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

855.587.3463



hope is on the line



MEET JWISHA LANGLEY, DCoDSS SOCIAL WORKER GIVEN A SECOND CHANCE AT LIFE ON JULY 10, 2021

Look at Jwisha's Smile Now!



In this new year, consider becoming an organ donor. Your donation will give someone the gift of life. Jwisha Langley has served DCoDSS since 2005. She began having renal issues in 2017, and began peritoneal dialysis April 2017 through July 9, 2021. Jwisha would do dialysis 8-9 hours every night 7 days per week, all while working at DSS. Her renal team put her on the transplant list in 2018, but she had to lose weight to be a great candidate. Jwisha got back on the list May, 2021, and received her life-changing phone call from Duke Hospital at 9 pm July 9, 2021. She received her transplant on July 10, 2021. Jwisha says, "It was a process but I was determined to do everything I needed to do to receive my transplant. Since receiving my new kidney, my life has been restored. I feel that I've been given a second chance at life. I have really been able to live and thrive. I finally feel like myself again. Prayers were truly answered that day. All I can say everyday is: Thank you Lord! "



Please consider organ donation. You can sign up at the DMV office, or visit the Donate Life NC website. There is a lot of information to learn about the process. Help save someone's life!

donatelifenc.org



COMMUNITY NEWS & INFORMATION YOU NEED

Parent Involvement and Advocacy
What does it mean?
Cooperative Extension

Session 3:
Effectively Communicating with School

Path to Student Success

NC COOPERATIVE EXTENSION,
DURHAM COUNTY CENTER
INVITES YOU TO

Parent & Family Advocacy and Support Training

An 8 week online course to help parents navigate the public school system.
Prizes will be given to some participants each week!

WEDNESDAYS 3:00-4:15 PM
FROM FEBRUARY 2-MARCH 23
Register:
<https://go.ncsu.edu/pfast2022>

Visit <https://go.ncsu.edu/pfastfaq> for more information about the program.

Questions? Contact Christa Gibson at cgibson@dcon.gov or 919-560-0538.



We Can Help

SCHOLARSHIPS AND EMPLOYMENT OPPORTUNITIES EXIST!
COME TALK WITH A CAREER COACH TO GET STARTED.

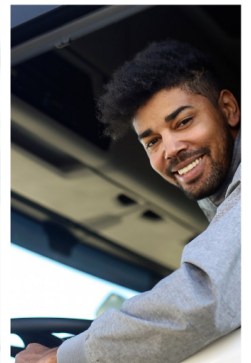
CALVERT PLACE
900 W MAIN ST
FEBRUARY 8TH, 12PM TO 2PM



Training Scholarships



Paid Work Experiences





On-the-Job Training

Do you have a Child with Autism?



Incredible Years Autism and Language Delays Parenting Class (for families with children 3- 8 years)

 Is your autistic child "Unique, Interesting, and Mysterious"? Are they struggling with building their language skills? The Incredible Years Autism and Language Delays series can provide tools and techniques to help you understand your child's unique way of communicating.

 Join other parents of children on the spectrum as we cover a variety of topics: child directed play, emotional literacy, promoting empathy as we help you build a road map to your child's fascinating way relating with the world.

WHERE: VIRUTAL ZOOM MEETINGS
WHEN: MONDAYS-FEBRUARY 7TH-MAY 2ND, 2022
(13 WEEK SERIES)
TIME: 6:00PM-7:30PM

PLEASE CALL OR EMAIL TO REGISTER:
CARMEN AT (919) 560-7390 CREEVES@DCONC.GOV
KAREN AT (919) 560-7341 KRODRIGUEZ@DCONC.GOV



Welcome Baby is a program of Durham County Cooperative Extension, supported by funds from Durham's Partnership for Children, a Smart Start initiative, and the Durham County Government.

FOLLOW US!



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@DCoDSS

