

VOLUME 12 FEBRUARY 2022

Scoops of Information & Inspiration!



DURHAM COUNTY DEPARTMENT OF SOCIAL SERVICES



TAKE A LOOK!

Check out this edition of SCOOPS the 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

All We Need is Love



Early in the pandemic, we weren't able to gather with our elders because we didn't have the vaccine yet. Get vaxxed and tested to enjoy family gatherings safely again. There's nothing better than a family together, sharing laughter and LOVE. ❤️

SLOW internet? NO internet? We need to know.

The N.C. Broadband Survey is designed to gather information on locations without adequate internet access and speeds in our community.



Your feedback directly impacts grant and infrastructure funding in your community.



For Homes & Businesses
WITH Internet Service.

Visit [NCBroadband.gov/Survey](https://www.ncbroadband.gov/survey)
to take the survey now.



For Homes & Businesses
WITHOUT Internet Service.

Text "**internet**" to **919-750-0553**.
Standard text messaging rates will apply.

The survey is a collaboration between the N.C. Department of Information Technology's Broadband Infrastructure Office and The Friday Institute for Education Innovation at North Carolina State University.

NCDIT NORTH CAROLINA
DEPARTMENT OF INFORMATION
TECHNOLOGY
Broadband Infrastructure Office

The Affordable Connectivity Program provides eligible households with a discount on broadband service and connected devices. This program provides a discount of up to \$30 per month toward the internet for eligible households and up to \$75 per month for homes on qualifying Tribal lands. Learn if you qualify for the program and how to apply here:
<https://www.ACPBenefit.org>

BAKED SPICY CHICKEN TACOS

Recipe courtesy of Becky Hardin-The Cookie Rookie

How to make the best baked chicken tacos for a crowd! Lots of tacos made in one baking dish for family dinners, Cinco de Mayo, and more.

Instructions with Ingredients

1. Preheat oven to 400°F. Spray a 9×13 baking dish with nonstick spray.
2. Heat olive oil over medium heat in a medium skillet.
3. Add onion to skillet and cook for 2-3 minutes, or until the onion is translucent and fragrant.
4. Stir in the chicken, taco seasoning, tomatoes (FULLY DRAINED), and green chiles (FULLY DRAINED) *see note. Stir to combine fully. Reduce to simmer and allow to cook for 5-8 minutes.
5. Place the taco shells in the baking dish, standing up. I was able to fit 10 taco shells in the dish by adding 2 on each side.

The federal government has approved benefits to be extended in the Student Pandemic EBT Program. However, the students benefit is tied to their school attendance.

To learn more, visit:
www.ncdhhs.gov/PBET





BAKED SPICY CHICKEN TACOS (CONTIN)

TIPS! To prevent soggy taco shells, first bake the shells for 5 minutes prior to loading them. Put refried beans at the base of the shell before putting on the chicken mixture. Make sure you fully drain the green chiles before combining them with the chicken. ENJOY!

Check out this video for this delicious recipe:

bit.ly/3uVa9XL

6. Bake the taco shells for 5 minutes by themselves to allow them to crisp up. Remove from the oven.

7. Spoon 1 tablespoon of beans into the bottom of each taco shell. Top with the chicken mixture, almost to the top of each shell.

8. Sprinkle each shell generously with shredded cheese, the more the better!

9. Bake for 7-10 minutes or until cheese is fully melted and the edges of the shells are browned.

10. Remove from the oven and top with your favorite items such as jalapenos, sour cream, cilantro, and salsa



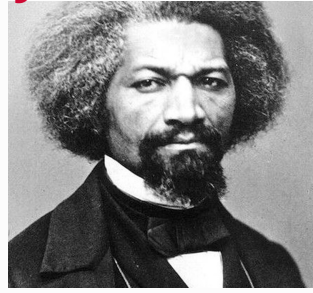
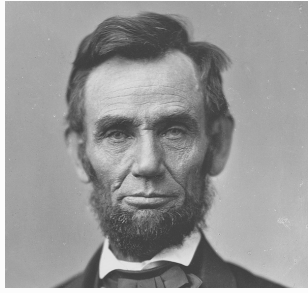
Need Help With Your Heating Bill?

It's been COLD in NC! Apply for the LIEAP program for assistance.

We have LIEAP Specialists to answer your questions, call us @ 919-560-8192. You can also apply online: <https://www.ePass.NC.gov>

We will serve you with
#CompassionateCare

The Month of February Full of Celebrations!



L to R: George Washington, Abraham Lincoln, Frederick Douglass, & Carter G. Woodson, PhD.

The month of February holds so many acknowledgements and celebrations! The 1st President **George Washington** and the 16th President **Abraham Lincoln** of our nation were born in February, and we celebrate **President's Day** as a nation. February is widely recognized as **Heart Health Month**, specifically the American Heart Association targets women with their messages. The **Lunar New Year** happened this February, it is the **Year of the Tiger!** **Valentine's Day**, and the spirit of LOVE is celebrated too! Throughout the country, February is recognized as **Black History Month**. The creator of what was once Black History Week, is **Carter G. Woodson, PhD**. He was a scholar and historian. He chose the month of February due to **Abraham Lincoln**, who abolished slavery with the Emancipation Proclamation, and Abolitionist and former slave, **Frederick Douglass** shared birthday's in the month of February.



Susan B. Anthony is another history-maker born in the month of February. She was an American social reformer and women's rights activist who played a pivotal role in the women's suffrage movement. She was born into a Quaker family committed to social equality, it is said that she collected anti-slavery petitions at the age of 17.



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LinkedIn Coming Soon!

The Time Is Always Right For YOUR Mental Health



When we heard the news of our very own Miss NC **Cheslie Kryst**, who then became Miss USA committed suicide on January 30, 2022, there was intense shock and dismay. How could this beautiful, intelligent, well-educated and popular young woman jump from a high rise to her death? Her mother, a former Mrs. NC, April Simpkins, said that Cheslie suffered from "high-functioning depression." Even she was unaware of it up until moments prior to Cheslie's untimely death.

Fortunately today, mental health is being widely discussed. The pandemic has heightened the awareness of mental health. There is no shame associated with needing to seek counseling or therapy in order to live our lives fully. If you or a loved one needs help, our state has the HOPE4NC hotline that operates 24/7. No insurance is necessary to receive help and resources. Call, **855-587-3463.**

National Suicide Hotline

HELP IS AVAILABLE

**TALK TO SOMEONE
TODAY**

800-273-8255

Available 24 hours

Visit the website:

<https://suicidepreventionlifeline.org/>

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