

VOLUME 14 MAY 2022

Scoops of Information & Inspiration!



DURHAM COUNTY DEPARTMENT OF SOCIAL SERVICES



CHIME IN

We would love to hear from you! Feel free to share celebrations, tips or suggestions. Send us a selfie, and it might make it in SCOOPS! We like recognizing friends of DCoDSS. 

To get your SCOOPS delivered to your inbox, email:

DCoDSSPublicInformation@dconc.gov

Age YOUR Way!

During the month of May we acknowledge Older Americans Month. One thing's for sure, the only option of not getting older, isn't a pleasant one. So let's all pledge to enjoy every day that we are given! In our area, we are fortunate to have many opportunities for the young and young at heart alike. Our community partner, the Durham Senior Center provides wonderful Adult Day Care opportunities. Maintaining social ties and getting exercise are important to your overall health. Call Melissa Espinal, 919-201-4186 for an assessment for a FREE placement at DCSL.



BLACK BEAN STUFFED SWEET POTATOES—OUR FIRST VEGAN DISH

Recipe courtesy of FoodWithFeeling.com

Since 1971 our state of NC has been the leading sweet potato production state. Did you know that just ONE sweet potato provides you with 400% of the vitamin A you need each day? Sweet potatoes are good for your eye health and your immune system. Black beans are very healthy as well. They are loaded with antioxidants, fiber, protein and carbs. Unlike other foods that are high in carbs, black beans don't cause a spike in blood sugar. As with all legumes, they are great for your metabolism and overall health.



Smart Money Moves
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BLACK BEAN STUFFED SWEET POTATOES-VEGAN (CONTIN)

INSTRUCTIONS

1. PRE-HEAT OVEN TO 350 DEGREES F.
2. PLACE THE SWEET POTATOES ON A LIGHTLY GREASED BAKING TRAY AND BAKE FOR 55-65 MINUTES OR UNTIL A FORK CAN EASILY BE INSERTED INTO THE FLESH OF THE POTATOES.
3. PREPARE THE CREAM SAUCE BY WHISKING TOGETHER THE CASHEW CREAM SAUCE, LIME JUICE, AND BLACK PEPPER. SET ASIDE.
4. WHEN THE SWEET POTATOES HAVE ABOUT 10 MINUTES LEFT, HEAT THE OIL IN A SKILLET OVER MEDIUM HEAT AND THEN ADD IN ONION. SAUTE FOR 5 MINUTES UNTIL THE ONIONS BEGINS TO BECOME TRANSLUCENT. ADD IN THE SPICES STIR AND COOK FOR AN ADDITIONAL 3 MINUTES.
5. ADD THE BLACK BEANS TO THE SKILLET AND TOSS TO COMBINE. CONTINUE TO COOK, STIRRING FREQUENTLY, UNTIL THE BLACK BEANS ARE FULLY HEATED THROUGH. ABOUT 5 MINUTES. TAKE OFF OF HEAT AND SET ASIDE.
6. ONCE THE SWEET POTATOES ARE DONE BAKING, LET COOL SLIGHTLY. ONCE COOL, CUT THE SWEET POTATOES OPEN AND SHRED THE FLESH FROM THE SKIN SO THAT THE INSIDE IS MASHED AND EASY TO SCOOP OUT.
7. EVENLY SPREAD THE BLACK BEAN MIXTURE, AVOCADO, CILANTRO, AND CASHEW CREMA SAUCE ON TOP OF THE 4 SWEET POTATOES.
8. SERVE IMMEDIATELY AND ENJOY!!
9. **MAKE SURE THAT YOU SCRUB CLEAN YOUR SWEET POTATOES FIRST!!!**

Ingredients

- 4 medium- large sweet potatoes
- 1/2 cup of sour cream or plain greek yogurt (if not vegan)
- 1 teaspoon of lime juice
- 1/2 teaspoon of ground black pepper
- 1/2 of a medium red onion, finely diced (about 1 cup diced)
- 1 1/2 tablespoons of oil (I used olive oil)
- 1/4 teaspoon of garlic powder
- 1/4 teaspoon of onion powder
- 1/4 teaspoon of cumin
- 1/4 teaspoon of chili powder
- 1/2 teaspoon of sea salt
- 1 15oz can of black beans, drained and rinsed
- **FOR SERVING:**
- 1/2 an avocado, chopped
- handful of cilantro, chopped

Mental health tips from Alliance Health

- Self-care is not selfish, it's necessary.
- Take care of yourself by exercising regularly.
- Eating a healthy diet.
- Doing things you enjoy.
- Getting enough sleep.

Alliance Health 24 hour Access & Info
Line
800-510-9132

May Is Foster Care Month



U.S. Olympic Champion Simone Biles was in Foster Care



Simone Biles says her road to success began the day her grandfather and his wife officially adopted her and her sister:

"My birth mother suffered from drug addiction, and when I was just three years old, my siblings and I were removed from her custody. From there, we bounced around until I was six and my grandparents made the brave move to adopt us."

Our Foster Parent recruiter can help you make a difference in the life of a child. Call (919) 560-8092



RELATIVE AND KIN CONNECTIONS:
KEEPING FAMILIES STRONG

Foster Care and Reunification

Please join us as we recognize
Foster Care & Reunification Months
May & June, Respectively

June 17, 2022
Dorothea Dix Park
11:00 AM to 1:00 PM
Open to the Public

Guest Speakers
Free Food & Drinks
Vendors
Music

We hope to see you there!



Here's licensing Social Worker Daaron Parrish at the Durham Bulls Ball Park at a foster care event! He was there with a group of his colleagues. We want to highlight one of our male Social Workers!



Contact our foster parent recruiter Deborah Cousin to learn more about becoming a foster parent. Call, 919-560-8092





Our Maria Santiago Cruz is an IMC II worker in Medicaid. She's posed in front of her money jar!

Here's some \$ tips from Maria:

- Put all of your change in a jar every day,
- Open a special savings account for Christmas, also.
- Look around the house for items you no longer need and sell them online.
- By Christmas time you could've saved an extra \$100 in your change jar.
- Save for the holidays, it's never too late!



Here's a family friendly event! The annual Durham Juneteenth celebration will take place at the Golden Belt campus this year!





WORLD ELDER ABUSE AWARENESS DAY
Building Strong Support for Elders

WEAAD Walk/Run 2022
Saturday, June 11, 2022
American Tobacco Trail
602 Blackwell Street, Durham, NC 27701
Registration begins at 7:30am, walk/run begins at 8:30am.

NCEA
National Center on Elder Abuse
To learn more visit <https://ncea.acf.gov>, or find ways to take action here <http://eldermistreatment.asa.edu/weaad-home>

Join our Aging & Adult Services team as they participate in the True Care Solutions WEAAD Walk/Run event!
Any questions about sponsorships, etc. call (919) 585-1491

Please follow the instructions and participate in this event!