

VOLUME 16 JULY 2022

# *Scoops of Information & Inspiration!*



DURHAM COUNTY DEPARTMENT OF SOCIAL SERVICES



## SUMMER CAR SAFETY

### LOOK AROUND

Check out SCOOPS 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](mailto:DCoDSSPublicInformation@dconc.gov)



**Not even for a minute!** Please DO NOT leave your child or a pet in the car. Temperatures rise faster than you realize, and your car becomes an oven. #lookbeforeyoulock

It's Hot Outside  We NEED Ice Cream!

## Easy No-Churn Homemade Ice Cream

This easy and delicious recipe is from [FoodieCrush.com](http://FoodieCrush.com)

This simple way to make homemade ice cream calls for just 3 ingredients plus any mix-ins you desire and is ready to eat in just a few hours.

**Prep Time** 10 minutes

**Chill Time** 4 hours

**Total Time** 4 hours 10 minutes

**Servings** 10

**Calories** 293kcal

### INGREDIENTS

- 2 cups heavy whipping cream
- 14 ounces sweetened condensed milk
- 1 teaspoon vanilla extract

This smoothie is so good, we brought it back for you to enjoy it again!



**Doesn't this look delicious?**

This is an Orange Creamsicle Smoothie! The magic ingredient to this smoothie is coconut milk. If you remember Orange Julius, this tastes better! Click here for the recipe & tips:

[bit.ly/3BN91ne](http://bit.ly/3BN91ne)





## Instructions

- In a large bowl, use a hand mixer or a stand mixer to whip the cream until stiff peaks occur, be careful not to over whip. The cream will be done when you pull the beaters out and the cream stands at attention.
- In another large bowl, whisk the vanilla into the sweetened condensed milk. Gently fold in the whipped cream with a spatula, slowly incorporating the two mixtures together so it stays light and aerated.
- If making individual flavors, scoop the cream mixture into smaller bowls and gently fold in your desired mix-ins, or if making just one flavor, mix the ingredients directly into the cream mixture.
- Transfer the mixture to an insulated tub or paper containers and freeze for 4-6 hours.

Below are some ideas to jazz up your vanilla ice cream

- **Peppered Strawberry Bean:** Vanilla bean, frozen strawberries, black pepper, white chocolate chips
- **Key Lime Pie:** White chocolate chips, graham cracker pieces, lime juice, lime zest
- **Minty Mini-Chocolate Chip:** Fresh minced mint leaves, peppermint extract, green food coloring, mini chocolate chips
- **The Islander:** Toasted coconut with pineapple chunks, macadamia nuts and salted caramel
- **German Chocolate Cake:** Cocoa powder, chocolate cake pieces, toasted coconut & pecans, caramel drizzle

No churn vanilla ice cream



The no churn vanilla ice cream with various toppings!



# Protect Your Mental Health



**988** SUICIDE & CRISIS  
**LIFELINE**

No matter where you live in the U.S.,  
you can easily access 24/7 emotional support.

Call or text 988 or visit [988lifeline.org/chat](https://988lifeline.org/chat) to  
chat with a caring counselor.

We're here for you.



We're excited to announce that the long toll-free number for the Suicide & Crisis Lifeline has been replaced with a simple 3-digit --**988!**

Please share this information with your loved ones. So many people are having difficulties with their mental health, and need immediate help. Let's do whatever we can to help them.

We're fortunate that our state has a mental health support helpline. Hope 4 NC offers support 24/7.

**HOPE**  **4 NC**

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

855.587.3463



*hope is on the line*



Shine is a great FREE app to remind you to take the time for SELF-CARE. Your mental health is important, protect it by any means necessary. We recommend the SHINE app created by two women of color that will benefit everyone.

Go to your App store and download it. 



Get to know your neighbors at the McDougald Terrace National Night Out event August 2, 2022! LIVE music, food and family fun for everyone!



County Commissioners visit McDougald Terrace, August 2021



A vendor from August 2021



A dance group from McDougald Terrace performs, August 2021





## DURHAM LOW-INCOME HOMEOWNERS RELIEF PROGRAM (LIHR)



Are Your Property Taxes too HIGH?

The **LIHR** Program will provide property tax help on current taxes for eligible homeowners.

- Property must be within Durham County
- Homeowners who have owned and used the property as a primary residence for at least the immediately preceding 5 years
- Residents must not receive other state tax assistance
- Households with incomes  $\leq$  80% AMI
- Provide all required documentation

The New & Improved LIHR program is here! Tax assistance based upon a 3-tiered income model and more improvements!

Apply August 1, 2022-January 31, 2023 on our website [DCONC.gov/DSS](http://DCONC.gov/DSS), or call 919-560-8000 for an appointment.



Social Services



Send us a picture if you make the no-churn ice cream!  
[DCoDSSPublicInformation@dconc.gov](mailto:DCoDSSPublicInformation@dconc.gov)

AUGUST



CHILD SUPPORT AWARENESS MONTH

Our Child Support Staff can assist both the custodial and non-custodial parent concerning issues around support. Visit our website: [DCONC.gov/DSS](http://DCONC.gov/DSS) or call 919-560-8000.

Keep in touch with us daily!  
[DCONC.gov/DSS](http://DCONC.gov/DSS)



/DurhamDSS



@DCoDSS



DurhamCountyDepartmentofSocialServices