

VOLUME 9 NOVEMBER 2022

Scoops of Information & Inspiration!



DURHAM COUNTY DEPARTMENT OF SOCIAL SERVICES



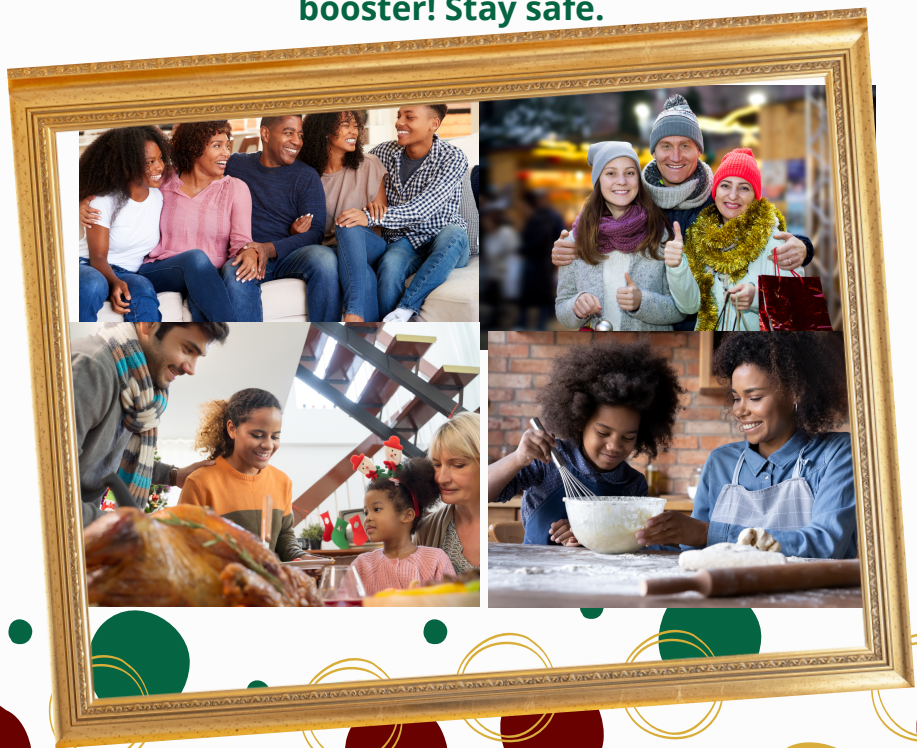
TAKE A PEEK!

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

Thankful for YOU

Are you excited for the holiday season? Thanksgiving is that great time of year to be reflective about what we're **THANKFUL** for. We are thankful for **YOU**, our clients, stakeholders, vendors & supporters. We hope that you have a wonderful time with friends and family. Don't forget to get your flu shot and COVID booster! Stay safe.



What is a stand out side dish during the holidays?

MACARONI & CHEESE!



Chef AB-Aaron Brown

CREAMY MAC & CHEESE

Recipe from Smokin' & Grillin' with AB
Chef Aaron Brown became an internet sensation when he started his YouTube Channel in 2017. Now he has over 2 million subscribers. His goal is to simplify recipes and take the mystery out of cooking.

The Best Mac & Cheese You'll Ever Eat!

Ingredients:

- 1 lb elbow macaroni
- 1lb monterey jack cheese
- 1 lb sharp cheddar cheese
- 1 tbsp Creole Kick (creole seasoning)
- 2 tbsp salted butter or bacon grease
- 2 tbsp all purpose flour
- 2 cups whole milk

Here is a video of Chef AB making this creamy & delicious mac and cheese.

Enjoy!

<https://youtu.be/O504Ezt8NPc>

Tips from Chef AB

He recommends that you grate the cheese yourself for your mac & cheese dish. Chef AB says that the packaged shredded cheese has a wax type of film on it, which delays melting. He says use it if you're in a pinch, but its best to grate your own. Also, Chef AB's simple mac & cheese recipe truly reminds us that less is more. You don't necessarily need 7 different cheeses to make a delicious mac & cheese dish!

If you make it, send us your thoughts and a pic!

DCoPublicInformation@dconc.gov

Deborah Cousin
A DCoDSS Star



"It is a pleasure to have Deborah in the licensing unit. She is always recruiting (even on her days off) and encouraging potential resource parents to accept teens and medically fragile youth. She cares deeply about the Durham community and the reputation of Social Services. Deborah is always willing to assist when needed, she is a great asset the agency."

Monique L. Smith, Supervisor

Introducing our First DCoDSS Star!

This is a new and important feature of SCOOPS! Do you have a colleague that you feel is a STAR, and should be featured in SCOOPS? Please send the recommendation along with photo to:
DCoDSSPublicInformation@dconc.gov

Aging & Adult Services Retreat Spruce Pine Lodge in Bahama, NC



The Aging & Adult Services team took a much needed retreat at the tranquil Spruce Lodge. Their theme: *Self care while caring for others*, was very much enforced. They line danced, played games, met co-workers in person that were hired during the pandemic. A relaxing, joyful and peaceful time was had by all in attendance. AAS Team you truly deserved it!

Programs & Tips

DO YOU NEED HELP WITH YOUR HEATING BILL?



Starting December 1, 2022 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, 2023, all Durham residents may apply online as well at: <https://epass.nc.gov>.
The LIEAP Program ends March 31, 2023.



Social Services

Winter Hacks



Check them out:
bit.ly/3gz1CLJ

November is National Adoption Month

If you have the heart and home for a child, please consider adoption



Consider taking #smallsteps toward adoption. Call us 919-560-8092.
Let's have a conversation.



Social Services



DURHAM COUNTY
Social Services

ADOPTION SERVICES

Call us to take #smallsteps to adoption
919-560-8092

MONEY MATTERS



Here are 5 Tips to Avoid Overspending
this Holiday Season
yhoo.it/30HmYVv



The
PENNY
HOARDER
.com

Are you making financial plans for the new year? Get armed with easy to understand tips and resources from our favorite publication! Visit: <https://www.thepennyhoarder.com>



Here are 25 Apps That Will Save
You Lots of Money

bit.ly/3oNa6FQ



Meet our friend Dr. DeLon Canterbury, he helps seniors reduce the amount of medication they consume.

I love helping families get their seniors off of harmful medications using Deprescribing and Genetic Testing. Pharmacists continue to improve quality of life and create lasting impacts on our patients and the health system as a whole. I'm so grateful to finally feel like my work speaks for itself and that my patients can have the peace of mind and confidence in their health care they've longed for. I want to show you how we all can be Deprescribing Advocates for our older patients and frustrated caregivers. Do you want to be a part of the moment or let another patient become another statistic? Let's connect and discuss more about our Pilot Deprescribing Accelerator to train senior care providers and clinicians on how we can stop harmful medication use TODAY! Schedule with me at GeriatRx.as.me under Deprescribing Accelerator or comment "I'M IN"

Warm Regards,
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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, or call 919-560-8000 for an appointment.



Social Services

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DurhamCountyDepartmentofSocial Services