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Scoops of Information & Inspiration!



DURHAM COUNTY DEPARTMENT OF SOCIAL SERVICES



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

SUMMER WATER SAFETY

Safety Tips

- Always ensure that there is adult supervision when children are swimming.
- Never leave a child alone in or near the water.
- Never let children swim alone. Teach them to use the buddy system.
- Make sure children swim in supervised or designated areas.
- Never let a child swim during a storm or when there is lightening.
- Never use water wings and pool toys as life jackets.
- Don't let kids dive or jump into water that is less than 9-feet deep.
- Don't chew gum or eat while swimming, diving or playing in the water.
- Keep a first aid kit, phone and emergency numbers near the water.
- Learn CPR.
- Have each child aged four and older complete a swimming program.





We Need



Easy No-Churn Homemade Ice Cream

This easy and delicious recipe is from 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



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

Share your pics with us!



Send us a picture if you make the no-churn ice cream!

DcoDSSPublicInfo@dconnc.gov

Nutritious & Delicious



Perfect for the Hot Weather!



This recipe for blueberry corn salad is a hit, and has rave reviews! Who could imagine such a unique blend of fruit and vegetables would be tasty? It's definitely nutritious and low in calories. It only takes 5 minutes to cook the corn, and 25 minutes to whip this unique salad together! Let us know if you make it, send us a picture too!

DCoDSSPublicInformation@dconc.gov

NC Blueberries Are A Super Food!

To get the recipe to make this delightful salad visit *Better Homes & Gardens* : bit.ly/3rF5GWC



In North Carolina, blueberries are the highest-ranked fruit crop and overall, the 16th-ranked commodity for the state.

Berries are big delicious business in NC Blueberries grow plentifully in Bladen, Pender and Sampson counties.

Check out 10 Proven Health Benefits of Blueberries:
bit.ly/3pRY0zO

DURHAM FARMERS' MARKET

Make sure that you shop for your fresh fruits and vegetables at the Durham Farmers Market!

501 Foster St.
Durham Central Park

SNAP customers can receive DoubleBuck\$ for their purchases.

To learn more, visit:

www.durhamfarmersmarket.com

Protect Your Mental Health



Our colleagues at Alliance Health hosted a Mental Health Awareness Day at Durham Central Park last month. Our Foster Parent Recruiter Deborah Cousin was there and the Green Mental Health Awareness Man posed for a photo. We are fortunate to have so much awareness on this important issue in our community. Check out this link from Alliance Health for more information: bit.ly/43Ja7xc

If you or a loved one is in crisis, here is the 3-digit number to call for help.

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 to chat with a caring counselor.

We're here for you.

An icon of a hand holding a smartphone with a heart symbol on the screen, located at the bottom right of the graphic.

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. A small orange heart icon with radiating lines, located at the end of the text.

Be Wise In This Heatwave



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

Did You Know that Every 10 days a Child Dies from being left in a Hot Car? To learn more safety tips visit: DurhamSafeKids.org



Heat Stroke FIRST AID

Heat Stroke is the most severe form of heat illness wherein the body overheats and can't cool down by sweating because of dehydration. It can cause death or permanent disability if emergency treatment is not provided.

SYMPTOMS

- Dizziness or fainting
- Hot and dry skin
- Very high core body temperature of 104°F (40°C) or more
- Lack of sweating
- Throbbing headache
- Behavioral changes such as confusion or disorientation
- Muscle weakness or cramps
- Nausea and vomiting
- Rapid heartbeat
- Rapid, shallow breathing
- Seizures
- Unconsciousness or coma

TREATMENT

- 1 Move the person to a shady spot or indoors.
- 2 Call 911 or emergency medical help. Continue to the next steps while waiting for professional help to arrive.
- 3 Have the person lie down with the feet elevated.
- 4 If still conscious, have him sip cool water.
- 5 Remove his clothing.
- 6 Cool the person by spraying with cool water.
- 7 Apply damp sheets / towels / sponges / ice packs to the armpits, wrists, ankles and groin.
- 8 Use fan to direct air onto the body.

Tips to Beat the Heat

HYDRATE: Keep a refillable water bottle with you at all times. Drink at least 15 glasses of water throughout the day.

STOP USING THE OVEN: Use a slow cooker, grill or stove top.

INVEST IN A SMART THERMOSTAT: Program your cooling for when you're at home.

VISIT YOUR LOCAL POOL: Bring your sunscreen!

LaVelle Chesney
A DCoDSS Star



“I appreciate the leadership that LaVelle Chesney, Program Manager for CPS Investigative Assessment has provided in the last year. She is leading her section to excellence utilizing tools from Covey’s Speed of Trust, Emotional Intelligence, and her MPA degree earned in December 2022. Thank you for valuing the voice of your staff and leading them through the child welfare transformation.”

**Submitted by: Jovetta L. Whitfield, MSW
Assistant Director Child & Family Services**

Good News!



C. Antowan Pickett

We're happy to announce the new Assistant Director of CATD: Customer Accountability Talent and Development.

He is a native of NC with years of experience in human services. Antowan is a proud NCCU alumnus.



Our Durham Center for Senior Life (DCSL) has a weekly Hispanic Club meet up group. Wednesday's at 11 am in the Art Room at 406 Rigsbee Avenue
Check them out!
Visit: <https://dcsln.org/>

Words of Inspiration



"I've learnt that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."- **Maya Angelou**

Community Information



Have you been to the Boxyard RTP? Boxyard RTP provides a platform for emerging entrepreneurs in the food, hospitality, retail and events industries. There's an indoor and outdoor gathering space, a dog park, concerts, fitness classes, special event programming for adults and families. It's in the heart of Research Triangle Park and a gem. Check it out: boxyard.rtp.org

DON'T TANGLE OR CONTAMINATE
RECYCLE MORE
FOR A GREENER STATE



WHEN IN DOUBT, THROW IT OUT!



Climate change is very real. We each can do our part to make a difference. Recycling properly is a vital key to reducing unnecessary waste on our planet. Learn more here at: [Durham Recycles bit.ly/3077wat](http://DurhamRecycles.bit.ly/3077wat)



DURHAM LOW-INCOME HOMEOWNERS RELIEF PROGRAM (LIHR)



Need Help With Your Property Taxes?

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 immediate preceding 5 years
- Residents must not receive other state tax assistance
- Households with income \leq 80% AMI
- Provide all required documentation

Tax assistance based upon a 3-tier income model

Apply starting August 1, 2023 on our website DCONC.gov/DSS, or call 919-560-8000 for an appointment.



The theme for Child Support Awareness Month will be "Igniting the Flame of Engagement". Follow our social media to see what our child support agents are doing in the community.

Keep in touch with us daily!
DCONC.gov/DSS



/DurhamDSS



@DCoDSS



DurhamCountyDepartmentofSocialServices

