

VOLUME 28 OCTOBER 2023

# *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 a 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](mailto:DCoDSSPublicInformation@dconc.gov)

## **FALL IS HERE!**



The cooler weather is perfect for family hikes along the Eno River, or a visit to the local pumpkin patch. Don't forget about the always beautiful Duke Gardens! Visit [TriangleOnTheCheap.com](http://TriangleOnTheCheap.com) for family fun activities!



Don't miss the ultimate family fun event!  
Get your tickets for the NC State Fair!



## HEALTHY PUMPKIN PECAN MUFFINS

Recipe courtesy of EATINGWELL.COM

### Ingredients

#### Ingredient Checklist

- 3 ½ cups old-fashioned rolled oats
- 1 ½ cups reduced-fat milk
- 1 cup unseasoned pumpkin puree
- ½ cup light brown sugar
- 1 ½ teaspoons vanilla extract
- 1 teaspoon baking powder
- 1 teaspoon pumpkin pie spice
- ¾ teaspoon salt
- 2 large eggs, lightly beaten
- ½ cup chopped pecans



# Steps to Health

Supplemental Nutrition Assistance Program Education (SNAP-Ed)

Steps to Health is an educational program from the USDA to encourage youth and adults learn to eat a healthy diet. Check out their website for more info.  
[bit.ly/3j4jinn](https://bit.ly/3j4jinn)



## From the **FOOD NETWORK**

Is it safe to eat freezer burned food? Learn more here: [bit.ly/30ilyzy](https://bit.ly/30ilyzy).



# Pumpkin Oatmeal Muffins

## CONTINUED

### Directions

Instructions Checklist

#### Step 1

- Preheat oven to 375 degrees F. Stir oats, milk, pumpkin, brown sugar, vanilla, baking powder, pumpkin pie spice, salt and eggs together in a large bowl until fully incorporated.

#### Step 2

- Lightly coat a 12-cup muffin tin with cooking spray. Spoon the batter into the prepared muffin cups, filling each almost to the top. Sprinkle evenly with pecans.

#### Step 3

- Bake the muffins until a toothpick inserted in the center comes out clean, 25 to 30 minutes. Let cool in the pan for 10 minutes, then transfer to wire rack. Serve warm or at room temperature.

#### Tips

To make ahead: Wrap airtight and refrigerate for up to 2 days or freeze for up to 3 months.

#### Nutrition Facts

**Serving Size: 1 muffin**

#### Per Serving:

183 calories; protein 5.6g; carbohydrates 27.9g; dietary fiber 3.4g; sugars 11.1g; fat 6.2g; saturated fat 1.1g; cholesterol 32.5mg; vitamin a iu 3239.7IU; vitamin c 0.9mg; folate 20.3mcg; calcium 86.6mg; iron 1.5mg; magnesium 38.2mg; potassium 207.3mg; sodium 212.4mg; added sugar 8g.

Send us your pics if you make recipes found in **SCOOPS!**

## Smart & Creative Household Hacks



The picture above is a hint!

<https://bit.ly/48Hrcer>





**DURHAM CRISIS RESPONSE CENTER**  
 a presentation for understanding  
**DOMESTIC VIOLENCE, WHY WHAT WHO?**  
 FROM 6:30 PM - 7:30 PM  
 OCTOBER 3 & 18  
 Southwest Regional Public Library  
 3505 Shannon Rd, Durham 27707

**Our community partner, the Durham Crisis Response Center is on the forefront in the fight against domestic violence (DV). Check out these flyers. Hopefully, you can participate in their activities. Visit their store Pennies for Change Thrift Boutique at 2715 Durham-Chapel Hill Blvd., 27707. All proceeds serve the clients DCRC serves daily.**



**BRUNCH & LEARN**

**THURSDAY  
 OCT 12TH  
 10:30A**

Take your mid morning break right along with us and lets have a brunch and learn.

Join Durham Crisis Response Center's in-house educator, Sam Peterson as we explore the intersections of poverty, racism, gender et al on domestic violence, recognizing red flags and what to do if you or someone you love needs help

**DURHAM CRISIS RESPONSE CENTER**

Join Zoom Meeting  
<https://us02web.zoom.us/j/86878786055?pwd=UmZVOWRyUUhoU0lPRDRLcnlaNC9Ndz09>



**The PENNY HOARDER**  
 .com

Check out our favorite money matters website! The Penny Hoarder has great journalists providing information on credit, money saving tips & lots more! Visit: [bit.ly/3yQdJPI](https://bit.ly/3yQdJPI)

# TaQuan Lynch

## A DCoDSS Star



*“TaQuan is the Social Worker with the Special Services Unit (18-21 young adults). He exemplifies an exceptional and positive attitude, as well as remarkable teamwork in the workplace.*

*TaQuan’s unwavering optimism, and the way he always sees the glass half full, is truly inspiring. Regardless of the challenges we face, he brings a refreshing perspective that uplifts the entire team. TaQuan’s positive energy is contagious, and it has a profound impact on our work environment.*

*Moreover, his willingness to lend a helping hand to others is truly commendable. Whether it's offering guidance, sharing knowledge, or taking on additional tasks, he consistently goes above and beyond to support his colleagues. TaQuan’s selflessness and team spirit foster a sense of unity within our team and contribute to our collective success.*

*TaQuan’s positive attitude and teamwork has not gone unnoticed. His contributions have a ripple effect, creating a culture that inspires all of us to make a difference. His dedication and commitment to our team is truly appreciated.*

*Thank you for your admirable qualities, and for being such an incredible colleague. The positive impact you have on our work environment is invaluable.”*

**By Vonda Kenan-Williams, Sr. Processing Unit Supervisor, CFS Division**



# MENTAL HEALTH MATTERS



# HEALTH IS WEALTH

healthy Self-Talk	
THIS	NOT THAT
✓ Whoops. I made a mistake.	✗ I'm so dumb.
✓ I like me.	✗ No one likes me.
✓ I did something bad.	✗ I'm a bad person.
✓ This is really hard, but I'm going to keep trying.	✗ I give up. I'll never be able to do this.
✓ I haven't figured it out...yet.	✗ I never get anything right.
✓ I am enough. And worthy, too.	✗ I'm not good enough.



## LOOKING IN THE MIRROR—WHO DO YOU SEE?

Our mental health is just as important as our physical health. The mirror technique is an activity for building self-esteem, confidence, and self-belief. It works by standing in front of the looking glass each day, starring yourself dead in the eyes, engaging healthy breathing techniques, and repeating healing, positive mantras. When we feel good about ourselves, we become better friends, spouses, parents, workers and citizens of the world!

## HAVE YOU TRIED THE I AM APP?

This app engages you in self-affirming talk about yourself. It is a self-esteem enhancing app.

Yes, it is FREE too!

Visit your app store of choice and download it today!

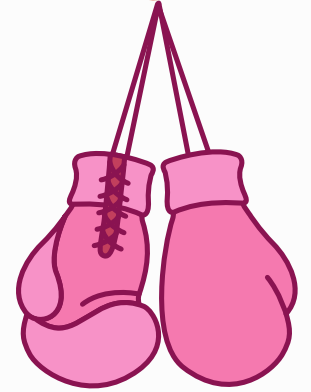
Let's replace that negative talk and doubt with POSITIVITY!



HOPE 4 NC  
We're here 24/7 with support and resources.  
855.587.3463  
*hope is on the line*

Unfortunately, our community has experienced multiple suicides among our college students. This impacts ALL of us. Please, if you or someone you know needs help, call the HOPE line . This is a FREE service from the state of NC.

# FIGHT LIKE A GIRL!



We live in the City of Medicine. We're so fortunate to live in a region known for its medical research and excellent healthcare! Please DO NOT put off getting your annual mammogram. Encourage your loved ones to get theirs too!

Women aren't the only one's who should be concerned about breast cancer. Approximately 2,710 invasive cases of breast cancer in men have occurred in 2022, according to the American Cancer Society.

**BREAST CANCER awareness month**

**BREAST CANCER IN THE U.S. WILL AFFECT 1 IN 8 WOMEN OVER THE COURSE OF HER LIFETIME**

**PREVENTION TIPS**

- Keep a healthy weight.
- Exercise regularly.
- Don't drink alcohol or limit alcoholic drinks.
- Breastfeed one's children, if possible.
- If one has a family history of breast cancer, they should talk to a doctor for more prevention tips.

**RISK FACTORS**

- ALCOHOL**: Breast cancer risk increases with the amount of alcohol a woman drinks.
- SMOKING**: Smoking is associated with a small increase in breast cancer risk.
- OBESITY**: Being overweight is associated with increased risk of breast cancer.

**SIGNS AND SYMPTOMS**

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in any area of the breast.

**APPROXIMATELY 1 OUT OF EVERY 100 BREAST CANCER DIAGNOSES IN THE U.S. IS FOUND IN A MAN.**

**INFORMATION PROVIDED BY:**  
[HTTPS://WWW.BREASTCANCER.ORG](https://www.breastcancer.org)  
[HTTPS://WWW.CDC.GOV/CANCER](https://www.cdc.gov/cancer)

## Signs and Symptoms of Breast Cancer in Men

Possible symptoms of breast cancer to watch for include:

- A lump or swelling, which is often (but not always) painless
  - Skin dimpling or puckering
  - Nipple retraction (turning inward)
  - Redness or scaling of the nipple or breast skin
  - Discharge from the nipple
- Sometimes a breast cancer can spread to lymph nodes under the arm or around the collar bone and cause a lump or swelling there, even before the original tumor in the breast is large enough to be felt. These changes aren't always caused by cancer, but if you notice any breast changes, you should see a health care professional as soon as possible.



The PINK OUT at Duke Medical Center



# We're So PROUD!!



## DCoDSS Presents at International Conference!



When child welfare professionals and community members collaborate to improve the outcomes of families, amazing things happen! These women, L to R: Natasha Harcum, Dr. Glenda Clare, Kristen Dismukes, Jovetta Whitfield, Shontelle A. Smith, Teka Dempson, Tanza Moye & Erika Ward will speak internationally at #KempeAction2023 about their groundbreaking work in child welfare with their Family Engagement Committee. Over 3,000 attendees and 25 nations will be represented at the conference. Congratulations DCoDSS Team!

**Our Child & Family Services Team  
Put Durham on the  
INTERNATIONAL MAP!!**

## Follow Us on Social Media!



@DCoDSS



/DurhamDSS



Durham County Department of Social  
Services