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Scoops of Information & Inspiration!



DURHAM COUNTY DEPARTMENT OF SOCIAL SERVICES



TAKE A LOOK!

Check out this edition of SCOOPS the 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:

DCCoDSSPublicInformation@dconc.gov



All We Need is Love



"Love is the only force capable of transforming an enemy into a friend." Rev. Dr. Martin Luther King, Jr
This King quote reminds us of our purpose: to do all things with love. ❤️

JOLLOF RICE WITH CHICKEN

Recipe found on the blog Not Enough Cinnamon

Jollof rice is a popular dish all throughout West Africa. Each country adds its own special twist on the popular staple. This version adds the protein chicken, for a one pot dish.

Ingredients

- **2 bell peppers one sliced into long strips, one diced**
- **2 tablespoons white vinegar**
- **Kosher salt**
- **2 tsp onion powder**
- **1 tsp dried thyme**
- **$\frac{3}{4}$ tsp cayenne or 1 tsp smoked paprika**
- **1 tsp curry powder**
- **2 dried bay leaves**
- **2 tbsp vegetable oil**
- **1 pound boneless skinless chicken thighs cut in 2-inch pieces - 500 g**
- **1 medium onion diced**
- **1 piece fresh ginger, peeled and grated 1 inch**
- **2 cloves garlic minced**
- **1 cup jasmine rice rinsed well and drained**
- **1½ cups chicken stock**
- **$\frac{1}{4}$ cup tomato paste**
- **scallions or parsley for topping**



From Senegal to Nigeria, this spicy tomato based dish has countries claiming their version is best!

Everyone is wondering HOW to stretch their food dollars!

We found this helpful video from the TODAY Show.

Visit: bit.ly/3OxWqwa



JOLLOF RICE WITH CHICKEN (CONTIN)

- 1) In a small bowl toss the sliced bell pepper with 2 tbsps of vinegar and ½ teaspoon salt. Set the bowl aside while you make the rest of the recipe
- 2) Preheat oven to 350F/180C.
- 3) Now, you want to combine onion powder, thyme, cayenne, curry powder, and 1 bay leaf in a spice grinder and pulse all the spices together until finely ground! (Yes, you read that correctly, grind one of the bay leaves). If you don't have a spice grinder, you can use a mortar and pestle or a small blender. And worst-case scenario, try to chop the bay leave as fine as possible.
- 4) Heat the oil over medium-high heat in a Dutch oven or a large skillet with a heavy bottom and an oven-proof lid. Generously season the chicken with salt, then add to the hot oil. Cook, turning the pieces occasionally, until browned, about 5 minutes. Don't crowd the pan; work in batches if you have to. Remove the chicken and place in a bowl next to the stove.
- 5) Add the onion and diced pepper to the same skillet and sprinkle with salt. Cook, stirring occasionally until they start to soften, about 5 minutes.
- 6) Stir in the ginger, minced garlic and all of the spice mixture along with 2 teaspoons of salt, then stir in the rice. Cook, stirring, until the rice is toasted, about 2 minutes. Add the tomato paste and cook, stirring for 1 minute, then add the chicken stock and the remaining bay leaf as well
- 7) Garnish the jollof rice with the marinated peppers.

ENJOY!



Jollof Rice, originally belonging to the Wolof tribe found in Senegal, Gambia and Mauritius, has spread throughout Africa, priding itself as one of Africa's most tasty and most consumed meals. **It is a delicate meal, highly treasured for its aesthetic, sensory and nutritional qualities.**

Hortense McClinton, History Maker



A Black History Month Moment...Who is Hortense McClinton?

She is a social work pioneer. When she was in the eighth grade a woman from the Children's Bureau came to a school assembly and talked about social work. It was then that the young McClinton decided to become one too. McClinton attended Langston College in Oklahoma City for one year and transferred to Howard University in 1936. She was a student leader at Howard, serving as president of the Campus Y, and Dean of Pledges of Delta Sigma Theta Sorority, Inc. After graduating in 1939 at the age of 20, magna cum laude, she worked in North Philadelphia at a settlement house for Black families. After 2 years, McClinton decided to go back to school. She attended the University of Pennsylvania School of Social Work in 1941. She studied under Jesse Taft, a respected philosopher and co-founder of the functional approach to social work. In Pennsylvania she met and married her husband John W. McClinton, a CPA from Greensboro, NC. She and her husband moved to Durham, NC as Mr. McClinton became an auditor for NC Mutual Life Insurance Company. In 1954, Hortense McClinton was hired as a social worker for the Durham County Department of Welfare (now DCoDSS) by Superintendent William E. Stanley, Sr.-the first director of DCoDSS (1919-1960). She and 2 other Black workers at the agency were assigned to work with Black families only, which at that time was the law, enforced by racial segregation. In 1966, McClinton became the first Black faculty member at UNC-CH, as a professor in the School of Social Work. McClinton retired from UNC as a tenured professor in 1984. She has won numerous awards over her long and storied life. The National Association of Social Workers named her a Social Work Pioneer in 2015. In May 2022, UNC held a dedication service for the Hortense McClinton residence hall. Mrs. McClinton now resides in Silver Springs, MD. She is a member of Durham's St. Joseph AME Church. She is still a bright and engaging person at 105 years of age!

Our Library Has it All!

Durham County Library - They have books, lots of books, but they have so much more! Check out all their **FREE** programs and resources available at your Library!

To view events ranging from scavenger hunts to story-times, teen game days to cooking classes, tax prep assistance, winter reading bingo, or hanging out with Library mascot Read A. Bull and, so much more visit: bit.ly/3uzY5KQ

Books... programs...available resources? They have those too! Take a look at the multitude of online resources available for anyone with a library card to use for **FREE!** Can we help you find a job? Learn a new language? Get Homework help? Or find financial answers? Please view a list of all the library resources available to you here:

bit.ly/3waPwXh

What's that? You don't have a computer or reliable internet? Come to the library and check out a hotspot or utilize one of their many free to use public computers available in all of our library locations.

They are here waiting for you our DURHAM residents!



Good News & Helpful Tips



Ebony S. Mitchell
IMC Supervisor

“I would like to commend the work of ***Ebony Mitchell***. I am a college student that is very unfamiliar with the insurance process, and I was unexpectedly placed into an urgent situation requiring me to apply for Medicaid. Mrs. Ebony listened to my concerns over the phone and answered every single question that I had. I had not been assigned a case manager yet, so she assigned herself. She called me back within 30 minutes, she was prompt answering emails, and was able to help me get approved for my insurance. She was always pleasant over the phone and took a very stressful situation for me and turned it into a positive experience. She was able to finalize my application in less than 24 hours, which absolutely exceeded my expectations. Her customer service was exceptional, and I am so grateful for everything that she did for me.”

From A Satisfied Medicaid Client

It's Spring Cleaning Time!



The City of Durham has an awesome service to pick-up bulky items. You can have up to 3 items picked up curbside when you make an appointment. Call (919) 560-1200 to make your request. It's FREE of charge! There are some restrictions. To learn more, visit:

<https://www.durhamnc.gov/855/BulkyServices>

Need Tips for Gardening?



Did you know that you can get free gardening tips every Saturday morning on local radio station WPTF?. The Weekend Gardener comes on Saturdays from 8:00 am-11:00 am. You can listen online, and even catch up with past shows here:bit.ly/3uM47YR

Ebony Robinson-Solomon

A DCoDSS Star



“Kudos to Ebony Robinson-Solomon! Ms. Robinson-Solomon saw a client that was in for a replacement Medicaid card. She could have just done that and completed the task. Instead, she demonstrated her effective listening skills and showed compassion for the clients she serves.

To summarize, this individual, a 60 year old male, overwhelmed with emotions said all hope was lost and shared with Ms. Robinson-Solomon ‘life was not worth living anymore and he was tired.’

Ebony stalled her client and immediately reached out to me. 911 was contacted and we were connected with the non-emergency services, HEART. (Holistic Empathetic Assistive Response Team) A HEART team was immediately dispatched to DSS. They spoke with the client, provided hope and assurance, and took him away for additional resources.

Ebony saved a life. She showed empathy, compassion, and effective listening skills. Thanks to her, it is a great day in Medicaid, and it will continue to be greater!”

Submitted by: Jackie N. Woyee, Income Maintenance Supervisor II

***"If you want to learn to love better,
you should start with a friend who
you hate."***

Nikka - age 6 (we need a few million
more Nikka's on this planet)



Need Help With Your Heating Bill?



Apply for the LIEAP program for assistance.
We have LIEAP Specialists to answer your
questions, call us @ 919-560-8192. You can
also apply online:
<https://www.ePass.NC.gov>

We will serve you with
#CompassionateCare

“Flowers cannot bloom without
sunlight and humans cannot live
without love. Treat yourself and
those around you well.”--

Commissioner Nimasheena Burns



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Social Services

*Deborah Cousin,
Foster Care Recruiter*

Ms. Cousin is available to speak at
special events concerning foster care
parent recruitment. Email
fosterdreams@dconc.gov

Durham Congregations In Action will have Deborah Cousin do a
presentation on the need for Foster Care parents in Durham
County, at Watts St. Baptist Church. February 20th
11:45 am-1:00 pm.

The Mission of DCIA: Durham Congregations In Action engages diverse
faith communities to build beloved community.

Follow us on Social Media



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DurhamCountyDepartmentofSocialServices