

VOLUME 35 JULY 2024

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

## SUMMER SUN SAFETY

It's been so hot outside all of us are shedding layers of clothing to get some relief from the heat! But before you go outside make sure that you put on sunscreen, an SPF of **at least** 15 to help protect you from skin cancer and sun damage to your skin. That same ultraviolet light is also harmful to the eyes. Sunlight reflects off the sand and water while you're at the beach, which increases exposure to UV radiation and raises your risk of developing eye problems. Choose sunglasses with a UV400 rating or "100% UV protection" on the label. Children should be wearing the same protection, as most toy sunglasses do not offer UV protection. Learn more here: [bit.ly/4cTH12V](https://bit.ly/4cTH12V)



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](https://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!

[DCCoDSSPublicInfo@dconnc.gov](mailto:DCCoDSSPublicInfo@dconnc.gov)



# What to Eat & Not When It's **HOT!**

## Here are six foods to Eat Amid Rising Temperature

1. **Watermelon:** Watermelon is an excellent choice during a heatwave as it has high water content, helping to keep you hydrated. It also provides essential vitamins, minerals, and antioxidants.
2. **Cucumber:** Cucumber is another hydrating food that can help replenish fluids in your body. It's low in calories and contains electrolytes, which are important for maintaining hydration.
3. **Leafy Greens:** Include leafy greens such as spinach, kale, and lettuce in your diet as they are rich in water content and provide essential nutrients like vitamins A, C, and K.
4. **Berries:** Berries like strawberries, blueberries, and raspberries are not only delicious but also hydrating. They are packed with antioxidants, fibre, and vitamins.
5. **Citrus Fruits:** Oranges, lemons, and grapefruits are hydrating fruits that are also rich in vitamin C, which can support your immune system during hot weather.
6. **Coconut Water:** Coconut water is a natural electrolyte-rich beverage that can help replenish lost fluids and minerals due to sweating. It's a refreshing and hydrating option.

## 5 Foods to Avoid Amid Rising Temperature

1. **Caffeinated Beverages:** Beverages like coffee, tea, and energy drinks that contain caffeine can have a diuretic effect, increasing fluid loss and potentially contributing to dehydration. Limit your intake of these beverages during a heatwave.
2. **Alcohol:** Alcohol can dehydrate your body and impair your ability to regulate body temperature. It's best to avoid or minimize alcohol consumption during hot weather.
3. **Spicy Foods:** Spicy foods can increase body heat and make you feel hotter. Opt for milder flavors and avoid excessively spicy meals during a heatwave.
4. **Heavy, Greasy Foods:** Foods that are heavy, greasy, or high in fat can make you feel sluggish and uncomfortable during hot weather. Choose lighter, easily digestible meals to avoid feeling weighed down.
5. **Processed and Salty Snacks:** Processed snacks and foods high in sodium can contribute to dehydration. They can also lead to water retention and make you feel bloated. Opt for healthier snack options like fresh fruits and vegetables instead.

To stay well-hydrated throughout the day by drinking plenty of water and consuming hydrating foods. Additionally, listen to your body's signals and adjust your diet accordingly to maintain comfort and well-being during a heatwave.



# Protect Your Mental Health



## NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH



The month of July is recognized as National Minority Mental Health Awareness Month. For many reasons, members of several ethnicities do not readily admit to needing help, nor do they seek mental health therapy. There is no shame in seeking help.

If you need help, call the 24/7  
Hope4NC Helpline:  
1-855-587-3463

**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](https://988lifeline.org/chat) to  
chat with a caring counselor.

We're here for you.



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.



# 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: [bit.ly/safekidsdurhamcounty](https://bit.ly/safekidsdurhamcounty)

**Please share this information!**



## 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!



# Shatana Rouse

## The DCoDSS Employee of the Year



### From the Desk of DCoDSS Director, Maggie Clapp

**"Shatana had to manage merging lobbies overnight with the air quality issue and she did it without hesitation and it was a huge success. She had to manage this transition for several weeks and ensured not only our clients continued to be served but her staff felt supported during this time.**

**Shatana doesn't take lunch most days as she is too concerned that her staff eat and get a break and that our lobbies are always able to serve our community.**

**I have received numerous compliments from clients on how she handles busy and stressful days in our lobbies "with compassion and professionalism and that we have an amazing employee named Shatana." This is one of many compliments I hear from clients.**

**This is a direct quote from one of her staff, "I want to express my gratitude for the opportunity to work under the supervision of Shatana Rouse. During my time at Durham County Social Services, under her guidance, I've not only developed professionally but also grown significantly as an individual. Her leadership has been a beacon of support and encouragement, fostering an environment where I could not only excel in my role but also discover new facets of myself. The opportunities she has provided me with have not only contributed to the team's success but have also been pivotal in shaping me into the person I am today."**

**Shatana Rouse is the Durham DSS Employee of the Year for 2023-2024 as she leads with compassion and her work ethic ensures our clients are served timely and with professionalism."**

## DCoDSS Builds Leaders



LaShonda Becoate

Children's Services

### PRACTICE *NOTES*



From the N.C. Division of Social Services and the Family and Children's Resource Program

Our own Lashonda Bacote was interviewed by *Practice Notes* as a Quality Assurance and Training (QAT) Social Worker. With over a decade of experience as a child welfare social worker and CPS supervisor, her knowledge of the performance evaluation process was sought after by the editor.

DCoDSS is working to integrate a 360-degree evaluation, which will have staff evaluating themselves and their supervisors. The customers will evaluate their experience with staff, and will also employ a client satisfaction survey to help evaluate practice standards implementation. Lashonda aims to ensure that staff is aware of all standards. She says that, "we have to engage and demonstrate intentionality in standards in our daily work...and practice what we want our workers to practice." Congratulations Lashonda for being recognized for your leadership!

### Words of Inspiration



"To bring about change, you must not be afraid to take the first step. We will fail, when we fail to try."

Rosa Parks



# Income Maintenance Workers ROCK



**Our Income Maintenance Caseworkers (IMC's) are the heartbeats of our agency. The critical work they perform of interviewing clients, processing applications across ALL programs, determining eligibility, making referrals, processing recertifications- all while providing excellent customer service. We salute our IMC staff! Thank you for a job well done!**



# Giving To The Community



**Our FEI Division held their annual food giveaway to support #HungerAwareness. Food was given away in our lobby and at First Calvary Baptist & Seed Time Harvest Church. This year our staff actually worked at the church's food banks & helped distribute food..**



The Durham County Sheriff's Office will hosts the  
2nd Annual  
**Stop the Violence  
& Cease Fire  
Community Resource Event**

at  
Durham County Stadium  
Saturday, August 10, 2024  
10:00 a.m. - 2:00 p.m.



This event is part of the DCSO Project Safe Neighborhoods initiative.



Join Durham community organizations for a day of fun while learning about community resources available to you.

There will be back-to-school giveaways, and complimentary food from local food trucks (while supplies last) as well as entertainment for all ages.



August 2024 marks 49 years of Child Support, helping millions of children and their families with much needed income to survive and thrive! Got ?s, call our team:

**919-560-8900**

[DcoChildSupport@dconc.gov](mailto:DcoChildSupport@dconc.gov)

**Keep in touch with us daily!**

[Dconc.gov/DSS](https://Dconc.gov/DSS)



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DurhamCountyDepartmentofSocialServices