

VOLUME 36 AUGUST/SEPTEMBER 2024

# *Scoops of Information & Inspiration!*



DURHAM COUNTY DEPARTMENT OF SOCIAL SERVICES



## **The Shift**

### **LOOK AROUND!**

Check out 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!**

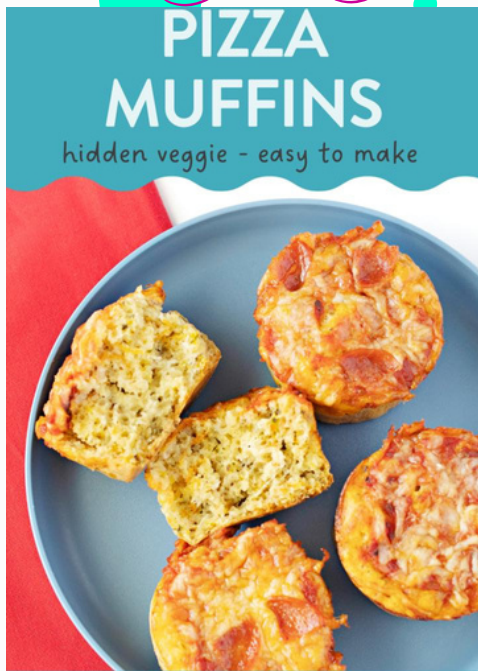


To get your SCOOPS delivered to your inbox, email:

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



As we shift from the carefree and hot days of summer, going back-to-school can be both exciting and a bit nerve-wrecking. New schools, new friends, new routines. As parents and caregivers let's make sure that we get to know our children's teachers and friends. Keep talking with your children. LISTEN to what they tell you. Stay connected to your children to help ensure a good school year!



### Ingredients

Make sure to read the recipe card below for full ingredients and instructions!

- **Flour:** I like to use white whole wheat flour for this recipe, but you can use whole wheat flour, a mixture of 50/50 white and whole wheat flour, an all-purpose, or gluten-free one-for-one flour.
- **Butter/Oil:** to make the muffins nice and moist. You can use melted butter or a mild oil such as coconut, avocado, vegetable, or olive oil.
- **Milk:** you can use any milk you like in this recipe. Dairy milk works well, but make them dairy-free by using almond, oat, or cashew milk.
- **Cheese:** use mozzarella, Italian, or pizza blend shredded cheese.
- **Shredded Carrots:** completely optional to add, but they aren't noticeable and perfect for adding a little texture and extra nutrients.
- **Egg**
- **Italian Seasoning**
- **Garlic Powder**
- **Baking soda and powder**
- **Toppings:** see the list below
- **Pizza sauce:** a thicker store-bought or homemade pizza sauce or pesto sauce will work.

## No More Boring Lunches!

### Step-by-Step Instructions

1. Preheat the oven to 375° F. Spray or line a muffin tin.
2. In a medium bowl, whisk together the flour, baking soda, baking powder, garlic powder, Italian seasoning, and carrots.
3. Add in the milk, eggs, half of the cheese, and oil and whisk until just combined. DO NOT overmix.
4. Scoop the batter into the muffin tin, roughly 3/4 the way full.
5. Top with a tablespoon of pizza sauce.
6. Add cheese to the top of each muffin.
7. Add any toppings
8. Place the muffin tin into the oven, and bake for 18-20 minutes or until just golden brown.
9. Let cool for 5-10 minutes, and serve.



### Easy Peasy Cheesy Pizza Muffins!

A one pan meal/snack/ cooks in a muffin pan. Easy clean up with delicious results! Veggies hidden within.





## A Sweet Treat



Here's a delicious sweet treat for the entire family! Perfect for lunchboxes, baby & wedding showers and more! This recipe is for **Apple-Cinnamon Mini Pies**. BUT, we found out that if you replace the apple filling with a fruit preserve the results are delightful!

### Ingredients

- 1 package (14.1 ounces) refrigerated pie pastry
- 1/2 cup chunky applesauce
- 3 teaspoons cinnamon sugar, divided
- 2 tablespoons butter, cut into 12 pieces
- 1 tablespoon 2% milk, divided

### Directions

1. Preheat oven to 350°. On a lightly floured surface, unroll pastry sheets. Using a floured 3-1/2-in. round cookie cutter, cut six circles from each sheet.
2. In a small bowl, mix applesauce with 1-1/2 teaspoons cinnamon sugar. Place 2 teaspoons applesauce mixture on one half of each circle; dot with butter. Moisten pastry edges with some of the milk. Fold pastry over filling; press edges with a fork to seal.
3. Transfer to ungreased baking sheets. Brush tops with remaining milk; sprinkle with remaining cinnamon sugar. Bake 12-15 minutes or until golden brown.
4. Remove from pans to wire racks. Serve warm or at room temperature.



## Fruity Chicken Meatballs

These **Fruity Chicken Meatballs** from *Healthy Little Foodies* are a great finger food for kids of all ages! Serve with dipping sauce or with a side of rice and vegetables.

The recipe is in the link in bold.

Make sure that you let us know if you try any of these unique lunches!

[\*\*DCoDSSPublicInformation@dconc.gov\*\*](mailto:DCoDSSPublicInformation@dconc.gov)

## Our Child Support Division Offers Support!



Our agents and staff are out in the community, and in our lobby ensuring that people receive factual information about Child Support. Clients were able to “Ask an Agent” during #ChildSupportAwareness month.



Have questions?

Call: 919-560-8900 Email: [DCoChildSupport@dconc.gov](mailto:DCoChildSupport@dconc.gov)



## Child Support: Teamwork Yields Results



During our Child Support Team's annual training day, they review their goals and successes over the past year, learn about new processes and techniques that can improve their business model. The team also embraces organizations such as Day 2 Day Dads, with Mr. Vincent Johnson informing them on his efforts on mentoring father's to reinforce relationships with their children. Mr. Jimmy Evans with his Barbershop Therapy podcast, and at his barbershop, help provide helpful information and encouragement to men who may have children. It is the out-of-the-box thinking that makes our team among the best in the state of North Carolina!

## Monica Cohn: The Queen of Crafts



By day Monica Cohn works as a Sr. Processing Assistant for Program Integrity. She wears a number of hats: she's the bookkeeper, handles all of the paperwork and is responsible for assigning all referrals that come in. Monica handles appointments and is constantly directing calls. BUT, when the work day is over, her creativity comes into full bloom with her business CREATIVE CHAOS!

Her CREATIVE CHAOS business appeals to children, seniors and busy parents who are looking for fun and creative activities!

Monica held her grand opening of her business on June 29, 2024, at 917 Rauhut St. It is located in an historic Black community in Burlington, NC. A former Black insurance agency owned the building which was built back in 1959. It's a family affair with her husband and daughter lending a hand, as well as other family members being supportive.



## Monica Cohn: How Did She Get Started?

Monica has always been a creative person, but her desire to make her husband a personalized gift launched her into the crafts business during the pandemic. I made him a tray with his favorite sports team logo. “His friends saw it, and wanted one, their friends wanted one, the next thing I knew **‘Trendy Traz’** was born!”



Above are some of the many trays Monica has crafted!

Fueled by the encouragement of her friends and family, Monica continued to pursue her creativity, as she is a ‘free spirit’ by nature.

She decided to open a space where children and adults alike can express themselves with art. She hosts Glo ‘n’ the Dark Sip & Paint events for adults, Sand Art for Seniors, Slime making parties for kids Teen Pow Wow’s, An Adult Book Club with wine, and so much more!



To experience Monica’s “Creative Chaos” follow her Facebook page here: [bit.ly/4e9Elcy](https://bit.ly/4e9Elcy)

To book a class/workshop or to rent space, call:  
336-538-1739

**Tammy Broadwell**  
**A DCoDSS Star**



*“Tammy is the Senior Processing Assistant for FEI. She assists with the coverage of the Director’s Office and is always willing to step in at a moment’s notice. She is an AWESOME team player and eager to learn more about the agency. She is always ready to assist with a smile and a positive attitude. Tammy is never too busy to lend a helping hand and always says, “Let me know if I can assist.”*

**Submitted by: Loretta Roberts, Senior  
Administrative Support Assistant**



# Tips To Make Life A Little Easier

## Money Matters



Our **Maria Santiago Cruz** is a constant feature for her money tip of saving loose change after every day in a jar for your Christmas fund. How's your fund growing?



**September 17th** is National Voting Day! Please make sure YOU are registered to VOTE! You must have an ID to vote as well. Visit: [DCoVotes.com](https://DCoVotes.com) to ensure that you are up-to-date on voting!

## 7 Habits to Keep Your Home Tidy All Year Round

Try at least one or two of these.

Read in Real Simple:

<https://apple.news/A4asfa9zhTQKFVnzWRuOb2g>

## *Making the Connection*

At DCoDSS, we're all about making connections, & collaborating with Community Partners and Durham citizens. If you have some tips for better living, or celebrations-- send us the SCOOP!

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



## ‘Tis the Season for Inclement Weather



Please take this as a reminder to download the Alert Durham app. We have had several flood emergencies with rescues in the area. Alert Durham will inform you of weather warnings and emergencies. Hurricane season in North Carolina is from **June 1 to November 30** each year. However, the state is most at risk for hurricanes during the months of August, September, and October.



Create Your Family Emergency Kit. Don't forget your meds!  
<https://www.ready.gov/kit>



What to Eat When Your Power Goes Out  
([aarp.org](http://aarp.org))



# Get Out Into the Community!



CenterFest is always a good family-friendly event! Don't miss it!



Durham Pride Festival 9/28-9/29 Duke East Campus 712 Broad St. Follow @pridedurhamnc on IG for details



Our FEI, Medicaid and other staff will participate in this Friends & Family Day. This is a new community partnership for DCoDSS!

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*Keep In Touch!*

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 Durham County Department of Social Services