



# New Milford Social Services



*"To Listen, To Advocate, To Empower"*

**JUNE 2017**

*Greetings from Peg Molina:*

## *Beginnings and Endings*

June is always a time of comings and goings ~ school closes, kids graduate; people we know may move away or move along. Spring fades as summer takes over; camps open up and gardens begin to flourish. Many of these very things are happening now at Social Services. They bring a mix of emotion—joy, sorrow, excitement and anticipation. Change is inevitable and often provides seeds of growth for us. It is our choice where to plant and how to nourish them!

With regard to upcoming changes here, I'll start with the tough news that our wonderful part-time social worker, Amy Bondeson, is leaving her job with us at Social Services. Amy has been here since the beginning of 2015 and was an immediate fit with our office. She's coordinated our Walk a Mile for a Meal event, facilitated the Parenting . . . Again support group and worked with tons of clients over her 2 ½ years here. We will really miss her, but fortunately don't lose her altogether as Amy will continue her private mental health practice in town. In fact, her growing, successful practice is what is pushing Amy out our door and into the community. So, bravo and thank you, Amy!

Parents: please note that Back to School registration is going on NOW through the end of the month. Registration deadlines have been pushed up for this popular program; please see details below and act soon!

Family First: this longstanding program is having its last weekend retreat in early June. Although a success in every way, after 15 years it is time for us to revise this into a program that can operate more locally. Stay tuned! We definitely plan to offer special events in the future that will incorporate our basic themes of taking care of *yourself* in order to be the best person and parent you can be, and putting your family first.

SNAP at the FARMERS MARKET resumes in June! Anyone who has SNAP benefits can purchase goods at the New Milford Farmers Market and the first \$10 EVERY WEEK will be doubled to \$20 for fresh produce—please look for Allie Franco and Wanda Fyler, staffing our "New Milford Farmers Market Collaborative" tent starting June 3<sup>rd</sup> and they will help you! Make the most of your beginnings and endings and stay connected with us in the weeks and months ahead!

~Peg



### **BACK TO SCHOOL!!!! Registration Time NOW!**



You may be surprised to see us talking about the Back to School program before school has even closed for this year, but we have **an earlier registration deadline** and some changes in store. You may come to our office or look on the Social Services website page **through June 30<sup>th</sup>** to register your children. The Back to School program, sponsored by United Way of Western CT is for children entering K-12 in New Milford Public Schools, for the resident parent in the case of joint custody. **Proof of New Milford residence and income verification is required unless you have met with a social worker in 2017 and provided income proof at that time.** (Continued on pg. 2)

**Issue 6.2017**



*The mission of New Milford Social Services is to help residents meet basic needs of food, housing, clothing maintenance of health and wellbeing, and to help provide various seasonal goods and programs for residents experiencing financial hardship.*

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### **Financial Tip of the Month:**

#### **A WEALTH OF INFO: The Consumer Financial Protection Bureau**

This government agency, created after the 2008 financial crisis to protect consumers from unfair practices, is a fantastic resource for everyone. The CFPB will help if a lender is being deceptive or in any way unlawful. You can file a complaint with them and they will investigate.

In addition they provide a ton of information in an effort to make financial services and obligations more understandable and to help people make informed, wise choices. For example, under "auto loans" they pose the following issue: "I owe more on my current loan than my current vehicle is worth. What do I need to know if I buy a new vehicle?" They give a thorough answer so a person can understand all of the implications before making a big decision that can have lasting consequences. Topics include: getting a loan, debt collection, paying for college, credit cards, bank accounts and

**\*Continued on page 2\***



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New Milford Social Services

# PROGRAM UPDATES:



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## SUMMER=KIDS + CAMPS: YES!



 **Camp CONNRI** is a great camp for families with children ages 7 – 12. The camp lasts 5 days, a perfect introduction to “sleep-away” camp. Run by the Salvation Army and located in Ashford, CT, it offers a full range of activities such as swimming, boating, archery, team sports, arts and crafts and nature studies. This is a Christian-based camp, but children of all religious backgrounds are welcome. The cost is \$35! **NM Social Services will be sending a group to camp for Session 7: Mon. August 7th to Fri. August 11th.** Social Services Office Coordinator, Monika, is handling registration and has applications. Transportation will be provided. Openings are available first come, first serve. Children must have had a physical within a year of August 8th.

 **New Milford Rec-On** Summer Camp takes place June 26- August 4th, offering plenty of activity for kids *entering grades 1-9*. Social Services **now handles all scholarships for this Parks and Rec program**, based on income eligibility. Camp registration is well underway and residents must create an online account at [www.newmilfordrec.com](http://www.newmilfordrec.com) prior to registering. (You can do so at the Parks and Rec office if you do not have internet access). In order to receive a scholarship contact Social Services *before* registering your child for camp. Scholarships go toward the cost of camp, not for special trip costs. Payment of the parent’s portion must be made by June 16. *Other camp info is in our “Family/Children” section on page 3.*

 **The Village Center for the Arts** has scholarships available for their week-long day camps this summer. If you are an established client here, we can refer you however they also ask for most recent two pay stubs or 2016 tax return. It’s best to call or stop by and speak with Jayson Roberts; 860-354-4318.

 **The Silo at Hunt Hill Farm** is also offering a few scholarships for their summer cooking camps, for kids ages 5 – 15. See their website for camp details. If you are interested, please contact our office.

 **GRANDPARENTS & OTHER RELATIVES RAISING CHILDREN:**  
The next meeting of New Milford’s “When You’re a Parent . . . Again” **info and support group** will be on **Thursday, June 8th** @ 5:30p.m. to 7:00p.m. at the Richmond Center. Dinner and child care are included. Come for informal conversation and resources for those in this unique situation. RSVP to Amy Bondeson at Social Services, 860-355-6079 x4.



 **FAMILY FIRST SUMMER PICNIC!:** Visit with attendees from any and all Family First weekends at this pot-luck gathering on **Tuesday, July 25<sup>th</sup>, 5:30 pm ‘til dusk** at Harrybrooke Park. Food, fun and games! Call our office to RSVP!

 **BACK TO SCHOOL** (cont’d from pg. 1)  
Income proof includes wages, alimony and child support, Social Security, unemployment, TFA, etc. Teenagers with regular part-time or summer jobs are not eligible unless approved by Peg, Ivana or Amy. Pre-school and college age kids are not eligible. Participants will receive a backpack (if needed), school supplies and a gift card toward clothing. Distribution will be Friday, 8/18, enabling you to take advantage of CT’s tax-free clothes shopping week 8/21 – 8/25. **Registration deadline is 6/30/17!**

 **SNAP OUTREACH THIS MONTH:** CT Institute for Families SNAP (formerly Food Stamps) Outreach Worker, Sara Arroyo, will be here on **Wednesdays, June 28<sup>th</sup> and July 12<sup>th</sup> from 9:00 a.m. – 3:00 p.m.** to help people apply for SNAP online. To make an appointment with Sara (who is bi-lingual) and learn what to bring, please call our office. There are currently openings for the upcoming month; call us! This is a quick and easy way to apply for SNAP.

**GOOD BYE TIME:**  
It is bittersweet to be announcing my departure from New Milford Social Services at the end of June. It certainly wasn’t an easy decision to leave! It has been such a pleasure to work alongside clients, staff and volunteers these past 2 ½ years. My heart has been buoyed by the experiences I have had here listening to stories of resiliency and experiencing the compassion of this community. I am happy to be continuing my private practice right here in New Milford! My best to you--**Amy Bondeson**

 **RENTER’S REBATE:**  
Applications are being taken now until October 1st. This is a program for CT renters who are elderly or totally disabled (meeting the Social Security definition and over age 18) and who are income eligible. If you qualify, the program will send you a rebate check. The amount of the rebate ranges from \$150 to \$900 and is based on your income and certain household expenses that you paid in 2016. To qualify you must have lived in a CT rental unit for at least 1 year. The maximum income is \$35,200 for one person or \$42,900 for couples. Applications for persons under age 60 will be taken at our office. Bring proof of rent and utilities (electric, gas, oil, water) paid in 2016 and proof of total income for 2016. Documentation of SS can be form SSA-1099, a TPQY form, or a copy of a 2016 Social Security check. Please call for an appointment once you have all needed documentation.

 **Financial Tip (from pg.1):** services, owning a home, credit reports and scores and more. They offer financial education from youth to elders and can simply answer hundreds of questions in language you can understand. So--check out the CFPB at [www.consumerfinance.gov](http://www.consumerfinance.gov) or call (855) 411-CFPB | (855) 411-2372 to speak with someone from 8am – 8pm Mon. – Fri. **...If you missed any of our previous tips, link in to social services/financial fitness on our town’s website at [www.newmilford.org](http://www.newmilford.org).**

# COMMUNITY RESOURCES:

## Family and Children



### NEW MILFORD YOUTH AGENCY NEWS:

Summer Fun at the Youth Agency! "Summer Thursdays", Enrichment, and more! For more information and to stay in touch, register for this free program at [myyouthagency.com](http://myyouthagency.com). If you need help, or do not have access to a computer, please call 860-210-2030. In the future: Family Dinner Nights Unplugged—details coming soon!



**HEAD START** is accepting children ages 3 and 4 for the waiting list of their free **pre-school program** held at Northville School. Please contact Rebecca Litz to discuss income eligibility and for other info on this great early education program. [860-304-4648](tel:860-304-4648) ; [litz@educationconnection.org](mailto:litz@educationconnection.org)

**NURTURING FAMILIES:** New Milford VNA Nurturing Families and Family Support Program is a holistic and comprehensive parenting education program for parents in the NM area. They provide free monthly education groups, play groups and in-home parenting education and developmental assessments. Contact staff at [860-354-5962](tel:860-354-5962) or [acook@newmilfordvna.org](mailto:acook@newmilfordvna.org) to find out more about the program or to enroll.

### *More Summer Camp Info!*



**CAMP JONATHAN** is a unique day camp for children ages 6 to 12 who have suffered the loss of a significant loved one. It allows children to creatively explore their feelings about death, dying and bereavement in a safe environment. This summer camp, which is free of charge, is held at St. John's Episcopal Church, on Main St. in New Milford; July 24 - 29, 2017. For more information and registration please call New Milford VNA Hospice at 860-354-2216.



**The NM YOUTH AGENCY CAMP** will be held at Sarah Noble this year and kids can attend one or several weeks. The cost, which includes field trips, is \$203(2 parent household) to \$175 (1 parent household) weekly with discounts for multiple children in a household. Sign up on line or call Lois at 860-210-2030.



**OTHER CAMPS:** Many other camps, such as **The Pratt Center in New Milford, Greenknoll (Brookfield) YMCA Camp, Great Hollow Nature Preserve in New Fairfield** and more, offer independent scholarships. Check with these organizations now as financial assistance is provided on a first-come first-serve basis.



### MVP-SOS OFFERS SUPPORT FOR EXTRA-CURRICULAR

**ACTIVITIES:** This organization offers financial support to school-aged youth for a broad range of enriching activities (sports, arts and other classes, field trips, **camp**s, etc.). To apply, complete their one page application (available at [www.mvpsos.com](http://www.mvpsos.com) or our office) and provide either proof of free/reduced lunch or first two pages of your most recent tax return.



**WE ALL CAN  
BENEFIT FROM  
SUPPORT!**

### THE WOMEN'S CENTER OF GREATER DANBURY:

offers a number of support groups for survivors of sexual assault or domestic violence (or people who are supporting someone who has experienced that abuse), women going through divorce and those interested in improving their self-esteem. All are FREE and are offered in their Danbury office. For more info call the Center at 203-731-5200 to discuss this with a counselor.

### HELP FOR FAMILIES OF THOSE DEALING WITH ADDICTION

**Attend the C.A.R.E.S. Group:** Weekly hope and support group for parents, relatives, caregivers, or loved ones of those affected by substance abuse and addiction. Meetings are located Thursdays, 7:00-9:00 PM at the First Congregational Church Parish House, 36 Main St. For more information, contact [info@thecaresgroup.org](mailto:info@thecaresgroup.org) or 1-855-406-0246.



### JOB SEEKERS and ADULT LEARNERS:

The New Milford Public Library has a terrific resource called **JobNow** for job seekers and those interested in prepping for GED and citizenship or learning parts of Microsoft Office programs. This product includes practice testing and live one-on-one coaching. For a quick overview, go to [JobNow](http://JobNow) and check it out or stop by the library and speak to the reference librarian.



### GOODWILL CAREER CENTER:

The Goodwill Career Employment Center is located in the Goodwill Superstore at 165 Federal Road in Brookfield. They offer one-on-one job hunting guidance and other employment resources. All services are available free of charge to anyone looking for a job. Some of the courses offered include: online applications, job search, internet and e-mail basics, teen employment, networking and mobile technology. For information please call 203-775-5029 or register for a class at [careercenter@gwct.org](mailto:careercenter@gwct.org) .



### TBICO:

located in Danbury, provides a range of employment-related services, business training, and financial education for individuals seeking to become economically stable and self-sufficient. TBICO provides six week training sessions, ongoing support, and learning opportunities which help students achieve job readiness, personal and career growth, and ultimately, independence. TBICO is unique in that it offers all of its services **free** of charge to low-income and/or disadvantaged adults. For more information contact TBICO at [203-743-6695](tel:203-743-6695) or go to [www.tbicoworks.org](http://www.tbicoworks.org).

# FOOD BANK HOURS:



JUNE 2017

S	M	T	W	TH	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Every THURSDAY from 9am-4pm.

[This is a residency-income eligible pre-registered program]

*Please bring in your own reusable bags!!*

**SPECIAL NOTE: FOOD BANK CLOSES IN SEVERE WEATHER**



## NEW MILFORD FOOD BANK RECIPES OF THE MONTH:

*Summer is approaching- time to have some fun, be creative, and enjoy what you eat!*

### Stuffed Summer Squash

Makes: 4 servings

#### Ingredients:

- 2 summer squash
- 3 cups cooked brown rice
- 1 cup diced tomatoes
- 1 cup squash pulp (from summer squash listed above)
- 1 cup white beans, drained and rinsed
- 1 tablespoon fresh basil
- 4 tablespoons Parmesan cheese



#### Directions:

1. Wash and cut squash in half, lengthwise. Remove the large seeds.
2. Steam the squash, skin side down, in a small amount of water in a fry pan or skillet until slightly tender (but not mushy).
3. Scoop out a good amount of pulp (1 cup), place in a bowl and mix with stuffing (brown rice through Parmesan cheese).
4. Place the squash shells in a baking dish. Stuff the squash with the stuffing mixture.
5. Top with more grated Parmesan cheese. Bake at 350°F for about 30 minutes.

#### Notes: Other Stuffing Options:

Rice + Turkey Stuffing: 1 cup squash pulp, 1 pound cooked ground turkey, 2 cups cooked brown rice, 1 can low-sodium condensed cream of mushroom soup, 2 Tablespoons shredded cheddar cheese.

Cornbread Stuffing: 2 cups squash pulp, 2 cups cornbread stuffing from a mix, dry, 1 cup diced cook chicken or ham, 1/4 cup raisins, 1/4 cup almonds or other nuts [[www.snap4ct.org](http://www.snap4ct.org)]

### BBQ Chicken Pizza

Makes: 12 Servings

#### Ingredients:

- 6 whole wheat English Muffins
- ¾ cup barbecue sauce
- 1 ½ cup chicken (cooked, cut-up)
- ¾ cup cheddar cheese (shredded, smoked or regular)
- 1 bell pepper (chopped)

#### Directions:

1. Heat oven to 450°F
2. Slice English muffins in half and place on ungreased, large cookie sheet.
3. Cut-up bell pepper
4. Spread barbecue sauce on English muffins to within ¼ inch of edges.
5. Top with chicken, cheese and bell pepper.
6. Bake 7 to 12 minutes or until cheese is melted.

#### \* Substitutions:

English muffins: can use Pizza bread

Chicken: can use Pinto beans, chopped tomatoes and chopped onions

[[www.snap4ct.org](http://www.snap4ct.org)]



**MOBILE FOOD PANTRY: WEDNESDAY, JUNE 7th; 5:30pm-6:30pm at the parking lot of Faith Church**

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Happy Summer!



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