



New Milford Social Services



"To Listen, To Advocate, To Empower"

Nov.-Dec. 2017

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 New Milford Social Services

Greetings from Peg Molina: Onward!

As you read this newsletter, Social Services will be in the midst of our biggest move ever: to **John Pettibone Community Center!** From a one-person department located in a cubby hole "closet area" that is now where the elevator sits in Town Hall, we have grown to a staff of four, a mighty volunteer contingent and will have six rooms to call our own for offices and programs at JPCC!

The Food Bank will have two large rooms: one to hold all of our storage in one place (including bread!) and the second where participants can come and shop for their goods with the aid of our volunteers.

Our office will comprise two rooms with separate offices for each social worker. Monika will be at her usual post with plenty of space for office volunteers, student interns and various projects. We will have additional rooms for running other programs, hosting meetings and basic storage.

We are very excited about this new space and look forward to welcoming everyone to it. Please know that the first weeks of November will be chaotic but we'll be doing our best to settle in and keep everything going. There will be a few adjustments as we move:

The office will be closed to all business on Nov. 1 & 2. This means that the Food Bank will be closed on Nov. 2. We will re-open at JPCC, located at 2 Pickett District Road on Friday, Nov. 3 with regular appointments resuming on Monday, Nov. 6th. Looking at Pettibone, **our offices will be on the far left side closest to the playground.** Please park and enter through these side doors. Until further notice, Social Services mailing address will be 10 Main St. Very soon, we will see you there!

~Peg



BRING ON THE HOLIDAYS!



Please read the following guidelines carefully before completing your holiday registration form, available online at <http://www.newmilford.org/content/3088/3134/default.aspx> or in our office:

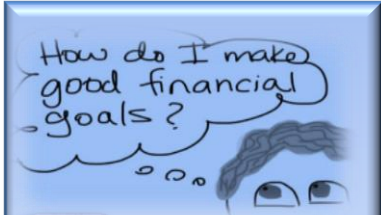
1. **Registration deadline for all programs is THURSDAY, NOVEMBER 9th!**
2. Residents who have met with a social worker providing income documentation during calendar year 2017 may complete the form and mail, fax or hand-deliver it to us. If you participated in the Back to School program, your income is verified for holiday programs. All others need to provide income verification (last month's income from all sources plus most recent bank statement) before registering.
3. NMSS programs are for New Milford residents and children in New Milford schools only. Seniors (age 60 and up) may register for holiday programs through the New Milford Senior Center, not through Social Services.
4. For **Thanksgiving baskets**, household size must reflect the number of people **living with you.** "Pick up" means our traditional Thanksgiving turkey and bag full of food. If you would prefer the option of going to a hall for a prepared holiday meal or having a *(continued on page 2)*

Issue 11-12.2017



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.



Financial Tip of the Month:

Here's the Scoop on Prepaid Cards ~from the Consumer Financial Protection Bureau (CFPB)
What is a prepaid card?

A prepaid card is a card that you use to access money that is loaded onto the card in advance. There are different types of pre-paid cards. With most cards, you can spend the money on the card for daily expenses or withdraw cash from an ATM. You can also choose to have your income directly deposited on most cards. Not all prepaid cards are the same. Each card has its own set of rules and fees, which can be numerous. You can make the best choice about which card is right for you when you understand key differences. An **open-loop prepaid card** is a card with a network logo on it. Examples of networks are Visa, MasterCard and Discover. These cards can be used at any location that accepts that brand. **...Continued Page 2.**

PROGRAM UPDATES:



ENERGY ASSISTANCE: We are taking applications for the winter season prioritizing people with deliverable fuels or those with electric heat on a New Start budget plan. If you heat with oil, propane, wood or kerosene please call the office to make an appointment.

The first day of fuel delivery is November 15th and we do not have a program that can assist you with fuel deliveries prior to that time.

All electric heated households who completed the Matching Payment program last year will be automatically re-enrolled onto Eversource's MPP. **Remember that you still need to re-apply for Energy Assistance through our office every year!** You will receive a letter stating what your monthly budget payment is in November. All payments need to be in by the end of each month, and *all* six payments must be received by April 30th in order to get a "match". If Eversource raises your budget, pay the new amount if you can. If you cannot, pay the old amount and be sure to discuss this with us at the time of your application. Income guidelines are listed below:

If your household income is below the following amounts, you may qualify for energy assistance:

Family size:

| 1 | 2 | 3 | 4 | 5 | 6 |
|----------|----------|----------|----------|----------|----------|
| \$34,366 | \$44,940 | \$55,514 | \$66,089 | \$76,663 | \$87,237 |

Visit our department on the www.newmilford.org website, or come to the office for the list of documents needed to apply. All applicants are asked to bring a current electric bill.

Please have ALL paperwork at the time of your appointment. This includes pay stubs even if your employer has gone "paperless". They can help you to get these. Likewise with Direct Express cards and bank statements: you can print full statements online as they must have both your name and your bank's name. You cannot be approved without all needed documents!

Clean, Tune and Test: Upon request, funds will be provided to eligible households to cover the cost of a clean, tune and test of their household's deliverable fuel heating system. Renters must receive written landlord permission and funds will not be taken from the fuel benefit. This is a great way to increase the efficiency of your fuel use!



Thanksgiving Day delivery of a prepared meal, please check "delivery".

Thanksgiving PICK-UP will be Mon. Nov. 20th at KC Conference Center, 10AM – 5PM.

5. **The Santa Fund is for babies through high school age kids.** Parents may fill out gift requests and clothing sizes for their custodial children, keeping in mind that donors are asked to purchase something in the \$25 - \$50 range. (no game systems, smart phones, expensive games etc.) Think creatively of non-electronic gifts your child might like! Please, no gift card requests for children under age 12. Use additional sheets as needed.

The first 230 households registered will participate in the Santa Fund. (**Distribution day is 12/19, 10AM – 5PM.**) Later registrants will be invited to visit our "Gift Room" to choose a gift for their child. Parents (custodial or non-custodial) and other adults with special children in their lives will also be able to shop later on that same day. Gift room registration will close on Friday, Dec. 8th. Gift Room will take place on Dec. 20th from 12 – 2pm.

6. **Sibling Shopping** is a fun event in which kids age 2 and up pick out gifts for their brothers or sisters. All gifts are wrapped on the spot and Santa is on hand for family photos. Register for your choice of time and we'll do our best to accommodate.

7. **If you are an adult who is permanently disabled, without children in your household,** you may register to receive a gift card for yourself. These will be given out on Thurs., Dec. 21st during Food Bank hours.

8. **The registration form must be filled out in its entirety before submitting to our office.**

Pre-registration is required for all programs!



GRANDPARENTS & OTHER RELATIVES RAISING CHILDREN:

The next meetings of New Milford's "When You're a Parent . . . Again" info and support group will be on **Thursdays, Nov. 9th & Dec. 14th** @ 5:30p.m. to 7:00p.m. at John Pettibone Community Center. Dinner and child care are included. Come for informal conversation and resources for those in this unique situation. RSVP to Sarah Geary at Social Services, 860-355-6079 x4.



SNAP OUTREACH : Sadly, the CT Institute for Families has lost funding for this program so there will no longer be satellite appointments for SNAP available in New Milford. We appreciate and thank Sara Arroyo for her years of service to our community. Going forward, SNAP applications can be done online at www.ct.gov/snap by filing in-person at the Danbury DSS office at 342 Main St. or by completing a paper application (we have these) and mailing with copies of documents to the Scan Center.



...If you missed any of our previous tips, link in to social services/financial fitness found on our town's website at www.newmilford.org.

Financial Tip continued: A **closed-loop prepaid card** is a card you can only use at certain locations. Most closed-loop cards do not have a network logo on them. A **reloadable prepaid card** is a card you can add more money to. This type of card is sometimes called a General Purpose Reloadable Card, or GPR Card. Some cards start out as non-reloadable, but can be reloaded once you complete a registration process. Some prepaid cards are "non-reloadable," meaning you can't add more money to them. A **payroll card** is a prepaid card you get from your employer that you receive your paycheck on.

A **government benefit card** is a prepaid card used by a government agency to pay certain government benefits, such as unemployment insurance. Some **college ID cards** are also prepaid cards. Some colleges offer a "closed-loop" card, which you can only use to pay for things on campus. Other schools offer an "open-loop" card, which you can use at any retail location that accepts that network brand. **As to charges?** Read the information about the card carefully to understand all of the fees. For some types of cards, important information is included on or inside the card package. Consider how you plan to use the card and shop for the best deal. For more info on this and **many** topics visit: <https://www.consumerfinance.gov>

COMMUNITY RESOURCES:



Family and Children



VILLAGE CENTER FOR THE ARTS: has scholarships for several programs: join the after school program, Club Mud; for kids in need of help with school assigned art projects, and for Family Art, a wonderful multi-visit opportunity for the family to have some electronics-free quality time together creating art work! Call our office for a referral, then contact Jayson at jayson@villagecenterarts.com



CT CHILDREN'S LAW LINE: The [CT Children's Law Line](#) helps callers understand the legal processes involving children, including custody, visitation, guardianship, abuse, and neglect. The Law Line can also refer callers to other agencies for help. You can call this free service as many times as you need. **Where:** 1-888-LAW-DOOR (529-3667)



NEW MILFORD YOUTH AGENCY NEWS:

Homework club has started up again with the new school year. NMHS mentors will work with your child on math, reading, studying, organizing, and more! Both work and play on Saturday mornings. The program is open to area 3rd-7th graders. FREE. For more information, please call the Youth Agency at 860-210-2030 or email Jason at Jason@youthagency.org.

Group for Kids on the Autism Spectrum: this six-week Tuesday night program, coordinated with Newtown Youth Services, is for kids ages 9 – 14 and includes games, activities and field trips especially geared to this special population. There is a fee but our YA is able to make it affordable—call to register!



More "Local" Resources!!!



AMERICAN JOB CENTER: New Milford Adult Ed will be hosting staff from this agency on the last Wednesday of each month from 4 – 6:30 pm. **Any NM resident is welcome** to meet with a job counselor for guidance on finding jobs, how to revise your resume and more. Contact Adult Ed at 860-350-6647 x1170.

THE COMMUNITY CULINARY SCHOOL: is accepting applications for its next session beginning January 2018. If you or someone you know is out of work, not getting enough hours at work, or ready for a change, and enjoys cooking, this may be the perfect opportunity! Classes run Monday through Friday from 9 a.m. to 3:30 p.m. for twelve weeks. The program then assists you with finding a job in the food industry. Scholarships available. Call Director, Dawn Hammacott at 203-512-5791 for more information. Applications are available in our office or at www.communityculinaryschool.org.

ACCESS HEALTH CT: *This program has not ended!!* Enrollment into qualified health plans for 2018 takes place from 11/1 – 12/22. Anthem and ConnectiCare will be offering plans. You can apply online at www.AccessHealthCT.com, or call 1-855-805-4325. **There will be an enrollment center in Danbury**, at the CIFIC Greater Danbury Community Health Center, 120 Main St., Monday - Friday: 9:30am - 4:30pm. Free, in-person help available there.

In the midst of all the busyness ahead, please take time to find a few moments to quiet yourself, remembering the great power of *attitude*, and *enjoy* these words:

Give us thankful hearts . . . in this season of Thanksgiving. May we be thankful for health and strength, for sun and rain and peace. Let us seize the day and the opportunity and strive for that greatness of spirit that measures life not by its disappointments but by its possibilities, and let us ever remember that true gratitude and appreciation shows itself neither in independence nor satisfaction but passes the gift joyfully on in larger and better form.

~ W.E.B. DuBois



Counseling Resources



GREENWOODS COUNSELING

REFERRALS: If you would like to enter into counseling for a problem, life transition or other issue in your life, Greenwoods is a great place to start. They offer a free clinical assessment (which can take place in New Milford) and then you will be provided with a list of three local therapists qualified to help you. If you lack insurance, Greenwoods can help cover the fees. If you have insurance, Greenwoods will find a therapist who accepts yours. Start by calling them at 860-567-4437; you'll be given a timely appointment!

THE WOMEN'S CENTER OF GREATER DANBURY:

offers free, confidential counseling and a number of support groups including "Women Thriving" to help women focus on sustaining positive changes after leaving unhealthy relationships. Weekly groups are offered in their Danbury office. For more info call 203-731-5200.

NEW MILFORD HOSPITAL BEHAVIORAL HEALTH:

Located at 23 Poplar St., NMHBH provides mental health services for adults, including psychiatric assessment, med. management, individual and group therapy. Groups offered focus on women's support, anxiety and depression, pain management and DBT (dialectical behavioral therapy). Those interested need to have an assessment prior to joining a group. Call 860-210-5350 for more information or for an appointment.

FAMILY & CHILDREN'S AID:

NM office offers many services for parents & children: groups, counseling, home visits & more; free or insurance-based. For info or an appointment call 860-354-8556.

INTERFACE is a private practice located in the annex of the First Congregational Church. Experienced staff with many sub-specialties. Call 860-354-5116.

In addition there are other private practitioners who accept HUSKY and Medicare, like our former SW **Amy Bondeson** (860-799-1631—HUSKY only).

You can always call one of our social workers to discuss these options.



FOOD BANK:



Every **THURSDAY**
from 9am-4pm.

[This is a residency-income eligible program: pre-registration required]

Please bring in your own reusable bags!!



SPECIAL NOTE:
FOOD BANK CLOSURES IN SEVERE WEATHER



NEW MILFORD FOOD BANK RECIPE **OF THE MONTH:**

“Wishing you Joy and Peace during the Holiday Season”

Baked Apples and Sweet Potatoes

Yield: 8 servings

Ingredients:

- 5 sweet potatoes (cooked)
- 4 apples
- ¼ cup brown sugar
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- OR 1½ teaspoon Pumpkin Pie Spice
- ½ teaspoon salt
- 2 tablespoons oil

Instructions: Preheat the oven to 400 degrees.

1. Peel 5 sweet potatoes and boil them in water until they are almost tender.
2. After the sweet potatoes cool, slice them into ¼ - ½ inch rounds.
3. Peel the apples. Remove the cores, and slice the apples.
4. Grease the casserole dish with oil
5. Put a layer of sweet potatoes on the bottom of the dish.
6. Add a layer of apple slices.
7. Combine sugar, salt and spices in a small bowl
8. Sprinkle half of the mixture onto the first layer of sweet potatoes and apple slices
9. Repeat with more layers of sweet potatoes and apples adding the rest of the mixture
10. Bake for about 30 minutes until apples are tender.

[Snap4CT.org]

NOVEMBER 2017

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| 26 | 27 | 28 | 29 | 30 | | |

Food Bank will be closed: Nov 2 & Nov 23.

If registered for Thanksgiving: p/u is 11/20@KC

DECEMBER 2017

| S | M | T | W | TH | F | S |
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| 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 |
| 31 | | | | | | |

OFFICE CLOSED: Wed. Nov 1 & Thurs. Nov 2. (No FOOD BANK on Nov. 2)

Our office will be CLOSED in observance of the following holidays:



Friday, November 10 for Veteran's Day



Thursday & Friday, November, 23 & 24 for Thanksgiving



Monday, December 25, 2017 for Christmas



Monday, January 1, 2018 for New Year's Day

MOBILE FOOD PANTRY:

WEDNESDAY, Nov.1 and Dec. 6; 5:30pm-6:30pm at the parking lot of Faith Church

PERMIT NO. 10

NEW MILFORD CT 06776
U.S. POSTAGE PAID
PRESORT STANDARD



860-355-6079

NEW MILFORD SOCIAL SERVICES
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NEW MILFORD CT. 06776