



New Milford Social Services



"To Listen, To Advocate, To Empower"

March 2018

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Spring is sure to come!



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New Milford Social Services

Greetings from Social Services:



Inspired to increase a sense of well-being? Maybe or maybe not! But it is never too late to take a step or two in that direction. The New Year started two months ago, and if you are like me, it feels as if January and February go by way too fast! Whether it is the cold weather or shorter days, it can be a difficult time to make a change, despite your wish to declare those resolutions. If you haven't started yet, it's not too late to put in motion those plans of change you began thinking about on January 2nd! March is a wonderful month to get started. Spring is eager to bring new growth. The days are getting longer and the air is not as cold. Think about a goal you've been trying to reach. Maybe it's trying to save a bit more for an unexpected emergency or to make healthier food choices or move more and exercise (March is National Nutrition Month). It's never too late to begin, and it all starts with one small step. A flower begins with a seed. Planted and nurtured carefully, it will grow. It doesn't grow quickly, but even when not visible, under the ground, it is changing, moving, working to grow bigger and one day it will bloom. Each step is progress and each step is important. Mark Twain once said, "The secret of getting ahead is getting started. The secret of getting started is breaking your complex overwhelming tasks into small manageable tasks, and starting on the first one". Starting off a goal to save \$5 a week is better than not starting to save at all. Parking farther away at work to gain a few more walking steps can make a big difference after a few months. These small steps will grow before you realize it. One week you will notice that you saved \$7 or \$10. Maybe you are also parking farther away at the grocery store or now you find it easier to walk one lap around your neighborhood block. If you haven't started yet, give it a try. If you don't know how to start, ask questions. We have some very helpful tools in our office and any one of our social workers would be willing to set time aside with you to talk about goal setting.

~Ivana

"A dream written down with a date becomes a goal. A goal broken down into steps becomes a plan. A plan backed by action makes your dreams come true."

-Greg Reid

DO YOU KNOW? . . . that Operation Fuel has increased its income eligibility guidelines?

Operation Fuel provides one-time emergency assistance for deliverable fuel or electric bills. This state-wide program has made it possible for people with higher incomes to receive help. For example, a household of four with before tax (gross) income up to \$81,444 is eligible for up to \$500 in assistance. This could be in the form of oil or other deliverable fuel, or go toward the electric bill.

As a partner agency we help all NM households under age 60 to apply. The process is quick and easy! Call Monika for an appointment, and please spread the word to local family and friends!

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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:

Setting a GOAL...step by step: Setting goals can be intimidating you have a dream, a desire to accomplish something: save money, get ahead, important purchase, feel better, build a better future. Left in these vague terms a dream has nothing to keep it tethered, to hold on to-so it can get beyond your grasp. But you can take control of your dream by turning it into a goal: a concrete plan of action to achieve something you want. Breaking a goal up into steps can be very helpful. Even the smallest of steps will still lead you to your destination. When planning out your strategy keep it **S.M.A.R.T.** This is a very helpful tool for short-term and long-term goals. How to start? First, tell yourself you have the power to do this. Then follow these steps. Breaking down your goal into steps increases your success.

...Continued Page 2.

PROGRAM UPDATES:



ENERGY ASSISTANCE: MARCH 15TH IS THE LAST DAY FOR A FUEL DELIVERY. CALL CAAWC FOR A FINAL DELIVERY!

Social Services is taking applications for all forms of heat. Fuel deliveries can be covered if approved before March 15th. Many households make their fuel last well into the fall by getting a final fill in mid-March. Call CAAWC to see if you are eligible for additional deliveries and if you are not, call us!

All **electric heated households** who completed the Matching Payment program last year have been automatically re-enrolled onto Eversource's MPP. **However, remember that you still need to re-apply for Energy Assistance through our office every year!** All payments should be in by the end of each month, or *all* required payments must be received by April 30th in order to get a "match". If Eversource has raised 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: May 1st is the last day to apply for EA for electric heated households.

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

<u>Family size:</u>					
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!



March is National Nutrition Month!

The New Milford Food Bank is committed to helping local families by offering healthy food choices and wellness education through our food pantry. Nutritional information and healthy recipes are available. Volunteers are on hand to help, and donations of healthy food options are always welcomed. Read through to page 4 to find a 'Healthy Challenge' to try this month!



Need to file your taxes?! **FREE TAX FILING SITES:**

VITA sites in our area: The *NM Public Library* has Danbury VITA staff every Friday, 10 a.m. – 2 p.m.; call Danbury VITA, 203-826-9517 for an appointment. *Danbury VITA* is also scheduling appointments in Danbury along with two other sites (day and evening appointments): *Community Action Agency of Western CT*, 203-744-4700; *Western CT State University*, 203-797-4500. With electronic filing and direct depositing, you will not wait longer for a return through one of these agencies, and **ALL** of the money is **yours!**



A BARBER POLE AT SOCIAL SERVICES!

New Milford resident and long-time barber, Leslie Roy, is giving back to her community by offering her services **HERE** on the **3rd Thursday of each month, 12:30 – 4:30 pm!** Social Services clients can get a **FREE haircut** by calling ahead to sign up. Leslie specializes in cuts for men, children, and women with short hair, cut above and around the ear. Call Monika to make arrangements. Sign up now for **March 15th**.



Support Group!

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, March 8th @ 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.



Attention HART Riders!

Remember to request a stop at JPCC when traveling Southbound to Social Services. The driver will stop at the front entrance.



Financial Tip continued: ... continued from page 1

[S.M.A.R.T. approach to goal setting]

S: be **SPECIFIC:** ask yourself what will be achieved from this goal and who will benefit. Make your answer as detailed as possible. "I will get new tires for my car which I need to get to work and drive around in with my kids. I found a garage that will charge me \$400 for new tires (parts and labor)". **M: MEASURABLE:** ask yourself how long you will need to achieve your goal. "I want to get new tires within the next 3 months (about 12 weeks). I need to save \$35/ week). If I am on track, I should have \$140 saved by the end of each month. **A: ACHEIVABLE:** ask yourself if you are able to reach your goal in the timeline you set. A goal should be a challenge, but you shouldn't be so set on a timeline, if you know you can't succeed. If \$35/week is too much, maybe adding one more month will do it (that would bring it down to \$25/week). **R: RELEVANT:** ask yourself if this is something you really want at this time. Is this the time to start? "I really want new tires before next winter. I need better tires to handle the snow and ice". **T: TIMEBOUND:** ask yourself what time this needs to happen. "The weather can be unpredictable come October. I don't need to start right away but if I start saving the first of May and save \$25/week over 4 months, I will have time to succeed. Sometimes a goal needs to be revised or changed a bit, or paused for an unexpected event. Revisiting a step, checking in on your progress increases your chance of achieving your goal. Don't give up before you have given yourself a chance to change the plan that will lead to your success.

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

COMMUNITY RESOURCES:

Family and Children



Campership Info:
Coming in April!



Scholarships: Connecticut Community Foundation is looking to award hundreds of students with college scholarships. Applications deadline is March 15th for first time students. Apply at www.conncf.org/scholarships.



NEW MILFORD YOUTH AGENCY NEWS:



Summer jobs and volunteering: The YA is currently accepting applications for seasonal work open to area students. Applicants must be reliable, team-oriented, and hold qualities seen in a good role model. Available positions include: work at Sullivan Farm, Trail Crew, catering at The Maxx, and child care. Volunteer opportunities are also available in local community events as well as Youth Agency sponsored programs. Fill out an application at our office, 2 Pickett District Rd, or go to www.youthagency.org for more info.

Anti-Bullying Forum: On March 26th, join expert panelists to discuss what parents can do for their children if they suspect or find out they are being bullied at school. This FREE event is hosted by NMYA and Rep. Bill Buckbee. 6pm-7:30pm@ The Maxx, 94 Railroad St.

Homework Club: Students from grades 3rd-7th can receive FREE tutoring from high school student mentors.

Open Gym Time for High School Hoops!: Every Friday at JPCC gym, after school until 5pm. FREE and open to any high school student.

For more information on these programs, contact Jason at Jason@youthagency.org or 860-210-2030.



MVP-SOS OFFERS SUPPORT FOR EXTRA-CURRICULAR

ACTIVITIES: This organization offers financial support to youth for a broad range of enriching activities (sports, arts and other classes, field trips, etc.). To apply, complete their one page application (available at www.mvpsos.com or our office) and **provide first two pages of your most recent tax return**. Please make sure to include a current phone number and email for follow up questions.



More 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 at New Milford High School. 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. Next visit is March 28th. Also, Adult Ed has a **Job's Posting Board** available to everyone to check out for available job openings: Mon-Thurs, 5pm-8:30pm by Adult Ed office at NMHS. The information is constantly updated.



COMMUNITY CULINARY SCHOOL is currently registering for its next session beginning April 23th, 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

THE NEW MILFORD PUBLIC LIBRARY: has a variety of awesome offerings if you are looking for entertainment (like free movies twice each month, such as "The Man Who Invented Christmas" on March 22nd; Irish Music on March 7th; or Operation Gratitude for knitters to help our armed services people); companionship through a range of clubs (game playing, cookbook, etc.) or a **special presentation by Aquarian Water Company on conserving water**(free shower timers will be given to the first 50 people to attend)-March 14th, 6:30pm. *The library is SO much more than a place for books, and the price is right—check it out!!*

Counseling Resources



GREENWOODS COUNSELING

REFERRALS: If you would like to enter into counseling for a problem, life transition or other issue in your life, Greenwood 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, Greenwood can help cover the fees. If you have insurance, Greenwood 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 not-for-profit practice located in New Milford. Experienced staff with many sub-specialties including family and children. 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.



MARCH 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				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	31

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

Please bring in your own reusable bags!!

SPECIAL NOTE:

FOOD BANK CLOSES WHEN NEW MILFORD SCHOOLS CLOSE IN SEVERE WEATHER



Take on a Healthy Challenge this Month!

- Pick a favorite recipe and change one or two ingredients for a healthier choice, like hamburgers made of turkey, add an ingredient like diced carrots or spinach to your favorite meatloaf or meatball recipe, or add spinach or kale to mac & cheese, pasta, scrambled eggs.
- Choose healthy snacks such as nuts, whole wheat crackers and low fat cheese, or low fat yogurt fruit smoothies (try adding a bit of kale or beet juice).
- Try moving more. Get out and stretch and take a nature walk. Remember good nutrition is not just about what you eat but about how much you exercise. Just parking farther away and taking a few more steps can make a difference!
- Reduce stress with a warm bath, good book, or deep breathing exercises.
- Be mindful of what you buy and have stored in the refrigerator or pantry. Think about freezing and storing your food properly to extend the life of what you buy. *Save food and your money!*



RECIPE OF THE MONTH:

Broccoli - Potato Soup *Makes: 4 servings*

Ingredients:

- 4 cups broccoli (chopped)
- 1 onion (small, chopped)
- 4 cups chicken or vegetable broth, low-sodium
- 1 cup evaporated milk, non-fat
- 1 cup mashed potatoes, instant (prepared in water)
- salt and pepper (to taste, optional)
- 1/4 cup cheddar cheese, shredded (or American)



Directions:

1. Combine broccoli, onion, and broth in large sauce pan and bring to a boil.
2. Reduce heat. Cover and simmer about 10 minutes or until vegetables are tender.
3. Add milk to soup. Slowly stir in potatoes.
4. Cook, stirring constantly, until bubbly and thickened.
5. Season with salt and pepper; stir in a little more milk or water if soup starts to become too thick.
6. Ladle into serving bowls.
7. Sprinkle about 1 Tablespoon cheese over each serving.

Source: Arizona Nutrition Network, Don't Play With Your Food: Fall and Winter Cookbook



Optional Tips:

Besides broccoli add a medley of vegetables like carrots, cauliflower, white beans, etc.
Use your own mashed potatoes (leftovers-just as good) instead of instant, and add a couple of small diced potatoes for a fuller soup.
If no evaporated milk, use instant milk or regular milk. Enjoy!

MOBILE FOOD PANTRY:

WEDNESDAY, Mar 7 and Apr 4; 5:30pm-6:30pm at the parking lot of Faith Church

Our office will be closed on March 30th in observance of Good Friday

ADDRESS SERVICE REQUESTED

PERMIT NO. 10
NEW MILFORD CT 06776
U.S. POSTAGE PAID
PRESORT STANDARD



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NEW MILFORD CT, 06776
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NEW MILFORD SOCIAL SERVICES