



New Milford Social Services



"To Listen, To Advocate, To Empower"

MAY 2018

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Greetings from Social Services:

As the warm weather, slowly, makes way, let us take time to practice mindfulness. We often lose sight of the simplicity around us in nature that can bring balance, peace and harmony. After a recent trip to the Bronx Zoo, I found myself embracing the simple sounds of birds chirping, running water, the breeze blowing past and the laughter of children. Reflecting back on the events of the day, I was overjoyed with happiness, which left me feeling peaceful and re-energized, even after all the walking around!

If practicing mindfulness is something new to you, start by making a list of simple things that are calming. Each of us identify with various strategies, but find peace in knowing that even the simple things are calming. If you are having writers block, here are a few ideas to introduce to yourself, regularly:

- Sitting outside, either in the morning, afternoon or evening
- Taking a nature walk
- Listen to the birds
- Focus on gentle breathing
- Enjoy the calmness of a moving brook, rain or a waterfall
- Coloring, or any form of art
- Journaling

While embracing the items on your list, be attentive to the emotions you associate with each of your strategies. Any emotion whether positive or negative, is okay. Allow yourself to acknowledge that emotion, accept it, embrace it or let it go. Keep in mind, daily mindfulness practice takes time, especially if it something new to you.

“What you do everyday matters more than what you do once in a while”

~ Gretchen Rubin

~Sarah


Issue 5.2018



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:

Bills, bills, bills! I always feel a sense of relief when the mail only contains junk mail, but sadly that’s not the reality of everyday. Bills are a fact of life, and at least most are predictable.

The Consumer Financial Protection Bureau offers a bill calendar to visually track your monthly expenses. The idea is to be prepared, and to plan ahead with your budget.

You can find a printout of the bill calendar at our front desk. Here is how to fill it out.

1. Fill in the name of month, dates, etc.
2. Gather all your bills you pay in one month.
3. Write the due dates for these bills. It is recommended you write the date bills must be sent. If you’re paying by mail, mark the due date 7 days before it is due. For in-person or ...*(Continued on page 3...)*



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Email:
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Website:
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 New Milford Social Services

BACK TO SCHOOL:
Important Info for Parents!



You may be surprised to see us talking about the Back to School program before school has even closed for this year, but we continue to have **an earlier registration deadline** similar to last year. You may come to our office or look on the Social Services website page starting on **May 15 through June 29th** 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 primary 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 2018 and provided income proof at that time.**

Continued on pg. 2

PROGRAM UPDATES:



ELECTRIC ASSISTANCE: The “winter protection” ends as of May 1st so if you are behind on your electric bill be prepared to receive a shut-off notice. If this happens and you need help, please contact us ASAP. We can only effectively help BEFORE a shut-off work order is executed! Please don’t wait until it’s too late!



SUMMER=KIDS + CAMPS: YES!



Camp CONNRI is a great camp for families with children ages 8 – 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 6th to Fri. August 10th.** 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 6th.

New Milford Rec-On Summer Camp takes place June 28- August 3rd, offering plenty of activity for kids *entering grades 1-9*. **Social Services handles all scholarships for this Parks and Rec program**, based on income eligibility. Camp registration begins Tuesday, May 1and registrants must create an online account at www.newmilfordrec.com prior to registering. (You can do so at the Parks and Rec office if you do not have internet access). Space is guaranteed for all children registered on May 1st and 2nd. 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.*



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, May 10th @ 5:30p.m. - 7:00p.m.** at the 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.



BACK TO SCHOOL



BACK TO SCHOOL (cont’d from pg. 1)

This 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 Sarah. Pre-school and college age kids are not eligible. Participants will receive a backpack, 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 8/20 – 8/24. **Registration deadline is 6/29/18!**



SNAP \$\$ AT THE FARMERS MARKET

will be back the first Saturday of June! Come and have SNAP dollars doubled for delicious fruit and veggies!



ATTENTION FOOD BANK SUPPORTERS:

Please help this year’s **USPS Letter Carrier Stamp Out Hunger Food Drive** be a great one by putting a bag of not-expired non-perishable food by your mailbox on **Saturday, May 12th!** NMSS and Loaves & Fishes count on your support!



RENTER’S REBATE:

Applications will be 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 2017. To qualify you must have lived in a CT rental unit for at least 1 year. The maximum income is \$35,300 for one person or \$43,000 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 2017 and proof of total income for 2017. Documentation of SS can be form SSA-1099, a TPQY form, or a copy of a 2017 Social Security check. Please call for an appointment once you have all needed documentation.

Community Culinary School

“Changing People’s Lives through Food”

12 week hands on **culinary training** adults 18 and over, looking for a career opportunity or a life change. Scholarships available.

Summer Cooking classes for kids 8 & up!

Call 203-512-5791



Bike Day!

Sunday June 24th at 11am at *JPCC Social Services parking lot.* If your school aged child would like a newly refurbished second-hand bike to call their own, please register with Social Services. First time registrants will receive a new bike helmet (thanks to the Rotary Club!). *New Milford Ambulance staff will be there to talk bike safety awareness. John Gallagher of Bike Express and Youth Agency staff and volunteers make this wonderful program possible.*

COMMUNITY RESOURCES:



Family and Children



NEW MILFORD YOUTH AGENCY NEWS:



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

Homework Club: Students from grades 3rd-7th can receive FREE tutoring from high school student mentors. For more information on these programs, contact Jason at Jason@youthagency.org or 860-210-2030.

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 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 23- 27, 2018. For more information and registration please call New Milford VNA Hospice at 860-354-2216.



YOUTH AGENCY SUMMER CAMP: Seven week program that includes onsite themed activity days, various arts and crafts, and trips! Registration began April 2nd, which begins July 2nd and ends August 17th. Day runs from 7am-6:30pm. Weekly rates from \$108-\$208 (including trips costs), with the flexibility of week-by-week sign-up. Register at myyouthagency.com until June 1st, or call 860-210-2030.



OTHER CAMPS: Many other camps, such as **The Pratt Center in New Milford, Greenknoll (Brookfield) YMCA Camp, Great Hollow Wilderness School 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.



Financial Tip of the Month

...continued...

...automatic bill payment, mark 1 or 2 days before the due date on your calendar.

4. Fill in the business or person you owe money to, the date the money must be sent to arrive on time, and the amount due.

5. Put this calendar on your refrigerator or in a spot you will not forget about it.

This is 1 of many tools to assist with your bill pay. Over time as you become more comfortable, you can explore online bill reminder services or apps. ...If you missed any of our previous tips, link in to social services / financial fitness on our town's website at www.newmilford.org.



May 24, 6-8:30pm
NM Adult Ed is hosting a FREE community program

for parents and children pre-school through 1st grade - all about **dinosaurs!** Contact adult Ed for more info or to register: 860-350-6647 x1185.



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, camps, etc.). To apply, complete their one page application (available at www.mvpsos.com or our office) and provide either proof of free/reduced lunch or first two pages of your most recent tax return.



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 and check it out or stop by the library and ask the reference librarian.



NEW MILFORD ADULT ED:

has something for *everyone!* From the diploma, ESL and GED programs to career track learning (health care, manufacturing, culinary in partnership with the Community Culinary School and early childhood education), to enrichment or career enhancement programs (scholarships may be available here depending on course). See their summer/fall brochure coming soon, or check the website at : www.newmilford.coursetorm.com **The American Job Center visits NM Adult Ed on the last Wednesday monthly 4-6:30pm.** Get help with job search, resume tune-ups and exploring career pathways!



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: 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.



TBICO:

in Danbury, provides a range of FREE 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. Upcoming programs include Job Search Team, Wednesdays 10 - 11:30am; Keyboarding Classes: 9 classes total; new classes start on Wednesdays; Microsoft Word Basics on 3/22 & 3/23, One-on-One Budget Coaching and more. For details contact TBICO at [203-743-6695](tel:203-743-6695) or go to www.tbicoworks.org.

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 CLOSES WHEN NEW MILFORD SCHOOLS CLOSE IN SEVERE WEATHER



MAY 2018						
S	M	T	W	TH	F	S
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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		



NEW MILFORD FOOD BANK RECIPES OF THE MONTH:

Enjoy your spring and these easy to prepare nutritional meals



Egg, Ham and Spinach Pizza

Ingredients

- 1 store-bought baked thin-crust pizza shell, preferably whole-wheat, such as Boboli
- 4 cups (about 4 ounces) baby spinach leaves, thinly sliced
- 2 teaspoons olive oil
- 3 ounces prosciutto di Parma, thinly sliced **or ham***
- 1/2 cup grated Parmesan (1 1/2 ounces)
- 3 cloves thinly sliced garlic
- 4 eggs



Directions

Preheat oven to 450 degrees F. Place the pizza shell on a cookie sheet. Scatter spinach all over crust. Drizzle with oil. Evenly distribute **ham or*** prosciutto, Parmesan and garlic on top of spinach. Crack eggs onto pizza, roughly positioning 1 yolk on each pizza quarter. Bake for 12-15 minutes, until spinach is wilted and egg whites are just fully cooked. Cut into 4 large slices.

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*substitution added for this article

Vegetarian Brown Rice Casserole

Ingredients

Serves 4: Gluten free, nut free, vegetarian, main dish or side dish

- » 1 can (19 oz) ready-to-serve lentil soup
- » 1 package (about 9 oz) ready-to-serve brown rice
- » 1 can (7.75 oz) unsalted mixed vegetables, drained
- » 1 large or 2 small canned roasted red peppers, diced
- » 1/2 cup shredded sharp cheddar cheese, divided

Preparation

- » Combine soup, rice, mixed vegetables, peppers and 6 tablespoons of the cheddar cheese in a 2-quart, microwave-safe casserole or baking dish.
- » Season with salt and pepper to taste, and level the top of the mixture.
- » Sprinkle with the remaining 2 tablespoons cheddar cheese.
- » Cover and cook in a microwave oven at full power until heated through and the cheese on top melts, about 5 minutes.
- » Uncover and cool for 1 minute before serving.

Recipe by Canned Food Alliance

MOBILE FOOD PANTRY:

WEDNESDAY, May 2 and June 6; 5:30pm-6:30pm at the parking lot of Faith Church

We will be closed on Monday, May 28th in honor of Memorial Day

PERMIT NO. 10

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