



# New Milford Social Services



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

**Nov/Dec 2018**

**Greetings from Social Services:**



**Contents:**

- Financial Tip pg. 1
- Program Updates pg. 2
- Community Resources pg. 3
- FB Hours & Recipes pg. 4

**Special points of interest:**

- **Page 1:** Holiday Sign-Ups – Time running out!
- **Page 2:** Energy Assistance
- **Page 2:** Access Health-Open Enrollment
- **Page 3:** WIC-local info
- **Page 3:** Resources for Families/Teens
- **Page 3:** Info for Job Seekers and SNAP recipients
- **Page 3:** Counseling Resources
- **Page 4:** -Holiday Closings / Food Bank Hours & Recipes / Mobile Pantry Hours



2 Pickett District Rd.  
 New Milford, CT 06776  
 (P) 860-355-6079  
 (F) 860-355-6019  
 Email:  
[socialservices@newmilford.org](mailto:socialservices@newmilford.org)  
 Website:  
[www.newmilford.org](http://www.newmilford.org)

New Milford Social Services

"Happy Holidays! We wish you peace, joy and hope"! These words are spoken and heard a lot during the holiday season. With the best of intentions we invoke these wishes onto others, and here at Social Services, we truly mean them to each and every one of you. But how often do we take action during the season to work on peace, joy and hope in ourselves. As the "season of giving" approaches the first thoughts that tend to cross our mind are how we will plan to celebrate. Who do we need to buy a gift for, at whose house will we have holiday dinner, or what will we cook? The hurried feeling of having to get ready takes over and sometimes we find ourselves rushing through our days, trying to fit in more tasks like shopping, wrapping, and cooking. The result of all this is we end up stretching ourselves thin and getting so caught up in preparations that we don't even give ourselves a chance to breathe. I, for one, am guilty of this. I love this season and I do find joy in preparing to share the holidays with those I love, but it also wears me out. I give so much of my time and effort externally that I forget to recharge myself. And, all that hurrying and worrying can create a lot of anxiety and stress. But we can do something about this. We can build into our holiday planning a time to STOP. Stop rushing, hurrying, and worrying. Slow down the pace and give up some of your tasks so you can regain time for yourself. When we slow down, we give ourselves time to realize what this season really means to us. Is it really about finding the perfect gift and spending whatever it costs to get it? What is the cost? Is it the money? Is it the time away from family? Is it a bit of our peace of mind? When we quiet our bodies, we quiet our minds, and find time to feel more love and joy. Think about pledging to yourself to take time out, do less, and give yourself time to relax. Spend less money but spend more time with the people you love, including yourself. I pledge to try! I pledge to slow down, to do less, and give myself more time to relax, take a deep breathe, and listen to my heart. Will you? The peace, joy, and hope you feel will build from within; not from what surrounds you but what you fill within yourself.

~Ivana

**"The present moment is filled with joy and happiness. If you are attentive, you will see it"**  
 - Thich Nhat Hanh, *Peace Is Every Step: The Path of Mindfulness in Everyday Life*

**Time is running out to register for the HOLIDAYS!**

Please read the following guidelines carefully before completing your holiday registration form:

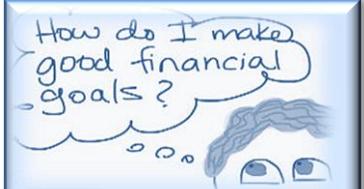
1. Residents who have met with a social worker and provided income documentation during the calendar year 2018 may complete the form and hand-deliver, fax, or mail it. *If you have not provided verification of income and residency to us in 2018, you must do so within 2 weeks of registering for any programs.*
2. New Milford Social Services programs are for New Milford residents (under age 60) 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 our office.
3. **REGISTRATION DEADLINE FOR ALL HOLIDAY PROGRAMS IS NOVEMBER 9<sup>th</sup>**

(continued on page 2...)

**Issue 11-12.2018**



*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:**

**What is your relationship with your money?** I hope that doesn't sound too much like a strange question because it is actually an important one to ask yourself. Do you know what you bring home every week and how much you spend? Are you saving enough for your bills and household expenses and future expenses like emergencies (car repair, home repair...)? If you are spending more than you have and creating debt, is it because there isn't enough income for your needs or are you spending more on your "wants"? This is a lot to think about but spending even an hour a week with your money can really help. Sit down and write down what you spend each month. List your obligations and your needs (housing, child care, transportation costs, food and medical). Then list what you spend on "wants". Wants are things you don't necessarily need to support yourself and your family but have a habit of purchasing. Are you going out to eat often or spending a lot on entertainment? Even that cup of coffee you buy every morning can add up.

(continued on page 2...)

# PROGRAM UPDATES:



(...continued from page 1)



## ENERGY ASSISTANCE:

We are taking applications for the upcoming Winter season, prioritizing people with deliverable fuels or those with electric heat on a NewStart budget plan. If you heat with oil, propane or kerosene please call our office to make an appointment as soon as possible.

**The first day of fuel delivery is November 14<sup>th</sup>.** Please note we do not have a program that can assist you with fuel deliveries prior to that date.

All **electric heated households**, who completed the Matching Payment program last year, will automatically be re-enrolled onto Eversource's MPP. **Remember that you still need to re-apply every year for Energy Assistance through our office!** You will receive a letter from Eversource stating what your new 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 30<sup>th</sup> in order to get a "match". If Eversource raises your budget, if possible pay the new amount. 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:

<u>Family size:</u>					
1	2	3	4	5	6
\$35,116	\$45,920	\$56,725	\$67,530	\$78,335	\$89,140

Visit our department on the [www.newmilford.org](http://www.newmilford.org) website, or call Monika at the office for the list of documents needed to apply. All applicants need to bring a current electric bill. For deliverable fuels, we still require an electric account number. If the electric account number is not supplied, then the household will only get 1 delivery until the account number is provided.

**Please have ALL paperwork at the time of your appointment.** This includes pay stubs even if your employer has gone "paperless". Ask your employer for assistance. Likewise Direct Express cards and bank statements can be found online for downloading and printing. Remember CAAWC requires both your name and your bank's name on the bank statement. You cannot be approved without all required 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!



## 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, November 8<sup>th</sup> [December's date: TBA-please check with Sarah]** at the John Pettibone Community Center @ 5:30pm until 7:00pm. 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 x3.



## Financial Tip of the Month

(...continued from page 1)

If you discover that you have a lot of extra purchases, look at why and when you bought them. Did you buy them at the end of a stressful day or because you were sad or happy. Did you make your purchase to reward yourself? This is called emotional spending and can lead to some financial trouble if you spend more than you should. Are you keeping up with your bills and saving for a future emergency, retirement, child's education, or a new home or family vacation. If you have a goal like those mentioned above, think about steps you can take to accomplish them. Try to reduce your expenses or increase your income. It may not be easy and take some time but change is possible. Be deliberate in your choices. Saving is about planning not sacrificing. Paying yourself first by putting money aside; even the smallest amounts, add up! And having a good relationship with your money is a lifelong skill you won't regret. **...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).**

## ACCESS HEALTH CT:

**OPEN ENROLLMENT for 2019 begins NOVEMBER 1<sup>st</sup> - DECEMBER 15<sup>th</sup>.** To apply call 1-855-805-4325 or on-line at [www.AccessHealthCT.com](http://www.AccessHealthCT.com) or FREE, In-Person help will be available at CIFC Greater Danbury Community Health Center, 120 Main St, Danbury; Mon-Fri. 9:30am-4:30pm.



## 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.

Call Dawn H. at 203-512-5791  
Next session begins in January

**4. For Thanksgiving bundles,** household size must reflect the number of people **living with you**. "Pick up" means our traditional Thanksgiving frozen turkey and bag full of holiday food for you to prepare. If you would prefer the option of going to a hall for a prepared holiday meal, please inform our staff. For a delivered fully prepared meal on Thanksgiving Day, please check off "Delivery". **Thanksgiving PICK-UP will be Monday Nov. 19<sup>th</sup> from 12pm-5pm at the KC Conference Center.**

**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 items, etc.). Think creatively of non-electronic gifts your child might like! Please, no gift card requests for children under age 12. The first 230 households registered by Nov. 9<sup>th</sup> will participate in the Santa Fund. **Distribution day for approved registrants is Dec. 18<sup>th</sup>, 10am-5pm).** Late 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 may also be able to shop later that same day. Gift Room registration will close on Friday, Dec. 7<sup>th</sup>. Gift Room will take place on Dec. 19<sup>th</sup>.

**6. Sibling Shopping** is a fun event in which **kids from age 2 to 18** 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 will do our best to accommodate. Dates are Fri, 12/7 and Sat, 12/8.

**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. Pick up date is Thurs., Dec. 20<sup>th</sup>. **Please remember: Registration forms must be filled out in their entirety for all programs before submitting to our office. Pre-registration is required!**



# COMMUNITY RESOURCES:



## Family and Children



### NEW MILFORD YOUTH AGENCY NEWS



“Challenging Gender Stereotypes” **FREE PARENTING WORKSHOP:** Wednesday, November 7<sup>th</sup> @7:00pm; John Pettibone Community Center. Registration required @myyouthagency.com. More information contact [Stacey@youthagency.com](mailto:Stacey@youthagency.com).

“Parenting Your Teen” **FREE PARENTING CLASS** for parents of 5<sup>th</sup>-12<sup>th</sup> graders. Learn about “normal” teen development and get practical parenting tips to improve communication. Wednesday, November 14<sup>th</sup>; 7-8:30pm. . Registration required @myyouthagency.com. More information contact [Stacey@youthagency.com](mailto:Stacey@youthagency.com).

\* **FREE, Homework Club**, Saturdays 9am-11am at the Youth Agency. 3<sup>rd</sup> -8<sup>th</sup> grade students will receive help with homework, math, reading, studying, organization, and much more.



### VILLAGE CENTER FOR THE ARTS

**FREE Family Art for New Milford Families!** Come to any workshops offered by VCA Studio. Families can come Tuesday-Friday, 12-6pm; Saturday, 3-6pm; Sunday 3-5pm to create any kind of art in their open studio. Paint ceramics as a family, with a specific budget- Tuesday-Friday, 12-6pm; Saturday, 3-6pm; Sunday 3-5pm. Kids may register for any class that has room. **PRE-REGISTRATION** is required and meet with the staff privately and confidentially with VCA staff to complete the tuition assistance form.

**FREE Open Studio for New Milford kids ages 10-17** if qualify by 1) School teacher recommendation; 2) Students who see the value in art but can find parental support if there is no financial commitment; 3) if a child’s family cannot afford to send their child to VCA.



### WOMEN, INFANT AND CHILDREN PROGRAM (WIC)

This is a special supplemental nutrition program that provides supplemental foods, health care referrals, nutrition education, and breastfeeding support for pregnant women or families with children less than 5 year of age. WIC is in New Milford the 4<sup>th</sup> Friday of every month at St. Francis Xavier Church, 26 Chestnut Land Rd (Rt.109) from 9am-4pm. Please feel free to walk in or call us at 203-456-1410. If you have Husky A insurance you are automatically eligible for WIC. If you do not have Husky A, you may still be eligible and can call for income guidelines. *This institution is an equal opportunity provider.*

## JOB SEARCHING?

\* **AMERICAN JOB CENTER** - need help with a job search or training? Want to brush up on your resume? Looking for information about what career paths are in demand? American Job Centers will be on site *at New Milford High School* the last Wednesday of the month from 4:00pm – 6:30pm starting again in September.

\* **JOB NOW** – set of tools to support your job search with live interactive support from a Job coach to help you build your resume, prepare for an interview and get support on your job search. Available *at New Milford Public Library*.

\***GOODWILL CAREER CENTER**- waiting to help you prepare to find and land the job you want. Services are tailored and FREE. Job coaches available to help with accessing local & online job openings, strengthening your resume, practicing interview skills, improving computer skills, and much more. Call 203-775-6861; @ 165 Federal Rd Brookfield.

\*Are you receiving SNAP? **SNAP Employment and Training program** is a work program that offers many training opportunities at NO COST TO YOU. There are courses through in Danbury through Naugatuck Valley Community College, 203-575-8029, as well as in New Milford through the Community Culinary School, 203-512-5791. For more info, contact the schools or go to [www.ct.gov/dss](http://www.ct.gov/dss).



### **Help for Veterans on the 4<sup>th</sup> Wednesday of every month (except July):**

Meet with the Service Officer at New Milford VFW at 11 Avery Road, New Milford. In case of inclement weather, please call to verify meeting is still on. State Service Officer is Peter DiMarie, 203-805-6340. Town Service Officer is Jim Delancy, 203-770-3665.

## 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 “Thrive” 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. 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 for adults 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.



Nov 2018						
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	
Food Bank will be closed on Thanksgiving Day: 11/22/18						
Dec 2018						
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	31					

**Please bring your own reusable bags!!**

**SPECIAL NOTE:**

**FOOD BANK CLOSES WHEN NEW MILFORD SCHOOLS CLOSE DUE TO SEVERE WEATHER**

"This institution is an equal opportunity provider"



## NEW MILFORD FOOD BANK RECIPES OF THE MONTH:

### Turkey Tetrazzini

8 Servings

**Ingredients**

- 8 oz whole wheat fettuccine, or other pasta
- 4 Tbs butter, unsalted
- 2 cups mushrooms, sliced
- 1 tsp dried thyme
- 1/2 cup all-purpose flour
- 2 cups chicken broth, low sodium
- 1 1/2 cups skim milk
- 4 cups cooked turkey, chopped
- 1 cup frozen peas
- 2 Tbs grated Parmesan cheese

**Instructions**

- Preheat oven to 400°F. Lightly grease a 9x9-inch baking dish.
- Cook pasta in a large pot according to package instructions. Remove from heat and drain 2 minutes early.
- While pasta is cooking, melt butter in a saucepan over medium heat. Add the mushrooms and thyme. Stir and cook until mushrooms are softened, about 5 minutes.
- Stir in 1/2 cup of flour until well blended. Add the rest if needed to thicken.
- While whisking, slowly add chicken broth and milk. Bring to a boil, reduce heat, and simmer until sauce is thickened and smooth, about 5 minutes.
- Add turkey, frozen peas, and cooked pasta. Gently mix together. Pour into the baking dish and sprinkle with Parmesan cheese.
- Bake until the sauce is bubbling and the cheese is golden brown, 15-25 minutes. Let cool for 15 minutes before serving.



**Nutrition Information**

Serving Size: 1 1/2 cups

- Calories: 40
- Total Fat: 9g
- Saturated Fat: 4.5g
- Protein: 31g
- Sodium: 160mg
- Carbohydrates: 32g
- Added Sugar: 0g
- Fiber: 5g



www.SNAP4CT.org | @SNAP4CT



### Homemade Eggnog

Ingredients makes 6 servings

- 2 cups milk, 1% or skim
- 2 tsp vanilla extract
- 2 large eggs plus 1 egg yolk
- 1/3 cup sugar
- 1 tsp corn starch
- Nutmeg for garnish

**Instructions:**

Add 1 1/2 cup milk, vanilla to a medium saucepan & heat through. Meanwhile, whisk eggs, egg yolk, sugar & corn starch in a medium bowl until light yellow. Gradually pour hot milk mixture into egg mixture, whisking constantly, then pour back into saucepan. Place over medium heat & stir constantly with a wooden spoon in a figure 8 motion until the eggnog begins to thicken, about 8 minutes. Remove from heat & immediately stir in the remaining 1/2 cup milk to stop the cooking. Transfer eggnog to large bowl & place over a larger bowl of ice to cool, then chill until ready to serve. Garnish with nutmeg.



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

Monday, Nov. 12<sup>th</sup> for Veterans Day

Thursday & Friday, Nov. 22<sup>nd</sup> & 23<sup>rd</sup> for Thanksgiving

Tuesday, Dec. 25<sup>th</sup> for Christmas

Tuesday, Jan. 1, 2019 for New Year's Day

### MOBILE FOOD PANTRY:

\*Weds. Nov. 7<sup>th</sup> & Weds. Dec. 5<sup>th</sup> & Weds. Jan 2<sup>nd</sup>; 5:30pm-6:30pm at parking lot of Faith Church [Weather Permitting]

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



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