



# New Milford Social Services



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

**July/Aug 2018**

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New Milford Social Services

**Greetings from Social Services:**

This is a hard opener to write, as I must tell you that I will be leaving my position as Social Services Director and this very special place starting on September 5<sup>th</sup>.

I have loved this job, the work we are able to do on behalf of the Town and those whose generosity makes much of our activity possible. I regret leaving an amazing group of staff and volunteers who put heart and soul into the tasks at hand. And hardest of all, I will miss those of you who come to us as clients but in many ways have been my teachers and my inspiration! I think about all of the holidays and Bike Days and Walk-a-Miles, the years of Family First Weekends; starting the homeless shelter and the Community Culinary School; the zillions of energy assistance applications! But mostly, I'll carry your stories; the crazy systems you must deal with; the hardships you work so hard to overcome, and your STRENGTH in the face of it all. (even when you felt depleted, I still saw what was there, buried beneath the problem!) I appreciate all of the life lessons and how we've "teamed up" to get over one hurdle or another.

It's time for my life to take a different turn now, and I'm grateful that I'm healthy and able to make this choice, never taking *that* for granted. (grateful for every day, right?!) In the meantime, we are planning for a very smooth transition at Social Services so that this office continues providing the best possible service to the community. That is certainly what is most important to all of us! We will share our news with you as it develops. In the meantime, we are here and ready to help throughout the weeks ahead.

Know I will be rooting everyone on, be it from nearby or afar. Always try to look for the very best within yourself, and let that *shine* in whatever way is right for you.

~Peg



**Family First Picnic is Back and BETTER than Ever!**  
 ~for Family First participants and other Social Services families who love a good cook-out!~

The annual Family First reunion picnic at Harrybrooke Park takes place on **WEDNESDAY, JULY 25<sup>th</sup>**. (rain: July 26)  
**3pm – 7:30pm! (note longer hours!)**

We're starting early with two great workshops for adults, mini-massage, self-care guides to inspire and more!

Bring your clan and a pot luck item to share. Social Services will provide burgers and dogs, beverages and paper goods. The YA fun team and Miss Terri will be on hand to play games with the kids and take an adventurous walk around the Park. Meanwhile, you'll have a chance to learn, reflect and re-connect with Family First friends! Like a mini-retreat right here in New Milford! Working parents, see if you can get the time off to join us at 3:00. (We will repeat the first workshop, if needed, for those who can't arrive before 5pm)

**Call the office to register with a head count, your pot luck item, and ETA!**



**Issue 7-8.2018**



*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.*



How do I make good financial goals?

**Financial Tip of the Month:**

**Summer Spending and Saving with Kids**

The lovely warm days of summer bring many a financial challenge into the household and it often feels like you are constantly saying "no" and "we can't afford to . . ." as a parent. Well, that's true and in fact is all parents' responsibility, but here are some tips to point your kids toward the skill-set that promotes financial well-being as they grow.

\*Your child may want to earn money by doing extra chores: talk about what is considered "extra" in your house. Do you have some projects that fit the bill? Can a neighbor or local relative be solicited for some odd jobs? Talk about what this money might go toward this summer . . .

\*If your child receives money as a gift (birthday, graduation, just lucky!) help her decide how to use that money. Maybe some of it can go toward an activity she's wanted to do this summer that strains your budget . . .

\*Encourage the life-long behavior of *saving*! You should have your child save at least 10% of all money earned or received . . . (Continued on pg 3...)

# PROGRAM UPDATES:



## ELECTRIC ASSISTANCE:

The “winter protection” is over 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!



## BACK TO SCHOOL final registration time!

There may be limited slots available in the Back to School program for 2018. This school readiness program, sponsored by United Way of Western CT is for kids 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**. Get on the wait list TODAY!

**Distribution will be Friday, 8/18 at Kimberly Clark Conference Center from 11am – 3pm.** Please follow the KC parking lot driving guidelines! Let our office know if you cannot pick up during the stated time. You can arrange for someone else to pick up for you by calling our office **and** sending a signed note with them.



## 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 **Thursdays, July 19<sup>th</sup> and August 9<sup>th</sup>** @ 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.



## 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.

## SNAP \$\$ AT THE FARMERS MARKET



Resumes the first Saturday of June! Come and have **\$15** SNAP dollars **DOUBLED** for delicious fruit and vegetables!



## 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 ages 8 & up!**

Call Dawn H. at 203-512-5791



## SUMMER FUN FOR FREE (OR ALMOST!!)

\*\*\*\*\*

### 1. The Edwin Kinkade Summer Concerts at the New Milford bandstand

on Saturday evenings at 7:30pm unless otherwise noted

- 7/14 – Profile Reggae
- 7/21—The Joint Chiefs (rockin' acoustic)
- 8/4—Feldman & Fox (varied acoustic)
- 8/11 – Lucky Bastards (hard rock cover band)
- 8/18 –Wanda Houston (rhythm & blues)
- 8/25 – Demolition Brass Band (New Orleans)

All concerts are family friendly and weather permitting. Bring a blanket or chair to sit on, food if you wish. Sponsored by New Milford Commission on the Arts.

### 2. CT State Parks: all are FREE to anyone with valid CT license plates! Pack a picnic and go to Mt. Tom, Kent Falls, Lake Waramaug and more with only your gas to pay for!

### 3. The New Milford Public Library has FREE and DISCOUNT passes to a range of museums and other CT attractions.

Free passes are available to the Beardsley Zoo, the Danbury Railway Museum, Imagine Nation Children's Museum and the Wadsworth Athenaeum. Discounts are available for Mystic Aquarium and Seaport, the Peabody Museum and more. (P.S. the library's summer reading program is always a great way to keep the kids involved in a most important and valuable activity!) ALL passes are issued from the Main Desk on a first come, first serve basis. You can only ask to reserve a pass for one hour; if it is not picked up within the hour, it will be made available to others. Passes may be kept for three days and patrons can ask for the same pass once per month.

### 4. Also at the Library: Adults can see contemporary movies for FREE on the 2<sup>nd</sup> Monday afternoon and 4<sup>th</sup> Thursday evening of the month. This month, watch *The Divine Order*, a Swiss comedy/drama of one woman's path to liberation in the early '70's and *Chappaquiddick*, the suspense/drama depicting the tragic drowning that occurred long ago with Ted Kennedy at the wheel, changing the life of presidential history forever. Keep cool this summer at the library!

### 5. Parents and Caregivers, check out Macaroni Kid website! <https://danbury.macaronikid.com/> This terrific resource has listings of daily and upcoming fun events, suggestions like where to pick your own fruit in the region, various fireworks displays and outdoor concerts, craft projects, discounts for local attractions and camps and tons more. It's fun and inspiring just to look!



# COMMUNITY RESOURCES:



## Family and Children



### NEW MILFORD YOUTH AGENCY NEWS:

Registration required for the following programs. Go to [myyouthagency.com](http://myyouthagency.com) for details and to register. Call 860-210-2030 if you need assistance.

- Free, open basketball at JPCC gym Fridays from 3-5 for youth entering 9-12 grade.
- Family Dinner Night at the Maxx on July 10th from 5:30-7pm for families. \$5 per person. Take a moment to unplug and reconnect with your family and let us serve you a pasta dinner.
- Trip to Millbrook Zoo on July 17th for students entering grades 4-8th grade. \$10 cash due day of trip or before.
- Create your own herb garden class with Debra on July 16th for ages 10-14. \$10 per person.
- Summer Thursdays is a FREE weekly day camp for kids entering 4<sup>th</sup>-8<sup>th</sup> grade running from 7/12 to 8/16 from 9am-2pm. Includes indoor activities at John Pettibone as well as outdoor activities. There are also planned trips to local shops and parks. HS volunteers also needed!



### More Summer Fun Info!

\*\*\*\*\*

- FREE Music in other towns:** Like New Milford, many area towns have summer music series. Ridgefield has outdoor concerts every Tuesday and Thursday until Labor Day in Ballard Park with many fine bands! Go to their website for more info and a "listen" of the various musicians: <https://chirpct.org> For Thomaston's summer concerts (Mondays): check the details at <http://thomastonfinearts.com/music.php>. In Brookfield concerts are every summer Friday evening: see <https://www.fairfieldafterdark.com/brookfield-summer-concerts> and Newtown's are on Thursdays: <https://www.fairfieldafterdark.com/newtown-summer-concerts-at-dickenson-park>. With a little gas and some planning, you could go to free concerts just about every night of the week!
- Pleasant Valley Drive-In:** Load up your car on Thursday nights and head to the movies in Barkhamsted! "Carload Night" only costs \$20 for all; what a deal when you bring your own snacks! You just need a night owl to drive everyone home! <http://www.pleasantvalleydriveinmovies.com/>



### SUMMER MEALS FOR KIDS! You can still register . . .

The NM Summer Lunch Bunch Program will provide youth in need daily week-day lunches and weekend packages during the summer months. Any family needing summer meal assistance is encouraged to sign up at - <https://goo.gl/forms/SMp9HESuEMMkShws1> Do this ASAP as the program is underway. Be sure to register for what you can realistically commit to picking up!



### We all 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. <http://wcogd.org/index.php/services>

**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.

**Ann's Place:** Numerous support groups and therapeutic or recreational activities for people coping with cancer and their loved ones. Located in Danbury, services are free and confidential. For info: Ann's Place Inc., 80 Saw Mill Rd., Danbury, CT 06810203-790-6568 or [INFO@ANNSPLACE.ORG](mailto:INFO@ANNSPLACE.ORG)



### Financial Tip of the Month ...continued...

as a gift. Explain about having \$\$ for ups and downs and to save toward bigger goals. Ideally, this money is put into a bank account in his name. Make periodic deposits and he'll watch it grow! It may not seem very exciting now, but it sure will down the road. \*Discuss and involve your kids in making choices: figure out what you can budget toward summer fun. Explain to the kids what *has* to be paid before this is even possible: housing, car, utilities, food, etc. Let everyone have a say in what to use the fun money for. If things are really tight, it may be a trip to a state park (budget includes gas money; park entry is free!), a picnic lunch and everyone can pick out a special treat food vs. an ice cream stop on the way home. The point is to involve the kids in a positive way. They will learn more about money from you than anyone else (good and bad), so think about how you want them to behave as adults and build those attitudes and behaviors into their lives NOW!

...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).



"Sun is shining.  
Weather is sweet.  
Make you wanna  
move your  
dancing feet."  
- Bob Marley

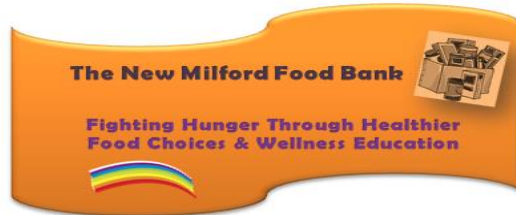
Take a bit of time to do some-thing fun or silly or even a little indulgent this summer! Notice the birdsong and the fire-flies. Enjoy water, somewhere, somehow . . .

**Happy Summer!**



# FOOD BANK:

Every THURSDAY  
from 9am-4pm.



*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"*



July 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				

August 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	

## NEW MILFORD FOOD BANK RECIPES OF THE MONTH:

*The gardens are ready...the farmers market is open! Time to put those delicious fresh veggies to good use! Here are a couple of recipes from the SNAP4CT.org Farmers Market Cookbook. They are a wonderful online resource for healthy, delicious, and budget friendly meal and snack ideas!*

### STUFFED SUMMER SQUASH

Makes: 4 servings  
Serving Size: 1/2 squash

**Ingredients**

- 2 summer squash - cut in half lengthwise, seeds removed
- 2 cups cooked brown rice
- 1 cup diced tomatoes - fresh or canned
- 1 cup small white beans - or other beans of your choice
- 1 Tbs fresh basil or cilantro - chopped
- 4 Tbs Parmesan Cheese
- salt and pepper to taste



**Instructions**

1. Preheat oven to 350°F.
2. Steam the squash, skin side down, in a small amount of water in a fry pan or skillet until tender but not mushy.
3. Scoop out about 1 cup of the squash pulp and place in a bowl with rice, beans, tomatoes and basil to make your stuffing.
4. Place squash shells in a baking dish, and fill them with the stuffing mixture.
5. Top with grated Parmesan cheese. Bake for about 30 minutes.

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### CRUNCHY VEGETABLE WRAP

Makes: 2 servings  
Serving Size: 1 wrap

**Ingredients**

- 4 Tbs cream cheese - low fat
- 2 whole wheat flour tortillas
- 1/2 tsp ranch seasoning mix
- 1/4 cup broccoli - chopped
- 1/4 cup carrot - grated
- 1/2 tomato - diced
- 1/2 green pepper - seeded and diced
- 2 green onions - chopped finely



**Instructions**

1. In a small bowl, stir ranch seasoning into cream cheese.
2. Spread cream cheese mixture onto flour tortillas, staying one inch from the edge.
3. Sprinkle vegetables over cream cheese and roll each tortilla tightly.
4. Cut tortillas in half, or into slices and serve.

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**Our office will be closed in honor of the following holiday: Independence Day-Wednesday, July 4, 2018**

**MOBILE FOOD PANTRY:**

**\*[Special Day for JULY: THURSDAY, July 5<sup>th</sup>], August: Wednesday, 8/1; 5:30pm-6:30pm at parking lot of Faith Church**

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