

# New Milford Social Services

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

**March 2019**

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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)



**Greetings from Social Services:**

As we begin to feel the itch for spring to arrive, let us embrace March for not only being a month closer to beautiful days, but to also celebrate it being national nutrition month. With that said, here are a variety of ways to start to make healthy changes to your daily living, with the goal to improve your overall wellness.

- 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.
- Incorporate drinking more water during the day, and swap for a sugary drink.
- 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!**

Change can be overwhelming and scary, but the key to actively making these daily changes is to just get started. Accept this challenge as a lifestyle, and try to avoid viewing it as a diet. For more motivation, try gathering a group of family and/or friends to support one another and encourage along the way. Once you begin to consistently adapt to these small changes, you will notice positive change with your energy, mood or possibly your sleep patterns. Feel free to share with us how you have accepted this nutritional challenge, and we hope you can motivate those around you.

~ Sarah



**"To eat is a necessity, but to eat intelligently is an art."**

– La Rochefoucauld

**NUTRITION MONTH MARCH**  
**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. For those who access the food bank, feel free to ask how to prepare or cook certain weekly items you are not familiar with.

**Issue 3-2019**



*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:**

**"The first wealth is health"~Emerson**

While our minds are occupied with how to incorporate the nutrition challenge, let us also explore how to financially adapt ways to take on this lifestyle.

At the start of each week, try meal planning. Start with looking to see what food items you are stocked with in your home. From there, what meals can be made and be eaten during the week. While creating a menu, look at weekly grocery sales to see what items will fit in your weekly food budget. Some items might be used for multiple meals. Once the meals are planned, look to see how these meals can be expanded throughout the week. For example, making a healthy vegetable soup on a Sunday for dinner and having leftovers for lunch during the week, or putting portions in the freezer for a later time.

With the mindset around menu planning, this leaves less opportunity to eat out, which is not only an additional expense, but could also waste food that was already purchased.

*(continued on page 2...)*

# PROGRAM UPDATES:



## 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 14th** 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.



**ENERGY ASSISTANCE:** Social Services is taking applications for all forms of heat. Fuel deliveries can be covered if approved before March 15<sup>th</sup>. 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! **LAST DAY to apply for FUEL with this program and receive a delivery is March 15<sup>th</sup>!**

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 and a copy of the electric bill.

**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



## 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  
**Plan now for the next session- coming soon!**

## *NEW Program Offered at Social Services!*



### **"JOINING TOGETHER"**

Social Services is pleased to offer a NEW 8 week group for people who are medically disabled. Coping with on-going medical problems and the inability to work is a life-changing experience that is often accompanied by loneliness and feeling less valued by our society. "Joining Together" will be a group facilitated by Peg Molina, LCSW to offer support, friendship and a few surprises! The group starts on Thursday, April 4<sup>th</sup> and will run for eight consecutive Thursdays through May 23<sup>rd</sup>. It will meet at Social Services Room 35 from 11am-12pm (Noon). If you are interested please contact Ivana, Sarah, or Maria for more information or to further discuss how this group can be helpful to you.



### Financial Tip continued from page 1...

Taking the money that would be spent on eating out, try saving that money towards a future expense, or on a fun activity you may not have been able to afford otherwise. Another fun creative way to help you save on your food budget is to get creative with what you have. Stick with the idea of menu planning as described previously, but only create meals from items that are already in your home. The key to incorporating these financial strategies specific to your food budget is to be organized, take items out of the freezer ahead of time to allow for thawing and know what you have in your pantry. You will not only be saving money, but will have better control over what you are eating. Before you head out to the store, consider the following tips: using coupons, cut non-essentials, buy generic, shop with cash only, look for sales, consider meal alternatives, multi-purpose products and fresh vs. pre-made. These tips are included in the *grocery budget makeover*. Feel free to stop in our office to pick up the handouts from the *grocery budget makeover*. – [previous financial tips can be found on our page at [www.newmilford.org](http://www.newmilford.org)]

### **Attention HART Riders!**



Remember to request a stop at JPCC when traveling Southbound to Social Services. The driver will stop at the front entrance. We have bus routes available at the office and the number to call to schedule a stop.



# COMMUNITY RESOURCES:



## Family and Children



### NEW MILFORD YOUTH AGENCY NEWS



**\*FREE, Parenting Workshop, Thursday, March 21 from 6:30pm-8pm.** Join Laura Cleary, LMSW for tips and strategies for your school aged kids...How can you talk about worry and anxiety in a positive way? – How much stress is too much stress? - How can a parent help? – What works and what might make it worse? – When and how to seek professional help. Register with [Stacey@youthagency.org](mailto:Stacey@youthagency.org). Free childcare is available for school aged children.

\* **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.

NAMI (National Alliance on Mental Health) **Family-to-Family** is offering a FREE, 12-session education program for family, partners, friends and significant others of adults living with mental illness, while maintaining their own well-being. Included in the course is information on mental health conditions such as schizophrenia, bipolar disorder, major depression. Start date is Thursday, March 7<sup>th</sup> from 6pm-8:30pm at John Pettibone Community Center. Registration can be done online at <https://www.namict.org/family-to-family-registration/> or by calling Pat at 860-882-0236. Childcare is available for ages 5-12.

### \*Attention Homeowners\*

(Information provided from a Press Release by the Town of New Milford)



The Town of New Milford is preparing an application to the CT Dept. of Housing Rehabilitation Loan Program for New Milford properties.

The goal of the program is to financially assist home owners with necessary repairs such as the correction of health and safety violations, energy conservation and weatherization, lead paint mitigation and code compliance measures. General improvements such as carpentry, roofing, siding, doors, windows, heating, electrical, plumbing and insulation work may also be eligible if they are warranted improvements.

Funding for this program is contingent upon award of funding from the Department of Housing. If awarded, qualified New Milford home owners may receive a 0% interest deferred payment loan to complete the approved work. A deferred loan requires no monthly payments and no interest accrues. Repayment to the Town occurs upon sale, remortgage, transfer of title, change in primary residence or the owner's demise.

Non-occupant owners/investors [landlords] are eligible to apply for a 1% interest amortized loan providing their tenants meet the household income requirements. Proof of Fair Market Rent and affordability requirements are required.

Eligibility is based on the gross annual income of all household members over the age of 18 that are not full time students. Maximum gross annual income limits are as follows:

Household size	Maximum Income
1	\$50,350
2	\$57,550
3	\$64,750
4	\$71,900
5	77,700
6	83,450
7	89,200
8	94,950

Other factors such as equity and property tax status will impact loan eligibility at the time of full application.

To show the Dept. of Housing that there is a need for this program in New Milford, we are asking potentially eligible home owners and property investors to complete a pre-application and submit it to Tammy Reardon, New Milford Grants & Compliance Specialist, 10 Main St. New Milford, CT 06776. Applications can also be emailed to [TReardon@newmilford.org](mailto:TReardon@newmilford.org). **Pre-applications are due by MARCH 25, 2019.** All information will be kept strictly confidential.

**Stop by Social Service office for a pre-application** or you can pick one up at the Senior Center, the New Milford Library, or online at [www.newmilford.org](http://www.newmilford.org).

The Bridgewater Grange #153 is now accepting applications for the 2019 **SCHOLARSHIP for STUDENTS** who have been admitted to or are already attending a recognized program of study to further their agriculture-related education. The award will be made to a student who demonstrated hands-on knowledge of and interest in farming through extra-curricular activities, work experience, family background, or other; and who embodies the Grange values of character, citizenship, and community service. This scholarship is open to full-time residents of New Milford as well as some of the surrounding towns and plan to attend or currently attending a recognized program of study to further their agriculture-related education. Download an application at [www.bridgewatergrange.org](http://www.bridgewatergrange.org). Deadline is Monday April 8, 2019. For further information, please email Peggy Zottola of the Bridgewater Grange at [info@bridgewatergrange.org](mailto:info@bridgewatergrange.org).

## Additional Resources



### For VETS:

4<sup>th</sup> Weds of every month (except July) meet with the Service Officer at NM VFW, 11 Avery Rd. State Service Officer is Peter DiMarie, 203-805-6340. Town Service Officer is Jim Delancy, 203-770-3665.

Danbury VET CENTER – counseling services 203-799-4000.

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### Women with Infants and Children (WIC).

Nutritional counseling and resources for pregnant woman and parents with children up to age 5. Call Ann Marie Evans at 203-456-1410. Appts are in New Milford!

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### American Jobs Center

has Job Coaches who can help with job searches on the last Weds of each month at Adult Ed at NMHS from 4pm-6:30pm. Call Christy Martin at 860-350-6647 ext. 1170

# FOOD BANK:

Every THURSDAY  
from 9am-4pm.



MAR 2019						
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:

### Chili Mac and Cheese

8 Servings

**Ingredients**

- 1 Tbs oil, olive or canola
  - 2 cups frozen peppers and onions, thawed
  - ½ tsp garlic powder
  - 2 Tbs flour
  - 2 Tbs chili powder
  - 1 can (28 oz) crushed tomatoes, low sodium
  - 1 can (15 oz) black beans, drained and rinsed
  - 1 can (15 oz) white beans, drained and rinsed
  - 1 can (15 oz) kidney beans, drained and rinsed
  - 2 cups vegetable broth, low sodium
  - 2 cups uncooked whole wheat elbow macaroni
  - ½ cup shredded cheese, Cheddar or Colby
- Optional Toppings: avocado, sour cream/plain yogurt, cilantro, cheese*



**Nutrition Information**  
Serving Size: 1¼ cups

Calories: 370  
Total Fat: 6g  
Saturated Fat: 2g  
Protein: 19g  
Sodium: 540mg  
Carbohydrates: 62g  
Added Sugar: 0g  
Fiber: 16g



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### No-Bake Energy Balls

15 Servings

**Ingredients**

- 1 cup oats
- ½ cup honey
- ½ cup peanut butter
- ½ cup dry milk, non fat
- ½ cup chocolate chips



**Nutrition Information**

Serving Size: 1 energy ball

Calories: 120  
Total Fat: 6g  
Saturated Fat: 1.5g  
Protein: 4g  
Sodium: 50mg  
Carbohydrates: 15g  
Added Sugar: 8g  
Fiber: 1g

**Instructions**

1. Mix honey, peanut butter and dried milk together.
2. Gradually add oats.
3. Once mixed, add chocolate chips and mix by hand.
4. Form into small balls.
5. Chill until firm.

*Note: Honey should not be given to children less than one year of age.*



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### MOBILE FOOD PANTRY:

\* Weds. Mar 6<sup>th</sup> and Weds. April 3<sup>rd</sup>; 5:30pm-6:30pm at parking lot of Faith Church [Weather Permitting]

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