



# New Milford Social Services



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

**NOV-DEC 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)

New Milford Social Services

**Greetings from Social Services:** To end this year, we are once again providing you with a "double edition" of our monthly newsletter. Forgive us for this but for the next two months we will be hustling and bustling to prepare for our holiday programs while we fervently assist folks with applying for heating assistance as the winter approaches. Although this is a very busy time for all of us, we hope you are able to find time to read through this newsletter. It is full of detailed information on many happenings at Social Services. There's still time to apply for the holidays and all the details are included within these pages. There are many community resources from job training and job-finding opportunities as well as helpful resources to benefit yourself and your family. We are also very excited to share a local resource to assist those looking to enroll or explore plan options for Access Health. Open enrollment starts Nov. 1<sup>st</sup> but only lasts about six weeks! There's a lot going on in here, so hopefully, you'll be able to find a quiet moment, and read on!



**A Holiday Message:** The approaching holidays can bring occasions for reflection of what we are thankful for or raise our desire to offer well wishes to those that cross our life path. We at Social Services are very thankful that we continue to have the opportunity to help connect those in need to resources that can increase one's well-being. We hope you will continue to turn to us if a need arises and we will do our best to respond. We also have a strong desire to wish you all well during this time of year. The holiday season can bring many celebrations whether for a miracle of faith, the returning of the light with longer days, or cherished time to spend with loved ones. We recognize that stress can shadow even the happiest of days. Our wish is that everyone is able to take a moment to find and express their gratitude for what is joyful and peaceful in their life. Expressing gratitude can truly be stress-relieving. Taking time from the things that overwhelm us to see what stands in front of us that is good and positive can be rejuvenating. May you all find what you are grateful for and that we hope everyone has a happy and safe holiday!

*~With Peace, Ivana*

**"Gratitude can transform common days into thanksgiving, turn routine jobs into joy, and change ordinary opportunities into blessings"**  
*~William Arthur Ward*

**Issue 11-12.2019**

*The mission of New Milford Social Services is to help residents meet basic needs of food, housing, clothing, maintenance of health & well-being, and to help provide various seasonal goods & programs for residents experiencing financial hardship.*



*We support our community through empowerment, advocacy, connection to resources & opportunities to increase the welfare of our residents in need.*

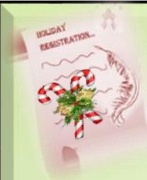
*How do I make good financial goals?*

**Financial Tip of the Month:**

Hopefully the holidays will not put anyone further into debt but below are a few tips from the Consumer Financial Protection Bureau to help generate some ideas to reduce debt. CFPB states, **"Getting out of debt is possible when you know what you owe and what you can do to repay it. If you're ready to begin paying down your debt, start with these three steps"**.

**1. Understand debt reduction strategies:** One approach which focuses on debts like credit cards and student loans is called **"Highest Interest Rate Method"** This strategy suggests getting rid of the loan or credit card with the highest interest rate first by paying extra each month while paying the minimum on other cards and loans because it is the highest interests ones that cost you the most. *"While it may not feel like you're making progress, this method will help you eliminate your costliest debts first-which can save \$ in the long run"*. **The Snowball method** focuses on your smallest debt and the goal is to get rid of these faster by paying extra while paying the minimum on the others. **... (continued, page 2)**

## Time 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 **2019** may complete the form and hand-deliver, fax, or mail it. *If you have not provided verification of income and residency to us in 2019, 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 FRIDAY, NOVEMBER 8<sup>th</sup>**
4. For **Thanksgiving bundles**, household size must reflect the number of people **living with you.**

*(continued on page 2...)*



# PROGRAM UPDATES:



**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, kerosene or wood please call the office to make an appointment.

The first day of fuel delivery is November 13<sup>th</sup> and unfortunately, we do not have a program that can assist you with fuel deliveries prior to that time.

All **electric heated households** who completed the Matching Payment program last year will be automatically re-enrolled onto Eversource's MPP. **Remember that you still need to re-apply for Energy Assistance through our office every year!** You will receive a letter stating what your 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, 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. If your household income is below the following amounts, you may qualify for energy assistance:

Family size					
1	2	3	4	5	6
\$36,171	\$47,300	\$58,430	\$69,559	\$80,688	\$91,818

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 even if you do not heat with electric and even if it is not in your name.

**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!

**Clean, Tune and Test:** Upon request and approval of application, 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!



(...continued from page 1)

"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". **\*\*\*PLEASE**

**NOTE TIME CHANGE:**

**Thanksgiving PICK-UP will be Monday Nov. 25<sup>th</sup> from 12pm-4pm at the KC Conference Center and 4pm-5:30pm at NM Social Services.**

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. Use additional sign-up sheets as needed. The first 230 households registered by Nov. 8<sup>th</sup> will participate in the Santa Fund. **Distribution day for approved registrants is Dec. 17<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. 6<sup>th</sup>. Gift Room will take place on Dec. 18<sup>th</sup>.

6. **Sibling Shopping** is a fun event in which **kids age 2 and up** 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., 12/6 and Sat., 12/7.

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. 19<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 Culinary School**  
of Northwestern Connecticut

**JOB TRAINING PROGRAM** offering a **NEW SESSION** beginning **JAN. 6, 2020.**

- 12 weeks culinary arts training
- ServSafe Certification
- Uniforms, Books & Materials
- Certificate of Completion
- Internships
- 96% Job Placement Rate

FREE Tuition to those who qualify: funding available for qualified candidates. WIOA and SNAP Employment Training Provider.

For more information and application process call 203-512-5791; [communityculinaryschool.org](http://communityculinaryschool.org). Applications are also available at NMSS.

**"When You're Parent...Again"**



An information and support group for **GRANDPARENTS & OTHER RELATIVES RAISING CHILDREN:**

Next meeting will be on Thursday, *November 14<sup>th</sup> [December TBA]* 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. ***New families are always welcomed.*** Please RSVP to social worker, Sarah Geary at Social Services, 860-355-6079 x3.



**Financial Tip... (continued from page 1):** This approach can pay down debt faster and free up money to then pay off the next lowest debt, therefore creating a snowball effect. Your progress will be more evident. *"However, you may end up paying more in the long run, as you won't be focusing on the larger or more costly debts."* **2. Create your debt reduction plan:** Decide on your strategy and create a plan. There are many debt reduction worksheets that you can use to help. The main thing is to list out all the vendors you owe, list the balances, and keep track each month of what you paid and what the new balance is. Label your worksheet by the strategy you choose. **3. Organize your monthly bills.** Keep a bill calendar to help you track what you owe and when each payment is due. Add in the days you get paid so you can also track your cash flow. If some due dates are an issue, talk to your lenders and negotiate a new date. You can take control of your finances which will bring you another step closer to reaching your goals. **And REMEMBER, while you are working hard to reduce your debt, try not to use those credit cards and reverse all your effort. Reducing spending is a "savings" habit!**



The United Way of Western CT will have **FREE FLUE SHOTS** available on Wednesday November 6<sup>th</sup> and Wednesday November 13<sup>th</sup> from 4pm-6:30pm in the music room at John Pettibone Community Center. More info will be made available at our office.

# COMMUNITY RESOURCES:



## Family and Children



### New Milford Youth Agency News:

\* **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.

\***FREE HOOPS!** Basketball at JPCC for grades 9-12, 3pm-5pm, every Wednesday beginning October 2<sup>nd</sup>. One-time registration at myyouthagency.com. Drop in when you can! Contact Stacey for more info at 860-210-2030 or [skabasakalian@newmilford.org](mailto:skabasakalian@newmilford.org).

### A Message from the Youth Agency:

**Myyouthagency.com** – parents, please create a free account with the Youth Agency and stay informed of upcoming events! Enrichment programs (such as yoga, crafts, hiking and more), therapeutic activities (all grades and interests) and special events will be shared with you! Many programs are free or reduced cost. **Scholarships available for many programs!** Contact Brian at the Youth Agency, 860-210-2030 if you need help or more information. Don't forget to follow us on Facebook and Instagram!



# WIC



### **CIFC GDCHC Danbury Regional WIC Program**

Women, Infants & Children  
Food and Nutrition Program

If you are pregnant, have a baby or child (up to the age of 5), and meet the income guidelines, let us help your family!

Immigrant families can receive WIC benefits and it is **NOT** considered public charge.

WIC Offers (At No Cost):

- Healthy Foods • Nutrition Education • Breastfeeding Support • Referrals
- Stop By Our Office at 80 Main Street, Danbury  
Or Call Us At 203-456-1410 To Determine If You Qualify.  
This institution is an equal opportunity provider.

## We all can benefit from support



### Counseling Resource

#### **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.

**GREENWOOD COUNSELING REFERRALS:** Free clinical assessment and list of 3 local therapists to help you. 860-567-4437

**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.

#### **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.



### **OPEN ENROLLMENT FOR ACCESS HEALTH BEGINS NOVEMBER**

**1<sup>st</sup> and ENDS on DECEMBER**

**15<sup>th</sup>** for coverage to begin in January 2020. For further info on plans and enrolling online or at local enrollment fairs visit [www.accesshealthct.com](http://www.accesshealthct.com). **Upcoming Health Enrollment Fairs** will be held in several locations. Close to us are Danbury at Banquet Hall at Hatters Park, 7 East Hayestown Road, 5pm-8pm on Tues. 11/19 and Thurs. 12/12. In Waterbury at New Opportunities, Inc., 232 North Elm Street, 5pm-8pm on Weds. 11/13 and 10am-1pm at Waterbury City Hall, 235 Grand St. on Sun. 12/15.

### **Local Brokers Available at NMSS!**

Representatives from Tiger's Eye Insurance will be available from **10am-2pm** in our office to help you choose a plan and enroll on the following days: **Monday, 11/4; Thursday 11/7; Thursday, 11/14; Monday 11/18; and Thursday, 11/21**  
**Walk-ins or Appts. welcomed**

For list of documentation, you can stop by our office or call Ericka (475)-206-1700 or Laura (203) 947-1716

### **SIGN UP !**

**for year round WEEKEND LUNCH or SCHOOL BREAK LUNCH BAGS FOR SCHOOL CHILDREN**



Sometimes we all need a little help. If your family is struggling to provide food for your children, Camella's Cupboard can help!

Need is self-identified and there is NO verifying paperwork required. Qualifying for free or reduced lunch IS NOT required to participate.

**Signups are now open for weekend and break bags. This is a pick-up program!**

Camella's Cupboard also stocks in-school food pantries at SMS & NMHS that any student may access by going to their counselor.

To sign up to participate, visit their website at [www.camellascupboard.com](http://www.camellascupboard.com).



### **Adult Education at New**

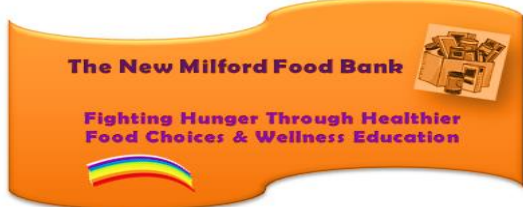
**Milford High School** will also host the **American Job Center** on the last Wednesday of each month: 9/25, 10/30, & 11/27 in the Career Center of New Milford High School from 4-6:30pm. American Job Center offers FREE training to jobseekers including job search, resume writing, skills assessment, interviewing, etc. Visit <http://www.newmilfordps.org/?DivisionID=16994> for more info and registration information or call 860-350-6647 x1170.

\*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)



**FOOD BANK:**

**THURSDAYS  
from 9am-4pm.**



Nov 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
Dec 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:**

**Health and Wellness Tips from the Food Bank**

With much encouragement from both clients and volunteers, here we will begin a short blog about enhancing the nutritional value of what you eat, various ways to prepare certain foods and/or tasty suggestions. Since soup season is upon us, let's begin with how to make canned soup healthier.

- Add a container of low salt broth or water to reduce the salt content of canned soup.
- Add some rinsed canned beans, vegetables (fresh or frozen), brown rice or quinoa for a more filling meal.
- Add a preferred protein of your liking or to have on the side.
- Add fresh or dried herbs to enhance the flavor. For example: add basil to minestrone soup or dill to chicken noodle.
- Look for soups that contain less than 10% (150 mg) of sodium per serving or have the heart healthy logo.

*~Sarah*

*The Kale Soup recipe below is favorite in my own house during the winter months.*

**Ingredients:**

- 1 medium onion, diced
- 2 cloves of garlic, minced
- 2 large carrots, diced
- Kale (can be fresh or frozen), chopped
- 1 can of no or low sodium diced tomatoes
- Beans – use 2 varieties of your liking
- 1-2 containers of low sodium chicken broth
- Protein – chicken sausage is my go to!
- Bay leaves



**Directions:** Start by sautéing the carrots, onion and garlic. Add kale to sauté with carrots, onion and garlic. Next, add diced tomatoes, beans and broth. If preferred, add protein and bay leaves. Recipe can be doubled. I like to make a large pot and freeze for easy weeknight meals. Goes well with a grilled cheese on grain or whole wheat bread. ***Enjoy!***

***Holiday Closings: We will be CLOSED on Monday, Nov. 11<sup>th</sup> in honor of Veterans Day; Thursday, Nov. 28<sup>th</sup> & Friday, Nov. 29<sup>th</sup> in honor of Thanksgiving and Wednesday, Dec. 25<sup>th</sup> in honor of the Christmas Holiday. We will also be CLOSED on Wednesday, January 1<sup>st</sup>.***

**MOBILE FOOD PANTRY: [sponsored by CT Food Bank]**

***\* Weds. Nov 6<sup>th</sup> and Weds. Dec 4<sup>th</sup>; 5:15pm-6:30pm at parking lot of Faith Church [Weather Permitting]***

PREPOST STANDARD  
U.S. POSTAGE PAID  
NEW MILFORD CT 06776

PERMIT NO. 10



NEW MILFORD SOCIAL SERVICES  
2 PICKETT DISTRICT RD  
NEW MILFORD CT. 06776

860-355-6079

CHANGE SERVICE REQUESTED