

# New Milford Social Services

2 Pickett District Rd, New Milford CT 06776

Fall Newsletter-September 2023



*The mission of New Milford Social Services is to offer resources and programs to enhance the well-being and self-sustainability of New Milford residents experiencing financial hardship by addressing basic needs including food and household self-sufficiency.*

*We support our community through empowerment, advocacy, compassion and connection to opportunities to increase the resilience of our residents in need.*




*We welcome and respect the diversity of all who enter our office.*

(P) 860-355-6079

(F) 860-355-6019

Email: [socialservices@newmilford.org](mailto:socialservices@newmilford.org)

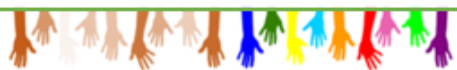
Website: [www.newmilford.org](http://www.newmilford.org)

 New Milford Social Services

## Our Programs

*(\*\* Please note that some programs do have participatory income limits)*

- **New Milford Food Bank**-for families w/children, seniors, adults and persons with disabilities who are experiencing food insecurity
- **\*\*Energy (Heating) Assistance**
- **\*\*Emergency Financial Assistance**  
*[limited funding]*
  - Rent/Mortgage
  - Home bills
  - Child Expenses
  - Medical Bills
  - Transportation Costs
  - Food & Clothing
- **\*\*Basic Need Assistance**
- **Needs Assessment, Crisis Intervention & Post-Crisis Navigation**
- **Financial Literacy Information & Education**
- **\*\*Information, Referral, & Assistance with Local, State, Federal resources and entitlement programs**
- **\*\*Renter's Rebate** for disabled renters under age 60.
- **\*\*Children & Family Programs:**
  - Baby Bundle Registration
  - Camp and Enrichment Activity Scholarships for Children *[limited funding]*
  - Back to School Program Registration *[seasonal]*
  - Winter Holiday Gifts for Children *[seasonal]*



*Funding sources for all programs are based on State grants or community donations. All monetary and goods donations are tax deductible*

*“In order to design successful habits and change your behaviors, you should do three things. Stop judging yourself. Take your aspirations and break them down into tiny behaviors. Embrace mistakes as discoveries and use them to move forward”. ~BJ Fogg.*

*Greetings From New Milford Social Services!*

*I hope you read the above quote more than once and give it a moment to sink in. Refer to it as you wish, but I hope you take the time to reflect on the 3 steps mentioned.*

*1<sup>st</sup> step- “Stop judging yourself”- it’s important to have self-reflection. Critiquing your habits or behavior can motivate you to change them, but harboring self-judgement can be harmful to your well-being. 2<sup>nd</sup> step- “break down aspirations into tiny behaviors”. Sometimes while working on our goals (aspirations) we try too hard, too fast and try to handle too much at once. Remember when a baby learns how to walk they take one tiny step at a time. It may not seem like much but before we know it, they are walking across the room-faster and more confident. 3<sup>rd</sup> step- “Embrace mistakes as discoveries and use them to move forward” – my favorite step! Mistakes- we all make them and they carry a lot of power. Many times the power they have stops us in our tracks, weigh us down and prevent us from our personal growth. BUT, we hold the power over our mistakes to look at them differently-turn them upside down and discover something new that will be better for us. Embrace them as discoveries!*

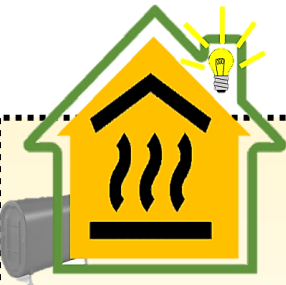
*In our office, we often take time to reflect on how we are doing and conferring with each other on what we can do to help the people we work with as they experience their world shifting and personal paths turning in a different direction. Change occurs all the time, sometimes positive and sometimes negative. Every change has the potential to interrupt our lives so we have to change to meet the new world around us. COVID, inflation, job change, illness, birth, college, separation; these are just some of the changes we have all experienced at some point. When children fall down, we tell them to get back up. When they have to change schools or enter a new grade, meet new friends or experience a loss for the first time, we worry for them but we are reminded that children are resilient- they shift their behavior to adapt to the world around them or change what’s in front of them to make it work for them. As adults- let’s not forget these lessons, because we can do it too.*

*Welcome back to our newsletter. We interrupted this service for a bit because of the changing world in our office. We had seen more crises and had to come up with new ideas and plans to address them. We have seen more people in our office and at our food bank. And, we are so glad you have come! Use this newsletter to find a resource that works for you- that helps you along your path of well-being. And, if you are not sure how, please ask us. We are here to help you embrace your discoveries, take hold of them, and move forward! Not all paths are meant to be walked alone!*

# ENERGY ASSISTANCE - HEATING AND UTILITY:

## Important Information!

New Milford Social Services is the local intake site for residents under the age of 60 seeking to apply for the following heating and utility assistance programs. Please contact our office for more information and guidelines to apply. [If you are over the age of 60, please contact the New Milford Senior Center]



- **CT Energy Assistance Program (CEAP) - EARLY APPLICATION BEGINS SEPTEMBER 5<sup>th</sup>** for the winter season prioritizing people with deliverable fuels or those with electric heat and in crisis. Please call us for an in-person appointment or for an application packet to fill out and send back to us. You will need to include all required income and relevant documentation for every member of your household. Please include all required documents. An incomplete application will slow down the process.
- **The first day for fuel deliveries is November 1<sup>st</sup> so please try to apply early so there is little delay of delivery.**
- **There is an income limit to this program: See chart below-**

### 60% OF 2023 STATE MEDIAN INCOME GUIDELINES

Household Size	1	2	3	4	5	6	7	8
Annual Income	\$41,553	\$54,338	\$67,124	\$79,910	\$92,695	\$105,481	\$107,878	\$110,275

- **NEW LOW INCOME DISCOUNT RATE-** will take effect by end 2023/beginning 2024. If you qualify for hardship, you will qualify for either Tier 1 or Tier 2 rates. Each Tier is based on household income. Tier 1 will be a 10% discount up to a certain kilowatt based on your heat source. Tier 2 will be a 50% discount up to a certain kilowatt based on your heat source. To qualify for Tier 1- income must be below the amounts in the above chart. To qualify for Tier 2, household income must be below 160% FPL.
- For **electric heated households**, we believe you will be auto-enrolled back onto the Matching Payment Program (MPP), if you are currently on it. However, your budget may be reset. The new Tier rate system may change below budget worksheets but we can discuss what options may be available to adjust your budget, if possible. In the meantime do the best you can to pay your new amount. MPP resets in November, so after November 1<sup>st</sup>, is a better time to meet with us.
- Another note, **if you use Solar panels** to offset your electric bill, you may qualify for NewStart, if you fall behind in your bill. This is a new opportunity for solar households. Reach out to us and we can discuss eligibility.
- **If you are not on a budget, program and are at risk of an electric shut off**, please contact us- you may qualify to be coded hardship and prevent a termination of service.
- Lastly, there was an excess of money left over from last year's program. A \$150 supplemental payment will be made to CEAP 2022-2023 customer's electric bills.
- **If your income is above 60% SMI for CEAP but below 75% SMI, you may qualify for Operation Fuel.** We are the New Milford intake site for Operation Fuel for residents under 60 years old. Please call us to apply for heating fuel or electric help. The income limits are:

### 75% OF 2023 STATE MEDIAN INCOME GUIDELINES

Household Size	1	2	3	4	5	6	7	8
Annual Income	\$49,702	\$64,995	\$80,288	\$95,582	\$110,875	\$126,168	\$129,035	\$131,903

- Do have a water or waste water (sewer) bill? You may also qualify for either CEAP or Operation Fuel assistance. Please contact us to discuss further.

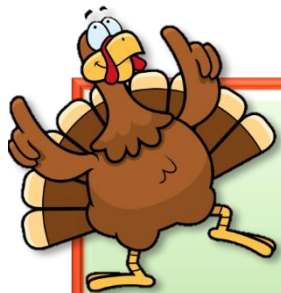
## **Sign Up OPEN: HOLIDAY PROGRAMS!**

We are now accepting registration for Thanksgiving, Santa Fund and Disabled Adult gift programs. See the registration form on page 5 of this newsletter or pick one up at our office. Thanksgiving distribution will be Monday, Nov. 20<sup>st</sup>, time TBA. Disabled Adult program will be Thursday, Dec. 21<sup>nd</sup> during food bank. Distribution date for Santa Fund is currently set for Tuesday, Dec. 12<sup>th</sup> time TBA.

**YOU MUST REGISTER\* and the DEADLINE IS NOVEMBER 3, 2023**

\*Proof of income and residency is required for these programs.

If you have not shared your 2023 income with our office, now is the time to do it!



## Food Programs of New Milford Social Services:



"This institution is an equal opportunity provider"

A choice food pantry serving local individuals, seniors & families with children who are food insecure. Walk-in and choose from many nutritional and traditional items.

We follow SWAP guidelines: **S**upporting **W**ellness **A**t **P**antries by offering nutritional products and information

Food Bank days for distribution:

We offer Open Distribution HOURS  
**On Thursdays: 9 a.m. ~4 p.m.**  
**Or by appointment M, T, W, F,**  
**including late appts.**

@ New Milford Social Services  
 2 Pickett District Road

Nutritional Buddies  
 Recipe on  
 pg. 4!

## New Milford Farmers Market Collaborative

Offering SNAP participants an opportunity to shop for nutritious and local farm fresh food by using their EBT cards to purchase coins and **DOUBLE YOUR DOLLARS!**



Store Hours:

June-November, Saturdays 9am-12pm  
 Look for our table on the New Milford Green

This year! ~ Up to \$15 in Green Coins & \*\$30 in Blue Coins can be doubled each week.

*\*grant provided by Berkshire Agricultural Ventures*

## Other Local Food Programs:



### Our Daily Bread A mission of NMUMC

68 Danbury Road  
 New Milford, CT 06776  
 860-354-4596

Food Distribution:

Thursdays 3pm-6pm, Upper Level

Our mission provides food and personal items once a week for any individual who is in need.

## United Way of Coastal and Western CT



Healthy Savings Program:

Receive \$10 of free produce every week at participating grocery stores.

Sign up through Prosperi~Key (a digital marketplace for families living paycheck to paycheck)

[www.prosperikey.org](http://www.prosperikey.org)



Schedule



### MOBILE FOOD PANTRY- In NEW MILFORD

2x's a Month on Wednesdays at 4:30pm.

@ Faith Church, 600 Danbury Rd #1,  
 New Milford, CT 06776



## Loaves and Fishes Hospitality House Of New Milford

We are neighbors helping neighbors who feed the hungry, empower the weak, and nourish the soul.

Daily Meals served 4:30pm-5:30pm at our kitchen at 40 Main St, New Milford



**Camella's Cupboard**  
**Food Pantry for Children**  
 New Milford, CT 06776

Temporarily  
 CLOSED

Planning  
 To  
 Reopen  
 Sept 22<sup>nd</sup>  
 At A  
 New  
 Location  
 @ JPCCI

Serving Families with Children in the Greater New Milford area who are struggling with food insecurity.

Food Distribution: Fridays  
 4:30pm-6pm, Drive up.

Register through their website:  
[www.camellascupboard.com](http://www.camellascupboard.com)

**Important Notice about School Breakfast & Lunch**

**Attention Parents  
Of School-Age  
Children!**



**\*\*Breakfast is FREE at all NM public schools\*\***

BUT, by now you may have realized that school lunch needs to be purchased this school year.

If you have not yet registered for Free/Reduced lunch, please sign-up. You can apply online at <https://www.newmilfordps.org/foodandnutrition>.

If you need help accessing a computer or navigating the online application, please contact us.

*The income guidelines are:*

Income Guidelines for Child Nutrition Programs: July 1, 2023, to June 30, 2024*											
Free meals						Reduced-price meals					
Household size	Annual gross income	Monthly gross income	Twice per month	Every two weeks gross income	Weekly gross income	Household Size	Annual gross income	Monthly gross income	Twice per month	Every two weeks gross income	Weekly gross income
1	18,954	1,580	790	729	365	1	26,973	2,248	1,124	1,038	519
2	25,636	2,137	1,069	986	493	2	36,482	3,041	1,521	1,404	702
3	32,318	2,694	1,347	1,243	622	3	45,991	3,833	1,917	1,769	885
4	39,000	3,250	1,625	1,500	750	4	55,500	4,625	2,313	2,135	1,068
5	45,682	3,807	1,904	1,757	879	5	65,009	5,418	2,709	2,501	1,251
6	52,364	4,364	2,182	2,014	1,007	6	74,518	6,210	3,105	2,867	1,434
7	59,046	4,921	2,461	2,271	1,136	7	84,027	7,003	3,502	3,232	1,616
8	65,728	5,478	2,739	2,528	1,264	8	93,536	7,795	3,898	3,598	1,799
Each additional family member	+ 6,682	+ 557	+ 279	+ 257	+ 129	Each additional family member	+ 9,509	+ 793	+ 397	+ 366	+ 183

If you receive SNAP, you are categorically eligible to receive free lunch but you still need to register.

Message for those on Medicaid or Husky (CHIP)



Pandemic-era protections for Medicaid coverage have ended. You can help safeguard access to critical health care for the vulnerable populations you serve. The CFPB is working with the U.S. Department of Health and Human Services and other federal agencies to share resources to keep everyone covered.

You know how easily a medical emergency can become a financial crisis. Ensuring people have medical insurance helps prevent families from incurring a cycle of debt from which they cannot recover.

Here's what you can do to help the people you serve:

- **Renew:** Let everyone know that over the next 12 months, everyone with health care coverage through Medicaid or Children's Health Insurance Program (CHIP) must renew their coverage.
- **Confirm:** Make sure they received a status letter about their coverage status from their state or health plan and read it carefully.
- **Complete all forms:** Make sure they complete and submit any required forms right away.
- **Didn't get a letter?** If they didn't receive a letter, have them contact their state to request one and ensure their contact information is up-to-date so they don't miss future mailings.
- **Offer options:** Let them know about other health coverage options [if they no longer qualify for Medicaid or CHIP](#) (CHIP in CT is HUSKY)

Do you have a MyAccount through DSS?  
Sign up ASAP! - [www.connect.ct.gov/access](http://www.connect.ct.gov/access)

If you have an AccessHealthCT account- you can sign in using the same User ID & Password

**NMFB "BUDDY" RECIPE OF THE MONTH!**

**Chili Mac with "Silly Fusilli"**



**Ingredients:**

- 1 lb. ground beef or turkey
  - 1 medium onion, chopped
  - 1 green bell pepper, chopped
  - 1 (14.5 ounce) package of Mexican or chili-style stewed or diced tomatoes, undrained
  - ½ cup water
  - 1 pkg of taco seasoning mix
  - 2 cups Fusilli, cooked & drained
  - 2 cups shredded reduce-fat 4 cheese Mexican cheese, divided.
  - Add you choice of bean- 1- ½ cups
- [Try one of our featured bean buddies from the NMFB!]



**Directions:** Preheat oven to 375\* F

Cook ground meat, onion, bell pepper in a large skillet over medium heat until the meat is crumbly and no longer pink (about 5 minutes). Drain off the drippings.

Add beans\*, tomatoes, water, and taco seasoning: Simmer, stirring occasionally, for additional 5 minutes. Remove from heat. [\*if you use dried beans- pre-cook them first then add]

Stir cooked Fusilli into meat mixture until combine. Spoon 3 cups of meat mixture into an 11x7-inch baking dish. Sprinkle with 1 cup cheese then add the remaining meat mixture on top. Cover with aluminum foil.

Bake for 30 minutes. Remove foil and sprinkle with remaining cheese. Continue to bake until cheese is melted (about 5 min.).

Enjoy!

- AND, we have most of these ingredients at the foodbank!

**\*ADDITIONAL RESOURCES\***

**HEALTHCARE:**

Access Health CT- [www.accesshealthct.com](http://www.accesshealthct.com) : for online application to HUSKY A, B or D. Coverage for children, parents/caretaker relatives, or adults without minor children

CT DSS- [www.connect.ct.gov](http://www.connect.ct.gov) : for online application to HUSKY C for individuals over age 65, blind or with a disability. Or for MED-Connect (Medicaid for Employees with Disabilities)

**EDUCATIONAL, JOB, SKILLS TRAINING:**

TBICO- *The Bridge to Independence & Career Opportunities:*

<https://tbicoworks.org/>

American Job Center & CT HIRES: [www.portal.ct.gov/dol/divisions/american-job-centers?language=en\\_US](http://www.portal.ct.gov/dol/divisions/american-job-centers?language=en_US)

New Milford Adult Education-[www.newmilfordps.org/adulteducation](http://www.newmilfordps.org/adulteducation)

Literacy Volunteers on the Green- <https://www.lvg-ct.org/>

**HOMEOWNERS \$ ASSISTANCE:**

New Milford Capital Home Improvement Program:

<https://www.newmilford.org/content/3090/45312/default.aspx>

CHFA-for current or 1<sup>st</sup> time borrowers- [www.chfa.org](http://www.chfa.org)

**FINANCIAL RESOURCES:**

SNAP, TANF, SAGA (\$ and food) - [www.connect.ct.gov](http://www.connect.ct.gov)

Prosperi Key- [www.prosperkey.org](http://www.prosperkey.org)

ALICE Saves & Financial Coaching-

[www.unitedwaycwc.org/financialstability](http://www.unitedwaycwc.org/financialstability)

**CRISIS HOTLINES: dial 211 or ...**

The Center for Empowerment and Education:

24/7: Domestic Violence Hotline: 203-731-5206

24/7: Sexual Assault Hotline: 203-731-5204

Suicide & Crisis Hotline- 24/7: Dial 988 or TEXT 741741

[www.preventsuicidect.org/get-help/ct-988/](http://www.preventsuicidect.org/get-help/ct-988/)

Mental Health & Substance Use Disorder:

Greenwoods Counseling & Referral- 860-567-4437

APEX- 203-778-2437 ask for the New Milford office

Fortitude Center-860-799-5750

NMYA Counseling for Children 5<sup>th</sup>-12<sup>th</sup> grades-860-210-2030

Family & Children Aid-860-354-8556



*A Special Message to our Diverse Community from our Social Worker:*

**María De Oliveira [Habla Español] [Fala Português]**  
**860-355-6079 Ext 4 o mdeoliveira@newmilford.org**

*Un mensaje especial a nuestra diversa comunidad de nuestro trabajador social*

**Bienvenido a nuestro boletín de Otoño de 2023**

Todos son bienvenidos a nuestra agencia y ofrecemos una variedad de servidores. Todos los programas se basan en la elegibilidad de ingresos, pero animamos a todos a que se comuniquen con nosotros para obtener más información sobre los programas y la elegibilidad. Tenemos programas continuos durante todo el año. Nuestro Banco de Alimentos está abierto todo el año, todo lo que necesita para registrarse es una prueba de que vive en New Milford. La Asistencia de Calefacción Energética para calefacción primaria empieza el 1 de Septiembre. Nuestro programa de regalos de fin de año también empieza el 1 de Septiembre. Tenemos asistencia financiera limitada para la mayoría de las facturas, como alquiler/hipoteca, facturas del hogar, gastos infantiles, facturas médicas, transporte, comida y ropa. Tiene el mercado de agricultores los Sábados y es una excelente opción para los beneficiarios de SNAP, ya que duplicamos su dinero. Hacemos evaluación de necesidades, intervención en crisis y navegación poscrisis. Contamos con información de literatura y educación y cursos de inglés. Tenemos información sobre recursos y programas de derechos locales, estatales y federales. Llámenos para obtener más información sobre nuestros programas.

*Uma mensagem especial para nossa comunidade diversificada de nosso assistente social*

**Bem-vindo ao nosso boletim informativo de Outono de 2023**

Todos são bem-vindos à nossa agência e oferecemos uma variedade de serviços. Todos os programas são baseados na elegibilidade de renda, mas incentivamos todos a entrar em contato conosco para saber mais sobre os programas e a elegibilidade. Temos programas durante todo o ano. Nosso Banco de Alimentos está aberto o ano todo, tudo que você precisa para se registrar é uma prova de que mora em New Milford. A Assistência de Aquecimento Energético para aquecimento primário começa em 1 de Setembro. O nosso programa de presentes de final de ano também começa 1 de Setembro. Temos assistência financeira limitada para a maioria das contas como aluguel/hipoteca, contas de casa, despesas infantis, contas médicas, transporte, alimentação e roupas. Tem o Farmers Market aos sábados e é uma ótima opção para quem recebe o SNAP, pois dobramos seu dólar. Fazemos avaliação de necessidades, intervenção de crises e navegação pós-crise. Temos informação e educação de literature e cursos de Engles. Temos informações sobre recursos locais, estaduais e federais e programas de direitos. Por favor, ligue-nos para saber mais sobre nossos programas.

*“Walk On, Walk On... With Hope in Your Heart... And You’ll Never Walk Alone”*  
*Lyrics from the Song, You’ll Never Walk Alone*



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