



New Milford Social Services



"To Listen, To Advocate, To Empower"

SEPT 2019

Issue 9.2019

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New Milford Social Services

Greetings from Social Services:

Back to School has come! Back to schedules, back to planning, back to trying to stay organized and on top of your to-do-list! September seems to mark the beginning of a new season and a time to re-check what action needs to happen to prepare for the remainder of the year. Has anyone else noticed the geese are back, feeding excessively on our lawns and in the parks, and the squirrels are picking up their pace of –well- “squirrelling” away for the Winter. The pace around Social Services has picked up too and we are buzzing with activity. The heating assistance season has opened and we are ready to take appointments for the CT Energy Assistance Program-especially for deliverable fuel heated households. Although deliveries do not start until November, waiting to the last minute can delay assistance at a critical time. Please see page 2 in this newsletter for income guidelines, necessary documentation, and how to schedule an appointment. The holiday season is among us too! Yes, it might sound early but starting early is key. We are beginning to prepare for Thanksgiving and the Santa Fund programs. Some folks haven't been around in a while so income updates might be necessary. Please read page 2 for details of when we will start and guidelines to registering. There is also a lot of activity in the food bank. We have a wonderful crew of volunteers busy accepting donations, sorting food, stocking shelves and preparing for our 175+ visitors. We are also preparing for our annual food raising event “Walk a Mile for a Meal”. This is an amazing community event for any individual, family, or group to participate. And, it's a great way for us to respond to Hunger Action Month. The lazy days of Summer might be behind us but the activity in the Fall can be very rewarding with a bit of prep. ~ Ivana

“I like to encourage people to realize that any action is good action if it's proactive and there is positive intent behind it.”

~Michael J Fox




The mission of New Milford Social Services is to assist residents with social, emotional, and economic needs. The scope of services is related to helping people to meet basic needs such as food, shelter, clothing and maintenance of health and well-being. We provide various seasonal goods and programs for residents experiencing financial hardship.



Financial Tip of the Month:

Oh boy... a conversation about insurance! - So once in awhile, my child picks up PayDay to play during family game night. His favorite part is getting money and buying stuff! Well, that is fun! But what discourages him the most is when he picks a card that says pay this bill or buy insurance! What do I need insurance for, he asks? As his eyes glaze over we explain to him that trying to get insurance can help ease a financial burden if something was to happen. There is health insurance, life insurance and car insurance. Out of our paychecks comes Social Security and Medicare-two safety net insurance programs. There's also home insurance and renter's insurance. Some insurances are mandatory and we have no choice but to do our best to fit them into our already stressed budgets.

(continued, page 2)




***ATTENTION*:
FOOD BANK SUPPORTERS:**

SEPTEMBER IS “HUNGER ACTION” MONTH

Anti-hunger groups, like CT Food Bank, draw special attention to the issue of hunger, both nationwide and at our local level in September.

In support of Hunger Action Month, New Milford Social Services will be joining again with Big Y Foods and the First Congregational Church, for our annual “Walk A Mile For A Meal”. This food-raiser, will be held on Sunday, September 29th from 1:00pm – 2:00pm.


How can you get involved? Either as a group, or individually, purchase a bag of groceries per walker at Big Y, and walk it up to the First Congregational Church (on the Green) to help replenish our shelves! Following your walk, you will be able to enjoy some refreshments. This event is family friendly, a great opportunity for groups to work together, and a positive way to support our community.

Spread the word to help support the Walk! If you are unable to attend, you can donate items directly at Big Y leading up to the event. We encourage people and/or groups to sign up prior to September 29th by contacting our office.



PROGRAM UPDATES:



Getting in the *HOLIDAY* spirit!
 We will begin holiday registration on **SEPTEMBER 16th**. As always, these programs are for income eligible *New Milford* families (under the age of 60). If you have not provided verification of income & residency to New Milford Social Services in 2019, you will need to do so *within 2 weeks of registering* for any programs.
Program sign-up list is as follows: Thanksgiving pick-up is Monday 11/25, or delivery on Thanksgiving Day. Sibling shopping for ages 2 thru high school will be Friday 12/6 from 3:30pm – 6:00pm or Saturday 12/7 from 11:00am – 2:00pm. Santa Fund (for custodial parents) for babies and children thru high school pick-up is Tuesday 12/17. Disabled adult (individual without children) gift card pick-up is Thursday 12/19. Our sign-up deadline will be at close of business on November 8, 2019. If you have further questions, please ask at the time of registration, or feel free to call.




“When You’re a Parent...Again”
 An information and support group for **GRANDPARENTS & OTHER RELATIVES RAISING CHILDREN:**
 Upcoming meetings will be on Thursday, *September 12th* 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.

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 13th 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 30th 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:


<u>Family size</u>					
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 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!




RENTER’S REBATE:
LAST MONTH!
 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 2018. To qualify you must have lived in a CT rental unit for at least 1 year. The maximum income is \$36,000 for one person or \$43,900 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 2018 and proof of total income for 2018. Documentation of SS can be form SSA-1099, a TPQY form, or a copy of a 2018 Social Security check. If you are disabled and under age 60, please call for an appointment once you have all needed documentation. [Residents over the age of 60, please contact the New Milford Senior Center]

Financial Tip...(continued from page 1):
 Some are by choice, but sometimes making that choice, as tough as it may be can prevent a catastrophic event from becoming worse. Renters insurance for example can cost only \$150-\$250 a year (that equals about \$12-\$20/ month) and in the event of a calamity like a fire, theft or water damage- the impact of that loss can be much less with this kind of insurance. Paying to replace your belongings or a temporary place to stay can be very expensive but having property, liability, and personal use coverage can make a world of difference. Many of us are very deliberate when making decisions that affect our households, and choosing what to pay can come with some sacrifices. While it seems overwhelming to decide between paying a bill vs. paying insurance, start by researching your options or feel free to meet with one of our social workers to support you in making your budget decisions. The importance in having such insurances could save you in the long run.



SNAP \$\$ at the FARMERS MARKET
 We will continue to be at the New Milford Farmers Market each Saturday until October 26th. Stop by and have **\$15 SNAP dollars DOUBLED** for delicious fruit and vegetables! Other coins can be purchased for other foods that Market has to offer such as dairy, meat, and bread!




COMMUNITY RESOURCES:



Family and Children



New Milford Youth Agency News:

* **FREE, Homework Club**, Saturdays 9am-11am at the Youth Agency. 3rd -8th grade students will receive help with homework, math, reading, studying, organization, and much more. * **Free, open basketball at JPCC gym** for all H.S. boys and girls W/ 2:30-5pm. Register at myyouthagency.com

Camella's Cupboard NOW offering weekend bags through the school year:



Sometimes we all need a little help. If your family is struggling to provide food for your children, Camella's Cupboard can help! What is Camella's Cupboard? Camella's Cupboard is a grassroots, non-profit program for any New Milford family needing food assistance- families receiving free or reduced lunch or find it difficult to stretch limited dollars or during a difficult time. It doesn't matter to Camella's Cupboard! They realize it takes a village and are here to help when needed.

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 Schaghticoke Middle School and New Milford High School that any student may access by going to their counselor.

To sign up to participate in the program, to volunteer or donate, visit their website at www.camellascupboard.com.

[For New Milford Social Service families- if you have any issues with online registration, please speak to one of our staff.]



Adult Education at New Milford High School has resumed with their Fall classes including GED, ESL, job prep such as CNA and many many more. Please visit

<http://www.newmilfordps.org/?DivisionID=16994> for more info and registration information.



Adult Education 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 form 4-6:30pm. American Job Center offers FREE training to jobseekers including job search, resume writing, skills assessment, interviewing, etc.

New Milford CAN [Coalition for Awareness and New Beginnings] presents two FREE showings at Bank Street Theater of the movie "Beautiful Boy" – a heartbreaking and inspiring experience of survival, relapse, and recovery in a family coping with addiction over many years. New Milford CAN is the local prevention council. This council is made up of a coalition of individuals and representatives from the New Milford community - coming together out of a common interest to address the problems of drugs and alcohol by youth in our community, and reduce the harmful effects of substance use on youth and families. Please join them for this very special event. Reserve your FREE seat at www.BankStreetTheater.com for either night. If you would like to read the book before the movie, you can pick up a FREE copy at New Milford Social Services, Town Hall, Library, Youth Agency, Senior Center and Sherman Town Hall/Library/Senior Center/Social Services.



Counseling Resources



GREENWOOD COUNSELING

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

THE WOMEN'S CENTER OF GREATER DANBURY: 203-731-5200

NEW MILFORD HOSPITAL BEHAVIORAL HEALTH: 860-210-5350

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.

MCCA provides help and instill hope for individuals, families, and organizations working to overcome and prevent addictions. They have outpatient services in New Milford with counselors trained to treat alcohol, drug, gambling and smoking addiction. For more information, please call 860-355-7312 or mccaonline.com.

The C.A.R.E.S. group provides education, support, resources, and hope for parents and others to get information and discuss a loved one's suspected or confirmed use of mind-altering substances. Their services are confidential and guided by credentialed addiction professionals. They meet in New Milford. For more information, please call 855-406-0246.

In addition, there are other private practitioners who accept HUSKY and Medicare, like our former SW **Amy Bondeson** (860-799-1631—HUSKY only-adults and young adults).

You can always call one of our social workers to discuss these options.

START THE CONVERSATION

Hear what young adults in OUR community are really thinking & doing

Presenting Survey results of:
New Milford 8th, 10th & 12th graders

SAVE THE DATE
Thursday, October 17th 2019
6:30pm

Sarah Noble Intermediate School Cafeteria

Join us for information, conversation and light refreshments



Follow us: [f/NewMilfordCAN](https://www.facebook.com/NewMilfordCAN)

NMCA's thanks Western CT Coalition for its support.
The State Department of Mental Health and Addiction Services partially funds this program.



FOOD BANK:

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



SEPT 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					

Please bring your own reusable bags!!

SPECIAL NOTE:
FOOD BANK CLOSES WHEN NEW MILFORD SCHOOLS
CLOSE DUE TO SEVERE WEATHER

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NEW MILFORD FOOD BANK
RECIPES OF THE MONTH:



Apple Tuna Sandwiches

3 Servings

Ingredients

- 1 can (6.5 oz) **tuna**, packed in water, drained
- 1 **apple**, chopped
- ¼ cup **plain yogurt**, or plain greek yogurt
- 1 tsp **brown mustard**
- 6 slices **whole wheat bread**
- 3 **lettuce leaves**



Nutrition Information
Serving Size: 1 sandwich

- Calories: 260
- Total Fat: 4g
- Saturated Fat: 1g
- Protein: 24g
- Sodium: 510mg
- Carbohydrates: 33g
- Added Sugar: 0g
- Fiber: 2g

Instructions

1. Put the canned tuna, apple, yogurt, and mustard in a medium bowl. Stir well to mix.
2. Spread ½ cup of the tuna mixture onto 3 slices of bread.
3. Top each sandwich with lettuce and a slice of bread.



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Loaded Apple Nachos

2 Servings

Ingredients

- 2 **apples**, sliced
- 2 Tbs **peanut butter** (or any nut butter)
- 3 Tbs **chocolate chips**



Optional Toppings: Coconut flakes, honey, nuts, whole chocolate chips

Nutrition Information
Serving Size: ½ of the recipe

Instructions

1. Melt chocolate chips in microwave and drizzle over the apple slices.
2. Heat the peanut butter and drizzle over apple slices.
3. Add any remaining toppings.

- Calories: 270
- Total Fat: 13g
- Saturated Fat: 4.5g
- Protein: 5g
- Sodium: 80mg
- Carbohydrates: 38g
- Added Sugar: 8g
- Fiber: 6g



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MOBILE FOOD PANTRY: [sponsored by the United Way & CT Food Bank]

*** Weds. Sept. 4th and Weds. Oct. 2nd: 5:15pm-6:30pm at parking lot of Faith Church [Weather Permitting]**

Flu Shots available at the Mobile Pantry for 18 years of age and over!

Holiday Closing:

We will be CLOSED on Monday, September 2nd in honor of Labor Day.

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



NEW MILFORD SOCIAL SERVICES
2 PICKETT DISTRICT RD
NEW MILFORD CT. 06776
860-355-6079
CHANGE SERVICE REQUESTED