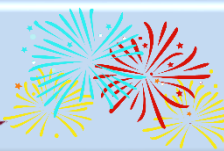


New Milford Social Services

"To Listen, To Advocate, To Empower"



Jul-Aug 2019

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New Milford Social Services

Greetings from Social Services:



Oh boy! Summer has finally arrived! The warmth, the sun, the longer days. There is something about the beginning of Summer that's exciting. Maybe it's the realization that we all made it through another New England Winter. Maybe it's the sounds of the children playing in the park- their laughter and glee! One thing I like is the fact that when I leave work, it's not dark yet so I still feel like there is more of the day left to enjoy. And that is a key word- ENJOY. Summertime brings chances to slow it down, take a day off and enjoy some leisure time. This is a good time to get outside, breathe the warm air, and RELAX. What do you do to relax? Maybe it's grabbing a chair and reading a book outside or tending to your garden. Maybe it is taking a day or two or more to go to the beach, sit on the sand and splash in the waves. Enjoying an activity doesn't need to cost a lot of money. But if what you want to do does cost money, hopefully you had a chance to put some planning in place so you can truly relax and not worry about what you might be sacrificing. Let's relax with no strings attached, no new debt to repay, free ourselves from this and we can find BALANCE in our Summer days.

Enjoy, Relax, Balance... Why emphasis these words? Because they are part of taking care of ourselves. We all need a break, a chance to recharge. Hopefully you find other moments throughout the year to recharge, but Summer is a wonderful time to take many opportunities to exercise self-care. The days are longer, the sun is stronger, and the air is warmer. Appetizing conditions to go attend an outdoor concert, play with our kids at the park or enjoy a good book at the lake. Summers are short, at least we feel that way, even if the calendar says otherwise. If you do have a plan or list of activities, don't waste any more time. Get going! If you're not sure how to start, don't worry we can help with that. Within this newsletter, you will find many ideas to have some fun, most are even **free!**

This is our Summer newsletter and it is a two-month issue. (Yes, this is part of our plan for self-care). There's lots of information packed inside. And, we'll be back in September with more to share. In the meantime, we are still in the office, so stop by or call if you need some assistance. For now, take time for yourself, slow down, find peace, and breathe deeply.



~Ivana

"It's really important to have balance, spend some time in nature, go to a few parties, enjoy my friends and really chill out" - Joakim Noah

Issue 7-8.2019



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.



Summer Money talk with your Kids:

Summertime brings many things...more time at home with the children, planning time together and more time to fill the day with summer fun. However, some of these fun days may also bring on financial challenges as kids are looking to fill their days with activities or objects that can cost extra. As parents we find ourselves saying "no" very often; adding in a "we can't spend all our money on that!" or "we can't afford that right now". We can't respond to every want a child has but what we can do is use these moments to begin to teach our children the value of money and saving for what they want. It is never really too early to set the groundwork to help your child develop the skills towards financial well-being. Your child may be eager to do extra chores around the house, beyond their usual responsibilities, that can help them earn a bit of money. You can encourage them to save what they earn for something special. **(continued on page 2)**

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!



We will be beginning early intake for the CT Energy Assistance Program for deliverable fuel (oil, kerosene, propane) households in September, after Labor Day. Please check back in August for available appointment dates and times. As with each year, households must be prepared with all income and household documents. A full list will be on our website. We do not yet have an official start day for deliveries but if it remains consistent as in years past, it will be sometime mid-November, so please plan accordingly.



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 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. Please call for an appointment once you have all needed documentation.



United Way’s Back to School Program

Registration is now closed for this program. For those who completed the registration process, distribution will be on Friday, August 16th at the 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.

Remember! CT’s anticipated tax-free clothes shopping week is 8/18-8/24.



“When You’re a Parent...Again” An information and support group for **GRANDPARENTS & OTHER RELATIVES RAISING CHILDREN:**

Upcoming meetings will be on Thursday, *July 18th* and *Thursday, August 8th* 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.



SNAP \$\$ at the FARMERS MARKET

Resumed **June 8th!**

Come and have **\$15** SNAP dollars **DOUBLED** for delicious fruit and vegetables!



We will NOT be at the Market on JULY 27th during Village Fair Days.



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.

New Session: If you (or someone you know) would like to apply to our 12-week culinary arts program, we are accepting applications for our **next session starting on Monday, September 9, 2019.** Spots fill quickly, so don’t delay. For more information, call (203) 512-5791 or <http://communityculinaryschool.org/> You can also stop by NMSS for an application.



SUMMER LUNCH BUNCH!

You can still register for **New Milford Summer Lunch Program**. This 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 <http://www.camellascupboard.com/> Do this ASAP as the program is underway. Be sure to register for what you can realistically commit to picking up! For more information or questions about the program, please contact our office.



Financial Tip of the Month (continued from page 1):

If they receive money as a gift, help them not to spend all of it but save it, also. Help them to set goals and begin to teach them that delaying gratification on a small item can yield a greater reward when they realize they can do or purchase something that has more meaning to them. As a family you can include them in decisions of summer fun that cost no money or very little. Including them in a positive way will again add value to the time you all spend together. Spending time at a park or at a free music concert can create wonderful memories and not bust a tight budget. There are many opportunities to teach children how to use and save money. Good money habits are essential. Even with the smallest of children, you can begin to teach them about the value of money, spending vs. saving, and needs vs. wants. There are many books that you can read to your little ones to help demonstrate some of these lessons. And, most can be found at a public library. Some titles you can choose from are “Alexander, Who Used to be Rich Last Sunday”; “A Bargain for Francis”; “Those Shoes”; “A Chair for my Mother”; “The Purse”; “Sheep in the Shop”; & “The Berenstain Bears ‘Trouble with Money’”. As you read these stories to your child, take the time to ask them questions about the story, create an activity related to the story and ask them if they can connect parts of the story to their life. Your kids will learn more from you about money, good or bad, so think about how you want them to be as adults and help them strengthen their attitudes while their young.



COMMUNITY RESOURCES:

Family and Children



COMMUNITY SUPPORT:



SUMMER FUN FOR FREE (OR ALMOST!!)

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

* Saturday evenings at 7:30pm unless otherwise noted*

7/13 – Profile Reggae Band 7/20- Wanda's World
8/3- The Lucky Bastards 8/10- The Jay Willie Blues Bank
8/17 –The Kenn Morr Band 8/24 – The Metropolitan Hot Club

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. Third Thursday Concert and Block Party – On Bank Street, 5:30pm-8:30pm: MUSIC: July 18th- Those Guys & August 15th - Nashville Drive. Also there will be street games, sidewalk sales, and food! Music @ 6:30pm

3. Movies on the Green: “Up” (PG) on July 12 and “Guardians of the Galaxy, Vol. 1” (PG) on August 23. Movies begin about 9pm- bring a blanket and/or lawn chair-and your favorite snack! – presented by the New Milford Film Commission & Bank Street Theater.

4. 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!

5. 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.

6. 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!

7. Kids Bowl Free! All Summer! No strings attached. Registered children receive certificates to bowl 2 free games a day all summer. You can sign up at Lore's Lanes, 860-350-2695 or go to: www.KidsBowlFree.com/DolrBills.

8. 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!

9. DRIVE- IN MOVIES: 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> & **Southington Drive-In:** Load up your car on Saturday nights for \$18. <http://www.southingtondrive-in.org>



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 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 06810, 203-790-6568 or INFO@ANNSPLACE.ORG

MCCA provides help and instill hope for individuals, families, and organizations working to overcome and prevent addictions. For more information, please call 860-355-7312 or <https://mccaonline.com>



“...Oh, how I love summer
And all of her songs,
Happy summer to all,
And may it be long!”-
Susan M. Gilbert

FOOD BANK:

THURSDAYS
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"



NEW MILFORD FOOD BANK
RECIPES OF THE MONTH:



JULY 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	Closed 7/4		
AUG 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

Frozen Yogurt Cups

12 Servings

Ingredients

3 cups non-fat yogurt (strawberry or vanilla work nicely)
1/2 lb strawberries (chopped in small pieces or mashed)
1 cup frozen blueberries
12 cupcake liners



Instructions

- Place cupcake liners into a cupcake pan.
- Scoop 1/4 cup yogurt into each cupcake paper.
- Add strawberries and blueberries. Press fruit down into yogurt.
- Place yogurt cups into the freezer for roughly 4 hours, or until completely frozen.

Nutrition Information

Serving Size: 1 fruit cup
Calories: 60
Total Fat: 0g
Saturated Fat: 0g
Protein: 2g
Sodium: 30mg
Carbohydrates: 14g
Fiber: 1g

Creamy Parmesan Spinach Squares

Servings: 12

20 oz. frozen chopped spinach or fresh
3 large eggs
1 cup fat-free milk
1 cup whole wheat flour
1 teaspoon baking powder
6 oz. reduced fat cheddar cheese, shredded
1/2 cup grated Parmesan cheese



Directions Preheat oven to 350°F. Grease a 13x9-inch baking dish. Place thawed, chopped spinach in a colander set over a sink or large bowl. Squeeze out as much water as possible. Whisk together eggs and milk in a medium bowl. Add flour and baking powder to egg mixture and stir to combine. Add cheeses and spinach. Mix well. Transfer mixture to the prepared baking dish, spreading evenly. Bake for 35 minutes, until firm and edges are golden brown. Let cool 20 minutes. Slice into 24 squares. Serve warm or at room temperature.

Modified from

<http://www.eatright.org/resources/for-kids> Great as a main course, a side dish or a snack! If spinach is not your favorite vegetable, try substituting cauliflower. Be sure to steam the cauliflower first, and dice into very small pieces before adding to the egg mixture. Great as a main course or a side dish

MOBILE FOOD PANTRY: [Weather Permitting]

* Weds. July 3rd, Weds. August 7th and Weds. Sept. 4th: 5:30pm-6:30pm at parking lot of Faith Church

: We will be **CLOSED** on Thursday, July 4th in honor of Independence Day. The food bank will be **CLOSED** that day so please plan accordingly. We will **ALSO BE CLOSED** on Monday, September 2nd in honor of Labor Day.

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



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2 PICKETT DISTRICT RD
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