

# New Milford Social Services

2 Pickett District Rd, New Milford CT 06776

January- February 2025



*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@newmilfordct.gov](mailto:socialservices@newmilfordct.gov)

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



New Milford Social Services



"I have hope and I am not afraid to use it.

*"You can make positive deposits in your own economy every day by reading and listening to powerful, positive, life-changing content and by associating with encouraging and hope-building people."*



## Our Programs

*(\*\* Please note that some programs do have qualifying 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**  
[Funding is limited]
  - 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*

## **Greetings from New Milford Social Services!**

I am hopeless and I can't help it! That might sound weird but what I am hopeless about is that feeling I get every New Year to reset, refresh and restart. By the end of December, I am usually feeling overtired, overworked, and let's face it probably a bit uncomfortable from consuming all those holiday treats. The air is colder and the days are still too short so it is easy to slow down, move less and go to bed a bit more early. And you know what... there is nothing wrong with that. We all need time to recharge and rethink before we move forward in our lives, with our jobs, and with ourselves. This is a good of a time as any to step away from the fast pace to review our goals, create new ones or just sit down and get organized. But don't linger to long in preparing to reset. Jump in and do it. If you are feeling less motivated, explore, encounter and surround yourself with positive motivations, encouragement and hope-building people and tools, just as the above quote indicates. If you are not sure where to start, take a look through the newsletter- apply for the heating program or APRA, if you haven't already and reduce your expense burden, prepare your taxes with VITA, start planning for summer care for your children. Camp registrations open soon! Alyssa and Maria also have something to share on page 4. Be hopeless about hope and use hope to move out of the after holiday doldrums, find what can encourage you and build you up and use it to move forward for your better well-being.

With peace,

~ Ivana



*"When people say, 'Everything is going to be okay', they don't mean everything is going to turn out exactly as you hope it will. No one can promise that. They mean you are stronger than you think, so no matter what happens, you will be okay."*

~Lori Deschene





# PROGRAMS THAT HELP!

## Heating Assistance

### CT Energy Assistance Program is still open!

It is not too late to apply for oil, propane, kerosene, wood or electric heat assistance. This is an income restricted program. State income caps are:



60% CT State Income Cap; per member size of household							
1	2	3	4	5	6	7	8
\$45,505	59,507	73,509	87,511	101,513	115,514	118,139	120,765

**Get Help!** *Operation Fuel* will open their heating assistance program soon and remain open until funds run out, which is predicted to be quickly. Their water assistance program is also open to apply. Apply online or through our office. Income caps are:

75% CT State Income Cap; per member size of household							
1	2	3	4	5	6	7	8
56,882	74,384	91,886	109,389	126,891	144,393	147,675	150,956

Contact our office for details on how to apply: 860-355-6079 or [socialservices@newmilfordct.gov](mailto:socialservices@newmilfordct.gov)

**ARPA funds are still available** at NMSS for residents, under the age of 60, for those who experienced some kind of financial impact due to COVID from March 2020- to current.

There is no income cap for this program but tax returns may be required to show financial impact.

Applications can be found on our website or through our office.

Requests for assistance can include, but not limited to, rent, mortgage, utility and other household bills, car related expenses, child related expenses, or medical. Grants are limited.

## Did You Know?

### 1. New Milford Community Shelter has re-opened for the Winter:



Winter No Freeze emergency runs from late fall to spring. People seeking shelter should call for the shelter location of the month, 860-5920142. Shelter location will change as each participating church takes a turn hosting the shelter. Shelter is open to sober individuals for overnight stays, with priority to residents of New Milford. Shelter is open to single men, single women, and married couples. Entry to the shelter is from 8:30-9:15pm, with doors closed from 9:30pm to 6am.

- \*Shelter provides mats for sleeping (no beds)
- \*Shelter will accept pregnant women
- \*Sobriety IS required
- \*Shelter CANNOT accept children.

AND,

2. *Loaves and Fishes Hospitality House* has moved into their new building on 25 Bridge St! Continuing to serve DAILY MEALS from 4:30pm-5:30pm – Open to All. 860-350-6612



Explore their websites for more info, how to volunteer or to donate: [NMCommunityShelter.org](http://NMCommunityShelter.org)  
[LoavesAndFishesNewMilford.org](http://LoavesAndFishesNewMilford.org)



## TAX TIME!

### FREE

### PREPARATION

By VITA: Volunteers will be here at our office **February 5, 2025 until April 4, 2025, ONLY ON Wednesdays and Fridays from 10am-2pm.**

Appointments ONLY- can be made online @ <https://danbury-vita.org/>. **ID is required and please have all your documents ready** such as W-2; 1099 forms; documents for other forms of income (ex. self-employment, alimony); SS cards or ITIN cards for all members of household; routing # and bank account # for direct deposit. *For a complete list, please refer to their website.*

## Think About It NOW!



## Registrations Opening Soon!

Park & Rec summer camp registration opening on February 3<sup>rd</sup>. Scholarships are limited so contact us ASAP. We may require an update of your family's income. 2025 Park & Rec fees will be determined soon. Camp is for children entering 1<sup>st</sup> grade through entering 9<sup>th</sup> grade. Call us about scholarships and instructions on how to register on their website, if this is new for you. <https://newmilfordct.myrec.com/info/default.aspx>

New Milford Youth Agency will be opening registration for summer daycare camp by March. Fees approximately \$220/week (\$10 discount for siblings). Full day camp/childcare. For ages entering 1<sup>st</sup> grade to entering 8<sup>th</sup> grade. Financial Assistance is limited this year. Please contact us or NMYA for more info. <https://youthagency.org/>

There are many other wonderful summer (full & half day) camps opening registration soon and scholarships may be available: (click on one below to be redirected to their website)

- ◆ [Pratt Nature Center](#)
- ◆ [Village Center Arts](#)
- ◆ [Robotics & Beyond](#)
- ◆ [Bucks Rock Camp](#)
- ◆ [Camp Washington](#)
- ◆ [Eagle Rock Day Camp](#)
- ◆ [Candlewood Fishing Camp \(for the serious young angler!\)](#)

Inquire in our office for more information on these local camps.

***Don't wait until school is out to think about your child's summer!***



**New info re:  
Eversource Matching Payment Program (MPP) customers  
AND New Start customers!**




- **What's NEW?:** As of November 1<sup>st</sup>, MPP has been revamped to look more like the New Start program and is now the only program available to help eligible customers with their back balance.
- **When can you get on to MPP? :** If you owe past due \$100+ and 60 days past. Must also meet income requirements and be coded hardship. {Tip: If your income qualifies you for CT Energy Assistance Program, then you would also meet the MPP income qualification.}.
- **When will I get my match?** Every month you will earn a match if you make your payment, and it will show up on your monthly bill.
- **Can I be removed from MPP?** Yes, if you miss your payments BUT you can get back on if you make up your payments. **\*YOU CAN ALSO COMPLETE THE PROGRAM IF YOU WORK YOUR WAY DOWN TO ZERO BALANCE.** If you complete the program then you will be removed and in 1 year you can go back on so in the meantime keep up with your payments, work on reducing your usage, and don't let your hardship code and low income discount supply rate (LIDR) expire.
- **What if I am currently on New Start?** You will remain on it as long as you keep up with your payments. If you fall off, then the new MPP would be an option.
- **Do I need to apply for Energy Assistance like in years past?** No, BUT, applying will help because it will go towards your MPP payment requirement so that would be less \$ out of your pocket for that month.
- If you receive any notifications of your hardship or if your Low Income Discount Rate (LIDR) is expiring, seek help to renew. If you fall behind on your MPP payments, seek help. Call NMSS.

**What is the Low Income Discount Rate? :**

This is a rate reduction that you can get off your electric bill based on your income. If you household income is below 165%FPL and/or you have member of your household on SNAP, Husky A, SSI, SAGA cash, or TFA- you may qualify for a 50% rate reduction. Higher income households over 165% and under 60%SMI may qualify for a 10% reduction.

**How do I know if I am on the Low Income Discount Rate (LIDR) on my Eversource Bill? :**

Your rate is shown on your bill, page 3. Sample here:



Account Number: [REDACTED]  
 Service Reference No: [REDACTED]  
 Statement Date: 12/09/24  
 Service Provided to: [REDACTED]

Continued from previous page...  
service account.

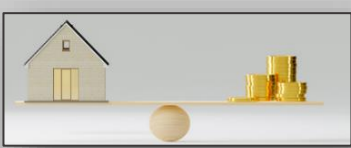
Page 3 of 3

Matching Payment Amount  
 now due by 01/06/25

Continued from previous page..

<b>Public Benefits</b>		
FMCC Charge	1562.00kWh X \$0.04791	\$74.84
Comb Public Benefit Chrg	1562.00kWh X \$0.04026	\$62.89
<b>Subtotal Public Benefits</b>		<b>\$137.73</b>
<b>Total Current Charges</b>		<b>\$466.61</b>
<b>Miscellaneous Charges &amp; Credits</b>		
Low-Income Discount Tier 2: 50%*		-\$180.35
<b>Total Miscellaneous Charges &amp; Credits</b>		<b>-\$180.35</b>

**New Milford Fair Rent Commission.**



“It was established to control and eliminate excessive rental charges on residential housing within the Town OR to discuss severe domicile conditions. The primary power of the FRC is in determining whether or not the rent for the housing accommodation is so excessive as to be harsh and unconscionable. For additional information about the FRC services, you may contact [fairrent@newmilford.org](mailto:fairrent@newmilford.org) For complaint forms regarding rent increases or severe domicile conditions visit the Town’s website: [New Milford Fair Rent Commission- forms](#)

***JOB Connections:***



**NRWIB:** For job resources and advanced career training including manufacturing and “ticket to work ‘ program for disabled adults looking to engage in part or full time work. [www.nrwib.org](http://www.nrwib.org)

Job search, trainings, certifications- look to CT.gov for lots of search tools: [www.jobs.ct.gov](http://www.jobs.ct.gov) 



Also, stop in to our office and check out our JOB board to see who is hiring. And, if you are a local employer, email us and let us know you are hiring and we will post it!



A Message from Alyssa:



**Are You Feeling those January Financial Blues?**

The holidays came and went. There's the initial excitement of a new year with new goals, but then the January bills come rolling in. If you overspent around the holidays, you're not alone.

Even if you stuck to a budget, many are struggling with the reality of inflation and that gifts, food and many necessities are costing more than they did a year ago. A lot of budgeting experts will talk about the 50-30-20 rule. This means 50% of your income goes towards needs: rent/mortgage, utilities, insurance, debt. 30% on wants including recreation, gifts, décor, vacations etc. and 20% on savings. We will be the first to point out that with huge increases in rent and other basic needs that traditional method of budgeting isn't realistic for many people. There are many tips out there for how to stretch your dollars and cut spending. A few examples include:

- Unsubscribing from promotional emails
- Disabling autofill on websites with your payment information
- Taking a closer look at streaming services and subscriptions. Can you cut back? Your local library has lots of digital content for free.
- Be mindful of automatic payments as prices can go up and down without you knowing
- Americans are spending more than ever on food. Meal planning, couponing or talking with one of the social workers in our office about free food resources can be helpful
- Try opening a savings account at a bank you don't use, so it's harder to transfer money out of the account financial literacy is complex and everyone has a different situation. You may find it helpful to connect with a credit counselor. There are some great resources to explore including Money Management International, which has a CT location and lots of virtual options. They can be especially helpful if you have significant debt. Also, the Consumer Financial Protection Bureau, which has lots of financial tools and information. Their websites are below. Here at New Milford Social Services, we are happy to schedule an appointment with you if you need help connecting to other resources and supports. There is no better time to reach out and reset your financial goals.

[www.MoneyManagement.org](http://www.MoneyManagement.org) OR [www.ConsumerFinance.gov](http://www.ConsumerFinance.gov)

**Free Financial Workshops- via ZOOM from the CT Money School. [www.act-ct.org](http://www.act-ct.org).**

The following workshops are **FREE** and open to the public. All classes are taught by financial professionals and held via Zoom.

- **VITA (Part 1)**  
Monday, January 27, 5:00-6:30pm
- **Money Values & SMART Goals** (en español)  
Monday, February 24, 5:00-6:30pm
- **VITA (Part 2)**  
Monday, March 24, 5:00-6:30pm
- **Money Matters** (en español)  
Monday, April 28, 5:00-6:30pm

AND....

CFPB at [www.ConsumerFinance.gov](http://www.ConsumerFinance.gov) is a great resource to explore many financial tools on credit card debt management, budgeting, student loans, savings and bill paying strategies, etc.

AND...



Offers many programs: Digital Literacy, Job Search, The Corporate Edge, The Money Gym, Communicate with Confidence. [www.Tbicoworks.org](http://www.Tbicoworks.org)



**A Message from Maria: Start This New Year Connecting With Your Children**



Many parents do not have time for their children in the hustle and bustle of everyday life. Continue to get to know your children as they grow into adolescence. Parents know their children very well when they are younger, but many children become strangers to their parents when they become teenagers. Teenagers need their parents' time and attention just as much as they did when they were younger. There are simple ways to connect with your children. Car rides are a good opportunity to have a meaningful conversation with your child. Ask them open-ended questions like what friend do you talk to the most right now? What's something positive happening in your friends group? What is something you wish we did more of together? What are you most excited about right now? What are you feeling most stressed about right now? The New Milford library is a great place to spend quality time with your kids. Find the right time and right place to address any issues. Your time is the best gift you can give your kids.

When we hear of a family fun event we will share it with you via email, Facebook, and even post the flyer in our office hallway.

Check out the New Milford Library's website:

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



Also for **YOUTH EMPLOYMENT**, check out **NRWIB CT Youth Employment Program for our region:**

<https://www.nrwib.org/programs/youth-programs/cyep>

*"All kids need a little help, a little hope and somebody who believes in them"*

~ Magic Johnson

**GLOBAL COMMUNITY ENGAGEMENT DAY**

Every year on this day, the world seeks to encourage organizations, individuals, and businesses to better engage with each other. This year, New Milford Public Library is hosting an event so you can find out what these organizations do to help the community.

- United Way of Western CT
- New Milfd. Film Commission
- Theatreworks New Milford
- The WHEELS Program
- Housatonic Resources Recovery
- Camella's Cupboard
- Garden Club of NM
- NM Youth Agency
- New Milford Now
- Chamber of Commerce
- NM Commission on the Arts
- NM Affordable Housing
- Pratt Nature Center -NMCAN
- Ostomy Foundation -Ann's Place
- NM Social Services -CERT
- NM Rotary Club -NM Senior Cetr
- New Milford Pride
- Women's Club of Greater NM
- Webb Youth Services
- Parks & Recreation
- Friends of NM Library
- Greenwoods Counseling
- Village Center for the Arts
- Literacy Volunteers on the Green

**Sat. January 25, 2025**  
**2:00-4:00**  
**New Milford Public Library**

## New Milford Food Bank distribution:



"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: Supporting Wellness At Pantries by offering nutritional products and information

We offer Open Distribution HOURS

On Thursdays: 9 a.m. ~4 p.m.

Or by appointment on  
Wednesdays afternoons,

@ New Milford Social Services  
2 Pickett District Road

Check out  
our Recipe  
of the  
Month  
Below!



Food Bank days for January & February are:

(2025): 1/2, 1/9, 1/16, 1/23, 1/30 & 2/6, 2/13, 2/20, 2/27.

Please bring ID.

Need to sign up for the food bank, please contact Wanda Fyler,  
Program & Volunteer Coordinator @  
[socialservices@newmilford.org](mailto:socialservices@newmilford.org) or 860-355-6079 x2

Please Keep in Mind that if the Weather is Bad (Snow, Ice, etc.),  
we may have to close or delay our opening.

We post these warnings on CT News 30 on Channel 4 and  
CT CBS News on Channel 3.

Looking for other local food pantries  
or meal kitchens?

Visit our website

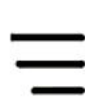
[newmilford.org/socialservices](http://newmilford.org/socialservices)

and explore the NMFIT brochure  
(scroll to the bottom of our webpage)

NEW MILFORD  
**FIT**  
Food Insecurity Team



Connecticut  
Foodshare



Mobile  
Food  
Pantry

The MOBILE FOOD PANTRY truck stops in New Milford 2x's a Month!!

Where: Faith Church, 600 Danbury Rd, New Milford

When: Every 2 weeks on WEDNESDAYS weather permitting

Time: 4:30pm - 5:30pm OR until food runs out (get there early)

STAY IN THE KNOW OF THEIR SCHEDULE:

Website: [Mobile Pantry Schedule](#)

Or

Text FOODSHARE to 85511

Or

Text COMIDA a 85511



A "SHOUT OUT" for one of  
our Pantry Super-Foods!

## NMFB RECIPE OF THE MONTH!

*High in Protein, Lean on Fat!*

### "Easy Chicken Pasta Bake"



➤ Directions:

Cook your spaghetti or pasta (or rice) according to the directions on the box. While the pasta is cooking, mix the rest of the ingredients together in a large bowl. Remember to hold onto ½ cup of the cheese for later. After you drain your pasta, add it to the chicken mixture. Transfer to a greased 9x13 inch casserole dish, top with the remaining cheese. Cook at 350 degrees until bubbly, about 30 minutes.

➤ Extra Tip! Add your favorite veggies to the mix: broccoli, spinach, diced tomatoes, zucchini, squash, etc.!

~ ENJOY!

- Ingredients:
- 1 pound of cooked spaghetti or any pasta of your choice OR change it up and use RICE!
- 2 cups canned chicken breast
- 1 can of cream of chicken soup
- 1 can of cream of mushroom
- 16oz. of chicken broth
- ¼ cup of diced green pepper
- ¼ cup of diced onion
- 2 cups of shredded cheese (hold on to ½ cup for the topping)
- 1tsp garlic powder
- Salt and pepper, to taste
- Any other seasoning or herbs of your choice



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

***María De Oliveira [Habla Español] [Fala Português]***

***860-355-6079 x 4 o mdeoliveira@newmilfordct.gov***



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

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

**Empiece este Nuevo Año conectando con Sus Hijos.**

Muchos padres no tienen tiempo para sus hijos en el ajetreo de la vida diaria. Siga conociendo a sus hijos a medida que crecen y se convierten en adolescentes. Los padres conocen muy bien a sus hijos cuando son más pequeños, pero muchos niños se vuelven extraños para sus padres cuando se convierten en adolescentes. Los adolescentes necesitan el tiempo y la atención de sus padres tanto como cuando eran más pequeños. Hay formas sencillas de conectarse con sus hijos. Los viajes en automóvil son una buena oportunidad para tener una conversación significativa con su hijo. Hágales preguntas abiertas cómo, ¿con qué amigo hablas más en este momento? ¿Qué está sucediendo de manera positiva en tu grupo de amigos? ¿Qué es algo que desearías que hiciéramos más juntos? ¿Qué es lo que más te entusiasma en este momento? ¿Qué es lo que más te estresa en este momento? La biblioteca de New Milford es un excelente lugar para pasar tiempo de calidad con tus hijos. Encuentra el momento y el lugar adecuados para abordar cualquier problema. Tu tiempo es el mejor regalo que puedes darles a tus hijos.

- ¡El programa de asistencia energética de CT todavía está abierto para brindar ayuda con la calefacción!
- El refugio comunitario de New Milford ha reabierto para el invierno
- VITA ofrece preparación de impuestos gratuita en nuestra oficina del 5 de febrero 2025 al 4 de abril de 2025.
- Los fondos de ARPA todavía están disponibles para aquellos que experimentaron algún tipo de impacto financiero debido al COVID y este impacto se muestra en la declaración de impuestos.
- Las inscripciones para el campamento de verano se abrirán pronto. Planifique con anticipación. Ofrecemos asistencia financiera.

**Comece Este Novo Ano se Conectando com Seus Filhos**

Muitos pais não têm tempo para seus filhos na correria do dia a dia. Continue conhecendo seus filhos à medida que eles crescem até a adolescência. Os pais conhecem seus filhos muito bem quando são mais novos, mas muitas crianças se tornam estranhas para os pais quando se tornam adolescentes. Os adolescentes precisam do tempo e da atenção dos pais tanto quanto precisavam quando eram mais novos. Existem maneiras simples de se conectar com seus filhos. Passeios de carro são uma boa oportunidade para ter uma conversa significativa com seu filho. Faça perguntas abertas, como com qual amigo você mais conversa agora? O que está acontecendo de positivo no seu grupo de amigos? O que você gostaria que fizéssemos juntos? O que mais o anima agora? O que mais o estressa agora? A biblioteca de New Milford é um ótimo lugar para passar um tempo de qualidade com seus filhos. Encontre o momento e o lugar certos para resolver quaisquer problemas. Seu tempo é o melhor presente que você pode dar aos seus filhos.

- O programa de Assistência de Energia de CT ainda está aberto para ajuda para aquecimento da casa!
- O abrigo comunitário de New Milford foi reaberto para o inverno
- A VITA oferece preparação de impostos gratuita em nosso escritório de Fev 5, 2025 a Abril 4, 2025.
- Os fundos do ARPA ainda estão disponíveis para aqueles que sofreram algum tipo de impacto financeiro devido à COVID e esse impacto é demonstrado na declaração de imposto de renda.
- As inscrições para o acampamento de verão abrem em breve. Planeje com antecedência e nós oferecemos ajuda financeira.

***Fechada Cerrada***

*This office will be CLOSED on the following days:*

***Monday, January 20, 2025 in honor of Martin Luther King Jr Day***

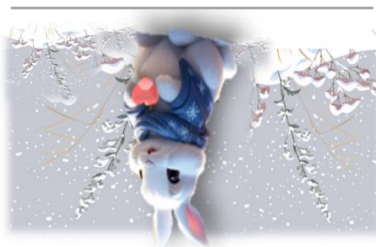
***&***

***Monday, February 17, 2025 in honor of Presidents Day***



PERMIT NO. 10

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



860-355-6079

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