

New Milford Social Services

2 Pickett District Rd, New Milford CT 06776

Fall Newsletter 2024

Issued September 2024



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

Website: www.newmilford.org

 New Milford Social Services

Our Programs

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

- **New Milford Food Bank**- for individuals, families w/children, seniors 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

"I don't have all my ducks in a row, not even some, but they are in the same pond, so I have that going for me, which is cool."

"Planning is bringing the future into the present, so you can do something about it now."

Greetings From New Milford Social Services!

Hello everyone and Happy Fall! Welcome to our Fall newsletter. A lot of what's in here will look familiar to you. It is, of course, "that time of year" to update your to-do list in order to prepare for the colder months and the holiday season (Thanksgiving and Christmas!).

Because there is so much going on this time of year, I wanted to talk about planning ahead to avoid empty oil tanks, another bout of the flu or COVID (let's hope not!) or squeezing our budgets to accommodate Thanksgiving dinner or holiday gifts. Planning is a form of self-care- which is really important in order to lessen the stresses of life, especially the events in life that are expected and cyclical- coming around each year at the same time of year. As I thought about this, the phrase, "**Getting my ducks in a row**" came to mind and I decided to Google it to see what else it would reveal to help me write this piece and inspire our readers.

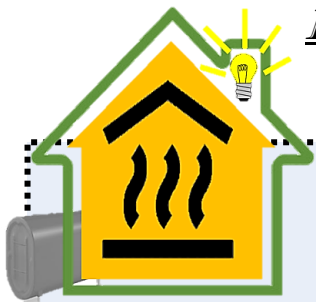
What I found made me laugh out loud and I was reminded that despite the best of our intentions to plan for what's to come (and we know it is coming!), our daily lives can involve many detours. Two quotes, in particular were humorous to me: "*I don't have ducks, I don't even have rows, I have squirrels and they are everywhere!*" and "*My ducks are absolutely not in a row, I don't even know where some of them are, and I am pretty sure one of them is a pigeon!*" Hey, that's what I feel like on many occasions! And I am sure I am not alone. So please try along with me try. Gather a few of your ducks and start to line them up. Take a deep breath and pick one thing to do after reading this newsletter that will help you in the coming months. Maybe it's calling us for an energy appointment, or filling out the holiday form. Setting your calendar to come to the food bank or calling your pharmacist for a vaccine shot. Whatever the action, just do it before life steers you in a different direction and you realize all your ducks have wandered off.

~ Ivana ☺



ENERGY ASSISTANCE - HEATING AND UTILITY:

NOW OPEN to APPLY! DON'T WAIT!



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 APPLICATIONS** are being taken for the winter season prioritizing people with deliverable fuels (oil, propane, kerosene, wood) 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 State 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 1st** 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 2024-2025 STATE MEDIAN INCOME GUIDELINES

Household of 1	Household of 2	Household of 3	Household of 4	Household of 5	Household of 6
\$ 45,505	\$59,507	\$73,509	\$87,511	\$101,513	\$115,514

- 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 after November 1st. There looks to be some changes coming in the Fall for
- **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.
- **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. Funds are limited. Current income limits are:

75% OF 2023-2024 STATE MEDIAN INCOME GUIDELINES

Household of 1	Household of 2	Household of 3	Household of 4	Household of 5	Household of 6
\$ 51,941	\$67,923	\$83,905	\$99,888	\$115,870	\$134,848

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

Holiday Program Registration is OPEN!

We are now accepting registration for Thanksgiving, Santa Fund and Disabled Adult gift programs. Pick up a registration form at our office or download one online from our website.

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

If you have not shared your 2024 income with our office, now is the time to do it! Your registration will not be complete without it.

YOU MUST REGISTER if you want to participate in these programs, including the Thanksgiving program because the food bank will be closed.

DEADLINE IS NOVEMBER 1, 2024

Thanksgiving distribution will be Monday, Nov. 25th.

Distribution date for Santa Fund is currently set for Tuesday, Dec. 10th.

Disabled Adult program will be Thursday, Dec. 19thduring food bank hours.



ARPA funds are still available to help New Milford residents who have experienced a financial impact due to COVID any time after March 2020.

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

Applications can be found on our website [New Milford Social Services](#) or email or stop by our office for one.

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



A Message from Dawn:



Watch Out for Rental and Eversource Scams!



Along with the change in seasons, some may also be transitioning into a new home. Whether it's Facebook or on some other website, there are some apartments out there that just look too good to be true! A listing showing a beautiful space, great amenities, and very low rent are just some of the ways scammers will advertise an apartment that looks legitimate but doesn't really exist. Upon inquiring, watch out for "landlords" telling you they are out of town while also creating a false sense of urgency for you to act. They may ask for a security deposit and/or first month's rent to view or reserve the property. The "landlord" may also send an application that requires your Social Security number and other personal details. Once they get your money or information, they will stop responding.

There are some things to keep in mind to avoid being scammed. For one, be suspicious of deals that just seem too good to be true. Scammers will use this tactic to attract your interest initially. Also, be sure to search the information given to you online. By searching the listing, scammer's email address, and phone number, it may be clear whether the landlord is legitimate. If you see the same ad listed in other cities, it's likely a scam. It's also important to see the property in person before sending any money. A scammer's preferred method of getting money is through apps like CashApp or Venmo, so don't pay a stranger through these personal transfer apps. Feel free to reach out to us for more guidance or support.

One more thing! Eversource customers, be on the lookout for a new scam asking for your personal information in exchange for a fake discount. If someone supposedly calling from Eversource starts asking for sensitive information over phone or email, hang up and verify directly with the company.

Attention Social Service Families with Children!

The New Milford Youth Agency has **limited** FREE spots for some upcoming enrichment classes. Let us know if you want to register and we can help verify your household for a FREE spot! Contact us soon! You will also need to register through myyouthagency.com



- Cooking with Chef Sabrina! 9/23, 9/24, or 9/30 for Grades 3-5
- Robotics Advanced Coding (just a little bit past beginner!) for Grades 6-12.




ALL PRO DAD.

Every Month!

This meeting is brought to you by the New Milford Youth Agency and Families Network of Western CT, Inc.

Come enjoy dinner with your child(ren) and learn all about the All Pro Dads program.

Participation is **FREE**

All Pro Dad's Day is a monthly gathering of fathers and their kids with the simple purpose of growing closer to each other while enjoying dinner and participating in meaningful activities.

First Meeting of the School year
Monday 9/9 from 6-7pm
At the Maxx, 94 Railroad Street
New Milford

To register use the QR code



For more information contact:
Brian Hembrook @
bhembrook@newmilford.org
or (860) 210-2030



HVHD is hosting several public FLU CLINICS in New Milford to help keep our community healthy! Appointments are encouraged. Use the links below to make your appointment! If you need help, please ask us.

DATE	TIME	LOCATION	Appointment LINK
9/25/2024	2:30pm – 4:30pm	JPCC cafeteria	https://HVHD.as.me/community-flu
9/28/2024	9:00am- 12:00pm	Sarah Noble Intermediate School	https://HVHD.as.me/NM-Community
10/16/2024	2:30pm – 4:30pm	JPCC cafeteria	https://HVHD.as.me/community-flu
10/24/2024	10:00am-2:00pm	New Milford Food Bank	WALK –IN

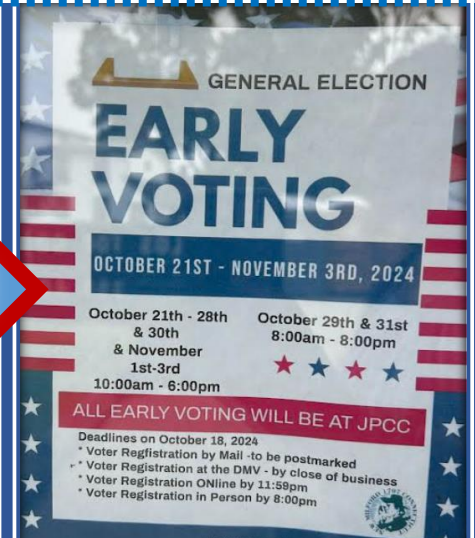
"YOUR SAY, YOUR DAY!"

CT EARLY VOTING dates for the General Election have been set for New Milford!

October 21st- 28th & 30th 10am-6pm October 29th & 31st 8am-8pm
November 1st-3rd 10am-6pm Election Day, November 5th- vote in your district

Are you registered to Vote? Not sure if you are eligible?
Need to update your information?

Visit MyVoteCT.gov



GENERAL ELECTION
EARLY VOTING
OCTOBER 21ST - NOVEMBER 3RD, 2024

October 21th - 28th & 30th & November 1st-3rd 10:00am - 6:00pm
October 29th & 31st 8:00am - 8:00pm

ALL EARLY VOTING WILL BE AT JPCC

Deadlines on October 18, 2024
 * Voter Registration by Mail - to be postmarked
 * Voter Registration at the DMV - by close of business
 * Voter Registration ONLINE by 11:59pm
 * Voter Registration in Person by 8:00pm

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 on
Wednesdays afternoons,

@ New Milford Social Services
2 Pickett District Road



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*

NMFB "BUDDY" RECIPE for the Season!

* Look for these ingredients in our pantry!



* Look for these ingredients in our pantry!

Jiffy Corn Bread

- 2 boxes of Jiffy cornbread mix*
- 1 can creamed corn*
- 1 can whole kernel corn (drained)*
- 1 cup sour cream
- 1 cup shredded cheese*
- Optional- green chilies or jalapenos



Directions:

Mix all ingredients in a large bowl.
Pour into greased pan or muffin tins
Bake on 350 for 30-45 minutes
or until done in the middle

'Enjoy!'

Easy Chili

- 1 pound of ground beef*
- 1 or 2 cans of beans (Kidney, Pinto, White)*
- 1 can diced tomatoes (or sauce if preferred)*
- Chili Seasonings
- Salt and pepper to taste
- Optional- chopped onions, garlic

Directions:

Cook ground beef (and onions/ garlic if adding).
Drain oil. Add tomatoes, beans, and seasonings with 1 or 2 cups of water. Simmer, covered, for 20 minutes. Serve with rice and/ or Jiffy Corn Bread!

'Enjoy!'



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

Where: Faith Church, New Milford
When: 1st and 3rd Wednesday, every month, weather permitting
Time: 4:30pm – 5:30pm OR until food runs out (get there early)

STAY IN THE KNOW OF THEIR SCHEDULE:

Website: <https://ctfoodshare.org/mobile>

Or
Text FOODSHARE to 85511 ←
Or
Text COMIDA a 85511 ←



Looking for other local food pantries or meal kitchens?

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

<https://www.newmilford.org/content/3088/3134/default.aspx>



Remember these numbers:

Call 988 or Text 741741

They can save a life



❖ Do you walk Route 7 or other poorly lit roads to get to work, school or the store? The Town wants to help keep you safe by providing free reflective vests to you! We have some in our office, just ask us! 😊



❖ ¿Camina por la Ruta 7 u otras vías mal iluminadas para llegar al trabajo, la escuela o la tienda? ¡La ciudad quiere ayudarlo a mantenerse seguro proporcionándole chalecos reflectantes gratuitos! ¡Tenemos algunos en nuestra oficina, pregúntenos! 😊



❖ Você caminha pela Rota 7 ou por outras estradas mal iluminadas para chegar ao trabalho, à escola ou à loja? A cidade quer ajudar a mantê-lo seguro, fornecendo coletes refletivos gratuitos para você! Temos alguns em nosso escritório, basta nos perguntar! 😊

Exciting Family Event- FREE at JPCC!

United Way is hosting a FAMILY FEST full of fun activities, important information and flu vaccines for anyone and learn more about it from Katy and Ingrid at the NM



SUICIDE PREVENTION RESOURCES

National Suicide Prevention Lifeline 988lifeline.org 988	→	24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States, for veteran specific services Dial 988 then Press 1
crisistextline.org Text CT to 741741	→	Crisis Text Line provides free, confidential 24/7 mental health support via text messaging.
preventsuicidect.org	→	Connecticut Suicide Advisory Board (CTSAB) website including free materials, resources, articles and links to other credible websites and information
nssf.org/safety	→	National Shooting Sports Foundation -Suicide Prevention Program for Retailers and Ranges including videos and a toolkit
211ct.org	→	Free, confidential information and referral service that connects people to essential health and human services 24/7
afsp.org	→	American Foundation for Suicide Prevention
ctclearinghouse.org	→	A statewide library and resource center for information on suicide, mental health disorders, substance misuse, prevention and health promotion, wellness and other related topics
keepitsecure.net	→	US Department of Veteran Affairs videos and information on suicide prevention and safe storage

Reserve your family's spot to attend!



COMMUNITY MESSENGERS:



MENSAJEROS COMUNITARIOS:



New Milford Family Fest & Community Connections

Festival Familiar & Conexiones Comunitarias De New Milford

FREE EVENT!

Family Resources: Discover valuable resources for your family, meet local organizations:

- New Milford Public Library
- Community liaisons from police and fire departments
- Health department & Literacy Volunteers and more

vaccination opportunities from the Health Department, pumpkin contest, face painting for kids and more!

When:

Saturday, October 19, 2024
10:00 am - 1:00 pm

Where:

Pettibone Community Center
2 Pickett District Road
New Milford CT 06776

¡EVENTO GRATUITO!

Recursos familiares: Descubra recursos valiosos para su familia, conozca organizaciones locales:

- Biblioteca pública de New Milford
- Enlaces comunitarios de los departamentos de policía y bomberos.
- Departamento de salud y voluntarios de alfabetización y más

Oportunidades de vacunación del Departamento de Salud, concurso de calabazas, pintura de caras para niños y más.

Quando:

Sabado, Octubre 19, 2024
10:00 am - 1:00 pm

Donde:

Pettibone Community Center
2 Pickett District Road
New Milford CT 06776

Reserve your spot today! Contact:

<https://forms.gle/bTvX7ZietkomgLeP7>

Ingrid Gamboa

Ingrid.gamboa@unitedwaycwc.org or 203.883.6708

Katy Francis

Katy.francis@unitedwaycwc.org or 203.215.8857



¡Reserva tu lugar hoy! Contacto:

<https://forms.gle/bTvX7ZietkomgLeP7>

Ingrid Gamboa

Ingrid.gamboa@unitedwaycwc.org or 203.883.6708

Katy Francis

Katy.francis@unitedwaycwc.org or 203.215.8857





A Special Message from our Social Worker and Diverse Community Advocate:

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 2024

Bienvenidos a nuestro boletín de Otoño de 2024. Nuestro boletín de otoño de 2024 se centra en consejos de autocuidado durante tiempos difíciles. Hay información sobre programas que pueden ayudarlo a usted y a su familia, como nuestro banco de alimentos, asistencia energética para calefacción primaria. Tenemos fondos limitados para asistencia financiera de emergencia para alquiler/hipoteca, facturas de la casa, cuidado infantil, facturas médicas, costos de transporte, alimentos y ropa.

Información y educación sobre alfabetización financiera

Ofrecemos evaluación de necesidades, intervención en crisis y orientación poscrisis

*Información, derivación y asistencia con recursos locales, estatales y federales y programas de derechos.

Programas para niños y familias:

Inscripción en el paquete para bebés, campamento y actividad de enriquecimiento, inscripción en programas de regreso a la escuela (estacional) vacuna y obsequios de vacaciones de invierno para niños (estacional).

Uma mensagem especial para nossa comunidade diversificada de nosso assistente social

Bem-vindo ao nosso boletim informativo de Outono de 2024

Bem-vindo ao nosso boletim informativo do Outono de 2024. Nosso boletim informativo do outono de 2024 se concentra em dicas de autocuidado durante tempos difíceis.

Há informações sobre programas que podem ajudar você e sua família, como nosso banco de alimentos, Assistência de Energia para aquecimento primário. Temos Assistência Financeira [limitado] de emergência para aluguel/hipoteca, contas de casa. Creche, contas médicas, custo de transporte, alimentação e roupas.

Informações para educação financeira: Oferecemos avaliação de necessidades, intervenção em crise e navegação pós-crise

*Informações, encaminhamento e assistência com recursos locais, estaduais e federais e programas de direitos.

Programas para crianças e famílias: Inscrição para para fraldas de bebês, vacina, acampamento e atividade de enriquecimento, inscrição nos programas de volta às aulas (temporada) e presentes de Natal para crianças (temporada).

“It only takes One Voice to give others the Chance to see Possibilities” ~ Aimee Carter



Fechada Cerrada
Future office CLOSINGS:



*Monday, October 14, 2024 (Indigenous People Day)

*Monday, November 11, 2024 (Veteran’s Day)



*Thursday/ *Friday November 28-29- 2024 (Thanksgiving holiday break)



*Wednesday, December 25, 2024 (Christmas Day)

*Wednesday, January 1, 2025 (New Year’s Day)



CHANGE SERVICE REQUESTED

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



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