



New Milford Social Services



"To Listen, To Advocate, To Empower"

April 2016

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New Milford Social Services

Greetings from Peg Molina:

Sun, warmth, flowers pushing up from below the earth, the glorious shift from gray and brown to every imaginable shade of green . . . the miracle of spring is upon us once more! It's hard not to smile and feel a lift to the spirit as we contemplate spring.

How can we harness a bit of that energy toward good in our lives? Over the years, I've talked about doing our own internal spring cleaning or using this change of season to foster a needed change in our lives. Despite great intentions, the actual "doing" phase can be where we get hung up. Here are a few tips I've learned over the years:

(1) Use an outside motivator to get you going. For example, if you've wanted to lose weight and there's a family event in three months, use it to set a (realistic!) weight loss or exercise goal. If you want to have your GED before your 15 year old son graduates, use his approaching graduation as a motivator! Start by thinking about a goal you've been putting off, and then see if there might be a motivator like this to tie it into. In time, once you start to see some gain, that motivator will come from within yourself. (2) Team up! If you know you need to exercise, find a walking buddy. If you want to save money, find a friend or family member who will set a similar goal. If you don't know where to start, there are activity clubs, online financial support groups, people to ask for suggestions . . . but having a partner or supporter improves the chances of success. (3) Listen to your "gut". You know a relationship is toxic if your stomach churns every time you see that person. Get help. You are probably right that you're in over your head after saying "yes" to one more responsibility (or making a recent purchase) if you feel a heaviness of heart just thinking about it, or thinking about how you'll explain this one to your family. In these cases, making change may mean lightening your load, or stopping a bad habit—positive change nonetheless. Your physical self sends out signals when all is in sync and other signals when it's not! Pay attention.

Find spring out there, see if it can be put to special use in your life, and read on to see what we have in store at Social Services and elsewhere in our community.

Peg

"I believe in process. I believe in four seasons. I believe that winter's tough, but spring's coming. I believe that there's a growing season. And I think that you realize that in life, you grow. You get better."

-Steve Southerland

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The mission of New Milford Social Services is to help residents meet basic needs of food, housing, clothing maintenance of health and wellbeing, and to help provide various seasonal goods and programs for residents experiencing financial hardship.



Financial Tip of the Month:

From Reeta Wolfsohn, (Director of the Center for Financial Social Work)

Most magazine, social media sites, blogs and talk shows discuss the importance of self-care. They are referring to personal self-care which is so important.

However, **financial self-care** is an important part of personal self-care because financial problems impact every area of your life. Can you identify one or more ways you can begin to practice financial self-care?

Example: putting your determination to control household spending above your child's ever changing wish list. Give your child an allowance for making his own spending choices. Except for the allowance, this takes his "wants" out of your household spending budget and teaches a valuable lesson.

PROGRAM UPDATES:



Summer
Camp



Summer
Camp



New Milford Rec-On Summer Camp takes place June 20- July 29th, offering plenty of activity for kids *entering grades 1-8*. Social Services **now handles all scholarships for this Parks and Rec program**, based on income eligibility. Camp registration begins Monday, May 2nd and registrants must create an online account at www.newmilfordrec.com prior to registering. (You can do so at the Parks and Rec office if you do not have internet access) Space is guaranteed for all children registered on May 2nd and 3rd. In order to receive a scholarship contact Social Services *before* registering your child for camp. Scholarships go toward the cost of camp, not for special trip costs; payment for parent's portion of camp must be made by June 8th.

Camp CONNRI is a great camp for families with children ages 7 – 12. The camp lasts 5 days, a perfect introduction to “sleep-away” camp. Run by the Salvation Army and located in Ashford, CT, it offers a full range of activities such as swimming, boating, archery, team sports, arts and crafts and nature studies. This is a Christian-based camp, but children of all religious backgrounds are welcome. **The cost is \$35! NM Social Services will be sending a group to camp for Session 7: Mon. August 8 to Fri., the 12th.** Social Services Office Coordinator, Monika, is handling registration and has applications. Transportation will be provided. Openings are available first come, first serve. Children must have had a physical within a year of August 8th.

“Bike Day” is back! and **Back to School Clothes for Kids** registration will begin in mid-June when school gets out. Details for both programs to follow in May's newsletter.



CALLING ALL DOGS: FREE RABIES CLINIC IN MAY!: Park Lane Animal Hospital is holding its 2nd annual FREE rabies clinic for Social Services clients on May 12, 5-6pm at their office. To register, call Tracey at 860-350-4937. Bring proof of previous vaccination if you have it, & your dog can receive a 3-year vaccine.

Sorry, no cats.



ENERGY ASSISTANCE: Social Services is taking applications for the CT Energy Assistance Program for all forms of heat through April 30th. Call today for an appointment!

FAMILY FIRST! SPRING WEEKEND: May 20 -22, 2016

YMCA Camp Jewell, Colebrook, CT

One great way to take time out for your whole family is by attending a Family First Weekend with us at Camp Jewell. The May “Family First” is for families that have not yet attended this weekend experience. It is a wonderful opportunity to take your 4 – 15 year old kids away for a weekend that combines lots of fun, group adult time and learning. Facilitated by our staff and great volunteer professionals, adult workshops are focused on handling stress, parenting and living on a “financial shoestring”. While adults are in workshops, kids are enjoying a full range of camp activities, supervised by their capable staff. By mid-Saturday the focus for all is play and enjoyment of activities not readily available in New Milford. Take a chance on something new and join us! You will be rewarded with a great weekend away to gain a new perspective and return refreshed. Families stay in heated, well-equipped cabin areas; all meals provided. \$20 per family plus a small surcharge for horseback riding covers all costs. Transportation by bus is included. Call the office for more information or to register. (Forms are also available online at www.newmilford.org, click Departments, then Social Services)



GRANDPARENTS AND OTHER RELATIVES RAISING CHILDREN:

The next meeting of New Milford's “When You're a Parent . . . Again” info and support group will be on **Monday, April 11th** from 5:30 p.m. to 7:00 p.m. at The Maxx, 94 Railroad St. in New Milford. Dinner and child care are included. Come for informal conversation and resources for those in this unique situation. Please RSVP to Amy Bondeson at Social Services, 860-355-6079 x4 or Leo Ghio at the Senior Center (860)-355-6075.



“SNAP” OUTREACH

THIS MONTH: CT

Institute for Families SNAP (formerly Food Stamps) Outreach Worker, Sara Arroyo, will be here on **Wednesday, April 13th from 9:00 a.m. – 3:00 p.m.** to help people apply for SNAP online. To make an appointment with Sara (who is bi-lingual) and learn what to bring, please call our office. There are currently openings; call and learn what to bring to your appointment.



VETCENTER VISIT:


Tanya Bingham, social worker for the Danbury Vet Center will be available to meet with veterans and family members at the Richmond Center on the **first Thursday of the month (4/7) from 9am – 12pm.** Say hello to Tanya while visiting the food bank and learn more about their free services.

DSS Benefit Renewals can NOW be done **ONLINE!** 

DSS enrollees can go online to renew their benefits or report changes. You can even upload supporting verifications and documents. **Users create a MyAccount** (online benefits account) and access the process through www.connect.ct.gov.



YOGA FOR ALL:

When we say “all” we mean it! You don't have to be physically fit or have a certain body type. Yoga is a wonderful activity to quiet your mind and benefit your body. Many adaptations can be made if you have physical limitations! **Join us through April on Wednesdays, 5:00 – 6:00 p.m.,** at the Richmond Center with Faith Ficcaro. Clients are asked to pay \$1 per class; Town employees may participate, paying \$5 per class. Call Social Services today!! 



COMMUNITY RESOURCES:



Family and Children



Summer Camp

...CONTINUED...

Camp Jonathan is a unique day camp for children ages 6 to 12 who have suffered the loss of a significant loved one. It allows children to creatively explore their feelings about death, dying and bereavement in a safe environment. This summer camp, which is free of charge, is held at St. John's Episcopal Church, on Main St. in New Milford; July 25 - 29, 2016. For more information and registration please call New Milford VNA Hospice at 860-354-2216.

United Cerebral Palsy Camp Harkness is an overnight camp offering experiences for children, teens and adults with physical and/or intellectual disabilities. A full range of activities is offered at this beautiful camp located in CT on the Long Island Sound. Scholarships are available. For more information, contact the UCP of Greater Hartford at 860-236-6201 x316. Check the CT Dept. of Developmental Services website, www.ct.gov/ddc for other camp opportunities for those with a physical or mental impairment that substantially limits one's major life activities.

OTHER CAMPS: Many other camps, such as **The Pratt Center in New Milford, Greenknoll (Brookfield) YMCA Camp, Great Hollow Wilderness School in New Fairfield** and more, offer independent scholarships. Check with these organizations now as financial assistance is provided on a first-come first-serve basis. MVP-SOS will also provide financial assistance for sports and other camps held in New Milford. Their application can be found on the website: www.mvpsos.org.

NEW MILFORD YOUTH AGENCY NEWS:



Teen Interview Skills Workshop: this free four part series runs after school on **Wednesdays in May. (4th, 11, 18 and 25th)** Participants will learn how to complete an application, create a resume and practice mock interviews to build confidence. Register with Lindsey@youthagency.org

New Milford Substance Abuse Prevention Council presents "I am Dirt": performance at NMHS April 28th 6:30 p.m. –parents and community members welcome to this dynamic one man show about substance abuse and choices. (Will be shown to 11th/12th grades earlier in the day.) Come!!



DANBURY VET CENTER:

provides Readjustment Counseling for Veterans and their Families. The Vet Center provides group, individual, couple and family therapy (children 5yrs old and older), free of charge (must show DD214-discharge document) to veterans and active duty service members who present for care. Call to set up an appointment; 203-790-4000, or walk-in Mon-Fri 8am-4:30pm and a counselor will see you. You've served us, now let us serve you. See page 2 for upcoming visit from one of their social workers.



CT DSS assists low income families spay/neuter pets.

Applications are at New Milford Social Services or www.ct.gov/dss.



Education

COMMUNITY CULINARY

SCHOOL is currently registering for its **next session beginning April 25th, 2016**. If you or someone you know is out of work, not getting enough hours at work, or ready for a change, and enjoys cooking, this may be the perfect opportunity! Classes run Monday through Friday from 9 a.m. to 3:30 p.m. for twelve weeks. The program then assists you with finding a job in the food industry. Scholarships (up to 100%) available. Call Dawn Hammacott at 203-512-5791 for more information. Applications are available in our office or at www.communityculinaryschool.org.

TBICO: in Danbury, provides a range of employment-related services, business training, and financial education for individuals seeking to become economically stable and self-sufficient. TBICO provides training, ongoing support, and learning opportunities which help students achieve job readiness, personal and career growth, and ultimately independence. TBICO is unique in that it offers all of its services **free** of charge to low-income and/or disadvantaged adults. For more information contact TBICO at 203-743-6695 or go to www.tbicoworks.org.



State and Legal

ON-LINE LEGAL ASSISTANCE:

CTLawHelp has created on-line classrooms to help people with certain legal issues. Go to <http://ctlawhelp.org/classroom>.



Support Groups & Meetings

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 or 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.

THE WOMEN'S CENTER OF GREATER DANBURY: offers a number of support groups for survivors of sexual assault or domestic violence, women going through divorce and those interested in improving their self-esteem. All are offered in their Danbury office. For more info call the Center at 203-731-5200 to speak to a counselor.

GREENWOODS COUNSELING REFERRALS: If you would like to enter into counseling for a problem, life transition or other issue in your life, Greenwood is a great place to start. They offer a free clinical assessment (which can take place in New Milford) and then you will be provided with the names of three local therapists qualified to help you. If you lack insurance, Greenwood can help cover the fees. If you have insurance, Greenwood will find a therapist who accepts your insurance. Start by calling them at 860-567-4437; you will be given a timely appointment!

FOOD BANK HOURS:



S	M	T	W	TH	F	S
				7	1	2
3	4	5	6	14	8	9
10	11	12	13	21	15	16
17	18	19	20	28	22	23
24	25	26	27		29	30

Every THURSDAY from 9am-4pm.

Please bring in your own reusable bags!!



NEW MILFORD FOOD BANK RECIPE OF THE MONTH:

Happy Spring!



Pasta Primavera

- Kosher salt
- 12 ounces fusilli
or other corkscrew pasta
- 1/2 pound sugar snap peas, halved lengthwise, or
broccoli florets (or a combination)
- 2 carrots, shredded
- 1 yellow bell pepper, cut into thin strips
- 1/4 cup extra-virgin olive oil, plus more for drizzling
- 4 cloves garlic, thinly sliced
- 1 pint cherry tomatoes, halved
- 1/4 to 1/2 teaspoon red pepper flakes
- 1/2 cup roughly chopped fresh mint
- 1/2 cup grated parmesan cheese
- 4 ounces goat cheese, crumbled



Directions:

Bring a large pot of salted water to a boil. Add the fusilli and cook as the label directs. Add the sugar snap peas and/or broccoli, carrots and bell pepper to the boiling water during the last 2 minutes of cooking. Reserve 1/2 cup cooking water, then drain the pasta and vegetables and return to the pot. Meanwhile, heat the olive oil in a large skillet over medium heat. Add the garlic and cook until just golden, about 30 seconds. Add the tomatoes, red pepper flakes and 1 teaspoon salt; cook until the tomatoes begin to wilt, about 2 minutes. Stir in 1/4 cup of the reserved cooking water. Pour the tomato mixture over the pasta and vegetables. Add the mint, parmesan and half the goat cheese and toss to combine. Season with salt. Divide the pasta among bowls. Top with the remaining goat cheese and drizzle with olive oil. *Recipe courtesy of Food Network Magazine*

Vegetable Frittata

- 8 large eggs
- 1/3 cup milk
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons olive oil
- 1 medium red bell pepper, seeded, thinly sliced
- 1/2 small red onion, thinly sliced (about 1/2 cup)
- 2 cups packed baby spinach
- 4 ounces feta



Directions:

1. Preheat oven to 350°F with rack in center position. In a large bowl, beat eggs with milk, salt and pepper.
2. Warm oil in a 10-inch ovenproof skillet over medium heat. Add red pepper and onion and sauté until softened, about 7 minutes. Stir in spinach and sauté until wilted, about 2 minutes. Distribute vegetables evenly in skillet and pour in egg mixture. Crumble feta on top. Cook without stirring until eggs are just beginning to set around the edges, 2 to 3 minutes.
3. Place skillet in oven. Bake frittata until almost set in center, about 15 minutes. Turn broiler on high; broil frittata until top is golden brown, about 2 minutes, watching carefully to prevent over-browning. Remove from oven. Let frittata rest for 5 minutes before serving.

From www.myrecipe.com as contributed by AllYou recipes



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