



June 2016

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New Milford Social Services

Greetings from Peg Molina:

Life Lessons ~ First of a Series



I've found a great book that I want to share with you! It was actually given to us by my son and his girlfriend at Christmas, and I've finally taken the time to see what a fine little book it is. It's called "**Really Important Stuff My Dog Has Taught Me**" by Cynthia Copeland. I will provide excerpts from time to time in the Social Services newsletter; there are great take-aways for us humans here!

Lesson One: "Joy is meant to be shared."

A dog reminds us that happiness is about disposition, not circumstance. He fully embraces every moment of his day, assuming that something wonderful is just about to happen. He celebrates what is right and good with the world, overlooking any imperfections. His enthusiasm for even the most seemingly insignificant events is contagious: Someone is at the door! It's time for a walk! I found my ball under the table!

A dog is a living exclamation point! . . .

Greet loved ones with enthusiasm whether they've been gone ten minutes, or ten months.

Laugh at yourself. We all have bad hair days.

"It is a happy talent to know how to play." (Ralph Waldo Emerson) and

"If we would just slow down, happiness would catch up to us".

I know I learn a lot from my dog, too!

Peg



Changes to the "Back to School" Program ~ Parents Read on!

This year, the Back to School program will provide a backpack filled with school supplies and the *gift card of your choice* (from a list of four stores) to use for purchasing new clothing for your child. We can offer this program thanks to the United Way of Western CT. **Registration begins June 2nd and ends on July 8th.** With distribution on Friday, 8/12, you will be able to shop for clothes during the "CT tax free" week (8/14 – 8/20) giving you more bang for your buck!

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TO OUR COMMUNITY PARTNERS & SUPPORTERS:



Thank you to our local postal carriers, volunteers and donors for a successful "Stamp Out Hunger" food drive! Over 5000lbs of food was donated!



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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:

Help Your Kids to be Smart with Money!: As the school year wraps up, parents (and kids) are encouraged to find good books for summer reading. How about including some books about spending and saving, needs vs. wants? After all, it's never too early to start these valuable lessons! We've included some recommendations that are available at the New Milford Public Library or can be requested by the library (for free!) through Bibliomation.

1. "Alexander, Who Used To Be Rich Last Sunday" by Judith Viorst. (Ages 5 to 8).
2. "Those Shoes," by Maribeth Boelts. (Ages 5 to 8).
3. "The Berenstain Bears 'Trouble With Money'" (Ages 4 & up) by Jan & Stan Berenstain. (Ages 4 & up).
4. "Sheep In A Shop" by Nancy Shaw (ages 4& up). (cont'd on pg. 2)

PROGRAM UPDATES:



Summer
Camp



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.



YOGA WITH ANDREA IS BACK!!: Andrea Laubstein has returned to New Milford and is excited to offer a yoga class for people at all levels. It will be on Thursdays, 5 – 6:00 p.m. at the Richmond Center. In addition, Miss Terri will be back to offer a simultaneous yoga and activities program for children! The class will run for eight weeks starting on Thursday, June 23rd. Fees must be paid in advance or at the first class: \$1 per class for Social Services participants and \$5 per class for town employees. Please call the office or email Peg to register!



BACK TO SCHOOL continued: You may register your children in-person at Social Services or via our website: www.newmilford.org. Click on Departments, then Social Services and look for the link **starting on Thursday, June 2nd**. You cannot complete the form online, but can download and scan or fax it to our office. If you have provided proof of income in **2016**, you may sign right up. **For all others, proof of New Milford residence and the previous month’s household income is required.** This includes wages, alimony and child support, Social Security, unemployment, TFA, etc. Teenagers with regular part-time or summer jobs are not eligible unless approved by Peg, Ivana or Amy. Pre-school and college age kids are not eligible.



FINANCIAL TIP CONTINUED: 5. “**Something Good**” by Robert Munsch (Ages 6 & up). 6. “**Becoming Naomi Leon**” by Pam Munoz Ryan (Ages 8 & up). 7. “**All the Money In The World**” by Bill Brittain (Ages 9 & up). 8. “**Kid Power**” by Susna Beth Pfeffer (Ages 10 & up). 9. “**Credit-Card Carole**” by Sheila Klass (Ages 12 & up). 10. “**Shadow In The North**” by Philip Pullman (Ages 13 & up). There are also guides to encourage positive conversations between parents and children and teens about money: “**The Kid’s Guide To Money: Earning It, Saving It, Spending It, Growing It, Sharing It**” by Steven Olfinoski or “**Smart Spending: The Teen’s Guide to Cash, Credit, and Life’s Cost**” by Kara McGuire. Remember to read with your child, create activities from the stories, ask questions and listen! Our office has compiled a more detailed list of books and educational guides.

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, June 13th** 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. This month we will focus on how to enjoy summer vacation including information on camps and free/low cost family activities. Please RSVP to Amy Bondeson at Social Services, 860-355-6079 x4 or Leo Ghio at the Senior Center (860)-355-6075.



BIKE DAY is being held on **Saturday, June 25th, 11 a.m.** in the lower level of the NM Youth Agency at 50 East Street. If your school-aged child would like a newly refurbished second-hand bike to call their own, please register with Social Services. Children receive a new bike helmet (thanks to the NM Rotary) and all hear a safety awareness talk. **John Gallagher of Bike Express and Youth Agency staff and volunteers make this wonderful program possible for us.**



“SNAP” OUTREACH THIS MONTH: CT

Institute for Families SNAP (formerly Food Stamps) Outreach Worker, Sara Arroyo, will be here on **Wednesday, June 8th 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.



FAMILY FIRST!: The annual Family First reunion picnic at Harrybrooke Park takes place on **TUESDAY, JULY 26th 5:30 p.m.** ‘til dusk. Bring your clan and a pot luck item to share. Social Services will provide burgers and dogs, beverages and paper goods. The YA fun team will be on hand to play games with the kids and there will be merrymaking to make! **Call the office to register with a head count and your pot luck item.**



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 2015. To qualify you must have lived in a CT rental for at least 1 year. The maximum income is \$35,200 for 1 person or \$42,900 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 2015 and proof of total income for 2015. Documentation of SS can be form SSA-1099, a TPQY form, or a copy of a 2015 Social Security check. Please call for an appointment once you have all needed documentation.**

COMMUNITY RESOURCES:



Family and Children

HOUSATONIC VALLEY COALITION AGAINST SUBSTANCE ABUSE:

Free Parenting Workshop: Into to Positive Discipline. Monday June 13th Choose from a daytime or evening workshop 10-11:00 AM OR 6:30-7:30 PM HVCASA, 69 Stony Hill Rd. Bethel CT *Focus on solutions * Strengthen Family Connections * Reduce power struggles *Improve communication & cooperation. Registration is required: call 203-512-8591 or go to <http://hvcasapositivediscipline.eventbrite.com> . If you like this workshop, you can sign up for a free 3 or 6 week parenting series!

SUMMER REFRESHER WORKSHOP FOR PARENTS: Mon. June 13th, 7 – 8:30 pm at Litchfield Community Center, 421 Bantam Rd. LOCAL data tells us that the average age of “first full drink” is 13 with some kids experimenting by age 10. Increase awareness and gain strategies. Light refreshments. RSVP to 203-743-7741; sponsored by area Substance Abuse Prevention Councils, including New Milford’s.

YOUTH VOLUNTEER CORPS SUMMER CAMP!: This is a six week service-learning program for youth ages 11 – 18 to participate for one week or more, working to assist local non-profit organizations in the Danbury region. It is sponsored by the United Way of Western CT and there are several weeks of volunteering right here in New Milford. Youth help out three days each week, with adult supervision. There is a cost of \$75, but scholarships are available. Lots of info online or contact Morgan Greening at 203-297-6694 or morgan.greening@uwwesternct.org for more information.



Financial Fitness!

FINANCIAL COACHING PROGRAM: The United Way of Western CT can match you with a trained volunteer coach who works one-on-one with you to help you effectively manage financial issues and basics of money coming and going. Call the Financial Resource Center at 203-297-6674 to inquire about this free service.



CT. FAIR HOUSING CENTER FORECLOSURE PREVENTION

CLINIC: Upcoming clinics for info and to meet with an attorney for help:
Wed. June 15 6:00 - 8:30 p.m. Morton Government Center, 999 Broad Street, 2nd Floor OPED Conference Room, Bridgeport
Wed., July 20 6:00 - 8:30 p.m. City Hall, 125 East Avenue, Room 231 Norwalk
Plenty of parking available! For more info and future dates, please contact: Loretta A. Martina, Paralegal Connecticut Fair Housing Center
For anyone facing foreclosure; no registration necessary
PH: 860-263-0731 lmartina@ctfairhousing.org for more info.



DON'T FORGET YOUR PETS! CT DSS assists low income families spay/neuter pets. Applications are at New Milford Social Services or www.ct.gov/dss.



Career Training

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.



The Community Culinary School is enrolling for a new session that begins on **September 12th, 2016**. For more info contact Dawn Hammacott at 203-512-5791. Applications are available in our office.



Goodwill Career Center

The Goodwill Career Employment Center is located in the Goodwill Superstore at 165 Federal Road in Brookfield. They offer one-on-one job hunting guidance and other employment resources. All services are available free of charge to anyone looking for a job. Some of the courses offered include: resume writing, job search, internet and e-mail basics, career change, cover letters and references. For info please call 203-775-5029.



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 discuss this with 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:

Every THURSDAY from 9am-4pm.

Registration is required

Please bring in your own reusable bags!!



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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



NEW MILFORD FOOD BANK RECIPE OF THE MONTH:

Fun and healthy snacks to start off the summer!



Mango Green Smoothie

- 2 cups fresh spinach
- 1 1/2 cups water
- 1 orange, peeled
- 1 ripe banana
- 2 cups frozen mango
- 1/4 cup rolled oats



Directions:

1. Blend spinach, water, orange, and banana until smooth
2. Add mango and oats and blend until smooth

Yields: 2 servings

Notes: Use frozen fruit to make smoothie cold
(Courtesy of snap4ct.org)



Kale Chips

- 1 bunch kale
(or chard, spinach, or collards)
- 1 1/2 tablespoon olive oil
- Spices of your choice***



Directions:

1. Preheat the oven at 300 degrees
2. Line a cookie sheet with parchment paper (optional).
3. Wash and dry kale. With a knife or kitchen scissors, carefully remove the leaves from the thick stems. Tear into bite-size pieces.
4. Place kale pieces on cookie sheet.
5. Drizzle olive oil over kale and then sprinkle with seasonings of choice.
6. Bake 10 minutes then rotate pan and bake for another 10 minutes or until kale is crispy and edges are brown but not burned.

Yields: 6 servings

Notes: *Seasoning suggestions: salt, pepper, onion powder, garlic powder, chili powder, cumin, turmeric, and Parmesan cheese
You can also experiment with dipping sauces of your choice! *(Courtesy of snap4ct.org)*

