



# New Milford Social Services

*"To Listen, To Advocate, To Empower"*



**May 2016**

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New Milford Social Services

*Greetings from Peg Molina:*

I am writing this message on Earth Day, a time when we give extra attention caring for our **great** mother, Earth! In the spirit of learning to balance the wants of humans with the need to keep the Earth's environment healthy, I am passing along five ideas for conserving resources that can also save personal resources of time and money:

1. Make the switch from disposable water bottles to a re-usable one that you can wash daily. Ditto for coffee or other favorite beverage. Rather than buying it, use tap water whenever possible.
2. Exercise "black out day" once a week: utilize day light and turn off lights and electronics. See what other interesting things you (and your kids) find to do when the electronics are off limits!
3. Skip meat for one dinner a week. It takes 600 gallons of water to produce one hamburger, not to mention all of the grain grown to feed cattle. Vegetarian meals are usually less expensive and healthier.
4. Take a shorter shower, saving both water and electricity. Likewise, turn off the tap when brushing your teeth, or even when soaping up during your summer month showers. You could even switch to a water-efficiency shower head (they are inexpensive to buy) and save up to 750 gallons of water a month!
5. Soak pots and pans rather than letting hot water run while scraping them clean. Less effort, less hot water wasted.

There are tons of other good ideas at our fingertips; see what your household can do for your sake and "our" mother's sake! After all, every day is Earth Day!

*Peg*

**TO OUR COMMUNITY PARTNERS & SUPPORTERS:**

**Saturday May 14<sup>th</sup> is the Stamp Out Hunger Postal Worker's Food Drive.** Please help us and food pantries all over CT by putting a bag of new non-perishable foods out for donation. Your postal worker will pick it up and deliver it to the Food Bank where it is GREATLY NEEDED! Spread the word through Facebook and other media ~please! Most needed: PB & J, tuna, kid's snacks, canned meals and fruits. Thanks!



**CALLING ALL DOGS: FREE RABIES CLINIC IN MAY!:** Park Lane Animal Hospital is holding its 2<sup>nd</sup> 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.**

**Issue 5.2016**



*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:**

We pay a VERY high price for the choice of drinking bottled water vs. tap water. Read on: "The [bottled water] industry grossed a total of \$11.8 billion on those 9.7 billion gallons in 2012, making bottled water about \$1.22 / gallon nationwide and 300x the cost of a gallon of tap water," (market strategist Nick) Colas says. "If we take into account the fact that almost 2/3 of all bottled water sales are single 16.9oz (500 ml) bottles, though, this cost is much, much higher: about \$7.50 per gallon, according to the American Water Works Association. **That's almost 2,000x the cost of a gallon of tap water and 3 times the cost of a gallon of regular gasoline.**"

If you are thrifty and buy one sale case weekly, the cost (continued on pg. 2)

## PROGRAM UPDATES:



Summer  
Camp



Summer  
Camp

**New Milford Rec-On Registration:** Summer Camp takes place June 20- July 29th, offering plenty of activity for kids *entering grades 1-9*. 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](http://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.

**IMPORTANT UPDATE:** The deadline to apply for the CT Energy Assistance Program has been extended to May 31<sup>st</sup>. If you have not yet applied for the 2015-16 heating season and especially if you or someone you know gets a shut off notice for electric heat, **CALL us for an appointment right away! We can help!**




**FINANCIAL TIP CONTINUED:** for a year is \$155.00. vs. 48 cents for yearly tap! But how many times have you found yourself thirsty and bought a single bottle? (or a few single bottles for you and \_\_\_--fill in the blank) The more likely cost is a lot higher when these random bottles are added in. By the way, don't think bottled water is pure vs. tap being filled with chemicals. According to the Environmental Protection Agency, much bottled water IS tap water and some has been known to contain contaminants like fertilizer residue and pain medication. Not such a great deal at all! So find your favorite re-usable container, make ice and pack your own from now on!

### **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, May 9<sup>th</sup>** 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 BACK!:** Bike Day will be held on **Saturday, June 25<sup>th</sup>, 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.**

**Back to School Clothes for Kids** registration will begin on June 13<sup>th</sup>. This program, sponsored by United Way of Western CT, provides two new sets of clothes, sneakers, a coat, undergarments, toiletries and a backpack filled with supplies to school-aged youth. Full details will be in the June newsletter!



### **“SNAP” OUTREACH**

#### **THIS MONTH:** CT

Institute for Families SNAP (formerly Food Stamps) Outreach Worker, Sara Arroyo, will be here on **Wednesday, May 11th 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 TALK:**

Tanya Bingham, social worker for the Danbury Vet Center will speak about Vet Center's great free services for veterans and their families on Thursday, May 5th at 12:30 p.m. in the Richmond Center dining room. All are welcome to attend. She will also be here during that morning's food bank hours.



### **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 unit for at least 1 year. The maximum income is \$35,200 for one 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



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.

**The NM Youth Agency Camp:** will be held at Sarah Noble this year and kids can attend one or several weeks. The cost, which includes field trips, is \$168 to \$98 weekly with discounts for multiple children in a household. Sign up on line or call Lois at 860-210-2030. (Care 4 Kids approved)

**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](http://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 **Village Center for the Arts and The Pratt Center in New Milford, Greenknoll (Brookfield) YMCA Camp**, 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, Robotics and other camps held in New Milford. Their application can be found on the website: [www.mvpsos.org](http://www.mvpsos.org).

### NEW MILFORD YOUTH AGENCY NEWS:



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

**Think B4U Txt!:** Thurs. 5/12, 3:30 – 5pm for SMS and NMHS students at the Maxx. Topics include sexting, cyber bullying, harassment and consequences.

Important topics!

**Healthy Relationships Workshop:** Thurs. June 2<sup>nd</sup>, 3:00pm at 50 East St. YA office, for SMS and NMHS students. Explore how healthy your relationships are with friends, family, boy or girlfriends in a safe atmosphere.

For all programs, register with [Lindsey@youthagency.org](mailto:Lindsey@youthagency.org)



CT DSS assists low income families spay/neuter pets.

Applications are at New Milford Social Services or [www.ct.gov/dss](http://www.ct.gov/dss).



### Education

**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](http://www.tbicoworks.org).

The Community Culinary School will be enrolling for a new session in **September**.



### 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](mailto: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.



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	18	19	20	21	22	23
24	25	26	27	28	29	30

*Please bring in your own reusable bags!!*



**NEW MILFORD FOOD BANK RECIPE OF THE MONTH:**

*'Tis the season to plant the seeds for a more healthy plate of food!*

*Go green with your vegetables!*



**Tuscan-Style Pasta with Cannellini**

- 12 ounces whole wheat pasta
- 1/4 cup extra virgin olive oil
- 5 large garlic cloves (finely chopped)
- 1/4 pound curly escarole (sliced)
- 1 can cannellini beans (drained and rinsed)
- 1 can diced tomatoes with juice (undrained)
- 2/3 cup dry white wine
- salt and freshly ground pepper
- 1/4 cup fresh basil leaves (thinly sliced)



**Directions:**

Cook pasta according to the package directions. 2. Heat oil in a large skillet over medium-high heat. 3. Add garlic and cook until slightly browned (less than a minute). 4. Add escarole; stirring occasionally until wilted, about 2 minutes. 5. Add beans, tomatoes with their juice and wine. 6. Simmer 5 minutes, stirring occasionally. 7. Season to taste with salt and pepper; stir in basil and heat through. 8. Drain pasta and toss with the sauce. *Notes: Save money by using canola oil in place of olive oil. Use any of your favorite hearty leafy greens in place of escarole, such as collards, chard, or spinach.* ([www.whatscooking.fns.usda.gov/recipes](http://www.whatscooking.fns.usda.gov/recipes))



**Spicy Baked Eggs & Hash Brown Casserole (Gluten & Dairy Free)**

- 3 eggs & 3 cups hash browns
- 1 1/2 cups spinach (I did not thaw it first, just tossed in frozen)
- 3 tablespoons olive oil, drizzled (or melted butter, drizzled)
- salt and pepper, to taste, pinch chili powder, cayenne pepper, garlic, onion powder, Mrs. Dash Seasoning Blend, Tabasco Sauce droplets, hot pepper jelly, *optional & to taste*
- 1/2 cup carrots, bell peppers, mushrooms, asparagus, green beans, onions, corn, or any vegetable that needs to be used or whatever you have on hand, *optional*
- 1/2 cup shredded cheese, *optional*
- ketchup drizzle, *optional*



**Directions:** Preheat oven to 375F and spray a medium-sized baking dish with cooking spray. Crack eggs into the baking dish and lightly beat them with a fork. Add all remaining ingredients & any optional ingredients & swirl them into the eggs, dispersing them evenly. Place baking dish on top of a cookie sheet if needed for stability, and bake for 25 to 30 minutes, covered. If your baking dish does not have a lid, you may wish to cover it with foil so the top doesn't burn before the rest is cooked through. I removed the lid and baked for 20 additional minutes, uncovered, to brown the top very slightly. Optionally, top with cheese in the last 5 minutes of baking. Cooking times will vary based on size of baking dish and amount of vegetables used. Remove from oven when edges are just beginning to brown and pull away slightly from the sides of the dish. Slice and serve immediately, with ketchup drizzled over the top if desired. Store any leftovers in the refrigerator & serve them either cold or reheated, for up to two days. *By Averie @ averiecooks.com*

