



# New Milford Social Services



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

**September 2016**

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 New Milford Social Services

*Greetings from Peg Molina:*



## **Life Lessons, Second in a Series ~ from "Really Important Things My Dog Has Taught Me"**

With so much political divisiveness these days, I find myself drawn to sharing excerpts from the chapter entitled, "Contribute to the Pack". Here goes!: "A dog craves purpose. He wants to expend energy to solve problems, engage with others, and embark on interesting adventures. He is eager to comfort or protect, to herd or to hunt. No matter what a dog's size or temperament, he is waiting and watching for a chance to make a contribution. A dog's purpose is his passion. (and a few more wise comments. . .) Come when you are called.

Sometimes you need the pillow; sometimes you **are** the pillow.

Don't feel as if you have to change the world. Just try to make your corner of it a little better."

We all gain so much more when we are mindful of being in community with one another. There's a real multiplier effect of energy, positive attitude and enthusiasm when we look toward rather than away from one another.

The last line certainly resonates with us ~ making our corner a bit better is what we're trying to do here at New Milford Social Services!

So fall is upon us—wow! We want to help everyone make the most of beneficial programs in the months ahead. There are a few changes, so please read on!

*Peg* 



**FAMILY FIRST!:** The Fall weekend is coming soon! If you have registered to come, please make sure you have paid and **please call to discuss transportation arrangements!** We have a very full group and will need some people to drive themselves. If your plans have changed and you cannot come, please let us know asap. We're looking forward to this special time together!



## **SEPTEMBER IS "HUNGER ACTION" MONTH!**

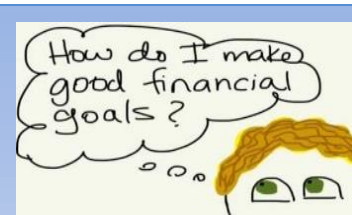
Anti-hunger groups like CT Food Bank draw special attention to the issue of hunger, both nationwide and at our local level in September. We encourage any groups or individuals to participate in our **"Walk a Mile for a Meal"** food-raiser event on Sunday, September 25<sup>th</sup> from 1 – 2:00 p.m. What's involved? Buying one bag of groceries at Big Y and walking to the Food Bank! It's fun, pretty easy and there are refreshments for all walkers to enjoy! Let any groups (even family groups!) you are connected to know! And please call the office to register.



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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:**

The air will soon start to cool and the kids will be getting back into their school routines. This is the perfect time to sit down and plan out your holiday and spending!

Here is a great suggestion! Decide how much your entire holiday budget is going to be. Include not only gifts, but decorations, special meals and parties and travel. Once you have a total amount, divide that amount by the total months we have left before the end of the year. So if your budget was \$500 and it is September, you divide that number by 4 to get \$125. Then you save \$125 a month starting NOW to keep within your budget. If you cannot do that, it is suggested you lower your budget amount to something you can afford.

*...Continued Page 3.*

# PROGRAM UPDATES:



**ENERGY ASSISTANCE:** We start taking applications for the upcoming winter season this month, prioritizing people with deliverable fuels or those with electric heat on a NuStart budget plan. If you heat with oil, propane or kerosene please call the office to make an appointment.

**The first day of fuel delivery is November 9<sup>th</sup>** and we do not have a program that can assist you with fuel deliveries prior to that time.

All **electric heated households** who completed the Matching Payment program last year will be automatically re-enrolled onto Eversource's MPP. **Remember that you still need to re-apply for Energy Assistance through our office every year!** You will receive a letter stating what your monthly budget payment is in November. All payments need to be in by the end of each month, and *all* six payments must be received by April 30<sup>th</sup> in order to get a "match". If Eversource raises your budget, pay the new amount if you can. If you cannot, pay the old amount and be sure to discuss this with us at the time of your application. Income guidelines are listed below:

If your household income is below the following amounts, you may qualify for energy assistance:

<u>Family size:</u>					
1	2	3	4	5	6
33,880.	44,305.	54,730.	65,155	75,579.	86,004.

Visit our department on the [www.newmilford.org](http://www.newmilford.org) website, or come to the office for the list of documents needed to apply. All applicants are asked to bring a current electric bill.

**Please have ALL paperwork at the time of your appointment.** This includes pay stubs even if your employer has gone "paperless". They can help you to get these. Likewise with Direct Express cards and bank statements: you can print full statements online as they must have both your name and your bank's name. You cannot be approved without all needed documents!

**Clean, Tune and Test:** Upon request, funds will be provided to eligible households to cover the cost of a clean, tune and test of their household's deliverable fuel heating system. Renters must receive written landlord permission and funds will not be taken from the fuel benefit. This is a great way to increase the efficiency of your fuel use!

**NEW EVERSOURCE POLICY:** Eversource has started to provide monthly reports of bill payments to Experian, a credit bureau. This means that **how you handle this bill will impact your credit score, good or bad.** People on budget plans, paid on time will be reported as "paid as agreed". If the bill becomes 93 days in arrears, the account will be reported as delinquent and could damage your credit score.

Eversource hopes this will encourage timely payment of utility bills. We know that some financially stressed households have to choose which bills they can afford to pay. If you find yourself in this situation please contact our office so that we can help you get onto a payment plan with Eversource. We also want to document all such cases as they will be evaluating this new practice after one year.



## 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, September 12<sup>th</sup>** @ 5:30p.m. to 7p.m. at The Maxx. Dinner and child care are included. Come for informal conversation and resources for those in this unique situation. RSVP to Amy Bondeson at Social Services, 860-355-6079 x4 or Leo Ghio at the Senior Center (860)-355-6075.



### *Tanya Bingham from the Danbury Vet Center*

will be available at the Food Bank from 9am-11:30am on Thursday, September 1<sup>st</sup> and Thursday, September 29<sup>th</sup>. If you are a Vet or a family member of a Vet who is struggling and needs guidance, Tanya and the Vet Center are great resources!

**Veterans Crisis Line: 1-800-273-8255 (press 1)**



## "SNAP" OUTREACH THIS MONTH:

CT Institute for Families SNAP (formerly Food Stamps) Outreach Worker, Sara Arroyo, will be here on **Wednesday, September 14<sup>th</sup> 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 for Sept.; call us! This is the quickest way to apply for SNAP.



## HISPANIC CENTER:

*The Multicultural Center of Western CT* offers many services to people of ALL nationalities, including help with the immigration process and forms, citizenship classes, help with job applications and other paper-work. They can be reached at 203-798-2855 AND a worker is interested in coming to New Milford to meet with people here! If this would be helpful please call our office!



## RENTER'S REBATE:

**Applications are being 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. 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



**VILLAGE CENTER FOR THE ARTS:** has scholarships for kids to join the after school program, Club Mud, for kids in need of help with school assigned art projects, and for Family Art, a wonderful multi-visit opportunity for the family to have some electronics-free quality time together creating art work! Call our office for a referral, then contact Jayson at [jayson@villagecenterarts.com](mailto:jayson@villagecenterarts.com)



**DAYO Challenger Pop Warner Cheer Program:** this is a cheerleading program for boys and girls with intellectual or physical disabilities, giving them the experience of participating in a Pop Warner program. For more info, contact Pudgie Delohery at 203-770-6051 or [Pudgie1230@aol.com](mailto:Pudgie1230@aol.com).



**HEAD START** is enrolling children ages 3 and 4 for their **fall pre-school programs**. Please contact Rebecca Litz to discuss income eligibility and for other info on this great early education program. [860-304-4648](tel:860-304-4648) ; [litz@educationconnection.org](mailto:litz@educationconnection.org)



**CT CHILDREN'S LAW LINE:** The [CT Children's Law Line](http://www.ctchildrenslawline.org) helps callers understand the legal processes involving children, including custody, visitation, guardianship, abuse, and neglect. The Law Line can also refer callers to other agencies for help. You can call this free service as many times as you need. Click [here](#) for more information. **Where:** 1-888-LAW-DOOR (529-3667)



## NEW MILFORD YOUTH AGENCY NEWS:

Homework club be starting up again with the new school year. NMHS mentors are ready to work with your child on math, reading, studying, organizing, and more! The program is open to area 3<sup>rd</sup>-7<sup>th</sup> graders. FREE. For more information, please call the Youth Agency at 860-210-2030 or email Jason at [Jason@youthagency.org](mailto:Jason@youthagency.org).

**Quassy Amusement Park will be holding "Town Day" on Sept 17<sup>th</sup> & 18<sup>th</sup>.** The cost will be \$5 per resident for All Day Land Ride Pass + \$7 parking charge and meals. You will need a valid New Milford license. Outside guests are \$15.



## *Financial Tip of the Month...continued...*

Another suggestion is to take your total holiday budget number and write it on the top of a piece of paper. Then write down all the people you are buying gifts for as well as all other "extras" (travel, extra food, etc) that you spend money on during the holiday season. Then divide your total budget money up between the different people and categories. If your money is not stretching to cover everything on paper, it won't cover it in reality! You can lower the amounts allocated for certain gifts, or forgo gifts that cost money altogether for some. Think about ways you can celebrate with friends, family and co-workers without buying gifts! Having a potluck party instead of feeling you have to shoulder the burden of purchasing all the food for a holiday party. Think about having a dessert party, cookie swap or brunch instead of an expensive dinner. Some early planning will help ensure a better holiday season this year and set you on the right path for 2017!



## Addiction Support

MCCA has hired a full-time recovery support specialist whose purpose is to help people go into and succeed while in treatment for addictions. She can act as a case manager, linking people to treatment, financial, employment and other resources. Contact Melanie at 475-204-0928.

**Gambling** creates social and financial problems for the person and their family members. MCCA now has help! If you or a loved one is spending needed money on slots, lotto tickets, gaming nights, etc. their "Better Choice Gambling Program" may be the answer. Call them at 203-733-4524 for more.

**Commit 2 QUIT!:** MCCA will help you quit smoking — for free! Counseling and nicotine replacement therapy included. Call Terry at 203-743-4027 or email [tbudlong@mccaonline.com](mailto:tbudlong@mccaonline.com)

**Help for Family Members:** 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 855-406-0246 or [info@thecaresgroup.org](mailto:info@thecaresgroup.org).



## Dental Help!

Free dental care available on **Sept. 16 & 17** at the Hartford XL Ctr., One Civic Center Plaza, through CT Mission of Mercy. Opens at 6:00am, first come, first serve, see website for additional info. [www.cfdo.org](http://www.cfdo.org).

## State DSS Programs



**EHC! SNAP Call Center available after hours:** EHC! SNAP Call Center Associates are available until 9 PM, M-F, and weekends, 11 AM-5 PM. Clients calling after hours may leave a message; it will be received immediately and returned shortly by an outreach associate. The number is **866-974-SNAP**.

**SNAP RECIPIENTS: GOOD NEWS!!** We have two new benefits to share for people using the SNAP program



(1) You can receive free training and education from several locations *including the Community Culinary School right here in New Milford!* Call the office for more info, or if interested in the culinary program, call Director Dawn Hammacott at 203-571-5791. Think about this wonderful career opportunity! *The Community Culinary School is now enrolling for their September 12<sup>th</sup> class.*



(2) SNAP benefits are accepted at the **New Milford Farmers Market!** In fact, **\$10 of SNAP will be doubled for purchasing fresh fruits and vegetables!** Look for the "New Milford Farmers Market Collaborative" booth where your EBT can be swiped in exchange for shopping tokens. Look for us near Fort Hill Farm's tent. We are so pleased to increase options for affordable, healthy eating via this great market. Questions? Call Peg or Ivana or stop by the Farmers Market Collaborative booth in July.

# FOOD BANK HOURS:



SEPT 2016

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	23	24
25	26	27	28	29	30	

Every **THURSDAY** from 9am-4pm.

[This is a residency-income eligible registered program]

**Please bring in your own reusable bags!!**



## NEW MILFORD FOOD BANK RECIPES OF THE MONTH:

“ Autumn is the bite of the harvest apple. ” - Christina Petrowsky

### Apple Cranberry Salad Toss

**Ingredients:**

Yield: 8 servings

- 1 head of lettuce (about 10 cups)
- 2 apple (medium, sliced)
- ½ cup walnuts (chopped)
- 1 cup dried cranberries
- ½ cup green onion (sliced)
- ¾ cup vinaigrette dressing



**Directions:**

1. Toss lettuce, apples, walnuts, cranberries, and onions in large bowl.
2. Add dressing; toss to coat. Serve immediately.

**\*\*Note: Add chopped chicken or turkey to this recipe to add some protein**

Cost: Per Recipe: \$4.76 Per Serving: \$0.59



### Baked Apple Chips

**Ingredients:**

Yield: 2 servings

- 2 large apples
- 1½ teaspoons cinnamon

**Directions:**

Rinse apples and cut into thin slices. Place apple slices on baking sheet. Sprinkle cinnamon evenly on apple slices. Bake at 200 degrees for 1 hour, then flip apple slices and bake on other side for about another hour. Remove from oven and allow them to cool. Serve & enjoy!

### Apple Slice Pancakes

**Ingredients:**

Yield: 6 servings

- 1 **Granny Smith apple**
- 1 ¼ cup **pancake mix** (any type)
- ½ teaspoon **cinnamon**
- 1 **egg**
- 2 teaspoons **canola oil**
- 1 cup **milk**, low fat



**Directions:**

1. Lightly coat a griddle or skillet with cooking spray and heat over medium heat.
2. Peel, core and thinly slice apple into rings.
3. In a large mixing bowl, combine ingredients for pancake batter. Stir until ingredients are evenly moist. (Small lumps are ok! Over mixing makes pancakes tough.)
4. For each pancake, place apple ring on griddle and pour about 1/4 cup batter over apple ring, starting in the center and covering the apple.
5. Cook until bubbles appear. Turn and cook other side until lightly brown.

Notes: To test the griddle to see if it is hot, sprinkle it with a few drops of water. When the drops sizzle and dance, you are ready to cook! The easiest way to pour the batter onto the hot griddle is to use a 1/4 cup measuring cup for each pancake. If the first pancake is too brown, lower the heat.

Cost Per recipe: \$1.44 Per serving: \$0.24



All three recipes can be found on [www.snap4ct.org](http://www.snap4ct.org)

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