



New Milford Social Services

"To Listen, To Advocate, To Empower"



Summer 2016

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Greetings from Peg Molina:

"Summer, summer, summertime
 Time to sit back and unwind" raps Will Smith and Ella croons, "Summertime, and the living is easy" . . .
 This time of year conjures up fine images of warmth, water and fun; get-aways and cook-outs; better work opportunities for some, family gatherings for others. It can also be a tricky time of finding enough to keep the kids occupied, having to say "no" a fair bit or fighting the heat waves for those whose health suffers.
 The more life I put behind me, the more I know how vitally important it is to seek balance: loving the frenzy of summer activity and long, action filled days, but also loving the down-time of a good book read outside (often punctuated by a cat nap!); working away at summer projects or having a house-full to cook for and having time with absolutely no plans. *Both equally valuable.*
 We need to budget a few things in summer: our money, our time, our energy. Over-spending on any can be bad for our health! So, enjoy this lovely warm time, and take care to give yourself some restraint and balance as well!

This is our two-month issue (one way we take care of ourselves at the office!), and we've included our annual listing of great things you can do for free or little cost. Read on!



CALLING ALL FOLKS WHO HAVE EVER GONE TO 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 and Miss Terri 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.**



REGISTER NOW FOR FAMILY FIRST RE-VISITED WEEKEND, 9/30 – 10/2!: for those families with kids ages 4 – 16 who have attended Family First to return to our beloved Camp Jewell! Participants of the 2016 May weekend have first priority through July 10 and then ALL previous attendees may apply to attend. If you would like to reconnect with old friends as well as make new ones, experience similar activities or something you didn't have time to try in the past, join us for fun, renewal, challenge—all of the things that make Family First special! Applications are available at Social Services or online (www.newmilford.org under "departments", find Social Services and then Family First). \$20 non-refundable fee.

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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:

When limited money is coming in each month, sometimes even less than will cover all the bills, it is especially important to prioritize how to spend those precious dollars! Here is an outline that you can use to prioritize your budget:

PROTECT YOUR INCOME
 If you need a car to get to and from work, stay current on your car payments and insurance. Maintain other expenses needed to keep your job, such as the tools you need or to pay for required licenses.

PROTECT YOUR SHELTER
 Whether you rent or have a mortgage, the costs of losing your home are big. Remember to include the taxes, condo fees and mobile home lot payments you need to stay housed. If possible, maintain your utilities. They are difficult to live without and reconnection can be expensive. If you are having
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PROGRAM UPDATES:



BACK TO SCHOOL: Registration for the United Way Back to School Program for kids entering K – 12 grades **continues until July 8th**. Forms are available in our office or through the Social Services Dept. on the Town of New Milford website. 2016 household income verification is required. Don't miss out on this wonderful program!! **Distribution will be on August 12, 11am-3pm** at Kimberly Clark Conference Center.



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 class.*



(2) Beginning in July (hopefully 7/9), SNAP benefits will be 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.



ENERGY ASSISTANCE: We will start taking applications for the upcoming winter season after Labor Day, prioritizing people with deliverable fuels or those with electric heat on a New Start budget plan. Call in mid-August to set up an appointment.



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 **Mon., 7/11, 5:30 p.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. **Topic: social media's effects on children.** RSVP to Amy Bondeson at Social Services, 860-355-6079 x4 or Leo Ghio at the Senior Center (860)-355-6075.



FUN AND FREE (OR ALMOST!) IN SUMMER!



- The Edwin Kinkade August Concerts at the New Milford bandstand** on Saturday evenings at 7:30pm
August 6 - Roadside Attraction August 13 - Superhero
August 20 - Drums of Afrika August 27 - Songhorse
All concerts are family friendly and weather permitting. Bring a blanket or chair to sit on. Sponsored by New Milford Commission on the Arts.
- Plans are underway for an **Art Walk in the New Milford village** area on August 27th from 1 - 6 pm. Walk around town, watching artists at work and happy to answer your questions. Check the Spectrum later in the summer for details.
- The New Milford Public Library has FREE and DISCOUNT passes** to a range of museums, parks and other CT attractions. CT State Parks free passes are available, enabling you to get into any state park for FREE! Go to Mt. Tom State Park in Bantam or Burr Pond in Torrington for a swim and/or a hike; go to the beach at Hammonasset in Madison; enjoy a picnic at Kent Falls . . . lots of possibilities!
Free passes are available to the Beardsley Zoo, the Danbury Railway Museum, Imagine Nation Children's Museum and the Wadsworth Athenaeum. Discounts are available for Mystic Aquarium and Seaport, the Peabody Museum and more. (P.S. the library's summer reading program is always a great way to keep the kids involved in a most important and valuable activity!)
ALL passes are issued from the Main Desk on a first come, first served basis. You can only ask to reserve a pass for one hour; if it is not picked up within the hour, it will be made available to others. Passes may be kept for three days and patrons can ask for the same pass once per month.
- Third Thursday Concerts:** on July 21 and August 18 at 7 pm bring a chair to the bandstand for more live music!
- DolrBills Bowling offers kids two free games daily all summer. Must rent shoes. For more, visit their website: <http://www.dolrbillsbowlingcenter.com/>



"SNAP" OUTREACH THIS MONTH:

CT Institute for Families SNAP (formerly Food Stamps) Outreach Worker, Sara Arroyo, will be here on **Wednesday, July 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 for July; 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.**





Family and Children

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.

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

NEW MILFORD YOUTH AGENCY NEWS:



Summer Thursdays is a FREE weekly day camp for kids entering 4th-8th grade running from 7/14 to 8/18 from 9am-2pm. The program includes indoor activities in the YA's gym and classrooms, as well as outdoor activities. There are also planned trips to local shops and parks. If interested please call [\(860\) 210-2030](tel:860-210-2030), or email Jason@youthagency.org.

Think B4U Txt!: Program for Parents: 7/23 6pm at the Maxx; **Program for youth ages 11 – 17,** 8/1 6pm at the Maxx. Topics include sexting, cyber bullying, harassment and consequences. Important topics!

Healthy Relationships Workshop: July 18 from 6 – 7:30pm 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.

Self Esteem workshop for girls ages 8 – 13 on July 6th from 1:30 – 3:30pm at 50 East St. A fun, interactive workshop with Lindsey!

Interview Workshop: August 29th, 1:00 – 3pm at 50 East St. Gain the skills you'll need to stand out in a work or school interview! For youth of all ages.

For all the above programs, register with Lindsey@youthagency.org or call 860-210-2030.



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. For more info, 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.

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.

NARCAN Training: Aug. 22, 6pm at the Maxx. Learn how Narcan helps an opioid overdose situation. Free and open to all. Registration required: call/ email Youth Agency.



Financial Tip of the Month...continued...

problems paying for housing or utilities, contact Social Services to see if you qualify for any help before the situation gets worse.

PAY YOUR OBLIGATIONS

Not paying certain obligations such as Child Support, Income Taxes and Student Loans will lead to wage garnishment. If you are having trouble paying these obligations, look into repayment plans or deferment before your wages are garnished. Ignoring them could put you in an even worse financial situation.

PROTECT YOUR ASSETS AND HEALTH

Don't let essential insurance coverage lapse; this includes auto, renters, homeowners and health insurance premiums. Include the costs of your co-pays and needed prescriptions. Not having car insurance can lead to costly penalties including losing your license and registration.

Dental Help!

Free dental care will be provided on Sept. 16 & 17 at the Hartford XL Center through CT Mission of Mercy. More details in September newsletter or www.cfdo.org/



State DSS Changes: Income Changes to HUSKY A to take effect!

Effective August 1st 14,000 adults in CT will be losing HUSKY A coverage due to budget cuts enacted last year with a one year "transitional" coverage extension. Children remain covered, but parents with income between 155% - 201% of the poverty level no longer qualify for HUSKY Health.

What can you do? (1) You should submit paperwork to Access Health if your income has decreased or family size has changed, or if you fit a different qualifying category such as if you are pregnant, have breast or cervical cancer. (2) See if your employer offers a plan you can afford. (3) Call Access Health at 1-855-371-2428 to check on plans through the health market exchange and compare these to your employer plan. You may qualify for help paying the monthly premiums of a qualified health plan.

What else should parents losing HUSKY coverage on August 1st do?

- **Refill** prescriptions
- **Make dental, medical or behavioral health appointments** for those who need health care. (Let your healthcare providers know that you need to be seen before August 1st when your insurance runs out).
- **Request a hearing** if you think the HUSKY program made a mistake. The notice parents received includes a hearing request notice.
- **Call Statewide Legal Services** for more help at [\(800\) 453-3320](tel:800-453-3320).

FOOD BANK HOURS:



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

[This is a residency-income eligible registered program]

Please bring in your own reusable bags!!



JULY 2016

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AUGUST 2016

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NEW MILFORD FOOD BANK RECIPES

OF THE MONTH:

Happy Summer! Enjoy the warmth of the sun and the cool freshness of your food!

Veggie Sloppy Joes

Ingredients: Yield: 12 servings

- 1 yellow onion (chopped)
- 1 carrot (chopped or shredded)
- 1 green pepper (chopped)
- 1 pound ground turkey (or chicken)
- 1 can tomato sauce (8 ounces, unsalted)
- 1 can whole tomatoes (15 ounces, crushed)
- 1 can mushroom (8 ounces, drained)
- 1/4 cup barbecue sauce
- 6 whole wheat buns (split in half to make 12)

Directions:

1. Saute onions, carrots, green pepper and ground turkey or chicken in a pan over medium heat for 5 minutes.
2. Add tomato sauce, crushed tomatoes, mushrooms, barbecue sauce, and seasonings and bring to boil.
3. Reduce heat and simmer for 10 minutes, stirring occasionally.
4. Uncover and cook for an additional 3 minutes or until thick.
5. Serve open faced on toasted or plain whole wheat buns.
6. Refrigerate leftovers within 2 hours.

Cost: Per Recipe: \$8.29/ Per Serving \$0.69
 Found on www.snap4ct.org: Source: Oregon State University Cooperative Extension Service, Healthy Recipes

Mango Green Smoothie

- Ingredients:**
- 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:

Blend spinach, water, orange, & banana until smooth. Add mango & oats & blend until smooth. *Notes:* Use frozen fruit to make smoothie cold
 Yield: 2 Servings. Found on www.snap4ct.org

S'more Pudding Bars

Ingredients: Yield: 12 Services

- 1 1/2 cup cold low-fat milk
- 1 (4-serving) package instant chocolate pudding
- 1 (8-ounce) container frozen whipped topping, thawed
- 1 cup of miniature marshmallows
- 8 graham crackers

Directions:

1. In a large bowl, whisk together milk and pudding mix until well combined. Stir in whipped topping and marshmallows.
2. In an 8- x 8-inch glass baking dish, lay out half the graham crackers. Spread pudding mixture evenly over graham crackers. Top with remaining graham crackers, forming sandwiches, and lightly press together.
3. Freeze for 6 hours then cut into individual squares and wrap each one individually; return to freezer until ready to serve.

Notes: These will keep for up to 2 weeks in the freezer. Why not get creative? If you've got some chopped nuts, semisweet chocolate chips, or peanut butter chips on hand, why not add them to the filling? Found on www.snap4ct.org: Source: <http://www.mrfood.com/Frozen-Dessert-Recipes/Smore-Puddin>

