



MAY 2017

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New Milford Social Services



Greetings from Peg Molina:

Spring Cleaning

At home and at work, we have embarked upon our version of the time-honored custom of doing some needed spring cleaning. I always appreciate how this time of year revs up my motor a bit, and gets me oddly excited about doing some tasks that I generally dread and procrastinate endlessly over. Thank goodness, or some piles would live on forever!

The whole topic got me thinking about how useful it is to do a little *mental* spring cleaning as well. This can be a great time of year to take a look at attitudes and behaviors that may need to be dusted off, freshened up or even discarded altogether. For example, I have been carrying around a growing pile of world worries this winter and spring. Some move me to action, but others just don't do any good at all, so I've decided to take stock of my worries and dump the ones I can't do one useful thing about. I don't want to spend any more precious time monitoring them, growing them, or even owning them. Part of my spring cleaning will be to bring that portion of my mental life down to a reasonable size that I can cart around in a day pack . . . not a giant trunk! If I develop a more focused, smaller realm of worry, I think it will allow for having more energy to take action steps instead of feeling overwhelmed and at a complete loss over them.

Do you have attitudes or behaviors that might benefit from spring cleaning? Are you letting anything get the better of you that you could take a look at, figure out a way to give it "a fresh coat" (i.e. look at it in a different, more helpful way?), give it less time an energy in your life, or perhaps find the tools and (mental) strength to rid yourself of it altogether? Sometimes talking to a neutral friend or a counselor can help us sort this out. I truly believe that *we are worth it!* And sometimes this can set us on a better path that will positively affect many parts of our life. So take stock, and don't be afraid to do a little mental spring cleaning this month!

~Peg

BACK TO SCHOOL???

Important Info for Parents!



You may be surprised to see us talking about the Back to School program before school has even closed for this year, but we have **an earlier registration deadline** and some changes in store. You may come to our office or look on the Social Services website page starting on **May 15 through June 30th** to register your children. The Back to School program, sponsored by United Way of Western CT is for children entering K-12 in New Milford Public Schools, for the resident parent in the case of joint custody. **Proof of New Milford residence and income verification is required unless you have met with a social worker in 2017 and provided income proof at that time.**

Continued on pg. 2

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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:

United Way rolls out a new matched savings program!

EARN Starter Savings Program is a way to start saving on a monthly basis with a nice incentive built in. Participants need to have an email address and set up a savings account at a bank or credit union with online access. If you can deposit at least \$20 per month for six months, EARN will match it with \$10 each month. In six months, you'll have \$180 in the bank and a good habit to continue! The program offers a variety of helping tools and has shown that 83% of EARN participants continue to save after the incentive part ends. We have a Sign-Up Guide in our office (in English and Spanish) or you can go to www.earn.org/ctuw to sign up on your own. This is a great time to start small and dream big! Read the success stories of others and you will be inspired!

...If you missed any of our previous tips, link in to social services /financial fitness on our town's website at www.newmilford.org.

PROGRAM UPDATES:





SUMMER=KIDS + CAMPS: YES!



 **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 7th to Fri. August 11th.** 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.

 **New Milford Rec-On** Summer Camp takes place June 26- August 4th, 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 1 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). 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 of the parent’s portion must be made by June 16. *Other camp info is in our “Family/Children” section on page 3.*



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 2016. 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 2016 and proof of total income for 2016. Documentation of SS can be form SSA-1099, a TPQY form, or a copy of a 2016 Social Security check. Please call for an appointment once you have all needed documentation.



CALLING ALL DOGS: FREE RABIES CLINIC JUNE 1! :

Park Lane Animal Hospital is holding its 3rd annual FREE rabies clinic for Social Services/Senior Services clients on June 1, 5-6pm at their office. To register, call Tracey at 860-350-4937. Bring proof of previous vaccination if you have it, and your dog can receive a 3-year vaccine.

Sorry, no cats.



REGISTER NOW FOR FAMILY FIRST RE-VISITED WEEKEND IN JUNE!

The **final** Family First Retreat Weekend will take place from **June 2 – 4**. If you have expressed an interest in coming on this special weekend, or have thought about it but not yet called us, please get your registration form in soon! We are busy planning the weekend and want to get a “head count” ASAP. There is still room to take a few more families. Call Social Services today!



GRANDPARENTS & OTHER RELATIVES RAISING CHILDREN:

The next meeting of New Milford’s “When You’re a Parent . . . Again” **info and support group** will be on **Thursday, May 11th** @ 5:30p.m. to 7:00p.m. at the Richmond Center. 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.



SNAP OUTREACH

THIS MONTH: CT Institute for Families SNAP (formerly Food Stamps) Outreach Worker, Sara Arroyo, will be here on **Wednesdays, May 10th and June 14th 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 the upcoming month; call us! This is a quick and easy way to apply for SNAP.



ATTENTION: FOOD BANK SUPPORTERS:

Please help this year’s **Letter Carrier Stamp Out Hunger Food Drive** be a great one by putting a bag of not-expired non-perishable food by your mailbox on **Saturday, May 13th!** NMSS and Loaves & Fishes count on your support!

Thanks 😊



BACK TO SCHOOL (cont’d from pg. 1)

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. Participants will receive a backpack (if needed), school supplies and a gift card toward clothing. Distribution will be Friday, 8/18, enabling you to take advantage of CT’s tax-free clothes shopping week 8/21 – 8/25. **Registration deadline is 6/30/17!**

COMMUNITY RESOURCES:



Family and Children



NEW MILFORD YOUTH AGENCY NEWS:

Cyber Safety Series: Free program for youth on Friday May 12th 2:30 – 4pm at The Maxx. Geared toward middle schoolers but others may attend. (SMS students may take bus #36 from school) Register at myyouthagency.com or contact Megan for more info: megan@youthagency.org



HEAD START currently has openings for children ages 3 and 4 for their **pre-school programs** held at Hill and Plain School. 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

NURTURING FAMILIES: New Milford VNA Nurturing Families and Family Support Program is a holistic and comprehensive parenting education program for parents in the NM area. They provide free monthly education groups, play groups and in-home parenting education and developmental assessments. Contact staff at [860-354-5962](tel:860-354-5962) or acook@newmilfordvna.org to find out more about the program or to enroll.

More Summer Camp Info!



 **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 24 - 29, 2017. 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 \$203(2 parent household) to \$175 (1 parent household) weekly with discounts for multiple children in a household. Sign up on line or call Lois at 860-210-2030.



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 OFFERS SUPPORT FOR EXTRA-CURRICULAR ACTIVITIES: This organization offers financial support to school-aged youth for a broad range of enriching activities (sports, arts and other classes, field trips, **camp**s, etc.). To apply, complete their one page application (available at www.mvpsos.com or our office) and provide either proof of free/reduced lunch or first two pages of your most recent tax return.



**WE ALL CAN
BENEFIT FROM
SUPPORT!**

THE WOMEN'S CENTER OF GREATER DANBURY:

offers a number of support groups for survivors of sexual assault or domestic violence (or people who are supporting someone who has experienced that abuse), women going through divorce and those interested in improving their self-esteem. All are FREE and are offered in their Danbury office. For more info call the Center at 203-731-5200 to discuss this with a counselor.

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.



JOB SEEKERS and ADULT LEARNERS:

The New Milford Public Library has a terrific resource called **JobNow** for job seekers and those interested in prepping for GED and citizenship or learning parts of Microsoft Office programs. This product includes practice testing and live one-on-one coaching. For a quick overview, go to JobNow and check it out or stop by the library and ask the reference librarian.



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: applications, job search, internet and e-mail basics, teen employment, networking and mobile technology. For information please call 203-775-5029 or register for a class at careercenter@gwct.org .



TBICO: located 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 six week training sessions, 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](tel:203-743-6695) or go to www.tbicoworks.org.

FOOD BANK HOURS:

Every THURSDAY from 9am-4pm.

[This is a residency-income eligible registered program]



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	31			

Please bring in your own reusable bags!!

SPECIAL NOTE: FOOD BANK CLOSSES IN SEVERE WEATHER



NEW MILFORD FOOD BANK RECIPES OF THE MONTH:

*Trying to decide what seeds to plant this year in your garden?
Here are a couple of recipes that will help show off your harvest of summer vegetables!
(An obvious and delicious salad that meets a full day serving of vegetables and
a decadent treat with a secret healthy surprise!)[Compliments of sources gathered by the USDA]*

5 A Day Salad

Makes: 4 servings

This nutrient-packed salad uses ten different vegetables, and each serving is equal to five cups of vegetables!

Ingredients

- 4 cups spinach (fresh)
- 4 cups romaine lettuce
- 2 cups green pepper (chopped, or use red, yellow, or orange)
- 2 cups cherry tomatoes
- 1 cup broccoli (chopped)
- 1 cup cauliflower (chopped)
- 1 cup yellow squash (sliced)
- 2 cups cucumber (sliced)
- 2 cups carrot (chopped)
- 1 cup zucchini (sliced)

Directions:

1. Wash all of the vegetables and mix them together in a large mixing bowl. Top this colorful meal with the nonfat or low-fat dressing of your choice.

Notes:

The dressing is not included in the nutritional analysis. Each serving = 5 cups of vegetables (Eight 5-A-Day servings). Source: Centers for Disease Control, 5 A Day for Better Health Program.



Aunt Barbara's

Chocolate Squash Cake

Makes: 12 Servings

Incorporating squash into a chocolate cake adds flavor plus fiber, vitamin K, phosphorus, and folate.

Ingredients

- 1/2 cup vegetable oil
- 1 package cake mix, dark chocolate
- 1 teaspoon ground cinnamon
- 3 eggs
- 1 1/4 cups water
- 1 cup squash (shredded or finely chopped)
- 1/4 cup chopped walnuts (optional)

Directions:

1. Preheat oven to 350°F. Grease and flour a 10" tube or Bundt pan.
2. In a large bowl, combine cake mix and cinnamon.
3. Add eggs, water, and oil. Blend until combined, then beat with an electric mixer for 2 minutes on medium speed.
4. Fold in squash. Add nuts if you like.
5. Pour into prepared pan. Bake for 50 minutes to 1 hour, until cake springs back when lightly touched.

Notes: Other Ideas:

Use a greased 9x13-inch pan. Bake for 45 minutes. To lighten cake, try 6 egg whites in place of whole egg. Replace 1/2 cup oil with 1/2 cup applesauce.

Source: Connecticut Food Policy Council. Farm Fresh Summer Recipes



MOBILE FOOD PANTRY: WEDNESDAY, MAY 3rd; 5:30pm-6:30pm at the parking lot of Faith Church

Our office will be CLOSED in observance of the following holiday:
Monday, May 29th for Memorial Day

PERMIT NO. 10
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