



# New Milford Social Services



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

## Summer 2017

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### Greetings from Peg Molina:

Is it just me, or are the seasons rolling around faster than ever for you, too? Hard to believe that we've passed the longest day of the year already and are into the heart of summer! This season that many of us long for when the February and March snow flies is HERE and will also be gone before we know it.

In this issue, we feature lots of great, affordable summer fun. What are your favorite summer memories? I truly believe that most of us would say something that doesn't involve a big outlay of money. My favorite summer fun was not in an amusement park or on an expensive family trip. As a kid, it was catching fireflies, swimming anywhere there was water and going to a neighbor's Fourth of July party where we played swat tag (all ages), ate extra dessert, and the kids got sparklers to light as darkness fell.

Think about what makes summer fun for you. What makes you *feel alive*? Now make it happen! It may take a bit of planning, a touch of saving or organizing or it may be as simple as sitting by a gurgling brook with your feet dangling in the water, taking in the sights and sounds. It can be that simple!!

The summer flies by . . . this we know. Take a few minutes to make a plan: try something different or enjoy something you simply love to do when the days are long. I'll be headed up a mountain peak one fine summer day. How about you? Enjoy!!

**This is our two-month issue and we've included our annual listing of great things to do for free or little cost. Read on!**

Peg 



### Calling All Folks Who Have Ever Gone To Family First!:

The annual Family First reunion picnic at Harrybrooke Park takes place on **TUESDAY, JULY 25<sup>th</sup> 5:30 p.m.** 'til dusk (rain or shine). 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 you'll have a chance to re-connect with Family First friends! **Call the office to register with a head count and your pot luck item.**



### BACK TO SCHOOL:



**Distribution will be on August 18, 11am-3pm** at Kimberly Clark Conference Center (KC parking lot on Pickett District Rd.) for registered participants. If you cannot pick up at that time please call us to discuss!

## Issue 7-8.2017



*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:

**Young Workers: Summer Jobs - Summer Money!** : Summertime is the perfect time for most teens to get a summer job- learn new skills and gain more responsibility. Without skipping the fun, teens will be taking their first steps into the workforce and parents can help them realize the opportunity to start healthy financial habits. A first job will produce a first paycheck. Parents can help young workers protect their earned money and save for things that matter to them. One of the first things to do is help a young worker set up a safe place for their paychecks. Most employers offer direct deposit, so help them to start a checking and savings account. When researching banks and credit unions, teach them to ask the right questions like what fees are imposed (minimum balance fees?- Direct deposit or overdraft fees?)

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## **PROGRAM UPDATES:**



**Camp CONNRI: Last call for kids!** Any parents wishing to register their kids need all forms and \$35 fees in to our office by **Thursday, July 6<sup>th</sup>!** No exceptions.



**SNAP RECIPIENTS: GOOD NEWS!!** 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 September.*



**SNAP** benefits are now accepted at the **New Milford Farmers Market. \$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. 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.



**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 **Thurs., July 13, 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. Please RSVP to Social Services; Peg will facilitate this month’s group.

### **FUN AND FREE (OR ALMOST!) IN SUMMER!**



1. **The Edwin Kinkade August Concerts at the New Milford bandstand**  
on Saturday evenings at 7:30pm unless otherwise noted  
8/5 (starts 7pm) – Superhero    8/12 – Song Horse  
8/19 – Sonny Carroll Orchestra    8/26 – John Marshall (drums!)  
All concerts are family friendly and weather permitting. Bring a blanket or chair to sit on. Sponsored by New Milford Commission on the Arts.
2. **Art Walk : an interactive community event**, is on Aug. 12th from 1 - 5 pm. Walk around town, meet local artists at work or view their work in downtown shops, see street performers! Check [www.newmilfordartwalk.com](http://www.newmilfordartwalk.com) for more.
3. **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.
4. **Third Thursday Concerts:** on July 20 and August 17 at 7 pm bring a chair to the bandstand for more live music!
5. **DolrBills Bowling** offers kids two free games daily all summer. Must rent shoes. For more, visit their website: <http://www.dolrbillsbowlingcenter.com/>
6. **Try Geocaching!** This is a giant outdoor treasure hunt game that anyone who has a GPS-enabled device can play. There are several caches hidden locally, so register at [www.geocaching.com](http://www.geocaching.com) , read up on the basics and then get out to explore!



(Summer fun continued on page 3)



### **“SNAP” OUTREACH THIS MONTH:**

CT Institute for Families SNAP Outreach Worker, Sara Arroyo, will be here on **Wednesdays, July 12<sup>th</sup> and August 9<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 July; call us! This is the quickest way to apply for this food assistance program.



### **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.



### **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

**LITERACY VOLUNTEERS & NURTURING FAMILIES:** are offering a joint program for moms needing to learn English and their pre-school children. Literacy Volunteers will teach English to the moms while the kids will be engaged in a fun program at the same time. Please contact Jacqueline Farrell ([jacqui@lvg-ct.org](mailto:jacqui@lvg-ct.org)) or 860-355-0830 for details and to register soon! Class will begin in September, held in the morning.

## NEW MILFORD YOUTH AGENCY NEWS:



**-Summer Thursdays** is a FREE weekly day camp for kids entering 4<sup>th</sup>-8<sup>th</sup> grade running from 7/13 to 8/17 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:8602102030), or email [Jason@youthagency.org](mailto:Jason@youthagency.org). HS volunteers also needed!

**-Free Art Workshops (grades 5 – 9):** Tuesdays 7/11, 11:30am-3pm: take a trip to Ben's Bells in Bethel, creating ceramic pieces that will be used to remind communities to practice kindness. Pack a bag lunch. 7/18, 12-1:30pm: create vision boards highlighting future goals. 8/1, 12 – 1:30pm: create affirmation cards to enhance self-esteem.

**-Girl's Circle (ages 11-14):** Tuesdays 7/11 – 8/22, 9-11am. This free group is designed to foster self-esteem and connection, and build a sense of competence among early teen girls through discussion and the arts.

For info or to register for all: [www.myyouthagency.com](http://www.myyouthagency.com) or 860-210-2030 or email [megan@youthagency.org](mailto:megan@youthagency.org)



**-ADULTING 101:** Here's a great program for young people ages 16 – 25 co-sponsored by the Youth Agency and NM Public Library. Five Tuesdays starting July 11, 6:30 pm with topics such as nutrition and cooking, getting a job, financial smarts, moving out, and home/auto care. Stuff every adult should know! For more info and to register: 860-355-1191x2 or [www.newmilfordlibrary.org](http://www.newmilfordlibrary.org)



## We all Benefit from Support!

**THE WOMEN' 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 and 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.

**ANN'S PLACE:** Numerous support groups and therapeutic or recreational activities for people coping with cancer and their loved ones. Located in Danbury, services are free and confidential. For info: Ann's Place Inc., 80 Saw Mill Rd., Danbury, CT 06810203-790-6568 or [INFO@ANNSPLACE.ORG](mailto:INFO@ANNSPLACE.ORG)



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

-ATM, check, transaction, or online-use fees?). Look for low-cost or free accounts. Ask employers to split their deposit into a checking and savings account or set up an auto-transfer through their bank. Teaching them early on to save first can help them build confidence and plan for their future or a special purchase like a phone, books for college, a car and its upkeep. Besides saving their money, help them to budget their money too. Having quick access to cash can be very tempting for a young worker and the increase financial independence can create some impulsive choices. Help them to create a spending plan-thinking first of a greater goal – like an important purchase or career education. Help them lay out how much money is coming in and show them how to track where their money is going. Instant gratification of spending money on frequent movies or nights out with their friends can be fun but it won't get them closer to earning that phone, car, or attending the school of their choice. Summer is a great time to help them focus on their future, take a lead on what they want and where they want to go, and proudly create good money habits that will set them up to succeed in achieving what is important to them in the future. [check out the new program "ADULTING 101" offered by the youth agency on this page.] 

*...If you missed any of our previous tips, link in to social services/financial fitness on our town's website at [www.newmilford.org](http://www.newmilford.org).*

## NEW INFO FOR THOSE

### AFFECTED BY LYME DISEASE:

Come to NM Public Library on July 8, 11am: **join Rika Keck**, founder of NY Integrated Health, LLC. Rika has studied Lyme disease extensively and written a book, *Nourish, Heal, Thrive* which is a comprehensive and holistic guide when living with Lyme Disease. Register: 860-355-1191x2.



## *(Summer Fun continued):*



**8. FREE Music in other towns:** Like New Milford, many area towns have summer music series. **Ridgefield** has outdoor concerts every Tuesday and Thursday until Labor Day in Ballard Park with many fine bands! Go to their website for more info and a "listen" of the various musicians: <https://chirpct.org> **Hey Nancy Tucker fans!** Nancy is on the list for **Thomaston's** summer concerts (Mondays): check the details at <http://thomastonfinearts.com/music.php> . In **Brookfield** concerts are every Friday evening: see [http://www.brookfieldct.gov/pages/brookfieldct\\_parks/index](http://www.brookfieldct.gov/pages/brookfieldct_parks/index) and **Newtown's** are on Thursdays: <https://www.fairfieldafterdark.com/newtown-summer-concerts-at-dickenson-park> . With a little gas and some planning, you could go to free concerts just about every night of the week!

**9. New Milford Adult Ed Summer Family Programs:** wonderful array of adult/child programs such as "Family Paint-a-Thon", Storytelling, Drumming Circle and many more. All classes held at NMHS during the day and scholarships are available! Contact our office for scholarship info!

# FOOD BANK HOURS:



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

[This is a residency-income eligible registered program]

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

JULY 2017						
S	M	T	W	TH	F	S
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2	3	4	5	13	14	8
9	10	11	12	20	21	15
16	17	18	19	27	28	22
23	24	25	26			29
30	31					

AUGUST 2017						
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		



## NEW MILFORD FOOD BANK RECIPES OF THE MONTH:

**Happy Summer! Fast foods- easy to make and no strain from the summer heat!**

### ★ Frozen Fruit Cups ★

Yield: 12 servings



#### Ingredients:

- 3 cups non-fat yogurt (strawberry or vanilla work nicely)
- 1/2 lb strawberries (chopped in small pieces or mashed)
- 1 cup frozen blueberries
- 12 cupcake papers/tins

**Instructions:** 1. Optional: place cupcake papers into cupcake pan. Scoop 1/4 cup yogurt into each cupcake paper. 2. Add with strawberries and blueberries, press fruit down into yogurt. 3. Place yogurt cups into the freezer for roughly 4 hours, or until completely frozen. [www.snap4ct.org]

### ★ Black Bean Burrito ★

Yield: 4 servings



#### Ingredients:

- 1 can black beans (rinsed, drained)
- 4 tortillas, corn or whole wheat
- 1/4 cup red onion (diced)
- 1/2 cup tomatoes (chopped) OR 1/2 cup salsa, low-sodium
- 4 tablespoons plain, nonfat yogurt (optional)
- 2 tablespoons cilantro (chopped)

#### Instructions:

- Heat beans in the microwave for 1 min or on the stovetop until heated through.
- Microwave tortillas between two sheets of slightly damp paper towels on high for 15 seconds.
- Divide beans, tomatoes, and red onion between each tortilla.
- Top each with yogurt and cilantro, and fold each tortilla to enclose filling. [www.snap4ct.org]

### ★ Veggie Pinwheels ★

Yield: 16 servings



#### Ingredients:

- 1 (8 oz) package low fat garlic herb cream cheese (or plain cream cheese mixed with 2 tsp Ranch seasoning mix)
- 6 whole wheat flour tortillas (8 inch)
- 3 Roma tomatoes (diced finely)
- 3 cups fresh greens (spinach, arugula, romaine lettuce, etc.)
- 6 slices turkey (optional)

#### Instructions:

- Place tortillas on microwaveable plate or paper towel; microwave uncovered on HIGH 10 - 15 seconds to soften.
- Spread about 2 Tablespoons cream cheese over each tortilla. Top with a slice of turkey, chopped tomatoes & spinach. Roll up lightly.
- Optional: Wrap in plastic wrap and refrigerate 2 - 3 hours to blend flavors.
- Cut each roll into eight 1-inch slices. Arrange with cut side down on serving plate. [www.snap4ct.org]

**MOBILE FOOD PANTRY: WEDNESDAY, JULY 5th; 5:30pm-6:30pm at the parking lot of Faith Church**

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**Our office will be closed in honor of the following holiday: Independence Day-Tuesday, July 4, 2017**

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