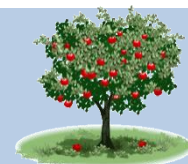




New Milford Social Services



"To Listen, To Advocate, To Empower"

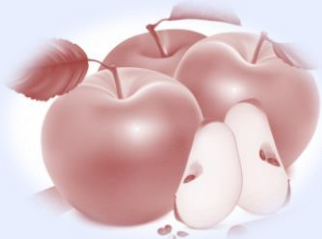
SEPTEMBER 2017

Contents:

- Financial Tip pg. 1
- Program Updates pg. 2
- Community Resources pg. 3
- FB Hours & Recipes pg. 4

Special points of interest:

- **Page 2: Hunger ACTION & Walk a Mile FOOD Raiser!**
- **Page 2: Parent ...Again support group**
- **Page 2: Help filing for SNAP**
- **Page 2: Energy Assistance begins**
- **Page 3: Community Forum on 9/28**
- **Page 3: Resources for families/teens & support groups**
- **Page 3: Info for Job Seekers and Adult learners**
- **Page 4: -Food Bank hours & recipes -Mobile Pantry hours -Holiday closings**



40 Main Street
 New Milford, CT 06776
 (P) 860-355-6079
 (F) 860-355-6019

Email: socialservices@newmilford.org
 Website: www.newmilford.org

New Milford Social Services

Greetings from Peg Molina:



What's New at Social Services?

When I worked at New Milford Hospital, among other things I learned one really useful lesson: the one constant in life is CHANGE! When we fight it, resist it, don't understand it, try to control it . . . change is much harder to bear. Once we let that go and know that change is inevitable we have the choice to accept it, embrace it and make the best of it. I'll admit, I haven't always liked it, but what a helpful life lesson!

And so now we have some changes to share at New Milford Social Services: first of all, please welcome **Sarah Geary** who has joined our staff as a department social worker! Sarah comes to us with program management experience from the CT Institute for Communities Early Learning Program and as a former IICAPS Team Clinician for Family and Children's Aid. She has a Masters in Social Work from UConn (yeah!!—three UConn alums here!) and is already a great addition to our staff. Sarah is meeting with clients, coordinating our "Walk a Mile" event for the Food Bank and facilitating the Parenting Again support group. Please welcome Sarah when you see her.

This month, **Jason O'Connor**, the Youth Advocate for the New Milford Youth Agency, will begin a year-long field placement with us at Social Services as he pursues his MSW degree. Jason will be in the office on Wednesdays and helping with off-hours projects while he goes to school, maintains his full-time job and volunteers as an EMT, among other things. I think this fellow has some good energy! We are honored to help him with this important career step.

The third big change is that the Social Services Department will be **moving into the John Pettibone Community Center** soon. Our new space is undergoing renovations to maintain privacy for our many appointments and to configure a main office, but we hope to be moved in and ready to run our holiday programs at JPCC. This move will be terrific for the Food Bank in that everything will be on one floor and in dedicated space (no more towers of bread in the office!) and we are excited to join Parks & Rec and the Youth Agency as the town departments anchoring this community center. You will find us in the wing that faces the "creative playground" adjacent to the Pettibone playing fields.

But not yet! Please stay tuned in newsletters to come.

~Peg



Sarah Geary

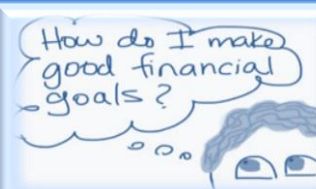


Jason O'Connor

Issue 9.2017



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:

Planner or reactor??

Personal style has everything to do with successful money management. There is no better time than NOW to take a look at your style and see how well it's working for you. First off: do you tend to plan ahead for occasional but important basics like car maintenance or co-pays on a health bill? These are not *emergencies*, but rather, "life" and we have to budget for costs like this just as we do for rent and food. This money gets set aside and is not spent on other non-essentials. (as tempting as they may be!)

Second: how about planning ahead for birth-days and holidays or other special occasions? Now is a great time to be thinking of how much money is realistic to spend on holiday related gifts, décor, wrap, etc. etc.

(continued on page 2)

...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:



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 NewStart 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 15th 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 30th 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
\$34,366	\$44,940	\$55,514	\$66,089	\$76,663	\$87,237

Visit our department on the 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!



FINANCIAL TIP continued: When life, including financial life, tends to happen without much planning and thinking ahead, crises are not far behind. These often result in spending money one doesn't have (i.e. the rent money) on the "unexpected" car repair, new size shoes, etc. Being a planner, rather than a reactor, reduces stress, family disputes and disappointment. We are here to help! There are many great budgeting ideas and tools both online and in our office to help the transition from reactor to planner. Many of us have "been there" and know that life serves up some big curves, but trying to make this basic adjustment will relieve a lot of hardship down the road.



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, September 14** @ 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 Sarah Geary at Social Services, 860-355-6079 x4.



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.



***ATTENTION*:**

FOOD BANK SUPPORTERS:

**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.



In support of Hunger Action Month, New Milford Social Services will be joining again with Big Y, for our annual "Walk A Mile For A Meal". This *food-raiser*, will be held on Sunday, September 24th from 1:00pm – 2:00pm.

What's involved? Either as a group, or individually, purchase a bag of groceries per walker at Big Y, and walk it up to the Food Bank to help replenish our shelves! Following your walk to the Food Bank, you will be able to enjoy some refreshments. This event is family friendly, a great opportunity for groups to work together, and a positive way to support the community.

Spread the word to help support the Walk! If you are unable to attend, you can donate items directly at Big Y leading up to the event. We encourage people and/or groups to sign up prior to September 24th by contacting our office.



SNAP OUTREACH THIS MONTH:

CT Institute for Families SNAP (formerly Food Stamps) Outreach Worker, Sara Arroyo, will be here on **Wednesday, Sept 13th with appointments from 9:00 a.m. – 2:00 p.m.** to help people apply for SNAP online. To make an appointment with Sara (who is bilingual) 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.

COMMUNITY RESOURCES:

Family and Children



**WE ALL CAN
BENEFIT FROM
SUPPORT!**



NEW MILFORD YOUTH AGENCY NEWS: Parents, please go to myyouthagency.com to register for a wide variety of fall programs coming soon! After School Enrichment Activities, Homework Club, Girl's Circle and other support groups, teen leadership opportunities, Family Dinner Night and other new happenings at the Maxx! Scholarships available—just ask. Call 860-210-2030.



CT FAMILY SUPPORT NETWORK: For parents/caregivers raising kids special needs~ join in for support, laughs and open discussion about self-care. Sept. 7, 6-8 pm at the United Methodist Church 68 Danbury Rd. RSVP to workshop@ctfsn.org or call 203-826-9739 for more info.

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.

LITERACY VOLUNTEERS: will offer an intensive learning program called “Mom and Me” this fall for women and their pre-school children; runs 8 weeks starting 9/25. Call Literacy Volunteers at 860-355-0830 for more info or to register.



Depression

DID YOU KNOW...

12% of Current 9th graders 17% of current 11th graders 22% of HS Graduates
“Felt sad or depressed most or all of the time in the last month”

*results from NM Search Institute Attitudes & Behavior Survey taken 2016-2017

Let's Talk!

Start the conversation

Thursday, September 28th 7-8:30pm

Sarah Noble Intermediate School, café

For more information visit: www.nmsubstanceabusecouncil.org

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 Thurs., 7:00-9:00 PM at the First Congregational Church Parish House, 36 Main Street. For more information, contact info@thecaresgroup.org or 1-855-406-0246.



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, camps, etc.). To apply, complete their one page application (available at www.mvpsos.com or our office) and provide the first two pages of your most recent tax return.



JOB SEEKERS and ADULT LEARNERS:

COMMUNITY CULINARY SCHOOL is currently registering for its **next session beginning April 24th, 2017**. If you or someone you know is out of work, not getting enough hours at work, or ready for a change, and enjoys cooking, this may be the perfect opportunity! Classes run Monday through Friday from 9 a.m. to 3:30 p.m. for twelve weeks. The program then assists you with finding a job in the food industry. Scholarships available. Call Director, Dawn Hammacott at 203-512-5791 for more information. Applications are available in our office or at www.communityculinaryschool.org

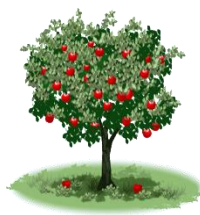


GOODWILL CAREER CENTER: The Goodwill Career Employment Center is located in the Goodwill Superstore at 165 Federal Road in Brookfield. They offer one-on-one job hunting guidance and other employment resources. All services are available free of charge to anyone looking for a job. Some of the courses 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, TBICO offers various classes and workshops to help you improve your skills and confidence and at no cost to you! Call 203-743-6695 and speak with Carole or Linda. TBICO provides six week training sessions, ongoing support and confidence building: Corporate Edge Skills Training. The next session begins on September 20, 2017 Monday thru Friday 9:00 a.m. to 2:00 p.m. 9/20/2017 to 12/01/2017 For more information contact TBICO at [203-743-6695](tel:203-743-6695) or go to www.tbicoworks.org. Terrific programs here!

FOOD BANK HOURS:



SEPTEMBER 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

Every THURSDAY from 9am-4pm.

[This is a residency-income eligible registered program]

Please bring in your own reusable bags!!

SPECIAL NOTE: FOOD BANK CLOSSES IN SEVERE WEATHER



NEW MILFORD FOOD BANK RECIPES OF THE MONTH:

-It's Apple Season!

Try some new ways to enjoy this Fall favorite!



Sausage-Stuffed Apples

Ingredients:

- 4 medium firm, crisp apples
- 2 tablespoons extra-virgin olive oil
- 1 large shallot(or small onion), finely chopped
- 1 large clove garlic, finely chopped
- 2 tablespoons apple cider
- 1 teaspoon dried rubbed sage
- 1 teaspoon poultry seasoning (or your choice of season)
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 8 ounces lean ground turkey
- 8 ounces lean ground pork (or sausage)



Directions:

Preheat oven to 425F. Coat a 9x13inch baking dish with cooking spray. Cut apples in half through stem. Cut a tiny slice off the uncut side so the halves lie flat, if necessary. Using a melon baller or spoon, discard the core and seeds, then remove most of the apple flesh, leaving a ¼ - ½ inch thick shell. Finely chop the flesh. Heat oil, shallot, garlic in a large skillet over medium heat. Cook; stirring, until it starts to sizzle. Add the chopped apple and cook, stirring occasionally, until softened (about 5 min.) Transfer to a large shallow bowl and stir in cider, sage, seasoning, salt & pepper. Let cool for 10 min. Mix turkey and pork into apple mixture. Stuff each apple half with about 1/3 cup of the mixture. Place stuffed apples in prepared baking dish. Bake until meat in center is 165F; 35-40 minutes. Let cool 5 min. Serve drizzled with any pan juices. [[www.Eating Well](http://www.EatingWell) :Carolyn Malcoun]

Hungarian Apple Soup

Ingredients:

- 2 teaspoons canola oil
- 1 medium tart apple, peeled & finely chopped
- ¾ cup diced peeled Yukon Gold potato
- 1/3 cup finely chopped yellow onion
- ¼ cup thinly sliced celery, plus leaves for garnish
- ¼ teaspoon salt
- ¼ teaspoon dried sage
- Pinch of paprika (preferably hot Hungarian)
- Freshly ground pepper, to taste
- 1 14-ounce can reduced-sodium chicken broth
- 3 tablespoons reduced-fat sour cream



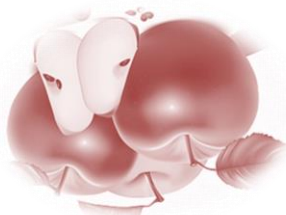
Directions:

Heat oil in medium saucepan over medium heat. Add apple, potato, onion & celery; cook, stirring often, until the onion is translucent, about 5 minutes. Stir in salt, sage, paprika & pepper; cook for 30 seconds. Pour in broth and bring to a simmer. Reduce heat, cover, and gently simmer until the potato is tender when pierced with a fork, 10-15 minutes. Transfer the soup to a large blender or food processor, add sour cream and process until smooth. (Use caution when pureeing hot liquids.) Garnish with celery leaves, if desired. [www.EatingWell; test kitchen]

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

Our office will be CLOSED in observance of the following holiday:
 Monday, September 4th, Labor Day

PERMIT NO. 10
 NEW MILFORD CT 06776
 U.S. POSTAGE PAID
 RESORT STANDARD



609-355-6098
 NEW MILFORD SOCIAL SERVICES
 40 MAIN ST. 2ND FLOOR
 NEW MILFORD CT. 06776