



# New Milford Social Services



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

**JUNE 2018**

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New Milford Social Services

## Greetings from Social Services: I Got Rhythm!

This is a moving and shaking time of year. I love driving home from work and seeing all of the people who've come out of the woodwork, walking, running, pattering in their yards. The sound of kids fills the air here from across the street at Children's Movement Center . . . it's a beautiful thing!

Our bodies have a certain, individual rhythm and I find myself trying to pay better attention to this. Right into his 90's my father would say that he'd wake up every morning with the energies of a 20 year old, thinking of 101 things he wanted to do with his day. But by about 11:00 a.m., his body was telling him otherwise! Moving into my 60's, I sure can relate. I start out feeling like I can set the world on fire, and by 3 pm., I'm done!

So it's time to adjust.

What is your rhythm? Think about how you operate and what feeds you to move and shake at your best: are you a morning person or does creativity fire up within you late at night? Is it best to start the day slowly? Or on your own terms rather than as a flock? When my kids were young, I found it worthwhile to get up an hour earlier than I *had* to for them and for work in order to have some time for myself at the start of the day. That made a huge difference in my energy and attitude.

And consider this: Is your rhythm in sync or perhaps in conflict with those around you? What can you adjust in order to feel better or live in better harmony with others? Compromise is a reality for all of us as well as a critical life skill. I think it's basically a good thing as long as one is not compromising a core belief or value—something that you really hold dear and try to live by. (for example, I could not live contentedly with someone who felt entitled to absorb all of my free time, did not wish to maintain outside friendships and activities, etc.) When you are really out of sync with those in your life, it can be a drain on everyone. But it can be remedied.

During these wonderful, warm months when we often have hopes and plans for things to do and accomplish, think about your own personal rhythm. Make adjustments to your timing, the pace of your day or your expectations as needed. And then dance! (even if it's just 'til 11:00!)

~Peg



### BACK TO SCHOOL PROGRAM:

**Register this month!**



You may be surprised to see us talking about the Back to School program before school has even closed for this year, but we continue to have **an earlier registration deadline** similar to last year. You may come to our office or look on the Social Services website page starting on **May 15 through June 29<sup>th</sup>** 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 primary 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 2018 and provided income proof at that time.**

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**Issue 6.2018**



*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:

**Avoiding the Housemate from Hell!**

*"The road to hell is paved with good intentions." It's hell to live with someone who doesn't respect your space, who uses your things without permission, who eats your food, who doesn't pay the bills, who has a different routine than you. Or, even more simply, someone you just don't like. Your good intention to be helpful to someone ends up being a disaster.*

*Here are some pointers from the author of "Sharing Housing" to make mindful decisions on this crucial subject: Step one is to be sure you hold a personal interview with all people involved. You need to talk about routines, cleanliness, neatness, noise, guests, and bills. Think about your own personal style and what you value, and write down questions on the above that help you determine if this person could be a "fit" or not. Sometimes it's a family member moving into the area in need of a place to land.*

*... (Continued on pg 3...)*

# PROGRAM UPDATES:



**ELECTRIC ASSISTANCE:** The “winter protection” is over so if you are behind on your electric bill be prepared to receive a shut-off notice. If this happens and you need help, please contact us ASAP. We can only effectively help BEFORE a shut-off work order is executed! Please don’t wait until it’s too late!



## **SUMMER=KIDS + CAMPS: YES!**



**Camp CONNRI** is a great camp for families with children ages 8 – 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 6th to Fri. August 10th.** 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 6th.

**New Milford Rec-On** Summer Camp takes place June 28- August 3rd, offering plenty of activity for kids *entering grades 1-9*. **Social Services handles all scholarships for this Parks and Rec program**, based on income eligibility. To sign your child up create an online account at [www.newmilfordrec.com](http://www.newmilfordrec.com) prior to registering. (You can do so at the Parks and Rec office if you do not have internet access). Limited funds for scholarships are available at this time. Scholarships go toward the cost of camp, not for special trip costs. Payment of the parent’s portion must be made by June 15. *Other camp info is in our “Family/Children” section on page 3.*



## ***Bike Day!***

**Sunday June 24<sup>th</sup> at 11am** at *JPCC Social Services parking lot*. If your school aged child would like a newly refurbished second-hand bike to call their own, please register with Social Services. First time registrants will receive a new bike helmet (thanks to the Rotary Club!). New Milford Ambulance staff will be there to talk bike safety awareness. John Gallagher of Bike Express and Youth Agency staff and volunteers make this wonderful program possible.

## **Community Culinary School**

*“Changing People’s Lives through Food”*

12 week hands on **culinary training** adults 18 and over, looking for a career opportunity or a life change. Scholarships available.

**Summer Cooking classes for kids 8 & up!**

Call 203-512-5791



## **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, June 14th @ 5:30p.m. - 7:00p.m.** at the John Pettibone Community 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.



## **BACK TO SCHOOL**

### **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 Sarah. Pre-school and college age kids are not eligible. Participants will receive a backpack, school supplies and a gift card toward clothing. **Distribution will be Friday, 8/18 at Kimberly Clark Conference Center.** You to take advantage of CT’s tax-free clothes shopping week 8/20 – 8/24. **Registration deadline is 6/29/18 or sooner depending on when our limit is reached!**

## **SNAP \$\$ AT THE FARMERS MARKET**

Resumes the **first Saturday of June!** Come and have **\$15 SNAP dollars DOUBLED** for delicious fruit and vegetables!



## **ASPEN DENTAL GIVING BACK TO VETS: On Saturday, June 9, from 9 a.m. to 3 p.m.,**

dentists and team members from 300 Aspen Dental offices in 31 states will open their doors to offer a day of free dental care to veterans. Sign up by calling 1-844-277-3646 to schedule an appointment; these are on a first come first serve basis.



## **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 2017. To qualify you must have lived in a CT rental unit for at least 1 year. The maximum income is \$35,300 for one person or \$43,000 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 2017 and proof of total income for 2017. Documentation of SS can be form SSA-1099, a TPQY form, or a copy of a 2017 Social Security check. Please call for an appointment once you have all needed documentation.

# COMMUNITY RESOURCES:



## Family and Children



### NEW MILFORD YOUTH AGENCY NEWS:



**Spring Dance for kids with special needs & their families/friends:** June 10, 2-4pm at the Maxx. Dance, games, food, fun! Call to register 860-210-2030 or myyouthagency.com

**Homework Club:** Students from grades 3<sup>rd</sup>-7<sup>th</sup> can receive FREE tutoring from high school student mentors. For more information on these programs, **contact Jason at [Jason@youthagency.org](mailto:Jason@youthagency.org)** or 860-210-2030.



### HEAD START:

is currently accepting pre-enrollments for Fall 2018. The classroom located at Northville Elementary School is a free program serving 3 & 4-year-olds, promoting school readiness by enhancing their cognitive, social, and emotional development. Children receive breakfast and lunch. The program also supports the family as a whole. Income guidelines apply. Call Maria DeOliveira at 860-304-4648 to learn more.

## 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 23- 27, 2018. For more information and registration please call New Milford VNA Hospice at 860-354-2216.



### YOUTH AGENCY SUMMER CAMP:

Seven week program that includes onsite themed activity days, various arts and crafts, and trips! Registration began April 2<sup>nd</sup>; program begins July 2<sup>nd</sup> and ends August 17<sup>th</sup>. Day runs from 7am-6:30pm. Weekly rates from \$108-\$208 (including trips costs), with the flexibility of week-by-week sign-up. Register at myyouthagency.com until June 1<sup>st</sup>, or call 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.



## Financial Tip of the Month

...continued...

Before you agree, think about how this will affect the house. Does the family member just need a place to stay? Or is she looking for a job as well? In other words, does she have the means to pay her portion of the bills? Even if you don't charge rent, how do you feel about subsidizing her heat, electricity, hot water, and internet access? How long might she stay with you? You should have an agreement about how long and how the family member will contribute to the household.

Go through a selection process, put a boundary on the amount of time you are willing to have the person living in your home. Do it before the person moves in and speak up if it's not working. Nightmare spared!

...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).



### 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](http://www.mvpsos.com) or our office) and provide the first two pages of your most recent tax return.



### 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](http://JobNow) and check it out or stop by the library and ask the reference librarian.



### NEW MILFORD ADULT ED:

has something for *everyone*! From the diploma, ESL and GED programs to career track learning (health care, manufacturing, culinary in partnership with the Community Culinary School and early childhood education), to enrichment or career enhancement programs (scholarships may be available here depending on course). See their summer/fall brochure coming soon, or check the website at: [www.newmilford.coursestorm.com](http://www.newmilford.coursestorm.com) **The American Job Center visits NM Adult Ed on the last Wednesday monthly 4-6:30pm.** Get help with job search, resume tune-ups and exploring career pathways!



### TBICO:

in Danbury, provides a range of FREE 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. Upcoming programs include Job Search Team, Wednesdays 10 - 11:30am; Keyboarding Classes: 9 classes total; new classes start on Wednesdays; Microsoft Word Basics on 3/22 & 3/23, One-on-One Budget Coaching and more. For details contact TBICO at [203-743-6695](tel:203-743-6695) or go to [www.tbicoworks.org](http://www.tbicoworks.org).



### HEY, FIRST TIME HOMEBUYERS! HABITAT FOR HUMANITY

is sponsoring a first-time homebuyers workshop on June 9<sup>th</sup>, 12:30 – 2 p.m. at New Milford Town Hall/E.Paul Martin Room. Learn all about the mortgage qualification process, what to know before you start your search and more. They are also seeking a family for a new construction located in New Milford! For more info or to register, call Morgan O'Brien 203-744-1340 x104.

# FOOD BANK:

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

[This is a residency-income eligible program: pre-registration required]

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



JUNE 2018						
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

**SPECIAL NOTE:**  
**FOOD BANK CLOSES WHEN NEW MILFORD SCHOOLS CLOSE IN SEVERE WEATHER**



## NEW MILFORD FOOD BANK RECIPES OF THE MONTH:

*Easy to prepare on a busy night- more time to enjoy those first Summer nights*



### Cheesy Zucchini Pie

- 1 tube (8 ounces) refrigerated crescent rolls
- 3 medium zucchini, thinly sliced
- 1 garlic clove, minced
- 2 tablespoons butter
- 2 teaspoons minced fresh parsley
- 1 teaspoon snipped fresh dill
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup (4 ounces) shredded Monterey Jack cheese. *divided*



### Preparation:

1. Separate crescent dough into eight triangles; place in a greased 9-in. pie plate with points toward the center. Press onto the bottom and up the sides of plate to form a crust; seal perforations.
2. In a large skillet, sauté zucchini and garlic in butter until crisp-tender. Add the parsley, dill, salt, pepper and 1/2 cup cheese. Spoon into the crust. Pour eggs over top; sprinkle with remaining cheese.
3. Cover edges loosely with foil. Bake at 375° for 25-30 minutes or until a knife inserted near the center comes out clean. Let stand for 5 minutes before cutting. Yield: 6 servings. *(tasteofhome.com)*

### Ranchero Supper

- 1-1/2 pounds ground beef
- 1 can (28 ounces) baked beans
- 1 can (11 ounces) whole kernel corn, drained
- 1/4 cup barbecue sauce
- 2 tablespoons ketchup
- 1 tablespoon prepared mustard
- 3/4 cup shredded cheddar cheese
- Sliced green onions and sour cream, optional
- 7 cups tortilla chips



### Preparation:

1. In a large skillet, cook beef over medium heat until no longer pink; drain. Stir in the baked beans, corn, barbecue sauce, ketchup and mustard; heat through. Sprinkle with cheese; cook until melted.
2. Garnish with onions and sour cream if desired. Serve with tortilla chips. Yield: 7 servings. © 2015 RDA Enthusiast Brands, LLC

### **MOBILE FOOD PANTRY:**

**WEDNESDAY, June 6 (July TBA); 5:30pm-6:30pm at the parking lot of Faith Church**

**Last Day of School is June 28<sup>th</sup>! Back to School Registrations ends June 29<sup>th</sup>!**

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