

New Milford Social Services

"To Listen, To Advocate, To Empower"

October 2018

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New Milford Social Services

Greetings from Social Services:

Am I alone in taking stock in the turns of a season? Fall is upon us, I can feel a shift in the air, a different temperament in the wind. And there is an internal shift, a fidgeting of body, mind, and spirit- waiting for something. Each season seems to bring its own theme. Winter- we slow down, reflect, and wait for action. Summer- we are in action, moving forward, faster, livelier. Spring and Fall seem like set up seasons. Time to prepare. But what are we preparing for? Change! It is always happening. Some times change is thrust upon us and other times it is an opportunity that presents itself and we have to decide to seize it or let it go. With change can come fear and anxiety, but it can also bring excitement and anticipation. Change can be a chance to let go of something that has been burdening us, or a chance for positive growth. The way we feel about it is based on how we view it. It is in our attitude about change that will direct how well we adapt to it. Some say that the only two things that are a guarantee in life are death and taxes; but change is also a guarantee. It will happen, whether you think you are ready for it or not. Someone recently told me that even though you might not first see it in yourself; you are ready for the change facing you. Trust in yourself! Be strong, yet gentle and patient with yourself as you find your new footing. You may fidget and waiver, but you will plant your feet, strong and steady, and be ready for what lies ahead!

~Ivana

"Each one of us can make a difference. Together we make change."

~ Barbara Mikulski, Social Worker

Time for the HOLIDAYS!

This newsletter includes a sign-up for 2018 holiday programs. Please read the following guidelines carefully before completing your holiday registration form:

1. Residents who have met with a social worker and provided income documentation during the calendar year 2018 may complete the form and hand-deliver, fax, or mail it. *If you have not provided verification of income and residency to us in 2018, you must do so within 2 weeks of registering for any programs.*

2. New Milford Social Services programs are for New Milford residents (under age 60) and children in New Milford Schools only. Seniors (age 60 and up) may register for holiday programs through the New Milford Senior Center, not through our office.

3. REGISTRATION DEADLINE FOR ALL HOLIDAY PROGRAMS IS NOVEMBER 9th

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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:

Is it too late to plan your budget for the holiday season? No, not at all. It is also not too early! It is essential to give yourself time when setting any goal. The holidays will come around faster than you think. If you can take the time to write out some steps, you can get ahead of your spending and be in control your money; instead of it controlling you. Sit down for a moment and write down your plans for the holidays. List who you want to buy gifts for and foods you might want make. Think about the extras such as tape and wrapping paper; and food ingredients. Add a column to your list of what you would like to spend. Sum it up and think about how much you will need to save each week before you start shopping. Example: "I think \$500 will cover my holiday gift and party giving". It's about 10 weeks before the heart of the season. The question you need to ask yourself is can you save \$50 a week for the next 10 weeks? If no or maybe, revisit your spending goals.

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PROGRAM UPDATES:



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ENERGY ASSISTANCE: We are taking applications for the upcoming Winter season, 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 our office to make an appointment.

The first day of fuel delivery is November 14th. Please note we do not have a program that can assist you with fuel deliveries prior to that date.

All **electric heated households**, who completed the Matching Payment program last year, will automatically be re-enrolled onto Eversource's MPP. **Remember that you still need to re-apply every year for Energy Assistance through our office!** You will receive a letter from Eversource stating what your new 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, if possible pay the new amount. 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
\$35,116	\$45,920	\$56,725	\$67,530	\$78,335	\$89,140

Visit our department on the www.newmilford.org website, or call Monika at the office for the list of documents needed to apply. All applicants need to bring a current electric bill. For deliverable fuels, we still require an electric account number. If the electric account number is not supplied, then the household will only get 1 delivery until the account number is provided.

Please have ALL paperwork at the time of your appointment. This includes pay stubs even if your employer has gone "paperless". Ask your employer for assistance. Likewise Direct Express cards and bank statements can be found online for downloading and printing. Remember CAAWC requires both your name and your bank's name on the bank statement. You cannot be approved without all required 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

4. For Thanksgiving bundles, household size must reflect the number of people **living with you**. "Pick up" means our traditional Thanksgiving frozen turkey and bag full of holiday food for you to prepare. If you would prefer the option of going to a hall for a prepared holiday meal, please inform our staff. For a delivered fully prepared meal on Thanksgiving Day, please check off "Delivery". **Thanksgiving PICK-UP will be Monday Nov. 19th from 12pm-5pm at the KC Conference Center.**

5. The Santa Fund is for babies through high school age kids. Parents may fill out gift requests and clothing sizes for their custodial children, keeping in mind that donors are asked to purchase something in the \$25-\$50 range. (no game systems, smart phones, expensive items, etc.). Think creatively of non-electronic gifts your child might like! Please, no gift card requests for children under age 12. Use additional sign-up sheets as needed. The first 230 households registered by Nov. 9th will participate in the Santa Fund. **Distribution day for approved registrants is Dec. 18th, 10am-5pm.** Late registrants will be invited to visit our "Gift room" to choose a gift for their child. Parents (custodial or non-custodial) and other adults with special children in their lives may also be able to shop later that same day. Gift Room registration will close on Friday, Dec. 7th. Gift Room will take place on Dec. 19th.

6. Sibling Shopping is a fun event in which **kids age 2 and up** pick out gifts for their brothers or sisters. All gifts are wrapped on the spot and Santa is on hand for family photos. Register for your choice of time and we will do our best to accommodate. Dates are Fri., 12/7 and Sat., 12/8.

7. If you are an adult who is permanently disabled, without children in your household, you may register to receive a gift card for yourself. Pick up date is Thurs., Dec. 20th. **Please remember: Registration forms must be filled out in their entirety for all programs before submitting to our office. Pre-registration is required!**



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, October 11th** at the John Pettibone Community Center @ 5:30pm until 7:00pm. 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.



Financial Tip of the Month

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Think of alternatives that may cost less or be no cost at all. Giving from your heart doesn't have to have a high price tag; and if it jeopardizes keeping up with your bills like rent, mortgage, utility...is it really worth that price tag? Think about past holiday moments. What stands out most to you? Was it the laughter around the dinner table or singing holiday songs; or the joy of your child capturing your full attention as you spend time together playing a favorite game or watching a favorite holiday movie? Can you remember every gift you ever gave or received? It is wonderful to show how much you care by giving a gift, but those who love you would not want you to sacrifice what you need. It is okay!

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



SNAP "\$\$" AT THE FARMERS MARKET

Program runs through October. Come and have **\$15** SNAP dollars **DOUBLED** for delicious fruit and vegetables!



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.

Call Dawn H. at 203-512-5791



COMMUNITY RESOURCES:



Family and Children



NEW MILFORD YOUTH AGENCY NEWS:

Registration is required for the following programs. Go to myyouthagency.com for details and to register. Call 860-210-2030 if you need assistance.

* The Youth Agency is coordinating a series of **free activities this fall for youth with special needs and their families and friends**, such as a hike, basketball, community service day, etc. Visit their website for more info and to register. The Annual Halloween Party is set for Oct. 28th. ****Free, open basketball at JPCC gym** on Fridays from 3-5pm for youth in 9-12th grade.

* **FREE, Homework Club**, Saturdays 9am-11am at the Youth Agency. 3rd -8th grade students will receive help with homework, math, reading, studying, organization, and much more.

*The Mask You Live In: Free movie screening co-hosted with Bank Street Theater, October 22nd, 7pm. This film follows boys and young men as they struggle to stay true to themselves while negotiating America's narrow definition of masculinity.



We all 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.

<http://wcogd.org/index.php/services>

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 or **1-855-406-0246**.

For Treatment and Services for Opioid Abuse: 1-800-563-4086

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 06810 203-790-6568 or INFO@ANNSPLACE.ORG

Family & Children's AID: New Milford office offers many services for parents & children: groups, counseling, home visits, & more; free or insurance-based. For info or an appointment call 860-354-8556



JOB SEARCHING?



* **AMERICAN JOB CENTER** - need help with a job search or training? Want to brush up on your resume? Looking for information about what career paths are in demand? American Job Centers will be on site *at New Milford High School* the last Wednesday of the month from 4:00pm – 6:30pm starting again in September.

* **JOB NOW** – set of tools to support your job search with live interactive support from a Job coach to help you build your resume, prepare for an interview and get support on your job search. Available *at New Milford Public Library*.

***GOODWILL CAREER CENTER**- waiting to help you prepare to find and land the job you want. Services are tailored and FREE. Job coaches available to help with accessing local & online job openings, strengthening your resume, practicing interview skills, improving computer skills, and much more. Call 203-775-6861; @ 165 Federal Rd Brookfield

HABITAT HOUSE IN NEW MILFORD



Housatonic Habitat is currently accepting applications for its home currently under renovation in New Milford. Learn more about homeownership at this FREE workshop. For more information check out www.housatonichabitat.org. Workshop is set for **Monday, Oct. 15** from 5:30pm-7:30pm at Housatonic Habitat for Humanity 51 Austin St., Danbury RSVP for the workshop at info@housatonichabitat.org or call 203-744-1340 x104

HOMEBUYING MADE SIMPLE !!

FREE FIRST - TIME HOME BUYER WORKSHOP



You're Invited.

DATE: **Monday, October 15, 2018**

TIME: **5:30pm – 7:30pm**

WHERE: **Housatonic Habitat for Humanity
51 Austin Street, Danbury**

RSVP: info@housatonichabitat.org or
203-744-1340 x104

This workshop will answer:

- Are you ready to purchase?
- Homebuying barriers and how to overcome them
- Where's the Money? - First Time Homebuyers Financing Options
- Down Payment Assistance Programs you should know about
- Overview of the Home buying Process
- Next Steps

Refreshments will be served.

Sponsors:

**Housatonic Habitat for Humanity
Bridgeport Neighborhood Trust
Fairfield County Bank**



Speakers: Beverly Hoppie, Bridgeport Neighborhood Trust; Allison Homberg, Housatonic Habitat for Humanity; Donna Chillemi, Fairfield County Bank; Daniel DiBartolomeo, Attorney; Patty McManus, William Pitt Realty

Refreshments provided by Stew Leonard's



FOOD BANK:

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



Oct 2018						
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 your own reusable bags!!

SPECIAL NOTE:

**FOOD BANK CLOSES WHEN NEW MILFORD SCHOOLS CLOSE
DUE TO SEVERE WEATHER**

“This institution is an equal opportunity provider”



NEW MILFORD FOOD BANK RECIPES OF THE MONTH:

The fun thing about Fall is that you can “spice” up a meal in many different ways!

Healthy Makeover: Pumpkin Bread



- | | |
|--------------------------------|-----------------------|
| 1 cup packed light brown sugar | |
| ¾ cups whole wheat flour | |
| 2 large egg whites | 1 ½ tsp baking powder |
| 1 cup pure pumpkin | 1 tsp ground cinnamon |
| ¼ cup canola oil | ½ tsp ground nutmeg |
| 1/3 cup low-fat plain yogurt | ½ tsp baking soda |
| 1 tsp vanilla extract | ½ tsp salt |
| 1 cup all-purpose flour | |

Preheat oven to 350F. Spray 8 ½ x 4 ½ metal loaf pan with nonstick cooking spray with flour. In a large bowl, with a wire whisk, combine brown sugar & egg whites. Add pumpkin, oil, yogurt, & vanilla extract; stir to combine. In a medium bowl, combine all-purpose flour, whole wheat flour, baking powder, cinnamon, nutmeg, baking soda, & salt. Add flour mixture to pumpkin mixture; stir until just combined. Do not over mix. Pour batter into prepared pan. Bake 45-50 min. or until toothpick inserted in center of loaf comes out clean. Cool in pan 10 min. Invert pumpkin bread onto wire rack; cool completely. *(From www.delish.com/recipefinder)*

Pumpkin and White Bean Soup

This Pumpkin Soup recipe is perfect for the fall, or any time of year! It is a delicious blend of sweet and savory flavors and is super easy to make. Makes: 6 Servings



Ingredients

- 1 ½ cups apple juice
- 1 can (15oz) of small white beans
- 1 small onion, finely chopped
- 1 cup water
- 1 can (15oz) pumpkin puree, or 2 cups of fresh pumpkin puree

Optional: ½ tsp cinnamon, ½ tsp nutmeg, allspice, or ginger, or ½ tsp homemade Pumpkin Pie Spice, ½ tsp black pepper, ¼ tsp salt

Instructions

1. Mash white beans, onion, and water with a fork or blender until smooth. Set aside.
2. In a large pot, add the pumpkin, juice, cinnamon, black pepper, and salt. If using nutmeg, allspice, or ginger, add that too. Stir.
3. Add the bean mix to the pot.
4. Cook over low heat for 15-20 minutes, until warmed through.

www.SNAP4CT.org | @SNAP4CT

Our office will be closed in honor of the following holiday: Columbus Day, Monday, October 8th

MOBILE FOOD PANTRY:

****Wednesday, October 3rd and Wednesday, November 7th; 5:30pm-6:30pm at parking lot of Faith Church***

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



NEW MILFORD SOCIAL SERVICES
2 PICKETT DISTRICT RD
NEW MILFORD CT. 06776
860-355-6079
CHANGE SERVICE REQUESTED