

New Milford Social Services

"To Listen, To Advocate, To Empower"

September 2018

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2 Pickett District Rd.
 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 Social Services:

I will be brief, even though this is the last newsletter that you will hear from me: we have great news to share!

Ivana Butera has accepted a promotion to become the Director of Social Services and Sarah Geary is being promoted into the full-time Social Worker/Volunteer Coordinator position! We are all very excited and I KNOW that these fine, professional women will continue to run a department that provides exemplary services to our residents.

We are also very happy to announce that Maria De Oliveira, MSW joins our staff as part-time social worker taking Sarah's former position. Maria has most recently worked with EdAdvance in its Birth to Three and Head Start programs both here and in Danbury. She is tri-lingual, with fluency in Portuguese and conversational Spanish. We feel she will make a wonderful addition to our (team).

In addition, Darlene Rivera joins the department as a Masters in Social Work intern for the next year. Darlene and her family lived in New Milford for many years, so she may be a familiar face to you. She is studying social work at Fordham University. One final request: please be understanding as the staff undergoes all of this transition! You and I know that they will be trying their best while learning new responsibilities. Thanks to so many for your kindness and support. I wish everyone the very best!



Maria De Oliveira

~Peg



Darlene Rivera



***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, NM 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 30th from 1:00pm – 2:00pm.

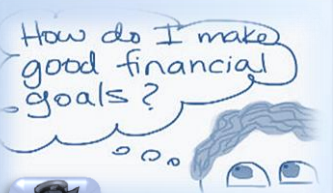
What's involved? Either as a group, or individually, purchase a bag of groceries per walker at Big Y, and walk it up to the back of the Congregational Church to help replenish our shelves! Following your walk,, you will be able to enjoy some refreshments. This event is family friendly, a great opportunity 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 30th by contacting our office.

Issue 9.2018



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:

Getting your best deal on utilities!

Once upon a time TV service was provided by the antennae on your roof and phone and electric were a minor expense. Not so anymore! It's not uncommon for us to see several hundred dollars a month go toward these household costs. Here are some ideas to help you recoup some of your hard earned utility money.

Every couple of years now we play the Frontier vs. Spectrum switch game. These companies love new customers and offer great deals for the first year or two. Then the bill creeps up, up, up. That is when you need to call the vendor you currently use. Sometimes they can be convinced to honor your loyalty and offer a better price. If not, see ya! Have your service stopped to coincide with starting new service with the other vendor. Do not let them sign you on to a commitment of more than 2 years. Recently, when Frontier boosted our bill to over \$150/mo. for cable and internet, we switched to Spectrum for \$107. The first month costs \$50 installation, but by the ... (Continued on pg 3...)

PROGRAM UPDATES:



Getting in the *HOLIDAY* spirit!

We will begin holiday sign-ups in September. As always, these programs are for income eligible *New Milford* families (under the age of 60). If you have not provided verification of income & residency to New Milford Social Services in 2018, you will need to do so *within 2 weeks of registering* for any programs. Program sign-up list is as follows: Thanksgiving pick-up is Monday 11/19, or delivery on Thanksgiving Day. Sibling shopping for ages 2 thru high school will be Friday 12/7 from 3:30pm – 6:00pm or Saturday 12/8 from 11:00am – 2:00pm. Santa Fund (for custodial parents) for babies and children thru high school pick-up is 12/18. Disabled adult (individual without children) gift card pick-up 12/20. Our sign-up deadline will be close of business on November 9, 2018. If you have further questions, please ask at the time of registration, or feel free to call.

Kids + Sleep!

With the start of the new school year upon us, we wanted to stress the importance of a regular bedtime routine. Children thrive with the predictability of a schedule, and are better able to regulate their emotions by getting the required amount of sleep every night. Most importantly, they are able to arrive at school every day ready to learn and participate.



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 13th** at the John Pettibone Community Center. For September the meeting will start at 5:00pm, as we will have Deb Kelleher from the Annie C Courtney Foundation in attendance to answer questions, and provide resources. 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 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.



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



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 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
\$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, without providing an electric account number, 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". 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!

COMMUNITY RESOURCES:



Family and Children



NEW MILFORD YOUTH AGENCY NEWS:

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

- * **Free, open basketball at JPCC gym** Fridays from 3-5pm for youth in 9-12th grade.
- * 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. For more info, contact Stacey@youthagency.org or give a call.
- * **Positive Discipline of Connecticut** introduces a program that will provide you with the tools and skills necessary to create a home environment built on encouragement, cooperation, communication and mutual respect. Free introductory session on 9/24 + 10/1 from 6:30 – 7:30. Preregister by 9/17 by email to carol@positivedisciplinect.org

NEW MILFORD PUBLIC LIBRARY

- * **FOUNDATION CENTER** - free digital resource to help individuals search for funders for grants, scholarships and fellowships and more for college. Contact the Digital Resource Associate, Rachael, at 860-355-1191 x213 for more information.
- * **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.



Financial Tip of the Month

...continued...

2nd month, we're saving. Over the 1st year, we save \$525! The \$ adds up and is worth it! Next up: phones. If your income is low, you use SNAP or other benefits look into getting the Lifeline credit of \$9.25 or more with your carrier (can be used for phone or internet) To learn more, check out www.lifelinesupport.org If you own your phone there are cheaper alternatives than paying for service from Verizon, AT&T and Sprint. Look into Consumer Cellular or Page Plus Cellular, among others. These options can save you hundreds of \$\$ yearly! A bit of research pays off.

Lastly, electric. Tough one! Studies have shown that unless you are a real watch-dog with monitoring your electric supplier, you are better off staying with Eversource. So, it becomes a matter of conservation. Better to keep electric heat on between 60 – 68 degrees than turning it off when not home or sleeping. Be vigilant with turning off lights, unplugging unused appliances, doing laundry after 8pm or on weekends (lower rate) and lowering your hot water heater temp to 120 degrees or lower to SAVE \$\$\$!

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



NEW MILFORD ADULT EDUCATION

- * **FREE child watch** for any student enrolled in New Milford Adult Education High School completion or English as a Second Language programs. All students must check in at the office before dropping children off in Child Watch. Children must be signed in and out of Child Watch every day. Parents must remain in the building at all times. Hours are Monday – Thursday from 4:45pm – 9:00pm.
- * **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.
- * **ESL classes** – Registration 6:30pm – 8:30pm September 4th + 6th at New Milford High School. All classes are free. You must register with the office prior to the start of class on September 11th. Classes meet on Tuesdays and Thursdays during the day from 12:00pm – 1:30pm and in the evening from 6:30pm – 8:30pm.
- * **U.S. GOVERNMENT/CITIZENSHIP** - Mondays from 6:30pm – 8:30pm



HOUSING NEWS YOU CAN USE!: The Danbury Housing Authority is opening up its Section 8 waiting list on Sept. 10! Pre-applications will be accepted by mail only and **must be postmarked between 9/10/18 and 9/13/18**. Online applications will also be accepted until 5pm 9/13/18. These will both be available at the agency's website, www.hacdct.org, and at the office. 300 names will be chosen by lottery for placement on the "Housing Choice Voucher" wait list on November 1st. Only one submission per family!

And Just for Fun!:



- ~Always keep your words soft and sweet, just in case you have to eat them.
- ~Nobody cares if you can't dance well. Just get up and dance!
- ~A truly happy person is one who can enjoy the scenery on a detour.
- ~Save the earth . . . It's the only planet with chocolate!



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.

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



TBICO

Located on 22 Eagle Rd in Danbury, TBICO offers a variety of *free* career training programs to help build your professional skills. In addition, they provide financial education. Visit their website at tbicoworks.org or call them at 203-743-6816. Take advantage of this great organization to help give you the jumpstart to your next career!

FOOD BANK:

Every THURSDAY
from 9am-4pm.



Sept 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						

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:

Back to School month! An apple for the teacher and some for you! Easy for lunch or a quick snack!

HAM, SWISS, & APPLE WRAPS



Photo by Antonis Achilleos

- 1/2 red onion, thinly sliced
- 1/3 cup low-fat plain yogurt
- 2 tablespoons chopped fresh dill or parsley
- 2 tablespoons honey mustard
- Kosher salt and freshly ground pepper
- 1 1/2 tablespoons extra-virgin olive oil
- 4 ounces sliced lean ham (preferably low-sodium), torn into bite-size pieces
- 3 ounces sliced Swiss cheese, cut into strips
- 1 romaine lettuce heart, torn into bite-size pieces
- 1 apple, thinly sliced
- 4 whole-wheat wraps or tortillas
- 3 cups strawberries, halved

Directions: Soak the red onion in a bowl of ice water, 10 minutes. Drain the onion and squeeze dry. Whisk the yogurt, dill, honey mustard, and salt and pepper to taste in a large bowl. Slowly drizzle in the olive oil and 1 tablespoon water, whisking until combined. Add the onion, ham, cheese, lettuce and apple and toss to coat. Pile the ham mixture in the middle of each wrap. Fold in the sides, then roll up the wraps. Cut in half and serve with the strawberries. [Courtesy of Food Network Magazine]

Apple Cinnamon Pockets

Yield : 4 servings

Ingredients

- 1 tablespoons sugar
- 1 teaspoon cinnamon
- 2 apples, medium, chopped
- 2 tortillas, whole wheat, 6 in
- Cooking spray (or 1 tsp canola oil)
- 1/2 cup vanilla yogurt (optional)

Instructions

1. Mix sugar and cinnamon in small bowl.
2. Lightly coat one side of each tortilla with cooking spray (or canola oil). Sprinkle with a spoonful of cinnamon sugar.
3. Spray a small pan with cooking spray, and place over medium heat on the stove.
4. Add one tortilla (oil side down) to the pan, with 1/2 apples on one side, and fold over. Cook about 1 minute or until lightly browned. Flip and cook second side.
5. Remove from pan and cut in half.
6. Repeat with remaining tortilla and apples, and serve with yogurt if you'd like.



Nutrition Information

Serving Size: 1/2 wrap
Calories: 110
Total Fat: 4g
Saturated Fat: 1g
Protein: 3g
Sodium: 140mg
Carbohydrates: 17g
Added Sugar: 4g
Fiber: 2g

www.SNAP4CT.org | @SNAP4CT

Our office will be closed in honor of the following holiday: Labor Day, Monday, Sept 3rd

MOBILE FOOD PANTRY:

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

PERMIT NO. 10
NEW MILFORD CT 06776
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PRESORT STANDARD



ADDRESS SERVICE REQUESTED

860-355-6079
NEW MILFORD CT. 06776
2 PICKETT DISTRICT RD
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