

New Milford Social Services

"To Listen, To Advocate, To Empower"

April 2019

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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:

APRIL IS VOLUNTEER APPRECIATION MONTH

"Never doubt that a small group of thoughtful, committed citizens can change the world;..."I often refer to this classic quote by Margaret Mead to remind me that even the smallest of contributions can go a long way to making a difference in someone else's life. We see these kinds of contributions every week at Social Services from our volunteers. Volunteers are crucial to our programs. From operating the food bank to executing special programs; they donate an enormous amount of hours. Their time is invaluable and their commitment is priceless. April is National Volunteer Month, so this is a great time to acknowledge and exult in the value of volunteering. Look around you. Volunteers are everywhere. They are in our schools, libraries, sport fields and parks. Volunteers help in our churches and temples, sit on town committees and join local civic groups. They are our emergency responders; they help those in need, and even help sheltered animals. I have spent many years working closely with our Social Service volunteers and I have been in constant awe of the work they produce day after day, week after week. Their devotion is extraordinary and I cannot thank them enough for what they do for us! Go out this month and look closely at how volunteers cross your life path. Shout out a "Thank You" for all the work they do. If you are a volunteer, celebrate your commitment with pride! If you have been thinking of volunteering, now's a great time to start. Even the smallest of effort and good deed you can contribute can better a life tenfold! I've seen it firsthand. An hour of time a food bank volunteer devotes to stocking the shelves helps dozens of folks feed their families for a week. Worlds can be changed and made better for the receiver and the giver. As Margaret Mead ended her quote, "...indeed it is the only thing that ever has".

Thank you volunteers- your gifts are treasured every day!

~Ivana



**"So see? Don't fret...it's simple really.
 All that worrying-just seems silly;**

**When you're done, you can say it,
 LOUD and CLEAR,**

You can shout it out PROUD for all to hear!

'Oh the WONDERFUL way I feel!' you'll cheer,

'Cuz I just went out and VOLUNTEERED!' "

-Dr. Seuss



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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:

We want you to join us in partnering with The United Way's **SaverLife** program. This is a great way to start to save for an unexpected emergency or a planned goal. Signing up can be the first step to creating a beneficial life habit. A temporary financial crisis can cause us to make difficult decisions like using our rent money to get the car repaired. Starting to save, even with the smallest of amounts can be a great help in time of need. **How to get started?** All it takes is an email and a bank account with online access. Every month that you save \$20, **SaverLife** will match your savings with \$10- up to \$60 in 6 months! This opportunity does not stop with that; you will also receive financial tips from coaches and rewards for your savings ability. If you are hesitant or unsure, we are here to help. Set up a time to meet with one of our Social Workers and we can help you get started with registration. This can be one small step that can yield a great benefit when you are most in need.



PROGRAM UPDATES:



ENERGY ASSISTANCE: Social Services is taking applications for **electric heated households** for CT Energy Assistance Program. For folks that were auto enrolled onto the Matching Payment Program (MPP) in November, **you still need to re-apply every year for Energy Assistance through our office!** All MPP payments need to be made by the end of each month, and *all* six payments must be received by April 30th in order to get a “match” and remain on the program. If you are not sure you are up-to-date on your expected payments to Eversource, this is the time to make sure. If your household income is below the following amounts, you may qualify for energy assistance through the State program:

<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. **Please have ALL paperwork at the time of your appointment.** This includes paystubs 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!

If you think you may be just above these guidelines but in jeopardy with your Eversource bill, please contact our office for possible funds from Operation Fuel. These funds are limited.



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, April 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 x3.



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

NEW SESSION BEGINNING:
APRIL 22nd!



“JOINING TOGETHER”

Social Services is pleased to offer a **NEW 8 week group** for people who are medically disabled. Coping with on-going medical problems and the inability to work is a life-changing experience that is often accompanied by loneliness and feeling less valued by our society. Facilitated by Peg Molina, LCSW. Thursday, April 4th – Thursdays, May 23rd. If you are interested please contact Ivana, Sarah, or Maria for more information or to further discuss how this group can be helpful to you.



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 6: Mon., August 5th to Fri., August 9th.** 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 5th.

New Milford Rec-On Summer Camp takes place **Monday July 1st- Wednesday, August 7th (at Noon)**, offering plenty of activities for kids *entering grades 1-9.* **Social Services handles all scholarships for this Parks and Rec program,** based on income eligibility. Camp registration begins Tuesday, May 1and and registrants must create an online account at www.newmilfordrec.com prior to registering. (You can do so at the Parks and Rec office if you do not have internet access). In order to receive a scholarship contact Social Services **before** registering your child for camp. Scholarships go toward the cost of camp, not for special field trip costs. Payment of the parent’s portion must be made by June 21(by Noon).

Information on other local camps is in our “Family/Children” section on page 3.

Supporting Wellness at Pantries (SWAP): This program helps promote healthy choices at food banks and food pantries by ranking and categorizing the foods offered. This program is important because many families that visit food pantries are more likely to have chronic diseases like high blood pressure and type II diabetes. These diseases can be prevented and managed by the food choices we make. The SWAP program will help individuals make healthier food choices when selecting items at food pantries. Implementing the SWAP program not only helps people make healthier choices but also may influence the types of foods donated. The SWAP program ranks food based upon the nutrition food label looking at saturated (unhealthy) fat, sodium (salt) and sugar. Excessive amounts of these nutrients increase the risk of developing chronic diseases. Foods are categorized based on a spotlight nutrition ranking system (green, yellow or red). “Green” foods are food to choose more often as they are lower in unhealthy fats, salt and sugar. “Yellow” foods are food to choose sometimes as they have medium levels of unhealthy fat, salt and sugar. “Red” foods are foods to choose rarely because they have high levels of unhealthy fat, salt and sugar. Educating individuals on how to choose healthier options at food pantries can positively impact their overall health and most importantly, quality of life.

COMING SOON!! RENTERS REBATE & BACK TO SCHOOL PROGRAMS:

Details on these programs will be in the May newsletter!



COMMUNITY RESOURCES:



Family and Children



NEW MILFORD YOUTH AGENCY NEWS



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.

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.

Women with Infants and Children (WIC). Nutritional counseling and resources for pregnant woman and parents with children up to age 5. Call Ann Marie Evans at 203-456-1410. Appts are in New Milford!

Counseling Resources



GREENWOODS COUNSELING

REFERRALS: free clinical assessment and then you will be provided with a list of three local therapists qualified to help you. 860-567-4437;

THE WOMEN'S CENTER OF GREATER DANBURY: offers free, confidential counseling and a number of support groups. For more info call 203-731-5200.

NEWMILFORD HOSPITAL BEHAVIORAL HEALTH:

Located at 23 Poplar St., NMHBH provides mental health services for adults, Call 860-210-5350 for more information and appointment.

FAMILY & CHILDREN'S AID:

NM 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.

INTERFACE is a private practice .Experienced staff with many sub-specialties, including counseling for children. Call 860-354-5116.

In addition there are other private practitioners who accept HUSKY and Medicare, like our former SW **Amy Bondeson** (860-799-1631—HUSKY only).

You can always call one of our social workers to discuss these options.

HOTLINE NUMBERS:

*Suicide Prevention: 1- 800-273-TALK (8255)/ 1-800-784-2433

*Adult Crisis Hotline: 1-888-447-3339

*Domestic Violence Hotline: 203-731-5206

*Sexual Assault Hotline: 203-731-5204

*Treatment & Services for Opioid Abuse: 1-800-563-4086

*Youth Crisis- dial 211

"More about other local CAMPS"



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 one week summer camp, which is free of charge, is held at St. John's Episcopal Church, on Main St. in New Milford at the end of July. For more information and registration please call New Milford VNA Hospice at 860-354-2216.



OTHER CAMPS: **ASAP! Summer day Camp** (unplug, connect with nature & explore the arts!) for ages 4-17, July 29-Aug 9. Scholarships available. Call 860-868-0740; asap@asapct.org. **The Pratt Nature Center in New Milford** offers nature centered day camps throughout the summer; ages 3-high school. Scholarships available. Call 860-355-3137; www.prattcenter.org/summer-camp. **New Milford Village Center for the Arts** also runs art themed day camps throughout the summer. Scholarships available. Call 860-354-4318; www.villagecenterarts.org/camps.

Many other camps like **Greenknoll (Brookfield) YMCA Camp**, **Great Hollow Wilderness School in New Fairfield** also offer independent scholarships. Check with these organizations now as financial assistance is provided on a first-come first-serve basis.

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, **camp**s, 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.

For VETERANS:



*4th Weds of every month (except July) meet with the Service Officer at NM VFW, 11 Avery Rd. State Service Officer is Peter DiMarie, 203-805-6340. Town Service Officer is Jim Delancy, 203-770-3665.

*Danbury VET CENTER – counseling services 203-799-4000.

*VA outreach, Linoshka Cruz will meet with HOMELESS VETS to discuss housing and other issues at the New Milford Public Library. Please see a Reference Desk Staff person to set up a meeting.

American Jobs Center has Job Coaches who can help with job searches on the last Weds of each month at Adult Ed at NMHS from 4pm-6:30pm. Call Christy Martin at 860-350-6647 ext. 1170

FREE DENTAL CARE FOR ADULTS AND CHILDREN

The 2019 CT Mission of Mercy Dental Clinic takes place this year in **WILLIMANTIC on April 13-14**. Doors open at 8 am (best to arrive earlier). Location is Windham Middle School, 123 Quarry St. *No eligibility requirements; first come, first served.* Services include: exams, cleanings, fillings, extractions, root canals (limited), interim partial dentures (limited). This is a wonderful opportunity for those without ready access to take care of your oral health!

FOOD BANK:

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



APR 2019						
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 CLOSURES WHEN NEW MILFORD SCHOOLS
CLOSE DUE TO SEVERE WEATHER**

"This institution is an equal opportunity provider"



NEW MILFORD FOOD BANK RECIPES OF THE MONTH:

Vegetable Frittata

- 8 large eggs
- 1/3 cup milk
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons olive oil
- 1 medium red bell pepper, seeded, thinly sliced
- 1/2 small red onion, thinly sliced (about 1/2 cup)
- 2 cups packed baby spinach
- 4 ounces feta



Directions:

1. Preheat oven to 350°F with rack in center position. In a large bowl, beat eggs with milk, salt and pepper.
 2. Warm oil in a 10-inch ovenproof skillet over medium heat. Add red pepper and onion and sauté until softened, about 7 minutes. Stir in spinach and sauté until wilted, about 2 minutes. Distribute vegetables evenly in skillet and pour in egg mixture. Crumble feta on top. Cook without stirring until eggs are just beginning to set around the edges, 2 to 3 minutes.
 3. Place skillet in oven. Bake frittata until almost set in center, about 15 minutes. Turn broiler on high; broil frittata until top is golden brown, about 2 minutes, watching carefully to prevent over-browning. Remove from oven. Let frittata rest for 5 minutes before serving.
- From www.myrecipe.com as contributed by All You recipes*

Banana Pineapple Strawberry Smoothie

2 Servings

Ingredients

- 1 medium **banana**
- ¾ cups 100% **pineapple juice**
- ½ cup **Greek yogurt**, plain
- ½ cup **strawberries**, rinsed, stems removed



Nutrition Information

Serving Size: ½ of recipe

- Calories: 150
- Total Fat: 0.5g
- Saturated Fat: 0g
- Protein: 7g
- Sodium: 30mg
- Carbohydrates: 31g
- Added Sugar: 0g
- Fiber: 3g

Instructions

1. Place all ingredients in a blender and blend until smooth.
2. Divide smoothie between 2 glasses and serve immediately.

Note: Try using frozen bananas and strawberries to make this smoothie even more refreshing!



*New Milford Social Services
will be CLOSED on
Friday, April, 19th (Good Friday)*

MOBILE FOOD PANTRY:

** Weds. April 3rd and Weds. May 1st; 5:30pm-6:30pm at parking lot of Faith Church [Weather Permitting]*

PERMIT NO. 10

PRESORT STANDARD
U.S. POSTAGE PAID
NEW MILFORD CT 06776



CHANGE SERVICE REQUESTED

860-355-6079

NEW MILFORD SOCIAL SERVICES
2 PICKETT DISTRICT RD
NEW MILFORD CT. 06776