



New Milford Social Services



"To Listen, To Advocate, To Empower"

June 2019

Greetings from Social Services:

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New Milford Social Services

A couple of weeks ago I had the privilege of hearing the fourth grade chorus and band at SNIS. These children did such a wonderful job and I know firsthand how hard they and their teachers worked throughout the year. Their performances were amazing! Bravo to all of them! One song in particular moved me and many others, I am sure. It is "Song of the Unsung Hero". It is a tribute to our nation's veterans and the courage they have shown and the sacrifices they have made, sometimes making the ultimate sacrifice. Hearing this song, I thought of the veterans in my family- those that are now gone and ones that are still with us. The performance of this song was quite timely considering Memorial Day was around the corner. This song definitely touched my heart.

As I sat there listening, some of the lyrics started to resonate to me in a different way. "... Those whose uniform is courage. Yet are unashamed of tears... Power stronger than their fears. Let us sing for unsung heroes ... Those united by one purpose, all for one and one for all." I started to think about how there are unsung heroes all around us. People in our lives that we admire for their courage and are noticed for their achievements despite great difficulties or by the noble qualities they've shown. I found myself feeling humbled by such people- for those who have gone out of their way to help someone in great need. Some, we recognize quickly like those who have found their calling in helping others- our medical professionals, our mental health practitioners, social workers, our first responders, our teachers. And then I felt a sense of awe and esteem for those in great need whose obstacles are quite challenging and almost impenetrable yet find the power and the courage to face their fears and make change happen. I see that kind of heroism many days in our office. It takes much courage to face a loss of a job, a diagnosis of a severe illness, a loss of a loved one, or major catastrophe like a fire. To face such challenges and take the steps to persevere and find one's resolve to move on can be heroic. To seek help from others (realizing it doesn't have to be a lonely journey) and act intrepidly is something to admire.

I call out to all of us, to look around for those heroes in our lives, the obvious and not so obvious and let them know we have noticed their courage and their strength.

~Ivana



Silent Heros

*Don't search for Hero's, In far off Lands
 For there are Many, Much closer at Hand.
 Those who toil Everyday, Just to make ends Meet
 With debts to Pay, And family's to Keep.*

*Some have lost loved Ones, Leaving a void in their Life
 A mum or father in a Million, A precious child or a Wife.
 Now living in Silence, In a once vibrant Home
 Living with yesterdays Memories, And the darkness Alone.*

*Those who are Suffering, But still hide their Pain
 Greet you with a Smile, And never once Complain.
 Those fighting Addiction, And the demons Inside
 When each day is a Battle, Just for them to Survive.*

*Those who think of Others, While sacrificing Themselves
 Their hearts are their Guide, Love is their Wealth.
 Yes these are my Hero's, Where ever they may Be
 Brave ordinary People, Just like you and Me.*

~John Peter Read

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Issue 6-2019



The mission of New Milford Social Services is to assist residents with social, emotional, and economic needs. The scope of services is related to helping people to meet basic needs such as food, shelter, clothing and maintenance of health and well-being. We provide various seasonal goods and programs for residents experiencing financial hardship.

How do I make good financial goals?

Financial Tip of the Month:

[A Note from CFPB about Credit Card Debt]

The Consumer Financial Protection Bureau is a Federal agency with very helpful financial tools and blogs. If you haven't signed up already to receive their emails, try it now.

Below is a piece sent out recently by Valentin Mihalache about paying your credit card bills, discussing repayment options in times of personal crisis, and a warning about debt settlement companies:

"Good afternoon, If you're struggling to keep up with credit card bills, you're not alone. Even if you've hit a rough spot, lost your job, are dealing with family illness, or facing emergencies, you still have options. The earlier you act on those options, the better your chances are for avoiding a debt in collections, damage to your credit report, a potential lawsuit or bankruptcy. Address your credit card debt with your credit card company. Contact your credit card company. When you think you might miss a credit card payment, or you already have, contact your credit card company as soon as possible. (continued pg. 2)

PROGRAM UPDATES:



The “winter protection program” 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.



Back to School Program: Important Infor for Parents!

It is once again time to prepare to register for the Back to School Program and as it was last year; **registration will begin and end early.** As with other programs, there are years where limitations arise beyond our control. This program may bear witness to these limitations this year so please read carefully for the details of registering. Program registration through our office is prioritized for families **active** with New Milford Social Services. An active household is one that participated in this year's energy (heating) assistance program, has frequented the food bank at least 4 times within the last 6 months, or has registered their children for a Parks and Rec scholarship within the last year. If a household does not think they fit this description, they may schedule time with one of our social workers to discuss their situation. The Back to School program, sponsored by the United Way of Western CT, is for children entering K-12 grade in New Milford Public Schools for the **primary resident parent** in the case of joint custody. Proof of New Milford residency and income verification is required. 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 one of our Social Workers. Pre-school and college age kids are not eligible. Participants will receive a book bag, school supplies and a gift card towards clothing. **Registration opens on May 8th and ends on June 20th, 2019.** Distribution will be on Friday, August 16th, enabling you to take advantage of CT's anticipated tax-free clothes shopping week 8/18-8/24.



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.



Financial Tip of the Month (continued- a note from CFPB on CC debt):

Many will work with you to find a repayment plan that suits your current situation. **Find out what repayment options your credit card company offers.** Credit card companies can, and often do, provide alternative repayment options. They depend on, among other factors, your income, how much you can afford to pay, and the amount you owe. They offer loss mitigation programs, sometimes called forbearance or hardship programs. [Debt settlement companies](#) are typically for-profit companies that often state that they can negotiate with your credit card company to reduce the amount you owe. Credit card companies generally do not have special offers available to only debt settlement firms, so you are paying the debt settlement company for work that you can do yourself. Debt settlement companies charge fees—often 20 to 25 percent (or more) of the settled debt. You may face additional fees as well. You should carefully review all the terms and conditions of the debt settlement company's fees and [know your rights](#). For example, it's illegal for companies that sell debt settlement and other debt relief services on the phone to charge a fee before settling your debt. To learn more about your options, please read our [blog](#). “~Thank you, Valentin Mihalache, Office of Community Affairs, Consumer Financial Protection Bureau [www.consumerfinance.gov]



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 2018. To qualify you must have lived in a CT rental unit for at least 1 year. The maximum income is \$36,000 for one person or \$43,900 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 2018 and proof of total income for 2018. Documentation of SS can be form SSA-1099, a TPQY form, or a copy of a 2018 Social Security check. Please call for an appointment once you have all needed documentation.



“When You're a Parent...Again” An

information and support group for **GRANDPARENTS & OTHER RELATIVES RAISING CHILDREN:** This month's meeting is on **Thursday, June 13th** 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. **New families are always welcomed.** Please RSVP to social worker, Sarah Geary at Social Services, 860-355-6079 x3.



SNAP \$\$ at the FARMERS MARKET

Resumes **June 8th!**

Come and have **\$15** SNAP dollars **DOUBLED** for delicious fruit and vegetables!



COMMUNITY RESOURCES:



Family and Children



NEW MILFORD YOUTH AGENCY NEWS: Nature Unplugged: SUMMER ADVENTURE PROGRAM: for kids entering 6th-8th grade. \$80 for all 8 sessions. For more details, specific dates and to register visit myyouthagency.com. You can also contact Sara Wells at swells@newmilford.org (860)-210-2030 with any questions.



HEAD START: is a free program serving 3 & 4-yr-olds, promoting school readiness by enhancing their cognitive, social, and emotional development. The classroom is in Northville Elementary School. Children receive breakfast and lunch. The program also supports the family as a whole. Income guidelines apply. Call Natalie Gonzalez at 860-304-4648 to learn more.



WOMEN, INFANT AND CHILDREN PROGRAM (WIC)

WIC is in New Milford the 4th Friday of every month at St. Francis Xavier Church, 26 Chestnut Land Rd (Rt.109) from 9am-4pm. Please feel free to walk in or call us at 203-456-1410. If you have Husky A insurance, you are automatically eligible for WIC. If you do not have Husky A, you may still be eligible and can call for income guidelines.

Counseling Resources



GREENWOOD COUNSELING

REFERRALS: Free clinical assessment and list of 3 local therapists to help you. 860-567-4437

THE WOMEN'S CENTER OF GREATER DANBURY: 203-731-5200

NEW MILFORD HOSPITAL BEHAVIORAL HEALTH: 860-210-5350

FAMILY & CHILDREN'S AID: New Milford office 860-354-8556

INTERFACE CENTER: 860-354-516

AMY BONDESON, BSW, MS, LPC: 860-799-1631- HUSKY insurance only)

"More about other local CAMPS"



CAMP STEPPING STONES (formerly 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, **July 22nd-July 26th**. 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, 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.



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.



The C.A.R.E.S. group provides education, support, resources, and hope for parents and others to get information and discuss a loved one's suspected or confirmed use of mind-altering substances. For more information, please call 855-406-0246.



MCCA provides help and instill hope for individuals, families, and organizations working to overcome and prevent addictions. For more information, please call 860-355-7312 or mccaonline.com.

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



FOOD BANK:

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



JUNE 2019						
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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:



Stuffed Summer Squash

Makes: 4 servings

Ingredients:

- 2 summer squash
- 3 cups cooked brown rice
- 1 cup diced tomatoes
- 1 cup squash pulp (from summer squash listed above)
- 1 cup white beans, drained and rinsed
- 1 tablespoon fresh basil
- 4 tablespoons Parmesan cheese



Directions:

1. Wash and cut squash in half, lengthwise. Remove the large seeds.
2. Steam the squash, skin side down, in a small amount of water in a fry pan or skillet until slightly tender (but not mushy).
3. Scoop out a good amount of pulp (1 cup), place in a bowl and mix with stuffing (brown rice through Parmesan cheese).
4. Place the squash shells in a baking dish. Stuff the squash with the stuffing mixture.
5. Top with more grated Parmesan cheese. Bake at 350°F for about 30 minutes.

Notes: Other Stuffing Options:

Rice + Turkey Stuffing: 1 cup squash pulp, 1 pound cooked ground turkey, 2 cups cooked brown rice, 1 can low-sodium condensed cream of mushroom soup, 2 Tablespoons shredded cheddar cheese.

Cornbread Stuffing: 2 cups squash pulp, 2 cups cornbread stuffing from a mix, dry, 1 cup diced cook chicken or ham, 1/4 cup raisins, 1/4 cup almonds or other nuts [www.snap4ct.org]

MOBILE FOOD PANTRY:

** Weds. June 5th and Weds. July 3rd ; 5:30pm-6:30pm at parking lot of Faith Church [Weather Permitting]*

Advanced Notice: We will be CLOSED on Thursday, July 4th in honor of Independence Day. The food bank will be CLOSED that day so please plan accordingly.

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