

New Milford Social Services

"To Listen, To Advocate, To Empower"

OCT 2019

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New Milford Social Services

Greetings from Social Services:

Spending time together... Very often, I find myself in a conversation with someone where we both reveal our astonishment that it’s a new month and the last month just flew by. Now that it’s October, there’s a rush in the air that makes us feel that time is speeding faster to the end of the year. It doesn’t help when we go to the store and next to the Halloween decorations (which have already been out for a month or so) are the decorations for Thanksgiving and Christmas. But time isn’t passing any faster than it ever has so it must be us. The response I hear myself giving to so many folks who ask “How’s it going?” is “It’s good, but busy”- busy with work, busy taking kids to one event after another, busy with home chores. These are all good things to be busy with, but I find myself questioning that as I spend my time doing all this am I actually present in the moment and really appreciating it; especially the time I spend with my family. Maybe our “busy” shouldn’t be defined by how much we rush to do something or measured by how far we’ve gotten. Maybe we can balance our *busy-doing-something* with *busy-doing-nothing*. Next time someone asks “How’s it going?” or “How was your weekend?” I want to proudly respond with “Great! I was busy enjoying a pizza and movie night with my family or busy taking a family walk in the park. It feels so good to slow down and relish in the quality of time spent together, yet it sometimes feels like harder work to make that happen than to do something else. Well whether it is harder to put down the work, the chores, the driving around, it’s worth it! We all need time to slow down, enjoy doing nothing with those we love. Looking back, we will see that our greatest accomplishments will not be the “work” we busy ourselves with but the quiet “do nothing” moments we spend “chilling” out with our kids, our spouses, our parents, etc.... Time isn’t going to slow down or speed up. Time doesn’t control our actions, we do.

Enjoy!

~ Ivana

“If you want to bring happiness to the whole world, go home and love your family.” ~ Mother Theresa

Time for the HOLIDAYS!



This newsletter includes a sign-up for 2019 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 2019 may complete the form and hand-deliver, fax, or mail it. If you have not provided verification of income and residency to us in 2019, 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 FRIDAY, NOVEMBER 8th**

(continued on page 2...)



Issue 10.2019



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 check on spending.... This might be a good time to review your spending. Soon we will be starting up our heating systems and the holiday season is approaching. These are two reasons many households find themselves spending more money this time of year. So before having to dip a bit deeper into your funds, sit down and spend some time with your money. Here is a simple yet important exercise on identifying spending habits. This is one we have shared with you before but worth the reminder: *You will need a highlighter and our monthly bank and/or credit card statements (as many as apply to you). “Needs” are the things we must have in order to live: our housing, food, clothing, heat, transportation, health care, childcare. “Wants” are everything else! Look over all your expenditures and highlight everything that is a “want” vs. a “need”. You need to be honest with yourself here. If you feel that you need coffee in the morning, that’s OK, but if you stop at (continued, page 2)*

PROGRAM UPDATES:



(...continued from page 1)



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, kerosene or wood please call the office to make an appointment.

The first day of fuel delivery is November 13th and unfortunately, 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
\$36,171	\$47,300	\$58,430	\$69,559	\$80,688	\$91,818

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 even if you do not heat with electric and even if it is not in your name.

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 and approval of application, 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!

Financial Tip... (continued from page 1): *Dunkin' or Starbucks for that coffee, that's a "want". If you went to Walmart to save on some boxed goods, but also bought some craft supplies, a toy for your child, another purse...you get the drift, mark a figure that you think falls into the "want" category and highlight that. Same holds true for the grocery store trips where many extras fell into the cart, eating out or fast food, Amazon purchases, and so on. When you're all done, take a look. Are you surprised by the level of "want" purchases? We can often find what we call "missing money" this way, money that just seems to disappear in the course of living! We do not suggest you give up all your pleasures, that is not the intent of this exercise. But if the bills aren't getting paid, or you never seem to have enough when the car needs a brake job, this exercise may provide some insight into what needs to change to help you manage more effectively. Good luck!*

★ Message for our Food Bank Patrons

With the state of Connecticut embracing the ban of plastic bags, now is the time to join the movement. We have very few remaining plastic bags, and have limited reusable ones to give out. Please come prepared with at least 2 reusable bags to accommodate the items you are selecting.

Now that the colder months are upon us, please refrain from leaving your bag to hold your spot in line outside of the door before the food bank opens. If a bag is left unattended, your spot will not be held and the bag will be considered left behind. As in the past, this has been a conflict. This is a safety concern and we want to avoid any further issues.

With that said, please know we restock the pantry multiple times throughout the day of distribution. Let this ease your mind in that you aren't missing out on the good items! *Thank you*

"When You're Parent...Again"



An information and support group for **GRANDPARENTS & OTHER RELATIVES RAISING CHILDREN:**

Next meeting will be on Thursday, *October 24th* 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.



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. 25th 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. 8th will participate in the Santa Fund. **Distribution day for approved registrants is Dec. 17th, 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. 6th. Gift Room will take place on Dec. 18th.

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., 12/6 and Sat., 12/7.

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. 19th. **Please remember: Registration forms must be filled out in their entirety for all programs before submitting to our office. Pre-registration is required!**

LAST MONTH Of the SEASON SNAP \$\$ at the FARMERS MARKET

We will continue to be at the New Milford Farmers Market each Saturday until October 26th. Stop by and have \$15 SNAP dollars **DOUBLED** for delicious fruit and vegetables! Other coins can be purchased for other foods that the Market has to offer such as dairy, meat, and bread!



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.

***FREE HOOPS!** Basketball at JPCC for grades 9-12, 3pm-5pm, every Wednesday beginning October 2nd. One-time registration at myyouthagency.com. Drop in when you can! Contact Stacey for more info at 860-210-2030 or skabasakalian@newmilford.org.

*Special Program for DADS!



Dads, this one is for you

All-men's group for guys who want to be the best dad, granddad, or fathering figure they can be.

The 7 Habits of A 24/7 Dad™

When: Tuesday Evenings
October 15, 22, 29 and Nov 5th

Location: NMYA, Pettibone Community Center
2 Pickett District Rd, New Milford



Time: 6:00-8:00 pm

Cost: Free & Includes a Light Dinner

Register: Call (203) 791-8773 or info@fnwc.org to reserve your spot. Pre-registration is required

This 4 week series is a shortened version of our 24/7 Dad parenting group. In these 4 sessions, dads and other fathering figures will learn 7 helpful habits that will boost confidence in their parenting skills and learn new ways to connect with their children.

This workshop series is proudly co-sponsored by:

START THE CONVERSATION

Hear what young adults in OUR community are really thinking & doing

Presenting Survey results of:

New Milford 8th, 10th & 12th graders

SAVE THE DATE

Thursday, October 17th 2019

6:30pm

Sarah Noble Intermediate School Cafeteria

Join us for information, conversation and light refreshments



Follow us:  /New Milford CAN

NMCAV thanks Western CT Coalition for its support.
The State Department of Mental Health and Addiction Services partially funds this program.



Residents of New Milford...
please join

State Rep. Bill Buckbee

as he hosts a

COMMUNITY JOB FAIR

**Thursday, Oct. 10
4:00pm - 7:00pm**

**Pettibone
Community Center**

**Cafeteria
2 Pickett District Road,
New Milford**

Join us as employers
present job
opportunities in our
local area and beyond,
and learn about
employment resources
available to you.

LET'S "WORK" TOGETHER!



For more information, contact Catherine Thomas at:
860-240-8720 • Catherine.Thomas@cga.ct.gov
Visit www.RepBuckbee.com for updates and legislative news!

JOB

Adult Education at New Milford High School will also host the **American Job Center** on the last Wednesday of each month: 9/25, 10/30, & 11/27 in the Career Center of New Milford High School form 4-6:30pm. American Job Center offers FREE training to jobseekers including job search, resume writing, skills assessment, interviewing, etc. Please visit <http://www.newmilforddps.org/?DivisionID=16994> for more info and registration information or call 860-350-6647 x1170.



Counseling Resources

THE WOMEN'S CENTER OF GREATER DANBURY: offers free, confidential counseling and a number of support groups including "Women Thriving" to help women focus on sustaining positive changes after leaving unhealthy relationships. Weekly groups are offered in their Danbury office. For more info, call 203-731-5200.

NEW MILFORD HOSPITAL BEHAVIORAL HEALTH: Located at 23 Poplar St., NMHBH provides mental health services for adults, including psychiatric assessment, med. management, individual and group therapy. Groups offered focus on women's support, anxiety and depression, pain management and DBT (dialectical behavioral therapy). Those interested need to have an assessment prior to joining a group. Call 860-210-5350 for more information or for an appointment.

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

INTERFACE is a private not-for-profit practice located in New Milford; experienced staff with many sub-specialties for adults and children. Call 860-354-5116.

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.

WEEKEND

LUNCH

BAGS FOR

SCHOOL CHILDREN



Sometimes we all need a little help. If your family is struggling to provide food for your children, Camella's Cupboard can help! Need is self-identified and there is NO verifying paperwork required. Qualifying for free or reduced lunch IS NOT required to participate.

Signups are now open for weekend and break bags. This is a pick-up program!

Camella's Cupboard also stocks in-school food pantries at SMS & NMHS that any student may access by going to their counselor.

To sign up to participate, visit their website at www.camellascupboard.com.


access health CT

OPEN ENROLLMENT FOR ACCESS HEALTH BEGINS NOVEMBER 1st and ENDS on DECEMBER 15th for coverage to begin January 2020. Visit www.accesshealthct.com

FOOD BANK:

THURSDAYS
from 9am-4pm.



Oct 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	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:



Butternut Harvest Chili

6 Servings

Ingredients

- 2 cups **butternut squash**, peeled, seeded, diced
- ½ cup **onions**, diced
- ½ cup **carrots**, shredded or chopped
- ½ Tbs **olive or vegetable oil**
- 1 can (15 oz) **diced tomatoes**, no added sodium
- 2 Tbs **tomato paste**, no added sodium
- 1 can **black beans**, drained and rinsed
- 1 Tbs **chili powder**

Optional: ¼ cup apple juice

Instructions

1. Heat oil in large pot over medium heat. Add onions and cook until translucent, about 5 minutes.
2. Add in butternut squash and cook for 10-15 minutes (or 2-3 min if using frozen).
3. Add remaining ingredients. Bring to a boil. Reduce heat and simmer, covered, until vegetables are tender (about 45 minutes for fresh, 25 min for frozen), stirring occasionally.



Nutrition Information
Serving Size: 1 cup

Calories: 130
Total Fat: 1.5g
Saturated Fat: 0g
Protein: 6g
Sodium: 160mg
Carbohydrates: 25g
Added Sugar: 0g
Fiber: 8g



www.SNAP4CT.org | #SNAP4CT

Garden Muffins

12 Servings

Ingredients

- 1 ¾ cups **whole wheat pastry flour**
- 1 tsp **baking soda**
- 1 tsp ground **cinnamon**
- ¼ tsp **salt**
- 2 large **eggs**
- ½ cup **vegetable oil**
- 1 Tbs **honey**
- ¼ cup packed **brown sugar**
- 1 small **apple**, grated. Reserve ¼ cup of juice.
- ½ cup **carrots**, grated
- ½ cup **zucchini**, grated
- ½ cup unsweetened **shredded coconut**

Instructions

1. Preheat oven to 350°F. Grease muffin tins with a little oil or line with paper liners.
2. In a bowl, mix flour, baking soda, cinnamon, and salt together.
3. In a large bowl, combine eggs, oil, honey, brown sugar, and juice from the apple. Mix until combined. Add grated apple and grated vegetables and stir.
4. Using a spatula, fold the dry ingredients into the fruit and vegetable mixture until just combined. Slowly add in the coconut.
5. Fill each muffin cup ¾ of the way up and bake for about 17-20 minutes. Muffins are finished baking when an inserted toothpick comes out clean.



Nutrition Information
Serving Size: 1 muffin

Calories: 170
Total Fat: 12g
Saturated Fat: 3g
Protein: 2g
Sodium: 180mg
Carbohydrates: 17g
Added Sugar: 6g
Fiber: 2g



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MOBILE FOOD PANTRY: [sponsored by the United Way & CT Food Bank]

* **Weds. Oct. 2nd and Weds. Nov 6th; 5:15pm-6:30pm at parking lot of Faith Church [Weather Permitting]**

Flu Shots available at the Mobile Pantry for 18 years of age and over!

Holiday Closing:

We will be CLOSED on Monday, October 14th for the Columbus Holiday

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



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