

New Milford Social Services

2 Pickett District Rd, New Milford CT 06776

January- February 2024



The mission of New Milford Social Services is to offer resources and programs to enhance the well-being and self-sustainability of New Milford residents experiencing financial hardship by addressing basic needs including food and household self-sufficiency.

We support our community through empowerment, advocacy, compassion and connection to opportunities to increase the resilience of our residents in need.



We welcome and respect the diversity of all who enter our office.

(P) 860-355-6079

(F) 860-355-6019

Email: socialservices@newmilford.org

Website: www.newmilford.org



New Milford Social Services



Our Programs

*(** Please note that some programs do have qualifying income limits)*

- **New Milford Food Bank**-for families w/children, seniors, adults and persons with disabilities who are experiencing food insecurity
- ****Energy (Heating) Assistance**
- ****Emergency Financial Assistance**
[Funding is limited]
 - Rent/Mortgage
 - Home bills
 - Child Expenses
 - Medical Bills
 - Transportation Costs
 - Food & Clothing
- ****Basic Need Assistance**
- **Needs Assessment, Crisis Intervention & Post-Crisis Navigation**
- **Financial Literacy Information & Education**
- ****Information, Referral, & Assistance** with Local, State, Federal resources and entitlement programs
- ****Renter's Rebate** for disabled renters under age 60.
- ****Children & Family Programs:**
 - Baby Bundle Registration
 - Camp and Enrichment Activity Scholarships for Children [limited funding]
 - Back to School Program Registration [seasonal]
 - Winter Holiday Gifts for Children [seasonal]



*Funding sources for all programs are based on State grants or community donations.
All monetary and goods donations are Tax deductible*



Be a bush if you can't be a tree. If you can't be a highway, just be a trail. If you can't be a sun, be a star. For it isn't by size that you win or fail. Be the best of whatever you are. ~ MLK Jr.

Greetings from New Milford Social Services!

I am not going to start this conversation talking about New Year's resolutions. We've all been there, done that and will continue to do that! However, I do want to talk about getting an early start on planning for 2024, and part of planning is setting up your first steps and reachable goals. We are not talking about promises you make yourself (oops- could that be a "resolution"). We're talking about looking at what expectations you have for 2024. What's on the list that you need to accomplish? Start by asking yourself: "Hey?"~ "How will I get my taxes done this year"? ~ Or~ "Do I need to arrange for summer childcare or camp for my children"? How about ~ "How much am I spending on heat and food this winter- did I apply for any programs that can help reduce these expenses or other home costs? And, "Do I have enough savings set aside in case of an emergency- like with my car"? They all start off as a thought, but now's the time to go beyond the thought and begin to take action- start to collect all your documents you need for your taxes, look up when registration starts for Summer camps. HINT~ they start now, in February and March!

Read through this newsletter carefully. We have a lot of information to share! Danbury VITA will be returning to New Milford for appointments for free tax preparation beginning February 7th. Did you know Parks and Rec Summer Camp opens their registration on February 5th? If you are looking for a scholarship, don't wait too long to call us. Also, February happens to be National Savings Month! A month to remember to take action and set some money aside for emergencies or future goals.

Start small. \$5 dollars grows faster in a bank account than in your pocket. If you are unsure how to take some first steps, please reach out to us. There are more resources out there than we are able to fit in one issue of a newsletter. Don't let an unfulfilled promise to yourself to make a BIG change stop you from making smaller changes and setting more modest goals. Even a brick building starts with one brick and a small brick building can be just as strong and resilient as a large brick building. Happy New Year!

With peace,



~ Ivana

"If I cannot do great things, I can do small things in a great way." ~MLK JR



PROGRAMS THAT HELP!

Heating Assistance



CT Energy Assistance Program is still open!

It is not too late to apply for oil, propane, kerosene, wood or electric heat assistance. This is an income restricted program. State income caps are:

Household Size	1	2	3	4	5	6	7	8
Annual Income	\$41,553	\$54,338	\$67,124	\$79,910	\$92,695	\$105,481	\$107,878	\$110,275

Operation Fuel has opened their winter emergency heating assistance program but only until March 1st or until funds run out. There is also an income cap for this program but much higher than the State's:

Household Size	1	2	3	4	5	6	7	8
Annual Income	\$51,941	\$67,923	\$83,905	\$99,888	\$115,870	\$131,852	\$134,848	\$137,845

Contact our office for details on how to apply: 860-355-6079 or socialservcies@newmilford.org



ARPA funds are still available

for assistance for those who have experienced a financial impact due to COVID from March 2020- to current.

There is no income cap to this program but tax returns may be required to show financial impact.

Applications can be found on our website or through our office.

Requests for assistance can include, but not limited to, rent, mortgage, utility and other household bills, car related expenses, child related expenses, or medical.

Financial coaching and planning help is out there!

United Way and TBICO offer financial guidance and coaching: <https://tbicoworks.org/> & <https://www.unitedwaycwc.org/financialstability>

And CAHS CT Money School
<https://cahs.org/workshops.html>



Job Connections:



NRWIB

: For job resources and training including manufacturing and "ticket to work" program for disabled adults looking to engage in part or full time work.

<https://www.nrwib.org/>

Find the Job You Are Looking For at [Jobs.CT.GOV](https://jobs.ct.gov/)

https://jobs.ct.gov/?language=en_US



TAX TIME!


FREE PREPARATION


By **VITA**: Volunteers will be here at our office beginning February 7th on Wednesdays and Fridays from 10am-2pm.


Appointments can be made online @ <https://danbury-vita.org/>. ID is required and please have all your documents ready such as W-2; 1099 forms; documents for other forms of income (ex. self-employment, alimony); SS cards or ITIN cards for all members of household; routing # and bank account # for direct deposit. For a complete list, please refer to their website.



Now's the time! Registration opening soon for many Summer Camps. Reserve your child's spot!
If you are looking for a scholarship call us as soon as possible.
Deposits required for some camps.

 Park & Rec summer camp registration opening on February 5th. Scholarships are limited so contact us asap. We may require an update of your family's income. Park & Rec fees are \$800 for 6 weeks of camp or \$150 by the week. Camp is for children entering 1st grade through entering 9th grade. Call us about scholarships and instructions on how to register on their website, if this is new for you. <https://newmilfordct.myrec.com/info/default.aspx>

 New Milford Youth Agency will be opening registration for summer daycare camp in March. Fees approximately \$215/week. Full day camp/childcare. Limited scholarships available and slots are limited. For ages entering 1st grade to entering 8th grade. <https://youthagency.org/>

 There are many other wonderful summer (full & half day) camps opening registration soon and scholarships may be available:

Pratt Nature Center

Village Center Arts

Robotics and Beyond

Bucks Rock Camp

Camp Washington

Eagle Rock Day Camp

 **COMING SOON:** Registration for Salvation Army's CAMP CONNRI overnight camp!

Inquire in our office for more information on local camps. Don't wait until schools is out to think about your child's summer!



A Message from Alyssa:



Mental Wellness Month

Here we are nearing the end of January. Some of us might still be winding down from all the stress of the holidays. Maybe you didn't hit the ground running January 1st, feeling prepared to turn a new leaf and get started on a new year's resolution. It's okay to feel that way. Whether it's January 1st or 24th, it's a good time of year to take a breath, give yourself some grace and focus on your own mental wellness.

Your mental health and physical health are connected. A mind-body connection as it's called. Acknowledging your emotions and training yourself to be mindful is important. Finding a passion, purpose or outlet helps with that mind-body connection. Try something new, volunteer, reach out to that friend you've been meaning to reconnect with. Give some thought to what makes you happy and what you love to do. A little thing can add a lot of joy to your life. A healthy lifestyle is also key and leads to improved mental wellness. Try your best to eat a balanced diet, prioritize sleep, and follow up with your doctor. If you're feeling overwhelmed, there are some great stress management techniques to try. Please reach out to us if you feel, you need more support and we can connect you with additional resources, as well as on page 5 of this newsletter.



Did You Know?

New Milford Youth Agency – our local youth service bureau

HAS A LOT TO OFFER!



Did you know that the New Milford Youth Agency (YA) offers more than an **affordable before and after school childcare program and summer camp**? As a Youth Service Bureau, we are actively looking to expand our programs and services that reflect the needs and interests of our local community. This includes expanding our childcare services to now including an **afternoon pre-school program called the PK Club, two days a week for 3 and 4 year olds!**



In addition to childcare, the YA offers a wide variety of programs for our New Milford **families including no-cost clinical and counseling services for adolescent youth** helping with topics such as anxiety, depression, conflict resolution, peer and family relations and more!

The YA offers students **a place to take action, have their voices heard, and feel a sense of belonging in their local community**. An example of this is our LGBTQIA+ and allies student group for students in grades 9-12 and our annual Pride Prom, already on the calendar for May 4th!



For children grades 3-8 who are having a hard time academically or socially, we have a **free mentoring program** that meets weekly and pairs our younger students with high school mentors and role models.



And speaking of role-models, our Agency provides numerous opportunities for high school youth to become involved in their community through **volunteering and leadership through our Student Advisory Board**.

We have increased our programming for the **neurodivergent community with a group called "Safe Place"** that meets on the 1st and 3rd Monday of every month– with some meetings including guest speakers covering important topics that affect this population of children. Special events, parties, and celebrations are held throughout the year to bring our community together.



New Milford Youth Agency's
Safe Place



The Youth Agency offers a variety of **enrichment programs** with current classes including culinary and an introduction to robotics opportunities. Class fees vary and **scholarships are available**.



Dads and other caregivers looking for a chance to bond with their child over a free meal can join us at the Maxx on the second Monday of each month from 6-7pm and join our **"All Pro Dads" group**.



Do you like listening to podcasts? **The Youth Agency's Video Program** utilizes student employees and volunteers to produce educational videos and podcasts on topics related to youth, families and the New Milford community. Some of our topics include interviews about substance use and recovery, gambling, and round table discussions with teens and local providers and professionals on a wide range of interesting topics. **New Milford Youth Agency's Media Production Podcasts can be found on Spotify, Pandora, Apple and other Podcast platforms as well as through our website: <https://youthagency.org/>**



For more information or to register contact the Youth Agency and follow us on Instagram and Facebook. **(860) 210-2030 or stop by and visit our friendly staff at the John Pettibone Community Center**

Food Programs of New Milford Social Services:



"This institution is an equal opportunity provider"

A choice food pantry serving local individuals, seniors & families with children who are food insecure. Walk-in and choose from many nutritional and traditional items.

We follow SWAP guidelines: **S**upporting **W**ellness **A**t **P**antries by offering nutritional products and information

Food Bank days for distribution:
We offer Open Distribution HOURS
On Thursdays: 9 a.m. -4 p.m.
Or by appointment M, T, W, F,
including late appts.
@ New Milford Social Services
2 Pickett District Road

Nutritional
Buddies
Recipes on
pg. 4 & 5!

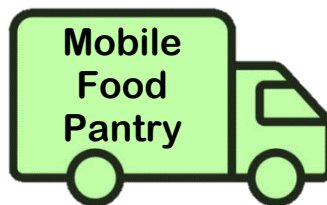


The New Milford Food Bank January open hours are Thursday 1/4, 1/11, 1/18, 1/25. Please bring ID.

Need to sign up for the food bank, please contact Wanda Fyler, Program & Volunteer Coordinator @ socialservices@newmilford.org or 860-355-6079 x2

Please Keep in Mind that if the Weather is Bad (Snow, Ice, etc.), we may have to close or delay our opening.

We post these warnings on CT News 30 on Channel 4 and CT CBS News on Channel 3.



The MOBILE FOOD PANTRY truck stops in New Milford 2x's a Month!!

Where: Faith Church, New Milford

When: 1st and 3rd Wednesday, every month, weather permitting

Time: 4:30pm – 5:30pm OR until food runs out (get there early)

STAY IN THE KNOW OF THEIR SCHEDULE:

Website: <https://ctfoodshare.org/mobile>

Or

Text FOODSHARE to 85511

Or

Text COMIDA a 85511

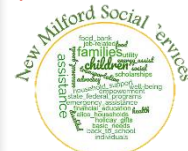


Looking for other local food pantries or meal kitchens?

Visit our website and explore the NMFIT brochure (scroll to the bottom of our page)



<https://www.newmilford.org/content/3088/3134/default.aspx>



NMFB "BUDDY" RECIPE OF THE MONTH!

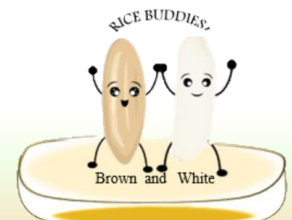
It's a rice month! And we have a variety to share with you thanks to our friends at MT. High Organics, we have white and brown, long-grain, jasmine & basmati 1lb bags to share! Rice is a healthy low cost food that is easy to prepare and goes well with so many vegetables, seasonings and meats or fish. Here are 2 recipes this month to try! Enjoy!

Recipe #1: Simple, Easy, Healthy Thai Jasmine Brown Rice

Ingredients: 1 cup Brown Jasmine Rice (not use to brown- combine some white rice)
 2 cups water 1/2 tsp salt or salt substitute 1Tbsp Canola oil

Top with 1Tbsp of cilantro, basil, brown sugar, butter (plant butter works too!)

Mix with roasted vegetables and add your favorite protein on the side



Directions: Boil water on high heat. Rinse the rice in a strainer or bowl, before cooking. When water boils, add rice, oil and salt. Reduce to low heat. Cover and let cook on low heat for 45 minutes. Add your toppings, vegetables of choice and protein (like, chicken, pork, fish) if you want!

Considering planning for Homeownership? Ask us about financial resources through CHFA and Habitat for Humanity.

Looking now for a home: Consider this OPEN HOUSE!
For more info: contact

www.HousantonicHabitat.org www.HousatonicHabitat.org
or call 203-744-1340

OPEN HOUSE

44 Canterbury Court, Unit 44
New Milford, Connecticut 06776

Sat, February 3rd
From 12 - 2 PM

PROPERTY HIGHLIGHTS

This townhouse has recently been renovated and offers 1,026 square feet of living space. It's located near the lively downtown area of New Milford, offering access to great schools, fantastic restaurants, beautiful hiking spots, and playgrounds for residents to enjoy.

If you're a hard-working individual in need of assistance, don't assume you're ineligible for our program! It's designed to lend a helping hand to those who need it. Also, feel free to stop by our open house to see the property for yourself!

- 2 Bedroom
- 1.5 Bath
- Laundry Room
- Private Balcony
- 2 Assigned Spots, PLUS Single Garage
- Open Living Room Into Dining Room

FOR MORE INFORMATION
HousatonicHabitat.org
 203-744-1340

NMFB "BUDDY" RECIPE OF THE MONTH!

Veggie and Grain Salad



Just Mix it all together!

- 1 Cup of cooked grains (quinoa, brown rice or couscous) - A combination of one or two is delicious!
- 1 Cup of roasted Veggies (Onion, sweet potatoes, mushrooms, butternut squash, carrots, beets or Brussel sprouts) - A combination of 2 or 3
- 1 Cup roughly chopped greens (Arugula, baby kale, spinach or chopped parsley)
- 1/2 Cup of cheese (feta, blue cheese or goat cheese)
- 1/2 Cup of nuts (Walnuts, pumpkin seeds or sunflower seeds)
- 1/2 Cup Dressing (Balsamic or vinaigrette of your choice)

Other options: Add sliced apples or pears, dried cranberries, chopped cooked chicken or garbanzo beans.

You can use your imagination!

Enjoy!



Stop in during food bank hours on Thursdays, if you are in need of a coat! Sizes vary and while supplies last!



FOR PARENTS & CAREGIVERS

New Milford Youth Agency presents:

S.M.A.R.T.

SOCIAL MEDIA AND RESPONSIBLE TECHNOLOGY

- POPULAR APPS, PROGRAMS AND ONLINE TRENDS
- CYBERBULLYING, SEXTING AND OTHER DANGERS
- SOCIAL NETWORKING AND YOUR FAMILY'S DIGITAL TATTOO

WITH TECHNOLOGY CHANGING SO FAST, IT IS VITAL THAT PARENTS ARE AWARE OF THE POTENTIAL DANGERS THEIR FAMILY CAN FACE. COME LEARN SOME STRATEGIES TO HELP EMPOWER CHILDREN TO MAKE THE BEST CHOICES WHEN ONLINE.

FEBRUARY 13TH
6-7:30
@ THE MAXX
94 RAILROAD STREET

FREE!
CATERED BY ITALIA MIA

REGISTRATION REQUIRED
MYOUTHAGENCY.COM
CONTACT BHEMBROOK@NEWMILFORD.ORG



We all can benefit from support-

Resources for Mental Health Support

- Call or Text **988** for Suicide and Crisis Lifeline
- **CTSafeConnect:** CT's Domestic Violence Resource Line (888)774-2900
- **Greater Danbury Domestic Violence Hotline** (203)731-5206
- Call **211** for Mobile crisis
- **Regional Hotline** for Western CT Mental Health Network (888)447-3339
- **Greenwoods Counseling & Referrals**
-25 South Street, Litchfield, CT 06759
(860)567-44437
- **The Fortitude Center for Mental Health and Addiction Counseling:** 143 West Street Suite V, New Milford, CT 06776
(860)799-5750
- **Apex Community Care** for substance abuse, medical services etc. 16 Hospital Ave. Danbury, CT 06810 (203)778-2437
- **The Center for Empowerment & Education-** offers free, confidential counseling and several support groups including divorce, abusive relationships and past trauma, and surviving sexual assault for women and men. For more info, call 203-731-5200; www.thecenterct.org
- **New Milford Youth Agency:** no-cost counseling for adolescent youth: 860-210-2030
- **Family & Children Aid:** NM office offers many services for parents & children: 860-354-8556.
- **New Milford Hospital Behavioral Health:** Located at 23 Poplar St., 860-210-5350

New Milford has established a Fair Rent Commission.



"It was established to control and eliminate excessive rental charges on residential

housing within the Town. The primary power of the FRC is in determining whether or not the rent for the housing accommodation is so excessive as to be harsh and unconscionable. For additional information about the FRC services, you may contact fairrent@newmilford.org. For complaint forms regarding rent increases or severe domicile conditions visit the Town's website: [New Milford Fair Rent Commission- forms](http://NewMilfordFairRentCommission-forms)



The New American Dream Center is a program that assists immigrants, especially new to the country, in assessing and connecting to resources including medical and education. Also, they help immigrants with resources in preparing for citizenship. For more information or for assistance contact them at: (203) 744-9539 or newamericandreamcenter@gmail.com
WHATSAPP (475) 296-3559



A Special Message to our Diverse Community from our Social Worker:

María De Oliveira [Habla Español] [Fala Português]
860-355-6079 Ext 4 o mdeoliveira@newmilford.org



Un mensaje especial a nuestra diversa comunidad de nuestro trabajador social

Uma mensagem especial para nossa comunidade diversificada de nosso assistente social

Hay muchos programas excelentes en New Milford y algunos se destacan en nuestro boletín. La inscripción al campamento comenzará pronto y otros campamentos en los que empezar a pensar. ¡No esperes mucho para decidirte! La página 5 tiene información sobre el Nuevo Centro del Sueño Americano. Humanity for Habitat tiene una casa para potencial comprador calificado es una oportunidad para comprar una casa. Text en español para comida- para el horario de la despensa móvil CT Foodshare. Hay muchos programas y oportunidades en la agencia juvenil que pueden ayudar a su hijo.

Existem muitos programas excelentes em New Milford e alguns são destacados em nosso boletim informativo. As inscrições para acampamento de verão começarão em breve e tem opção para escolher Não espere muito para decidir! A página 5 traz informações sobre o New American Dream Center. Humanity for Habitat tem uma casa para potenciais compradores qualificados, é uma oportunidade de comprar uma casa. Text em espanhol para alimentos - para a programação da despensa móvel CT Foodshare. Existem muitos programas e oportunidades na agência juvenil que podem ajudar seu filho.

THE NEW MILFORD YOUTH AGENCY

PK CLUB

España é limitado
As inscrições já estão abertas

Inscribendo novas famílias
Terças e Quintas
das 12:00-2:00pm

\$40 por semana

✓ No lado da Agência Juvenil do Centro Comunitário John Pettibone

✓ Traga seu filho de 3 ou 4 anos para conhecer nossa sala Pré-K e conhecer nosso novo programa

PARA SE REGISTRAR VISITA
WWW.MYYOUTHAGENCY.COM

Para mais informações ligue
860-210-2030

JUNTE-SE A NÓS PARA O NOVO ANO

NEW MILFORD YOUTH AGENCY'S

BUDDY UP

GRATIS

PROGRAMA DE ENTRENAMIENTO

DISEÑADO PARA MOTIVAR A LOS ESTUDIANTES A SOBRESALIR TANTO ACADÉMICA COMO SOCIALMENTE. ESTUDIANTES DE LA ESCUELA SUPERIOR SERÁN AMIGOS DE LOS ESTUDIANTES DE 3-8 GRADO CON EL OBJETIVO DE DESARROLLAR Y FOMENTAR RELACIONES POSITIVAS.

MÉRCOLES DE 3:30-4:30 @ JPCC

CONTACTE MARÍA LEO
PARA UNA APLICACIÓN
MLEO@NEWMILFORD.ORG
(860) 210-2458

 THE NEW AMERICAN DREAM CENTER

AT THE CONNECTICUT INSTITUTE FOR COMMUNITIES, INC.

CENTRO DE RECURSOS PARA LA COMUNIDAD INMIGRANTE
CENTRO DE RECURSO PARA A COMUNIDADE IMIGRANTE

<p>SERVICIOS OFRECIDOS:</p> <p>Evaluar las necesidades de las personas o familias recién llegadas para conectarlos con los programas disponibles en la comunidad, como el acceso a la salud, la educación y otros servicios sociales. También brindamos apoyo para determinar la elegibilidad para la ciudadanía estadounidense.</p> <p>ASISTENCIA CON LO SIGUIENTE:</p> <ul style="list-style-type: none">✓ El llenado de formularios✓ Lectura de documentos, cartas y notificaciones✓ Organizar los trámites necesarios para obtener los servicios✓ Traducciones✓ Notarización✓ Copias✓ Redacción de cartas <p>GRATIS</p>	<p>SERVICES PROVIDED:</p> <p>Needly assessment of newly arrived individuals or families to connect them to programs available in the community. Such as access to health, education and other social services. We also provide support in determining eligibility for US citizenship.</p> <p>WE ALSO PROVIDE ASSISTANCE WITH:</p> <ul style="list-style-type: none">✓ Filling out applications✓ Reading documents, letters and notices✓ Organizing the documentation needed to qualify for services✓ Translations✓ Notarization✓ Copies✓ Letter writing <p>FREE OF CHARGE</p>	<p>SERVIÇOS OFERECIDOS:</p> <p>Avaliação das necessidades de indivíduos ou famílias recém-chegadas para conectá-los a programas disponíveis na comunidade, como acesso à saúde, educação e outros serviços sociais. Também fornecemos suporte para determinar a elegibilidade para a cidadania americana.</p> <p>FORNECEREMOS ASSISTÊNCIA NO SEGUINTE:</p> <ul style="list-style-type: none">✓ Preenchimento de formulários✓ Leitura de documentos e notificações✓ Organizar a documentação necessária para obter serviços✓ Traduções✓ Notarização✓ Cópias✓ Redigir cartas <p>GRÁTIS</p>
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PARA PROGRAMAR UNA CITA O SERVICIO LA DISPONIBILIDAD PARA EL MISMO DÍA. LLAMAR AL

TO MAKE AN APPOINTMENT OR CHECK AVAILABILITY FOR SAME DAY WALK IN, CALL

PARA AGENDAR UMA CONSULTA OU SERVIÇO A DISPONIBILIDADE PARA O MESMO DIA, LIGUE

(475) 296-3559

WhatsApp



“Always bear in mind that your own resolution to succeed is more important than any other”. ~ Abraham Lincoln

“Courage is an inner resolution to go forward despite obstacles”. ~Martin Luther King Jr.



Fecha Cerrada

*This office will be **CLOSED** on the following days:*

Monday, January 15, 2024 in honor of Martin Luther King Jr Day
&
Monday, February 19, 2024 in honor of Presidents Day



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



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