

New Milford Social Services

2 Pickett District Rd, New Milford CT 06776

Fall Newsletter-October 2023



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**
[limited funding]
 - 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*

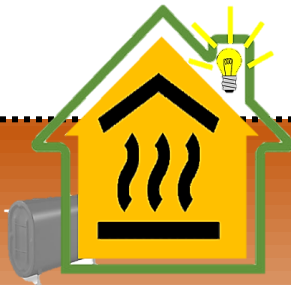
*“You don’t have to see the whole
staircase, just take the first step.”
~ Martin Luther King, Jr.*

Greetings From New Milford Social Services!

Everything shifts, changes, alters or diverges. Just as the seasons always change, shifting the temperature so do our best-laid plans. Moving throughout our day we engage in our routines yet hopefully we are mindful to the “something” unplanned or unexpected that may cause us to react. Life detours to the left while we plan to go right. When that happens, we have choices to make, like embracing the divergent and taking on the challenges, they present. Being flexible and resilient can give us room to move with these shifts. We can adjust our habits, start new ones, or dust off old habits. For some of us, it is a financial stumbling block-the shift of the weather from warm to cool forcing us to think about when to turn on the heat, knowing it is going to strain our household budget. Another example is when school started and parents discovered they were just above the guidelines for free/reduce lunch and had to readjust household finances to account for that expense too. It is walking into the stores and being reminded that the Holidays are approaching fast! Lastly, it is seeing the end of post-pandemic financial programs and realizing the little bit of extra that eased our \$ concerns, is no longer available.

What does this all mean? It means time to re-evaluate our budgets, our expenses and our ability to save in this current economy. Why are we mentioning this? Because we are seeing the end of many programs that were created or expanded because of COVID, reducing assistance to households, leaving many to look for other options to meet those seasonal and unplanned expenses. New Milford Social Services is here to connect you to those options. Maybe you have not been in to do an energy assistance application in the last 2 years; now is the time to come back. The food bank is open and better than ever with nutritious fresh, frozen and shelf-stable choices. There are other cost saving programs out there you may not realize- Thanksgiving and Santa Fund assistance, scholarships for children’s programs, United Way has Proseri~Key, AliceSaves and financial coaching available. We can connect you to job training and placement services that can open doors to a new career and higher earnings. We still have ARPA funds available with a larger grant than we are usually able to provide, that can help you catch up from a financial interruption brought on by the COVID pandemic. We hope to hear from you and help you explore the possibilities.

“Budgeting is not just for people who do not have enough money. It is for everyone who wants to ensure that their money is enough” [R.M. Wamambe].



ENERGY ASSISTANCE - HEATING AND UTILITY:
Important Information!

New Milford Social Services is the local intake site for residents under the age of 60 seeking to apply for the following heating and utility assistance programs. Please contact our office for more information and guidelines to apply. [If you are over the age of 60, please contact the New Milford Senior Center]

- **CT Energy Assistance Program (CEAP) - EARLY APPLICATION BEGAN SEPTEMBER 5th** for the winter season prioritizing people with deliverable fuels or those with electric heat and in crisis. Please call us for an in-person appointment or for an application packet to fill out and send back to us. You will need to include all required income and relevant documentation for every member of your household. Please include all required documents. An incomplete application will slow down the process.
- **The first day for fuel deliveries is November 1st** so please try to apply early so there is little delay of delivery.
- **There is an income limit to this program: See chart below-**

60% OF 2023 STATE MEDIAN INCOME GUIDELINES

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

- **NEW LOW INCOME DISCOUNT RATE-** will take effect by end 2023/beginning 2024. If you qualify for hardship, you will qualify for either Tier 1 or Tier 2 rates. Each Tier is based on household income. Tier 1 will be a 10% discount up to a certain kilowatt based on your heat source. Tier 2 will be a 50% discount up to a certain kilowatt based on your heat source. To qualify for Tier 1- household income must be below the amounts in the above chart. To qualify for Tier 2, household income must be below 160% FPL and/or active in a qualified State/Fed program (see our office for the list).
- For **electric heated households**, we believe you will be auto-enrolled back onto the Matching Payment Program (MPP), if you are currently on it. However, your budget may be reset. The new Tier rate system may change below budget worksheets but we can discuss what options may be available to adjust your budget, if possible. In the meantime, do the best you can to pay your new amount. MPP resets in November, so after November 1st, is a better time to meet with us.
- Another note, **if you use Solar panels** to offset your electric bill, you may qualify for NewStart, if you fall behind in your bill. This is a new opportunity for solar households. Reach out to us and we can discuss eligibility.
- **If you are not on a budget program and are at risk of an electric shut off**, please contact us- you may qualify to be coded hardship to prevent a termination of service.
- Lastly, there was an excess of money left over from last year's program. A \$150 supplemental payment will be made to CEAP 2022-2023 customer's electric bills for those who applied and approved during last year's season.
- **If your income is above 60% SMI for CEAP but below 75% SMI, you may qualify for Operation Fuel.** We are the New Milford intake site for Operation Fuel for residents under 60 years old. Operation Fuel CLOSED their season early but hope to reopen in January 8, 2024. If you are in need, sooner, please contact our office to explore other resources

75% OF 2023 STATE MEDIAN INCOME GUIDELINES

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

- Are you struggling with a **water bill**? You may qualify for Operation Fuel assistance. This program is currently open. Please contact us to discuss further.

CONNECTICUT LAUNCHES A NEW DISCOUNT PRESCRIPTION CARD For ALL CT RESIDENTS.

As of October 2, 2023, CT residents can go online to ArrayRx: www.arrayrxcard.com to sign up for a **FREE prescription discount card** that can be used at ~98% of CT pharmacies. A valid physical CT address and an email address are required to enroll.

A digital card can be downloaded to your smartphone wallet or you can request an email of it that you can show the pharmacy. You can sign up each member of your family, including your children.

Present the card when purchasing prescription drugs to receive savings up to 80% on certain medications. All FDA-approved drugs are eligible for a discount.

When announcing this new program, Gov. Lamont said *“Rising costs makes accessing health coverage a barrier for far too many people, and entering Connecticut into this multi-state consortium is a way to provide the residents of our state some savings on the medications they need to stay healthy”*.

If you need help applying, please contact our office.

English Español

Contact Us About Us

ArrayRx

discount card

Sign up Rx Tools FAQs Login

Sign up to get your digital discount card!

Already a member? Access your card by logging in to your Member Dashboard or recover a forgotten username/password

Your name and birthday will need to match your prescription to use your discount card at the pharmacy

First name*

Last name*

Email address*

Re-type email *

Date of birth

Month * Day * Year *

Using this digital card can help you save up to 80% on medications

- All Connecticut, Nevada, Oregon, and Washington residents qualify
- No membership fee to join
- No age or income restrictions
- Only takes a minute to enroll
- All FDA-approved prescriptions are eligible for discounts
- Each user signs up and gets their own digital card with a unique ID number

ArrayRx

Kristopher Jones

12345678901234567890

01/01/2023

01/01/2024

ArrayRx



Welcome Alyssa Cole, LCSW
Our NEW Social Worker and Post-Crisis Navigator

Alyssa comes to us with an extensive knowledge of State and local resources as well as years of experience with crisis intervention and needs assessment. As the post-crisis navigator, Alyssa is available to offer one on one support: connection to resources, system navigation and advocacy for people trying to reconnect to their daily lives while working through trauma or crises including intimate partner or family violence, isolation, intimidation, abandonment and separation. Alyssa is a Licensed Social Worker and available Monday through Friday, 8:30am-4:30pm. Please help us welcome Alyssa and if you need to talk to her, she can be reached at 860-355-6079 or by email at acole@newmilford.org.

A Message from Alyssa:



Domestic Violence
Hotline: 203.731.5206

October is Domestic Violence Awareness Month (DVAM)

For most, domestic violence is not an easy thing to talk about. People often are hesitant to reach out for support out of fear, shame and misconceptions about what abuse can look like. During the month of October, we want to raise awareness about the impact of domestic violence on individuals, families and the community as a whole. Please reach out to us if you or someone you care about needs resources and support.

Also, if you're looking to get involved and support efforts to bring about positive change, please see the upcoming events sponsored by The Center in Danbury.

09/29-10/1 Virtual Safewalk; Do a 4k anytime, anywhere over the weekend. Help The Center raise awareness through their annual fundraiser

10/4-10/7 & 10/11-10/14 Silent Witness Exhibit from 12:00pm-4:00pm: Visit the Danbury Museum and Historical Society to view the Silent Witness Exhibit, honoring those who lost their lives due to domestic violence.

10/18 Bingo & Brews 6-8:00pm: Charter Oak Brewery in Danbury will be hosting a fun night with Bingo and some prizes. Wear Purple!

10/19 Purple Thursday: Wear purple to raise awareness for domestic violence. Share your photos with The Center on social media.

Visit www.thecenterct.org for more information

"At any given moment you have the power to say this is not how the story is going to end"- Christine Mason Miller



"Trauma creates change you don't choose. Healing is about creating change you do choose"-Michelle Rosenthal

Anonymous Alerts 

TOWN OF
New Milford 

Safety for Your Community
Anonymous Incident Reporting

With Anonymous Alerts, you have the ability to help yourself or others by anonymously reporting incidents to law enforcement in an easy-to-use app that provides a safe and secure way to report issues of concern.

You Can Anonymously Report

- Suspicious/Criminal Activity
- Violence
- Gang Issues
- Threats
- Alcohol or Drug Issues
- Public Safety Concerns
- Theft/Vandalism
- Mental Health Concerns

- ✓ Anonymous 2-way Communications® with Law Enforcement
- ✓ Mobile Apps & Web-based anonymous reporting
- ✓ You can include text, images, or video

With the Anonymous Alerts® My Message Center, you can have an 2-way anonymous dialogue with law enforcement in real-time.

New Milford representatives can ask you questions about your submitted report to conduct an effective investigation.



Download on the App Store



GET IT ON Google Play



APP ACCESS CODE: newmilford

Download Anonymous Alerts for FREE on the App Store or Google Play.



You can also submit a tip online at the following website or scan the QR Code on the left:

<https://tips.anonymousalerts.com/newmilford>

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Did You Know?

The Office of the Healthcare Advocate

Connecticut has a dedicated office focused on assisting consumers in making informed decisions when selecting a health plan, assisting consumers to resolve problems with their health insurance plans (public or private) and tracking trends of issues/problems, as well as advocacy and legislative intervention. Reach out to them by calling 866-466-4446 or email at healthcare.advocate@ct.gov. You can also sign up online to receive their monthly newsletter. www.portal.ct.gov/OHA

And...

AccessHealthCT is getting ready for open enrollment, Nov 1st –Jan 15th by conducting Healthy Chats open to the public to attend: [Register online](#) to hear about plans available to you, financial help, special enrollment period and opportunities like the [Covered Connecticut Program](#).

Next chat is October 18th, 6-7pm via Zoom

Upcoming chats are 11/8, 11/15, 11/29, 12/6, 12/11, 1/3, & 1/10: 6-7pm Zoom

Food Programs of New Milford Social Services:



"This institution is an equal opportunity provider"

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
Recipe on
pg. 5!

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

New Milford Farmers Market Collaborative
*Offering SNAP participants an opportunity to shop for nutritious and local farm fresh food by using their EBT cards to purchase coins and **DOUBLE YOUR DOLLARS!***

Show your
SNAP card and
New Milford ID
to get FREE \$20
in blue coins!
1x per
customer



Store Hours:
June-November, Saturdays 9am-12pm
Look for our table on the New Milford Green

*This year! ~ Up to \$15 in Green Coins & *\$30 in Blue Coins can be doubled each week.*
**grant provided by Berkshire Agricultural Ventures*



Other Local Food Programs:



Our Daily Bread
A mission of NMUMC
68 Danbury Road
New Milford, CT 06776
860-354-4596

Food Distribution:
Thursdays 3pm-6pm, Upper Level

Our mission provides food and personal items once a week for any individual who is in need.



Camella's Cupboard
Food Pantry for Children
New Milford, CT 06776
Serving Families with Children in the Greater New Milford area who are struggling with food insecurity.

Food Distribution: Fridays
4:30pm-6pm, Drive up.
Register through their website:
www.camellascupboard.com

United Way of Coastal & Western CT
HEALTHY SAVINGS Healthy Savings Program:
Receive \$10 of free produce every week at participating grocery stores.

Sign up through Prosperi~Key (a digital marketplace for families living paycheck to paycheck)
www.prosperikey.org



Schedule



MOBILE FOOD PANTRY- In NEW MILFORD
2x's a Month on Wednesdays at 4:30pm.
@ Faith Church, 600 Danbury Rd #1,
New Milford, CT 06776

Loaves and Fishes Hospitality House
Of New Milford



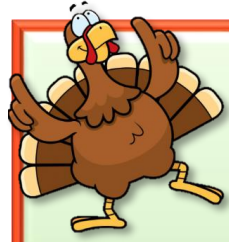
We are neighbors helping neighbors who feed the hungry, empower the weak, and nourish the soul.

Daily Meals served 4:30pm-5:30pm at our kitchen at 40 Main St, New Milford

Members of:

NEW MILFORD
FIT
Food Insecurity Team





Still Time to Sign Up! HOLIDAY PROGRAMS!

We are now accepting registration for Thanksgiving, Santa Fund and Disabled Adult gift programs. See the registration form on page 5 of this newsletter or pick one up at our office.

Thanksgiving distribution will be Monday, Nov. 20th, time TBA. Disabled Adult program will be Thursday, Dec. 21nd during food bank. Distribution date for Santa Fund is currently set for Tuesday, Dec. 12th time TBA.



YOU MUST REGISTER* and the DEADLINE IS NOVEMBER 3, 2023

*Proof of income and residency is required for these programs.

If you have not shared your 2023 income with our office, now is the time to do it!

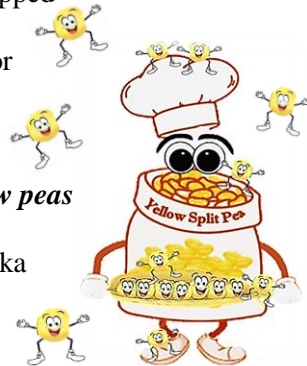


NMFB "BUDDY" RECIPE OF THE MONTH!

Yellow Split Pea & Bacon Soup

Ingredients

- 8 ounces thick sliced bacon or pancetta chopped
- 1 large yellow onion chopped
- 2 cloves garlic minced
- 2 tablespoons olive oil for sautéing
- 3 carrots diced
- 3 celery stalks diced
- 1 pound **dried split yellow peas**
- 8 cups chicken stock
- 1 teaspoon smoked paprika
- Salt & pepper to taste
- 1 bay leaf



Directions

1. In a large stockpot on medium-high heat, dry fry the bacon until golden brown)
2. If needed, add 1-2 tablespoons of olive oil, add the garlic and onions to the pan, cooking until onions are translucent (5-10 minutes).
3. Add carrots, celery, **yellow split peas**, chicken stock, smoked paprika and bay leaf.
4. Bring to a boil then simmer uncovered (Skimming off any foam that forms while cook) for 1-2 hours or until peas start to break down. Check often and stir frequently to keep the soup from burning on the bottom.
5. Taste for salt and pepper. Serve hot.

Enjoy!

Homebuyer Workshop from Habitat for Humanity

REGISTER NOW for Oct. 19th right here at NMSS!



Homebuyer Workshop

Thursday, Oct. 19th



Purchase a home with NO DOWN PAYMENT and a subsidized mortgage with Housatonic Habitat for Humanity Affordable Homeownership Program.

Join Housatonic Habitat and Newtown Savings Bank for this FREE event and learn more your journey to homeownership.

Thursday, Oct 19th
6-7 pm

John Pettibone Community Ctr.
2 Pickett District Road
New Milford, CT

Event topics include:

- Ways to improve your credit score
- How to prepare to apply for a mortgage
- What you can expect during the home buying process
- How Habitat for Humanity offers a hand up to working families

Program minimum requirements:

- Annual household income \$60K +
- Credit score of 650 +
- Good repayment history
- Years at current job 2 +

For Pre-registration or the Zoom Link:

<https://NewMilfordHomebuyer10172023.eventbrite.com>



www.housatonichabitat.org | 203-744-1340



Check out this post from CHFA

[CT Housing Finance Authority]

Time To Own program has received more funding. Check out how this program may help you with the finances you need to purchase a home! See if you are eligible by visiting their website:

www.chfa.org/timetooown



Connecticut Housing Finance Authority

1d · 🌐

Calling all #CT #HomeBuyers! Funding for the #TimeToOwn Program is now available! On October 6th, 2023, we received additional funding for the Time To Own Program in the amount of \$25,000,000.

Connecticut Department of Housing

To learn more, visit: www.chfa.org/timetooown... See more

PROGRAM UPDATE



The Time To Own Program
has received an additional
\$25 million in funding.

WWW.CHFA.ORG/TIMETOOWN





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

Bienvenido a nuestro boletín de Octubre de 2023

Todos son bienvenidos a nuestra agencia y ofrecemos una variedad de servidores. Todos los programas se basan en la elegibilidad de ingresos, pero animamos a todos a que se comuniquen con nosotros para obtener más información sobre los programas y la elegibilidad.

Tenemos programas continuos durante todo el año.

El programa de ayudas energéticas estará abierto para solicitar gasóleo y electricidad

Es necesario ingresos para el programa del regalo.

Mes de Concientización sobre la Violencia Doméstica.

19 de Octubre reunión informativa del programa Hábitat para la Humanidad para comprar una casa.

CHFA un programa de ayuda para comprar una casa.

Descuento para personas que tienen SNAP en el mercado agrícola de los sábados en New Milford.

Alerta anónima: aplicación New Milford.

Uma mensagem especial para nossa comunidade diversificada de nosso assistente social

Bem-vindo ao nosso boletim informativo de Outubro de 2023

Todos são bem-vindos à nossa agência e oferecemos uma variedade de serviços. Todos os programas são baseados na elegibilidade de renda, mas incentivamos todos a entrar em

contato conosco para saber mais sobre os programas e a elegibilidade. Temos programas durante todo o ano.

O programa de assistência de energia está aberto para aplicar para aquecimento, óleo e eletricidade.

É necessário providenciar renda para o programa de presente de festas.

Mês de Conscientização sobre a Violência Doméstica.

19 de Outubro uma reunião de informação para o programa de Habitat for Humanity para comprar casa.

CHFA um programa de ajuda para comprar casa.

Desconto para pessoas que têm SNAP na feira de fazenda nos Sabados em New Milford.

Alerta anônimo – aplicativo de New Milford.



“Like tiny seeds with potent power to push through tough ground and become mighty trees, we hold innate reserves of unimaginable strength. We are resilient”. ~ Catherine DeVrye

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