

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@newmilfordct.gov

Website: www.newmilford.org



New Milford Social Services

#### Our Programs

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

- New Milford Food Bank- for individuals, families w/children, seniors and persons with disabilities who are experiencing food insecurity
- \*\*Energy (Heating) Assistance
- > \*\*Emergency Financial Assistance

[Limited funding]

- o Rent/Mortgage
- o Home bills
- o Child Expenses
- Medical Bills
- o Transportation Costs
- o 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:
  - o 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

#### Greetings from New Milford Social Services:

#### A Special Message from your Town Social Workers:

Hello and happy Autumn greetings! Another season of change and a chance to reset an action plan to sustain your finances as best as possible. This newsletter has a lot of information to share that can impact how you spend your dollars so we hope you are able to read it through very carefully. From energy assistance to Eversource changes, to school meals and the Holiday programs- there is much to share with you all. In addition, DSS has been hard at work to help their clients so if that is you, read on! In addition, our community partners have a jam pack Fall of programming and events going on to either boost our education, interests or just our spirits for fun and relaxation- and most are FREE or nominal cost! Check them out for yourself and share with the children in your lives!

In the meantime, Alyssa, Maria and I wanted to emphasis our message about being mindful of your budgets this Fall and Winter. For many, money may be tight so protect your income with careful spending. Prioritize paying your essential needs such as shelter, utilities, and transportation. If you need help, come and see us before it becomes critical. You may have already experienced the cuts and reductions from Federal and State emergency financial assistance. They are not as robust as they have been over the last few years, so careful and early planning to utilize what is available, especially cost-saving programs- heating assistance, food, etc.- are so important.

We are also approaching the holidays and that becomes a very tricky time for some to balance paying for household obligations as well as sharing in the holiday spirit with children and loved ones by buying gifts. When money is tight- it is not always easy to express that to our children, but dependent on age, you can speak with them about times when it is more important to tighten the purse strings to make sure we have a safe and comfortable home, and we can plan on a future fun expense by saving for it instead of a quick-draw purchase in the moment. One way to plan is to sign up for the Holiday programs sooner than later before all the spaces are filled. Remember that most of the programs shared with you in this newsletter require proof of income- so take some time to gather your paperwork and come see us as soon as possible. We are here to help!

In the meantime, we send our very best wishes to all of you and your loved ones during this season of change and during the upcoming holidays. Stop in or set up a time to meet with us to discuss any of the programs in more detail or for when you need a bit of guidance on how to prioritize the financial needs of your household versus financial wants.

From us to you, Ivana, Maria & Alyssa Monika & Wanda, too!

1

## ENERGY ASSISTANCE PROGRAMS- Heating & Utility Help



New Milford Social Services is the local intake site for residents <u>under the age of 60</u> 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) <u>EARLY APPLICATIONS</u> are being taken for the winter season <u>prioritizing</u> people with deliverable fuels (oil, propane, kerosene, wood) 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 State 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 3<sup>rd</sup> so please try to apply early so there is little delay of delivery.
- There is an income limit to this program: See chart below-

# FFY 2026 State Median Income Guidelines

Household Size	1	_	2	<u>3</u>	4	<u>5</u>	<u>6</u>	Z	<u>8</u>
Level 3 (60% State Median Income)	\$ 47,764	\$	62,460	\$ 77,157	\$ 91,854	\$ 106,550	\$ 121,247	\$ 124,002	\$ 126,758

- For **electric heated households**, make sure your Low Income Discount Rate is not expired and you have been re-coded for Winter Protection for 2025-2026. Eversource will send you a letter at least 30 days prior to it expiring. Call us if you have any questions.
- If you are not on a budget program or MPP, and are at risk of an electric shut off, please contact us- you may qualify to be coded hardship and prevent a termination of service.

OPERATION FUEL Has a NEW NAME! It is now called GENERATION POWER CT and also comes with a new schedule. GPCT will be open 4x's a year: Sept. 1st- Sept 10<sup>th</sup>; Nov. 1<sup>st</sup>-Nov 10<sup>th</sup>; Jan. 1<sup>st</sup>- Jan. 10<sup>th</sup>; Mar. 1<sup>st</sup>- Mar. 10<sup>th</sup>.

• If your income is above 60% SMI for CEAP but below 75% SMI, you may qualify for Generation Power CT. We are the New Milford intake site for GPCT for residents under 60 years old. Please call us to apply for heating fuel or electric help. Funds remain limited. Current income limits are:

		<u>F</u>	FY 2024-2025 Sta	te Median Incom	e Guidelines			
Household Size	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>
(75% State Median Income	\$ 56,882	\$ 74,384	\$ 91,886	\$ 109,389	\$ 126,891	\$ 144,393	\$ 147,675	\$ 150, 956

• Do have a water or waste water (sewer) bill? You may also qualify for assistance. Please contact us to discuss further.

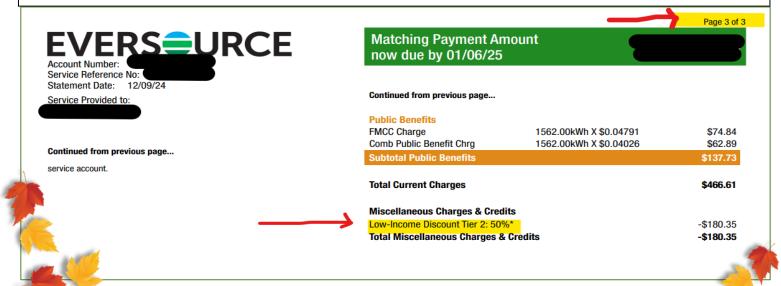
#### Another CHANGE to the Low Income Discount Rate?:

This rate reduction has been readjusted by Eversource, this past June. It is still based on a household's income but now there are 5 tier rates that it is broken down by: 5%, 15%, 20%, 40% or 50%

The amount of your discounted rate is determined by the income of your household members over the age of 18 and/or if your household meets the requirements to be categorically eligible. Higher eligible income earners will be set at 5% discount rate and the lowest income earners may receive up to 50% discount rate.

We can help you figure out if you meet the categorical eligibility requirements.

How do I know if I am on the Low Income Discount Rate (LIDR) on my Eversource Bill?: Your rate is shown on your bill, page 3. Here is a sample:



### Worth Repeating:

#### Eversource has restructured their MATCHING PAYMENT PROGRAM [MPP].

When can you get on to MPP?: If you are 60 days past due, a balance of more than \$100 AND are 60 days delinquent [Delinquent means you have made NO Payments in the last 60 days]. You MUST also meet income requirements and be coded hardship. {Tip: If your income qualifies you for CT Energy Assistance Program, then you would also meet the MPP income qualification.}.

When will I get my match? Every month you will earn a match if you make your payment, and it will show up on your monthly bill.

Can I be removed from MPP? Yes, if you miss your payments BUT you can get back on if you make up your payments. \*YOU CAN ALSO COMPLETE THE PROGRAM IF YOU WORK YOUR 60 Day PAST DUE Balance DOWN TO ZERO. If you complete the program then you will be removed and in 1 year you can go back on so in the meantime keep up with your payments, work on reducing your usage, and don't let your hardship code and low income discount supply rate (LIDR) expire. You can also ask about being placed on a standard budget. \*Please note, you may still have a 30 day balance on top of your current balance that may become due on your next bill. If you have further issues paying down your balance, please contact us to see if there are other resources available.

- What if I am currently on New Start? You will remain on it as long as you keep up with your payments. If you fall off, then the new MPP would be an option.
- Do I need to apply for Energy Assistance like in years past? NO, <u>BUT</u>, applying will help because it will go towards your MPP payment requirement so that would be less \$ out of your pocket for that month.
- AND REMEMBER: If you receive any notifications that your hardship or your Low Income Discount Rate (LIDR) is expiring, seek help to renew. If you fall behind on your MPP payments, seek help. Call us.

## Energy Tips

What You Can Do to Help Conserve Your Energy Costs!

# STOP PHANTOM ENERGY (aka Vampire Energy!)

This is standby or idle energy that keeps going even when you THINK YOU ARE NOT USING ENERGY like your TV. small appliances (especially the ones with a digital clock!), DEVICE CHARGING CORDS, Computer's Screen Saver!

PULL THE PLUG when NGT IN USE!

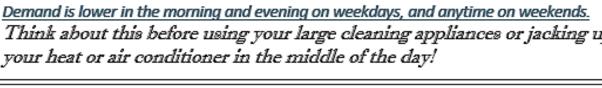


#### OFF PEAK vs PEAK hours of electric use!

Did you know there are times of the day when electricity use can COST YOU MORE? Demand for electricity is highest Monday through Friday

between noon and 8 p.m. That's when businesses and industry are using the most energy.

Think about this before using your large cleaning appliances or jacking up



# AN ENERGY AUDIT IS A GOOD AUDIT!...and it's a win-win for you &

Contact Eversource or EnergizeCT to have someone come to your home and figure out solutions to help weatherize your home and improve your efficiency. It's as easy as changing a light bulb (LED, of course).

Home Energy Solution consultation costs only \$75 but the visit can save you \$180! Do you qualify for CT Energy Assistance Program (CEAP) - then the visit is FREE! Scan the QR code to get started

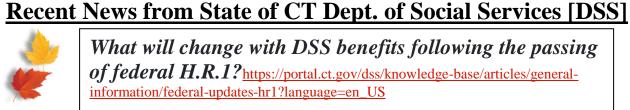
Or visit https://energizect.com/explore-solutions/energy-evaluations











Say HELLO to LAUREL! got a questions about benefits? Look for LAUREL on the lower right corner of DSS website, ConneCT, or MyDSS!



What will change with DSS benefits following the passing of federal H.R.1? https://portal.ct.gov/dss/knowledge-base/articles/generalinformation/federal-updates-hr1?language=en US

Some of the highlights: [Look for more details through the link listed above]

**SNAP**- no date of change yet, but the work requirement age limit will be increasing from 54 to 64. And exemption changes for children, veterans, and persons experiencing homelessness and those aging out of foster care. Eligibility changes happening for those previously eligible under certain noncitizen status, refugee, asylum, etc. status.

MEDICAID (HUSKY HEALTH) - Changes will become effective on various dates, beginning in the next 12 months. Some of the changes include renewal periods for most, if not all Medicaid programs from 12 months to 6 months; COST-SHARING Requirements, WORK-Requirements for adults 19-64 including parents w/ children over 13 (some exemptions will apply); reduction of retroactive coverage time period; Eligibility changes happening for those previously eligible under certain non-citizen status, refugee, asylum, etc.

LOCK Your Card for Added Security!

A Message from DSS!

Change your PIN# Regularly!

We have some more exciting news! There is a new way for our shared client to protect their EBT benefits on MvDSS.

The new security feature will allow clients to **LOCK** their card when they aren't using it or **BLOCK** out-of-state transactions.

The toggle feature is right in the MyDSS app and all they have to do is slide it to the right to lock it.

In order to use this functionality, clients must have a MyAccount and have their case associated to that account. Once a MyAccount is created and case associated:

- Step 1: Go to https://mydss.ct.gov and press "Login"
- Step 2: Enter the MyAccount Username & Password and press "Login"
- Step 3: From the left-hand navigation select "EBT Balance and Card Access"
- Step 4: Navigate to the Manage EBT Card Access Section and select the radio button (circle) next to the EBT card number
- Step 5: Use the toggle switch next to either Lock Card OR Block Out-of- State Transactions
- Step 6: Click the green Confirm button

If successful, the user will receive the message "Card ending in XXXX locked successfully!" or "Card ending in XXXX blocked successfully!"

Individuals requiring assistance with MyDSS, including issues with EBT Lock and Unlock feature, should call the MyAccount Help Desk at 1-877-874-1612.



Manage My Account	Client Name	Client ID 103743242	
My Cases	Testcard	103/43242	
DSS Data Consent	Available snap balance: 0.00 As of September 8th, 2025, the househo	old's Federal SNAP benefit is \$0.00 per month. The household's ongoing bene	efits will be put on the EBT
EBT Balance and Card Access		h. For transaction information or to request new EBT ConneCT card, please cal	
Apply for Benefits			
Husky A,B or D Change/Renewal		old's Cash for Parents, Caretakers, and Children is \$0.00 per month. The hous f each month. For transaction information or to request new EBT ConneCT car	
Forms			
Register to vote	Manage EBT Card Access		
FAQ	Lock/Unlock or Block/Unblock your	card (i)	
Help	4 • ***********************************		Locked   Blocked
Video Guides	Actions for Selected Card:		
	Lock Card XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX		5
	Block all charges to your EBT card at st Online transactions will still be allowed	tores/ATMs outside of Connecticut.	

#### HOLIDAY SIGN UP HAS STARTED!



# \*Proof of income and residency is required for these programs!\*

If you have not shared your 2025 income with our office, now is the time to do it! Your registration may not be complete without it, especially for the SANTA FUND!

YOU MUST REGISTER if you want to participate in these programs, INCLUDING the Thanksgiving program because the food bank will be closed that week.

COMPLETE REGISTRATION DEADLINE is MONDAY NOVEMBER 3, 2025 but space is limited so do not wait!

- ➤ Thanksgiving distribution will be Monday, November 24<sup>th</sup>, time to be announced.
  - ➤ Distribution date for Santa Fund is currently set for Tuesday, Dec. 16<sup>th</sup>, between 9am-5pm.
- Disabled Adult Gift Program (between 18-59 yrs. old) will be Thursday, Dec. 18<sup>th</sup> during food bank hours.

# FREE SCHOOL BREAKFAST AND

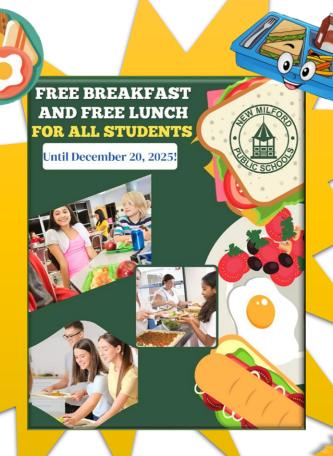
LUNCH For ALL STUDENTS in New Milford Public Schools from Kindergarten to 12<sup>th</sup> grade through December 2025! [For Breakfast- just go down to the cafeteria before your first class! Having a problemtalk with your teacher or ask us to help communicate to the school!]

DESAYUNO Y ALMUERZO
ESCOLAR GRATUITOS para
TODOS LOS ESTUDIANTES de las

Escuelas Públicas de New Milford desde el jardín de infantes hasta el 12.º grado hasta diciembre de 2025.

CAFÉ DA MANHÃ E ALMOÇO ESCOLAR GRATUITOS para TODOS OS ALUNOS das Escolas

Públicas de New Milford, do jardim de infância ao 12º ano, até dezembro de 2025!



#### Look for other Community Partners Joining Us at New Milford Social Services

Knights of Columbus will be at the NM Food Bank, Thursday, Sept 25<sup>th</sup> for their annual children's coat giveaway starting at Noon until coats run out. Must be an active family of the NMFB to participate to receive a ticket for a coat.

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SUN	MON	TUE	WED	THU	FRI	SAT		SUN	MON	TUE	WED	THU	FRI	SAT
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7	8	9	10	11	12	13		5	6	7	8	9	10	11
14	15	16	17	18	19	20		12	13	14	15	16	17	18
21	22	23	24	25	26	27		19	20	21	22	23	24	25
				<i>t</i>				26	27	28	29			
					v	rww.calen	dero	ptions.co	om					

Our local Health
Department (HVHD) will
be offering **FREE FLU VACCINES** on Thursday,
October 23<sup>rd</sup> from 12pm3:30pm. **For ANY Adult or Child!** See Flyer on
page 7 of this newsletter to
make your appointment



The New Milford Food Bank

Fighting Hunger through Healthier Food Choices & Wellness Education

of New Milford Social Services

# New Milford FOOD PROGRAMS:

# New Milford Food Bank distribution:

We offer Open Distribution HOURS

On Thursdays: 9 a.m. ~4 p.m. Or by appointment on Wednesdays afternoons,

@ New Milford Social Services 2 Pickett District Road

"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:  $\underline{S}$  upporting  $\underline{W}$  ellness  $\underline{A}$ t  $\underline{P}$  antries by offering nutritional products and information

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

Or stop into our office with Photo ID & proof of living in New Milford.

Food Bank will be <u>CLOSED</u> for the following holidays:

Thanksgiving ~ Christmas ~ New Year's Day

#### .................... 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!** Every Saturday in Summer/Fall Beginning in JUNE Store Hours: June-November, SNAP ACCEPTED AT New Milford FARMERS Saturdays MARKET! • Town Green • 9am-12pm Use your SNAP card to DOUBLE YOUR CASH for Vegetables and Fre

Look for our table on the New Milford

Green, next to the Farmers!



Check out

our Recipe

of the

 $M_{onth}$ 

Below!

Looking for other local food pantries or meal kitchens?

> Visit our website newmilford.org/socialservices

To explore the NMFIT brochure (scroll to the bottom of our webpage)



What's for Dinner? How about Alaskan Pollock Fillets!

This nutritious food from the sea has a mild taste that does not over power, yet is a great source of protein and omega 3's! It's really easy to cook AND it's at the food bank! You can coat it with a garlic butter and bake it, bread it and pan fry it, and serve it with a variety of vegetables, rice, potatoes or pasta!

Here's one recipe that looks **DELICIOUS!** 



- 1. Preheat your oven to 350° F; prepare a <u>baking sheet</u> 🗗 with parchment paper over it.
- 2. Prepare three shallow trays or pie plates for your breading station (I've since started using these trays and they are awesome): one with flour, one with panko breadcrumbs, and one with a beaten egg. Combine the grated parmesan, lemon zest, and Italian seasoning into the breadcrumbs.
- 3. Pat the fish fillets gently with paper towels, then season them with salt and pepper. Dredge each fillet into the flour, the egg, and then the breadcrumb mixture.
- 4. Place the fillets onto the baking sheet, pop them into the oven, and bake for 8-12 minutes or until the internal temperature reaches 145° F (you can easily check this with a meat thermometer 2.

## What's Happening in our Community!





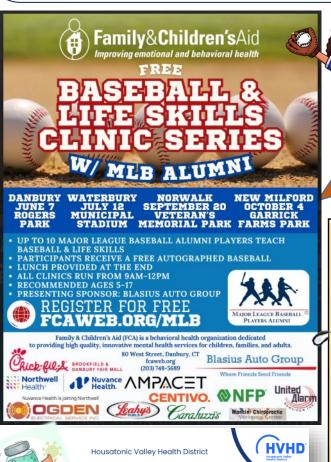
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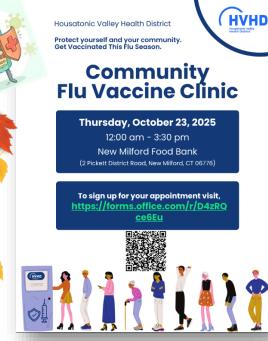
Annie C

Annie C. Courriney Foundation, Inc. For Enry Generation 4 (§). Supportive Commonly
Call 475-235-2184 or
www.AnnieC.org

Fast-track foster parent licensing now available for residents of New Milford and surrounding towns. Are you interested in changing young lives? Can you commit to a 3 day training? Become licensed before the New Year with this special offer from the CT Dept. of Children & Families. Limited Space. First

come, first-served 3 all-day classes will be held Nov. 21-23, 2025. Overnight accommodations & meals included. Prefer to sleep in your own bed? No problem! Go home at the end of each training day. Please call 475-235-2184 to learn more.









The Department of Children and Families is offering a

"Weekend for a Lifetime Training"

November 21 through November 23, 2025 Courtyard Marriot, Waterbury

Don't have time for 13 weeks of training to become a foster/adoptive parent? Please inquire about our intensive one weekend training; limited space available.

Please open your home and become a licensed foster or adoptive parent.

Our CHILDREN and FAMILIES need you

PLEASE CALL - 475-235-2184

#### **Look Whose Coming to Town!**

Access Health CT has started to schedule time on Fridays at New Milford Social Services, 2 Pickett District Rd. Meet with a Navigator to for special enrollment issues, open enrollment beginning Nov 1<sup>st</sup>, and renewal efforts, or to better understand your insurance. We will keep you posted on their official launch. In the meantime, stop by on a Friday to see if they are here! Some walk-ins are allowed.

# access health CT

# **SAVE THE DATE!** [1-8-2026]

**This is important!** Access Health CT will have an OPEN ENROLLMENT and Resource Event at JPCC, 2 Pickett District Rd in the Gymnasium on Thursday, JANUARY 8<sup>th</sup>, 2026, 2pm-9pm!

# COMMUNITY SPOTLIGHT!

3 Local Organizations Teaming up to Support Our Community with Amazing Programs and Events - All Year Long!



**New Milford Youth Agency** 

New Milford Library



Literacy Volunteers on the Green

The New Milford Youth Agency has A LOT to offer New Milford youth and their parents including affordable Child Care, even during the summer, Pre-K program, and enrichment programs for afterschool (Robotics! Cooking! Coding! Etc...), Free family events- Fun Days! Free Movies! Youth volunteer opportunities and leadership opportunities, as well as workshops and support groups. Youth development and family programs or events "Safe Place" for neurodivergent youth and their families and "Cozy Corners" for LGBTQA+ teens & Allies. No-Cost counseling services by licensed professionals for your child and parents. And, career and college prep courses and SHIFT educational groups (Smart Habits. Informed Futures. Tools for Teens). Follow them on Facebook! And check out their website to explore further. Or talk with our Social Workers and stop by our office hallway to see their program flyers Concerned about the cost- ask us and them about

The New Milford Library! The new library isn't just about renovations to the space but their amazing programming has only gotten better (and it was pretty darn good to begin with!) From Toddlers to Kids, Teens to Adults there is something for everyone at the Library. And it's mostly FREE! You can borrow books, of course. You can sit and read the newspaper, reserve time on a computer- job search, fill out applications or enjoy educational programs. They can connect you online to read and listen to books and programming BUT- go there in person and participate in games, movie viewings, cooking, crafts, etc., **Drop in Tech Help!** And here's something brand new: <u>Lawyers</u> in the Library! - Free 20 min. consultations... There is the Library of Things-borrow electronics, toys, games, things to help with home repairs or hobbies! There is even a Makerspace- reserve time at a sewing machine, 3D printer, poster making. Don't forget Free passes to local museums and attractions! For our youth- there is homework help, gaming clubs, writing clubs, volunteer opportunities, college prep! And so much more!

Literacy Volunteers on the Green is a little gem in New Milford. They are tucked away in a wonderful space within St John's Church on the Green but there isn't anything small about them. They have many supporters, tutors and students! They accomplish great things! Well known for helping with English classes for people whose first language is not English, they do a tremendous amount work with native English speakers to help with reading and writing remediation. Classes include Pre-GED Preparation, Workplace Literacy, and Basic Literacyreading and writing for Native English Speakers, Family Read & Family Literacy programs, ESL, and preparation for US. Citizenship. Call them and leave a message at 860-355-0830 or online @ www. lvg.ct.org.



### What's Happening in our Community!





### - Continued!







SATURDAY, SEPTEMBER 27, 2025 ON THE NEW MILFORD GREEN

10:00AM - 5:00PM

**VENDORS & CRAFTS** APPLE BAKE OFF APPLE TREATS KIDS ACTIVITIES MUSIC & MORE!

FOR MORE INFO CONTACT THE MAYOR'S OFFICE AT 860,355,6010



5<sup>TH</sup> ANNUAL **NEW MILFORD** APPLE FESTIVAL

Lot's of activities for Kid's at Apple Festival!



AT THE KID'S ENTERTAINMENT TENT ENTERTAINMENT SCHEDULE do on the Middle Green near the Post Office)

10:00AM	Balloon Twister
11:00AM	Children's Magician
12:00PM	Balloon Twister
1:00PM	Children's Magician
2:00PM	Balloon Twister
3:00PM	Children's Magician

#### AND

Super Fun Inflatables will fill the Northern Section

of the Middle Green with multiple amusements for kids of all ages.

COLLEGE PREP

writing your college essay to figuring out your finances this

will help you get ready for your

Wednesday, September

24, 2025

The first in a series to prep both

teens and parents for the

college application process. From

Register at newmilford.libcal.com

6pm - 7 pm at

The Maxx!







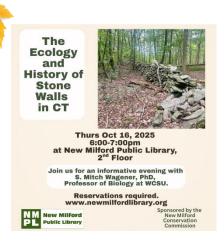








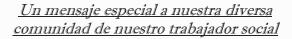






# A Special Message to our Diverse Community from our Social Worker: María De Oliveira [Habla Español] [Fala Português]

860-355-6079 x 4 o mdeoliveira@newmilfordct.gov



Lea este boletín con atención. Existen programas que pueden ayudarle a ahorrar dinero. El mensaje de la portada ofrece consejos sobre cómo hablar con sus hijos sobre la situación financiera familiar. Enseñarles a los niños sobre finanzas y presupuestos desde pequeños les ayuda a ser responsables y a controlar los gastos impulsivos. Hablar con los niños sobre los gastos también nos ayuda a practicar a no comprar cosas innecesarias que pueden esperar. En lugar de llevar a sus hijos a la tienda, llévalos a la biblioteca de New Milford. Es un excelente lugar para pasar tiempo con ellos y disfrutar de un momento de aprendizaje. Energy Assistance es un programa estatal que ofrece ayuda con el suministro de gas y las facturas de electricidad. Aprenda inglés con el Centro de Alfabetización. Las escuelas de New Milford ofrecen desayuno y almuerzo gratuitos a todos los estudiantes. Anime a su hijo a desayunar y almorzar en la escuela. Desayunar ayuda a los niños a aprender más.

Access Health estará disponible en nuestro edificio todos los viernes, así que visítenos si tiene alguna pregunta relacionada con el seguro médico.

<u>Uma mensagem especial para</u> <u>nossa comunidade diversificada de</u> <u>nosso assistente social</u>

Leia este boletim informativo com mais atenção. Existem alguns programas que podem ajudar você a economizar dinheiro. A mensagem da primeira página oferece dicas sobre como conversar com seus filhos sobre a situação financeira da família. Ensinar as crianças sobre finanças e orçamento desde cedo as ajuda a se tornarem responsáveis, a controlarem gastos impulsivos. Conversar com as crianças sobre despesas também nos ajuda a praticar a não comprar coisas desnecessárias e que podem esperar. Em vez de levar seus filhos às lojas, leve-os à biblioteca de New Milford. É um ótimo lugar para passar um tempo com eles e desfrutar de um momento de aprendizado. O Energy Assistance é um programa estadual que oferece ajuda com a entrega de combustível e com a conta de luz. Aprenda inglês com o Literacy Center. As escolas de New Milford oferecem café da manhã e almoço gratuitos para todos os alunos. Encoraje seu filho a comer café da manhã e almoço da escola. Tomar café da manhã ajuda as crianças a aprender mais.

O Access Health estará em nosso prédio todas as sextas-feiras, então visite-nos para esclarecer quaisquer dúvidas relacionadas ao plano de saúde.

### Not getting emails from us?

Missing out on our notices of upcoming events, newsletters or program registrations because you're not receiving our emails? Lately, we have had a lot of our emails kick back because on full inboxes. Check your inboxes and delete un-important emails. If you are still not receiving our emails, let us know and we can help troubleshoot the problem.

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