

New Milford Social Services

2 Pickett District Rd, New Milford CT 06776

March-April 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



"The hardest part of finding my voice was finding the courage to believe my voice could actually make an impact" ~ Rosalie Fish

Greetings from New Milford Social Services!

Happy Social Work Month! March and April bring recognition and awareness to many important topics such as Women's History Month, National Nutrition Month, Alcohol Awareness Month, Stress Awareness Month, National Volunteer Month, and so much more, but for obvious reasons I want to bring attention to one of my favorites- National Social Work Month. Not so much out of pride (although we are very proud!) that our department has three social workers committed to helping our residents in need, but because of one word "CHANGE". The use of the word change that I am referring to is "to make a difference, replace or revise to make better and new". Like every season, change happens anyways, so why not try to participate in it. Be a part of it, add your own input, your own voice, your personal power to impact the direction of the change, especially as it effects your life. The sincerest work of a social worker is to help with change- to help build resilience, resolution, self-empowerment, so people can increase their well-being, health and fortitude. Change does not need to happen all at once or with some grand plan, it can start with one step in a new direction, one pause in an action that has become habitual and unhealthy-it's like one toss of pebble across a pond to start a ripple. This newsletter references some of the "awareness month" topics like alcohol awareness on page 3 and nutrition on page 4. Read through and pick one thing to change, to try to better your life and those around you. Also on page 3 is a description of how CT has begun early voting and a reminder on registering. Voting is one of the fundamental avenues for us to take; a small step to impact change. Social Workers also have a tendency to not just help people find their voice, but to help amplify their voice through advocacy. We also have many community partners and volunteers out there that are speaking up for many important changes like with the child tax credit, universal free school meals and education, protections and services for seniors, persons with disabilities, children, immigrants, and so much more. Lastly, actions beyond using our voice make a difference too, and that leads me to a shout out to all the volunteers who use their passion and skills to change someone's life for the better, especially those who help us out at social services and in the food bank. A favorite quote of mine is a simple one- and no, it is not by a social worker but from a writer of children's books. It simply states: "Unless someone like you cares, a whole awful lot, nothing is going to get better. It's not" ~ Dr. Seuss.

Let's take care of ourselves and each other, and amplify our strengths to make change for the better!

~Ivana



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

PROGRAMS THAT HELP!....



IMPORTANT ANNOUNCEMENTS!

Heating Assistance



CT Energy Assistance Program is still open!

You have until March 28th to apply for help with oil, propane, kerosene or wood.

If you have already applied BUT have not used all of your available funds and are low in fuel, you **NEED** to call CAAWC before March 28th for a delivery.

Electric heat households, you have until May 31st to apply for energy assistance. You can call our office for an appointment or an application packet to fill out and return to our office.

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

This chart shows the income caps for the CT Energy Assistance Program (CEAP):

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

IF YOU THINK YOU ARE OUT OF FUNDS from CEAP, reach out and try one more time for a delivery. Recently the State of CT released supplemental funds giving most approved households an extra \$410 in crisis funds. *These funds are released on a first come first serve basis.*

If you are concerned about a shut off notice or your electricity is off- please contact us. We may be able connect to a special payment program offered through Eversource.

If you are on the Matching Payment Program with Eversource, please make sure you are up to date with your payments by April 30th so you can be eligible to qualify for a match and continue on the program for the next 6 months (May-Oct).

If you were placed onto the Low Income Discount Rate for electric, you should, by now, see the credit on your bill. Page 2 or 3 of your Eversource bill will break it down for you. You are either receiving a 10% or 50% discount on your rate up to a certain amount of wattage used.

Operation Fuel closes March 15th



SPECIAL EVENT HAPPENING AT NMSS!

Representatives from Array Rx and AccessHealthCT will be at JPCC on **APRIL 11th from 10am-1pm.**

They will be available to register you for the CT Prescription Discount Card, as well as answer your questions and provide health care information. This card is FREE to all CT residents, including children, especially if you are uninsured or underinsured.



Stop in to NMSS, Room 36!

Don't miss this amazing opportunity to ask these representatives first hand your healthcare questions and learn new information while getting a bit of financial relief with your meds!

COMING UP AT New Milford Social Services!

➤ Currently take applications for **CAMP CONNRI- Salvation Army's sleepaway camp (ages 7-12)**. Camp dates are July 29th-Aug 2nd. Call us with your questions & to pick up an application (due back by July 1st). We will be able to help with transportation (thanks to the NMYA!) but space is limited on the bus.



➤ **Back to School** registration opens May 1st! Space is limited, so sign up early. Income eligibility must be up to date with our office to qualify. Distribution will be in early August.



➤ **Bike Day is happening June 15th**. Sign up now for a chance to get a free gently used bike for the summer. Although bike sizes are not guaranteed, every effort will be made for a proper fit. *Registration is limited.*



ARPA funds are still available to help New Milford residents who have experienced a financial impact due to COVID any time after March 2020.

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

Applications can be found on our website [New Milford Social Services](#) or email or stop by our office for one.

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

You can also contact the Mayor's office for an ARPA childcare application or ask us for more info.

Attention Persons with Disabilities who are Renters:

Beginning May 1st, NMSS will begin to take applications for the **Renters Rebate program for Persons with SSDI/SSI and under the age of 60.** Please take this time to prepare your paperwork including 2023 SSDI 1099 or SSI, 2023 tax return, 2023 rent receipts and 2023 proof of payments for electric and heating source.





A Message from Alyssa:



Alcohol Awareness- there is help out there...



April is Alcohol Awareness month. Are you concerned about someone you know and their relationship with alcohol? This is a good opportunity to start conversations with your friends and family. It's also a time for honest self-reflection on your own drinking habits. Stress, isolation and social norms are just a few common reasons people drink. In the moment, it can feel like an easy way to get some relaxation or peace. The reality is alcohol impacts relationships, how people react to situations, energy level, and the ability to be a fully present parent or partner. Alcohol is a progressive disease and how alcoholism is depicted, can make it harder to recognize when someone is starting to become reliant on it. Please reach out to us if you're in need of some support or resources.

In addition, March is dedicated to awareness about problem gambling. Gambling can very quickly get out of hand and lead to an addiction that not only can impact ones financial situation but can also negatively impact relations with loved ones and employers. Concerned about gambling and gaming betting contact the Problem Gambling hotline at 1-888-789-7777 or CT Crisis Hotline: 988.

On page 5 of this newsletter, we list some local resources that offer assistance or visit, online, [Western CT Coalition](#) for education, resources and tips to help those you love or yourself.



Did You Know?

CT has EARLY VOTING "YOUR SAY, YOUR DAY!"

Visit [MyVoteCT.gov](#) to learn more about Early Voting, or to Register to Vote or find out if you are eligible!

EARLY VOTING

YOUR SAY. YOUR DAY.



FREQUENTLY ASKED QUESTIONS ABOUT EARLY VOTING IN CONNECTICUT

WHAT is Early Voting?

Early Voting allows you to vote in person safely and securely before Election Day.

WHICH ELECTION WILL BE THE FIRST to have Early Voting available?

Early Voting will begin with the Presidential Preference Primary. The Early Voting dates for this election have been modified to reflect the Good Friday holiday and Easter Sunday. Early Voting will be held Tuesday, March 26 through Thursday, March 28 and Saturday, March 30. Presidential Preference Primary Day is Tuesday, April 2, 2024.

WHAT SHOULD I EXPECT at the Early Voting location?

When you arrive at the Early Voting location, you will check in and be verified as an eligible voter. You will then receive your ballot with an envelope. You will complete your ballot at a privacy booth and seal it in the approved envelope. Before you leave you will place the sealed envelope in the secure receptacle as instructed by the election officials. Ballots will be secured unopened until Election Day.

WHEN will ballots be counted?

Ballots cast during Early Voting will be sealed and stored securely in each town. They will be opened and counted on Election Day.

HOW DOES EARLY VOTING DIFFER from voting by absentee ballot?

Absentee Ballot voting requires a reason (from a list of six found at [MyVote.CT.gov](#)). Early Voting is available to every eligible voter without a specific reason. Early Voting may be done only in-person, not via mail or drop box.

APRIL 2, 2024 PRESIDENTIAL PREFERENCE PRIMARY ELECTION

A Presidential Preference Primary (PPP) is an election where voters in a political party vote for the candidate of that party that they would like to be their presidential candidate in the upcoming General Election.

4 DAYS
EARLY VOTING
MARCH 26 27 28 30
10 am - 6 pm

ADDITIONAL VOTER REGISTRATION AND PARTY ENROLLMENT INFORMATION

January 2, 2024
Last day to switch parties prior to the April 2nd election

March 25, 2024 at Noon
Deadline for unaffiliated voters who want to vote during the Early Voting period to enroll in a party

Voter Registration for Early Voting

If you are not yet registered but want to vote during the Early Voting period before the Presidential Preference Primary, file your voter registration application (for a party holding a primary) with the registrars of voters in your town by noon on the business day before the day you want to vote

April 1, 2024 at Noon

Deadline for registering in person with the registrar of voters or town clerk in your town of residence to vote on April 2

Deadline for unaffiliated voters to enroll in a party in person for voting on April 2

Your Early Voting Location for PPP:

AUGUST 13, 2024 PRIMARY ELECTION

A Primary is an election where voters in a political party choose the candidates of that party that they would like to be their candidates in the upcoming General Election.

7 DAYS
EARLY VOTING
AUGUST 5 - 11
10 am - 6 pm, 8 am - 8 pm on August 6 and 8

ADDITIONAL VOTER REGISTRATION AND PARTY ENROLLMENT INFORMATION

May 13, 2024
Last day to switch parties prior to the August 13th election

August 2, 2024 at Noon
Deadline for unaffiliated voters who want to vote during the Early Voting period to enroll in a party

Voter Registration for Early Voting

If you are not yet registered but want to vote during the Early Voting period before the Primary Election, file your voter registration application (for a party holding a primary) with the registrars of voters in your town by noon on the business day before the day you want to vote

August 12, 2024 at Noon

Deadline for registering in person with the registrar of voters or town clerk in your town of residence to vote on August 13

Deadline for unaffiliated voters to enroll in a party in person for voting on to vote on August 13

Your Early Voting Location for Primary:

NOVEMBER 5, 2024 GENERAL ELECTION

A General Election is where all eligible voters elect candidates to office. In Connecticut, there is a general election every year.

14 DAYS
EARLY VOTING
OCTOBER 21 - 31
NOVEMBER 1 - 3
10 am - 6 pm,
8 am - 8 pm on October 29 and 31

ADDITIONAL IMPORTANT VOTER REGISTRATION INFORMATION

Friday, October 18, 2024

Deadline for voter registration by mail to be post-marked

Deadline for voter registration at the DMV by close of business

Deadline for voter registration online by 11:59 pm

Deadline for voter registration in person by 8:00 pm

Same Day Voter Registration

If you are not yet registered, but want to vote during the Early Voting period, you may register in person every day of Early Voting at the Early Voting location

If you are not registered, but want to vote on Election Day, you may register in person on Election Day at your Election Day Registration site

Your Early Voting Location for General:



Affordable Connectivity Program is Winding Down in April!

If you are receiving a discount on your internet bill through the Affordable Connectivity Program, the discount will end in April. Soon after, you will notice your bill going back up. If you only started receiving internet service due to the ACP, then you may lose your service.

But what can you do before then?

Check your mail, because notices began going out to all ACP recipients since February, and at least 3 have been sent from your provider. . Examine your bill for the discount and call your provider to find out what the cost of your plan will be once the discount ends. If it is too expensive, you may have a right to OPT OUT of your current plan. Ask your provider about cost savings or low-discount plans or choose another provider. You may also qualify for the Lifeline program and a discount of about \$9.95 off your phone, internet or bundle services. Not all households will qualify for the Lifeline program but you can learn more or apply at [LifelineSupport.org](#) or call us for assistance.



- ❖ Do walk Route 7 or other poorly lit roads to get to work, school or the store? The Town wants to help keep you safe by providing free reflective vests to you! You can go to the Town Hall, police station or ask us.
- ❖ ¿Camina por la Ruta 7 u otras vías mal iluminadas para llegar al trabajo, la escuela o la tienda? ¿La ciudad quiere ayudarlo a mantenerse seguro proporcionándole chalecos reflectantes gratuitos! Puedes acudir al Ayuntamiento, comisaría o consultarnos.
- ❖ Você caminha pela Rota 7 ou por outras estradas mal iluminadas para chegar ao trabalho, à escola ou à loja? A cidade quer ajudar a mantê-lo seguro, fornecendo coletes refletivos gratuitos para você! Você pode ir à Câmara Municipal, à delegacia ou perguntar-nos.

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 some late appts.
@ New Milford Social Services
2 Pickett District Road



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

The New Milford Food Bank March days are 3/7, 3/14, 3/21, 3/28 and April days are 4/4, 4/11, 4/18, 4/25. 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

MARCH is National Nutrition Month!

The New Milford Food Bank has a wide selection of healthy food choices! We follow SWAP (Supporting Wellness At Pantries) to help our patrons choose the best food products for their families. We also offer recipes and cooking tips as well as healthy information like this: **HEART HEALTHY FOODS!** →

This month or next month, take the challenge to pick one or two staple foods that you eat very often and switch it up with a more nutritious option- like substituting red meat for a leaner meat (fish, chicken, turkey). Or, try No-Meat Mondays and use beans or tofu as your main protein for that day! Pick up a new recipe from us and give it try. Substitute white rice, pasta or bread for a whole grain, brown or vegetable/oat based, or quinoa. Pick up a budget friendly recipe from us and give it try. Don't forget to tell us how it came out!!

For those with specific needs, we try to supply options like gluten free, organic, and culturally specific foods. Don't see something you need, ask us and we will see what we can do.



Heart Healthy Foods

AVOID	INCREASE
<p>SIMPLE, REFINED CARBOHYDRATES</p> <ul style="list-style-type: none"> White Bread, White Rice, Cereal, Pasta <p>PROCESSED FOOD</p> <ul style="list-style-type: none"> Chips, Sausage <p>SUGARY FOODS</p> <ul style="list-style-type: none"> Baked Goods, Candy, Soda <p>RED MEAT</p> <ul style="list-style-type: none"> Beef, Lamb 	<p>HEART-HEALTHY FATS</p> <ul style="list-style-type: none"> Olive Oil, Fatty Fish (Salmon, Lake Trout, Sardines, Albacore Tuna), Nuts <p>LEAN PROTEINS</p> <ul style="list-style-type: none"> Chicken, Turkey, Tofu <p>FRUITS</p> <p>VEGETABLES</p> <p>WHOLE GRAIN CARBOHYDRATES</p> <ul style="list-style-type: none"> Brown Bread, Brown Rice, Oats

CT EARLY DETECTION & PREVENTION PROGRAM



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 webpage)

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



... AND MORE! ...

UNDERSTANDING CHALLENGING BEHAVIOR

APRIL 1ST 6-8PM
@ THE MAXX
94 RAILROAD ST.



REGISTRATION
REQUIRED
USE QR CODE

- ✓ WHAT YOUR CHILD'S BEHAVIOR IS COMMUNICATING
- ✓ PRACTICAL TIPS TO PROMOTE YOUR CHILD'S SUCCESS
- ✓ PURPOSE OF FUNCTIONAL BEHAVIORAL ASSESSMENTS AND POSITIVE BEHAVIOR INTERVENTIONS
- ✓ HOW TO USE POSITIVE BEHAVIOR SUPPORTS TO ENCOURAGE DEVELOPMENT OF NEW COMMUNICATION SKILLS

NEW MILFORD YOUTH AGENCY IS HOSTING A FREE WORKSHOP PRESENTED BY THE CONNECTICUT PARENT ADVOCACY CENTER

CHILDCARE PROVIDED



FOR MORE INFORMATION CONTACT MARIA LEO
MLEO@NEWMILFORDCT.GOV



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](#)



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 WHATSAPP (475) 296-3559

Centro De Recursos Para La Comunidad Immigrante es un programa que ayuda a inmigrantes especialmente nuevo en el país, en evaluar y conectarse a recursos, incluidos los médicos y educativos. Además, ayudan a los inmigrantes con recursos para prepararse para la ciudadanía.

Centro De Recurso Para A Comunidade Imigrante é um programa que atende imigrantes, especialmente novo para o país, em avaliar e conectar-se a recursos, incluindo médicos e educacionais. Além disso, ajudam os imigrantes com recursos na preparação para a cidadania.

Gratis (475) 296-3559
newamericandreamcenter@gmail.com

NMFB "BUDDY" RECIPE OF THE MONTH!

EASY POT PIE:

What you need:

- 1 pkg (6oz) Stuffing Mix
- 3 Cups Chopped Protein (Chicken, Turkey or Ham)
- 10oz of frozen or canned veggies (any combination of veggies) *(don't forget to rinse your can of veggies to reduce the sodium)*
- 1 jar Gravy *(low-fat or low-sodium, if you have it!)*



MAKE IT:

- Heat oven to 375 F
- Prepare stuffing as directed on package
- Combine remaining ingredients in 2-qt casserole sprayed with cooking spray, cover with prepared stuffing.
- Bake 30 minutes

All ingredients can be found at the
New Milford Food Bank!!!!



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
- For other local services /rehab for addiction:
www.addictions.com/rehabs/connecticut/new-milford/



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

Destacado de Nuestro Boletín de Primavera.

Aún están abiertas las inscripciones para los campamentos de verano. Próximamente se abrirán las inscripciones para el día de la bicicleta para ganar una bicicleta en Junio. Para aquellos que son ciudadanos, tenemos información sobre votación e inscripción anticipada. Las solicitudes para registrarse en el programa de regreso a clases se abrirán pronto (se requiere comprobante de ingresos actualizado). El programa de asistencia energética finalizará pronto para aplicaciones de combustible para calefacción. Evento importante especialmente para las personas que no tienen seguro médico, 11 de Abril para que ArrayRx obtenga una tarjeta de descuento de Rx y Access Health estará allí para responder preguntas sobre el seguro médico. Están intentando traer a alguien que hable español.

Un gran recurso para las inmigrantes Building One Community: <https://b1c.org/>

Uma mensagem especial para nossa comunidade diversificada de nosso assistente social

Destaque No Nosso Boletim de Notícias de Primavera.

As inscrições ainda estão abertas para acampamentos de verão. Inscrição do dia da bicicleta para ganhar uma bicicleta em Junho abrirão em breve. Para quem é cidadão, temos informações de votação e inscrição antecipada. Inscrições para se registrar para o programa de volta às aulas abre em breve (precisamos de prova de renda atualizada). O programa de assistência de energia termina em breve para aplicação para combustível de aquecimento. Importante evento especialmente para pessoas que não tem seguro de saúde 11 de Abril para ArrayRx para conseguir um cartão de desconto Rx e o Access Health estará lá para tirar dúvidas sobre plano de saúde. Eles estão tentando trazer alguém que fale espanhol.

Um ótimo recurso para imigrantes Building One Community: <https://b1c.org/>

“The beautiful spring came; and when Nature resumes her loveliness, the human soul is apt to revive also”~ Harriet Ann Jacobs

“Llegó la hermosa primavera; y cuando la naturaleza recupera su belleza, el alma humana puede revivir también” ~H.A. Jacobs

“A linda primavera chegou; e quando a Natureza retoma a sua beleza, a alma humana é capaz de reviver também” ~H.A. Jacobs



Fechada Cerrada

This office will be CLOSED on the following days:

Friday March 29th for Good Friday



CHANGE SERVICE REQUESTED

860-355-6079

**NEW MILFORD SOCIAL SERVICES
2 PICKETT DISTRICT RD
NEW MILFORD CT, 06776**

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

