

New Milford Social Services

2 Pickett District Rd, New Milford CT 06776



Spring-Summer 2025

Issue 2025-2



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



Greetings from New Milford Social Services!

Hello friends! Here is an old message from our vault: Definitely worth a re-read:

"GAINING CONTROL"

Taking control of your money is the best way to gain control of your life and the only way to create a more secure and stable financial future. Taking control requires rethinking how you spend your time and your money—your two greatest assets. If the majority of your time is spent just getting up, getting out, getting through and getting by, and if the majority of your money is spent paying off debt, then you are giving away your greatest financial resources and possibly most, or all, of your financial future. Debt limits your life. How you spend the resources available to you (your time and your money) is far more important than the quantity and characteristics of those resources. Spend your time and your money today in ways that will improve the quality of your life and provide the potential for a more stable and secure future tomorrow: Spend time regularly thinking about where you want to be next week, next month and next year.

- Spend time figuring out how to get "there" once you know where "there" is.
- Spend time every day nurturing yourself and bringing balance and harmony into your life.
- Spend time learning about things that interest you and improve the quality of your life.
- Spend time figuring out what you would do if you had more money.
- Spend time determining what you are and are not willing to do to have more money.
- Spend time making a difference in your own life, in the lives of those you care about and in the lives of those less fortunate.
- Spend time learning about managing your money.
- Spend money like there is a tomorrow and you plan to make it more financially secure.
- Spend money in ways that support your values.
- Spend money in a manner that improves your sense of self-worth, as well as your actual net worth.
- Spend money making your life more meaningful and your world a better place.
- Spend money in ways that don't create debt.
- Spend money building financial security.
- Spend time and money creating freedom and opportunity for yourself.
- Spend time and money as if each are precious and non-replaceable—they are!

You will always have more ways to spend your money and your time than money and time you can afford to spend. How you spend your time and your money demonstrates your commitment to living debt free and to creating financial stability. The choices are yours to make, and the consequences are yours to live with. Choose wisely. (P.M.6-2013)

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



Always say "my peace is more important" when you find yourself reacting to something that doesn't deserve your energy ~Idil Ahmed



PROGRAMS THAT HELP!



BACK TO SCHOOL PROGRAM REGISTRATION IS NOW OPEN!



We are now accepting applications for the Back to School program, sponsored by UWCWC. Forms are in our office or online at www.newmilford.org/socialservices. This program is for New Milford families with school age children (Kindergarten to 12th grade) who are in financial need. This is an income based program so we will need all applicants to make sure we have current income on file for your household. This program is limited so please do not delay giving us your form and income documents.

¡LAS INSCRIPCIONES PARA EL PROGRAMA DE REGRESO A CLASES YA ESTÁN ABIERTAS!

Ya estamos aceptando solicitudes para el programa de Regreso a Clases, patrocinado por UNCWC. Los formularios están disponibles en nuestra oficina o en línea en www.newmilford.org/socialservices. Este programa está dirigido a familias de New Milford con niños en edad escolar (desde preescolar hasta 12.º grado) que tengan necesidades económicas. Este programa se basa en los ingresos, por lo que necesitamos que todos los solicitantes se aseguren de tener los ingresos actuales de su hogar en sus registros. Este programa tiene cupo limitado, así que por favor, no dude en enviarnos su formulario y documentación de ingresos.

INSCRIÇÕES PARA O PROGRAMA DE VOLTA ÀS AULAS JÁ ESTÃO ABERTAS!

Estamos aceitando inscrições para o programa de Volta às Aulas, patrocinado pela UNCWC. Os formulários estão disponíveis em nosso escritório ou online em www.newmilford.org/socialservices. Este programa é destinado a famílias de New Milford com crianças em idade escolar (do jardim de infância ao 12º ano) que estejam em situação de necessidade financeira. Este programa é baseado na renda, portanto, precisamos que todos os candidatos se certifiquem de que possuem a renda atual registrada em seu domicílio. Este programa é limitado, portanto, não hesite em nos enviar seu formulário e comprovante de renda.

Attention Persons with Disabilities

who are Renters: We are not assisting with applications for the Renters Rebate program. Please take this time to prepare your paperwork including 2024 SSDI 1099, 2024 tax return, and rent receipts, proof of payments for electric and heating source and call us or stop in for the Renters Rebate application packet. You can drop off the filled out packet with your income or you can make an appointment with one of our social workers.

Renters
Income and Grant Information – 2024 Benefit Year
Filing period April 1 – September 30, 2025

Income		Maximum Rebate		Minimum Rebate	
Over	To	Married	Single	Married	Single
\$0	\$22,700	\$900	\$700	\$400	\$300
\$22,700	\$30,400	\$700	\$500	\$300	\$200
\$30,400	\$37,900	\$500	\$250	\$200	\$100
\$37,900	\$45,200	\$250	\$150	\$100	\$50
\$45,200	\$55,100	\$150	\$0	\$50	\$0

New Milford Food Bank

SUMMER LUNCH Program for SCHOOL AGE CHILDREN 2025 REGISTRATION -OPEN NOW!

- ◆ Must provide proof that you & your children live in New Milford
- ◆ Registration is for school-age children only

Registration forms available in NMSS office or fill out request online (email us for the link at socialservices@newmilfordct.gov)



Distribution Dates (every 2 weeks)

Fechas de distribución (cada 2 semanas)

Datas de distribuição (a cada 2 semanas)

June 12 th	9am-4pm
June 26 th	9am-4pm
July 10 th	9am-4pm
July 24 th	9am-4pm
August 7 th	9am-4pm
August 21 th	9am-4pm

The New Milford Food Bank, through Social Services, is offering a summer lunch program for New Milford families with school-age children (ages 3-18 years old) who face food insecurity this summer. This program will provide registered families with pre-made bags of perishable and non-perishable lunch items on a bi-weekly basis during the NMPS Summer school break. Pick-ups are on typically on Thursdays between 9am-4pm.

You MUST Register for this Program.

*** Proof of New Milford residency and NMPS registration or NM Preschool may be required.**

El Banco de Alimentos de New Milford, a través de Servicios Sociales, ofrece un programa de almuerzos de verano para familias de New Milford con niños en edad escolar (de 3 a 18 años) que enfrentan inseguridad alimentaria este verano. Este programa proporcionará a las familias registradas bolsas preparadas con alimentos perecederos y no perecederos para el almuerzo quincenalmente durante las vacaciones escolares de verano de NMPS. Las recogidas suelen realizarse los jueves de 9:00 a. m. a 4:00 p. m.

Es imprescindible registrarse en este programa.

* Podría requerirse comprobante de domicilio en New Milford y registro en NMPS o en el preescolar de NM.

O Banco de Alimentos de New Milford, por meio dos Serviços Sociais, está oferecendo um programa de merenda escolar de verão para famílias de New Milford com filhos em idade escolar (de 3 a 18 anos) que enfrentam insegurança alimentar neste verão. Este programa fornecerá às famílias cadastradas sacolas pré-fabricadas com itens perecíveis e não perecíveis para o almoço quincenalmente durante o recesso escolar de verão do NMPS. As retiradas geralmente ocorrem às quintas-feiras, das 9h às 16h.

Você DEVE se inscrever neste programa.

* Comprovante de residência em New Milford e matrícula no NMPS ou na NM Preschool podem ser exigidos.



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.



UPDATE ON: Eversource MPP and LIDR.



- **What's NEW?:** The Low Income Discount Rate (LIDR) is changing again! This summer (June), Eversource will be expanding the LIDR cover the following rates: 5%, 15%, 20%, 40%, 50% (notice that there will no longer be a 10% rate). Your rate is determined by your household gross income or if someone in your household is active on an income eligible program like SNAP, TFA, or SSI. If you notice your LIDR has changed or you are not receiving it and think you should be, then reach out to us and we will try to help.
- **What's Different? :** As of November 1st, MPP has been revamped to look more like the New Start program and is now the only program available to help eligible customers with their back balance.
- **When can you get on to MPP? :** If you owe past due \$100+ and 60 days past. 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 WAY DOWN TO ZERO BALANCE. 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.
- If you receive any notifications of your hardship or if your Low Income Discount Rate (LIDR) is expiring, seek help to renew. If you fall behind on your MPP payments, seek help. Call NMSS.

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 NOT 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.



Demand is lower in the morning and evening on weekdays, and anytime on weekends.

Think about this before using your large cleaning appliances or jacking up your heat or air conditioner in the middle of the day!

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

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>





A Message from Alyssa:



How Do You Cope with Stress? Healthy and Unhealthy Strategies

Stress is a natural part of life, but let's take that a step further. What if we're not just talking about normal day to day stressors? When a person is faced with a really difficult situation such as unemployment, unstable housing, an unsafe situation at home or insufficient funds to pay important bills, the weight of that stress can feel a whole lot heavier than typical life stressors. Recognizing that is important, but what's even more critical is being aware of how to respond to that heightened stress in a healthy way. The concept of karma is often brought up in the negative, but the principal is about cause and effect. Good actions and thoughts lead to positive outcomes. We often know before making a certain choice or decision that it will lead to a certain outcome. Pausing to reflect on that, especially when in a high stress situation, can be helpful. Turning to alcohol, drug use, unhealthy food choices, extreme sleep patterns or self-harming behaviors can worsen someone's mental and physical health, which ultimately creates more challenges on top of being in already stressful situation. There are many healthy coping strategies that can help someone manage stress and most of these tactics are completely free. Seeking out the support of a mental health professional can be very helpful, but it's also important to be open with others in your life about how you're doing. Making healthy choices in terms of getting adequate rest, eating healthy foods, staying hydrated and incorporating physical activity into your day can make a huge difference. Journaling and other relaxation techniques can also help. Please reach out to us here at New Milford Social Services if you're feeling overly stressed and are seeking resources and supports.

Save the Dates!



- June 30th
- July 17th
- July 28th
- August 13th
- August 14th

CIFIC Health Van is planning to be at JPCC this summer to provide physicals for children. They will be parked in the FRONT of John Pettibone between 10am-3pm on the dates listed above. Keep a look out for posters to tell you how to register an appointment for your child. We will post at the food bank and send out email reminders. Accepts Husky and Uninsured Children for appointments.

La Unidad de Salud de CIFIC planea visitar JPCC este verano para realizar exámenes físicos a niños. Estará estacionada frente a John Pettibone entre las 10:00 a. m. y las 3:00 p. m. en las fechas mencionadas anteriormente. Esté atento a los carteles que le indicarán cómo solicitar una cita para su hijo. Los publicaremos en el banco de alimentos y enviaremos recordatorios por correo electrónico. Se aceptan citas para niños con perros esquimales y sin seguro médico.

A CIFIC Health Van está planejando estar no JPCC neste verão para realizar exames médicos para crianças. Elas ficarão estacionadas em FRENTE à John Pettibone entre 10h e 15h nas datas listadas acima. Fique atento aos cartazes que informam como marcar uma consulta para seu filho. Colocaremos cartazes no banco de alimentos e enviaremos lembretes por e-mail. Aceitamos crianças Husky e sem plano de saúde para consultas.

SEEKING ELIGIBLE NEW MILFORD FAMILIES

Free early childhood programs are available to eligible families with young children—including foster families and those receiving SNAP, TANF, or SSI.

- School Readiness Programming
- Indoor/Outdoor Physical Development
- Breakfast & Lunch Daily

EdAdvance Head Start and Early Head Start programs are free, federally funded programs designed to promote school readiness for children.

MORE INFORMATION
www.edadvance.org/head-start

Now Enrolling – Free Preschool Program for Eligible Families! ✨

The EdAdvance Head Start: Three to Five Program at Hill & Plain School is currently enrolling income-eligible families with children between 3 and 4 years old.

👶 Children must turn 3 years old by September 1, 2025.

🎓 Our program offers a high-quality preschool experience focused on:

- ✓ Kindergarten readiness
- ✓ Health & nutrition
- ✓ Social services
- ✓ Parent involvement

🕒 Program hours: Monday–Friday, 9:15 AM – 1:15 PM

🍳 Breakfast and lunch are provided daily!

📞 If you or someone you know might qualify, please reach out!

📞 Contact Jessica Allen at 860-304-4648 for more information.



First-Time HOMEOWNER Program

AVAILABLE HOME

NEW PRESTON, CT

New construction, 1,500-square-foot home in this family-friendly neighborhood in beautiful, rural New Preston, CT. Just 15 minutes from downtown New Milford, you'll be close to shopping, parks, and entertainment while still enjoying the peace and quiet of a rural setting.

- 2 Bedroom & Den
- 1.5 Bath
- Laundry on First Floor
- Back Deck
- Single Car Garage
- Open-Concept Kitchen, Dining & Living Room

203-744-1341
HousatonicHabitat.org

SCAN AND APPLY TODAY!

Did You Know...

...that the New Milford Public Library has A LOT to offer to help fill your summer vacation with fun!



They have:

- FREE programs for kids like story time, puppet and animal shows, movies and game hours and much more! Check out their kids' calendar on their website: NewMilfordLibrary_ChildrenCalendar or [TeenCalendar](http://NewMilfordLibrary_TeenCalendar).
- Books, Magazines, Movies, Music to borrow or download and stream! (*Hoopla, Kanopy, Palace Project, Flipster*)
- Job and Career Resources
- College Prep Resources

Want to have fun at home or on the road!

Borrow from their *Library of Things*- from electronics to musical instruments, games and other Misc. tools/crafts. <https://newmilfordlibrary.org/library-of-things/> or check out their discount or free passes to local museums and even the zoo! <https://newmilfordlibrary.org/museum-passes/>

Stop in Today and Ask a Librarian!

New Milford FOOD PROGRAMS:



"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

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**

Check out
our Recipe
of the
Month
Below!



Food Bank: every Thursday, 9am-4pm
EXCEPT! We are CLOSED on JUNE 19th, 2025
Please bring ID.

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

Looking for other local food pantries
or meal kitchens?

Visit our website

newmilford.org/socialservices

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

NEW MILFORD
FIT
Food Insecurity Team



**Connecticut
Foodshare**



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

Where: Faith Church, 600 Danbury Rd, New Milford
When: Every 2 weeks on WEDNESDAYS weather permitting
Time: 4:30pm – 5:30pm OR until food runs out (get there early)

STAY IN THE KNOW OF THEIR SCHEDULE:

Website: [Mobile Pantry Schedule](#)

Or

Text **FOODSHARE** to 85511

Or

Text **COMIDA** a 85511



NMFB RECIPE OF THE MONTH! (Hint- this is also a
sneak peak of our NMFB Recipe booklet- COMING SOON!)

SPICY BLACK BEAN VEGETABLE SOUP

[Half of the black beans in this spicy soup are pureed with tomatoes,
the other half are simmered with carrots, onion and kernels of corn].

Ingredients:

1 Tbsp. vegetable oil
1 onion, chopped
1 clove garlic
2 carrots, chopped
2 tsp. chili powder
1 tsp. ground cumin
4 cups of vegetable stock
2 (15oz.) cans black beans,
rinsed & drained
1 can of whole kernel corn
¼ tsp. ground black pepper
1 can stewed tomatoes

Directions:

In a large sauce pan, heat oil over medium heat,
cook onion, garlic and carrots, stirring occasionally, for 5 minutes
or until onion is softened. Add chili powder and cumin; cook,
stirring for 1 minute. Add stock, 1 can of black beans, corn, and
pepper, bring to boil. Meanwhile, in a blender or food processor,
puree together the tomatoes and other can of beans; add to the pot.
Reduce heat, cover and simmer for 10-15 minutes or until carrots
are tender.



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

Un mensaje especial a nuestra diversa comunidad de nuestro trabajador social

Este boletín contiene excelentes recursos, así que léalo con atención y contáctenos si tiene alguna pregunta. La Biblioteca de New Milford ofrece excelentes programas para todas las edades. La hora del cuento infantil es una excelente manera de conectar con sus hijos. Los niños pueden aprender mucho yendo a la biblioteca. Antes de comprar o alquilar, consulte con la biblioteca; hay muchos muslos diferentes disponibles para prestamos.

La Unidad de Salud de CIFIC planea venir a New Milford para realizar fisioterapia. Atenderán a niños con o sin seguro médico. Si su factura de electricidad es alta, podría calificar para un descuento al presentar los ingresos de su hogar.

Siempre es bueno recordar la seguridad durante el verano. Nunca deje a los niños sin supervisión cerca del agua, el fuego o dentro de un automóvil.

Espero que todos tengan un verano feliz, saludable y seguro.

Estamos aquí para escucharlos y procesar con ustedes cualquier situación que puedan experimentar.

Uma mensagem especial para nossa comunidade diversificada de nosso assistente social

Há ótimos recursos neste boletim informativo, então dê uma olhada e entre em contato conosco caso tenha alguma dúvida. A Biblioteca de New Milford oferece ótimos programas para todas as idades. A hora da história infantil é uma ótima maneira de se conectar com seus filhos. As crianças podem aprender muito indo à biblioteca. Antes de comprar ou alugar, consulte a biblioteca, pois há diversas coisas como jogos e etin de casa para empréstimo.

A Van de Saúde do CIFIC está planejando vir a New Milford para fazer fisico de saude. Eles atenderão crianças com ou sem plano de saúde.

Se sua conta de luz estiver alta, você podera se qualificar para um desconto ao apresentar sua renda familiar. É sempre bom lembrar da segurança durante o verão. Nunca deixe crianças sozinhas perto de água, fogo ou dentro de um carro.

Espero que todos tenham um verão feliz, saudável e seguro.

Fechada Cerrada

This office will be CLOSED on the following days:

Monday, May 26th, 2025 in observance of Memorial Day

Thursday, June 19th, 2025 in observance of Juneteenth

Friday, July 4th, in observance of Independence Day

PERMIT NO. 10

NEW MILFORD CT 06776
U.S. POSTAGE PAID
PRESORT STANDARD



860-355-6079

NEW MILFORD SOCIAL SERVICES
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