



Social Services News

JULY 2018

LP Wilson Community Center
599 Matianuck Avenue
860-285-1839



Look for us on Twitter at:
[@WindsorSocSrv](https://twitter.com/WindsorSocSrv)



Look for us on Facebook at:
[Town of Windsor Social Services.](https://www.facebook.com/TownofWindsorSocialServices)

www.townofwindsorct.com/socialservices

SUMMER ENERGY SAVINGS TIPS

By Jasmine Hall,
Social Services Energy Caseworker

If you are trying to save money while staying comfortable during these warm summer months, see below for some energy saving tips:

- If you have central air conditioning, keep your thermostat at 78 degrees. You can also save approximately an additional six to seven percent off your cooling costs for each degree above 78.
- If your air conditioner does not have a thermostat, adjust it to a lower setting, or combine using it with a window or ceiling fan to cool things down.
- Get rid of hot air. Use an exhaust fan to blow hot air out of your kitchen while you're cooking.
- Close blinds, drapes and shades during the hottest part of the day. This keeps the strong sunlight from heating your home.
- Use your microwave or countertop appliances for cooking instead of the oven or stove.
- Postpone laundry and dishwashing until nighttime to avoid generating extra heat in your home.

For more information, please visit Eversource Website and click on "Save Money and Energy"

SUMMER THURSDAYS ARE DIETITIAN DAYS At the Windsor Food Bank



Stop by our Dietitian's table on Thursday afternoons from 1:-2:30 pm to learn more about healthy eating, active living, and more! Ask questions, take pamphlets, and try a tasting.

Heidi Karner is a registered Dietician and SNAP-Ed funded Research Assistance currently enrolled in the Health Promotion Science Master's program through UConn's Dept. of Allied Health Science. During the summer months, Heidi will be stationed at the Windsor Food Bank every Thursday from 1-2:30 pm. She will provide examples of nutritional summer recipes and food samples. Please feel free to stop by the Windsor Food bank to learn about these new and exciting recipes.

SUMMER ASSISTANCE AVAILABLE THRU OPERATION FUEL AND WINDSOR FUEL BANK

If you are requiring assistance with paying your Eversource electric bill and/or MDC water bill please contact the Social Services office at 860-285-1839 to see if you are eligible for assistance through Operational Fuel or the Windsor Food & Fuel bank.



GROCERIES TO GO
July 13th & 27th
10:30 AM—11:30 AM
Windsor Senior Center



MOBILE FOODSHARE
July 6th & 20th
8:45 AM —9:15 AM
130 Deerfield Rd., Old Elk's Lodge

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FREE DAILY SUMMER MEALS FOR KIDS 18 AND YOUNGER

The Windsor locations for the program are as follows:

Poquonock School: 11:15 AM -12:30 PM

Deerfield Apartments: 11:30 AM—12:30 PM

Wilson Library: 11:30 AM—1:00 PM

Sharshon Park at Goslee Pool: 12:45—1:30 PM

The program runs Monday - Friday from June 25th through August 24th and provides FREE lunches and snacks. For additional sites or to confirm meal times: text **CTmeals** to 877877 or call 211.

CASEWORKER AT THE LIBRARY

Maggie Goodman is available **Tuesdays from 1:00 pm—3:00 pm** on the lower level of the Windsor Public Library main branch. Maggie is happy to answer questions, provide information & give resources to people in need of assistance.

GOT MEDICARE QUESTIONS?

If you are confused about your medical insurance choices, we can help. Call the Social Services office and schedule an appointment with a CHOICES counselor, Maggie Goodman, who can help you to understand which insurance choice will be best suited for your needs. Call 860-285-1839.

JULY SNAP OUTREACH

Supplemental Nutritional Assistance Program.

Wednesday, **July 11th** between 1:-4:00 pm and Friday,

July 20th between 9:-12:00 noon at the LP Wilson Community Center. Please call 860-285-1839 for more information or to schedule an appointment.

WINDSOR HUNGER ACTION TEAM

Windsor HAT meets the 1st Wednesday of each month at 9 AM in the Ludlow room at the Windsor Town Hall. Join us to help to eliminate hunger in our community. Next meeting **August 1st**. Contact Susan Nunes for information at 860-285-1839.

MONTHLY GROUPS

Windsor C.A.R.E.S.: Meets the 2nd Tuesday of each month at the LP Wilson Community Center, AP1 room. This is a group of adults who are committed to volunteerism. The group takes on community service projects for people of all ages. Next meeting will be held **September 11th** at 1:00 PM. Call Deb for more info. at 860-285-1839.

Diabetic Support Group: Meets the 3rd Tuesday of each month at 11AM at the LP Wilson Community Center, AP1 room. This group is open to all diabetics and their family members. Topics vary by month. Next meeting will be **September 18th** at 11am. Call Social Services for more information at 860-285-1839.

SHARE Group: Fitch Court SHARE group meets the 2nd Wednesday of each month from 2:-3:00 PM. The next meeting will be held on **September 12th**. SHARE group meetings are open to all residents at these housing sites. Call Maggie at 860-285-1839.

VETERAN'S COUNSELING

The Hartford Vet Center Windsor location is open every other Friday from 8:00 am to 3:00 pm. Appointments are scheduled between 9am-3pm. **CALL 860-563-8800 TO SCHEDULE AN APPOINTMENT.**

WIC IN WINDSOR

WIC— Women, Infants, Children—is a supplemental nutrition program providing education and foods to women and children. WIC meets at the LP Wilson Community Center on the **first Tuesday of each month**. Appointments are taken between 10:00 am and 1:00 pm. Call 860-757-4860 to schedule an appointment.

FOOD BANK HOURS

Monday & Tuesday 9:00 AM - 11:00 AM

Wednesday & Thursday 1:00 - 3:00 PM

Thursday 5:00 PM - 6:45 PM

Meet the Social Services Staff

Anne Wakelin, Human Svc. Director

Sue Raggo, Dept. Coordinator

Maggie Goodman, Caseworker &

Municipal Veteran's Svc. Contact

Susan Nunes, Administrative Aide

Andy Price, Caseworker

Deb Sheldon, Caseworker

Jasmine Hall, Caseworker

Ted Hughes, Food Bank