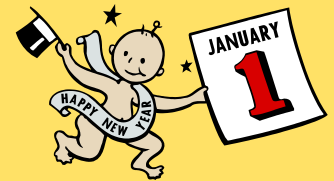




Social Services JANUARY 2023

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



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

www.townofwindsorct.com/socialservices

LEAN ON ME

A New Caseworker Appointment Program at the Library

Social Services is pleased to announce LEAN ON ME -a new caseworker appointment program the first Tuesday afternoon of each month at the Windsor Main Library.

Talk to an expert that can provide information and support for basic needs. Schedule your appointment with Windsor Social Services' friendly and knowledgeable caseworkers at the Windsor Public Library to learn about programs you may qualify for. If you have questions about energy assistance, food assistance, Medicare, or more - our caring staff can assist you.

Call 860-285-1839 to schedule an appointment the first Tuesday or every month between 1-3PM. The staff is also available at our main office at the LP Wilson Community Center for scheduled appointments.

SOCIAL SERVICES NEW OFFICES AT LP WILSON

You may have noticed a lot of things being worked on and moved around and workers throughout LP Wilson over the last number of months. The Social Services Department will be moving soon to the back left side of the building—in the same room where the senior center lounge used to be. The workers have built a new entryway from the outside and you will also be able to get to us thru the inside as well. Staff offices have been set up and we are just waiting for the final OK for our move!

The Recreation Department and Senior Center will be taking over our current office space for their use. We look forward to moving to our new space and welcome our clients in to see us.

TIME FOR ME

Come enjoy the experience of guided progressive relaxation, meditation, and energy awareness. Learn and practice quieting the mind for stress release, better sleep and overall replenishment.

TIME FOR ME will help prepare you mentally for the new year ahead and give you a sense of peace, power and enrichment in addition to replenishing your energy to help relieve stress and anxiety.

Our presenter for this experience is Julie Montinieri. Julie is an Intuitive Energy Medicine Practitioner who has been providing healing for over 15 years. She also teaches "Journey to Self: Beyond Anxiety and Depression."

DATE: Thursday, January 19th

TIME: 10:30am – 12noon

LOCATION: LP Wilson Community Center
In the NEW Senior Center Lounge – next to their office **SPACE IS LIMITED. CALL TODAY.**

R.S.V.P. Deb Sheldon 860-285-1839

CHR Mental Health First Aid Certification

Mental Health First Aid (MHFA) teaches you how to identify, understand, and respond to signs of mental health and substance use challenges among adults.

This is a two-part certification course taught by an MHFA instructor from CHR offered to Windsor residents only. Lunch is provided. Pre-assessment is required before attending the event.

You'll build the skills and confidence you need to reach out and provide initial support to those who are struggling. You'll also learn how to help connect them to appropriate support.

This FREE event for ages 18 and older will be held on March 18 & April 1 from 10:00 am to 1:00 pm, at the Millbrook Clubhouse, 147 Pigeon Hill Road, Windsor CT 06095. Call the Rec. Dept. at 860-285-1990 to register.



GROCERIES TO GO

January 6th & 20th
10:30 AM—11:30 AM

at THE WINDSOR FOOD BANK



MOBILE FOODSHARE

January 11th & 25th
1:30 PM -2:00 PM

Hopewell Baptist Church, 280 Windsor Ave.

Social Services JANUARY news

MONTHLY GROUPS: WINDSOR C.A.R.E.S.

This is a group of adults who are committed to volunteerism. The group takes on community service projects for people of all ages. Meetings are held every other month on the second Tuesday of the month. Call Deb Sheldon for meeting information at 860-285-1839.

WINDSOR HUNGER ACTION TEAM Join The Conversation

This group meets monthly to discuss food insecurity in our local community and solutions to help those in need. The next meeting will be held in person and via zoom on **Wednesday, January 4th at 9:00 am**. Contact Susan Nunes for meeting information at 860-285-1839 and to be added to our new HAT email distribution list. **AND**

The Windsor Hunger Action Team now has a Facebook page! **Stay Connected:** Like and Follow on Facebook for updates and resources throughout the month, <https://www.facebook.com/WindsorHAT/>.

A COMMUNITY THANK YOU

Social Services and the Windsor Food & Fuel Bank send out a **GREAT BIG THANK YOU** to the Windsor community - businesses, religious institutions, medical offices, civic groups, schools, clubs and residents— for the many generous donations of food and funds throughout the November and December holidays! The needs in Windsor is great and the generosity and community support is heartwarming! Every donation—large or small helps our neighbors in need—to provide food on the table and warmth in the home!

BAD WEATHER ALERT:

If the Windsor Food Bank or Groceries to Go closes due to bad weather, a robo call will be made to all food program clients.

If Windsor schools are closed, then Mobile Foodshare is cancelled. Watch for closings on Channel 3 and Channel 30 news.

ENERGY ASSISTANCE UPDATE

If you're in need of utility (electric, gas and water) assistance, please call Eliana Medina-James at 860-285-1839 to discuss programs and qualifications.

Community Renewal Team (CRT) is taking appointments for the 2022-2023 energy season. Call **(860) 560-2694** to schedule an appointment. To download their online application visit: <https://portal.ct.gov/DSS/Economic-Security/Winter-Heating-Assistance/Energy-Assistance---Winter-Heating/How-To-Apply> .

NEW EMAIL DISTRIBUTION LISTS

Social Services has created and is managing several new email distribution lists:

***Social Services Information & Events**

***Grandparents Raising Grandchildren or Kin**

If you are interested in receiving emails with information and events relating to the above programs, please call Windsor Social Services at 860-285-1839 to sign up on the email list of your interest.

GRANDPARENT AND KINSHIP CIRCLE

Are you a grandparent over the age 55 raising a grandchild or kin? Do you need a break to engage in self-care? Are you interested in learning more about your legal rights? Are you interested in participating in a conference to learn skills & to network with others?

THERE IS SUPPORT AVAILABLE.

Call Social Services at 860-285-1839 to be added to our Grandparent & Kinship Circle email distribution list and to find out what events and programs are currently happening to help support grandparents raising a second family.

The Grandparent Raising Grandchildren/Kin Program is funded in part by the Older Americans Act through the North Central Area Agency on Aging & Social Services

CLOSINGS IN JANUARY:

Monday, Jan. 2nd, New Year holiday
Monday, Jan. 16th, Martin Luther King Jr. day
LP Wilson Closed. Food bank closed.

Meet the Social Services Staff

Enita Jubrey, Social Services Director

Jasmine Hall, Dept. Coordinator
Maggie Goodman, Caseworker &
Municipal Veteran's Svc. Contact
Susan Nunes, Administrative Aide

Andy Price, Caseworker
Deb Sheldon, Caseworker
Eliana Medina-James, Caseworker
Ted Hughes, Food Bank

