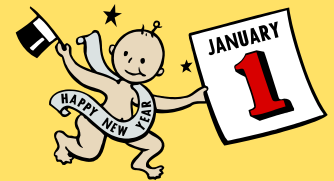




# Social Services JANUARY 2025

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](http://www.townofwindsorct.com/socialservices)

## SPACE HEATERS AND WINTER SAFETY

It can be hard to stay warm, especially with fuel prices that seem to go up all the time! Electric space heaters can be a supplement to your heat but they are not designed to use as a primary heat source.

If you plan on using a space heater please be sure to:

- Buy one that is UL listed and that has an automatic turn-off switch.
- Always keep heaters on a solid flat surface
- Always keep heaters away from areas where they or their cords could become a tripping hazard.
- Plug space heaters into a wall outlet and be sure to not overload the circuit while the heater is in use.
- Also be sure to give space heaters some space, keep 3 feet of clear space around the space heater.
- And always remember to turn off your space heater when you leave the room and before you fall asleep.

## 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!

### CLOSINGS IN JANUARY:

Wednesday, Jan. 1st, New Year's Day  
Monday, Jan. 20th, Martin Luther King Jr. Day  
Town Offices, LP Wilson & Windsor Food Bank will all be closed.

## SLIPPERY SEASON ACCIDENTS HAPPEN MAYO CLINIC OFFERS TIPS



Even if you are healthy and active, accidents happen! Here are ten tips recommended by the Mayo Clinic to help you avoid falls:

- Inspect your home for hazards inside and out. Floors, steps, sidewalks.
- Arrange to have driveways and sidewalks plowed and salted.
- Walk like a penguin. People of any age should take short, careful steps when navigating snow or ice, adopting a wide stance and pointing feet slightly outward to maintain a center of balance. Keep your hands out of your pockets for added leverage.
- Exercise your legs and core to improve strength and balance.
- Know your limitations.
- Protect yourself with good footwear-inside & out.
- Keep your head up. Pay close attention to where you're walking.
- Use railings. Get in the habit of holding the hand railings whenever they are available.
- Take it easy. Give yourself plenty of time to get in and out of your car and to walk to and from your destination.
- Be prepared. Wear winter gear even for short walks so you will be protected if you take a spill.

Taking steps to modify your environment or behavior can go a long way to ensure that you stay safe this winter season. For more health tips and information, please visit [mayoclinic.org](http://mayoclinic.org).



## GROCERIES TO GO

Jan. 3rd, 17th, 31st  
10:30 AM—11:30 AM  
at THE WINDSOR FOOD BANK



## MOBILE FOODSHARE

Jan. 8th & 22nd  
2:00—2:30 PM  
Hopewell Baptist Church, 280 Windsor Ave.

# Social Services JANUARY 2025 news

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

The group takes on community service projects for people of all ages. Meetings are held the 2nd Tuesday every other month. CARES is always seeking new members. Help us to help our neighbors in need. Call Deb at Social Services for more information.

## GRANDPARENT AND KINSHIP CIRCLE

The Grandparent and Kinship Circle is a support service program offered thru the Town of Windsor Social Services Department that provides grandparents and kin raising grandchildren with training, support, and resources. Informational, educational, therapeutic and respite events are offered throughout the year to members of this group.

Call Deb Sheldon at Social Services at 860-285-1839 for more information.

## GREATER HARTFORD LEGAL AID APPOINTMENTS AT LP WILSON

Greater Hartford Legal Aid is offering **FREE** high quality legal service appointments for low-income residents at the Windsor Food Bank office at LP Wilson the **1st Friday of every month** between 9-11AM. Call Social Services to schedule an appointment.

Appointments are open to adults of all ages. GHLA will also be coming to the Windsor Senior Center the **last Friday of every month** and will take appointments for seniors only.

## LEAN ON ME

Caseworker appts. offered the 1st Tuesday afternoon of each month at the Windsor Main Library. Call 860-285-1839 to schedule an appointment between 1-3PM to learn about programs you may qualify for.

The staff is also available at our main office at the LP Wilson Community Center for scheduled appointments.

## FOOD BANK HOURS

**Monday & Tuesday 9AM-11AM**  
**Wednesday & Thursday 1PM-3PM**  
**4th Thursday each month 5-6:45PM**

## HARTFORD AMERICAN JOB CENTER Taking Appointments at LP Wilson

American Job Centers **help workers find jobs** – for **FREE!** They can help you learn which jobs & careers are right for you, write great cover letters, create a powerful resume that gets you interviews, and conduct effective job searches. AJC is taking monthly appointments at LP Wilson in the Food Bank office the **2nd Wed from 3:15-5PM and the 2nd Friday from 10AM-noon.** Call 860-406-3374 to schedule an appt.

## WINDSOR HUNGER ACTION TEAM

This group meets the 1st Wednesday of each month to discuss food insecurity in our local community The next meeting will be on **Wed., Feb. 5th at 9:00 AM at the Windsor Town Hall.** Contact Susan for information. There is no meeting in January.

## ENERGY ASSISTANCE UPDATE CRT-COMMUNITY RENEWAL TEAM

The CRT energy assistance program is taking appts for the 2024/2025 heating season. Call 860-560-2694 to schedule your appointment. They will be scheduling appts again this season in Windsor at LP Wilson.

## OPERATION FUEL PROGRAM

Operation Fuel is no longer accepting applications.

## EVERSOURCE ELECTRIC CUSTOMERS

**10% and 50% Discounts Available.** On Dec. 1, 2023, Eversource introduced a new discount rate for electric customers with a financial hardship status. Based on household income or receipt of a public assistance benefit, customers may be eligible for a 10% or 50% discount off their electric bill per month.

Visit [www.Eversource.com/billhelp](http://www.Eversource.com/billhelp) for more info on the electric discount and to see if you qualify.

## 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.



## **Meet the Social Services Staff**

**Enita Jubrey, Social Services Director**  
**Maggie Goodman, Caseworker & Municipal Veteran's Services Contact**  
**Susan Nunes, Administrative Asst.**  
**Shandese Williams, Administrative Aide**

**Jasmine Hall, Dept. Coordinator**  
**Eliana Medina-James, Caseworker**  
**Deb Sheldon, Caseworker**  
**Bethany Siedlik, Caseworker**  
**Ted Hughes, Food Bank**