



**BLOOMFIELD**  
Social & Youth Services

330 Park Avenue 2<sup>nd</sup> floor  
Bloomfield CT 06002

January 2026

## ★ BSYS MONTHLY BULLETIN ★

### TO OUR DONORS

Bloomfield Social & Youth Services would like to extend our heartfelt thanks to all of the companies, churches, and individuals who made our Annual Season of Giving a success. Thank you to everyone who participated; those who provided Thanksgiving food and those who provided gifts for the children enrolled in the program. We couldn't do it without you!



## YEAR IN REVIEW



*"January might be the coldest month, but it holds the warmth of new hopes and dreams."*

## LOOKING AHEAD ★ ★ ★

January symbolizes new beginnings, a new year and another chance for us to get it right.



# January is upon us. And it brings... SNOW!



## Winter Preparedness Reminders



Please make sure you have:

Emergency contact information readily available

A 3-5 day supply of drinking water

Non-perishable food items

Necessary medications, flashlights, blankets & batteries



## New Year's Resolutions

A New Year's resolution is a goal set at the start of a new year. The most common New Year's resolutions center on health and finances, with people aiming to exercise more, eat healthier, lose weight, and save money. Other popular goals include improving mental well-being, spending more time with family, learning new skills, and reducing bad habits like smoking.

### ***Tips for Success:***

Be Specific: Instead of a vague "exercise more," try being specific like "walk 30 minutes."

Focus on Growth: Look to your goals as learning opportunities rather than strict rules to avoid feeling like a failure if you slip up.

Start Small: Make it achievable, like drinking more water or taking the stairs.

Goals: Choose goals that matter to you so you'll be more inclined to commit to them. By trying to make too many changes at once you'll get overwhelmed and lose focus.

Track Progress: Journaling or using apps can help monitor your journey.

Be Kind to Yourself: Self-compassion is key to sticking with changes.

Remember: goals aren't to beat yourself up, but to better yourself!

# Federal Holidays in January

banks, post offices and all Town of Bloomfield offices are **closed**:



Thursday Jan. 1 for New Year's Day

Monday Jan. 19 for Martin Luther King, Jr. Day

# Bloomfield Events

**looking for things to do?**

**click on the links below :**



**Town Calendar:** <https://www.bloomfieldct.gov/Calendar.aspx>

**Chamber of Commerce:** <https://bloomfieldchamber.org/events/>



Bloomfield's Food Bank is available to Bloomfield Residents.

Fill out an application annually and provide proof of Bloomfield residency.

There are 2 visits per month allowed. It is open on  
Weds from 1 pm - 3 pm & currently Fridays 10 - noon.

Once a month there is a shopping day, which counts as 1 of your 2 monthly visits. Shopping Day is by appointment only. On the first business day of each month, during normal business hours, call 860-242-1895 to make an appointment. Spaces are limited. Bring your own bags.

**ALL APPOINTMENTS MUST  
BE MADE THROUGH CRT. CALL  
CRT AT 860-560-5800  
TO SCHEDULE ONE.**

# **ENERGY ASSISTANCE**

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**You are required to provide the following documentation  
during your appointment (paper copies only)**

1. **Heating Information:** deliverable fuel vendor information or recent utility bill for both gas and electric.
2. **Social Security Cards:** Photo IDs and Social Security Cards for all household members are required.
3. **Electric Bill:** A current bill is required even if you use gas or other fuel types.
5. **Income Documentation:** Income Information for the previous 30 days or 4 consecutive weeks (any time in the last 3 months prior to the date of your application) is required.
6. **Rent & Mortgage:** Lease, rent receipt, mortgage statements, tax bill or lot rent receipt. (must provide landlord's name, address and phone#).

**In order to process your application, you must have ALL documentation or you may have to reschedule your appointment.**

**Please Note: Additional Documentation may be required on a case by case basis.**

## **Maximum Income Guidelines Based on Household Size.**

1 person	2 person	3 people	4 people	5 people	6 people	7 people	8 people
\$47,764	\$62,460	\$77,157	\$91,854	\$106,550	\$121,247	\$124,002	\$126,758