



BSYS Monthly Bulletin

Nov 2025

330 Park Ave 2nd Floor
Bloomfield CT 06002
860-242-1895



Goodbye Daylight Savings Time turn clocks back 1 hour on Nov. 2nd!

November is known for Thanksgiving, Veterans Day and the beginning of the Advent, marking the start of the holiday season.

All Town offices will be closed Nov. 11th in observance of Veterans Day and Nov. 27th & 28th for Thanksgiving Holiday. Reminder: All town offices close at 12:30 on Fridays.



Featured Spotlight November is...



Veterans Day is observed on November 11 to honor all individuals who have served in the U.S. Armed Forces, both living and deceased, and to recognize their patriotism, love of country, and willingness to serve and sacrifice for the nation's common good.

November is National Family Caregivers Month

Caring for Older Adults & Adults with Disabilities

is celebrated each November to recognize and honor family caregivers across the country.



NATIONAL RUNAWAY PREVENTION MONTH

In November, we can shine a light on the challenges that run away and homeless youth face every day that often remain invisible.



No-Shave November is an annual campaign that encourages men to grow facial hair during the month of November to raise awareness and funds for men's health issues, particularly prostate, testicular, and colon cancer.

Seasonal Affective Disorder (SAD): When Winter Weighs You Down

As the days get shorter and sunlight fades, many people notice their energy and mood start to drop. This may be Seasonal Affective Disorder (SAD) -a common form of depression that follows the change of seasons.



Common Symptoms:

Feeling tired, losing interest in favorite activities, changes in sleep or appetite, and difficulty concentrating.

What Can Help:

- Get outside or sit near natural light when possible.
- Exercise or move your body regularly.
- Stay connected with friends, family, or support groups.
- Talk with a health professional-SAD is real, but treatable.

FOOD BANK DONORS NEEDED

We have seen a drastic increase in people signing up for the Food Bank, and are in need of supplies as we operate solely on donations. If you are able to donate, you can scan the QR code here and view our Amazon wish list – but you can shop anywhere – and any brand and any quantity is appreciated.



SCAN TO SEE OUR
AMAZON WISHLIST

Supplemental Nutrition Assistance Program (SNAP)

As of October 27, 2025:

1. If you have a balance from previous months, **you will still be able to use it after November 1.** Carryover benefits already on EBT cards remain accessible.
2. No new benefits will be added to cards until the shutdown ends. This means that starting November 1, households will not receive their regular monthly SNAP allocation.
3. DSS is still accepting and processing SNAP applications. If someone is approved for benefits for October, those benefits will appear on their card when the federal government reopens.

How to Check your SNAP Balances

- Call 1-888-328-2666
- MyDSS online website - click here: [SNAP WEBSITE](#)



Town of Bloomfield

SHRED DAY & ELECTRONICS RECYCLING

FREE!
Please bring a non-perishable food item for the Bloomfield Food Bank.

Saturday, November 8, 9AM - Noon



Bloomfield High School Parking Lot

5 Huckleberry Lane

Enter on Crestview Drive

Safely shred your confidential documents and recycle no longer needed electronics (i.e. television sets, telephones, printers, hard drives, etc).

Bloomfield residents ONLY.

Three box/bag limit.

PLEASE BRING AN ITEM TO DONATE TO THE FOOD BANK

Shredding 411



No Magazines!

Magazines (and any documents with non-confidential information) can be safely recycled in your blue recycling bin.

Remove address from junk mail!

Items like junk mail do not need to be shredded. Remove address label, which can be shredded if desired, and recycle the remainder of the junk mail.

Accepted Electronics

- Batteries (no car batteries)
- Printers
- Monitors, Televisions
- Computers (any kind)
- VCR & DVD Players
- Modems
- Keyboards, Computer Mice
- Mobile Phones
- Microwaves
- Video Game Consoles
- Cameras
- Small Appliances
- Tablets & eBooks

MEDICARE OPEN ENROLLMENT

**MEDICARE ENROLLMENT PERIOD
OCTOBER 15 – DECEMBER 7**



**LEARN ABOUT YOUR OPTIONS.
CALL TO SCHEDULE AN APPOINTMENT
WITH ONE OF OUR SOCIAL WORKERS.**

860-242-1895



FASTEST WAYS TO APPLY FOR

ENERGY ASSISTANCE

2025-2026 ENERGY SEASON BEGINS SEPTEMBER 1, 2025

APPLY ONLINE: Submit your application through the State of CT Department of Social Services (DSS) Website: www.ct.gov/heatinghelp

APPLY BY EMAIL: Download the application from the DSS website or pick up a paper copy from any CRT Multi-Service Center. Email your application and required documents to: crtenergyapplication@crtct.org

IN-PERSON APPOINTMENT: Call (860) 560-5800 to schedule. CRT Multi-Service Centers are in Hartford, West Hartford, East Hartford, Manchester, Bloomfield, Windsor, Enfield, and Middletown.

PAPER APPLICATION: Pick up a paper application at a CRT Multi-Service Center or download from DSS website. Mail, fax, or drop off the application with required documents to CRT at the address listed below:

REQUIRED DOCUMENTS:

1. Signed Energy Assistance Application
2. Proof of Income
3. Proof of DSS benefits
4. Active Heating Bill
5. Active Electric Bill
6. Rental Lease (only if heat is included in rent)



Community Renewal Team
Changing lives... Creating opportunity!



395 Wethersfield Ave.
Hartford, CT 06114



www.ct.gov/heatinghelp

**TO MAKE AN
APPOINTMENT CALL:**



(860) 560-5800



***NOTE: Applications are processed in the order that they are received.**

Additional information may be requested on a case-by-case basis.

For complete list and explanation of required documents, visit the DSS website: www.ct.gov/heatinghelp



DONORS NEEDED

In keeping with our tradition, we are coordinating our annual **Thanksgiving Basket Distribution** and our **Adopt-a-Family Holiday Giving Program**. If you are interested in or if you have questions, please contact, Paola Vargas via email at pvargas@bloomfieldct.gov or by phone at (860) 242-1895

BLOOMFIELD SOCIAL AND YOUTH SERVICES

ANNUAL SEASON OF GIVING

BLOOMFIELD SOCIAL AND YOUTH SERVICES WILL DISTRIBUTE THANKSGIVING BASKETS AND HOLIDAY ITEMS. THANKSGIVING BASKETS WILL BE DISTRIBUTED ON SATURDAY, NOV. 22ND, MORE INFORMATION TO COME.

HOLIDAY REGISTRATION BEGINS ON WEDNESDAY, OCT 1ST. APPLICATIONS SUBMITTED AFTER FRIDAY, NOV. 17TH WILL BE PLACED ON THE WAITLIST.

WHO IS ELIGIBLE

Bloomfield families with children ages 13 and under. Eligibility is based on household size and income.

Family #	Max Income
2	\$74,384
3	\$91,886
4	\$109,389
5	\$126,891

WHAT IS NEEDED

- ✓ Proof of all household income
- ✓ Proof of residency (a current ID, utility bill, etc)
- ✓ Birth Certificates of the child(ren). If applicable, proof of guardianship.

Fill out the application in person or scan QR CODE below

BLOOMFIELD SOCIAL AND YOUTH SERVICES
330 PARK AVE 2ND FLOOR
BLOOMFIELD CT 06002
FOR MORE INFO, CALL
860.242.1895