



February 2019 GFB Newsletter



Game Night

February 21, 2019 6:00- 8:00pm
Guilford Free Library



Play games with friends, family, or strangers. You do you. Bring your own or play one of the Library's!

Free and open to all. No registration required.

Skating at Mill Pond

Hours:



Weather Permitting

Monday-Friday 3:00-7:00PM

Saturday & Sunday 10:00-7:00PM



Bags of Ice Melt are Available.

Ask staff to obtain yours today.

1 per household, please.

Book a Lawyer – Feb. 4, 11, and 25, 2019 6:30-7:30 pm

Do you have a general legal question? The library is offering free 15-minute sessions for legal advice with one of two Connecticut-licensed attorneys—Pam Ellman and Cynthia Sheppard. Attorney Pam Ellman has 20 years of experience with civil matters. Attorney Cynthia Sheppard currently practices in the areas of personal injury, family law, worker's compensation and employment law. Book a Lawyer sessions will help you get started in finding the information and resources you need. Referrals can be made as necessary. To sign up, you may call the reference desk the day of the session. Patrons are eligible for three sessions total. If you need further information, call the Reference Department at (203) 453-8282. Free and open to all.



Looking for a Job?

Five Helpful Job Search Websites:

Stop by Guilford Social Services to take a look at our Job Board and Job Book. View local postings updated on a weekly basis.

1. CareerBuilder
2. Indeed
3. Monster
4. LinkedIn
5. Glassdoor



OPERATION FUEL UTILITY PROGRAM

Applicants may qualify for up to a one time grant of \$500 if household has income below 75% state median income & has not received an Operation Fuel grant during the previous 12 months. Call 203-453-8009 with questions or to schedule an appointment.

Must apply for LIHEAP if potential eligibility.

Medicare Savings Program (MSP)

Save the cost of your Medicare B premiums.



QMB provides medical coverage equivalent to Medi-gap and pays your Medicare A&B co-pays and deductibles, and pays your Medicare Part B premium. Monthly income cannot exceed Individual's \$2135.32; couples \$2894.92

SLMB pays your Medicare Part B premium, Monthly income may not exceed Individual's \$2337.72; Couples \$3169.32.

AMLB pays your Medicare Part B premium, but is subject to available program funding. Monthly income limit may not exceed Individual's \$2489.52; Couples \$3375.12.

Eligibility for any MSP automatically qualifies you for Extra Help on you Med D (RX) program. No asset limits on any MSP levels.

Winter

Tuesday, February 19

12:00 - 3:00 PM

Community Center

Program #: 11110

Wristbands (\$5) Include: DJ, Face painting, Moon bounces, Game station, Race track, Caricatures, Horse drawn carriage rides, and more!

Wonderland



GUILFORD RESIDENTS HEATING ASSISTANCE

Guilford residents may apply for 2018/2019 State Heating Assistance (LIHEAP) Program and for the Operation Fuel Program, by appointment only at the Guilford Social Services Department, 263 Church St. in Guilford. All types of heating sources are considered: oil, gas, electric, propane, kerosene and wood.

Annual household income limits are based on last 4 weeks of income and size of household: 1/ \$35,116 2/\$45,920; 3/\$56,725; 4/\$67,530; 5/\$78,335; 6/\$89,140 7/\$91,166; 8/ \$93,191. *Some asset limits do apply. If a household has liquid assets totaling more than \$12,000 for renters, \$15,000 for homeowners you MAY not be eligible, please contact the office for a detailed explanation of eligibility.

Guilford residents should schedule an appointment

GET FREE HELP WITH YOUR TAX RETURN

Certified counselors working through AARP Tax-Aide will be available to provide free income tax preparation assistance for low and moderate income taxpayers, especially those 60 and older. Taxes will be prepared by **APPOINTMENT ONLY on Wednesdays from 10:00 a.m. – 3:15 p.m. from February 6 through April 10** at the Guilford Community Center, 32 Church Street. Appointments can be scheduled by calling the Guilford Community Center at 203-453-8086, **beginning January 22**. For your appointment, you must bring all documents you have received that apply to your 2018 income taxes & copy of 2017 taxes. **Taxpayers holding accounts with brokerage firms & other investment companies should schedule their appointments beginning March 15th, as these statements are frequently corrected and re-issued.**

**The Road to Higher Education
w/ SCSU Associate Director of Admissions
At Guilford Free Library
February 26, 2019 7:00-8:00 pm**

Paula Kennedy, Associate Director of Admissions at Southern Connecticut State University, will discuss the college admissions process. Topics include questions to ask college representatives, what colleges look for, financial aid, and the road to college timeline.

Paula Kennedy is the Associate Director of Admissions at SCSU. She has worked in the field of Admissions and Enrollment for the past 30 years. Paula oversees all aspects of application processing in the office and recruits and reads first time freshmen, transfer and international applications for undergraduate study at Southern.

Free and open to all. Students and parents welcome! Please register.

Guilford Free Library Programs

Paint Night for Adults with Pam's Picassos

February 6, 2019 6:30pm-8:00 pm

Indulge your inner artist and create your own masterpiece! Come to the Guilford Free Library and paint a winter scene, under the guidance of instructor Pamela Halligan, of Pam's Picassos. Bring your creativity and enthusiasm, all other materials will be provided. You will leave with a completed painting.

This program is for adults and limited to 15 participants.

Sponsored by the Friends of the Library.
Please register.

Practice SAT Exam

February 9, 2019 10:00am-1:30 pm

The Princeton Review will administer a free practice SAT exam. Please bring a calculator and snacks. If the student does not have an e-mail address, we ask that the parents provide them with their own to submit to the Princeton Review. The test results will get sent to whatever e-mail address the student provides to them on the day of the test.

Free and open to all students.
Please register.

Valentine's Yoga : Practicing Unconditional Self Love

February 11, 2019 3:30-4:30pm

Be your own Valentine and treat yourself to some self care! Yoga instructor Sarah Kostandin (RYT 200) of Head Heart Yoga will show you how to practice breathing exercises, meditation, mantras, and physical poses to challenge the body and relax the mind. Indulge in a little self-love and learn how to take care of your mind, body, and spirit!

Open to all levels. Please bring a mat or towel and wear comfortable clothes.

Free and open to all students in grades 7 to 12.
Please register.

In Be-Tween: Cards & Cookies

February 13, 2019 3:30-4:30pm

Bake and decorate some Valentine's Day cookies and also make a pop-up heart card.
***Allergy warning:** egg, dairy, and gluten based ingredients *will* be used in this program. Please abstain if you have these allergies, as there will be no alternative recipe. Registration required. Space is limited. For children in grades 5 & 6 **only**.

Tween & Teen Event: Zentangle

February 15, 2019 4:00-5:30pm

Zentangle is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Join Ezia 'Z' Leach for this workshop where you will learn how to create your own zentangle design.

Please plan on attending all 3 sessions. The following sessions are on Friday, February 15 and Friday, March 15.

Free and open to all students in grades 5 to 12.
Please register.

Weekend Wildlife: Critter Caravan

February 23, 2019 11:00am -12:00pm

Learn about the natural habitats of a variety of animals, how their features help them survive in the wild, and what kind of care they need as pets. Kids will meet a chinchilla, hedgehog, angora rabbit, tortoise, guinea pig, lizard, and snake. Registration required. Ages 4 & up.

Tween & Teen Event: DIY Dog Treats

February 28, 2019 3:30-4:30 pm

Learn how to make homemade dog treats and take some home for your own pet. We will also be donating some to the Guilford Animal Shelter! Part of our Mutt-i-grees in the Library series.

Free and open to all students in grades 5 to 12.
Please register.

Heart-healthy diet: 8 steps to prevent heart disease

Ready to start your heart-healthy diet? Here are eight tips to get you started.

By Mayo Clinic Staff



Although you might know that eating certain foods can increase your heart disease risk, it's often tough to change your eating habits. Whether you have years of unhealthy eating under your belt or you simply want to fine-tune your diet, here are eight heart-healthy diet tips. Once you know which foods to eat more of and which foods to limit, you'll be on your way toward a heart-healthy diet.

1. Control your portion size

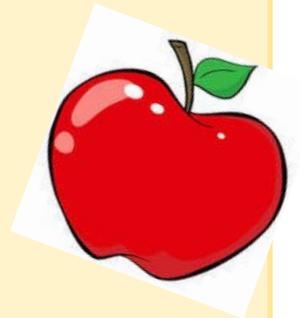
How much you eat is just as important as what you eat. Overloading your plate, taking seconds and eating until you feel stuffed can lead to eating more calories than you should. Portions served in restaurants are often more than anyone needs.

Use a small plate or bowl to help control your portions. Eat larger portions of low-calorie, nutrient-rich foods, such as fruits and vegetables, and smaller portions of high-calorie, high-sodium foods, such as refined, processed or fast foods. This strategy can shape up your diet as well as your heart and waistline.

Keep track of the number of servings you eat. The recommended number of servings per food group may vary depending on the specific diet or guidelines you're following. A serving size is a specific amount of food, defined by common measurements such as cups, ounces or pieces. For example, one serving of pasta is about 1/3 to 1/2 cup, or about the size of a hockey puck. A serving of meat, fish or chicken is about 2 to 3 ounces, or about the size and thickness of a deck of cards. Judging serving size is a learned skill. You may need to use measuring cups and spoons or a scale until you're comfortable with your judgment.

2. Eat more vegetables and fruits

Vegetables and fruits are good sources of vitamins and minerals. Vegetables and fruits are also low in calories and rich in dietary fiber. Vegetables and fruits, like other plants or plant-based foods, contain substances that may help prevent cardiovascular disease. Eating more fruits and vegetables may help you cut back on higher calorie foods, such as meat, cheese and snack foods.



Featuring vegetables and fruits in your diet can be easy. Keep vegetables washed and cut in your refrigerator for quick snacks. Keep fruit in a bowl in your kitchen so that you'll remember to eat it. Choose recipes that have vegetables or fruits as the main ingredients, such as vegetable stir-fry or fresh fruit mixed into salads.



3. Select whole grains

Whole grains are good sources of fiber and other nutrients that play a role in regulating blood pressure and heart health. You can increase the amount of whole grains in a heart-healthy diet by making simple substitutions for refined grain products. Or be adventurous and try a new whole grain, such as whole-grain farro, quinoa or barley.

4. Limit unhealthy fats

Limiting how much saturated and trans fats you eat is an important step to reduce your blood cholesterol and lower your risk of coronary artery disease. A high blood cholesterol level can lead to a buildup of plaques in your arteries, called atherosclerosis, which can increase your risk of heart attack and stroke.

You can reduce the amount of saturated fat in your diet by trimming fat off your meat or choosing lean meats with less than 10 percent fat. You can also add less butter, margarine and shortening when cooking and serving.

You can also use low-fat substitutions when possible for a heart-healthy diet. For example, top your baked potato with low-sodium salsa or low-fat yogurt rather than butter, or use sliced whole fruit or low-sugar fruit spread on your toast instead of margarine.

You may also want to check the food labels of some cookies, cakes, frostings, crackers and chips. Some of these — even those labeled "reduced fat" — may be made with oils containing trans fats. One clue that a food has some trans fat in it is the phrase "partially hydrogenated" in the ingredient list.



When you do use fats, choose monounsaturated fats, such as olive oil or canola oil. Polyunsaturated fats, found in certain fish, avocados, nuts and seeds, also are good choices for a heart-healthy diet. When used in place of saturated fat, monounsaturated and polyunsaturated fats may help lower your total blood cholesterol. But moderation is essential. All types of fat are high in calories. An easy way to add healthy fat (and fiber) to your diet is ground flaxseed. Flaxseeds are small brown seeds that are high in fiber and omega-3 fatty acids. Some studies have found that flaxseeds may help lower cholesterol in some people, but more research is needed. You can grind the seeds in a coffee grinder or food processor and stir a teaspoon of them into yogurt, applesauce or hot cereal.

5. Choose low-fat protein sources

Lean meat, poultry and fish, low-fat dairy products, and eggs are some of your best sources of protein. But be careful to choose lower fat options, such as skim milk rather than whole milk and skinless chicken breasts rather than fried chicken patties.

Fish is another good alternative to high-fat meats. And certain types of fish are rich in omega-3 fatty acids, which can lower blood fats called triglycerides. You'll find the highest amounts of omega-3 fatty acids in cold-water fish, such as salmon, mackerel and herring. Other sources are flaxseed, walnuts, soybeans and canola oil.

Legumes — beans, peas and lentils — also are good sources of protein and contain less fat and no cholesterol, making them good substitutes for meat. Substituting plant protein for animal protein — for example, a soy or bean burger for a hamburger — will reduce your fat and cholesterol intake and increase your fiber intake.

6. Reduce the sodium in your food

Eating a lot of sodium can contribute to high blood pressure, a risk factor for cardiovascular disease. Reducing sodium is an important part of a heart-healthy diet. The American Heart Association recommends that:

- Healthy adults have no more than 2,300 milligrams (mg) of sodium a day (about a teaspoon of salt)
- Most adults ideally have no more than 1,500 mg of sodium a day

Although reducing the amount of salt you add to food at the table or while cooking is a good first step, much of the salt you eat comes from canned or processed foods, such as soups, baked goods and frozen dinners. Eating fresh foods and making your own soups and stews can reduce the amount of salt you eat.

If you like the convenience of canned soups and prepared meals, look for ones with reduced sodium. Be wary of foods that claim to be lower in sodium because they are seasoned with sea salt instead of regular table salt — sea salt has the same nutritional value as regular salt.

Another way to reduce the amount of salt you eat is to choose your condiments carefully. Many condiments are available in reduced-sodium versions, and salt substitutes can add flavor to your food with less sodium.

7. Plan ahead: Create daily menus

You know what foods to feature in your heart-healthy diet and which ones to limit. Now it's time to put your plans into action.

Create daily menus using the six strategies listed above. When selecting foods for each meal and snack, emphasize vegetables, fruits and whole grains. Choose lean protein sources and healthy fats, and limit salty foods. Watch your portion sizes and add variety to your menu choices.

For example, if you have grilled salmon one evening, try a black-bean burger the next night. This helps ensure that you'll get all of the nutrients your body needs. Variety also makes your meals and snacks more interesting.



8. Allow yourself an occasional treat

Allow yourself an indulgence every now and then. A candy bar or handful of potato chips won't derail your heart-healthy diet. But don't let it turn into an excuse for giving up on your healthy-eating plan. If overindulgence is the exception, rather than the rule, you'll balance things out over the long term. What's important is that you eat healthy foods most of the time.

Incorporate these eight tips into your life, and you'll find that heart-healthy eating is both doable and enjoyable. With planning and a few simple substitutions, you can eat with your heart in mind.



Living Well for Your Heart

Keeping your heart healthy is important to live a longer, higher quality life. Many factors can cause heart disease. In fact, some people are more likely to get it just because their family members have it. But that doesn't mean you can't do anything about it! Below are examples of changes you can make to improve your heart health.

- ◆ **Maintain a healthy weight:** Being overweight can increase your risk for heart disease. Find out how many calories you need each day and stick to it to prevent weight gain.
- ◆ **Eat less salt:** The goal for healthy folks is getting less than 2300 mg of sodium per day (talk to your doctor and Registered Dietitian if you have health issues that may change this). Adding less salt to your recipes is an easy choice, but many foods such as canned soups, deli meats, and processed snacks are high in sodium, and you might not even realize it. Read labels to choose lower sodium foods. Always opt for "no added sodium" products and rinse canned beans and veggies before eating them.
- ◆ **Eat less sugar:** Many foods have extra sugar added to them. Soda, sweet tea, and other sugary drinks are some of the biggest sources of added sugar. Drinking 1 can (12oz) of soda each day adds up to 900 calories a week! Trade these for other tasty drinks that have less or no sugar.
- ◆ **Cook heart healthy recipes!**



Move More

- ◆ **Exercise:** Aim for 30 minutes of moderate activity 5 days a week. Get started with our Exercise Tips.
- ◆ **Get creative:** Being more active doesn't mean you have to run or lift weights. Start with simple ways to burn 100 calories around the house.
- ◆ **Get involved:** There are tons of free fitness activities all over CT. From pickup games at local rec centers to free yoga at the library, you have lots of options.



Cut the Unhealthy Habits



- **De-stress:** Stress over time can cause high blood pressure, putting more strain on your heart. Learning to manage stress can have whole body benefits (Exercise is a great way to do this!).
- **Limit tobacco:** Tobacco can damage the heart and blood vessels. Cut out smoking and avoid exposing yourself to second-hand smoke to lower your risk. If you don't smoke, don't start!
- **Limit alcohol:** Aim for no more than 1 drink for women and 2 drinks for men per day.
- **Check your blood pressure:** High blood pressure can be very dangerous, especially if you don't realize you have it. Grocery stores and pharmacies offer free blood pressure readings. Get regular check-ups with your doctor as well, to make sure your heart health is monitored.

Heart Healthy Recipes

One Pan Pesto Chicken and Veggies

This [one-pan meal](#) is very easy to throw together. Use any vegetables you like to switch up the flavors! Pro-tip: try [veggies that last a long time](#).



Makes: 4 Servings

Ingredients

1 lb **chicken breasts**, boneless, skinless
 2 medium **sweet potatoes**, peeled, chopped (roughly 2 cups)
 12 oz **brussels sprouts**, ends chopped off, sliced
 ¼ cup **basil pesto**
 2 tsp **garlic powder**
 2 Tbs **olive oil**, or vegetable oil of your choice
 salt and pepper to taste

Instructions

1. Preheat oven to 350°F.
2. Peel and chop sweet potatoes, slice brussels sprouts. Place sweet potatoes and brussels sprouts on opposite sides of a large baking sheet.
3. Pour 1 tsp olive oil and 1 tsp garlic powder over each set of veggies. Toss to coat evenly.
4. Place chicken in the center of your baking sheet, and coat both sides with basil pesto.
5. Place sheet in the oven for 30-40 minutes, or until the juice of the thickest chicken breast runs clear.

Meatless Dirty Rice

While dirty rice traditionally includes meat, it's not necessary for this dish! For some extra protein, try adding chicken.

Makes: 5 servings

Ingredients

1 medium **onion**, chopped
 ½ **green bell pepper**, diced
 1 can (15 oz) **diced tomatoes**
 1 ½ cups **brown rice**, instant, uncooked
 1 can (15 oz) **black beans** or beans of your choice, drained and rinsed
 1 Tbsp. **canola oil**
 1 tsp **dried oregano**
 ½ tsp **garlic powder**
 Or instead of these spices try 2 tsp of [Caribbean Jerk Seasoning](#)
 1 ½ cup water

Instructions

1. Saute onion and green pepper in canola oil, in a large pan, until tender. Do not brown.
2. Add tomatoes, beans, oregano, garlic powder, and water. Bring to a boil.
3. Stir in rice and cover.
4. Reduce heat to simmer for 5-10 minutes, until rice is nearly tender. Remove from heat and let stand for 5 minutes.

Brown Rice Pudding

This version of rice pudding uses brown rice to give it more heart-healthy fiber. The addition of bananas makes it a good source of potassium. Nutritious and delicious! Makes: 8 servings

Ingredients

1 cup brown rice, uncooked
 2 cups water
 ½ tsp salt
 2 cups 1% milk
 ¼ cup light brown sugar
 ½ tsp ground cinnamon, plus more for sprinkling
 1 tsp vanilla
 2 medium ripe bananas, mashed
 1 Tbsp. lemon zest
 Optional Toppings: walnuts, raisins, fruit, etc.



Instructions

- ◆ Add first 7 ingredients to slow cooker*, stir to combine, and cook on low for about 4-4½ hours.
- ◆ Stir in mashed bananas and lemon zest.
- ◆ Serve and sprinkle with cinnamon and desired toppings.
- ◆ *Alternative for stove-top:
 - ◆ Add rice, water, and salt to a large pot, stir to combine and bring to a boil over medium-high heat.
 - ◆ Reduce heat to low, cover and simmer for about 45 minutes, or until water is absorbed.
 - ◆ Add milk, brown sugar, and cinnamon. Bring back to a simmer and cook for about 10 minutes, until creamy.
 - ◆ Turn off heat and stir in vanilla, lemon zest, and banana.
 - ◆ Serve and sprinkle with cinnamon and desired toppings.