



January 2020 GFB Newsletter



**Skating at Mill Pond Hours:
Weather Permitting**



Monday-Friday 3:00-7:00PM
Saturday & Sunday 10:00-7:00PM

**The GFB reserves the right
to not open in
inclement weather.**

**If there is a
winter storm forecasted,
please plan ahead
for your GFB visit.**

The closing will not be broadcasted.

Calendar Events

Pajama Story Time 2020
January 23, 2020 6:30-7:00pm
At the Guilford Free Library

Wear your comfiest pajamas to the library for a special evening story time featuring songs, puppets, and flannel board stories led by librarian Melissa Tullo. Stuffed animals and pillows encouraged! All ages welcome!

No registration required!

**Osteo Fitness Class
with Erin Shuster**
January 20, 2020 10:30-11:30am
At the Guilford Free Library

Yoga teacher Erin Shuster returns to the library to give a free osteo fitness class. This class weaves both isotonic (small range or motion) and isometric (no motion) principles with balance, posture and stretching segments. These concepts along with yoga principles have been merged to create a non impact class designed to give you a safe and unique combination of thoughtful movement which can help slow bone loss, improve balance and contribute to regaining flexibility all without stressing your joints. This class concludes with a peaceful savasana.

Erin is a passionate 500HR Kripalu yoga teacher that delivers safe and

transformational classes, workshops and retreats. She is a Certified Life Coach, Mindful Outdoor Guide, and Reiki Master. Erin is dedicated to empowering others in living their lives to its fullest potential.

For more info: <http://shorelinecetyoga.com>



GUILFORD RESIDENTS HEATING ASSISTANCE

Guilford residents may apply for 2019/2020 State Heating Assistance (LIHEAP, CHAP) 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/ \$36,171; 2/\$47,300; 3/\$58,430;
4/\$69,559; 5/\$80,688; 6/\$91,818; 7/\$93,905; 8/\$95,991

*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.

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. You must first apply for LIHEAP benefits if potential eligibility is evident.



Under 65 and NOT on Medicare...

You shouldn't have to worry about getting sick or hurt. Even if you couldn't qualify for it before due to your health.

www.accesshealthct.com or call 1-855-805-4325.

If you don't enroll in a 2020 plan by January 31, 2020, you can't enroll in a health insurance plan for 2020 unless you qualify for a Special Enrollment Period.

Consumer Law Project for Elders

1-800-296-1467

Free Program designed to help seniors solve consumer law problems. It will provide advice and representation to seniors 60 and older with consumer problems in the areas of: overwhelming credit card debt * medical debt * credit repair issues * Credit discrimination * abusive and harassing debt collection practices * identity theft

ACCESS TO FREE CREDIT REPORTS

The Fair Credit Reporting Act (FCRA) requires each of the nation wide consumer reporting companies— Equifax, Experian and TransUnion – to provide you with a free copy of your credit report, at your request, once every 12 months. The three nationwide consumer reporting companies have set up a central website, a toll-free telephone number and a mailing address through which you can order your free annual report. To order, visit annualcreditreport.com, call 1-877-322-8228, or complete the annual Credit Report Request Form (You can print it from ftc.gov/credit) and mail it to: Annual Credit Report Request Service, P.O. Box 105281, Atlanta, GA 30348-5281.



The GFB reserves the right to not open in inclement weather. If there is a winter storm forecasted, please plan ahead for your GFB visit. Please like and follow us on Facebook, where you can find updated information, including closings.

www.facebook.com/pages/Guilford-Food-Bank/1378803272347158

Three upcoming Medicare increases in 2020:



1. **2020 Medicare Part B standard monthly premium:** \$144.60 per month, which is an increase of \$9.10 per month from 2019. that's compared with an increase of only \$1.50 per month on year prior.
2. **2020 Medicare Part B annual deductible:** \$198 per year, an increase of \$13. that's compared with an increase of \$2 one year prior.
3. **2020 Medicare Part A annual inpatient hospital deductible:** \$1,408 per benefit period, an increase of \$44. that's compared with an increase of \$24 one year prior.

Medicare Savings Program (MSP)

Save the cost of your Medicare Part B premiums

QMB provides medical coverage equivalent to Medi-gap, pays your Medicare A & B co pays and deductibles and pays your Medicare Part B premium. Monthly income cannot exceed individuals \$2,196.51; couples \$2,972.99

SLMB pays your Medicare Part B premium. Monthly income may not exceed individual's \$2,404.71; couples \$3,254.79

ALMB pays your Medicare Part B premium, but is subject to available program funding. Monthly income limit may not exceed individuals \$2,560.86; couples \$3,466.14

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

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Living the *Total Body Diet* Lifestyle

Embracing a healthy way of living for permanent, lasting changes is vital for creating improved health and wellness. The *Total Body Diet* is about adding beneficial foods, creating new behaviors and fostering a sense of responsibility to improve the quality of your life. This is not just a fleeting diet that makes short term promises; it's a lifestyle that will give you vitality and freedom to make food choices, and also help you build a healthy relationship with food.



Keep in mind the following three principles for achieving a *Total Body Diet* Lifestyle that can help lead you to renewed energy, balance and a healthy body weight:

- **Balance your diet with foods from all food groups** (vegetables, fruits, whole grains, plant and animal sources of lean protein, and fat-free or low-fat dairy products) to sustain health, energy, and well-being.
- **Get active every day with enjoyable movement.** A few examples include walking, jogging, running, biking, hiking, swimming, stair climbing, Pilates, yoga or tai chi.
- **Make your mental health a priority by fostering a positive attitude.** Your mind plays a large role in your health and your relationship to what and how you eat and drink.

Get into a Wellness State of Mind

The way you think about your health and wellness plays a role in the action you take toward living a healthier lifestyle. If you prioritize your health, you'll develop a "wellness state of mind." You'll think first about making the healthiest choice when it comes to food and physical activity.

Before you begin to make changes in your lifestyle, knowing where you are in your journey toward total body health and wellness is important. Ask yourself the following questions:

- **Why do I want to make changes now? What is my goal?**
- **How ready am I to make this change? If you**

can, quantify your readiness by rating yourself on a scale from 1 (not ready at all) to 5 (very ready).

- **Am I willing to try new, healthier foods?**
- **Do I want to get more active or change my physical activity?**
- **Do I understand that change is a gradual process that takes time, patience and daily action?**

Your answers will tell you if you're ready to change your lifestyle and create lasting changes. If so, you're in the right state of mind to power forward. Your new wellness mindset will help you become more focused on and conscious of your choices.

12 Total Body Wellness Rules to Live by:

1. Set one realistic health and wellness goal today (but don't promise yourself too much)!
2. Color your health happy by planning at least one meatless day into your week (think colorful vegetables).
3. Pamper your brain and fuel it well with carbohydrates like fruit, vegetables and whole grains plus beneficial fats from nuts, seeds, fish and avocado.
4. Keep your pantry, fridge and freezer free of foods with a lot of added sugar, solid fat and salt.
5. Add healthful foods into your day, such as whole grains, fruits, vegetables, fat-free or low-fat dairy products, and lean proteins.
6. Stay hydrated by drinking water instead of sugary drinks. Keep a reusable water bottle with you to always have water on hand.
7. Make physical activity a regular part of the day. Choose activities that you enjoy and can do regularly.
8. Factor in dietary fiber with vegetables, fruits, whole grains, nuts, seeds and beans, peas and lentils.
9. Sit less today – stand while working with a standing desk, pace during conference calls and walk at lunchtime.
10. Slow down your eating by taking at least 20 minutes to eat breakfast, lunch and dinner (it takes 20 minutes to feel fullness).
11. Forge ahead – don't let a bump in the road of your healthy lifestyle get you down. Keep your goals top of mind and move forward.
12. Make time for restful sleep. Aim for 7 to 9 hours every night.

Energizing Foods

All foods contain calories, which provide energy, but not all foods are equal when it comes to how long that energy lasts. Foods high in added sugar and low in dietary fiber, protein and fat will give you a quick boost of energy, but it won't last long.

For sustained energy, try to eat meals that contain foods with a combination of dietary fiber, as well as lean protein and healthy fat. Fuel your body regularly — about every three to four hours — with either a healthy snack or meal to keep energy levels stable throughout the day.

Here are examples of meals and snacks that provide sustained energy:

- One whole-wheat English muffin, 1 tablespoon nut butter and 1/2 cup fresh berries
- Six whole-grain crackers, 1 ounce low-fat cheddar cheese and a handful of grapes
- 1/2 cup cooked oats, 1 cup low-fat milk, 1 ounce pistachios and 1/4 cup raisins
- 1 cup plain low-fat yogurt, 1/2 cup fresh or frozen berries and 1 ounce hemp seeds

Excerpted from: *Total Body Diet For Dummies* by Victoria Shanta Retelny, RDN, LDN and the Academy of Nutrition and Dietetics; Wiley, 2016.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information visit www.eatright.org.

Disclaimer: The information contained in this newsletter is provided by Guilford Social Services as a service. Although we try to provide quality information, we do not guarantee any results obtained from the use of this information. In addition, we do not assume liability to any party for damage by errors, omissions or any other inconsistency herein.

Inclusion in this booklet does not imply endorsement or recommendation of any agency, organization or business.

Guilford Free Library Programs

Tween & Teen Event: Infinity Stone Scavenger Hunt

January 9 3:30-pm-4:30pm

Can you find all six Infinity Stones? Break up into teams and use clues to help you seek out the most powerful stones in the universe. Infinity Gauntlet not included.
Free and open to all students in grades 5 to 12.
Please register.



Winter Sensory Explorers January 10, 2020 10:00 am-11:00 am

Research shows that early sensory experiences build cognition skills. Allowing children the opportunity to explore sensory objects, water, and engage in messy, creative play gives them the opportunity to grow and learn about the world around them. Come join us for a sensory exploration class for toddlers! This parent/caregiver-child class will allow children to explore winter using their five senses in a teacher led group.
18 months – 4 years. Registration required. Space is limited.

In Be-Tween: Eco-Friendly Mug Rugs January 14, 2020 3:30-4:30 pm

Craft a cute coaster for your hot chocolate! Use yarn made with upcycled t-shirts to weave a petite rug, perfect to accompany your cup of hot chocolate on a cold winter afternoon. Hot chocolate will be served. All materials provided, but if you would like to make more recycled projects, please feel free to bring your own old T-shirts to cut up and create with. For kids in grades 5 & 6 *only*, registration is required.

Tween & Teen Event: Minute To Win It Games January 15, 2020 3:30-4:30 pm

Can you get an Oreo from your forehead to your mouth without your hands? How fast can you stack cups? Participate in mini relay races and more as you race the clock to complete tasks in under a minute!

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



In Be-Tween Special Session: Art, Dreams & the Tween Brain January 16, 2020 3:30-4:30 pm

Experience the way that art changes your brain. Discuss your dreams and find out what they mean. Look at pictures and discover what your reaction says about you. These fun brain activities are presented by Guilford High School Capstone Students as part of a culmination of their research on these topics.

For kids in grades 5 & 6 *only*, registration is required.



Tween & Teen Event: Chips and Dips January 24, 2020 3:30-4:30 pm

Learn how to make a variety of dips from scratch. Eat them with chips and enjoy your creations!

We will be making:
Loaded Baked Potato Dip
Pepperoni Pizza Dip
Southwest Dip

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



Recipes of the Month

Slow-Cooker Chicken Cacciatore



INGREDIENTS

2 lb. skin-on, bone-in chicken thighs
 Kosher salt
 Freshly ground black pepper
 2 bell peppers, chopped
 8 oz. baby Bella mushrooms, sliced
 2 cloves garlic, minced
 1 (28-oz.) can crushed tomatoes
 1/2 c. Swanson Chicken Broth
 1 tsp. dried oregano
 1/4 tsp. red pepper flakes
 8 oz. cooked linguine, for serving

Instructions

- Season chicken on both sides with salt and pepper and place in slow cooker. Add peppers, mushrooms, garlic, tomatoes, and broth, then season with oregano, red pepper flakes, salt, and pepper. Cover and cook on low for 6 to 8 hours or on high for 3 to 4 hours, until chicken is cooked through.
- Remove chicken from slow-cooker. Serve chicken over cooked pasta with sauce.

Crock Pot Ham & Bean Soup

Ingredients

- 1 package Hurst's® HamBeens® 15 Bean Soup®
- 8 cups low sodium chicken broth *can sub water, beef, or vegetable broth for added flavor*
- 1 leftover ham bone with meat *or ham hocks, diced ham or 1 lb. cooked sausage*
- 1 onion *diced*
- 1 clove garlic *minced*
- 1 teaspoon chili powder *optional*
- 1 15 oz can diced tomatoes
- 1 lemon *juiced*
- Optional: Hot sauce or crushed red pepper to taste

INSTRUCTIONS

Rinse beans and drain. Sort any unwanted debris and set seasoning packet aside

Place beans, onions, ham bone (or diced ham), broth/water, garlic and chili powder in a 6qt slow cooker.

Cook on high 5 hours (or low for 7-8) or until beans are tender.

Once tender, remove the hambone (if used) and chop any meat left on the bone and add it back to the pot.

Stir in diced tomatoes, Ham Flavor packet, and lemon juice.

Cook for additional 30 minutes.

Slow Cooker Brownie Pudding

- 1 (approx 15 ounce) box [Brownie Mix](#) see note
- 2 large eggs water, and oil called for on the brownie mix box
- 1/2 cup vegetable oil
- 3 tablespoons water
- 1 3.4 ounce box instant chocolate or chocolate fudge pudding mix
- 2 cups milk regular or nonfat
- Ice cream or whipped cream for serving optional

INSTRUCTIONS

- Spray a 6-7 quart slow cooker with nonstick cooking spray.
- Prepare brownie mix with eggs, oil, and water (or as directed on the back of the box). Pour into prepared slow cooker.
- Whisk pudding mix and milk in a medium sized bowl until smooth. Pour carefully over the brownie mix in the crockpot.
- Cover the crock pot with a paper towel and place the lid on top (to catch the condensation). Cook on high power 2-3 hours. It will probably take at least 2 1/2 hours, but start checking it after 2. Some of the pudding stays on the top and stays wet looking, so you cannot trust the toothpick test and it will stay somewhat jiggly until it's done. Watch the edges - when they look somewhat dry and done, then the pudding is ready. Baking time will be different for every slow cooker, but after 3 hours on high it should be done. You don't want to overcook it or the brownie (which is on the bottom) will be dry.
- Serve warm with ice cream or whipped cream. Store in an airtight container in the refrigerator for up to 3 days.

RECIPE NOTES

Different brownie mix brands call for different amounts of eggs, water, and oil. I used Betty Crocker brand, but make the brownies according to what your box mix says.

