

June 2022 GFB Newsletter

STATE OF CONNECTICUT'S OFFICE OF POLICY AND MANAGEMENT'S

2022

RENTER'S REBATE PROGRAM



APPLICATIONS ACCEPTED

APRIL 1, 2022 TO OCTOBER 1, 2022

IF YOU WERE AN ELDERLY OR DISABLED RENTER IN 2021 AND YOUR TOTAL

2021 INCOME WAS LESS THAN

\$38,100 FOR AN INDIVIDUAL

\$46,400 FOR A MARRIED COUPLE

YOU MAY BE ELIGIBLE FOR A REBATE ON YOUR 2021 RENTAL AND UTILITY EXPENSES
GUILFORD RESIDENTS PLEASE CALL 453-8009 FOR DETAILS AND TO SCHEDULE AN
APPOINTMENT.

Annual Fundraiser

LITTLE
FOLKS'
FAIR



COMMUNITY
NURSERY SCHOOL

ON THE GUILFORD GREEN
SATURDAY, JUNE 4, 11-4

PRESALE TICKETS AVAILABLE
GUILFORDCNS.ORG/LITTLEFOLKSFAIR

Donkey Rides, Bounce Slides,
Circus Arena, Petting Zoo,
Storyland, Facepainting,
Live Music, Food & Much More.

HOSTED BY COMMUNITY NURSERY SCHOOL.
ALL SALES SUPPORT CNS FINANCIAL AID
AND IMPROVEMENTS FUND.

RAIN OR SHINE

VISIT GUILFORDCNS.ORG FOR MORE INFORMATION
DESIGN COURTESY OF INK&PIXEL AGENCY, GUILFORD



Guilford

[Dudley Farm Museum](#) -Welcome to The Dudley Farm Museum where the barns, outbuildings, landscapes, and woods have changed little over the last 175 years. The buildings and landscapes of today's museum illustrate the farm's late 19th-century activities, which included dairying, maple syrup production, the planting of crops, as well as the production of apples, ice, flowers, and eggs. Staff are here to not only guide you but to answer any questions. Museum will be open from 12 p.m. until 2 p.m., with free admission, donations accepted.

[Guilford Information Center](#) The Guilford Information Center has information, maps, online tours and a variety of other resources to help visitors and residents make the most of our historic community. Stop by our location next to the Community Center on Church Street, from 9:30 a.m.-12:30 p.m., each visitor will receive complimentary gift bag.

[Guilford Art Center](#) Enter drawings for free Guilford Art Center family memberships for a year. Membership benefits include discounts on classes and workshops, purchases in the shop, free entry to the annual Guilford Craft Expo in July, and invitations to GAC events. Drawings will take place in The Shop, where visitors can find unique, one of a kind pieces made by hundreds of American artists.

[Henry Whitfield State Museum](#) -Tour Connecticut's oldest house for free, from 10 a.m. until 4 p.m. Explore three floors of exhibits and antiques and discover the complex history of nearly four centuries.

[Hyland House Museum](#) -Free tours available from 11 a.m. until 4 p.m.

[Medad Stone Tavern Museum](#) - Visitors will receive a guided tour of this 1803 Tavern Museum. They will also get to visit the corn crib on the grounds. Open from 11 a.m. until 4 p.m.

[Thomas Griswold House Museum](#) - Visitors will receive a guided tour of our 1764 salt box house museum. They can also visit our blacksmith at work in our blacksmith shop. Open from 11 a.m. until 4 p.m.

**Guilford Community Cares Looking
for Volunteers to Help with**

ACTS OF KINDNESS

**Be the reason
someone
smiles today.**

For additional information contact:
Tammy DeFrancesco - Director, Guilford
Social Services, 203-453-8009
Terry Buckley - Guilford Seniors
Supervisor, 203-453-8086



Sponsored by Guilford Rotary

staying Cool This Summer



Keeping cool when temperatures reach record highs isn't just about comfort. Dangerously high temperatures can result in heat-related illnesses ranging from heat cramps to heat exhaustion and heat stroke. The following tips can help you keep cool all summer long.

Alter your pattern of outdoor exercise to take advantage of cooler times (early morning or late evening). If you can't change the time of your workout, scale it down by doing fewer minutes, walking instead of running, or decreasing your level of exertion.

1. Wear loose-fitting clothing, preferably of a light color.
2. Cotton clothing will keep you cooler than many synthetics.
3. Fill a spray bottle with water and keep it in the refrigerator for a quick refreshing spray to your face after being outdoors.
4. Fans can help circulate air and make you feel cooler even in an air-conditioned house.
5. Try storing lotions or cosmetic toners in the refrigerator to use on hot, overtired feet.
6. Keep plastic bottles of water in the freezer; grab one when you're ready to go outside. As the ice melts, you'll have a supply of cold water with you.
7. Take frequent baths or showers with cool or tepid water.
8. Combat dehydration by drinking plenty of water along with sports drinks or other sources of electrolytes.
9. Some people swear by small, portable, battery-powered fans. At an outdoor event I even saw a version that attaches to a water bottle that sprays a cooling mist.
10. I learned this trick from a tennis pro: if you're wearing a cap or hat, remove it and pour a bit of ice cold water into the hat, then quickly invert it and place on your head.
11. Avoid caffeine and alcohol as these will promote dehydration.
12. Instead of hot foods, try lighter summer fare including frequent small meals or snacks containing cold fruit or low fat dairy products. As an added benefit, you won't have to cook next to a hot stove.
13. If you don't have air-conditioning, arrange to spend at least parts of the day in a shopping mall, public library, movie theater, or other public space that is cool. Many cities have cooling centers that are open to the public on sweltering days.
14. Finally, use common sense. If the heat is intolerable, stay indoors when you can and avoid activities in direct sunlight or on hot asphalt surfaces. Pay special attention to the elderly, infants, and anyone with a chronic illness, as they may dehydrate easily and be more susceptible to heat-related illnesses. Don't forget that pets also need protection from dehydration and heat-related illnesses too.

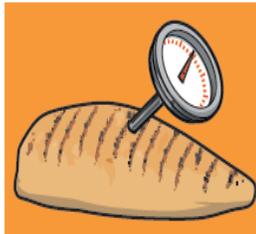


Hello Parents! Are you aware that illnesses from *Salmonella* spike in the summer? And that **the overwhelming majority of hospitalizations from Salmonellosis occur in children under 5 years of age?** Be ready this summer to **TAKE ACTION** and reduce the risk of infection in your family!

We're getting you ready for a
SUMMER WITHOUT SALMONELLA
 with these
Quick Tips!



DON'T RINSE RAW POULTRY
 This spreads germs around the kitchen and is not a food safety step.



COOK POULTRY TO 165°F
 Always use a food thermometer.



WASH YOUR HANDS
 Before all meal preparations.



ALWAYS USE SOAP
 For effective hand washing.



RECOGNIZE THE SYMPTOMS

- Abdominal Cramps & Tenderness
- Fever
- Diarrhea

A child might show these symptoms of gastroenteritis in a range from 12 to 72 hours.

Kids under 4 are 4.5 times more likely to acquire bacterial infections from food compared to adults.

Salmonella is common
 & can be found in many types of foods.

FOOD	PREVENTION
Raw or undercooked eggs, poultry and meat	Cook to safe internal temperature
Raw or unpasteurized milk or other dairy products	Buy and consume only pasteurized milk and dairy products
Raw produce	Rinse all fresh raw fruits and vegetables just before eating

- WASH HANDS, kitchen work surfaces, and utensils with soap and water immediately after they have been in contact with raw meat or poultry.
- WASH HANDS with soap after handling reptiles, birds, or baby chicks, and after contact with pet feces.

Seven Super Steps to Safe Food in the Summer

During warm weather, it is especially important to take extra precautions and practice safe food handling when preparing perishable foods such as meat, poultry, seafood and egg products. The warmer weather conditions may be ideal for outdoor picnics and barbecues, but they also provide a perfect environment for bacteria and other pathogens in food to multiply rapidly and cause foodborne illness. Follow the suggestions below to Fight BAC!® (foodborne bacteria) and reduce the risk of foodborne illness this summer.

1. **Wash, Wash, Wash Your Hands.** Always wash your hands with warm water and soap for at least 20 seconds before and after handling food. Sing Row, Row, Row Your Boat twice to get a sense of how long you should wash.
2. **Marinating Mandate.** Always marinate food in the refrigerator. Don't use sauce that was used to marinate raw meat or poultry on cooked food. Reserve a portion of the unused marinade to use as a sauce.
3. **Hot, Hot, Hot.** When grilling foods, preheat the coals on your grill for 20 to 30 minutes, or until the coals are lightly coated with ash.
4. **Temperature Gauge.** Use a food thermometer to ensure that food reaches [a safe internal temperature](#).
5. **Where's the Beef? Chicken and Fish? Hamburgers** should be cooked to 160 °F, while large cuts of beef such as roasts and steaks may be cooked to 145 °F for medium rare or to 160 °F for medium. Poultry must reach a temperature of 165 °F. Fish should be opaque and flake easily.
6. **Stay Away from that Same Old Plate.** When taking foods off the grill, do not put cooked food items back on the same plate that held raw food, unless it has been washed with hot water and soap first. And in hot weather (above 90°F) foods should never sit out for more than one hour before going in the refrigerator.
7. **Icebox Etiquette.** A full cooler will maintain its cold temperatures longer than one that is partially filled so it is important to pack plenty of extra ice or freezer packs to ensure a constant cold temperature. Keep the cooler out of the direct sun. Keep drinks in a separate cooler from foods. The beverage cooler will be opened frequently while the food cooler stays cold.



FREE ADMISSION TO MYSTIC AQUARIUM FOR SNAP EBT HOLDERS



Enjoy Complimentary Admission to the Mystic Aquarium
Free general admission for SNAP EBT Card Holder and up to 3 guests.

(Must show EBT card, valid matching Id, and tickets at the door)



**MYSTIC
AQUARIUM**

**WONDER
WITHIN REACH**

For your safety, ALL Aquarium visits now require a timed ticket and must be reserved online.

To reserve Tickets: <https://www.mysticaquarium.org/visit/current-promotions/ebt-ticket/>

Stonewall Speakers

June 2, 2022 6:30-8:00pm

At the Guilford Free Library



Stonewall Speakers – Educating the community, one story

at a time.

Stonewall Speakers presents an evening of education and interaction. Folks can meet LGBTQ+ speakers who are glad to share their journey with audiences to help dispel myths and prejudices about their community. We have been speaking throughout CT, in schools, universities, businesses and organizations since 1988. We tell our stories about our coming out and share our experiences living as our authentic selves. Our presentation is followed by questions from the audience. We will have transgender and nonbinary speakers and cover some basics pertaining to best ways to support the LGBTQ+ community as allies.

Stonewall Speakers, a program of the Connecticut Stonewall Foundation, Inc., is an all-volunteer speaker's bureau comprised of lesbian, gay, bisexual, transgender, non-binary, pansexual, queer people and their allies. Our speakers give their hearts, time and travel expenses to help eliminate hate and promote understanding. Stonewall Speakers is a 501(c)3 non-profit organization.

Free and open to all. Please register.

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.

Enjoy a Fun New Way To Drink Water

Add a few fruits, vegetables, or herbs to water to make it more interesting. Lemon, orange, or cucumber slices are popular favorites. Some people call this “spa water” because it looks fancy, but it is easy to do at home. Just rinse and slice fruits or vegetables (about a cup of fruit per 5 cups of water), add them to a pitcher of water, and let the flavors sit for at least 30 minutes in the fridge. They look pretty, too!

Try these flavor combinations:

- Strawberries and mint
- Watermelon, cucumber, and lime
- Pineapple and lemon



Choose water instead of sugar-sweetened beverages.

Top 5 Reasons To Drink Water

- 1. It's hot outside!** Cold water is extra refreshing in the summer. Keep a pitcher of water in your refrigerator and toss ice cubes into your child's water bottle.
- 2. Save money!** Start drinking water at home and ask for water when you eat out. You'll be amazed how much you save.
- 3. Water can help you keep a healthy weight!** Substituting water for a 12-oz sugar-sweetened soda will save about 126 calories. If you normally drink soda every day, this small switch can make a huge difference.
- 4. It's better for teeth!** Sugar-sweetened beverages are one of the top sources of sugar in kids' diets. The sugars in these drinks are “food” for bacteria that cause tooth decay (cavities).
- 5. Your kids are watching — be a positive role model.** What you drink is as important as what you eat. Choose water often and decrease your intake of sugar-sweetened beverages. Bring a reusable water bottle with you when you go out.

Sneaky Sugars

Don't be fooled by slick advertising. These drinks may sound healthy, but they're often packed with added sugars:

- Flavored Waters
- Fruit Drinks
- Energy Drinks
- Sports Drinks

Teach your kids that...

- Healthy eating also means making smart drink choices.
- Sugary beverages like regular soda are an occasional treat, not an everyday drink.
- Fat-free or low-fat milk are great choices for meals because they have calcium and vitamin D to help kids build strong bones and teeth.

Recipes of the Month



Eggplant Tomato Casserole

Eggplant are a good source of soluble fiber, which helps reduce “bad” cholesterol.

- 2 medium eggplants (about 2 1/2 lbs.)
- 2 Tablespoons olive oil
- 2 eggs, beaten
- 1 onion, minced
- 1/2 cup breadcrumbs
- 1/4 teaspoon black pepper
- 1 teaspoon oregano
- 3 large tomatoes, sliced
- 1/4 cup cheddar or parmesan cheese, grated

1. Heat oven to 375°F.
2. Peel and slice the eggplant, and put the slices in a deep skillet with a lid.
3. Add 1/2 inch of water. Cover the pan. Bring the water to a boil and reduce heat to medium. Cook for about 10 minutes.
4. Drain the eggplant and then mash it. Add in the olive oil, eggs, onions, breadcrumbs, pepper and oregano.
5. Lightly oil a 9x13 casserole dish.
6. Cover the bottom of the casserole dish with half of the tomato slices. Pour all the eggplant mixture evenly over the tomato slices. Place the rest of the tomato slices on top of the eggplant mixture.
7. Sprinkle cheese on top. Bake for 45 minutes.

Servings:	8
Serving Size:	1/8 recipe
Calories	130
Total Fat	6g
Saturated Fat	2g
Cholesterol	49mg
Sodium	119mg
Total Fiber	5g
Protein	5g
Carbohydrates	15g
Potassium	429mg

Recipe modified from Sustainable Food Center Fresh Seasonal Recipes 3rd Edition



Healthy Lemon Raspberry Frozen Yogurt

Ingredients

- 1 cup plain greek yogurt (regular)
- 12 oz. frozen raspberries
- 1/3 cup fresh lemon juice
- 2 teaspoons fresh lemon zest
- 3 tablespoons honey

Instructions

1. To a blender add greek yogurt, raspberries, lemon juice, lemon zest, and honey.
2. Blend until smooth.
3. Serve immediately or for a more solid consistency place in an air tight container and put in freezer for 1-2 hours. Serve!