



March 2019 GFB Newsletter



March Happenings

Turn your clocks ahead!

Daylight Savings time begins



March 10, 2019!



HOMEOWNERS TAX RELIEF PROGRAM

Applications taken at
Guilford Assessor's office.
February 1st to May 15th.
Seniors, disabled individuals
& Veterans . Call 203-453-8010 for
any questions.

Lawyer Time at Women and Family Life

Spend 30 minutes with a volunteer attorney to talk about your legal questions. Discuss general legal information regarding a host of issues, including family law, divorce, domestic violence, real estate, and other legal matters. Open to women and men. No fee, though an appointment is required.

Upcoming Lawyer Time dates: March 1, 12 and 26, 2019

Need Free Help Filing Your Taxes?

Free income tax assistance is provided at numerous facilities for low to moderate income taxpayers of all ages, with special attention to those 60 and older. In Guilford, call 203-453-8086, to schedule an appointment to have your taxes prepared by a volunteer at the Guilford Community Center.

The GUILFORD HOUSING AUTHORITY is currently accepting applications for its efficiency and one bedroom apartments at Guilford Court and Boston Terrace in Guilford, CT.

Applicants must be age 62 and over or on 100% social security or federal disability and over the age of 18. Applications may be obtained by calling the application line at 203-453-6262, ext. 107. An information packet will also be provided with the application. Applications will be accepted until May 30, 2019 at 3:00 p.m. Credit, police, and landlord checks are procured by this Authority.

EQUAL OPPORTUNITY HOUSING



COMMUNITY DINING ROOM

Servicing the entire shoreline from East Haven to Old Saybrook

30 Harrison Ave. Branford

www.communitydiningroom.org

Daily Hot Meals

(including all holidays)

Mon-Friday – 12:00 PM to 1:00 PM

Saturday – 11:00 AM to 12:00 PM (Brunch)

Sunday – 12:00 PM to 1:00 PM



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.



Guilford Eversource residents who qualify for the LIHEAP energy program and are having difficulty paying their bills may qualify for additional assistance in keeping up with their payments to Eversource.

Call 203-453-8009 for more information.

Book a Lawyer

At the Guilford Free Library

March 4, 11, 18 and 25th at 6:30 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.



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

Guilford Youth & Family + The Guilford Police Department Present:

HOME ALONE- A Safety Course For Guilford's Youth Ages 9 and Older

Learn ways to feel more comfortable when you are home alone. Learn how to prevent accidents, handle emergencies, internet safety and much more!

FOR WHO: Guilford Youth Ages 9 & Older **WHERE:** The Guilford Police Department Meeting Room

Please choose one session for your child to attend:

- **Thursday March 6, 2019**
- **Thursday May 2, 2019**

All sessions cost \$5.00 and run from 4:00pm to 6:00pm and include dinner

**Scholarships
Available**

Contact GY&FS at 203-453-8047

to register

Guilford Free Library Programs

What Everyone Should Know About Wildlife

March 9, 2019 11am-12pm

Have you ever found a seemingly abandoned baby animal in your yard? Do you know what to do if there's a bat in your house? Former Guilford Animal Control Officer Danielle Borrelli will share information that shoreline residents should know about wildlife to keep themselves, their children, and their pets safe, as well as how to identify and assist animals in distress. Part of our Mutt-i-grees in the Library series. All ages welcome with adult supervision. Parents & children are welcome. Registration Required.



Tween & Teen Event: St. Paddy's Scavenger Hunt

March 14, 2019 3:30-4:40 pm

Go on a treasure hunt throughout the Library and search for hidden chocolate coins! The team to find the most coins wins! And yes, you get to keep all the chocolate coins you find.

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

Weekend Wildlife: Digging Into Nature

March 16, 2019 11:00am-12:00pm



Animals dig into the surface of the Earth for many reasons. In nature, many of these creatures are contributing to the success of others by creating homes for them, tilling the soil, and in some cases even planting the seeds of important plants and trees. Some dig to lay their eggs, others to find or hide food, many to escape the extremes of heat and cold, while some are permanent underground residents. Children will meet an African Sulcata Tortoise, an Indian Sand Boa, a Soft-shelled Turtle, giant Cane Toads, a Ferret, and more as we explore the subterranean realm and learn about some of the animals that call it home. Dig in with Animal Embassy and uncover some of nature's most amazing creatures! Saturday March 16th 2019 from 11:00am-12:00 pm. Ages 4 & up. Registration required. Funded by the Allan Louis Loeb Foundation.

Annie and the Natural Wonder Band

March 19, 2019 4:30-5:30pm

Annie and Safari Bob will sing songs about creatures great and small while children get up and dance to the wonders of nature in this fabulous family performance. All ages. Registration Required.

In Be-Tween: Cool-ology ~ Earth & Space

March 20, 2019 3:30-4:30pm

Investigate moon phases, constellations, rocketry, orbits and more! Create your own craters, star wheels, and make a scale model of our solar system. Exciting activities from NASA and the Challenger Center for Space Science Education included in this event! For children in grades 5 & 6 **only**. Space is limited.

Tween & Teen Event: Solar Exploration

March 21, 2019 3:30 pm-4:30 pm

Did anyone ever tell you not to stare directly at the sun?

Well, now here's your chance to finally be able to do it, and do it safely! Observe solar activity using the Library's telescope, weather permitting. Learn about the sun as well as meteorites too! Presented by members of the Astronomical Society of New Haven.

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

Teen Paint Night

March 26, 2019 6:30-8:00pm



Celebrate spring and learn how to paint a tranquil floral scene! Follow instructor Pamela Halligan of Pam's Picassos as she walks you through the steps of creating your own masterpiece. You will leave with a completed painting!

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



United States Department of Agriculture

**10
tips**
Nutrition
Education Series

physical activity at home, work, and play



10 tips to make physical activity a regular part of the day

Adding activity into your day is possible. Choose activities that you enjoy. Adults should aim for at least 2½ hours or 150 minutes of physical activity each week. Every little bit adds up, and doing something is better than doing nothing. Most important—have fun while being active!

1 take 10

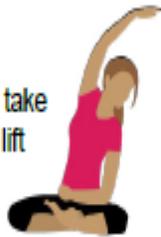
Do at least 10 minutes of activity at a time to reach your weekly goal. Walk the dog for 10 minutes before and after work and add a 10-minute walk at lunchtime.

6 be an active parent

Instead of standing on the sidelines, walk up and down the soccer, football, or softball field while the kids play their game.

2 mix it up

Start the week with a swim at the pool, take a yoga class during a weekday lunch, lift weights in the evening, and end the week by working in the garden.



7 find support

Join a walking group, play wheelchair sports, practice martial arts, or sign up for an exercise class in your community. Recruit family or friends for support.

3 be ready anytime

Keep comfortable clothes and walking or running shoes in the car and at the office.

8 enjoy the great outdoors

Tumble in the leaves, build a snowman with your kids, or ski cross-country. Visit a county or national park and spend time hiking, canoeing, or boating.

4 find ways to move

Take a brisk walk around the parking lot, jog to the bus stop, or ride your bike to the subway station. If you have an infant or toddler, take a long walk using the stroller and everyone gets some fresh air.



9 look for wellness at work

Find a softball, basketball, or volleyball team at your job. You can also take the lead by starting a wellness or exercise group in your office.

5 work out during TV time

Watch a movie while you jog on a treadmill or download a video on your phone and watch while you ride a stationary bike.

10 the chores count, too!

Clean the house, wash the car, or mow the lawn with a push mower. Know that these activities count toward your goal of at least 150 minutes each week.



How to Exercise in Winter— by Michele Dolan

During the winter months, it's easy to make excuses to stay indoors. However, your body still needs exercise even when the weather is cold. You need to find a workout you enjoy enough to keep up with. Establish a routine that's manageable for you. If you choose to workout outdoors, make sure you stay safe. You will need to layer up in order to stay warm. Working out in the winter can be a challenge. However, push yourself to stay on track. You will feel good about keeping your body healthy even when the weather is cold.

Selecting the Right Workout



Find something you enjoy. Regardless of whether you're exercising inside or outside, choose an activity you genuinely enjoy. One reason people struggle to work out in the winter is that their exercise of choice isn't an option in the colder months. If you, for example, love running, you may struggle to do so in below freezing temperatures. Try to find a new activity that you enjoy.

- Take this as a chance to experiment a little. You want to diversify your workout routine, and winter is a chance to do so. Take a chance at trying a variety of new activities.
- For example, try skiing if you've never tried it before. If you prefer to stay warm in doors,

Look into activities you can do indoors. Weather is often the reason people taper off working out during the winter. Therefore, find something you enjoy that you can do indoors. There are a variety of workout routines you don't need to leave your home to do.

- Try enrolling in a class at your gym or at a local community center. You can try something like tai-chi, yoga, or Pilates.
- If you love doing something like biking or running, try using a treadmill or stationary bike at your gym. If you go for long walks during the warmer months, try walking at a local mall during the winter.



Use outdoor winter activities as a form of exercise. Many people enjoy playing outdoors in the winter. Certain activities can actually burn calories. If it's too cold to make it to your gym on any given day, try going outside and enjoying the weather as a form of working out.

- You can do things like make snowmen, make snow angels, go snowshoeing, or other winter activities.
- If you have kids, try spending a day in the snow with your children instead of going to your gym if it's very cold out.

Try new winter sports. If you don't like working out indoors, take winter as a chance to try winter sports. Things like skiing, snowshoeing, and even running outside are all options. See winter as a way to force yourself to try new things.

- You can see if there are classes for winter sports in your area. Taking a skiing class can be a fun way to stay active over the winter.



Establishing a Routine

Set goals. Sticking to a workout routine requires goals. You can see winter as the beginning of another season. Just as you may set a weight loss or fitness goal for the new year, set some goals for winter.

- The best goals are reasonable and specific. If your goals are vague or over-the-top, you're likely to get frustrated and not stick to them.
- For example, you may have a goal along the lines of, "I want to lose some weight before the new year." This is an acceptable goal, but it's a little vague. Try to specify. For example, "I want to lose 8 pounds by New Year's Eve."

Find a workout buddy. Finding a workout buddy can help you stick to a routine. You will have another person to keep you accountable. Try pairing up with a friend to go skiing three times a week, or agreeing to go for a winter hike with your spouse each weekend.

- It's a good idea to pick a very motivated workout buddy. This way, their enthusiasm will rub off on you.
- If you can't find a workout buddy in person, try finding an online workout partner.



Avoid making excuses. Working out can be tiring and stressful. Many people make excuses as to why they can't complete a routine. This can be particularly easy to do in the winter, when the weather gives you an easy out. Make a habit of recognizing and challenging your own excuses.

- Remind yourself that your health and fitness does not take a vacation. Even though it's winter, your body still needs a routine.
- Recognize when you're making an excuse and challenge it. For example, you may think something like, "It's so cold. I can't walk to the gym in this weather." Counter this excuse with something like, "I can wear layers and, even though the walk will be rough, I can make it to the gym."

Create a Plan B when weather interferes with your workout. Sometimes, things do happen. A snow day could leave your gym closed. Very low temperatures could make a winter run dangerous. In these scenarios, have a Plan B.^[8]



- Say you usually go to a gym. Have a few at-home workout routines on hand in case the weather closes your gym, or if it's too dangerous to drive. You can even get some small home workout equipment, like free weights, to use at home.
- You can also find guided exercise routines to follow online. There may be a YouTube video, for example, of a half hour aerobics routine you could follow.
- Say you generally go running outside, even in the winter. If it gets too cold to run outside, you can run on a treadmill instead.

Focus on the positives to stay on track. Try to get excited about working out over the winter. Instead of viewing it as a burden, remember everything you're gaining. You are keeping your health and weight intact even when it's cold outside.

- Also, look into the fun things about working out in the winter. You can have a cup of warm cocoa in front of the fireplace after a vigorous workout, for example.



Recipes of the Month

Breakfast Oatmeal Cupcakes to Go

Yield: 24-25 cupcakes

Never skip breakfast again. Cook once, and you don't have to worry about breakfast for a month! These customizable "breakfast" baked oatmeal cupcakes are great on-the-go fuel for those days when you have zero time in the morning to prepare a big meal.

Ingredients

- 5 cups rolled oats
- 2 1/2 cups over-ripe mashed banana (For all substitutions, see nutrition link below)
- 1 tsp salt
- 5 tbsp pure maple syrup, agave, or honey OR stevia equivalent amount
- 2/3 cup mini chocolate chips, optional
- 2 1/3 cups water - Increase to 2 2/3 cups if using stevia
- 1/4 cup + 1 tbsp coconut or veg oil (Fat-free option listed in the nutrition link below)
- 2 1/2 tsp pure vanilla extract
- optional add-ins: cinnamon, shredded coconut, chopped walnuts, ground flax or chia, wheat germ, raisins, dried fruit, etc.

INSTRUCTIONS

Preheat oven to 380 F, and line 24-25 cupcake tins. In a large mixing bowl, combine all dry ingredients and stir very well. In a separate bowl, combine and stir all wet ingredients (including banana). Mix wet into dry, then pour into the cupcake liners and bake 21 minutes. (If you let them cool overnight, they'll no longer stick to the liners.) These oatmeal cakes can be eaten right away, or they can be frozen and reheated for an instant breakfast on a busy day.



Balsamic Chicken and Vegetables

Ingredients

- 1/4 cup bottled Italian salad dressing
- 2 tablespoons balsamic vinegar
- 1 tablespoon honey
- 1/8 - 1/4 teaspoon crushed red pepper
- 2 tablespoons olive oil
- 1 pound chicken breast tenderloins
- 10 ounces fresh asparagus, trimmed and cut into 2-inch pieces, or one 10-ounce package frozen cut asparagus, thawed and well drained (can substitute for green beans if you would prefer.)
- 1 cup purchased shredded carrot
- 1 small tomato, seeded and chopped



Directions

1. In a small bowl, stir together salad dressing, balsamic vinegar, honey, and crushed red pepper. Set aside.
2. In a large skillet, heat oil over medium-high heat. Add chicken; cook for 5 to 6 minutes or until chicken is tender and no longer pink, turning once. Add half of the dressing mixture to skillet; turn chicken to coat. Transfer chicken to a serving platter; cover and keep warm.
3. Add asparagus and carrot to skillet. Cook and stir for 3 to 4 minutes or until asparagus is crisp-tender; transfer to serving platter.
4. Stir remaining dressing mixture; add to skillet. Cook and stir for 1 minute, scraping up browned bits from bottom of skillet. Drizzle the dressing mixture over chicken and vegetables. Sprinkle with tomato. Makes 4 servings.