

# May 2022 GFB Newsletter

## May Calendar

### Annual Fishing Derby at Mill Pond



May 14th  
8:00am to 10:00am  
Rain date: May 21st  
FREE Event!

Register Online:  
[www.guilfordparkrec.com](http://www.guilfordparkrec.com) / Program #: 21102



### Little Folk's Fair Saturday, May 28, 2022 10:00 AM – 4:00 PM

Calling kids of all ages and kids at heart!  
Experience the magic of donkey rides, a petting zoo, train rides, moon bounces, circus games, face-painting, a Winnie the Pooh obstacle course and more at the 64th annual Little Folks Fair on the Guilford Town Green. Enjoy live music and food, and don't forget to browse the tag sale and silent auction. Try your luck at our new 50-50 raffle and much more!!

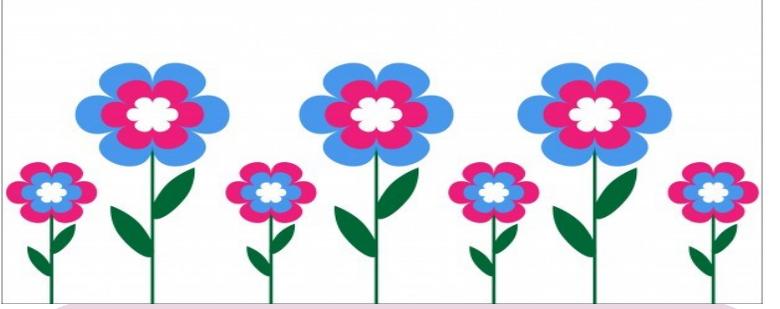
This fun filled event supports enrichment and financial aid for local preschoolers at Community Nursery School and is run entirely by Community Nursery School parents and staff.

This event is rain or shine.

Admission cost: Adults and children 13+ \$3/  
Children (over 2) \$2/Children (under 2) FREE  
Games and Ride Tickets or Wristbands and Food for Purchase. All tickets sold at entry

## Fishing Licenses

Those 65 years or older may obtain a CT fishing license **free of charge**, renewable annually. You may apply online for a license through Connecticut's Online Sportsman Licensing System at [www.Ct.wildlifelicense.com](http://www.Ct.wildlifelicense.com) and print it out yourself or in person at Captain Morgan's Bait & Tackle, 21 Boston Post Road, Madison.



## HOMEOWNERS TAX RELIEF PROGRAM



Applications taken at Guilford Assessor's office.

**February 1st to May 15th.**

For Seniors, disabled individuals & Veterans . Call 203-453-8010 for an appointment.

## **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, if funding is available. Call 203-453-8009 with questions or to schedule an appointment before May 27, 2022.

*Must apply for LIHEAP if potential eligibility.*

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

## **2022 RENTER REBATE PROGRAM**



**APPLICATIONS ACCEPTED**

**APRIL 1 - 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

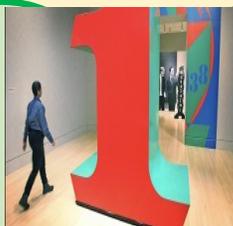
\$46,400 FOR A MARRIED COUPLE

YOU MAY BE ELIGIBLE FOR A REBATE ON YOUR 2021 RENTAL AND UTILITY EXPENSE

GUILFORD RESIDENTS PLEASE CALL 203-453-8009 FOR DETAILS AND TO SCHEDULE AN APPOINTMENT



## Pop Art: The 1960s and Beyond with Dr. Marcie



Pop Art which flourished during the 1960s was radical in its every day subject matter and its large images and very bright coloration. Artists were looking at comics, billboards, advertisements, and product labels. Andy Warhol, Jasper Johns, Roy Lichtenstein, Claes Oldenburg and others made decisions about what constituted art that would have profound implications for the course of American art. Theirs was one of the very first periods that came to grips with the influence of mass media on life and culture.

Dr. Marcie Slepian has an A.B. in Art from Brown University and a Ph.D. from Yale University in the History of Art. She has been a local art educator for over 30 years.

## Reading James Joyce—and Ulysses: part 1, A Brief Introduction to How to Read James Joyce with Mark

Join us for a two-part series on *Reading James Joyce* with Mark Schenker, presented in person at the Library May 19 and June 16.

**Mark Schenker** of Yale College will return to the Guilford Free Library to present two programs on James Joyce (1882-1941) in recognition of the 100<sup>th</sup> anniversary of the publication of *Ulysses* in book form on February 2, 1922, the occasion of the author's 40<sup>th</sup> birthday:

**May 19** "A Brief Introduction to How to Read James Joyce" will provide an overview of the author's method, with examples from *Dubliners* (1914) and *A Portrait of the Artist as a Young Man* (1916), and a preview of *Ulysses*.

## Tween & Teen Event: Taco Tuesday May 10 at 4:30 pm



Make tacos. Eat tacos. Be happy. It's that simple!

Free and open to all students in grades 5 to

## Weekend Wildlife: Farm & Field

May 21 at 11:30 am

Meet a goat, chicken, duck, snake, and more. Learn about how animals live on a farm and in the field with this presentation from Stamford Museum & Nature Center. Funded by the Allan Louis Loeb Foundation.

This event will take place outdoors on the library's front lawn, weather permitting. You are encouraged to bring your own lawn chairs/blankets, water, hat/sunscreen, etc. in order to remain comfortable for the duration of this program. Masks are optional at this outdoor event and distancing may not be possible. This program has no rain date. It will be held indoors if weather prevents using the front lawn.

## Writing Injustice Series Special Event: Claudia Rankine May 11 at 7:00 pm

*Through literature, film, and other media, the Writing Injustice Book Group invites the Guilford community to explore the issues of race and inequality that shape our history and our world.*

Conversations will be led and facilitated by Hazel V. Carby, the Charles C. and Doratheia S. Dilley Professor Emeritus of African American Studies and Professor Emeritus of American Studies at Yale University, and Donna Daniels, Ph.D., Vice President, Heron Foundation and Cultural Anthropologist.

**Claudia Rankine** will join us to discuss her latest unsettling of racial discourse in the United States, *Just Us: An American Conversation*. The book is a series of reflections on her encounters with whiteness as it manifests in friends, therapists, students, and passersby.

## Tween & Teen Event: Pizza & Pages

May 27 4:00 pm



An informal book meetup for tweens and teens! Hang out, eat pizza, and discuss the latest books you've read or are currently reading. No reading books you don't want to! Free and open to all students in grades 5 to 12. Please register.

## Walk 'n Work Hike – Kampmeyer: Laurel Hollow Road Entrance May 7, 2022 at 10:00 am– 12:30 pm

Laurel Hollow cul-de-sac entrance off West Lake Ave.

The Guilford Land Trust seventh 'walk 'n work party', and another chance to mix of hiking and caring for our trails. This month we'll take a walk around Kampmeyer South, crossing the old Trolley bed and Swamp Board-walk, and looping around high-lands to the west. We expect to be cutting vines and overhanging branches, and getting the trails into good shape for the coming summer, with plenty of time to view the last of the woodland flowers before they're shaded out by the coming canopy. We'll just be working with hand tools ... no chainsaws or heavy equipment are allowed on these work parties. So just wear comfortable shoes and bring along your favorite gardening tools. Loppers and clippers are both useful, so both are recommended ... but if you have some special garden equipment, bring it along and try it out. Please meet us at the Laurel Hollow cul-de-sac entrance @ 10AM, just off West Lake Avenue.

## Westwoods Plankwalk Maintenance at Peddlers Road Entrance May 14, 2022 at 10:00am– 1:00 pm

Peddlers Road trail entrance

The Guilford Land Trust April 'walk 'n work party' identified several areas of the boardwalk that need attention, and we're planning to do that work today. Also, if we have good attendance, we'd also like to have a crew remove several infestations of multi-flora rose recently reported in the wetlands. If you'd like to help us with either of these tasks, please join us at the work party. We'll have the basic tools and materials for rebuilding sections of the plank walk, but extra hammers and prybars will be useful, so please bring them along if you can. If you'd like to help with the rose, please bring loppers, clippers and a good pair of boots to keep your feet dry. Please meet us at the Peddlers Road trail entrance @ 10AM.

## 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)



**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/>

# 10 Things You Can Do For Your Mental Health



- Treat yourself with kindness and respect.
- Taking care of yourself physically can improve your mental health.
- Surround yourself with good people.
- Volunteer your time and energy to help someone else.
- Learn how to deal with stress.
- Try meditating or reaching out spiritually through prayer.
- Set realistic goals.
- Break up the monotony.
- Avoid drugs and alcohol.
- Get help when you need it.

Try some or all of the 10 tips below to help find the right balance in your life during uncertain times. If you are receiving treatment for a mental illness, these tips can help you manage your disorder and support your treatment and recovery.

1. **Value Yourself.** Treat yourself with kindness and respect, and avoid self-criticism. Make time for your hobbies and favorite projects or broaden your horizons. Do a daily crossword puzzle or plant a garden, take dance lessons, learn to play an instrument or become fluent in another language.
2. **Take Care of Your Body.** Taking care of yourself physically can improve your mental health. Be sure to eat nutritious meals. Avoid cigarettes, drink plenty of water, get enough sleep and *EXERCISE*. In fact, exercise has been shown to help decrease depression and anxiety and improve people's moods.
3. **Surround Yourself With Good People.** People with strong family or social connections are generally healthier than those who lack a support network. Make plans with supportive family members and friends or seek out activities where you can meet new people such as a club, class or support group.
4. **Give of Yourself.** Volunteer your time and energy to help someone else. You'll feel good about doing something tangible to help someone in need – and it's a great way to meet new people.
5. **Learn How to Deal With Stress.** Like it or not, stress is a part of life. Practice good coping skills: Do Tai chi, exercise, take a nature walk, play with your pet or try journal writing as a stress-reducer. Also, remember to smile and see the humor in life. Research shows that laughter can boost your immune system, ease pain, relax your body and reduce stress.
6. **Quiet Your Mind.** Try meditating or reaching out spiritually through prayer. Relaxation exercises and prayer can improve your state of mind and outlook on life. In fact, research shows that meditation may help you feel calm and enhance the effects of therapy.

- 7. **Set Realistic Goals.** Decide what you want to achieve professionally or personally, and write down the steps you need to take to realize your goals. Aim high, but be realistic and don't over schedule. You'll enjoy a tremendous sense of accomplishment and self-worth as you progress toward your goal.
- 8. **Break Up the Monotony.** Although our routines make us more efficient and enhance our feelings of security and safety, a little change of pace can help perk up a tedious schedule. Alter your jogging route, plan a road-trip, take a walk in a different park, hang some new pictures or try a new restaurant.
- 9. **Avoid Drugs and Alcohol.** Keep alcohol use to a minimum and avoid drugs. Substance abuse is one of our society's biggest health concerns. Sometimes people use alcohol or other drugs to "self-medicate" the symptoms of a mental disorder. But in reality, alcohol and drugs only aggravate mental illness.
- 10. **Get Help When You Need It.** Seeking help is a sign of strength not a weakness. And it is important to remember that treatment is effective. People who get appropriate care can recover from mental illness and substance abuse disorders, and lead full, productive lives.

### Connecticut Resources

Department of Mental Health and Addiction Services  
[www.ct.gov/dmhas](http://www.ct.gov/dmhas)

Mental Health Connecticut  
[www.mhconn.org](http://www.mhconn.org)  
 800.842.1501 x10

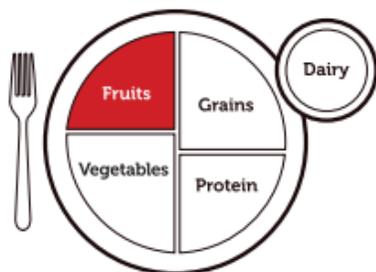
NAMI Connecticut  
[www.namict.org](http://www.namict.org)  
 860.882.0236



# STRAWBERRY

### WHAT IS IT?

Available fresh in the spring and summer, strawberries are a fruit grown on flowering plants in the rose family.



### FOCUS ON WHOLE FRUITS

Strawberries are a lower-calorie sweet treat that can be easily consumed fresh or frozen in a variety of snacks and meals.

### HOW IT FITS INTO MYPLATE

A 2,000 calorie diet has a daily Fruit Group target of 2 cups. Snacking on strawberries adds up quickly toward your goal!



To find your food group targets, go to [ChooseMyPlate.gov/Checklist](http://ChooseMyPlate.gov/Checklist)

### FUN FACTS & TIPS



Strawberries were first commercially grown in America in the 1800s.



Approximately 90% of America's strawberries are produced in California.



For a fun family outing, visit a farm that offers pick-your-own strawberries.



Blend fat-free or low-fat yogurt with fresh or frozen strawberries for a sweet smoothie.



For more information go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov)  
 USDA is an equal opportunity provider, employer, and lender.



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# Ways to Feed Your Mental Wellness

By The Calli Institute

We've all heard the saying "you are what you eat." This phrase, of course, is meant to be taken figuratively because of the connection between food and mood. And for [National Nutrition Month](#), [The Calli Institute](#) wants to encourage you to eat well so you feel well. Let's explore some tips and tricks to feed your mental wellness – for this month and beyond.

## The Food and Mood Connection

When people say to trust your gut, it's for good reason. The countless microorganisms housed within it are responsible for more than breaking down food. They also produce some of the neurotransmitters that communicate with our brains to regulate temperament and emotions.

[Serotonin](#) is one of those neurotransmitters and is found mostly in the digestive system. Known as "the happy chemical," serotonin controls mood and happiness, among other things. And eating certain foods – such as spinach, eggs, and salmon – helps the body naturally increase serotonin production, which in turn boosts mood and your overall well-being.

## The Perks of Nourishing Your Body

Just as gasoline powers your car, think of the food you eat as fuel for your body. You want to provide premium grade fare to get the most output, in terms of energy and frame of mind. Eating a healthy, well-balanced diet contributes to a host of benefits that can last a lifetime.

*Boosts self-esteem.* When you eat better, your body looks and feels better. This translates to a newfound sense of accomplishment that helps you feel good about yourself.

*Promotes brain health.* [Nutrient-rich foods](#) help improve brain function and maintain cognition as we age. Supplying the brain with essential vitamins and minerals may also help prevent mental health issues like depression.

*Increases energy levels.* Simply put, food is energy. A balanced diet of proteins, fats, minerals, and [complex carbohydrates](#) helps provide a steady stream of energy to keep you moving throughout the day.

*Improves mood.* The right combination of foods and nutrients help the brain produce and distribute chemicals throughout your body to improve overall mood.

With a balanced diet – along with exercise and rest, of course – your body will have the fuel it needs to help you face each day with a smile.

## An Extra Helping

So, what *are* the foods to help boost your mood? We wanted to highlight a few, some of which may surprise you. The next time you're shopping or dishing up your plate, consider a helping of these entrees, sides, and desserts (yep, desserts!) to promote balance within your diet, body, and mind.

- **Beans:** Beans increase neurotransmitter levels to help improve overall mood. They're also a good source of B vitamins, which help promote nerve cell communication.
- **Fish:** Foods like salmon and white meat tuna are rich in [omega-3 fatty acids](#), which the body cannot produce on its own. Some types of omega-3s have been shown to benefit certain facets of physical and mental health.
- **Fermented foods:** The fermentation process for foods like yogurt, kimchi, and sauerkraut creates probiotics with live bacteria. These microorganisms then help increase serotonin levels in your gut, which improves mood and stress management.
- **Bananas:** High in vitamin B6, bananas help the body produce "happy chemicals" like serotonin and dopamine.
- **Dark chocolate:** Dark chocolate contains nutrients and compounds that increase blood flow to the brain and act as anti-depressants. Additionally, its pleasing taste and smell promote positive feelings, too. Just be sure to enjoy in moderation.
- **Coffee:** Your morning cup of joe keeps you alert and encourages the release of mood-boosting neurotransmitters.
- **Nuts:** Certain nuts – like almonds, walnuts, cashews, and peanuts – and seeds, like pumpkin, sesame, and sunflower, contain the amino acid tryptophan, which helps the body produce serotonin.
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These are only some of the foods that, when added to your diet, can help improve mood, energy, and overall well-being. If you want to alter your diet to see how small changes can benefit you, we recommend doing so gradually, adding more nutrient-rich foods a little at a time. And while what you eat certainly plays a role in how you feel, we also suggest talking to a [trained professional](#) if you have lingering concerns about your mental health.

## Recipes of the Month

### Chicken & Vegetable Stir-Fry

#### INGREDIENTS

- 1 tbsp vegetable oil
- 1 lb boneless skinless chicken breast, cut into 1-inch pieces
- 2 cloves garlic, finely chopped
- 2 tsp gingerroot, finely chopped
- 1 medium onion
- 1 cup baby carrots
- 1 cup chicken broth soup
- 3 tbsp soy sauce
- 2 tsp sugar
- 2 cups broccoli flowerets
- 1 cup fresh mushrooms
- 1/2 cup red bell pepper, diced
- 2 tsp cornstarch
- 4 cups hot cooked Chinese plain noodles



#### DIRECTIONS

- ◆ Scrub baby carrots with clean vegetable brush under running water. Cut carrots lengthwise in half.
- ◆ Gently rub broccoli flowerets under cold running water.
- ◆ Gently rub mushrooms under cold running water. Dice the mushrooms.
- ◆ Scrub red bell pepper with clean vegetable brush under running water. Dice the red bell pepper.
- ◆ Heat vegetable oil in skillet over medium-high heat.
- ◆ Do not rinse raw chicken. Add chicken, garlic and gingerroot; stir-fry 2 to 3 minutes or until chicken is brown.
- ◆ Wash hands with soap and water after handling uncooked chicken.
- ◆ Add onion, carrots, 3/4 cup of the broth, the soy sauce and sugar. Cover and cook over medium heat 5 minutes, stirring twice.
- ◆ Add broccoli, mushrooms and bell pepper. Cover and cook about 5 minutes, stirring occasionally, until chicken is no longer pink in center and internal temperature reaches 165 °F on food thermometer, and vegetables are crisp-tender.
- ◆ Mix cornstarch with remaining 1/4 cup broth; stir into chicken mixture. Cook, stirring frequently, until sauce is thickened. Serve over noodles or rice.

### Eggplant Stir Fry

Makes: 4 servings

#### Ingredients

- 2 **eggplant**, peeled and cubed
- 1 **zucchini**, thinly sliced
- 1 cup **green bell pepper**, cut into strips
- 2 **onion**, sliced
- 3 tablespoons **Italian salad dressing**, low fat
- 2 cups **cherry tomatoes**
- 2 cups cooked **brown rice**

#### Instructions

1. Place eggplant, zucchini, green bell pepper, onions and salad dressing into a skillet.
2. Stir lightly to combine and cook over low heat until tender.
3. Stir in cherry tomatoes and cook for 3-5 minutes. Serve over 1/2 cup cooked brown rice.

