



# September 2018 GFB Newsletter



**The GFB will be closed, Saturday, September 22, 2018 due to Guilford Fair parade traffic.**

**GFB will be open an extra hour on Friday, September 21, 2018. (3:00-5:30 pm)**

**The Children's Law Line**

**1-888-LAW-DOOR**

**(1-888-529-3667)**



This is a free statewide service offered to children, parents, grandparents, other relatives, foster parents or professionals with a specific question about the law and children.

- Calls are answered by a person trained in family law.
  - Common questions are answered immediately & more complex questions are referred to a staff attorney.
- There is no income screening to access the program.
- There is no limit for how many times a person can call.

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

**2018**

## RENTER'S REBATE PROGRAM



**APPLICATIONS ACCEPTED**

**APRIL 1, 2018 TO OCTOBER 1, 2018**

## **\*LAST CHANCE TO APPLY\***

**IF YOU WERE AN ELDERLY OR DISABLED RENTER IN 2017 AND YOUR TOTAL 2017 INCOME WAS LESS THAN**

**\$35,300 FOR AN INDIVIDUAL**

**\$43,000 FOR A MARRIED COUPLE**



## **CT Heating Assistance**

Can you believe it will be that time again soon? Applications for CT Heating Assistance programs will begin to be taken in October.

Call 203-453-8009 to schedule an appointment to apply for a heating



## Operation Fuel Summer Utility Program



**Available to October 31, 2017 or until funding is exhausted... One time grant amount: up to \$500**

To qualify for electric or gas utility, clients must have a shut-off notice or have no utility service or must need assistance with making a required payment in order to maintain a payment arrangement , or have a past due balance of 30 days or more.

Households will be eligible for this program even if they have received a grant for there primary heat through the CEAP/SHAP program.

Households also must :

- ◆ Be an extreme emergency
- ◆ Have income below 60 percent of state median income guidelines
- ◆ Have made 4 payments within the 12 month period of which the client is applying. (3 payments throughout the year and 1 payment during the moratorium.)
- ◆ Potentially Eligible Guilford residents should call 203-453-8009 to schedule an appointment.



### East Shore Region Adult and Continued Education

**Most courses are FREE and scholarships are available!**

ERACE offers free classes to the communities of Branford, North Branford, Guilford, and Clinton. If you are interested in getting your high school diploma, taking English as a Second Language classes, or taking classes to help you get your Citizenship in the U.S., then ERACE has FREE classes to help you achieve your goals! Contact us today 203.488.5693 or Email erace@branfordschools.org

**Does someone you love struggle with mental illness?**



### **Family to Family Education Program**

*free 12 week course  
offering support and education  
for families with individuals living with mental illness*

**Sponsored by NAMI Shoreline Affiliate**



**Meeting at  
Nathanael B. Greene Community  
32 Church St. Guilford, CT**

**Beginning Wednesday, Sept. 26th, 2018  
6:30 – 9:00 PM**

For information and **required registration:**  
Contact [Susan](#) at 860-575-9593 or  
[Susanschuster@yahoo.com](mailto:Susanschuster@yahoo.com)  
[www.NamiShoreline.org](http://www.NamiShoreline.org)

### **Looking for a Job?**

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

If you wish to be on our email list, please contact Guilford Social Services and ask to be added.



## 5 Healthy Back to School Tips for Kids and Parents



### Bring Back the Bedtime

Switching from summer hours to early bedtimes and wakeups is often the toughest part of the back to school routine. But it's important to remember that a good night's sleep is one of the fundamentals to staying healthy and keeping stress levels down during the transition and throughout the year.

The best technique for getting back to bedtime is that you can't go from zero to 100 in a single day. Even though it might seem like a cruel form of punishment, easing your kids back into going to bed early a week or two before school starts is far more gentle than ripping the band aid off all at once. If it helps, set the bedtime early, but allow calm activities like reading or playing with soft toys in bed—but be sure to keep electronics and television at bay. Studies continue to show that electronics before sleep can lead to disrupted sleep and fatigue the next day.

### Brush Up on Hygiene Principles

While summers may have been spent digging in the dirt or swimming in neighborhood pools, it seems that classrooms are the real hotbeds for germs to spread. Hand washing is the golden rule, and should happen after using the toilet, playing outside, touching or handling pets or playing with communal toys. If your child is the one carrying the bug, this is one time where it's okay to teach them not to share—covering the nose and mouth with a tissue or an arm is the courteous way to keep germs from spreading.

Coughs and colds are the obvious school-age ailments, but there's one other pesky bug you may want to teach your kids to watch out for—head lice. Lice spread like wildfire in schools, especially amongst young children who may not be have the same boundaries as adults when it comes to sharing personal items. Whatever their age, be sure to remind your kids that sharing hats, helmets, combs and hair accessories is a definite no-no. You may also want to take precautionary measures like spraying with tea tree oil to keep the bugs away or checking your child's hair periodically for any early signs of lice.

### Calm Worries and Anxiety

Anxiety is a growing concern for school-age children, whether it's separation anxiety, social anxiety, fear of not fitting or even feeling the pressure to stay on top of grades and activities. You can help your child cope with back to school anxiety by talking about the return well in advance. Make sure they're aware of who their teacher is, their class schedule and any changes they might encounter from their former routine. You may even want to plan a tour of the school and classroom or a meet and greet with the teacher to help your child acclimate before the first day.

Once your child is back in their routine, regardless of whether the transition was smooth or difficult, keep your eye out for warning signs that something is wrong. These can include a loss of appetite, secrecy or lack of communication, bad behavior and much more. If you have concerns, talk to your child, teachers or principals, and even your doctor to help manage the issue and create a support framework.

### Be Backpack Savvy

Lugging books around is an unavoidable part of the school day routine, but it shouldn't be one that takes a toll on your child's physical health. It's important to choose a backpack that is sturdy and comfortable and that offers good support. Thick, padded shoulder straps will help alleviate rubbing and pinching, and can also spread weight out across the back more evenly. A hip belt will help stabilize the pack and prevent straining from trying to balance the weight, while a thick back pad will help disperse weight and avoid sharp edges from poking through.

If you're still concerned about the amount of weight your child has to carry in a day, backpacks on wheels are also permissible in many schools and can make the struggle a little easier. Just make sure your child can easily lift the backpack when the wheels can't be used with a handle or an optional shoulder or back strap.

### Become a Meal-On-the-Go Master

No more leisurely breakfasts and make-your-own lunches—when 7:00 am (or earlier!) on a school day rolls around, it's a quick bite at the table and then out the door, lunch bag in hand. And that means getting organized. Stock up on healthy breakfast items, from whole grain toast and peanut butter to yogurt and berry parfaits, so your little ones can head out the door with a full stomach. For picky eaters, a high-protein cereal is a good compromise to sugary options, and for those who don't want to eat at all, smoothies and protein shakes are quick and easy options.

When it comes to lunches, prepping the night before is your safest bet to avoid a hectic morning and a less-than-healthy brown bag. The tried and true sandwich can be kicked up a notch from banished peanut butter and jelly or tired, old deli meat. Start with whole grain breads, add healthy fillers like tuna, egg salad or turkey breast, and swap out mayo for spreads like hummus, guacamole or honey mustard. If your child is adventurous, think beyond the bread, with nutritious wraps, hardboiled eggs, quesadillas and more. Whatever you pack as the main course, accompany it with bite-size fruits and veggies for good measure. Just remember, whatever you pack, be sure to check the allergy list first to make sure you're safe.



United States  
Department  
of Agriculture

## ► MAKE EASY AND HEALTHY FAMILY MEALS!

A few steps can help you make easy, healthy family meals on a budget. Find time to plan and prepare healthier meals each week. Use the time you save to enjoy your family.

### ► PLAN

Plan your family meals. Think about meals, snacks, and beverages you will serve throughout the week. Write down a list of foods you need to prepare your meals or keep the list in a wallet, purse, or on a mobile phone. Focus your budget on foods that are healthier for your family such as vegetables, fruits, whole grains, dairy, and protein foods.

- **Use a shopping list to stay on track.** Review coupons and sales to find less expensive foods. Look in newspapers or weekly store flyers to find sales and coupons for foods that you need. 
- **Join a store's bonus or reward card program to receive more savings.** Visit the store's customer service desk or website for information about how to sign up. 
- **Choose foods that cost less all year long.** Beans and eggs are low-cost healthy protein foods. Frozen vegetables like spinach and green beans are also low-cost options. 
- **Stock your kitchen.** Select foods that you can make and serve quickly on busy days, such as:
  - Canned beans and fish
  - Canned low-salt or low-sodium vegetables or soups
  - Whole-grain pasta, brown rice, and quick-cooking oats

• **Store fresh foods right away to keep them fresh longer.** Use fresh fruits, vegetables, and milk quickly to prevent them from spoiling.

• **Buy fruits and vegetables in season.** Some fruits and vegetables, such as peaches or corn, are cheaper when you buy them in season. Look for sales in the grocery store and your local farmers markets for cheaper choices. Many farmers markets accept SNAP benefits. 



Keep ingredients such as seasonings, flour, baking powder, herbs, and oils in your pantry to help you quickly prepare healthy meals.



BUDGET-FRIENDLY TIP



## ► PREPARE

Do some tasks in advance. Make meals on the weekends when you have more time. Prepare extra and freeze some meals to use later in the week. Find ways to save yourself time during the weekdays when everyone is busier.

- **Look for shortcuts.** Grated, chopped, or pre-washed foods cost more but often save time in the kitchen. Compare prices on these items. Look for sales on easy to prepare foods such as frozen veggies or mixed salads. 
- **Prepare a meal that kids and adults will enjoy.** Try not to make a separate meal for each person. If your child likes plain vegetables, meat, rice, or noodles, set some aside before you add other ingredients.
- **Serve no-cook meals.** Make simple meals like salads with canned tuna and beans or cold sandwiches with lean meats and sliced vegetables. Find information about meal planning, shopping, and creating healthy meals at ChooseMyPlate.gov/budget/index.html.
- **Cook when you have more time.** On the weekends, make soups, stews, or casseroles. Cook larger amounts of lean ground beef or turkey and use some for chili or spaghetti later in the week. Freeze some of your meals for really hectic days.
- **Look for recipes with fewer ingredients.** Choose recipes with only a few ingredients that can be prepared quickly. Visit WhatsCooking.fns.usda.gov for ideas.
- **Involve kids in family meals.** Let children help with simple tasks like washing fruits, choosing the veggies, setting the table, or measuring foods. On busy weekdays, give everyone a task to help you get dinner on the table.



**Farmers markets often carry foods grown locally.  
Find a local market near you by visiting:  
[search.ams.usda.gov/farmersmarkets](http://search.ams.usda.gov/farmersmarkets)**

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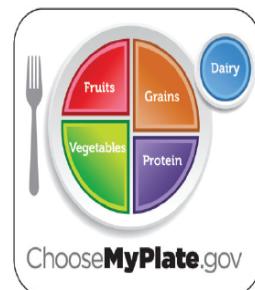


# 10 tips

## Nutrition Education Series

# kid-friendly veggies and fruits

## 10 tips for making healthy foods more fun for children



**Encourage children to eat vegetables and fruits by making it fun.** Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

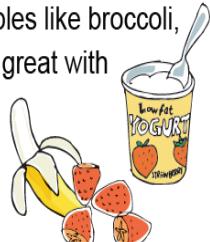
### 1 smoothie creations

Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!



### 2 delicious dippers

Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.



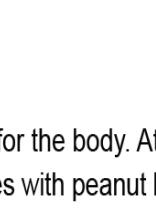
### 3 caterpillar kabobs

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.



### 4 personalized pizzas

Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.



### 5 fruity peanut buttery

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.



### 6 frosty fruits

Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make "popsicles" by inserting sticks into peeled bananas and freezing.

### 7 bugs on a log

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

### 8 homemade trail mix

Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.



### 9 potato person

Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

### 10 put kids in charge

Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.



# Guilford Free Library Programs

## Crafting a Successful Admissions Essay

September 4 , 2018 6:30-7:30 pm

Join Jas Jernail, the Managing Director of Bulldog Tutors, for a conversation on preparing for the college admissions season. Topics covered will include the structure of the Common App, essay topic selection, and strategic use of supplemental writing topics.

Free and open to all students and their parents. Please register.

## Medicare with Lou Pelletier

September 5, 2018 4-5:30 pm

Are you turning 65 or just confused about Medicare? This seminar by Lou Pelletier from American Senior Benefits will educate you on the options and programs available. Learn what Medicare options best meet your needs. If you are over 65, educate yourself about the many laws and programs that may be relevant to your situation, such as maximizing social security or protecting your assets from long term care exposure without insurance.

Please register.

## Connecticut Rock 'N' Roll with Anthony Renzoni

September 5, 2018 7:00– 8:00 pm

Join Anthony Renzoni for a discussion about his new book "Connecticut Rock 'n' Roll: A History," a tribute to the rock 'n' roll music scene in Connecticut over the years. Along with a nod to many talented musicians, the book pays homage to such important cultural events as Sock Hops/Record Hops, emergence of Record Stores, Radio Station Disc Jockeys, notable performances, After-School Hangouts and, of course, to the thousands of rock fans. All of these components, merged together, make up the music scene, in Connecticut, throughout the rest of the U.S., and in countries outside the U.S.

Registration appreciated.

## Tween & Teen Event: Drum Lessons

September 11, 18, 25 and Oct. 2  
3:30-4:30 pm

Learn all facets of drum and drum set playing on the Library's electronic drum kit with instructor and accomplished drummer Ric Haddad.

No experience necessary. Free and open to all students in grades 5 to 12. Please plan to attend all 4 sessions. Registration required.

## Tween & Teen Event: Giant Jenga

September 13, 2018 3:30-4:30

Don't let it topple! Come play Giant Jenga. It's like regular Jenga, except better... because it's bigger!

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

## Crafternoons

September 18m 2018 3:30-6:30 pm



Drop in after school and build a craft of your own design using different materials we set out for you. All ages welcome, but children 8 and younger should be accompanied by an adult for these self-guided projects. Tuesdays, 9/18, 10/16, 11/27, 12/18 drop in from 3:30-6:30pm. No registration necessary.

## Teen Event: Loaded Tater Tot Dip

September 19, 2018 3:30-5:00 pm

Who doesn't love tater tots? Learn how to make a loaded tater tot dip, then replicate it at home to impress your family and friends with your genius cooking skills.

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

## Recipes of the Month:



This dish is a revelation. Throw all of your ingredients into one pot over medium-high heat, and about 25 minutes later you'll have noodles perfectly coated in a luscious tomato-basil sauce. This is any [busy](#) mom's week-night dinner perfection.

### One-Pot Pasta with Tomato-Basil Sauce

#### INGREDIENTS:

12 oz. casarecce or fusilli pasta  
1 (28 oz.) can diced tomatoes  
2 cups chicken broth  
1/2 medium size yellow onion, sliced  
4 garlic cloves, sliced  
1 tsp. dried oregano  
1/3 cup firmly packed fresh basil leaves  
2 teaspoons kosher salt  
1 tbps. Olive oil  
1/4 tsp. dried crushed red pepper (optional)  
1 (6 oz.) package baby spinach

#### DIRECTIONS:

##### Step 1

Place first 9 ingredients and, if desired, dried crushed red pepper in a Dutch oven in order of ingredient list. Cover and bring to a boil over medium-high heat (about 12 to 15 minutes). Reduce heat to medium-low, and cook, covered, 10 to 12 minutes or until pasta is slightly al dente, stirring at 5-minute intervals.

##### Step 2

Remove from heat, and stir in spinach. Cover and let stand 10 minutes. Stir just before serving. Serve with Parmesan cheese.

### Nutella Cake

Serves 6 to 8

Beat **1½ cups Nutella** with **4 large eggs** in a large bowl until well combined and slightly increased in volume, about 2 minutes. Fold in **the ½ cup all-purpose flour** until combined. Scrape into a greased and parchment-lined 8-inch pan and bake at 350° F until the center is just set, 35 to 40 minutes. Let cool in the pan for 10 minutes, then cool on a wire rack until room temperature. Frost with **½ cup Nutella**, and serve.



This [classic](#) Southern meal can be enjoyed on even the busiest weeknights. The patties can be prepared and frozen for up to three months. Once the patties are thawed, the meal will be ready in about 20 minutes.

### Hamburger Steak With Sweet Onion-Mushroom Gravy

#### INGREDIENTS:

2 honey-wheat bread slices  
1 pound ground round  
1 large egg, lightly beaten  
2 garlic cloves, minced  
1/2 teaspoon salt  
1/2 teaspoon freshly ground pepper  
1 (1.2-oz.) envelope brown gravy mix  
1 tablespoon vegetable oil  
1 (8-oz.) package sliced fresh mushrooms  
1 medium-size sweet onion, halved and thinly sliced

##### Step 1

Process bread slices in a food processor 10 seconds or until finely chopped. Place breadcrumbs in a mixing bowl; add ground round and next 4 ingredients. Gently combine until blended, using your hands. Shape into 4 (4-inch) patties.

##### Step 2

Whisk together brown gravy mix and 1 1/2 cups water.

##### Step 3

Cook patties in hot oil in a large skillet over medium-high heat 2 minutes on each side or just until browned. Remove patties from skillet. Add mushrooms and onion to skillet, and sauté 6 minutes or until tender. Stir in prepared gravy, and bring to a light boil. Return patties to skillet, and spoon gravy over each patty. Cover, reduce heat to low, and simmer 8 to 10 minutes.

**Note:** To make ahead, proceed with Step 1 as directed. Wrap each patty individually in plastic wrap, and place in a large zip-top plastic freezer bag. Freeze up to 3 months. Thaw frozen patties in refrigerator 8 hours; proceed with Steps 2 and 3.