



Palo Alto Housing Corporation's Resident Services

COMMUNITY NEWSLETTER

APRIL 2009
Volume 73

April 22 is Earth Day!

April is all about being GREEN!

Financial Fitness Month

Simple changes change the world. Earth Day is based on the philosophy that ordinary people, acting together, can achieve extraordinary things. And often times being green helps save some green too.

BE GREEN

Celebrate Earth Day by attending one of the green events listed on Page 2 or make simple changes in your life for the good of the planet. See some tips on page 4.

GET IN TUNE WITH YOUR \$ GREEN \$

Take this opportunity to attend one of our financial fitness workshops this month or pick up pamphlets on various financial subjects. You'll find financial fitness displays throughout the months of April and May here and there on PAHC properties.



Financial Fitness
A workshop for parents and students

On the topic of:
School & Money
Presented by Wells Fargo Bank



On Tuesday, April 22
6pm
at Oak Court Apartments

College: It is a big yet important expense. Come to this workshop and learn all about financial aid and how it works. How can you apply for government grants and student loans? Where do you find scholarships? What is work-study? Plan ahead and arm yourself with this important information that will make the transition to college smoother and more stress free.

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Some Green and Free Family Events

87th Annual May Fête Parade

Saturday, May 2, 2009
Downtown Palo Alto ~
University Avenue
10am

“Dream Green”

Come join the showcase of what the children and youth in our community are doing to be good caretakers of the earth while marching down University Avenue at the Annual May Fete Children’s Parade!

After the parade...

Hang out at the 7th Annual Partners in EducationTown Fair
Enjoy food, music, and games
from 10:30 – 1:00 pm at
Addison School

City of Palo Alto’s Earth Day Celebration

Join the community, rain or shine, for a fun-filled celebration of Earth Day on

Saturday, April 18, 2009
from 10 a.m. to 2 p.m.

at the Lucie Stern Community Center located at 1305 Middlefield Road, Palo Alto. All events are FREE and open to the public.

What's Happening?
The theme for this year's Earth Day Celebration is "Livin' Local."

- * Live music from the “Mighty Crows”
- * Rainbow the Clown (1:15pm)
- * Local and organic food
- * Food and garden demonstrations
- * Climbing wall
- * "Crafts from Trash: Musical Rainsticks
- * Solar Power Fountain at the Jr. Museum
- * E-Waste and Pharmaceutical drop offs.



Bring your old medicines and electronics to be disposed of properly. There will also be a COMMUNITY SHRED—bring all of your old paperwork to be shredded and recycled!

It is that time of year when many students are looking for Community Service Opportunities!

Here are some places to find something interesting to do for Earth Day and everyday:

- **Palo Alto PTA Website:** www.info.paloaltopta.org/service
- **Hands on Bay Area:** www.handsonbayarea.org
- **Youth For Community Service:** www.youthcommunityservice.org
Join the YCS club at your middle or high school, visit their website or sign up for their Summer of Service camps (page 86 of the Enjoy catalog).
800 Middlefield Road, Palo Alto, CA 94303, ph 650-617-8960.



Join YCS for Family Service Day

Young and old are invited on

Saturday April 25th, 10 am ~4 pm

Cesar Chavez Academy (2450 Ralmar, East Palo Alto)

For 3 Service Project opportunities

- * Blacktop mural painting at Chavez School
- * Baylands clean up
- * Graffiti Removal and Park Clean-up

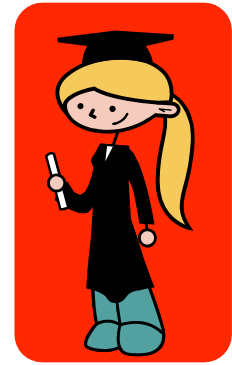
There will also be several youth focused activities:

*Games, live youth entertainment, cultural performances, raffle with free prize give aways,
FREE FOOD and 50 local organizations for a community fair.

Stuff for Students & Parents

The 2009 AHMA Educational Scholarship \$1000 Due May 15, 2009

This scholarship is exclusively open to affordable housing residents in Northern California and Nevada. Several PAHC residents have won this scholarship in past years and we want to inspire more to apply! If you are a high school senior or current college/vocational school student, please call for a copy of the application or visit www.ahma-ncn.org/2009scholarships to download a copy. It can't hurt to try and you could have \$1000 more for school! Call Kate with questions or for a copy: 326-0111



Camp Registration Letter

Parents, if your child receives free or reduced lunch, you should have recently received a letter from the school district regarding easy camp registration. Bring this letter with you when you register for camp at the City of Palo Alto or Palo Alto Family YMCA. You are pre-qualified for a fee reduction and won't have to bring in all of your financial information!

Health Insurance Sign-up Day



Friday, April 24th
Jordan Middle School
2 -6 pm

Are you looking for health insurance for your kids? Come to find out more about low-cost options. Bring identification and income information.

SAVE MONEY AND BE GREEN BY BUYING REFURBISHED COMPUTER EQUIPMENT!

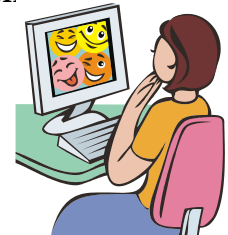
We are often asked—where can we buy a cheap computer for doing schoolwork?
Finally, we have a good answer:

Green Citizen in Burlingame

Purchase refurbished computers for amazing prices, typically around \$75!
Refurbished means that computers have been rebuilt with new components and loaded with new software. They should function well for quite a long time

801 Mahler Road, Suite I (Just north of Hyatt Regency Hotel)
Burlingame, CA 94010
Phone: 650.288.1369

Open Monday-Saturday
10 am -6 pm



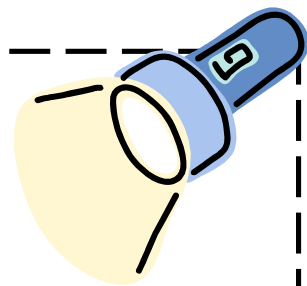
Lower Cost Tech Support

If you need some technical support setting up your new computer or if you have problems with your existing computer, call Rodrigo Rengifo for some low-cost Tech Support. Normally tech support can cost \$50/hour or more at Fry's or over the phone from HP or Dell. Rodrigo will come to your home and help you set up or install whatever you need for \$35/hr. Most jobs can be completed in just 1 hour. Call 650-380-1963.

Community Resource Spotlight

Consumer Credit Counseling Service

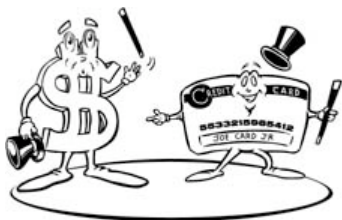
1190 S Bascom Ave # 208
San Jose, CA 95128
(408) 988-7881
www.gotdebt.org



Got debt problems? Get free or low-cost help from a professional, financial counselor who will assist you in determining the best options to meet your individual needs.

This non-profit service provides:

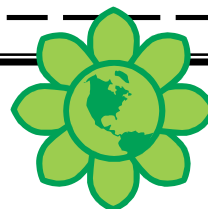
- * Personal, one-on-one assistance helping manage your money
- * Credit Counseling & Credit Report Review
- * Debt Reduction



CCCS Can Help You Get Out of Debt:

- * Stop Collection calls
- * Reduce or Eliminate Fees

Simple Tips for Being GREEN



Even one change makes a difference!

- 1) Replace your incandescent light bulbs with compact florescent bulbs (CFLs). You save money on the long run because they last longer. They are safer because they burn at a lower temperature and they reduce greenhouse gas emissions!
- 2) Inflate your car tires – keep them pumped up! Improves mileage by 3.3%. Save 7 cents per gallon.
- 3) Wash and rinse in cold water. If everyone in the US used only cold water to wash clothes, we could save about 30 million tons of carbon dioxide each year. Cold water cleans your laundry just as well as hot water.
- 4) Buy locally produced meats and produce. Go to the farmer's market! It's fun, they give you free samples and there is music! Plus, you are eating fresher foods and saving the gas it takes to ship foods from far away.
Palo Alto's Farmer's Markets are: Saturdays, behind the main post office on Hamilton St. and Sundays on California Ave. 8am -1pm
Every Wednesday, starting April 22 and running through October, 2009 you can also buy delicious, farm-fresh produce at City Hall Plaza (250 Hamilton Ave). Drop by between 4-6pm on Wednesday afternoons to stock up on healthy delights for the whole family!
- 5) Drink more water from reusable glassware. Reduce, reuse, recycle. Reduce your use of paper and plastic. Save the oil it takes to make plastic bottles—YES, plastic is made from OIL!
- 6) BYOB – Bring Your Own Bag. Use reusable cloth bags at the supermarket and other stores. The average American family accumulates 60 plastic bags per month and it takes 12 million barrels of oil to produce the 100 billion plastic bags we consume annually. Stores often give you a 5-10 cent credit for bringing in your own bag. Keep them in your car so you don't forget

By Nora Noldon, Senior Service Coordinator
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APRIL is
FINANCIAL FITNESS MONTH



Wednesday, April 22nd, 2009
at 4:00pm

Rocky Rocamora and Alan Hu, experts in finances and investments,
from the Senior Benefits Council will be at the Sheridan Apts.,
360 Sheridan Ave., to talk about:

“MONEY 911”

A common fear is that with the market downturn, we will outlive our savings and income. In a brief presentation, we will learn **simple solutions** to create an immediate lifetime income and how to protect that income from inflation and market volatility. A question and answer period will follow.

We encourage residents from any PAHC property to attend.

Refreshments will be served.

RECAP: LIFELINE 4 U

On Wednesday, March 25th, Diane Churchill and Rene Barry came to speak. They talked about Phillip's Lifeline and how it can keep you independent and save your life.

Lifeline works through your telephone. When you need help, press your Personal Help Button, which you wear around your neck or as a wrist band. Within seconds, a Lifeline Response Associate accesses your profile and quickly assesses the situation and either contacts a neighbor or family member or emergency services. The Associate will follow up to ensure that help arrived. This service can get help FAST, which can make a significant difference in survival and recovery. Lifeline is a great service and we encourage folks to take advantage of the substantial price break offered exclusively for PAHC residents. Please call Nora for more information at 326-0137.

SENIOR WELLNESS PROGRAM

Asian Americans for Community Involvement
2400 Moorpark Avenue, San Jose

AACI is Santa Clara County's largest community-based organization focused on the Asian American Community. Their programs continue to grow and improve to provide culturally appropriate and linguistically accessible services such as health education, senior wellness, youth programming, advocacy, family and individual counseling, domestic violence and substance abuse services.

Program Coordinator Miranda Chan and Senior Wellness Program Assistant, Pinki Kahrs, will come to the Sheridan Apts. on:

Wednesday, May 27th, 2009
4:00pm

To tell us about the history of AACI as well as the wonderful programs at AACI. We invite residents of PAHC and their families to attend this important event.

SOCIAL SECURITY HOT TOPICS: NEWS AND ANNOUNCEMENTS

Vice President Joe Biden and Michael J. Astrue, Commissioner of Social Security, announced on March 26, 2009 that the federal government will send out \$250 economic recovery payments to people who receive Social Security and Supplemental Security Income (SSI) benefits beginning in early May 2009 and continuing throughout the month. No action is required to get the payment. It will be sent separately from the regular social security payment. For more information, visit the www.socialsecurity.gov website. It is a great way to learn about social security issues.



TULSI? What on earth is Tulsi?

In India, the Tulsi herb has been widely known for its health-promoting properties—for body, mind, and spirit for over 5000 years.

Commonly called “sacred” or “holy basil,” Tulsi is a principle herbe of Ayurveda, India's ancient holistic health system. Tulsi is high in antioxidants, which can help:

- Support memory function
- Promote heart health
- Boost immune system
- Slow down the signs of normal aging
- Promote healthy vision

Tulsi is available at health food stores as tea (a great alternative to coffee) or holy basil capsules.

GOOD NEWS! GOOD EGGS!

Eggs are actually one of the healthiest foods you can eat, and it's a shame that they have been vilified for so long in the United States. The idea that eggs are unhealthy is a complete myth, one that's easily debunked if you look at the evidence.

According to **Ron Rosedale, MD**, cholesterol is in every cell of your body, where it helps you to digest fat. Cholesterol also helps in the formation of memories and is vital for your neurological function.

In the latest studies, researchers identified several different peptides in eggs that act as potent ACE inhibitors, which are drugs used to lower high blood pressure. This means that *they actually lower* your risk of heart disease! One caveat: Please choose the higher-quality free-range organic eggs.

THE TIP OF THE MONTH
FROM A PAHC RESIDENT:

Cherryl Pape

Tip from a Resident!

“Take the initiative and call your auto insurance company and ASK how you can get your rates lowered. Chances are, they will find a way, but you must ask!”

O.A.T.S.

Older Adults

Transitions Services

is a counseling program, specifically designed for older adults who can benefit from group and individual therapy.

O.A.T.S. addresses the special needs of the older adult patient who is experiencing an acute psychiatric illness such as depression, anxiety disorder, bipolar disorder, panic disorder, etc.) and who is not responding to traditional interventions like medication therapy, counseling, and/or support groups.

The program provides intensive, focused treatment that assists the patient to develop coping skills and offers consistent support that is necessary to recover from symptoms.

O.A.T.S. is a covered benefit by Medicare, most Senior HMO's and other insurances.

Location:

El Camino Hospital Behavioral Health Services
2500 Grant Road
Mountain View, CA

If you would like more program and fee information, or to make an appointment for an initial assessment interview, please call **650/940-7138** or toll free **1-866-789-6089**.



FINANCIAL FITNESS: **MONEY~SAVING & GREEN** **HOUSEHOLD TIPS!**

- ✓ Take your bananas apart when you bring them home. If you leave them connected, they ripen faster.
- ✓ Store your opened chunks of cheese in aluminum foil. It will stay fresh longer and not mold.
- ✓ Peppers with 3 bumps on the bottom are sweeter; those with 4 bumps are firmer and better for cooking.
- ✓ Add a teaspoon of water when frying ground beef; it will help pull the grease away from the meat while cooking.
- ✓ Re-heat leftover pizza in a non-stick skillet. Set heat to med-low and heat till warm. This keeps the crust crispy. No soggy micro pizza. It really works.
- ✓ Use your hair conditioner that you tried on your hair and didn't like to... shave your legs. It's cheap and your legs are really smooth.
- ✓ To get rid of pesky fruit flies, take a small glass and fill it half with apple cider vinegar and two drops of dish detergent. The flies will go to the glass and drown.
- ✓ To get rid of ants, put small piles of cornmeal where you see ants. They will take it home and die because they can't digest it. It may take a week, but it works and is non-toxic.

Road Runners Transportation Service

Road Runners is a transportation service provided by dedicated El Camino Hospital Auxiliary volunteers. Transportation is provided for medical, dental, and El Camino Hospital outpatient services.

In addition, Road Runners will take appointments for door-to-door transportation to senior centers, local banks, and barber and beauty shops. Your appointment only needs to be within a ten-mile radius of El Camino Hospital.

A reservation is required and must be booked 24 hours before your appointment. Road Runners will pick up from 8:00 a.m. to 3:45 p.m., Monday through Friday. Fees range from as little as \$4.50 one way to \$28 one way.

For more details or to schedule this service, call Road Runners directly at 650-940-7016.

Road Runners office hours:
Monday - Friday | 8:00 a.m. to 4:30 p.m.

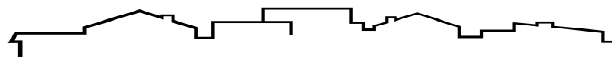
Volunteers Needed
Become a driver for Roadrunners!
Please call: 650-988-7651.



PAHC Management and Services Corporation
725 Alma Street
Palo Alto, CA 94301

PRSTD STD
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**PALO ALTO HOUSING CORPORATION
RESIDENT SERVICES NEWSLETTER**

Community information for you and your family!

We welcome your input. If you ever have an idea, tip or resource that should be shared with PAHC residents, please do not hesitate to call or email.

**PAHC Resident Services Program
Mission Statement:**

The Resident Services Program seeks to foster community connections, facilitate access to resources, and provide opportunities for personal development for residents of PAHC's housing communities.