



Palo Alto Housing Corporation's Resident Services

COMMUNITY NEWSLETTER

AUGUST 2009
Volume 76

Help us
raise funds!

ENJOY A COOL REFRESHING
BEVERAGE ON A HOT DAY &

HELP US START THE SCHOOL
YEAR OFF STRONG!

RAISE FUNDS FOR
PALO ALTO HOUSING
RESIDENT SERVICES @

JAMBA JUICE
IN THE
TOWN & COUNTRY VILLAGE

AUGUST 17~21, 2009

BRING THIS NEWSLETTER PAGE
& 20% of your purchase will
go to support PAHC's
after school programs in the
2009-10 school year.



The community newsletter is now
printed on 100% recycled paper.



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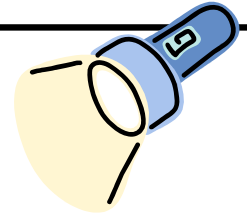
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Resource Spotlight



Our local community colleges

Foothill and De Anza Colleges

Are now accepting applications for Fall 2009

Quality higher education at an affordable price.
Start a degree or certificate program.
Finish a degree or certificate program
Or just take classes for your own fulfillment.

Our local community colleges are a great resource!

www.foothill.fhda.edu



MORE RECYCLING IN PALO ALTO!

STARTING JULY 1ST, YOU CAN ADD THE FOLLOWING ITEMS INTO YOUR BLUE RECYCLING BINS:

- MORE PLASTICS:
 - RIGID PLASTICS (E.G., BUCKETS, BROKEN TOYS, LAWN FURNITURE, SHELVING)
 - PLASTIC BAGS AND FILM PLASTICS (E.G., PACKAGING WRAP FROM TOILET PAPER, NAPKIN AND PAPER TOWELS, SHRINK WRAP). PLEASE "BAG" YOUR BAGS
- HARDCOVER BOOKS
- SCRAP METAL
- CELL PHONES
- ELECTRONICS (E.G., LAPTOPS, GAME SYSTEMS, COMPUTER CPUS, PRINTERS, KEYBOARDS, AND PERIPHERALS)



Free Cycle

www.freecycle.org

"Our mission is to build a worldwide gifting movement that reduces waste, saves precious resources & eases the burden on our landfills while enabling our members to benefit from the strength of a larger community."

The Freecycle Network™ is made up of 4,770 groups with 6,950,000 members across the globe. It's a grassroots and entirely nonprofit movement of people who are giving (& getting) stuff for free in their own towns. It's all about reuse and keeping good stuff out of landfills. Each local group is moderated by a local volunteer (them's good people). Membership is free. To sign up, find your community by entering it into the search box or by clicking on "Browse Groups" above the search box. Have fun!

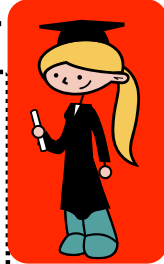
Summer Wrap Up & School Begins

14 PAHC Teens Are now Certified Babysitters thanks to the **American Red Cross Babysitter Training Class** held on July 31st. Great job Eunice, Keyonna, Tamara, Cameron, Dami, Smriti, Bishal, Keturah, Juan, Robert, Aaron, Peter, Erika, and Lupe!

Congratulations Digital Connectors Graduates!

10 PAHC Teens participated in this summer's pilot technology and leadership skills program. They visited Google and EA Games to learn about technology careers. They visited the Mid Peninsula Media Center, produced some short talk shows and then went home and created their own Public Service Announcements. Juan, Keturah, Sasha, Arman, Jonathan, Paco, Robert, Monae, Erika, and Erick, a job well done!

Thank you One Economy and Jeremy Jacob for their leadership.
Thank you to Wells Fargo Bank and the Linda A. Mabry Foundation for their funding support.



Attention High School Seniors!



Need help with your college applications & essays?

Contact Kate to let her know & we'll set up a workshop or series of workshops this fall to meet your needs.

Kate @ 326-0111.



We had lots of fun this summer and hopefully inspired new interests and made lasting memories.

Field trips included visits to Zeum and the Tech Museum, along with swimming, bowling, hiking, and making pizza at Tony & Alba's. Thank you to Summer Mejia for teaching us some cool Hip Hop moves in dance class. Thanks to Carol, Leslie, Dennis and Malloy from the YMCA for leading us in swimming lessons and outdoor sport too!

Thank you Laura, Marisol, Lydia, Jeanette and Nina for organizing and driving throughout the Summer of Inspiration.

Now let the school year begin!

After school programming will be held this fall at Oak Court, Colorado Park and Arastradero Park Apt. complexes. Check with Kate, Lydia or Marisol for exact days & times.

Tutoring for Middle School Students

If your middle school student struggles with a specific subject (math, English, etc.), talk to his/her middle school counselor about a referral to Dream Catchers, a non-profit tutoring organization run by Stanford students. Your student will be matched with a tutor and meet twice per week to work one-on-one.



DreamCatchers is a no-charge tutoring program helping underserved PAUSD middle school students who are falling behind in school.

Parent Resources

Parent Institute for Quality Education

Held this fall at Gunn High School
Beginning Tuesday, September 15th

A 9-week workshop series that helps parents understand the path to college including: how to encourage your child effectively, questions to ask your child's teacher, how to have an meaningful parent-teacher conference, school terminology, and a chance to ask questions of PAUSD administrators.

For more information and to register,
contact Monica Espinosa at Gunn High School
mepinosa@pausd.org



The Parent Project

Palo Alto parents rave about this series of classes that help improve parent-child communication!
Stop fighting with your challenging teen or preteen. Learn concrete tools.
Deal with at-risk behaviors. Bring peace back into your household.

This fall's series will begin:
Thursday, September 10th
6-9 pm
10 weeks

at the School District Office
25 Churchill Ave.

Dinner and childcare provided.
Classes are in English & Spanish

To sign up, please call Cristina Ordenana at 329-3736
Se Habla Espanol

The Palo Alto Adult School

www.paadultschool.org
650-329-3752

The Palo Alto Adult School's fall catalog of classes will be sent out in the Aug. 14 Palo Alto Weekly and be available at local libraries. Visit the Adult School office at 50 Embarcadero Rd., in the tower building at Palo Alto High School to register or visit their website.

Classes include:
All levels of English as a Second Language, Citizenship,
Pharmacy technician, medical assistant, computer classes,
cooking classes, photography classes and more.

By Nora Noldon, Senior Service Coordinator
Phone: 326-0137
nnoldon@paloaltohousingcorp.org

PAHC Resident Services
Presents

SIMPLE ABUNDANCE:
Cultivating Joy,
Beauty of Simple Things, Friendship



JUDITH PRUESS-MELLOW

Executive Director of Senior New Ways (www.seniornewways.org)
Judith will give another inspiring talk on the joys of life

WEDNESDAY, AUGUST 19TH
4:00pm

RECAP: We were so pleased to welcome **Melissa Yu, MS, L.Ac**, of Guang C, a local California Ave. TCM Clinic on June 24th. Melissa patiently answered our questions while she talked about the long history and benefits of **Traditional Chinese Medicine**. She even brought acupuncture needles and herbs for us to examine. She explained "*Yin and Yang*" and how it relates to the balance of good health. Thank you all for coming; we had the best attendance in a long while. Melissa also generously invited our residents to call her with questions any time!

RECAP: Our guest speaker on July 22nd was the charming and witty **Evelyn Preston**. She regaled us with amusing anecdotes of her life as a mother, speaker, writer and investment advisor. We all agreed that she must return to us in a few months!

GOT TROUBLE? GET HELP!

Contact the **Palo Alto Mediation Program**.

If you are struggling with a problem or dispute that involves a neighbor, employer or co-worker, other person or organization in the community call **650/856-4062** or e-mail **pama@projsen.org**

All services are Free, Confidential and Convenient.

Helpful services include Information, Referral, Conciliation and Mediation.
PAMP is also endorsed by the **Palo Alto Police Department**.

EAT WELL FOR LESS...

When families are stressed and finances are tight, some may turn to cheap, fast and processed foods as a budget-saving measure. Stanford nutrition expert Christopher Gardner, PhD, an associate professor of medicine with the Stanford Prevention Research Centre, said that families can still eat well while saving money and reaping other social, physical and psychological benefits.

Growing food in a backyard (or *Community*) garden, plying farmers' markets and enjoying simple, healthy meals prepared at home can be an antidote today's economic woes.

"All of us have more 'things' than we need. That's one of the reasons we're in this economic crisis, but when it comes to food, that is one of the first places your money should go. It affects your health your mood, your energy and how well you sleep," Dr. Gardner said. "In these times, it's a great opportunity to think about using our dollars more effectively and making more meals at home with friends and our families."

*PALO ALTO COMMUNITY GARDEN COORDINATOR:
catherine.bourquin@cityofpaloalto.org
650/496-5980

VOLUNTEERS NEEDED FOR ALLERGY TREATMENT STUDY

Grass pollen and dust mite allergy sufferers ages 5 to 65 are needed for a Stanford University School of Medicine clinical trial of a new "ouchless" alternative to allergy shots.

Volunteers will take daily under-the-tongue squirts of an allergy therapy that works on the same principle as allergy shots, but without the pokes.

Subjects will return to Stanford every few months for tests and keep a diary of allergy symptoms. Prospective volunteers must be allergic to both grass and dust mites, can get more information by calling Lisa Hoyte at 650/723-5227 or e-mail to ehoyte@stanford.edu

SOME LITTLE KNOWN FACTS ABOUT THE SOCIAL SECURITY NUMBER

Nearly every American is familiar with at least one important aspect of Social Security – his or her Social Security number. Most know it by heart, but otherwise give it no thought. Here are a handful of interesting facts:

1. The artist who designed the original Social Security card in 1936, Fred Happel of Albany, N.Y., also designed the famous "Flying Tigers" logo used by General Chennault's forces during WWII.
2. There are about on billion possible Social Security combinations.
3. Approximately 442 million Social Security numbers have been issued since 1936. About 280 million of those numbers remain active. Social Security does not reuse the numbers.
4. Social Security assigns about five and one-half million new numbers each year.
5. Generally speaking, you are limited to three replacement Social Security Cards in a year and 10 during your lifetime. There are some exceptions.

Here is one more fact about the Social Security card and number that everyone should know: **There is never a charge for getting a new or replacement Social Security card or for changing your name with Social Security.** Please remember this if you ever get offers from "middlemen" who want to charge you a fee to help you get a Social Security card or number or change your name on your Social Security card and records.

Another important thing to remember is to keep your card in a safe place, with your important papers. You should not carry it with you unless you know you are going to need it, such as for a new employer. Don't give your Social Security number to just anyone.

Safeguarding your Social Security card and number will go a long way to keep your identity safe.

If you'd like to know more, visit

www.socialsecurity.gov

WALKING CANES PROMOTE STYLE AND SAFETY

If you find yourself needing a little help to walk safely, you can find it in style with walking canes. Connecting style with safety is easy with today's variety of walking canes. Though some canes are for collecting, most are designed to assist you in style and comfort.

If you are wondering what your choices are to connect the safety you need with the style you want, well, the possibilities are endless. Any choice you can think of is probably available to you when you make your choice. There are "quad" canes which have 4 supporting legs on the bottom. Then there is the offset-handled cane, which offers strong support, a grip at the bottom for added stability and a soft hand grip. If you are a "lefty", you can find just as many styles and colours. Perhaps you don't need one all the time, so a folding cane may be right for you. When you need it, you unfold it! There are even walking canes that turn into a seat, so you can rest a spell. So you have many options that can connect the safety you need with the style you want.

This from Mike Brown, www.canes-sale.com

TWENTY CANCER SYMPTOMS THAT WOMEN ARE MOST LIKELY TO IGNORE (OR DENY)

- Shortness of breath
- Chronic cough or chest pain
- Frequent fevers or infections
- Difficulty swallowing
- Swollen lymph nodes or lumps on the neck, underarms or groin
- Excessive bruising or bleeding that doesn't stop
- Weakness and fatigue
- Bloating or abdominal weight gain
- Feeling full and unable to eat
- Rectal bleeding or blood in stool
- Unexplained weight loss
- Upset stomach or stomachache
- A red, sore, or swollen breast
- Nipple changes
- Unusually heavy or painful periods or bleeding between periods
- Swelling of facial features
- A sore skin lump that doesn't heal, becomes crusty, or bleeds easily
- Changes in nails
- Pain in the back or right side

This article is from MSN Health and is available in full upon request from the Senior Service Coordinator. Call or come by Nora's office.
650/326-0137

MAGNESIUM BENEFITS YOUR BLOOD PRESSURE

One out of three people have hypertension, or high blood pressure. This is a common and serious health concern, as uncontrolled hypertension can cause heart disease and increase your risk of having a stroke. It's especially dangerous because it often has no warning signs or symptoms.

You are generally diagnosed with pre-hypertension if your blood pressure is between 120/80 and 140/80, and anything above 140/80 is generally diagnosed as hypertension.

The first number is your systolic pressure, which should be typically below 120. The second number is your diastolic pressure, which should typically be below 80. If either your systolic or diastolic number is higher than the typical 120/80, you may get a diagnosis of hypertension or pre-hypertension. If you decide to supplement with magnesium, it is important to understand that its complementary partner is calcium.

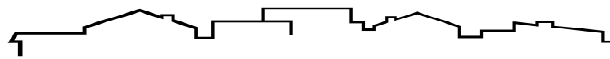
This mineral plays an immense role in your health. **Over 80% of the population is deficient in magnesium**, which can offer many benefits to your heart because it helps to dilate blood vessels, prevent spasm in the heart muscle and blood vessel walls, dissolve blood clots, prevents arrhythmia and acts as an antioxidant against the free radicals forming the site of the injury.

Talk to your health professional about magnesium.

Nutrition, Metabolism and Cardiovascular Diseases, April 7, 2009

Palo Alto Housing Corporation
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Palo Alto, CA 94301

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Post Office ---
Please Expedite



**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.