



Palo Alto Housing Corporation's Resident Services

COMMUNITY NEWSLETTER

August-September 2010
Volume 82

Welcome to all new Palo Alto Housing (PAHC) residents. We hope you find something useful in this newsletter for your family. Please contact any of our services staff members for additional information on community resources. Our names and numbers are listed below.

The community newsletter is printed on 100% recycled paper.



In this edition:

- Parent's workshops in Sept.
- Counseling for youth at Family & Children Services
- New office hours, see below
- Open House at Oak Manor!
- Senior-friendly gadgets pg 7
- Farmer's market vouchers for seniors, pg. 6

In this edition there are several great resources for parents & students as we start a new school year. We encourage parents to contact Kate or Marisol for more information about how to get connected with the resources you desire for your children:

- Parental Support
 - Onsite afterschool programming
 - Community tutoring programs
 - Youth counseling programs

New office hours for the Family & Senior Services Team:

Kate Young
Director of Resident Services

Main office at Oak Court Apts.
845 Ramona St.

Telephone:
(650) 326-0111

Tuesday & Thursday Mornings at Arastradero Park Apts.

(650) 494-1070

Email:
kyoung@paloaltohousingcorp.org

Nora Noldon
Senior Service Coordinator

Main office at The Sheridan Apts.
360 Sheridan Ave.

Telephone:
(650) 326-0137

Wednesday mornings at Arastradero Park Apts.

(650) 494-1070

Email:
nnoldon@paloaltohousingcorp.org

Marisol Piazza
Family Service Coordinator

Monday, Wednesday & Fridays at Oak Manor Townhouses
630 Los Robles Ave.

(650) 858-6866

Tuesday & Thursdays At Colorado Park Apts.
1141 Colorado Ave.

(650) 565-8033

Email:
mpiazza@paloaltohousingcorp.org

Lydia Klussmann
Youth Leader

at Arastradero Park Apts
574 Arastradero Rd.

for Toddler Time and After School Programming

Mon-Thurs Afternoons only

(650) 494-1070

Email:
lklussmann@paloaltohousingcorp.org

At PAHC this Fall:



Open House

at our new community room

Oak Manor Townhouses

Wednesday, Sept 1st
6~7:30 pm

Residents of Oak Manor and all PAHC Scattered Site properties (Ventura, Curtner, Elm, Emerson North, Emerson South, Emerson House, Plum, Ferne and Waldo) are encouraged to:

Come check out the new community room: our new resource center, computer lab and after school homework center at Oak Manor!

Enjoy refreshments and give your input on how the new space can best serve your needs.



Workshops for Parents

Facilitated by Sue Garber of
the Children's Health Council

Come meet with other parents to share ideas and challenges. Focus on solutions while being both firm and kind so that any child can learn creative cooperation and self-discipline with no loss of dignity.

Discover how to:

- Bridge communication gaps
- Defuse power struggles
- Hold children accountable
- Win cooperation at home and at school
- Meet the special challenge of teen misbehavior

A 3-part series

Tuesdays:

September 21

September 28

October 5

6~7:30 pm

Arastradero Park Apts.

Childcare and dinner provided.

Please call Kate if you plan to attend so we can purchase enough course materials.

After school programming
This fall's theme is:

Aim High!

Do Better Than Good Enough

This fall we will have after school homework clubs at 4 of our housing locations:

Arastradero Park Apartments

Colorado Park Apartments

Oak Manor Townhouses

Oak Court Apartments

Exact dates and locations will be distributed soon.
Please call a Service staff member for more details.

Around Palo Alto this Fall:

The Parent Project

We highly recommend this series of classes that help improve parent-child communication, especially with teens and preteens!

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 be:

September 09, 2010 to December 09, 2010

6:00-9:00 pm

10 week long series of classes

at the School District Office
25 Churchill Ave.

Dinner and childcare provided.
Classes are in English & Spanish

REGISTRATION INFORMATION English

Contact: RICH BULLERJAHN

Phone: (650) 329-2274

REGISTRATION INFORMATION Spanish

Contact: MANUEL TEMORES

Phone: (650) 617-3100

**Recommended
by several
PAHC families.
The kids love
this program!**

Tennis & Tutoring Program for youth

Since 1988, the East Palo Alto Tennis & Tutoring program (EPATT) has been impacting the lives of hundreds of Palo Alto area youth. Through partnerships with families, schools, and local communities, EPATT promotes leadership, discipline, hard work and excellence among 100+ Kindergarten-12th grade students. Using the unique mix of one-on-one academic tutoring and group tennis instruction, EPATT strives to enrich the academic, athletic, and social skills of its participants. The program is free of cost and they can often provide transportation from Palo Alto schools to the Stanford Campus.

www.epatt.net or 650-725-4450

To apply, fill out the online application and send recent test scores and report card to:
EPATT

Stanford Athletics
Taube Family Tennis Stadium
625 Campus Dr
Stanford, CA 94305



Family & Children Services Counseling program

Contact Family & Children Services to learn
about their counseling program for at-risk youth.
24 hours of free counseling for those who qualify.

650-326-6576
375 Cambridge Ave
Palo Alto

Parent Engagement Education Program

The program educates parents on
how to foster a positive
educational environment for
their children both at home
and at school.

The program, which lasts nine
weeks, is free to parents. Parents
who participate learn how to
create a positive and lasting
educational environment at home
using a number of proven
academic success tools: dedicating
a home study location and time of
day for homework; creating
ongoing dialog with their kids'
surrounding their academic
successes and challenges;
discussing children's college
expectations; and more.

Contact Marisol, Family Service
Coordinator for more information
on this fall's location and
schedule.

Dream Catchers

A tutoring Program
For middle school youth who are
struggling academically.

Contact Kate, Marisol, Lydia or
your child's counselor
for a referral.

Teens on the Green

Local youth bands come out for an eclectic
and exciting evening of music. Presented as
part of Palo Alto's Twilight Concert Series,
this free concert is performed at the
Cubberley Amphitheater. Sat, Aug. 21, 6:30
p.m. Free. For more information, call Brittany
Heideman at 650-463-4930 or e-mail
Brittany.Heideman@cityofpaloalto.org.
Cubberley Community Center, 4000
Middlefield Rd, Palo Alto

College Admissions: Navigating the Financial Aid Process

Presentation by Dr. Stone, a college
admissions consultant with a Ph.D. in
Education from UC Berkeley, a Certificate in
College Admissions Counseling from UCLA,
and nine years of private practice experience.
Aug. 25, 6:15-7:45 p.m. Free. For more
information, call East Palo Alto Library at
650-321-7712 . East Palo Alto Library, 2415
University Ave., East Palo Alto

College Admissions: Out-of-State Schools

Learn how to navigate the complex route to
college with a free presentation by Dr. Stone,
a college admissions consultant with a Ph.D.
in Education from UC Berkeley, a Certificate
in College Admissions Counseling from UCLA
and nine years of private practice experience.
Wed, Sept. 29, 6:15-7:45 p.m. Free. For more
information, call Atherton Library at 650-
328-2422 . Atherton Library, 2 Dinkelspiel
Station Ln., Atherton

By Nora Noldon, Senior Service Coordinator
nnoldon@paloaltohousingcorp.org

PALO ALTO HOUSING CORPORATION
Resident Services
Presents

**EVERYTHING YOU'VE EVER WANTED
TO KNOW ABOUT THE FUNERAL
BUSINESS
WITH
ZOE COWHERD ALAMEDA**

ZOE ALAMEDA is very attractive and charming woman. She doesn't look like a Funeral Director at all! She is also very personable and approachable. Her family has been in funeral service for generations. She's coming to answer all your questions about the funeral business and how not to get taken to the cleaners at a time when you most need HELP!

Zoe will bring useful handouts to you for your family and friends: A complete list of funeral homes, cemeteries and the Dept. of Consumer Affairs Guide to Funeral and Cemetery Purchases to everyone attending.

**WEDNESDAY, AUGUST 25th, 2010
3:00pm
The Sheridan Apts.**

Refreshments will be served

**COMING IN SEPTEMBER...
FREDERIC LUSKIN, Ph.D.**

Dr. Luskin will speak on a subject that we could all benefit from:

“FORGIVENESS”

Wednesday, September 22, 2010
At the Sheridan Apts.

RECAP: On June 23, 2010, we were fortunate to host **Susan Ayers Walker, Managing Director of Smartsilver Alliance**. Susan brought her wonderful 'gadget show', featuring helpful items for seniors' daily living. **Please read page seven, where reviews of other devices shown by Susan and tell you how you may order them.**

RECAP: On July 21st, 2010, the Sheridan welcomed the charming and dynamic **Dr. Janet Meiselman**. She spoke to a very interactive group of Sheridan residents on "Intimacy and Sexual Expression in Later Life". We really enjoyed having her here and she will be back! Thank you, Sheridan residents for another great turnout! Nora has her handout: **"Senior Sexual Health: The Effects of Aging on Sexuality"** available at the services office.

HOW TO HOOK UP WITH THE SOCIAL SECURITY OFFICE

It's convenient and secure... Go to www.socialsecurity.gov

- ✓ Apply for retirement, spouse's or disability benefits
- ✓ Estimate your retirement benefits
- ✓ Use our benefit planners
- ✓ Request a Medicare replacement card and apply for "Extra Help" with the prescription drug program
- ✓ Sign up or change your direct deposit
- ✓ Change your address or phone number, if you receive benefits
- ✓ Get help understanding your Social Security Statement or request one
- ✓ Get information in 15 foreign languages
- ✓ Sign up for email updates

Or...

CALL –
AUTOMATED TELEPHONE SERVICES 1-800-772-1213

- ✓ Get a Social Security Card application
- ✓ Get proof of your benefit amount
- ✓ Replace your Medicare card
- ✓ Change your address or telephone number, if you receive benefits
- ✓ Make changes to your direct deposit
- ✓ Locate your nearest field office
- ✓ Listen to informational messages
- ✓ Request your Social Security Statement

THE PICK OF THE SEASON!

Nora was able to obtain a limited number of vouchers from the California Dept. of Food and Agriculture (CDFA) which would enable PAHC's seniors to go to any local Farmer's Market and pick out \$20 worth of produce!

All you have to do is fill out the Senior Farmer's Market Farmers' Market Nutrition Program (SFMNP) Proxy Form. These forms are available at the Senior Service Coordinator's office at the Sheridan Apts.

Upon receipt of the complete form, Nora will give you a \$20 numbered voucher. Do not delay; they will go fast!

Remember that Nora also still has copies of the "Freeze Anything" Guide. This will help you with surplus food and it will enable you to take advantage of the good prices of summer fruits and veggies.

Nora Noldon, Senior Service Coordinator
nnoldon@paloaltohousingcorp.org
650/326-0137

TALK TO A HUMAN! –

How many times have you waited an eternity on the phone, having pressed many buttons... and you still can't get through to a real person. Here's a list of commonly-called companies, compiled by gethuman.com

Amazon.com: 800/201-7575 – Do not press or say anything.

American Express: 800/528-4800. Press 0 at prompts; ignore messages.

Bank of America: 877/231-9372. This will get you directly to an operator.

Citibank: 800/756-7047. Press# at each prompt, ignoring messages.

Dish Network: 800/333-3474. Press 0 at each prompt, ignoring messages.

FedEx: 800/463-3339. Say the word "representative" at each prompt.

MasterCard: 800/622-7747. Press 000 at each prompt, ignoring messages.

NetFlix: 888/638-3549. Press 0 at each prompt.

Target Online: 800/591-3869. Do not press or say anything. Ignore messages.

VISA: 800/847-2911. Press 0 at each prompt, ignoring messages.

Wal-Mart: 800/966-6546. Press 5 to speak to a customer service rep.

White House: 202/456-1414. This number goes directly to an operator.

CHUCK THE SODAS!

Rory Freedman, best selling author, suggests you think about weight gain, heart disease and type-2 diabetes. "There's nothing in sodas that is good for you."

They are filled with sugar, artificial flavors, sweeteners and other chemicals. Better to stick to good old...**water**.

SENIOR FRIENDLY GADGET SHOW:

Product Review:

As promised, here are some of the fascinating things Susan Ayers Walker brought last month:

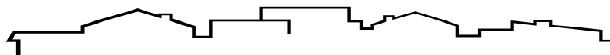
Handi Records Classic-www.handirecords.com – This is a checkbook-sized medical information organizer that you may keep with you at all times. It is concise and efficient and EVERYONE SHOULD HAVE ONE. Don't leave home without it, even if you are just going for a walk.

Jenda Lifetime Voice Calendar-www.buyjenda.com – This is a very cool gadget. It looks like a wall calendar, but it's a daily, weekly, monthly and yearly planner for recording your scheduled events *in your own voice*. To use, you simply press the date you want; selecting the month and day and then press and hold the record button while stating your message. It's *relatively* inexpensive (a good present from a *relative*) and works on three AAA batteries.

"Celery": 2-way Computerless email System-www.mycelery.com – It's simple and it allows non-computer users to "be included" in email using the Celery device and service, which automatically prints incoming emails for them and **instantly sends their outgoing pen-and-paper messages as email**. This is amazing. It works with any Fax. Internet not required. Caring and helpful support staff. It also supports RSS feeds: blogs, Twitter and Facebook. Relatively inexpensive.

Palo Alto Housing Corporation
725 Alma St.
Palo Alto, CA 94301

Time Sensitive
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.