



Palo Alto Housing Corporation's Resident Services
Community Inspirations
Practical Information to Maximize Your Full Potential

November-December 2011

*"What I know for sure is that what you
give comes back to you."*
~Oprah Winfrey

As we enter the season of sharing and giving thanks, we want to acknowledge the many volunteers, friends, donors and partners who make our programs possible.

THANK YOU!

To our wonderful weekly volunteers: Kate D, Jan H., Michael C., Jolly B, & Bola W.
To our close partners at the Palo Alto Adult School-Kara, Alex & Kathilynn who help us provide PA Job Link.

To the Palo Alto Weekly Holiday Fund and Sue Garber at Morrissey-Compton Education Services for helping us provide Family Night and parent coaching.

To the speakers for this fall's Teen STEPS program—Jasmin Conner, Kathilynn Lehmer, Nancy Brown from PAMF, Bill Amejka from Answers Executive Coaching and Raul Rojas from 3 Principles.

To the Linda A. Mabry Fund and St. Nicholas Church for support of our summer youth programs and to the Palo Alto Family YMCA for partnering to offer swimming lessons.

To the many speakers who come speak at our Senior Wellness events & to Nurse Sadhna, Dr. Osheroff and the Sewing Lady Savannah.

To the staff at DreamCatchers who provide an amazing tutoring and mentoring program for our youth. We wish to thank the following sponsors as well for providing in-kind donations: Gordon Biersch, the Milk Pail Market, and the Grocery Outlet.

And Thank You to the many residents who participate in our programs and learn and grow with us!

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.

The community newsletter
is printed on 100%
recycled paper.



Programs and Opportunities at PAHC

Palo Alto Job Link

One-on-One Job Coaching
for PAHC Job Seekers

PA Job Link is a free service provided by the Palo Alto Adult School to Palo Alto Housing Corporation job seekers. As a PA Job Link participant, you have the opportunity to have a weekly personal session with the job coach and attend occasional workshops to broaden your skills.

PA Job Link is a 12-session program designed to assist job seekers with:

- ✓ Job search skills
- ✓ Applications
- ✓ Resume creation/revision
- ✓ Cover letter writing
- ✓ Networking skills
- ✓ Interview skills
- ✓ Referrals for further assistance, if applicable

Please call Marisol to get on the waiting list for Palo Alto Job Link @ 858-6866. Kathilynn, our Job Coach, will contact you as soon as space is available.

One Job Seeker's Story

"After nearly two years of searching for a new job with no success Kate introduced me to Palo Alto Job Link, that's when I met Kathilynn

Lehmer. Kathilynn helped me with my resume, cover letters, thank you letters and letters of recommendation. She helped me fine tune my interview skills and also filled holes in my application which made jobs overlook my application. She was also consistent in checking with me regularly to see my progress, and making sure I was sending out my resume and application. I owe Kathilynn and Palo Alto Job link a lot because they helped me get a job at Symantec!"

~Solomone from Oak Court

Thanksgiving Dinner for Seniors

November 22nd
At the Sheridan Apts.

3pm

Bring your own plate & utensils
We'll provide the turkey,
stuffing & all the trimmings!

Please call Nora to reserve your
seat by Nov. 18.
ph. 326-0137

Holiday Toy Shoppe

Inn Vision's annual toy shop for Palo Alto families will be 12/17 & 12/18/11. You can register the week of 11/28/11-12/9/11, either in person at the Opportunity Center or by calling 650-853-8672 ext. 202. You need to have proof of address, proof of income, and proof of children in household.

Programs & Opportunities at PAHC Cont'd

PAHC Annual Winter Greeting Card Contest

All PAHC residents (kids & adults) are invited to submit an original Winter Greetings Card design! The winning designs will be reproduced as PAHC's Winter Greeting Cards for 2011 and receive a special prize! One winner from each age category will be chosen.

Age categories are: 4-6 7-9 10-12 13-14 Adult

Please get full instructions and entry form from a Service Coordinator—Kate, Marisol, Lydia, or Nora

Entries must be received by Wednesday, November 30th

We look forward to seeing your creativity!

YOGA Class

You are never too old, too unfit or too inflexible to do YOGA! YOGA has been practiced for more than 5,000 years, and currently, close to 11 million Americans are enjoying its health benefits.

FREE OF COST FOR PAHC RESIDENTS

Wednesdays

6:15 am @ Arastradero Pk Apts
Teacher = Jolly

Fridays

1pm @ Sheridan Apts.
5 pm @ Colorado Park Apts.
Teacher = Bola



NEW Computer Class

Introduction to Computers—learn how to use the Internet and Email



Beginning: Wednesday Dec 7
10-11:15 am

At the Sheridan Apts. Computer Lab

The teacher will be a very kind and patient volunteer named Jan.
Call Nora to enroll. Space is limited!
Ph. 326-0137

Senior Wellness Speaker Series
Monthly Speakers Designed for the over 60 crowd!
All events held at The Sheridan Apts, 360 Sheridan Ave.

**ENHANCING WELLNESS:
Enrich, Engage and Enlighten Your Life Every Day!**

With

Dr. Janet Meiselman
(who was here last year to speak on Intimacy and Sexual Expression)

Janet will remind us how to maintain and enhance overall health and how to make smart choices using the latest research.

FRIDAY, NOVEMBER 18th, 2011
3:00pm

SAVE THE DATE!

TUESDAY, NOVEMBER 29, 2011
3:00pm

EMERGENCY PREPAREDNESS AND CRIME SAFETY

With

KENNETH DUEKER, J.D.
Director, Office of Emergency Services and Homeland Security
Palo Alto Police and Fire Department

MINDFULNESS AND AGING

- As a way to deal with stress
- To engage in the present moment

With
MARGUERITE MANTEAU-RAO

THURSDAY, JANUARY 19, 2012

3:00pm

Nutrition Information



Shopping Organic

Many of us want to choose organic produce, but it can be rather expensive.

If you can't shop organically all the time, keep in mind that produce with thin skins absorb more pesticides than other types of produce. When possible, buy the following items organically

The top 10 foods to buy organically:

Apples
Celery
Cherries
Strawberries & other berries
Peaches & nectarines
Spinach & other leafy greens
Grapes
Bell peppers
Potatoes
Lettuce

IF YOU WANT ORGANIC, THERE'S ONLY ONE LABEL THAT CAN ASSURE IT: The USDA CERTIFIED ORGANIC label.

This seal, which is governed by the USDA's National Organic Program (NOP) is your BEST assurance of organic food quality. Farmers and growers of organic produce bearing the USDA seal have to meet the strictest standards of any organic label. USDA certified organic livestock must have access to the outdoors and cannot be given antibiotics or growth hormones, and in order to qualify as an organic crop, it must be grown and processed using organic farming methods that recycle resources and promote biodiversity.

For example, crops must be grown without:

- Synthetic pesticides
- Bioengineered genes
- Petroleum-based fertilizers
- Sewage sludge-based fertilizers

So remember, if you see anything that says it's "organic", it must specify "USDA Certified Organic" to be meaningful.

~ Harvest of the Month ~

November's Recipe is: Savory Greens

Dark green leafy vegetables are, calorie for calorie, perhaps the most concentrated source of nutrition of any food. They are a rich source of minerals (including iron, calcium, potassium, and magnesium) and vitamins, including vitamins K, C, E, and many of the B vitamins. They also provide a variety of phytonutrients including beta-carotene, lutein, and zeaxanthin, which protect our cells from damage and our eyes from age-related problems, among many other effects. Dark green leaves even contain small amounts of Omega-3 fats.

Makes 6 servings. 1 cup each.
Cook time: 30 minutes

Ingredients:

3 cups water
1/4 pound skinless turkey breast
1/4 cup chopped onion
2 cloves garlic, crushed
1/4 teaspoon cayenne pepper
1/4 teaspoon ground cloves
1/2 teaspoon dried thyme
1 green onion, chopped
1 teaspoon ground ginger
2 pounds greens (mixture of collards, kale, turnip greens, mustard greens)

1. Place all ingredients except greens into large pot and bring to a boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Slice greens into bite-sized pieces.
4. Add greens to stock. Cook 20 to 30 minutes until tender. Serve hot.

Adapted from: *Soulful Recipes: Building Healthy Traditions*, Network for a Healthy California, 2009.

For more recipes, visit:
www.cachampionsforchange.net

Special Section: Health Care Programs

Santa Clara Family Health Foundation

Apply for free or low cost
Health Care Coverage
For Children (and Pregnant women)

Children and pregnant women may qualify for health coverage, including medical, pharmacy, dental and vision care through Medi-Cal, Healthy Families or Healthy Kids programs:

- You must live in Santa Clara County
- Children must be less than 19 years old
- You must meet income requirement
(maximum monthly income of \$5,589 for a family of four)

Premiums range from \$0-21 per child per month, with a family maximum of \$63 per month.

Proof of citizenship or immigration status NOT required for certain programs.

Talk with Kate, Lydia or Marisol for a referral form

Santa Clara Family Health Plan presents....

Healthy Workers

A medical coverage program for employees of small businesses

To qualify, the business must:

- Have 2-50 employees
- Be located in Santa Clara County
- Have employees salaries of less than \$38,115
- Not offered health coverage to employees in the last 12 months.

Ask Kate, Marisol or Lydia for a full package of information about the program. If you work for a small business that does not offer coverage, bring this info to your employer.



FREE FLU SHOTS!

Peninsula HealthCare Connection (PHC) is offering free flu shots at the Opportunity Center during Family Harvest on November 16th from 5pm-7pm.

The Opportunity Center is located at 33 Encina Avenue, Palo Alto, CA 94301

First Come First Served!
Anyone is welcome to come, even children!

Low-Cost Dental Services:

For Children Children's Dental Center

897 W. El Camino, Sunnyvale
408-701-5882

An amazing kid-friendly dental center—it's like Disneyland!
They accept Medi-Cal, private insurance and provide services on a sliding scale for those without dental coverage.

For Adults (of any age) Mid-Peninsula Dental Society

This is a great service for adults who are experiencing dental pain. An income eligibility screening is done by calling Katie Haskins at Avenidas—ph. 289-5453. She will refer you to a local dentist who participates in the program. You make an appt & tell the front desk you were a patient referred by the Peninsula Dental Society. You pay only a small portion of the total cost of the procedure. Katie Haskin@ Avenidas: 289-5453, Net income \$3,000 a month or lower



Low-Cost Computers!

Comcast's new program makes buying a computer & bringing the Internet to your home is easy and affordable!

Now you can connect to the Internet at home - for school, work, communicating with others and so much more.

How to qualify

To qualify for \$9.95 a month Internet service and a low-cost computer for \$149.99, your household must meet all these criteria:

- Be located where Comcast offers Internet service
- Have at least one child receiving free school lunches through the National School Lunch Program (The Guardian of the Child must be the one applying for the service)
- Have not subscribed to Comcast Internet service within the last 90 days
- Not have an overdue Comcast bill or unreturned equipment

How to apply

- Call 1-855-8-INTERNET (1-855-846-8376) to request an application
- We will mail you an application. Complete and return it, along with lunch program documents from your child's school
- We will notify you by mail about the status of your application. Allow 7-10 days for a response



How to get connected

Once you are approved, we'll mail you a welcome package with everything you need to set up your Internet service and receive our free Internet training. If you choose to purchase a low-cost computer, your welcome package will provide details.

In this edition:

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Healthy Workers Program
Low-Cost Dental Care
Free Flu Shots
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- **Greeting Card Art Contest**
- **Safety Preparation & Crime Prevention for seniors**
- **Holiday Toy Shoppe**
- **Harvest of the Month—A tasty recipe for savory greens**

Used Book Sale!!!

Friends of the Palo Alto Library is holding monthly sales of used books, CDs, and DVDs

When: Saturday and Sunday, Nov. 12-13 and Dec. 10-11.

Sale hours: Saturday, Main Sale Room open 11 a.m.-4 p.m.;
Children's and Bargain Rooms open 10 a.m.-4 p.m.;
Sunday, all rooms open 11 a.m.-4 p.m.

Cubberley Community Center,
4000 Middlefield Road, Palo Alto

PALO ALTO HOUSING CORPORATION RESIDENT SERVICES PROGRAM NEWSLETTER

A reminder that you are welcome to contact our Resident Services staff at anytime for support and resources!

Kate Young
Director of Resident Services

Main office at Oak Court Apts.
845 Ramona St.

(650)
326-0111

Email:
kyoung@paloaltohousingcorp.org

Nora Noldon
Senior Service Coordinator

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360 Sheridan Ave.

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326-0137

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Marisol Piazza
Family Service Coordinator

Oak Manor Townhouses
630 Los Robles Ave.

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or
Colorado Park Apts.
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(650)
565-8033

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