



Palo Alto Housing Corporation's Resident Services

COMMUNITY NEWSLETTER

February 2009
Volume 71

Calling all toddlers on page 2!
Teens, don't miss the spring break college tour on page 3.
More tax information on page 4.
Out & about at Avenidas, page 6.

New Computer Class

Introduction to Microsoft Word

A 6-week course designed for the beginning computer user. We will cover the basic skills needed to use this very popular word processing program. It will be a fun and friendly way to get started using a computer. Please join us if the course description fits your needs!



In this course, participants will learn to:

- Use a mouse to navigate around the screen.
- Create a new document, open, save and print it. Edit text and change the size, font and color.
- Insert and manipulate clip art and pictures.
 - Create a flyer and type a letter.

Thursdays, February 26th - April 2nd
2 sections: 5:30 pm or 6:45 pm
Oak Court Apartments
845 Ramona St. @ Channing

There are 4 spaces available for each class.
Please call Kate at 326-0111 to reserve your seat.

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Announcing a new program at PAHC.....

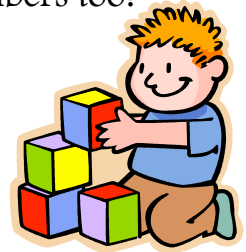


Toddler Time! Parent-Child Program

Parents, grandparents or guardians, bring your little ones aged 2-5 years
And spend some time together with music, stories, songs, and hands-on activities such
as art, cooking and games. We'll practice ABC's, shapes and numbers too!

Beginning Monday, March 2nd
Mondays & Thursdays, 10:30-11:30 am
Arastradero Park Apts. Learning Center
574 Arastradero Rd. #A3

Taught by Lydia K., our long-time Youth Leader
Toddlers and parents from any PAHC property are welcome to attend!



Parent's Partnership Workshop Series, based on the famous book by Adele Faber and Elaine Mazlish, known as "the parenting bible":

"How to Talk So Kids Will Listen and Listen So Kids Will Talk"

A 6-session video and discussion series for parents of all age groups!
Each session will be a 30-minute video and 30-minute discussion on topics from
the book such as helping children deal with their feelings, engaging cooperation,
alternatives to punishment, encouraging autonomy, praise
and many more insights.



Pizza Dinner at 6 pm
Workshop begins at 6:30 pm
Tuesday evenings
March 17
March 31
April 14
April 28
May 12
May 26

Arastradero Park Apts. Learning Center

Sue Garber of the Children's Health Council will be the facilitator.

Call Kate with any questions.

Community Forum:

**Hearing From Our
Teens: Student
Attitudes &
Experiences
regarding Alcohol,
Marijuana, &
Bullying**

Monday, March 2nd
6:30 Refreshments
7 p.m. Program Begins
@the School District
Office,
25 Churchill Ave.

Students, Parents,
Staff, Community
are welcome!
Hear about student
strategies for staying
safe and avoiding
alcohol, & important
messages parents.

Sponsored by Palo Alto Drug
& Alcohol Community
Collaborative



Summer Camp

It is only February, but it is not too early to start thinking about summer camps plans. Here are some local options with scholarship possibilities:

Palo Alto Family YMCA

3412 Ross Rd, 856-9622

Ask about financial assistance! It is available and they will work with you. The Y's summer catalog is now available, listing their many great day camps, sports, cooking, adventure, swimming, teen and away camps.

Hidden Villa

A local treasure, Hidden Villa is 1600 acres of open space wilderness and organic farm in Los Altos Hills. Their day and sleepover camps are awesome for all nature lovers! Scholarships are available, but register early: www.hiddenvilla.org or 949-8642.

City of Palo Alto Community Services

Check the Palo Alto ENJOY catalog for summer camp listings. The catalog will be available in the February 9 Palo Alto Weekly newspaper and at local libraries, city buildings and online at www.cityofpaloalto.org/enjoy or call 463-4900. For your first choice of camps, register by March 13th. File a "fee reduction program" application before registering for camps.

Camp Galileo

Top quality art, science and outdoor activities with dynamic staff for grades K-5. In Palo Alto at Addison School. Full and part scholarships available, register early! 800-854-3684 or www.galileo-learning.com

Community School of Music & Arts

Located on San Antonio rd, they offer arts and music classes of all kinds for all ages. www.arts4all.org or 917-6800

What are you going to do after high school?

**Come explore options on the
PAHC Spring Break College Tour**

For grades 5 and up
16 available seats



We will use this year's spring break to learn about local college campuses and the educational opportunities they have to offer. We'll travel as a group, meet with informative tour guides who will provide insight into the undergraduate experience, highlight academic opportunities, and showcase the campus environment.

The tours will include a visit to the campus library, classrooms, residence hall rooms, music and performing arts facilities as well as the Student Union.

March 23: UC Santa Cruz, picnic lunch & the Boardwalk

March 25: San Francisco State, picnic lunch & Academy of Arts University

March 27: UC Berkeley, lunch @ EmeryBay Public Market & Western Career College

Lunch is provided. Bring a water bottle and comfortable walking shoes.
Check your calendars and call Kate to **sign-up in advance**, 650-326-0111.

FREE TAX ASSISTANCE

Don't pay to get your taxes prepared!

Last month we featured some tax preparation locations sponsored by AARP, designed for senior households, but open to everyone. Below are some nearby locations specifically designated for families with 2008 household income less than \$45,000.

Please bring with you:

- Copies of last year's Federal and State returns.
- Social security cards or statements to confirm social security number.
- Federal and State packages which you receive in the mail. Do not remove labels.
- All W-2 and 1099 forms, including forms SSA-1099.
- 2008 Economic Stimulus Payment amount.
- Childcare provider name, address and tax id number.

Catholic Charities, Thursdays & Saturdays by appt., 2625 Zanker Rd., San Jose, 408/325-5241

Community Church of East Palo Alto, Saturdays by appt., 2201 University Ave, E.PA, 650/588-2100

East Palo Alto Family YMCA, Saturdays 2/21, 2/28 and 3/14, 10am-2, no appt. walk-in, 550 Bell St., East Palo Alto

Fair Oak Community Ctr, Saturdays 2/21, 3/7, 3/21 9am -1pm, walk-in, no appt. 2600 Middlefield Rd. Redwood City

For a list of other locations in San Jose or San Mateo County, please call Kate at 326-0111.

Earned Income Tax Credit

When doing your taxes, don't forget to check if you qualify!



EITC can reduce your taxes, and result in a refund.
In simple terms, workers keep more of what they earn.
See IRS form 596 for more details.

2008 Qualifying Incomes:

No Child: single \$12,880, married \$15,880
One Child: single \$33,995, married \$36,995
Two or More Children: single \$38,646, married \$41,646

Tip from a
reader!
~Thanks

Consumer Awareness: Did you get a refund anticipation loan?

Attorney General Gerry Brown recently reached a \$4.85 million settlement with H&R Block, which prohibits the company from marketing refund anticipation loans as early tax refunds. A refund anticipation loan is a short-term loan secured by a taxpayer's anticipated income tax refund.

Consumers who purchased a "Refund Anticipation Loan" or a "Refund Anticipation Check" through H&R Block between January 1, 2001 and December 31, 2008 are entitled to restitution. A settlement administrator will be contacting eligible consumers directly. Eligible consumers may also write to the Attorney General's Public Inquiry Unit at P.O. Box 944255, Sacramento, CA 94244-2550, or may send an e-mail at <http://ag.ca.gov/contact/>.

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

A Special Workshop on Men's Health

PROSTATE HEALTH

With

LEON G. KASEFF, M.D.

Dr. Kaseff was Associate Radiologist for 30 years at Mills-Peninsula Hospitals in San Mateo and Burlingame, the San Mateo County Health Center and the San Mateo Imaging Center. He is a graduate of Indiana University College and Medical School and the Stanford University Residency Program in Radiology.

WEDNESDAY
FEBRUARY 18th, 2009
3:00pm

RECAP: BETTER BREATHERS...

On Wednesday, January 28th, we had the pleasure of hosting Missy Van Luehrte, R.N. She talked to us about smoking; second-hand smoke; and surprising and interesting information about third-hand smoke dangers. She also gave us some breathing exercises. **MORE FROM MISSY...**

Missy has several programs at her base, El Camino Hospital. The Better Breathers Club and Support Group which meets the 1st Monday of each month. And the Smoking Cessation Program, and something really fun and unusual, Harmonica classes, which meet on the 2nd and 4th Friday of each month. For information, call Missy at 650/988-8225

A NEW YEAR; A 'YOUNGER' YOU!

You can do it with herbs and spices! Every time you flavor your meals with herbs and spices you are literally “upgrading” your food without even adding a single calorie, even if you are still on the typical American diet that is high in simple carbohydrates.

Herbs and spices contain antioxidants, minerals and multivitamins, and because they are nutrient-dense, they are thermogenic, which means they increase your metabolism. They even increase your overall feeling of fullness, so you’ll eat less!

*Rosemary and basil for anti-inflammatory power.

*Cumin and sage for dementia-fighting power.

*Cayenne and cinnamon for their obesity-fighting power.

*Coriander and cinnamon for their sugar-regulating power.

*Lemon grass, nutmeg, bay leaves and saffron for their calming effects on your mood.

*Turmeric for its cancer fighting power

*Oregano for its fungus-beating power

*Garlic, mustard seed and chicory for their heart-pumping power.

*Coriander, rosemary, cayenne, allspice and black pepper for their depression-busting power.

Note: The U.S. irradiates over 65 million pounds of spices herbs and dry ingredients each year. So before you purchase a spice, check the label to ensure that it has not been irradiated.

The Huffington Post, Dec. 2008

What does “Bonding” Mean?

You might want to ask your caregiver, if he or she is bonded. Most insurance companies, such as an auto insurance company, can work with the caregiver to get bonded. The bonding company will do a complete background check before they offer to bond an individual. Bonding protects caregivers AND those they care for in the case of theft or other legal issues.

Events at Avenidas

Our local senior center
450 Bryant St., Palo Alto

Dance Fever

Every Friday afternoon means dancing at Avenidas! On Fridays from 3 to 4:45pm, you can come and enjoy music, dancing, and socializing. Singles and couples are welcome. There is no fee and no registration required.

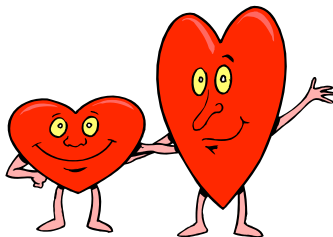
The Hills Are Alive With the Sound of Music

This year, resolve to bring more good music into your life! One easy way is to attend the Journeys into Great Music series held at Avenidas on Tuesdays from January 27 through March 17, 2-3pm. Dr. Norbert Molder has developed quite a following at Little House, so now’s your chance to see what all the fuss is about. You can choose one lecture for \$3 member/\$5 non-member, or attend the whole series for \$10/\$15.

Read Any Good Books Lately?

Avenidas has a book group that meets monthly to discuss various novels and other books. Thursdays from 3 to 4:30 pm at Avenidas. If you love books, you’ll want to come get in on this lively discussion! No charge and no registration required.

HAPPY VALENTINE’S DAY!



WINE AND CHOCOLATE: A Dynamic Duo!

In moderation, these Valentine's Day treats are good for your heart and soul!

Who hasn't appreciated chocolate on a tough day (or any day really)? Or enjoyed an evening glass of wine with a friend?

Don't feel bad about occasional indulgences; research shows that, in moderation, both can be good for your heart. In chocolate-especially **dark** chocolate-it's flavonoids (natural antioxidants) that keeps us healthy; in red wine, it's resveratrol, an antioxidant in grape skins that helps lower cholesterol and protects the heart. While the risks of excessive alcohol intake are well known, moderate drinkers have a lower incidence of cardiovascular diseases than non-drinkers. Grapes, their skins, and wine are rich in antioxidants that fight disease.

HOUSEPLANTS CLEAN THE AIR LIVE PLANTS ARE MORE THAN DECORATION

Whether in nature or in built spaces, plants improve our quality of life. The color green by itself has a calming, stress-relieving effect. Japanese garden design focuses on contemplative green spaces. Green office décor has been found to reduce absenteeism caused by illness. They suppress mold spores. They even have the capacity to remove some indoor pollutants from the air. They remove carbon dioxide (which we expel) and release oxygen (which we breathe).

Here are just a few of the best houseplants for improving indoor air. They're easy to find at greenhouses and garden centers.

Palms; areca, lady and bamboo. Rubber plant, Dracaenas, such as "Janet Craig" and Dracaena marginata; English ivy, Boston fern, Corn plant, Spathiphyllum, Golden pothos, Weeping fig, Schlefflera.

HOUSEPLANT TIPS:

The more airtight your home or office, the more indoor pollutants can build up in the air, and the more benefit houseplants can offer.

If you don't have enough room for 2 or 3 houseplants in a 100-square foot space, focus on placing plants where you spend the most time.

Kathy Bond Borie, of the National Gardening Association

YOUR FOOD'S TRYING TO TELL YOU SOMETHING...

When you look at certain foods, does a light go on in your mind? Who didn't grow up being advised to eat **carrots** for their eyes? If you slice this veggie into rings, you might notice that the center circle looks like a pupil and the ring around it resembles an iris. Sure enough, carrots are spectacular sources of beta carotene, which our bodies convert to Vitamin A- essential for proper functioning of the retina. Carrots also offer Lutein, another nutrient essential for eye health.

Crack open a **walnut**, and you notice how the two halves resemble the right and left hemispheres of the brain. These wonderful nuts offer protein and fiber with no cholesterol, plus omega-3 fatty acids that are linked to... improved cognitive function! Stalks of **rhubarb, bok choy** and **celery** look a bit like the long bones in the body. All three of these are good sources of calcium, and the celery is an excellent source of Vitamin K-key nutrients for bone health.

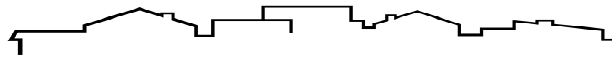
Slice a ripe tomato across its "equator" and you'll see four chambers. Red? Four chambers? Just like the human heart. They're good sources of lycopene, which protects against certain cancers and heart disease. Eat them with a little healthy fat, like olive oil, to absorb more lycopene.

The editors of Wellness Magazine

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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.