



Palo Alto Housing Corporation's Resident Services

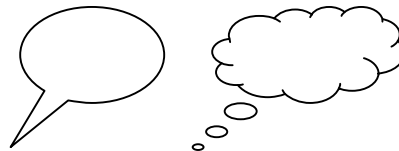
COMMUNITY NEWSLETTER

January 2009
Volume 70

Wishing you a magnificent 2009!

Each month this newsletter features information about free or low-cost resources, programs, educational opportunities, and family events in the Palo Alto area. We hope you find it a valuable resource tool.

We welcome your input! If you ever have an idea, tip or information that should be shared with PAHC residents, please do not hesitate to call or email. You'll notice that with the start of the new year, we've begun adding callouts that indicate when information is based on a tip from a PAHC resident. Thanks for your feedback!



Please do not hesitate to call for resource information or specific questions about the needs of you and your family. We will do our best to assist you or point you in the right direction.

Thanks!
~The PAHC Resident Services Team

PAHC Resident Services Team:

<p>Kate Young Director of Resident Services</p> <p>at Oak Court Apts. 845 Ramona St. Palo Alto, CA 94301</p> <p>Telephone: (650) 326-0111</p> <p>Email: kyoung@ paloaltohousingcorp.org</p>	<p>Nora Noldon Senior Service Coordinator</p> <p>at Sheridan Apts. 360 Sheridan Ave. Palo Alto, CA 94306</p> <p>Telephone: (650) 326-0137</p> <p>Email: nnoldon@ paloaltohousingcorp.org</p>	<p>Raul Rojas SRO Service Coordinator</p> <p>at the Barker Hotel 439 Emerson St. Palo Alto, CA 94301</p> <p>Telephone: (650) 327-2006</p> <p>Email: rrojas@ paloaltohousingcorp.org</p>	<p>Lydia Klussmann Youth Leader</p> <p>at Arastradero Park Apts.</p> <p>Telephone: (650) 494-6675</p> <p>Email: lklussmann@ paloaltohousingcorp.org</p>
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“The Parent Project is very useful! I learned many new tools.”

The Parent Project is a nationally acclaimed program with proven results that was created by and for parents with strong-willed or at-risk pre-teens and teens. It has proven to be very popular and well received by Palo Alto parents so far.

For every question you ask, the Parent Project promises concrete answers:

- Put a stop to parent-child arguments.
- Adopt effective ways to discipline strong-willed or out-of-control kids.
 - Prevent or stop your children from using drugs and alcohol.
 - Recognize and prevent high-risk activities.
 - Bring love and fun back into the family.

Each of the 12 weekly group meetings includes practical and no-nonsense action plans, tools, resources and opportunities to share and receive support.

**The Palo Alto Parent Project’s
12-week Program for Spring 2009 will be:**

**March 5-May28
Thursdays, 6-9pm
In Spanish and English
Dinner, childcare and materials provided!**

For more information, contact Melda Christmas or Donna Arndt at 617-3100 x.1321

Congratulations!

The 2008 Holiday Card Contest
Winners were:

Jonathan Alvarez
of Arastradero Park.

Tarik Azouggar of
Oak Manor Townhouses.

Titilola Bolarinwa of
Oak Court.

Their creative designs were
transformed into holiday cards. They
each received a prize for their efforts.

Great job kids!
Keep the creativity flowing!



Info
from a
Reader

Palo Alto Neighborhoods'

Block Preparedness Coordinator (BPC) Program

As a resident of Palo Alto,
you can get involved in preparing
the city for a disaster
by training to be an BPC!

The Palo Alto Neighborhoods have
partnered with the City to form the
BPC program to ensure that residents,
businesses and other groups can
participate in disaster preparation,
response and recovery. The BPC
program trains volunteers for each
neighborhood and the goal is to have
one BPC for each block. The role of the
BPC is to educate neighbors, build
social bonds, organize information and
serve as a communication node in the
event of an emergency.

If you would like to get involved or for
more information, contact Al Dorsky at
650-494-2923 or
adorsky@yahoo.com or visit
www.paneighborhoods.org

Digital TV Reminder

You've seen the ads, the digital TV transition
is near! February 17, 2009

A TV connected to cable, satellite or other
pay TV service **does not** require a TV
converter box.

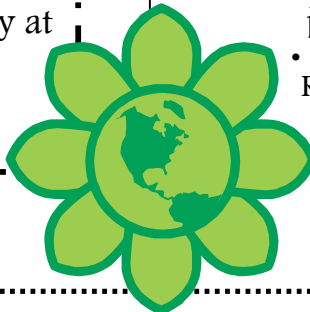
Consumers with an older TV that do not
have cable have a variety of options to
choose from. Options include:

- 1 Keep your existing analog TV and
purchase a TV converter box. A converter
box plugs into your TV and will keep it
working after Feb. 17, 2009, or
- 2 Connect to cable, satellite or other pay
service, or
- 3 Purchase a new television with a digital
tuner.

If you choose the converter box option,
boxes cost \$50-70. Each household can
request two \$40 coupons from the National
Telecommunications Administration at no
charge to help pay for the box.
www.dtv.gov or 888-388-2009.

TV Converter boxes can
be purchased locally at:

- Wal-Mart, Circuit City,
Radio Shack, or Best Buy



Tip from
a Reader

Did you know?

The Tech Museum of Innovation in San Jose is FREE the 2nd Sunday of every
month. Visit their interactive exhibits at 201 South Market Street, San Jose.

The Exploratorium offers FREE admission on first Wednesday of each month.
Palace of Fine Arts, 3601 Lyon Street, San Francisco.

The de Young Fine Arts Museum is FREE the first Tuesday of each month, Legion
of Honor, Lincoln Park, 34th Avenue & Clement Street, San Francisco. So is the
Museum of Modern Art (SFMOMA), 151 3rd St. between Mission & Howard, SF.

Family passes for FREE admission to the San Jose Museum of Art are still available.
Call Kate at 326-0111. They are now featuring an exhibition of
legendary artist, Frida Kahlo until March 2009!

FREE TAX ASSISTANCE

For low and moderate income taxpayers of all ages
Fridays, 9am to 3:30 pm
February 6 to April 10, 2009

At Avenidas Senior Center
450 Bryant St., Palo Alto

For information or to schedule an appointment please call 289-5400

This service is sponsored by AARP Foundation
and is available to all low income taxpayers regardless of age.

To your appointment, 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.
- Record of 2008 estimated taxes paid. Bring canceled check.
- All W-2 and 1099 forms, including forms SSA-1099.
- Statements from brokers 1099-B if stocks and bonds sold in 2008.
- If itemized deductions are to be claimed, bring supporting information.



Tax counseling is also available by appointment at:

Catholic Charities	2625 Zanker Rd.	San Jose	408/325-5241
Los Altos Senior Center	97 Hillview Ave.	Mon. 9-12	650/947-2797
Mountain View Senior Center	266 Escuela Ave.	Tues., Wed. 9-12	650/903-6330
Little House, Menlo Park	800 Middle Ave.	Tues. 11-3:30	650/ 326-2025

2008 Tax Questions and Answers

Question 1: Do PAHC residents qualify for 900OR Renters Assistance?

Answer: PAHC properties are tax-exempt. That means PAHC does not pay most property taxes, which is one of the reason that rent is lower than market rate. Therefore PAHC residents do not qualify for the 900OR renter's assistance.

Question 2: What is the Earned Income Tax (EIC) Credit?

Answer: The EIC is a tax credit for people who work, have at least one child and have earned income in 2008 under \$41,646 can receive a tax credit of \$2,747. To find out more about EIC see IRS Publication 596. It is available online at www.irs.gov, at local libraries or by calling the IRS at 1-800-TAX-FORM.

Question 3: Should I go to a professional tax preparation service for a "rapid refund" or "refund anticipation loan"?

Answer: Consider the costs before choosing this option. These short-term loans are generally "too good to be true". They are not instant cash, they are instant unnecessary debt! You may be charged interest rates of 40-100%! Considering going to Avenidas or prepare your own taxes.

The IRS offers an online service called FREE FILE at www.irs.gov
Your refund can be automatically deposited within 10-14 days!
Eligible taxpayers have \$54,000 or less in income.
It is so easy, anyone can do it!

With Free File, you can:

- Get a faster refund, in as little as 10 days with Direct Deposit.
- File your taxes any hour of the day or night.
- Save paper—and that helps all of us.



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

BETTER BREATHERS

Our speaker for January is a very interesting woman:

MISSY VAN LUEHRTE

She will be speaking on **SMOKING AND IT'S LONG-TERM EFFECTS**, particularly, *second-hand smoke*. She will also be able to give us breathing exercises and answer questions on all related subjects. We hope you will be able to attend this informative session at:

The Sheridan Apts. 360 Sheridan Ave.
(between Ash and Birch).

**Wednesday, January 28th
1:00pm**

Those from all PAHC properties
are cordially invited to attend.

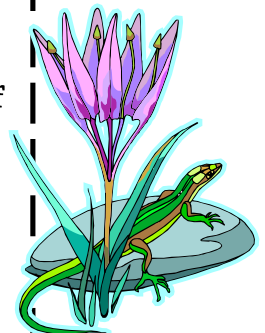


RECAP: This section is usually reserved for recapping our last speaker. However, we really must acknowledge a few people who helped at our annual Thanksgiving Dinner at the Sheridan Apts. First of all, thanks to Yevgeniy, who helped unpack and put up our large and lovely tree. To Maxine, who untangled and tested the lights. James, who gamely hung the lights and most of all, to Esther, who emerged as one of the all-time great dishwashers! Also, thanks so much to Kate and Jaejean for their valuable assistance.

AROMATHERAPY FOR THE LIVER — Rebekah McPhee, R. Ac. R.F.C.

Scents and odors have always had a profound effect on both body and mind. Chamomile is a very effective scent that can help to sedate and calm the liver as well as calming anger, frustration, depression, guilt and lack of motivation. (powerful scent!) Rose, geranium and lemon, help to strengthen and support the liver. Three ways to use aromatherapy oils:

- Massage: Add 40-60 drops to 3 oz. of almond oil.
- Inhale: Place a few drops on a napkin, hanky or cotton ball and inhale periodically.
- Diffusion – Place a few drops in an aromatherapy air diffuser.

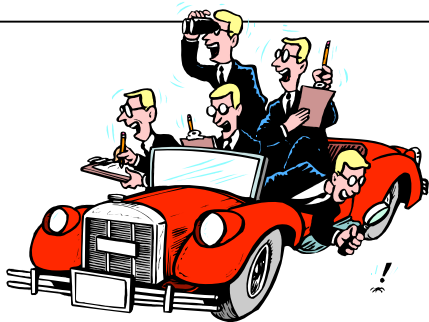


A CONSUMER'S GUIDE TO AUTO REPAIR

If you're like most Californians, you depend on your vehicle. When it needs service or repair, you want the work done quick, correctly, and at a reasonable cost. Here's what the Bureau of Automotive Repair (BAR) recommends:

1. Read and follow your owner's manual.
2. Select a repair shop before you need one, but be sure it is registered with BAR.
3. Know your rights as a consumer.

For More Information: Visit www.autorepair.ca.gov or call us toll-free at 800/952-5200.



ADVANCE HEALTH CARE DIRECTIVES
Advance directives help families and loved ones make difficult decisions in difficult time. Avenidas Senior Center, has the forms. Call 650/326-5362 for an appointment. You will leave with the document filled out, signed and witnessed. That's a good thing.

WHAT TO DO IF YOUR CAR FAILS THE SMOG CHECK

Call 800/952-5210 or visit www.breatheeasier.ca.gov for information and to get an application. If the application is approved, owner receives a "letter of eligibility". Owner then takes the letter and vehicle to a Gold Shield Smog Check Station (to locate, call 800/952-5210).

(The Bureau of Automotive Repair - California Dept. of Consumer Affairs)

A PATIENT'S GUIDE TO BLOOD TRANSFUSION

If you ever needed a blood transfusion, you have several options which may be limited by time and health factors.

Community Donors: Hospitals maintain a supply of blood from community donors to meet transfusion needs. They are tested and screened with the most accurate technology available.

Autologous Donation (Using your own blood):

Using your own blood will reduce, but not eliminate, the risk of transfusion-related infections and allergic reactions. Ask your doctor if autologous donation is appropriate for you.

Designated Donors: Although the blood supply today is very safe, some patients prefer to receive blood from people they know.

If you have questions, please ask your doctor or check with your insurance company.

NEW TOOL AVAILABLE FOR PATIENTS TO EXPRESS WISHES FOR END-OF-LIFE CARE

In the past, patients expressed their end of life care decisions by filling out a DNR (Do Not Resuscitate) form or by telling a loved one or writing a note.

During the 2008 legislative session, AB 3000 becomes effective January 1, 2009, which provides seriously ill patients in emergency situations or with a life expectancy of a year or less, with a **new tool** to communicate precise instruction for their end of life health care. When a patient has completed **Physicians Orders for Life Sustaining Treatment (POLST)** form, it must be honored by all health care providers. The form addresses a range of treatment options and enables a patient to clearly express their treatment preferences regarding life-sustaining treatments such as resuscitation, nutrition, and pain management. Please note that this law does not require health care providers to use a POLST form. DNR and other types of health care directives are still acceptable, but it requires health care providers to honor POLST order forms when presented.

The Medical Board of California



HEAP IS COMING AGAIN!

HELP FOR LOW-INCOME SENIORS AND DISABLED INDIVIDUALS WITH ELECTRICITY BILLS.

YOU CAN SAVE \$\$\$.

EVERYONE SHOULD DO THIS!

OUTREACH personnel will be at the Sheridan Apts.,
360 Sheridan Avenue, between Ash and Birch on:

WEDNESDAY, MARCH 4th at 1:00pm

YOU MUST MAKE A COPY OF THESE ITEMS BEFORE
YOU COME TO YOUR APPOINTMENT:

- *Your most current utility bill with *no credit* – not even one penny –
- *Your most current monthly income (a 2008 letter from SSA or a current bank statement that shows your monthly direct deposit amount).

CALL NORA AT 326-0137 FOR AN APPOINTMENT
(YOU WILL BE GIVEN A NUMBER AND BE TAKEN IN TURN)

HIGH BLOOD PRESSURE? SOME NATURAL REMEDIES...

High blood pressure needs to be medically monitored, but that doesn't mean that you can do anything to help yourself. You may be told to lose weight or quit smoking. Your doctor may also advise you to restrict your intake of salt. A very progressive doctor may also suggest that you cut down on meat-eating and emphasize vegetables, fruits and grains in your diet. Some may find that eating **garlic** helps control high blood pressure. Minced garlic added to food is the best way to get the benefits, or you can use garlic oil capsules (odor free). **Vitamin E** has been known to control high blood pressure. Start with a low dosage of 200 I.U. per day.

SENIOR SERVICES MINI-SURVEY – January 2009

Please answer the following questions, cut out this portion, and return it to Nora's office. Slide it under the door or mail it in. It is anonymous.

*Which health and wellness topics would interest you for speakers in 2009? _____

*Our established FREE health and wellness programs for PAHC seniors include: **Foot Doctor, Visiting Nurse, Yoga Class and Art Class**. Is there anything else you think would be valuable to have?

You are also invited to comment below on the programs we have offered for the last 2 years. Thank you.

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

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US Postage
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Time Sensitive
Please Expedite
Mailed 1/08/09



**PALO ALTO HOUSING CORPORATION
RESIDENT SERVICES NEWSLETTER**

Community information for you and your family!

INSIDE:

- HEAP is Coming!
- Tax Info
- Parent Project
- Block Prep Coordinator
- Better Breathers
- Mini-Survey for Seniors

**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.