



COMMUNITY NEWSLETTER

JAN/FEB 2010
Volume 79

Happy New Year!

Wishing you a year of
Determination & energy
Love & compassion
Patience & peace
for all that you encounter in 2010!
~The Resident Services Team

The community newsletter is
printed on 100% recycled paper.



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United States™ Census 2010

A representative from the U.S. Census stopped by Kate's office in early January to encourage PAHC residents to apply for U.S. Census Jobs!

Applications for Census takers, crew leaders, recruiting assistants and census clerks are now available at www.2010censusjobs.gov or by calling 1-866-861-2010.

Bilingual applicants for a variety of languages are especially desired. U.S. Census jobs are temporary, 20-40 hours per week this spring and offer good pay, close to home, flexible hours and paid training.

Go online to learn more or pick up a brochure from Kate or Marisol.

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Parents Need to Know....

Kindergarten Registration

Priority 1 registration for the 2010-11 school year is Jan 5-February 10, 2010. Register during this time to have first priority at your neighborhood school. Find all information and required forms at www.pausd.org/parents/registration.

The school district office is located at 25 Churchill Ave.
Ph. 329-3700.



Contact Kate or Marisol if you need any support with the registration process.

KidPower WorkShops

Saturday, Jan 23rd for ages 4-8 and parent
Sunday, January 24th for ages 6-12 and parent
In Palo Alto (location will be given at time of registration)

This entertaining program gives parents the opportunity to learn along with their children how to prevent and protect themselves from violence, bullying and abuse from strangers and people they know, including peers. The children practice everyday safety skills, acting aware, taking charge, boundary-setting and getting help in an age-appropriate upbeat way. Each child must be accompanied by an adult for the entire workshop.

Register by calling 800-467-6997 or email safety@kidpower.org.
There is a fee for the workshop; however no one will be turned away for lack of funds—they offer full and partial scholarships.

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 year's series will begin:
Thursday, January 21st
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

Information on Finances

PAHC Resident Services presents....

The Road to Independence Banking Education for Parents & High Schoolers



When should my teen open a bank account?
How can I manage my money smartly as I
transition to adulthood?

January 26th
6:30 pm
Oak Court Apts. (845 Ramona St.)

It's never too early to gain new knowledge and
skills to create a bright financial future.

Free Food, Giveaways and Raffle.
Presented by Wells Fargo Bank.
Please call Kate if you plan to attend.
326-0111.

Did you know? You are
entitled to a free credit
report every 12 months.

Request it at:
www.annualcreditreport.com

(Despite their clever TV commercials,
www.freecreditreport.com is not
actually free)

Fight identity theft by monitoring
and reviewing your credit report.
You may request your free credit
report online, request your report by
phone or request your report
through the mail. Free credit reports
requested online are viewable
immediately upon authentication of
identity. Free credit reports
requested by phone or mail will be
processed within 15 days of
receiving your request. You can call
1-877-322-8228

FREE TAX ASSISTANCE

For low and moderate income taxpayers of all ages
Fridays, 9am to 3:30 pm
February 5 to April 9, 2010

At Avenidas Senior Center
450 Bryant St., Palo Alto

For information or to schedule an appointment please call 289-5429

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 2009 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 2009.
- If itemized deductions are to be claimed, bring supporting information.

Tax counseling is also available by appointment at:

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

The IRS also offers an online service called FREE FILE at www.irs.gov. Your refund can be
automatically deposited within 10-14 days. Eligible taxpayers have less than \$54,00 in income.

Don't forget about the Earned Income Tax Credit (EITC)! Look into it to see if you qualify.



More stuff for parents & kids...



Summer Camp...already?

Yup, it is not too early to start thinking about recreation plans for your child this summer. Planning early allows you the opportunity to save money overtime to cover fees, get into programs before they fill up, and have a better chance of accessing scholarships.

Palo Alto Family YMCA

3412 Ross Rd, 856-9622

www.paloaltofamilyymca.org

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 at local libraries, city buildings and online at www.cityofpaloalto.org/enjoy or call 463-4900. For your first choice of camps, register early. 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

JOBS FOR YOUTH Ages 16-21

NOVA Youth Employment Program
505 W. Olive Ave Suite 550
Sunnyvale
408-730-7640



Meet with a job counselor who will help you earn extra money, explore a career, gain leadership skills, gain work experience, continue your education, plan your future.

Call today to make an appointment to plan your future!

Opportunities at our Palo Alto Libraries

Storytelling Festival – Sunday, January 31. On a cold January day, what could be better than settling into a cozy spot indoors and hearing a great story? At this festival, kids can hear several in one sitting, all performed by some of the Bay Area's best storytellers. Best for ages 4 and up. Drop in from 1-5pm. Free. Children's Library, 1276 Harriet St., Palo Alto.

The Teen Library Advisory Board—TEEN VOLUNTEER OPP

January 27th The Teen Library Advisory Board seeks motivated volunteers in grades 7-10 who enjoy writing, contributing to the library's teen Web site or creating library displays. 3:30-4:30pm. Free. Mitchell Park Library, 3700 Middlefield Road, Palo Alto cityofpaloalto.org/library.

Banana Slug Fest

At this indoor workshop, get an up-close look slithering slugs and their slimy sidekicks, centipedes and salamanders.

Children are free with a paid, registered adult. Ages 3 and up.

Register in advance. Open to Palo Alto residents and accompanied guests. Sat., Feb. 27, 10-11:30 a.m.

\$3 Palo Alto residents / \$5 accompanied non-residents. For more information, call Naturalist Annette Coleman at 650-329-2506 or e-mail annette.coleman@cityofpaloalto.org.

Foothills Park Interpretive Center, 3300 Page Mill Road



PAHC Resident Services presents...

Toddler Time @ Arastradero Park Apts

An ongoing program Mondays and Thursdays, 9-11 am at Arastradero Park Apts. (574 Arastradero Rd, #A2) for children 2-5 and their parent/caregiver.

Enjoy cooking, arts & crafts and practice kindergarten skills in a very fun and messy atmosphere! Call Lydia with questions at 494-6675, M-F 4-6 pm. Please join us!

Kids Club @ Colorado Park Apts.

FREE after school programs for varying ages open to all PAHC residents. Academic support, cooking projects, arts & crafts, life skills. Space is available.

Levels:
Grades K-1
Grades 2-5
Grades 6 and up

Call Marisol for more details at 565-8033.

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

Palo Alto Housing
Resident Services
Presents

A SPECIAL INVITATION TO PAHC
RESIDENTS AND THEIR FAMILIES

Q & A WITH A LOCAL
PALO ALTO ATTORNEY,
Barry W. Finkelstein, Esq.

Barry is very warm and approachable. He has agreed to come to the Sheridan to share his considerable knowledge with you and your family to make sure that things will be done the way you want. He will answer your questions about Durable Power of Attorney, planning for illness, and the Advance Health Care Directive. *Bring your notepads!*

WEDNESDAY,
JANUARY 20, 2010
4:00PM



The Sheridan Apts. Community Room

HOLIDAY EVENTS at the Sheridan Apts.:

Our Thanksgiving Dinner on 12/24/08 was a great success. For setup, thank you to Joe and Cynthia. For cleanup, thank you to Maxine. The Christmas Brunch, hosted by the School For Independent Learners was fun. Thank you to Loie and Daphne for cleanup. Special thanks to Jane's son, Dan, who played Christmas music on his horn.

UPCOMING EVENT!

FUTURE AFFORDABLE HOUSING IN PALO ALTO IS IN JEOPARDY!

YOU CAN HELP!

Why does Palo Alto have a shortage of affordable homes? What are some ways that residents of affordable housing can help?

Come to a
FREE PIZZA PARTY,
hosted by the Silicon Valley
Leadership Group

**TUESDAY,
JANUARY 26, 2010.
4:00pm @
the Sheridan
Apts.**



**FREE SHOPPING BUS TO TRADER JOE'S
LEAVES THE SHERIDAN APTS. AT 1pm ON
WEDNESDAY, JANUARY 20TH.**

Please sign-up with Nora & utilize this resource if it fits your needs or we may not be able to continue it!

Thank you!

WE'LL SEE YOU ON THE BUS!

Sponsored by the Peninsula JCC



IS THIS GOOD NEWS FOR THE NEW YEAR OR WHAT?

There is a new **FREE PRESCRIPTION DRUG CARD** for residents of Santa Clara County! It is sponsored by NACO, The National Association of Counties.

Here's how it works:

Any county resident without prescription coverage can use this program. Even if you have insurance for prescription drugs, you may still benefit from the discount card, since it may save you money on prescription drugs your existing plan doesn't cover.

Everyone is eligible.

- *No income requirements
- *No age requirements
- *Unlimited use for the whole family

The Santa Clara County Prescription Discount Card is:

***Valuable.** Save an average of 22% off the pharmacy's regular price on all commonly prescribed prescriptions and an average savings of 50% on 90-day supplies of select generics through mail service. Savings are also available on high-tech and injectable drugs through our specialty pharmacy.

***Easy.** There are no claim forms to fill out and no annual fee to pay.

***Convenient.** More than 59,000 participating pharmacies nationwide, and more than 200 pharmacies are right here in the Santa Clara County!

For more information, including card pick-up locations, call toll-free 1-877/321-2652 or visit www.caremark.com/naco and PRINT IT OUT YOURSELF!

Health & Consumer Info

CURCUMIN???

Source: Health Food Magazine, Dr. Vladimar Badmaev, MC, PHD

You know it as **Turmeric** for, as a spice; piquant flavour and brilliant yellow colour. You probably have a bottle or tin on your spice rack.

For over a thousand years, and in ancient times it was used as a dye and spice as well as a medicine. It's use in Chinese medicine dates back to the 7th century and was one of the herbs mentioned by the first-century Greek herbalist-physician, Dioscorides.

The real force in curcumin is in the beneficial phenolic compounds known as curcuminoids. Curcuminoids have been scientifically proven to perform the following several antioxidative functions:

- * **Anti-inflammatory action**
- * **Antimutagenic**
- * **Antithrombotic action**
- * **Hepatoprotective action**
- * **Antimicrobial action**
- * **Antiviral action**
- * **Antiparasitic action**



India, where so much Turmeric is used, has the lowest incidence of Alzheimer's Disease in the world!

CONSTI...PATION

Source: Dr. Mercola, www.mercola.com

Do read on; this is a rather difficult subject, but it is a very common problem which can usually be easily remedied. If you are having less than one bowel movement a day, you should take steps to relieve the situation. Regularity is so important, because without it, toxins can accumulate and are re-circulated in your bloodstream. Laxatives are not a good idea because your body can become dependent on them. They can also damage nerves, muscles and tissues of your large intestine. If staying regular is a struggle for you, check the following:

- Get checked for hypothyroidism, especially if you're a woman over 40.
- Change your toilet position. Squatting is preferable, as it is more natural for the body, but at least place a stool near the toilet to raise your knees.
- Eat plenty of fiber-rich foods; try whole organic flaxseeds and organic psyllium.
- Exercise regularly. This helps stimulate circulation.
- Take a high-quality probiotic and make sure you are getting enough **magnesium**.

SENIORS – YOU CAN FIGHT FRAUD!

Telemarketers actually go to school to learn how to take your money and steal your identity.

A common ruse is to call and tell you that grant money is coming your way, and they need your credit card information. **HANG UP!** Don't ever give your credit card info over the phone unless you call a company to order something.

If you are in doubt, seek advice from family members, friends or attorneys before you commit to any "investment".

Another scheme is the "**charity scam**", by which a con artist calls asking people to donate money to help the victims.

"**Phishing**" schemes, come via e-mail or that say the deal is "special" want internet passwords and other financial information. Look out for those.

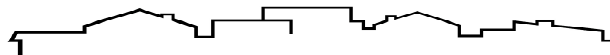
Seniors can verify whether a company making the offer is legitimate by calling the

California Dept. of Corporations at
1-866/275-2677.

For a full list of current scams, go to www.corp.ca.gov.

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.