



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

January-February 2012

We spend January 1 walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives... not looking for flaws, but for potential. ~Ellen Goodman

Happy 2012!

What potential does the New Year have for you?

A new job? A strong & healthy body? A debt free credit report? A savings plan? A new inspiration or hobby?

Whatever your goals are for 2012, we may have resources that can help you on your journey. Contact one of your Service Coordinators listed on the back of this newsletter anytime. Our doors are open and we are ready to listen!

We would like to welcome the 33 new Tree House Residents to their new home and community. Folks moved into brand-new studio units at the Tree House Apts. located on Charleston Ave. in December. We hope you enjoy your new home!

We would also like to welcome our new Service staff member, Ana Angel as well. Ana will be working at the Tree House as the Service Coordinator and will be teaching technology classes of all kinds at various properties. She is starting off by teaching two introductory computer courses listed on page 3, one is English and one in Spanish. If you have an interest in learning a specific technology skill, please contact Ana and share your ideas—she may be able to start a class on your topic very soon. Ana will be hosting a meet & greet event for Tree House residents on Jan 12. We would like to thank Whole Foods Market, Hobe's Restaurant and Starbuck's Coffee for their sponsorship of this event.

Wishing you an amazing 2012!

~ Kate Young, Director of Resident Services

**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.

3. One-On-One Parent Coaching

Is sharing in a group not your thing? Or do you have a specific issue that you would like to seek confidential one-on-one advice about? Meet privately with our certified parent educator, Sue Garber, who has over 10 years of experience working with parents and 3 sons of her own!

A grant from the Palo Alto Weekly Holiday Fund allows us to offer 2 hours of free parent coaching per family. Call Kate, Lydia or Marisol to be referred to meet with Sue.

Support for Parents—3 ways!

“I was blown away by the strategies and how quickly my son’s behavior changed because I changed.”
~Nina, PAHC resident

Being a parent is the most important and the most challenging job you’ll ever have. You may have many questions swirling around in your head at times— How can I stop the whining? Why does my child argue with me all the time? How can I control my emotions in the heat of the moment? How do I get my child to enjoy school?

You are not alone! PAHC Resident Services is offering 3 forms of parent support this spring. Join one or join them all to share your experiences and get answers.

1. Parent Support Group

January 10th and the first Tuesday of every month Feb-June 2012, 6-8 pm at Arastradero Park Apts.

This is an informal group in which parents share challenges and learn strategies from each other and an experienced parent educator. Dinner and childcare provided.

2. Parent Education Series

5 weeks--February 29, March 7, 14, 21 and 28th, 6-8 pm at Oak Court Apts

You will receive a free copy of the book “Positive Discipline”, learn specific strategies and share examples from your own experiences. Dinner and childcare provided.

Programs & Opportunities at PAHC Cont'd

Teen STEPS (Skills to Empower, Prepare and Succeed)!

Because life doesn't come with an instruction manual

During Spring Break.....
Teens ages 14-19 are invited to participate in a series of workshops that focus on practical life skills for the transition to adulthood

- ✓ How to get a summer job
- ✓ Money—how to get it, save it and grow it
 - ✓ How to stay healthy
- ✓ How to figure out your career & passion
 - ✓ How to set & achieve goals
- ✓ How to get ready for life after high school

Oak Court Apts.
April 2-6, 2012
In the afternoons

Contact Kate, Lydia, Laura or Marisol for an application
Applications are due March 15th

NEW Computer Classes Space is limited, sign-up early!

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

Beginning: Thursday, January 19th
6:30-8pm

Colorado Park Apts. Community Room
Call Marisol to sign up at 565-8033.



Clase de Computacion En Espanol

Iniciando el Martes 24 de Enero
10:30 am-12 pm

Arastradero Park Apts.

El espacio esta limitad. Por favor de
inscibirse con advance.
Comuniquese con Ana,
Tel. 858-1103

The teacher for both
classes will be our
new Service
Coordinator, Ana Angel!

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

**MINDFULNESS
AND AGING**

Techniques to deal with stress and engage in the present moment

With
**MARGUERITE
MANTEAU-RAO**

**THURSDAY, JANUARY 19th
3:00pm**

**EYE HEALTH:
The Aging Eye**

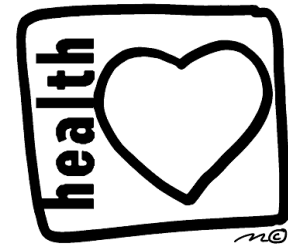
With
**Julie A. Burlew, RN, CNOR, CRNO,
Ophthalmic Nurse Educator
Palo Alto Medical Foundation**

Julie will talk about what's going on with your eyes. If you are concerned about anything to do with your vision, she will answer your questions. Don't miss this opportunity to help your vision.

WED, FEBRUARY 15th 3:00pm

HAPPY 2012! In the year to come, it may be helpful to talk with your Senior Service Coordinator: Nora Noldon, 326-0137 if you:

- Need assistance with chore work, meal preparation or shopping
- Need help with getting transportation
- Need help managing your finances
- Need help with Medicare or Medical
- Would like information regarding supplemental health insurance
- Would like to discuss health care issues or a disabling condition
- Have legal concerns
- Have an interest in volunteer or part-time work
- Need information regarding support groups – grief, cancer, etc.
- Need short or long-term counseling.
- Would like to discuss family relations/issues
- Have concerns about living alone or maintaining independence.
- Have concerns about alcohol or drug dependence of any kind.
- Need information on community resources.
- Think you might be eligible for services you are not receiving
- Would like information regarding next-step living facilities
- Have a concern of some kind and are not sure where to go.



**ACUPUNCTURE:
How it Heals; How it Works
WITH**

**KAILE WU, I., Ac.
Zen Integrative Clinic**

This is going to be a very interesting event.
Kaile will answer your questions
and demonstrate acupuncture.

WEDNESDAY, MARCH 14, 3:00pm

Health & Wellness Information and Events

Need assistance with your Medi-Cal or Healthy Families application? Not sure which program you qualify for?

Talk with Kate, Lydia or Marisol to be referred to a Certified Application Assistant to help you through the application process.

Eligibility Requirements:

- 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.



~Harvest of the Month~

January's Recipe is:
SWEET POTATO HASH

A ½ cup of sweet potatoes is an excellent source of vitamin A and vitamin C.

Makes 6 servings. 1 cup per serving.

Cook time: 40 minutes

Ingredients:

- ¼ cup vegetable oil
 - 2 cups frozen or fresh chopped bell peppers and onions
 - 2 pounds sweet potatoes (about 2 medium potatoes), peeled and cut into small cubes
 - 1 teaspoon cumin
 - 1 teaspoon salt
 - 1 teaspoon red pepper flakes
1. Heat oil in a large skillet over medium-high heat.
 2. Sauté bell peppers and onions until tender, about 5 minutes.
 3. Add remaining ingredients and reduce heat to medium.
 4. Cook for 20-25 minutes, stirring frequently. Sweet potatoes may begin to stick to the skillet, but continue to stir gently until they cook through. Serve hot.

Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2008.*

YOGA Class

Start the year off right! 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

Fridays

1pm @ Sheridan Apts.

5 pm @ Colorado Park Apts.

Teacher = Bola

Community Resource Spotlights

FREE tax assistance
in the Palo Alto area:

Avenidas

Sponsored by AARP Tax-Aide
450 Bryant St., Palo Alto

Fridays at Avenidas,
February 3-April 13
9am-3:30pm
By appointment only



Avenidas hosts an annual AARP Tax-Aide Program for low-to-moderate income taxpayers, with special attention to those over the age of 60. Volunteer tax preparers are available by appointment only. Please call (650) 289-5400 for an appointment.

Other FREE Tax Preparation nearby:

Job Train

Sponsored SingleStop USA
1200 O'Brien Dr., Menlo Park

Tuesdays, Jan 24-Apr 17, 1pm-8pm
Wednesdays, Jan 25-Apr 11, 4pm-8pm
Thursdays, Jan 26-Apr 12, 3pm-8pm
Walk-in Only

East Palo Alto Family YMCA
550 Bell Street@ University Ave.

Saturdays
Feb 11, 18 and March 10, 17
10am-2pm
Walk in Only

All tax returns will be electronically filed.

What to bring

- Social security card for each family member or ITIN number for each working adult
- W2 and other income forms
- Childcare provider name, address and tax ID number
- Bank routing and account numbers for checking and savings accounts
- Name, address and phone number of landlord for renter's credit
- 2010 tax return

To qualify for free tax help:

- Last year's income was less than \$50,000

Financial Counseling at Single Stop

Are you having trouble ...
Paying bills regularly?
Saving Money?
Managing your money?
Getting a job because of your credit?

Come meet with an experienced Charles Schwab volunteer Financial Counselor for **FREE** & get help with your credit, debt, budget and more! The 1-hour sessions are one-on-one, private and confidential.

Sessions are every Wednesday and Friday
by appointment only
in Room 41 at JobTrain: 1200 O'Brien Dr.,
Menlo Park, CA

Times: 11am-12pm
12pm- 1pm
1pm- 2pm

Call Natalie Tercero for an appointment
650-330-6428

PALO ALTO MEDIATION PROGRAM:

If you are struggling with a
problem or dispute that
involves

- Neighbor
- Employer or co-worker
- Local business
- Other person or organization in the community

Contact them today. All Services
are free, confidential,
convenient and impartial
Palo Alto Mediation Program
450 Bryant Street
Palo Alto, CA 94301
650/856-4062

Community Events & Information

Singer Song Writer Nancy Cassidy Presents
Kids Songs
A concert for children and parents

Saturday, February 11, 10:30 am

At the Palo Alto Women's Club located at 475 Homer Ave., Palo Alto

Tickets are normally \$15, but are FREE for PAHC Residents.
If you would like to attend, you must reserve your tickets with Kate by February 1st

New law requires car seats for kids 8 and younger California law went into effect Jan. 1

A new child safety law effective Jan. 1 will require kids in California to use a booster seat in a vehicle until they are 8 years old, according to the state's Department of Public Health.

Kids aged 8 years and older are ready to ride without a booster seat when the child can sit against the back of a vehicle seat with knees bent, without slouching and can comfortably stay in that position.

The lap belt should also be low on the hips and touch the upper thighs with the shoulder belt crossing the shoulder and chest without touching the child's face or neck. **Drivers who are caught not complying with the new state law can face fines starting at \$475.**

For information on the new law or for help determining if a child still needs a booster seat, call Patrice Christensen at 650-573-3728, contact a local California Highway Patrol office or go online at www.cdph.ca.gov/vosp.



Cash for College Day!

Saturday, February 04,
10 a.m. to 2 p.m.
Foothill College
Middlefield Campus

Current and potential college students as well as their parents are invited to Foothill College's Cash for College Day at the Foothill Middlefield Campus in building i.

This annual event provides one-stop service to file your financial aid application. You will be able to attend one of the "line by line" FAFSA workshop at 10:30 am and sit down individually with financial aid professionals.

The Foothill Middlefield Campus is near the intersection of Middlefield and San Antonio roads at 4000 Middlefield Road in Palo Alto.

Reservations are not required. Parking is free. **Phone us at:** 650-949-6987
eMail us at:
christensenjosephine@foothill.edu

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!

In this edition:

- **Welcome Tree House residents!**
- **New Computer Classes starting soon**
- **3 types of support for parents**
- **Senior Speaker Series—mindfulness, eye health & acupuncture**
- **Tax assistance & financial counseling**
- **Teen STEPS program this spring break**

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