

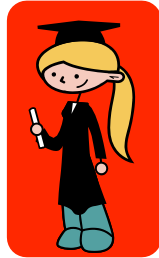


COMMUNITY NEWSLETTER

JUNE 2009
Volume 75

Congratulations to this year's
PAHC Graduates:

Elementary School Grads
Middle School Grads
High School Grads
College Grads



Great work!

Welcome to Laura Easton, Jeremy Jacob and Summer Mejia who will be working with the PAHC Resident Services Team this summer!

A special thanks to Sue Garber of Children's Health Council for running a great parenting workshop series this spring. Thank you also to Mike Partin of Learning for Life for visiting our after school programs every Wednesday with fun and fabulous activities!

The community newsletter is now printed on 100% recycled paper.



In this edition:

- Disaster Preparation Workshop June 24th! Page 2
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- Free Bowling and Movies for kids, see page 2
- "All About Acupuncture" presentation, see page 5.
- Senior transportation options. Check out page 6
- Fresh Seasonal Cooking class. Find out more on page 3.
- Summer Youth Activities schedule listed on page 4.

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Adolescent Counseling Services (ACS)

www.acs-teens.org

Due to the recent suicides of two Palo Alto young people, we want to highlight that ACS counselors are available on local high school and middle school campuses to help teens and families with a wide range of issues, including communication with parents, conflict with friends, academic stress, relationships, depression and substance abuse. If anyone in your family ever needs to speak to someone, ACS is there.

Gunn High School

(650) 849-7919

JLS Middle School

(650) 856-5164

Palo Alto (Paly) High School

(650) 833-4244

Terman Middle School

(650) 354-1412

Jordan Middle School

(650) 213-0123

Tip from a
PAHC
resident!

Palo Alto Summer Events for Families:

Hot Dog Suppertime Shows



Bring a picnic dinner or purchase hot dogs and drinks at the Magic Castle Stage. Shows start at 6:30 and run approx. 1 hour.

This summer's shows are: Sleeping Beauty, Fabulous Fable Factory, Lyle the Crocodile, and How I Became A Pirate

\$10 for adults, \$5 for children. Call the box office for specific times: 463-4970 1305 Middlefield Rd.

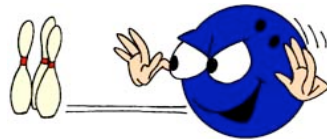
28th Annual Summer Festival & Chili Cook-off

Saturday, July 4
at Mitchell Park
600 East Meadow Dr.
12:00-5:00 p.m.

Live music, line dancing, children's activities, food vendors, and more will take place from 12 to 5 p.m. Chili tasting starts at 1:30pm. Admission is free. Tasting kits will be sold for a nominal fee.

Kids Bowl Free this summer!

You can get info at www.kidsbowlfree.com Basically, it is exactly what it sounds like. You can sign kids up and they get two free games of bowling, including shoes, EVERY day all summer long (May to September). Only certain bowling centers participate, but Palo Alto Bowl on El Camino is one. Every Sunday they e-mail coupons to print. You can also add a Family Pass for around \$24 one time fee and add 4 adults (parents, grandparents, or caregivers) who can also bowl 2 games every day.



AMC Movie Camp Days

See great kids' movies -- for just \$1 -- during AMC Summer MovieCamp®! AMC Saratoga and AMC Eastridge are participating!

Shows start at 10:00 a.m. every Wednesday from June 17 - August 5. All admission proceeds* from AMC Summer MovieCamp will benefit Variety - The Children's Charity and the Will Rogers Institute. * Excluding tax.

You can also get a AMC KidsPack™
Only \$3.00** for:
Kids'-size drink
Kids'-size popcorn
Kids'-size snack



Upcoming Classes & Workshops at PAHC

Be Red Cross Ready~ 3 Actions for Disasters!

Please join us Wednesday, June 24th
6:00~ 7:00 p.m.

Colorado Park Apartments (Community Room)
1141 Colorado Park Ave.
Palo Alto, CA 94303

Be Red Cross Ready- 3 Actions for Disasters, is a presentation that includes guidance in disaster preparedness and self-reliance during the first 72 hours after an emergency.

Topics will include:

- Earthquake Safety
- Home Fires
- Flooding
- Disaster Preparedness for Seniors
-



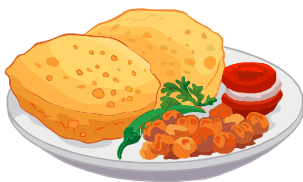
All of these presentations cover the three major steps that the American Red Cross promotes for individuals to be prepared: Build a Kit, Make a Plan, and Be informed.

Several disaster kits will be raffled off! Come try to win one for your family!

Refreshments will be served too!

Please call Marisol Piazza, Family Service Coordinator, with any questions: 565-8033

For the first time ever at PAHC.....



Seasonal Cooking Class

Thursday, June 25
6pm

Alma Place Community Kitchen
753 Alma St.



- Watch & enjoy a cooking demo by international chef, Rodrigo Rengifo
 - Learn some easy and healthy seasonal recipes
 - Taste test the recipes that are made
 - Receive some fresh ingredients to make them at home yourself

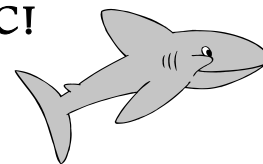
Call Raul Rojas, Service Coordinator, to RSVP: 473-9195 ex 13.

This Summer at PAHC

Sign up your children for the YMCA Splash “Learn to Swim” program at PAHC!



Fridays, June 26th –August 7th
Ferne Apts’ Pool, 101 Ferne Ave (off of Alma St.)
in the back of the complex



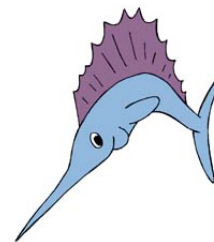
Diaper Dolphins: Parent/Child Class for ages 6mo-4yrs: 3-3:30 pm

A time for you and your child to get comfortable in the water. Your child will become aware of the difference between moving through water and on dry land, learn basic water movement skills such as kicking and arms, while the parent will become aware of how to teach his or her child to be safer in and around the water.

Speedy Seals: ages 3-5 years: 3:30-4:15 pm

Splasher Sharks: ages 6-8: 4:30-5:15pm

Flying Fins: ages 9-11 years: 5:15-6:00 pm



Your child will learn basic swimming skills, water safety awareness, and fun water games, all with a certified lifeguard and experienced swim instructor while you cheer them on from the sidelines.

Cost: \$25 per swimmer. That’s only \$3.50/class! (Make checks payable to YMCA)
Call Kate Young, Family Service Coordinator,
at 326-0111 for registration forms and we’ll see you at the pool!

Onsite Summer Programming for School-Age Youth June 22~ Aug 14

Boredom Busters:

Mon, Tues & Wed 3:30-5 pm at Oak Court, Arastradero Park & Colorado Park

Hip Hop Dance Class:

Arastradero Park- Mon & Wed,
2:30-3:30 pm

Oak Court – Mon & Wed,
5-6pm

Colorado Park- Tues & Friday
5-6pm

California Park – Tues & Fri
2-4pm

Leadership/Community Service Club

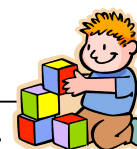
Tuesdays, 2-3:30 at Oak Court

SPECIAL: BABYSITTER TRAINING

Ages 11 and up
July 31st at Oak Court Apts.
9 am -4 pm

Sign up in advance for
summer programming
& swimming lessons.
Get registration forms
from Kate, Marisol or
Lydia!

Toddler Time continues....



Monday and Thursday mornings,
10:00-11:30 am at Arastradero Park
Apts. this summer.

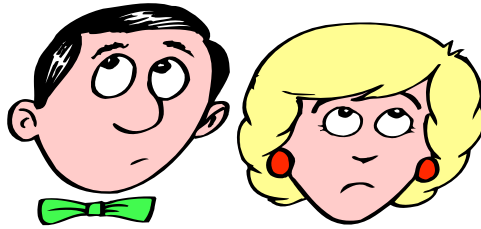
Toddlers and parents from all PAHC
properties are welcome to attend this fun
class. They sing songs, do hands-on
cooking projects, read stories and do lots
of messy arts & crafts projects.

Please join in the fun!

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

PAHC Resident Services Presents:

***HAVE YOU EVER WONDERED WHAT
ACUPUNCTURISTS DO?***



Come to the Sheridan Apartments, 360 Sheridan Avenue,
between Ash and Birch and find out...

ALL ABOUT ACUPUNCTURE

With

MELISSA YU, MSTCM, LAC

Ms. Yu, from Palo Alto Acupuncture, will come and talk to us about
Traditional Chinese Medicine and how it could possibly help you.
She will also answer your questions.

**WEDNESDAY, JUNE 24TH, 2009
4:00pm**

All PAHC residents are welcome to come to this interesting presentation.
Refreshments will be served.

RECAP:

We were delighted to host AACI, Asian Americans for Community Involvement on May 27th. Miranda Chan and Pinki Kahrs talked and showed us all the benefits and features of their Senior Wellness Program at their beautiful Community Center in San Jose. This was the first all-Asian presentation at the Sheridan. Miranda and Pinki even brought Asian treats and Chinese tea to the delight of everyone who attended. Thank you, PAHC residents from other properties who came over to the Sheridan for this event. Thank you also, to Pei, who did a beautiful job translating the flyer into Mandarin.

Rx HELP FOR CALIFORNIANS:
www.rxhelpforca.org

This is a great site for low-income and uninsured California residents get access to patient assistance programs where they may qualify for **free, or nearly free, prescription medicines.**

You may also call **877/777-7815**

UBF TRANSPORT SERVICES

- Are you undergoing dialysis?
- Going to a doctor's appointment?
- Are you in a wheelchair, using a walker or have difficulty walking and need regular transportation?
- Do you want to be safe, comfortable and on time for your medical appointments?
- **MediCal eligibility verification in minutes!**
- Friendly, courteous staff.

UBF TRANSPORT SERVICES
Servicing Santa Clara County
and Beyond...

ubftransport.com
408/263-1234



STAR SENIOR TRANSPORTATION:

A program of Outreach & Escort Inc.'s
Together We Ride Mobility Management
Center for Santa Clara Valley.
Provides transportation assistance for Santa
Clara County seniors.

- 40 one-way rides or 20 round trips to basic needs destinations.
- You must be at least 65 years old and a resident of Santa Clara County
- A voluntary contribution of \$3.50 per ride.

FOR MORE INFORMATION
PLEASE CALL 408//436-2865

GOING
BANANAS...



After reading this, you'll never look at a banana the same way again. First of all, never put your bananas in the refrigerator.

*Bananas contain 3 natural sugars, making them an easy, natural power boost for athletes.

*Studies have shown that those suffering from depression feel better immediately after eating a banana.

*They are high in iron, so helps anemia. High in potassium, but low in salt – the perfect food for high blood pressure.

*This potassium boost is also very good for increased brain power.

*Bananas are high in fiber and can help to restore normal bowel action to overcome dependence on laxatives.

*One of the quickest ways to cure a hangover is to make a banana milkshake sweetened with honey.

*They have a natural antacid effect on the stomach; making them a good choice for those with ulcers.

*The inside of the banana skin is a remedy for insect bites.

*The inside of a banana skin can also polish your shoes. Rub it on your shoes and polish with a dry cloth.

*According to research in the New England Journal of Medicine, eating bananas as part of a regular diet can reduce the incidence of stroke by 40 - 50%!

*So, a banana is a natural remedy for many ills. Compared to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorous, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around.

How about, "A banana a day keeps the doctor away"?

Planning... doesn't make most people's to-do lists, but...

To spare family members from the expense of a funeral in a time of grief, you should consider the planning of *what's inevitable*.

It can be as simple as sitting down with your family and sketching out the type of service you would like.

You can also enlist the help of a funeral provider to help draft a plan. You can even pre-pay your funeral at that time. There are several types of these pre-need arrangements, but the most popular is a guaranteed contract in which prices are fixed, which means no additional expenses are incurred at the time of the funeral. The money you pay is put into a trust that accrues interest over time. If the amount in your account exceeds the funeral cost, the funeral provider pockets the difference. If your account comes up short, the funeral provider makes up the difference. Either way, you're guaranteed to get the service you bought.

However, **The Funeral Consumer's Alliance (FCA) (650/326-2109) has a better suggestion.** They state that the consumer doesn't get to keep the interest that accrues on their money, and **the best option is a pay-on-death account**, which is essentially a savings account to cover your funeral expenses that pays out to your beneficiary – a relative or any one you designate – upon your death. Consult your bank or credit union to set up such an account. The FCA also recommends “shopping around” for funeral services because the price can vary between 30 or 40 percent.

Funeral homes are required by law to give you a price list for goods and services and to allow you to pick only the services you need and want, rather than their “package deals”.

Also, if you want to buy a casket directly from the manufacturer, the funeral provider can't charge you extra or refuse to use the casket or urn you are providing.

So, have a straightforward talk about your wishes. Don't put it off. Don't take no for an answer.

BRAINSTORMERS:

Are you concerned about your memory?
Would you like to learn skills to strengthen your memory? Would you like to learn something new?

Join us at Brainstormers, an active program for adults. We offer a positive environment for socializing, educational opportunities, games, whole body fitness, creative arts, stress reduction and field trips.

Fridays, 10am – 2pm at Peninsula Volunteers Little House, 800 Middle Avenue, Menlo Park
For more information, call Shawn Evans at 650/322-0126.



FARMERS' MARKETS

have become important harmonious community meeting places, blending our various and diverse neighborhoods, which builds a strong sense of community. These Farmers' Markets have been instrumental in preserving the diversity of California agriculture by providing profitable marketing outlets for the small acreage growers of heirloom, culinary, ethnic, organic and other specialty crops not widely grown on a large scale, or found at traditional food sources.

You also vote with your purse by saying that you prefer pure, locally-grown food from a farm that respects the laws of nature and grows a diverse array of crops.

Now that summer is almost here, fresh produce and other foods are available in abundance. Not only is the food so much tastier and healthier, but there is something about shopping for fresh foods in an open-air, social environment that just feels right. The supermarket just can't compete!

So please make a point to visit your local farmers' markets and take part in community-supported agriculture programs which support you and the environment.

Palo Alto – California Ave., Sundays, 9am- 1pm All Year. Downtown, Saturdays, May-Sept.

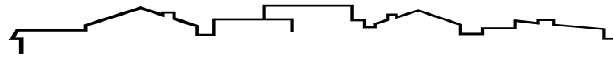
Los Altos – State/ 2nd, Thursdays, 4-8pm May 7 thru September

Mt. View – 600 W. Evelyn., Sunday, 9am- 1pm, All Year

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

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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.