



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

March - April 2011
Volume
2

We are all inventors, each sailing out on a voyage
of discovery, guided each by a private chart,
of which there is no duplicate.
The world is all gates, all opportunities.
~Ralph Waldo Emerson

Spring is upon us, a time of rejuvenation after a cold winter.

In this newsletter we present many opportunities.
Opportunities to try something new.
Opportunities to get connected with others.
Opportunities for new discoveries.

We also remind you that PAHC Service Coordinators are available to assist with individual needs. Our office doors are always open. Please see our office hours and contact information on the back page.

Highlights from last month:

On Wednesday, February 23rd, we were very pleased to host Triet Hoang, from **CTAP (California Telephone Access Program)** at the Sheridan Apts. We had a great turnout for this presentation! Triet displayed an amazing array of telephones for those with various impairments from hearing loss to low vision. These telephones are **free** (with the support of one's doctor) from CTAP. If you'd like to find out more, Senior Service Coordinator, Nora, 650/326-0137 has brochures and applications for CTAP.

We've also enjoyed starting the year off strong with Yoga classes at 3 PAHC properties. Classes are taught by 2 PAHC resident volunteers—Bola and Jolly. They both have their yoga teaching certification and bring their warm, caring personalities to each class. I've personally attended several classes and walk away feeling renewed. We thank Bola and Jolly for volunteering their time with us!

~ 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.



Classes & Workshops at PAHC Properties

WANTED

Job Seekers

For

New job coaching program 'PA Job Link'

(in partnership with the Palo alto adult school)

Are you unemployed and looking for a part-time or full-time job? Would you like support & guidance in your job searching process?

By enrolling in PA Job link, you have the opportunity to participate in 3 months of free:

- ❖ Weekly individual meetings with a job coach
- ❖ Workshops on essential skills such as networking & communication
- ❖ Connections to local employers

Contact PAHC Service Coordinators:

Kate: 326-0111 or

Marisol: 565-8033 or 858-6866

For more information about
How you can take advantage of
this great opportunity!

The program will begin in April.

ESL Conversation Classes

Open Enrollment. Join anytime

Arastradero Park Apts:

Tuesday morning at 10:30am

Thursday evening at 5:30 pm

Webster Wood Apts.

Monday evenings at 6pm

In the new Learning Loft (unit #949)

Colorado Park Apts.

Thursday evenings at 6:30 pm

Alma Place

Thursday afternoon at 4:45 pm

The focus of these classes is **conversation and speaking** practice for intermediate English language learners.

For additional English classes or for beginning students, please register at the Palo Alto Adult School, 50 Embarcadero Rd. or call 494-2326. Free day and evening classes available.

Being a Parent...It's the toughest job in the world!

Join our support group for parents in 2011.

Come meet with other parents to share ideas and challenges and get support from one another!

The first Tuesday of every month in 2011:

April 5th

May 3rd

June 7th

July 5th

August 2nd

September 6th

October 4th

November 1st

December 6th

6:00-7:30 pm

Arastradero Park Apts. Community Room

574 Arastradero Rd., Palo Alto

Childcare and dinner are provided.

Families from all PAHC properties are encouraged to attend this informal and informative group.



PAHC Youth Programming

Spring Break 2011 Activities for Youth hosted by PAHC

Contact Kate,
Marisol, Lydia
or Laura for
more info

MONDAY, APRIL 11
For ages 12 and Up

Campus Tours

10am -4:30pm First Stop- WyoTech- Fremont
Ever thought of attending a Technology School or wondered what one was? Come and tour WyoTech School and find out what it is about. LUNCH INCLUDED.
Next Stop- Cal State East Bay -Hayward Thinking about going to a 4 year college. Come tour the CSU across the bridge and learn all about them.

TUESDAY, APRIL 12
For ages 6 and up

Community Service

Feel the joy of giving back by volunteering a day of your spring break to help others. Earn community service hours if you need them!

WEDNESDAY, APRIL 13
For ages 3 -7

A Day at the Garden

Join us at Colorado Park Garden to plant this season's vegetables, create garden themed treats and have fun making arts and crafts.

WEDNESDAY, APRIL 13
For ages 16-24

Want to get a summer job?

Come with us to NOVA Youth at Work. You'll learn everything you need to know about preparing for summer employment.

THURSDAY, APRIL 14
For ages 6 and up

Let's Go Bowling!

Enjoy a day of fun bowling with friends.
A perfect way to end your Spring Break!



Earth Day Egg Hunt

Friday, April 22nd
4:30 pm

Webster Wood Apartments Garden
(Webster & Channing St.)

Come celebrate Earth Day by spending an afternoon in the garden and enjoy:

- An Egg Hunt
- A Petting Zoo
- Springtime Crafts
- Yummy refreshments



Kinder Stars

Kindergarten skills for 5 year olds
(in kindergarten now
or going next year!)

Join Laura:
Tuesdays & Thursdays
March 22nd - June 2nd
2:15-3:15 pm
@Oak Court Apts.

ABCs, Numbers
Colors, Shapes
Story-time, Songs

Senior Speaker Series
The 3rd Wednesday of every month at 3pm the Sheridan Apts.

CITY OF PALO ALTO – PUBLIC WORKS DEPARTMENT

“YOUR BAYLANDS and PROTECTING WATER QUALITY”

**Karin North, Environmental Scientist
Maree Doden, Program Assistant II**

Their talk will be about the history of the Water Control Board and how to dispose of medications safely so as to not disturb our local Baylands ecosystem.



Don't miss this important event!
Wednesday, March 23rd, 2011
3:00pm

**At the Sheridan Apartments Meeting Room
360 Sheridan Avenue, Palo Alto**

Refreshments will be served.

SENSITIVE INTERACTION WITH THE LGBT (Lesbian, Gay, Bisexual, Transgender) COMMUNITY

KEN KLUCSOR is President of the San Jose Chapter of Parents, Families and Friends of Lesbians, and Gays; known as PFLAG. PFLAG is a national, non-profit organization with over 200,000 members and supporters and over 500 affiliates in the United States.

Ken will be with us to talk about the history of the LGBT Community, how to sensitively interact with people who have gay family members, and discuss issues of current interest.

WEDNESDAY, APRIL 20, 2011
3:00pm

**At the Sheridan Apartments Meeting Room
360 Sheridan Ave, Palo Alto**

Refreshments will be served.

Health & Wellness Programming

Yoga Classes

Come unwind and de-stress in these relaxing classes designed for any adult at any health level. Start your day off fresh, centered and rejuvenated!

Colorado Park: Fridays at 11 am.
Sheridan Apts: Fridays at 1pm

Arastradero Park: Mondays 6-7 pm &
Thursdays 8:30-9:30

Our yoga classes are taught by volunteer PAHC Residents with Yoga teaching certification! Do you have a talent or skill to share as well? If so, let us know!



Fresh Approach

Cooking class for parents & kids

A 6-week series
Wednesdays, March 16-April 20
6 pm -8 pm
at Oak Court Apts.

This is a hands-on program taught by a chef & nutritionist featuring tons of info on eating tasty & healthy on a budget.

Designed for parents to cook along side their kids ages 6 -18. (Childcare will be available for children under 6)

You must register in advance for Fresh Approach and commit to attending all 6 classes.

Upon completion of each class, Your tummy will be full & your family will have learned several healthy budget-friendly recipes, plus you'll receive a bag of ingredients to repeat these recipes at home.

Space is limited, please fill out a registration form by March 10th. Register with Kate at the Oak Court office, ph. 326-0111.

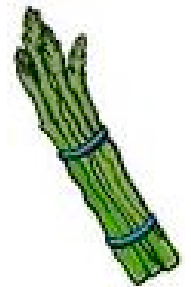
~ Harvest of the Month ~

March's Vegetable is Asparagus

According to the National Cancer Institute, asparagus contains more glutathione than any other fruit or Vegetable. This antioxidant plays an important role in the prevention of certain cancers and diseases, nutrient metabolism and regulating DNA and protein synthesis.

Asparagus Guacamole

10 ½ ounces fresh, trimmed or frozen, cut asparagus
¼ teaspoon garlic powder
2 tablespoons lime or lemon
2 tablespoons canned green chili peppers, drained and chopped
1 tablespoon onion, chopped
2 teaspoons tomato paste
¼ teaspoon salt
¼ teaspoon cumin
¼ teaspoon ground white pepper



1. Cook asparagus. Drain well, pat dry.
2. Place in blender. Add remaining ingredients. Blend until smooth.
3. Dip will become less thick upon standing and will need to be stirred.
4. Enjoy with Pita Chips or fresh cut veggies!

Enjoy 5 fruit & veggies per day & you may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease and certain types of cancer.

FREE HEALTH AND WELLNESS PROGRAMS FOR SENIORS AT THE SHERIDAN APTS!

1. **Foot Care** – In addition to feeling good post-treatment, the doctor is able to advise you on what medications to use and other implications of foot problems. Next session is May 6th. Call 650/326-0137 for an appointment.
2. **Visiting Nurse** - Nurse Sadhna will take your blood pressure, temperature, etc. and help you to talk to your M.D. about your health issues. May 23rd, first come first served.

Community Resource Spotlights

HEAP Home Energy Assistance Program

Refunds for Low-income seniors and disabled individuals for electricity costs. You can save up to \$292.

Sacred Heart Community Services will be at the Sheridan Apts to process applications:

**Friday, March 11
At 1pm**

Call Nora for an appointment at 326-0137

Please bring:

- Your most current utility bill (all pages and no credits)
- Most current monthly income statement (2010 SSA letter or bank statement showing deposit)

SUMMER CAMP

Its seems early to start planning the summer, but scholarships go fast! Start your research now for the best deals!

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.

YMCA Spring Break Camp

April 12th – 15th
Grades 4-6
Only \$40!

Two special offers for PAHC kids at Camp Allegre in Boulder Creek

Only \$40 each for PAHC kids referred by PAHC Service Coordinators to the YMCA. This is an overnight camp is for grades 4-6 only. These kids will enjoy swimming, hiking, campfires, nutritious meals and fun under the redwood trees.

If you child is in **high school** they can be a part of the fun by applying to be a camp leader. Earn community service credit, work with children and enjoy a great camp experience. If your child is interested in either of these camping opportunities this spring break, please call Marisol at 858-6866, as soon as possible.



City of Palo Alto

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. 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

Other Beneficial Stuff

Free Tax Assistance

Avenidas hosts an annual AARP Tax-Aide Program for low-to-moderate income taxpayers, regardless of age.

Volunteer tax preparers are available by appointment, on **Fridays** by calling (650) 289-5400 for an appointment. Be sure to ask what you need to bring!

At Avenidas Senior Center
450 Bryant St., Palo Alto

Resident's Corner

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 us.

The 2011 AHMA Educational Scholarship \$1000 Due in May

This scholarship is exclusively open to affordable housing residents in Northern California and Nevada. Several PAHC residents have won this scholarship in past years and we want to inspire more to apply! Applications are due in May, please start early.

If you are a high school senior or current college/vocational school student, please call for a copy of the application or visit:

www.ahma-ncn.org/2011scholarships

It can't hurt to try and you could have \$1000 more for school!

Call Kate with questions
or for a copy:
326-0111



Enjoy the Spring!

The naked earth is warm with Spring,
And with green grass and bursting trees
Leans to the sun's kiss glorying,
And quivers in the sunny breeze.

~Julian Grenfell

Spring Festivals & Celebrations

'On the Road' Family Day

Enjoy an afternoon of hands-on art activities, art walks and food (available for purchase by Oaxacan Foods) in celebration of the Palo Alto Art Center's renovation and its "On the Road" art programs.

For more information, call Caroline Ocampo at 650-329-2366

Where: Palo Alto Art Center
1313 Newell Road, Palo Alto
When: Sunday, April 3, 2-4 p.m.
Fee: FREE

Earth Day

Have a lovely visit at the Gamble Garden to celebrate Earth Day. Stop by anytime between 2:00 – 4:00 p.m. Families with children of all ages are welcome to take part in some fun and simple garden activities including a garden scavenger hunt and art projects, and then enjoy juice and cookies.

Where: 1431 Waverley Street, Palo Alto
When: Friday, April 15th, 2:00 - 4:00PM
Fee: FREE

May Fete Children's Parade

Northern California's oldest and largest children's parade features local high school and junior high marching bands, hand-pulled floats and thousands of kids marching down University Ave in downtown Palo Alto.

When: Saturday, May 7, 2:00 - 4:00 PM
Fee: FREE

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Make 2011 the year you take advantage of the free services available to you through PAHC Resident Services!

Residents from all PAHC Properties are welcome to attend any event advertised in this newsletter! All events are free to PAHC residents unless otherwise noted!



**PALO ALTO HOUSING CORPORATION
RESIDENT SERVICES NEWSLETTER**

Community information for you and your family!

Kate Young

Director of
Resident Services

Main office at
Oak Court Apts.
845 Ramona St.

(650) 326-0111

Tuesday & Thursday
Mornings at
Arastradero Park Apts.

(650) 494-1070

Email:
kyoung@
paloaltohousingcorp.org

Nora Noldon

Senior Service
Coordinator

Main office at
The Sheridan Apts.
360 Sheridan Ave.

(650) 326-0137

Tuesdays afternoons at
Arastradero Park Apts.

(650) 494-1070

Email:
nnoldon@
paloaltohousingcorp.org

Marisol Piazza

Family Service
Coordinator

Monday, Wednesday
& Fridays at Oak Manor
Townhouses
630 Los Robles Ave.

(650) 858-6866

Tuesday & Thursdays
at Colorado Park Apts.
1141 Colorado Ave.

(650) 565-8033

Email:
mpiazza@
paloaltohousingcorp.org

Lydia Klussmann

Youth Leader

at Arastradero Park Apts
574 Arastradero Rd.

for Toddler Time and
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Mon-Thurs
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