



Palo Alto Housing Corporation's Resident Services

COMMUNITY NEWSLETTER

MAY 2009
Volume 74

Welcome Marisol!

Palo Alto Housing would like to extend a warm welcome to Marisol Piazza, a new Service Coordinator and Youth Leader on the Resident Services Team!

Marisol will be working out of Colorado Park Apts. as her home base, but she will be helping plan and run family and youth activities at many properties.

Feel free to give Marisol a call with resource or services questions. She is a very friendly person and a great listener.

Marisol can be reached at:
650/ 565-8033.

(Not to worry,
Raul Rojas has not left us.
He is working at Alma Place and
the Barker Hotel these days.)

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



In this edition:

- New Computer Class starting in June—Intro to Internet!
- Come hear about the IDA program, a matched savings account program on May 20th.
- Asian Americans for Community Involvement come to talk at the Sheridan Apts.
- Become an affordable housing advocate. See pg. 2
- Swimming Lessons are back on this year at Ferne Apts.
- New Program for Teens: Digital Connectors! See pg.4
- National Senior Games to be held this Summer in Palo Alto. Volunteers needed!

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Community Information & Events

Diana Paulding, subsidy coordinator at Palo Alto Community Childcare, wants you to know:

Need help with child care or preschool? The PACCC Subsidy Program can help.

To qualify for assistance, income-eligible families must have one of the following needs for child care: (a) working, (b) looking for work, (c) attending school or in training, (d) medically incapacitated, (e) homeless, or (f) receiving child protective services

Please contact Diana Paulding, Subsidy Coordinator, Palo Alto Community Child Care at (650) 493-2361 x21

¿Necesita Ayuda con el cuidado de niños o preescolar? El programa de subsidio de PACCC le puede ayudar.

Para calificar para la ayuda, las familias deben tener el ingreso elegible para el cuidado de los niños y debe estar en una de las siguientes situaciones: (a) trabajando, (b) buscando trabajo, (c) asistiendo a la escuela o entrenamiento, (d) incapacidad médica, (e) sin hogar, o (f) estar recibiendo los servicios de protección infantil

Por favor entre en contacto con Beatriz Pastor al (650) 493-3100

Saturday, June 6
8 am - 1 pm

Palo Alto Citywide Yard Sale

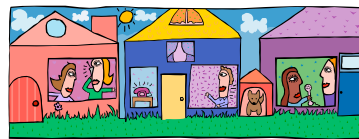
Every year, tons of materials are saved from the landfill by choosing to shop at yard sales. The Zero Waste Program encourages yard sales and the habit of buying, selling, and donating used items to raise awareness of the importance of reuse.

Yard sales are one way of redistributing goods, reducing the demand for new goods, and in the process, also reducing our community's carbon footprint. Reselling used but functional items is good for ourselves, our community and the environment.

A list of sale locations will be published in the June 5 edition of the Palo Alto Weekly or at www.zerowastepaloalto.org/yardsale

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 pizza party sponsored by the Silicon Valley Leadership group to learn more.



Wednesday, May 27
6:00 ~ 7:30 P.M.

In the
Oak Court Apts. Community Room
845 Ramona St.

Come hear about how you can be an advocate involved in Palo Alto's efforts to make sure more people can afford to live here.

Pizza and soda will be provided.

Upcoming Classes & Workshops at PAHC

Introduction to the Internet & Email Computer Class



Mondays, June 1, 8, 15 and 22

2 sections:

5:30-7pm

7:15-8:45 pm

Oak Court Apts. Community Rm. (845 Ramona St.)

In this 4 class series, we will cover the basic skills needed to use the World Wide Web. It will be a fun and friendly way to get started using the Internet and email. Please join us if the course description fits your needs!

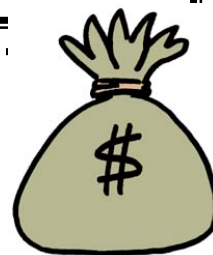
Participants will learn to:

- Log on to the Internet
- Use the Internet to search for information
- Type in web addresses and download needed information
- Send and receive email messages.

Call Kate, Family Service Coordinator, to reserve your seat at 326-0111.

Angelita Hernandez from the Opportunity Fund...

**Will be at Oak Court Apts. on
Wednesday, May 20th at 6 pm
to explain the
Individual Development Account (IDA) Program.**



The IDA program is an amazing opportunity for college students, parents of students planning to go to college, folks thinking of returning to school AND future or current small business owners! It may sound too good to be true, but it is a legitimate program widely utilized all over the country.

Here's how it works:

The Opportunity Fund is a non-profit organization that has been operating the IDA matched savings account program for more than 10 years. If you qualify for this program, you open a savings account and start saving a minimum of \$20/month. This money is FDIC insured and entirely YOUR money. You may withdraw it at anytime. However, if you save for a minimum of 1 year and a maximum of 2 years and attend 12 hours of classes on financial management, for every \$1 you save, the Opportunity Fund will match your money at 200% when you withdraw it to use for higher education or small business expenses.

That means you could have saved a maximum of \$2000 and earned \$4000 in matching funds to pay tuition, buy books, start a business, run a marketing campaign for your business, buy new supplies or equipment for your small business, etc. This is a great opportunity for those who are self-employed as hair stylists, massage therapists, landscapers, house cleaners, real estate agents, etc.

You just have to qualify based on your gross earned income in 2008:

1 person: \$20,800, 2: \$28,000, 3: \$35,200, 4: \$42,400, 5: \$49,600, 6: \$56,800.

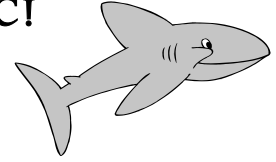
**If this sounds like you, come hear more details
from Angelita on May 20th!**

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



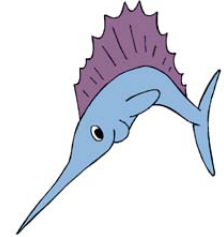
Diaper Dolphins: Parent/Child Class for ages 6-36 mo: 3-3:30 pm

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.

Splasher Sharks: ages 3-6 years: 3:30-4:15 pm

Flying Fins: ages 7-11 years: 5:00-5:45 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!

TEENS: AGES 14-18 CONNECT YOUR COMMUNITY THIS SUMMER THRU THE DIGITAL CONNECTORS PROGRAM!

- Develop Technology Skills
- Tell your story thru digital media
- Learn how to repair computers
- Connect Your Neighborhood to the Power of Technology
- Become a Technology Coach
- Build Your Leadership Skills
- Visit High Tech Companies
- Earn money for participating in this program!



This program will be held at the Arastradero Park Apts.’ Learning Center.

Teens from any PAHC site are welcome to attend. Dates will be June 22-August 14. Exact schedule TBA. If you are interested, call Kate for an application.

Toddler Time continues....

Monday and Thursday mornings, 10:30-11:30 am at Arastradero Park Apts. for the remainder of the school year and continuing this summer.

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

Onsite Summer Programming for School-Age Youth

In addition to swimming lessons and the Digital Connectors program, we are working on a schedule of weekly **Boredom Buster** workshops at several properties this summer for the weeks of June 22 – August 14.

Workshops will cover everything from Hip Hop Dance to Iron Chef Cooking to Outdoor Games to Arts & Crafts. We will also be providing opportunities for weekly field trips to fun places around the Bay Area. Stay tuned for exact scheduling and more details.

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

PAHC Resident Services presents:

YOUR ASIAN AMERICAN COMMUNITY CENTER

SENIOR WELLNESS PROGRAM
Asian Americans for Community Involvement
2400 Moorpark Avenue, San Jose

AACI is Santa Clara County's largest community-based organization focused on the Asian American Community. Our programs continue to grow and improve to provide culturally appropriate and linguistically accessible services.

Program Coordinator Miranda Chan and Senior Wellness Program Assistant, Pinki Kahrs, will come to the Sheridan on

Wednesday, May 27th, 2009
4:00pm

To tell you about the history of AACI as well as the wonderful programs at AACI that can benefit you and your family. We invite residents of PAHC and their families to attend this important event.

THIS PRESENTATION WILL
BE IN MANDARIN

Refreshments will be served

RECAP: "MONEY 911"
Wednesday, April 22nd,

Financial advisor Rocky Rocamora came to speak at the Sheridan Apts last month. Rocky talked along with his slide presentation on the financial crisis; how we got there and what to do. It was very interesting and enlightening. Those present took notes on the many suggestions about what to do in these challenging times. Those who didn't attend this important event really missed out on some good tips for survival in these tough times. Mr. Rocamora will be sending some business cards. Please call Nora at 326-0137 if you want to call him for some financial advice.

SUMMER NATIONAL SENIOR GAMES

August 1-15, 2009
Stanford and the Bay Area

An estimated 30,000 people will descend on Palo Alto for the 2009 Summer National Senior Games, also known as the Senior Olympics, arguable, the largest senior multi-sport event in the country and perhaps in the world.

The event will feature a torch relay, competition in 18 “medal” sports and seven demonstration sports, a “celebration” ceremony and aging and health seminars. Senior athletes provide excellent role models for healthy aging and break stereotypes about seniors.

The games will also have an environmental focus. Each athlete will receive a reusable water bottle. Organic food will be served, most written communication will be sent via email and the athletes may even have bicycles to ride during their stay.

Organizers are looking for volunteers **A LOT OF THEM; 4000!** Intel Corporation has committed to providing 1,000 people and the Palo Alto Parks and Recreation Commission will help find another 250. The 4000 volunteers will cover 9,000 shifts and each volunteer will take two shifts or more, if they can. **The jobs are really cool and very meaningful.**

BE A PART OF THIS GREAT EVENT; GET INVOLVED, GET INSPIRED!

*To volunteer, go to
www.2009.seniorgames.org*



CABBAGE? Eeeeyuuu!

Children run from it. We eat it mostly in the form of coleslaw; mayonnaise-laden full of hydrogenated oils and other unmentionables, absolutely ruining the reason for eating such a healthful food.

Cabbage is sturdy, strong and abundant. Hardy and easy to grow, it is almost universally available in all countries and cultures.

It is rich in nutrition and fiber and a phenomenal source of Vitamin C. It has a naturally-occurring, nitrogenous compound known as *indoles*. Current research indicates that indoles can lower the risk of various forms of cancer.

Cabbage was popular with the ancient Greeks and Romans. An early Roman medicinal preparation blended lard with the ashes of burnt cabbage to make an ointment for disinfecting wounds.

Studies have found that men living in China and Japan experience a much lower rate of prostate cancer than their American counterparts because of a diet rich in cabbage.

The lowly, plain, boring cabbage is relatively cheap yet one of the richest when it comes to protective vitamins and... it contains around 15 calories per cup!

Cabbage is rich in Vitamin A, C, E and B. It has been proven that cabbage extracts are able to kill certain viruses and bacteria. Cabbage boosts the immune system's ability to produce more antibodies.

It has high levels of iron and sulphur, minerals that work in part as cleansing agents for the digestive system.

**DO YOU FEEL THAT
PERHAPS YOUR
MECHANIC IS RIPPING
YOU OFF?**

Who knows how much it costs to do the job, or what the job entails?

Ronald Reagan said, "Trust, but verify."

AAA has a list of Approved Auto Repair facilities.

Call 800/645-4288 or visit AAA.com/autocare.

**B VITAMINS OFFER
MIGRANE RELIEF**

Vitamins B6, B12 and folic acid may reduce the frequency, severity and disability of migraines, according to new research. Daily vitamin supplements given to the first group and this found to produce a two-fold reduction in migraine disability. None were given to the placebo group.

About 12 to 15 percent of people suffer from migraines, with twice as many women as men affected. The headaches are sometimes preceded by flashes of light, blind spots, tingling in the arms or legs, or anxiety. The symptoms are often severe and debilitating.

Reductions in the frequency of the headaches and the severity of the pain were observed in people in the B vitamin group, while no such changes were observed in the placebo group.

**MAY 2009 –
DATES TO CELEBRATE:
Serious and Silly...**

1. 70th Anniversary of Batman (1939)
2. Kentucky Derby, Churchill Downs, KY
3. Teacher Appreciation Week
4. International Firefighters Day
5. CINCO de MAYO
6. Great American Grump Out – Go 24 hours without being grumpy, crabby or rude.
7. National Roast Leg of Lamb Day
8. Anniversary of V-E (Victory in Europe) Day 1945
9. Full Moon
10. MOTHER'S DAY
11. Eat What You Want Day
12. Limerick Day
13. National Apple Pie Day
14. Stars and Strips Forever Day. 1897 John Philip Sousa's march was first performed in public.
15. National Bike to Work Day
16. Armed Forces Day
17. Pack Rat Day – get rid of stuff day!
18. International Museum Day
19. Fruit Trivia Day: The strawberry is a member of the rose family and has grown wild for centuries.
20. Birthday of Blue Jeans 1873 – Levi Strauss & Company
21. Charles Lindbergh flies the first solo trans-Atlantic flight, 1927.
22. Buy a Musical Instrument Day.
23. World Turtle Day
24. First Morse Code Sent – 1844
25. U.S. MEMORIAL DAY – FEDERAL HOLIDAY
26. National Blueberry Cheesecake Day
27. 16th Annual Senior Health and Fitness Day
28. 75th Birthday of Dionne Quintuplets, 1934. Cecile and Annette survive.
29. Hug Your Cat Day
30. Anniversary of the Dedication of the Lincoln Memorial
31. WORLD – NO TOBACCO DAY

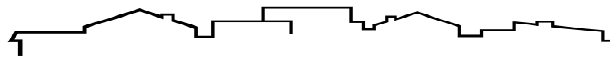
**MONDAY, MAY 25TH – MEMORIAL DAY –
PAHC offices will be closed!**



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.