



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

September-October 2011

"Never let the fear of striking out get in your way."
George Herman ("Babe") Ruth

As we begin a new school year, the quotation above is for all the students out there facing new challenges and working hard each and every day. Elementary students, middle school students, high school students, college students, adult school students, students of life.....the fear of not doing well can hold us back from taking risks and trying something new. Don't waste your life in fear and doubts—all you can do is give your 100% effort and trust that you are doing the right thing at the right time for you.

Now, a recap from the busy summer months:

Our Kids in Action summer program was a blast! We had over 30 kids participate from 5 PAHC properties and what fun we had—learning karate, making jewelry, cooking healthy meals, swimming at Rinconada, creating works of art and saving the sea turtles!

12 Digital Leaders also graduated at the end of the summer and received their hard earned stipends. They worked on projects from public service announcements to webpages to resumes. Thank you to the Linda A. Mabry Fund for their support of this program.

Our Yoga classes are going strong and people are getting strong doing them—thank you Bola and Jolly, our two dedicated volunteers. Many folks are also using the services of our Job Coach, Kathilynn. Congratulations to those who have gotten jobs in the last few months!

The Colorado Park Apts. Community Room received a facelift over the summer as well. We'll have a Grand Opening Celebration on Friday, September 23rd, 5:30 pm. Come see our new look and hear about activities planned for this fall.

~ 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.



Workshops & Opportunities at PAHC Properties

Palo Alto Job Link

One-on-One Job Coaching
for PAHC Job Seekers

Weekly meetings with our Job Coach for:

- Resume & Application Assistance
- Cover Letter Writing
- Interview Skills
- Networking Skills
- Job Leads

If you are:

- Unemployed or underemployed;
- Highly motivated to put in time and work on your job search;
- Able to commit to weekly sessions with the Job Coach,

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.

This is a free service for PAHC Job Seekers provided by the Palo Alto Adult School serving 12 job seekers at a time.

PAHC Halloween Celebration At the Sheridan Apts.

360 Sheridan Ave., Palo Alto

Friday, October 28th
6:30-8pm

Join us for...
A Costume Contest
Arts and Crafts
Pumpkin Decorating
And

Of course Trick or Treating!

Don't forget a bag for your goodies!
Call Marisol with any questions,
650-858-6866



Interested in making a little extra money for the holidays? Have a special craft you can create, dessert you can bake or recipe you can make?

Then this opportunity is for you!

PAHC's Crafter & Maker's Fair Calling all Crafters, Bakers and Makers to participate in **PAHC's 1st Crafter & Maker's Fair!**

Come show off your talent while making money for the holidays.

We are looking for all of you:

- Tamale Makers
- Bakers
- Jewelry Designers
- Holiday Crafters
- Knitters
- Artists



And other creative souls.

Attend a planning meeting

Friday, September 16, 2011

5:30 pm

Colorado Park Community Rm

Please call Marisol Piazza for a registration form, 650-858-6866.

FREE ONE-ON-ONE PARENT SUPPORT

Do you struggle with challenging behavior that you are not sure how to deal with? Would you like to increase your emotional connection with your child? Would you like to talk with someone one-on-one for support and new ideas customized to your specific family needs?

Parents searching for answers often reach out to certified Parent Coaches for answers and support, usually at a cost of \$100/hour.

As a PAHC resident you can meet one-on-one with a certified Parent Coach for FREE.

Ask us how. Call Kate or Marisol

PAHC Youth Programming this Fall

Teen

S.T.E.P.S.

Skills to Empower, Prepare & Succeed
Because life doesn't come with an instruction manual!

Wednesdays, 6-8 pm
October 5 – November 16
Arastradero Park Apartments
For ages 13-19

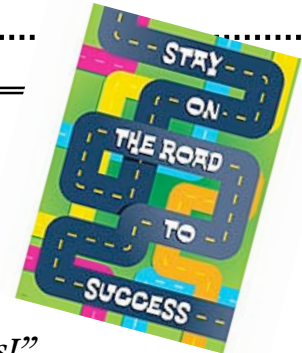
In this 7-week program, teens will learn essential skills for transitioning to adulthood: how to find a job, how to be savvy about money, how to stay healthy, communication skills for building bridges, and techniques for setting goals & creating happiness.

Applications are available from Kate, Marisol, Lydia or Laura and are due September 23rd. Short interviews will follow. If accepted into the program, teens must attend all 7 sessions and complete applicable work projects to graduate and receive a stipend.

Participants will walk away with practical experience and a handy instruction manual for life!

Homework Clubs 2011-12

This year's theme:
Stay on the Road to Success!



Together we can, "Stay on the Road to Success!"
Come work on homework, enjoy yummy snacks and earn special incentives for working on homework goals at one of Palo Alto Housing Homework Clubs!

- Arastradero Park Apts
- Colorado Park Apts
- Oak Manor Townhouses
 - Oak Court Apts.
 - Webster Wood Apts.

Grades 1-4 can earn Prizes
Grades 5-12 can earn "R2S Pay Checks"

Times and dates vary at each location. Please see Kate, Lydia or Marisol for more details and a Registration Form or call with any questions 650-858-6866

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

PREVENTING FALLS: What Can You Do?

Did you know that one out of three adults age 65 and older fall each year: The chances of falling and of being seriously injured increase with age. Join us to learn about the main causes of falls and what you can do to help prevent them.

With

DEBBIE SWARTZ, RN, AE-C, Health Educator
Palo Alto Medical Foundation

**WEDNESDAY,
SEPTEMBER 28, 2011
3:00pm**

**at 360 Sheridan Avenue
Meeting Room**

All PAHC residents are welcome

Refreshments will be served



NUTRITION FOR HEALTHY AGING:

Information vital to YOU... (Bring your notepads!)

- ✓ Changes that occur with age
- ✓ Foods for maintaining a healthy brain
- ✓ Foods that reduce cancer risk
 - ✓ Hydration
- ✓ Food/Drug interactions
 - ✓ Fiber
 - ✓ Vitamins

LINDA CONTI, RN, CHPN
Facilities Outreach Manager
PATHWAYS HOME AND HOSPICE

**WEDNESDAY
OCTOBER 26, 2011**

3:00pm at 360 Sheridan Avenue - Meeting Room
All PAHC residents are welcome

Refreshments will be served

Health & Wellness Information

From Leslie Barrie of Health.com:

6 Cancer-fighting Superfoods:

- Broccoli and all cruciferous veggies (cauliflower, cabbage, kale).
- Berries – All berries are packed with cancer-fighting phytonutrients, but black raspberries in particular.
- Tomatoes are the best source of lycopene.
- Walnuts – Their phyosterols have been shown to block estrogen receptors in breast cancer cells.

HELP AVAILABLE FOR ELDER ABUSE

Deborah Ruiz, Elder Abuse Advocate for Santa Clara County came to speak at the Sheridan Apts. last month. Ms. Ruiz stated that elder abuse is a crime which is indiscriminate in choosing who it strikes. Elder abuse can be: in the form of financial, emotional and physical exploitation.

Victims often live in silent desperation, unwilling to seek assistance because they feel they need to protect abusive family members or caregivers from legal consequences and/or don't believe anyone can help them.

If you or someone you know is experiencing a problem, please call Ms. Ruiz at 408/295-2656, ext. 329.

~ Harvest of the Month ~

September's Recipe is:

FRUIT CRUNCH COBLER

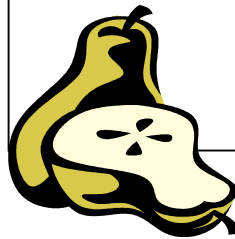
Makes 4 servings. 1 cup per serving.
Cook time: 10 minutes

Ingredients:

- 1 (15-ounce) can sliced peaches, drained*
 - 1 (15-ounce) can pear halves, drained*
 - ¼ teaspoon almond or vanilla extract
 - ¼ teaspoon ground cinnamon
 - ¾ cup lowfat granola with raisins
- *Choose canned fruit packed in 100% juice.

1. Combine peaches, pears, extract, and ground cinnamon in a microwave safe bowl. Stir well.
2. Sprinkle granola over the top. Cover the bowl with a lid or plastic wrap. Leave a little opening for steam to get out.
3. Microwave on high for 5 minutes. Be careful removing bowl from microwave because it may be hot. Let cool slightly before serving.

For more information or ideas visit
www.Harvestofthemonth.com or
www.cachampionsforchange.com



YOGA Class

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

Mondays, Wednesdays & Fridays
6:15 am @ Arastradero Pk Apts
Teacher = Jolly

Fridays
1pm @ the Sheridan Apts.
4 pm @ Colorado Park Beginning Oct 14th! (Zumba & Yoga)
Teacher = Bola



Come join the classes anytime!

Community Resource Spotlights
Valuable Programs & Organizations in our Local Community

Single Stop Can Help!

We Provide CONFIDENTIAL ONE-ON-ONE advice at NO-COST in the following areas:

Applying for Government Benefits

- Food stamps
- Medi-Cal/Healthy Families

Financial Management

- Resolving credit and debt issues
- Personal finances

Access to Legal Advice

- Consumer/Family Law & more
- Immigration issues
- Benefits Denial

Tax Preparation

- Earned Income Tax Credit



Please call Natalie Tercero for an appointment at 650.330.6428
1200 O'Brien Drive, Menlo Park, CA 94025



JOB SEARCH 2.0

SASSY (School After School for Successful Youth)

SASSY is an accredited after-school vocational training program for students from the Ravenswood City School District (RCSD), Sequoia Union High School District (SUHSD) and the Palo Alto Unified School District.

Enroll in SASSY today and gain valuable knowledge and experience in Culinary Arts or Digital Multimedia as well as career preparations! During the program, you will earn school credit, study with NovaNET, learn how to prepare a resume, participate in mock interviews, hear various guest speakers and much more!

Fall 2011 Schedule

September 12- December 14
Days: Monday- Wednesday
Time: 3:30-6:00p.m.

Back to School Night

Parents are encouraged to attend!
Tuesday, September 27
5:30-7:30 p.m. @ Job Train

JOBTRAIN
1200 O'Brien Drive, Menlo Park, CA 94025

For more information Contact Sasha Gourevitch,
Youth Services Coordinator, 650-330-6452

World Culture Fair



Join us at the
Palo Alto Family YMCA
World Culture Festival,
a free community event:

- Be entertained and educated by wonderful world dance and music performances
- Enjoy light, ethnic treats – (bring an easy clean-up treat to share and be entered in a prize drawing!)
- Engage in safe, family fun, exploring the 41st Developmental Asset –Positive Cultural Identity

Saturday, September 10
2 - 5 pm
Palo Alto Family YMCA
Gymnasium
3412 Ross Road, Palo Alto

For more information Call
Diana Turner, Group Wellness
Dir. (650) 842-7157

RE M I N D E R:
FARMER'S MARKET
VOUCHERS FOR SENIORS...
Many have received a \$20
packet of vouchers from
Nora. Don't forget to spend
them! They are redeemable
through November 2011 at
Certified Farmers Markets.
The Certified Farmer's Market Closest
to Palo Alto Housing Residents:
THE CALIFORNIA AVENUE FARMER'S
MARKET at California Avenue and El
Camino Real
Sunday, year round: 9am to 1pm

IMMEDIATE INFORMATION ABOUT MEDICARE...

www.medicare.com
This is a great website to:

Find information about Medicare Plans
(Part D – Advantage)

Answer common questions such as:

- ✓ Are my prescription drugs covered?
- ✓ Am I eligible?
- ✓ What type of medical equipment is covered?
- ✓ Is there help for people with low income?

The Parent Project

The Palo Alto Police Department, in partnership with the Palo Alto Adult School, offers the Parent Project. This program was created for parents with strong-willed teens. Topics addressed include: school behavior, attendance and grades; reducing arguing and conflict; understanding why teens do what they do; identifying gang involvement; music and media influences; friendships and dating; and alcohol and drug use.

Sessions in both English & Spanish

Time: Thursdays, 6:00p.m. - 9:00p.m.
(12 Sessions) From September 22-
December 22, 2011

Location: Greendell School, 4120
Middlefield Rd., Palo Alto, CA 94306

Cost: \$120/Person or \$155/Couple,
BUT DON'T LET THAT STOP YOU!

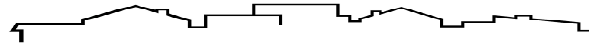
Call Marisol or Kate if you are interested
in attending---we will help arrange a
scholarship for you!!!!

Contact, Parent Project Coordinator, Dan
Pojanamat at 650-329-2274 OR
danpojanamat@cityofpaloalto.org for
more information.

In this edition:

- Support for parents with strong-willed teens THE PARENT PROJECT. See page 7
 - Teen STEPS—new like skills program for teens, this fall at PAHC—see page 3
- Are you searching for a job and not having luck on your own? Meet with our Job Coach for weekly support meetings, help with your resume & job leads—see page 2
- Are you a parent looking for answers about your parenting questions? See pages 2
 - Check out page 4 for this month’s Senior Speakers at the Sheridan Apts
 - Calling all crafters, bakers & artists for a fall Crafter’s Fair on page 2

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
9:30am-2:30pm
at Oak Manor
Townhouses
630 Los Robles Ave.
(650) 858-6866

Tuesday & Thursdays
9:30-2:30pm
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
After School
Programming

Mon-Thurs
Afternoons only

(650) 494-1070

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lklussmann@
paloaltohousingcorp.org