



COMMUNITY NEWSLETTER

SEPTEMBER/ OCTOBER 2009
Volume 77

Thank you to all who visited Jamba Juice for our August fundraiser.



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



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- Medicare Info Workshop. Find out more on pg 5.
- College Application Tips! Come hear this presentation before you send in your application. Pg. 2
- Positive Discipline? A 3-part workshop series. See pg. 4
- Autumn Community Fair on Oct 2. See page 4.
- Toddler time continues and kids club starts. More info on pg. 3
- Congrats Poster Contest Winners! See pg. 3 for their names!

Our next fundraiser will be at:



3990 El Camino Real
(next to BlockBuster)

Saturday, October 17-
Thursday, October 22
11 am -9pm

Get a flyer from your service coordinator or site manager. Bring the flyer with you and 15% of your purchase will support PAHC Resident Services. Thank you for your help!

PAHC Family & Senior Services Team:

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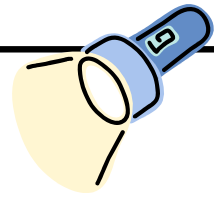
Lydia Klussmann

Youth Leader

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Resource Spotlight
Foundation for a College Education (FCE)

Through the College Bound Program, FCE provides academic and college planning support to students in grades 9-12 and their families. They believe that by encouraging students to raise their expectations and performance beyond standard grade-level requirements to college preparatory, honors, and advanced placement levels, they will in turn set higher goals for themselves. Their objective is to help the entire family better navigate the admissions system and take advantage of the resources offered at their schools. They offer our students and families the following services:

- Academic enrichment and support through one-on-one and group tutoring (includes academic advising, course selection advising and study skills enhancement)
- College planning and counseling (includes college admissions planning and support, college application instruction and support and PSAT/SAT preparation)
- Local and national college tours
- Mentoring and college coaching
- Financial aid and scholarship guidance/instruction
- Parent/guardian development and support
- Leadership development

Foundation for a College Education is currently recruiting 9th, 10th, and a few 11th graders. For more information please contact: Joyce Latu at 650.322.5048 or at jlatau@collegefoundation.org

FCE will visit PAHC in October for a:
College Application Tips Seminar
(for high school juniors & seniors & their parents)
Tuesday, October 27th
6pm
Oak Court Apts. Community Room



Car Seat Fitting Station

With 4 out of 5 car seats used incorrectly, it is important to have your child's car seat inspected by a certified technician. Lucile Packard Children's Hospital offers a child passenger Fitting Station for patient families as well as for the immediate community.

Certified technicians offer the following assistance to parents and caregivers:

- *Ensure that the seat brought by the family has not been recalled
- *Instruct and demonstrate how to install and use the appropriate child safety seat in the vehicle
- *Instruct and demonstrate how to correctly place a child in the appropriate child safety seat

What You Need to Do

- *Make an appointment. Each car seat check/installation requires a 1 hour appointment.
- *Bring your car seat and any latches or belts that came with it, the car seat installation instructions, your automobile owner's manual and the child who will be using the seat.

The Fitting Station takes appointments from 8:00am to 12:00 noon Monday through Friday (except on major holidays) and on occasional Saturdays. It is located on the ground level of the parking garage in front of Lucile Packard Children's Hospital, 725 Welch Road, Palo Alto.

For more information or to make an appointment, call Benjamin Arias at (650) 736-2981 or e-mail him at barias@lpch.org. (Se habla español.)

Stuff for Kids @ PAHC

Toddler Time

At Arastradero Park Apts. Learning Center
Mondays & Thursdays
9-11 am

For children ages 2-5 and their parents.
Practice ABCs and 123s.
Get ready for kindergarten through fun and
creative projects!



NEW! You are invited to
join the Kids Club
at Colorado Park!

When: Wednesdays this Fall
Time: 2:00 pm – 3:15 pm
Where: The Colorado Park
Community Room

Description:

Kids Club is a special once a week program especially for our K- 2nd grade kids. The purpose is to promote healthy study habits, cultivate their future success in school and provide a safe, fun place to socialize and let their creativity blossom.

At Kids Club we will work on age appropriate curriculum as well as engage in fun activities, which may include crafts, stories, music, cooking or games. **Call Marisol for more information & a registration form: 565-8033.**

Congratulations!

2009 Association of Housing Management
Agents of Northern California (AHMA)
Poster Contest Winners:



**Damilola Bolarinwa
Abimbola Bolarinwa
Patricia Valbuena
Stefany Rodriguez**

Each winner was invited to attend an awards luncheon on September 22 and received a cash prize ranging from \$50-200.



Stuff for Kids Around Town



City of Palo Alto Recreation Department Teenpower Workshops

**Wed. Oct. 7, 5-7pm,
Mitchell Park Teen Center,
3800 Middlefield Road**

These workshops provide teens with tools for managing the challenges they face, such as dealing with peer pressure and bullying, managing emotional triggers, and staying safe from verbal attack. This free workshop is open to Middle and High School Students in PAUSD. Register online, via mail or by phone. Info: Jessica Lewis, City of Palo Alto Rec. Dept., 329-2390, jessica.lewis@cityofpaloalto.org

Break Dance Workshops

Air-Flares? Top-Rocks? Windmills?
What are these dance moves? Break
Dance moves of course!

These are just a few moves you can learn for free! Every Monday and Wednesday night from 6pm-10pm, Mitchell Park Teen Programs hosts free break dance workshop sessions.

Come have some fun and great exercise with this retro dance movement! Break Dance is a healthy and positive way to get in shape and learn about this awesome hip-hop culture. Sessions are always free and open to all age groups! These sessions are located in Mitchell Park Community Center's main hall. Please wear comfortable clothing. For more information please call Mitchell Park Community Center's Youth and Teen staff at (650) 329-2487.

At PAHC this Fall

Autumn Community Fair

When: Friday, October 2, 2009

Time: 5-6:30 pm

Where: Oak Manor Townhouses
630 Los Robles, Palo Alto

Celebrate the season! Come out and visit with Neighbors and friends. Learn about some *hot* new community resources for you and your family.

There will be:

- *Seasonal Drinks & Treats*
- *Free Blood Pressure Checks*
- *Arts and Crafts*
- *Kids' Games & Prizes*
- *Exciting Giveaways for Adults too!*



Contact Marisol Piazza with any questions: 565-8033.



Positive Discipline

A 3-part Parent Workshop Series

Tuesdays, Oct 6, 13 and 20

6-7:30 pm

Learn techniques to solve defiance, whining, and all the other "problem" behaviors children and teens use to drive you crazy! And yes, you can do it all without ever blaming or punishing!

Parents will meet 1 block away from Oak Court Apts.
"Pizza & Movie Party" for kids 10 and under provided at
the Oak Court Community Room.

Please call if you plan to attend so we can give you a copy of
the course materials ahead of time.

Call Kate 326-0111

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

On Wednesday, October 14th,
we will be presenting at the Sheridan Apts.,

“MEDICARE: WHAT DOES IT GIVE YOU?”



presenter: Cathy Lynch
Community Relations Coordinator @ Pathways

Cathy will discuss the home benefits that are covered under your traditional Medicare and she will talk about the changes that may have occurred. She will also answer your questions. All PAHC residents, their friends and relatives, are invited to come for this important event!



Wednesday, October 14th
360 Sheridan Ave.
4 pm

RECAP:

Judith Pruess-Mellow, Executive Director of Senior New Ways (www.seniornewways.org) came to the Sheridan once again to talk to us about the joys of life. Thank you all who came to hear and interact with Judith on August 19th. It was one of the most uplifting and inspiring events we've had in a long time.



5 TIPS FOR A HEALTHY REFRIGERATOR

Bring Fresh Foods Out of Hiding:

Since fresh fruits and veggies perish first, why not bring them out of the crisper and onto a shelf, where they'll get eaten sooner. This will not only help your waist, but your wallet, too. Americans waste about \$10/week on spoiled produce.

Find Healthy Replacements: Take stock of your butter, mayonnaise, milk, etc. Find lower fat, lower calorie substitutes.

Juice up your OJ: Look for calcium-fortified orange juice, which can supply a third of your recommended daily allowance. So many of us are actually deficient in calcium.

Make your own healthy "fast-food" snacks: Clean and cut up veggies and store them in baggies or plastic containers which make them easier to grab and enjoy.

Hide the calories. If you can't banish the goodies, at least move them to the back or hide them in the crisper. "Out of sight, out of mind."



THINK ZINC...

This trace mineral is a multitasker. It supports the immune system, stimulates white blood cells, enhancing the healing of wounds. In the coming cold and flu season, you may be interested to know that taking zinc gluconate lozenges at the first sign of a cold or flu speeds recovery.

It also helps regulate hormonal activity, zinc is useful for benign prostate enlargement and is popular for acne as well as for healthy hair and scalp. Caffeine and a number of medications interfere with zinc absorption, it is best taken with meals. 50mg daily is a safe level. **Marcia Zimmerman, Med, CN**

CLEANING GREEN Safe Ways to Freshen Your Home:

What is TOO clean?

Bacteria and viruses are needed to challenge and strengthen our immune systems. While it's important to be clean, the creation of a sterile environment through excessive cleanliness may potentially be harmful to the immune system.

When overused, antibacterial soaps and cleansers can enable the survivor germs to develop into super germs, which make illnesses harder to treat. Many of these cleaning agents contain toxic ingredients.

Did you know that you can make nontoxic household cleaners from easy-to-find ingredients?

Two of the most popular natural cleaning agents are **baking soda and vinegar**. By itself, vinegar cuts grease, dissolves calcium and lime deposits in coffee pots and on bathroom fixtures and cleans and sanitizes cutting boards, countertops and other kitchen surfaces. Vinegar is good in the laundry room, too; replacing stain removers and fabric softeners. Distilled white vinegar is so inexpensive and its odor dissipates rapidly.

To complete your list of amazing and cheap cleaning shopping list, add **borax and lemon juice**. These natural ingredients can be mixed into a paste and used to clean toilet bowls and sink stains. Look for pure **orange oil** to clean your furniture. Another natural polish is **beeswax**. So look for green alternatives, which are a better choice than products that contain artificial fragrances and irritating chemicals and harm the environment.

**BAR –
Know Your Rights
As A Consumer**

All auto repair shops in California must be registered with the Bureau of Automotive Repair, and every repair shop must post the sign “This Establishment is Registered with the State Department of Consumer Affairs.” If you don’t see this sign, ask about it.

By law, the auto repair shop must provide a written estimate before doing any work. Ask if there is a charge for the estimate. After you have received it, feel free to go to another shop for a second opinion.

The written estimate must include the total estimated price for parts and labor for a specified repair or service. The estimate doesn’t include sales tax. The estimate must also itemize the parts to be used and the method of repair. The shop must stick to the method of repair and the parts listed unless you agree in advance. When you sign the work order/estimate, ask for any replaced parts to be returned to you. If the work (for instance windshield replacement) must be done by another establishment, it must be noted on the original work order. **Don’t ever sign a blank work order. Ask questions.**

**MEDICARE
CONSUMER ALERT
Medicare Beneficiaries
Urged to be on the Look-
out for Phone Scams**

The Centers for Medicare and Medicaid Services (CMS) warns seniors and people with disabilities to be aware of a scheme that asks Medicare beneficiaries for money and checking account information to help them enroll in a Medicare Prescription Drug Plan. This scheme is called “the \$299 Ring” for the typical amount of money Medicare beneficiaries are talked into withdrawing from their checking accounts to pay for a non-existent prescription drug plan. No Medicare drug plan can ask a person with Medicare for bank account or other personal information over the telephone. No beneficiary should ever provide that kind of information to a caller. Also, no one can come into your home uninvited.

Consumers can report these cases to their local law enforcement agencies or **1-877-772-3379** or call **1-800-MEDICARE**. Come to our workshop on Oct 14 for more Medicare information.

SAVE THE DATE

Sheridan Apts. Thanksgiving Dinner

Tuesday, Nov. 24, 2009
3 pm

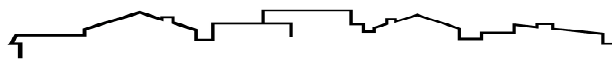
Sheridan residents and senior residents from other PAHC buildings are cordially invited to attend this family style dinner that includes turkey and all the trimmings.

Please RSVP to Nora at 326-0137



Palo Alto Housing 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.