

community information program

Peninsula Library System

CIPResource Bulletin**December 2006**

Printer-friendly version

CIP Community Calendar Highlights

The complete calendar is now posted on our Web site (see lead article for details).

Each month we will feature some highlights from that calendar in this enewsletter.

Through December 10

San Mateo High School Canned Food Drive
see article at right

December 7, noon

Advanced Health Care Directives Lecture

>> details

December 12 , 6:30 pm

San Mateo Public Library Presents Las Posadas

>>details

For a calendar of children's health events sponsored by nonprofit organizations in San Mateo and Santa Clara counties, visit www.kidscal.org.

For a schedule of Child,

Welcome to our e-newsletter!

The holiday season is finally upon us. A time to celebrate and a time to give of ourselves to others. The Community Information Program wishes everyone a wonderful holiday season and a very happy New Year. Peace to all.

**New CIP Rolling Calendar**

CIP is pleased to announce a new online service, a rolling calendar. This new calendar, which is located on our Web site, replaces the full calendar in our monthly newsletter. The change was made so we can relay information in a more time-sensitive manner. Listings will continue to include upcoming community events sponsored by nonprofit or governmental organizations. The calendar is updated frequently so check back often for new additions. If you would like your event to be listed, email your request to Amy Shulman at shulman@plsinfo.org. To check out the calendar, **visit cip.plsinfo.org/calendar**.

San Mateo High School Canned Food Drive – Through December 10

Each year shoppers at many San Mateo area supermarkets are greeted by students from San Mateo High School asking for donations of food and/or money to their annual Canned Food Drive. The drive benefits Samaritan House, an organization that helps about 7,500 needy people, half of whom are children, throughout San Mateo County, and Second Harvest Food Bank of San Mateo and Santa Clara Counties. Several years ago, the school was recognized by the *Guinness Book of World Records* for holding the World's Largest Food Drive. For more information **click here...**

Holiday Food Safety Tips

Now that the holidays are upon us, following are some safe food preparation procedures to reduce the risk of

Youth and Family Services Workshops offered through the San Mateo County Office of Education, [click here](#).

Email shulman@plsinfo.org to submit your upcoming event for the CIP Community Calendar. Article deadline for the January issue of the *Resource Bulletin* is December 15.

[Click here](#) for the complete **CIP Community Calendar**.

food borne illness from Dean D. Peterson, Director Environmental Health for San Mateo County. For those procedures [click here...](#)

Produce Mobile and Produce Plus Programs

The Produce Mobile program is a monthly distribution of produce and the Produce Plus program includes a bag of non-perishable groceries such as canned pasta, drinks, beans, rice or noodles. [Click here](#) for details...

2006 Virtual Food Drive

Now you can change the face of hunger without leaving your desk with the 2006 Virtual Food Drive. [Visit fooddrive.shfoodbank.com](#) to shop and make a donation. At the site you can compare the retail price that individuals would pay for items with how much the Food Bank can acquire with that same amount of money. Can contributing to those less fortunate get any easier?

Care Packages for Service Members Overseas

Help the USO support American troops serving overseas. Since 2001, Operation USO Care Package has delivered packages and messages of support to deployed members of the US Armed Forces. This year they will be sending their one millionth care package. [Click here](#) for more information on this program.

Community Wish List

Make a wish come true by donating goods or services needed by local nonprofit agencies. Nonprofits can post their needs and donors can view the wish list at www.communitywishlist.org.

Stop Smoking Classes

The Smoke Free Start Program of the San Mateo County Health Department has announced its free stop smoking classes for the beginning of 2007. Classes will be offered in several cities. [Click here](#) for details.

Children's Health Council (CHC) Programs

Parent education classes are back at the Children's Health Council on topics including Building Emotional Understanding, What is Autism and Anger Management with the Explosive Child. Many of the classes are free. For a full list of classes, dates, times and instructors [visit www.chconline.org](http://www.chconline.org) or call 650-617-3806.

RecycleWorks Grants Program – Deadline December 15



RecycleWorks offers funding assistance to public agencies, nonprofit

organizations, private businesses, educational institutions and other qualified parties with two tiers of grants: the NanoGrant and the MiniGrant. For more information on these grants [click here...](#)

HICAP Offers Education

HICAP is a nonprofit, advocacy agency which provides counseling and education at no cost on Medicare issues and Long Term Care Insurance.

If you would like HICAP to address your agency, staff, clients or other group about these issues, fill out a Community Education Request Form and fax it to the number that is appropriate for your county. To access the form [click here.](#)

Daly City Farmers' Market Goes Year-Round

The Daly City Saturday Farmers' Market at Serramonte Center is now open every Saturday, year-round, 9:00 am – 1:00 pm. [Click here](#) for more information.

Cañada College Human Services Courses

Cañada College offers a variety of Human Services courses for the spring 2007 semester. Visit www.canadacollege.edu/registration for course listings. For further information, [contact the Business and Workforce Development Division at 650-306-3201.](#)

Skyline College Aerobics for All Ages

Skyline College will be offering a dance class on Tuesdays and Thursdays, January 16 – May 17, 4:45 pm – 6:00 pm. This course will be taught by Diana Cushway, the dance artistic director at Skyline. Designed for people who want to build strength and work at their own pace, it includes cardiovascular training, toning, Pilates, meditation and stretching. The class is geared toward adults age 40 and older. The cost is \$20. To enroll or for more information [call 650-738-4465 or visit www.SkylineCollege.edu.](#)

Agency Updates

Career Closet has a new address and phone number in San Jose: 43 East Gish Road, Suite 100, San Jose, 95112. Their new phone number is 408-451-1200; the fax number is 408-451-9367.

The new **Silicon Valley Community Foundation**, created by the merger of the Peninsula Community Foundation (PCF) and Community Foundation Silicon Valley (CFSV) has a new Web site. [Visit www.siliconvalleycf.org.](#)

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Resource Highlight

Opportunity Center of the Midpeninsula

Location: 33 Encina Avenue, Palo Alto, CA 94301

Phone: 650-853-8672 (Monday – Friday, 8:00 am – 4:00 pm)

The Opportunity Center is a new, five-story building with underground parking and two major components: a Services Center (offering supportive social services specifically for unhoused and very low-income single adults and families with children) and Affordable Housing Units. The drop-in programs formerly offered by Urban Ministry of Palo Alto (UMPA) behind the Palo Alto Red Cross building have been moved to the new Opportunity Center.

The Opportunity Center is not an emergency shelter; counselors refer clients to existing local shelters if emergency shelter is needed. The Opportunity Center is also not a meal site. It provides light morning and afternoon snacks, but is restricted from providing full meal service.

[Click here](#) to read the full record in the CIP database.

CIP maintains a database of more than 2,600 nonprofit agencies, government programs, community clubs and social, service, environmental and fraternal organizations that serve residents of San Mateo County. In each issue of the *Resource Bulletin*, we feature one resource to help familiarize readers with the depth and breadth of the database.

At CIP

cip.plsinfo.org

- To submit an article for the **CIP Resource Bulletin**, or to add your next event to the **CIP Community Calendar**, email Amy Shulman at shulman@plsinfo.org.
- Find *Resource Bulletin* archives at **CIP Publications**.
- Access our publications online at **CIP Publications**.
- Search our database online at **CIP Database**.
- Contact us: **650-802-7950** or cip@plsinfo.org.
- We're part of the Library!

[Link to Peninsula Library System.](#)

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Community Calendar

Brown-Bag Lecture on Advanced Health Care Directives

December 7, noon. Learn about the importance of having an advanced health care directive naming someone as legal authority to make health care decisions for you when you cannot. Deborah Boswell, Esq., of McGlashan and Sarrail, P.C., will provide an overview of what you need to know.

Location: San Mateo County Law Library, 710 Hamilton Street, Redwood City. The lecture is free and open to the public. For more information **contact Karen Lutke 650-363-4913 or visit www.smcll.org.**

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San Mateo Public Library Presents Las Posadas

December 12, 6:30 pm. Celebrate a Latin American cultural tradition for the whole family with a candlelight procession, Mariachi music, refreshments, stories and crafts.

Location: San Mateo Public Library, 55 West Third Avenue, first floor, San Mateo. Free. For more information **visit www.smplibrary.org or call 650-522-7802 or 650-522-7838.** Co-sponsored by Lifemark Group.

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Complete Articles

San Mateo High School Canned Food Drive

The students count both actual pounds of food collected as well as monetary donations (\$1 = 4 pounds). In 2005, their goal was to collect 343,000 pounds of food; they exceeded that and raised over 380,000 pounds (\$80,000 and over 30,000 pounds of food). The Drive has garnered the following awards:

- Samaritan House Youth Volunteers of the year (2001, 2002 and 2003)
- Second Harvest Gold, Platinum and Blue Diamond Youth Awards (2003, 2004, 2005)
- Jefferson Community Service Awards for Students (received by the two coordinators for the 2005 Food Drive)

So if you see students standing for long hours through December 10 in front of grocery stores throughout the county this holiday season, be sure to help out with a contribution. Or if you prefer, mail or drop off your contribution to the school at 506 North Delaware, San Mateo, CA 94401. Checks are tax-deductible and should be made out to Samaritan House. You can also donate online by visiting fooddrive.shfoodbank.com. Click on VFD Store; where it asks for "Organization Type," enter SCHOOL. The food drive company is San Mateo High School. Questions can be directed to Food Drive Coordinator **Sara Cowey Catalli at 650-558-2333 or scowey@earthlink.net**.

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Holiday Food Safety Tips

Meat and poultry, the centerpiece of most holiday meals, can be a source of food borne disease unless handled and prepared properly. Federal statistics show that millions of people become ill from food borne diseases, and as many as 5,000 die each year. Therefore, keep the following safety guidelines in mind:

- Wash your hands thoroughly before and after preparing any food product.
- Never thaw meat or poultry at room temperature. Keep it refrigerated on a tray or defrost under cold running water or in the microwave. When thawing in a microwave, finish cooking in a conventional oven immediately.
- Keep two cutting boards handy - one for preparing raw meat, poultry and fish, and the other for cutting cooked food and preparing salads.
- Never cook a stuffed turkey or chicken in a microwave oven. Microwave cooking does not distribute heat evenly and can leave cold pockets inside the poultry.
- Use a cooking thermometer to determine if a turkey is fully cooked. The meat should reach 180 degrees Fahrenheit, and if the bird is stuffed, the stuffing must reach at least 165 degrees Fahrenheit.
- Do not allow any cooked food to sit out at room temperature for more than two hours. Leftovers should be refrigerated promptly after the meal. Freeze leftovers that won't be eaten within a few days. Leftover meat should be eaten within three to four days.
- Never taste leftover food that looks or smells strange. When in doubt, throw it out!

For more information about food safety, call the San Mateo County Office of Environmental Health at **650-363-4305** or contact the **US Department of Agriculture Meat and Poultry Hotline at 1-800-535-4555, or visit [Cook: A](#)**

[Consumer Guide to Safe Handling and Preparation of Ground Meat and Ground Poultry.](#)

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Produce Mobile and Produce Plus Programs

In East Palo Alto, the Produce Plus program occurs the first Tuesday of the month from 1:30 pm – 3:30 pm. To sign up for the Produce Mobile local families should call the Ecumenical Hunger Program at **650-323-7781**.

The Daly City Produce Mobile is held on the fourth Thursday of the month from 1:30 pm – 3:30 pm. To sign up, families need to call North Peninsula Food Pantry and Dining Center of Daly City at **650-994-5150**.

The first Produce Plus site opened in Moss Beach near the Half Moon Bay Airport; distribution is the first Wednesday of the month from 4:00 pm – 7:00 pm. Interested families should contact the Pillar Ridge Mobile Home Park at **650-728-3389**.

To be eligible a recipient must live in the county and fall within certain income guidelines.

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Care Packages for Service Members Overseas

Recognized and supported by the Department of Defense, Operation USO Care Package is a way to send a personal message of encouragement and let our service members know they haven't been forgotten.

Due to heightened security, individuals can no longer send letters and packages marked for delivery to "Any Service Member." However, through Operation USO Care Package, a package can be sponsored for \$25 and sent along with a personal message of support and thanks to a service member. Care packages include requested items such as prepaid phone cards, sunscreen, disposable cameras, travel size toiletries and a personal note of thanks for their service and sacrifice. To sponsor a package [click here: www.operationusocarepackage.org](#).

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Stop Smoking Classes

The Smoke Free Start Program schedule is as follows:

Daly City: Saturdays, January 6 – February 17, 10:30 am – noon; additional quit day follow-up session Monday, January 29, 6:00 pm – 7:30 pm.

Location: Breathe California, 2nd floor Conference Room, 2171 Junipero Serra Blvd.

East Palo Alto: Mondays, January 8 – February 19, 6:00 pm – 7:30 pm; additional quit day follow-up session on Wednesday, January 31, 6:00 pm – 7:30 pm.

Location: New Sweet Home Church, 2170 Capitol Avenue.

Pacifica: Days and times to be announced.

Redwood City: Wednesdays, January 3 – February 14, 6:00 pm – 7:30 pm; additional quit day follow-up session on Friday, January 26, 6:00 pm – 7:30 pm.

Location: Sequoia Health and Wellness Center, 749 Brewster Avenue, Mojave Room.

San Mateo: Tuesdays, January 9 – February 20, 6:00 pm – 7:30 pm; additional quit day follow-up session on Thursday, February 1; 6:00 pm – 7:30 pm.

Location: San Mateo Medical Center, 222 – 39th Avenue, 2nd floor (Education Classroom One).

South San Francisco: Tuesdays, February 20 – April 3, 6:00 pm – 7:30 pm; additional quit day follow-up session on Thursday, March 15; 6:00 pm – 7:30 pm.

Location: South San Francisco Clinic, WIC Classroom (2nd floor), 306 Spruce Avenue (corner of Grand Avenue).

Pre-registration is required for all classes. To register **call 650-573-3989**.

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RecycleWorks Grants Program – Deadline December 15

The NanoGrant, for funding requests under \$5,000, is available to support small projects that will educate, increase awareness, reduce waste, increase recycling, conserve resources including energy and water, build better buildings and reduce carbon dioxide emissions or other greenhouse gases in San Mateo County. NanoGrants are designed to serve a variety of potential applicants who need access to small amounts of money for a limited time and for a specific purpose that support RecycleWorks' objectives and priorities.

The MiniGrant, for funding requests up to \$25,000, is available to help organizations create programs that will initiate or expand reuse, waste reduction, recycling, composting, green building and sustainability in San Mateo County.

For information on the available grants, including evaluation criteria and applications, **visit www.RecycleWorks.org**.

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Daly City Farmers' Market Goes Year-Round

The Saturday market mirrors the Thursday market harvest with heirloom variety apples from Placerville, Satsuma mandarins and tangerines from the San Joaquin Valley, truckloads of Asian produce from the Fresno/Merced farmlands, fresh-cut flowers from Salinas, field and hot-house tomatoes, fresh-pressed apple and orange juice, salad mix, eggs from Turlock, sweet potatoes, broccoli, carrots, ocean fish and more.

The Daly City Certified Farmers' Markets are located in the rear parking lot of the Serramonte Center opposite Target and the bus station. For more information **call** the market hotline at **800-806-3276** or **visit** the market Web site at **www.CAfarmersmkt.com**.

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The Resource Bulletin is a publication of the Peninsula Library System's Community Information Program and the San Mateo County Human Services Agency.

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