

community information program

Peninsula Library System

CIPResource Bulletin

February 2007

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CIP Community Calendar Highlights

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

February 8, 1:00 pm
 "Diverse-ability: Culture and Community" Film Festival
[>> details](#)

Beginning February 13, 7:30 pm - 9:00 pm
 Parenting a Diabetic Child Support and Discussion Group
[>> details](#)

February 14, 7:30 pm - 8:30 pm
 Family Law Facilitators on the Radio
[>> details](#)

February 22, 7:30 am - 1:00 pm
 Women's Criminal Justice Summit
[>> details](#)

February 28, 2:30 pm - 3:30 pm
 Stroke Prevention Lecture
[>> details](#)

For a calendar of children's health events sponsored by nonprofit organizations in San

**Welcome to our e-newsletter!**

The weather's getting warmer - and will hopefully stay that way! We wish everyone a happy Valentine's Day.

FREE Online Homework Help

Libraries throughout the County now offer help from real live tutors via the Internet. For more information [click here...](#)

**In Case of Emergency - Preparing Nonprofits to Work Together in Times of Crisis**

Thrive, the Alliance of Nonprofits for San Mateo County, is offering a disaster preparedness training designed especially for nonprofit agencies. To read more [click here...](#)

Support Group for Young Women

If you are a young woman between the ages of 16 and 25, check out Turning Point's Young Women's Support Group. For more information [click here...](#)

Bay Area Parents Concerned About Kids' Emotional Health

For the second year in a row, Bay Area parents have put their children's emotional health at the top of their worry list, highlighting a less-recognized yet crucial aspect of children's well-being. For the entire article [click here...](#)

San Mateo County Youth Commission Seeks Members

Positions are open on the San Mateo County Youth Commission. These Commissioners, age 15 - 21, serve on a variety of Commission Boards, such as the Mental Health Advisory Board, the Commission on Disabilities, Parks and Recreation, and the Juvenile Justice Commission, that advise the Board of Supervisors. For

Mateo and Santa Clara counties, visit www.kidsscal.org.

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

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

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

more information [click here...](#)

Informational Planning Meetings for Relay for Life

Relay for Life is a unique way to raise money for the American Cancer Society. This year's annual event in Menlo Park will be held at Burgess Park August 11 - 12. To find out more [click here...](#)

Prevention of Childhood Obesity Task Force Tip: Kaiser Permanente Presents *The Best Me*

According to recent studies, American children may be the first generation in modern history to live shorter lives than their parents as the rates of childhood obesity and diabetes have more than doubled. Kaiser Permanente is responding to this epidemic with a new educational program called *The Best Me*. For more information about this program [click here..](#)

Agency Update

The San Mateo County Medical Association has moved. Their new address is 777 Mariners Island Blvd., Suite 100, San Mateo, CA 94404. Their phone number remains the same at 650-312-1663; their new fax number is 650-312-1664. [Click here](#) to read the full record in the CIP database.

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Resource Highlight

Center for Excellence in Nonprofits
Location: 546 Valley Way, Milpitas, CA 95035
Phone: 408-945-4500 (Monday – Friday, 9:00 am – 5:00 pm)

The Center for Excellent in Nonprofits (CEN) assists nonprofit agencies in improving the quality of their efforts through leadership development. Member nonprofits are assisted by a staff of experts in leadership as well as consultants. Member benefits include on-site assistance, referrals to consultants, networking opportunities and executive development programs.

[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 our publications, including *Resource Bulletin* archives, 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](#).

Who we are:

- Linda Crowe
Executive Director, Peninsula Library System
- Gail McPartland
Assistant Director, Services, Peninsula Library System
- Pat Michelin
CIP Program Manager
- John McDonald
CIP Database Manager
- Amy Shulman
CIP Publications Coordinator
- Susan Gaggero
CIP Program Assistant

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Community Calendar Highlights

"Diverse-ability: Culture and Community" Film Festival

February 8, 1:00 pm. Skyline College's Museum of Tolerance Alumni Group and Disabled Students Program and Services will sponsor the screening of *Big Enough*, a portrait of several dwarfs who appeared in Jan Krawitz and Thomas Ott's 1982 film *Little People*. Through a "then and now" lens, the characters confront their physical and emotional challenges: dating, marriage and the decision to have children; the difficulties of living in a world designed for average-sized people; the struggle toward equal opportunity and enhanced self-esteem amidst cultural stereotypes and the future for their community now that dwarfism can be diagnosed in utero through genetic testing.

A discussion with filmmaker Jan Krawitz will follow the film. Ms. Krawitz, a professor of documentary film and video at Stanford University, has won major awards internationally for her documentary *Styx*. Retrospectives of her work have screened at the Portland Art Museum, Rice University, the Austin Film Society and the Ann Arbor Film Festival. Her 1982 Emmy-nominated PBS documentary *Little People* and *Drive-In Blues* have been broadcast nationally on PBS and the Discovery Channel.

Location: Skyline College, 3300 College Drive, Main Theatre, San Bruno. Admission is free and light refreshments will be provided. Funding for the program is provided by the President's Innovation Fund. **For information, call 650-738-4306.**

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Parenting a Diabetic Child Support and Discussion Group

Second Tuesday of the month, February through July (February 13, March 13, April 10, May 8, June 12, July 10), 7:30 pm - 9:00 pm. This six-session support and discussion group offers parents a chance to meet and talk about having a child diagnosed with juvenile diabetes. It allows them to delve into the emotional and practical issues experienced by families living with diabetes. Group leader Erica Pelavin works as an educator and trainer and has extensive experience developing and leading parenting seminars and support groups.

Location: Jewish Family and Children's Services (JFCS), 200 Channing Avenue, Palo Alto. \$60 for all six sessions; a sliding scale is available. Pre-registration is required; to register or for more information **contact Don Sussman at 650-688-3046 or DonS@jfcs.org.**

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Family Law Facilitators on the Radio

February 14, 7:30 pm - 8:30 pm. Bay Area Family Law Facilitators will be on the air on Public Radio Station KALW's (91.7 FM) "Your Legal Rights."

Attorneys from the Alameda, San Mateo and Santa Clara Family Law Facilitators Offices will be talking about the role of the facilitator, child support, paternity and family law. They will also be taking calls regarding these subjects. Listeners outside of the Bay Area may tune in on the Internet where the show streams live from **www.KALW.org**.

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Women's Criminal Justice Summit

February 22, 7:30 am - 1:00 pm. The San Mateo County Women's Criminal Justice Summit will engage the community in a discussion on the need to improve outcomes for women and their children in the criminal justice system, ensure corrections reforms, reduce recidivism and protect public safety.

Location: Oracle Conference Center, 350 Oracle Parkway, Redwood City. For directions and more information **visit www.co.sanmateo.ca.us/womensjusticesummit.**

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Stroke Prevention Lecture

February 28, 2:30 pm - 3:30 pm. In honor of American Heart Month, Clara Roa of the Peninsula Stroke Association will speak about stroke prevention. Blood pressure screenings will also be available.

Location: Mills Estate Villa Assisted Living Community, 1733 California Drive, Burlingame. The lecture is free but an RSVP is required. For more information and to RSVP **contact Kris Dalmacio at 650-692-0600 or kdciminocare@sbcglobal.net or visit www.ciminocare.com.**

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Complete Articles

FREE Online Homework Help

Libraries throughout the County now offer help from real live tutors via the Internet. Live Homework Help is available for grades 4 – 12 and college introduction level students in English, seven days a week from 1:00 pm – 10:00 pm, and in Spanish, Sunday through Thursday from 1:00 pm – 7:00 pm. Students can access the service from within the library or from home by visiting the San Mateo County Library Web site, entering a grade level and the subject they need help in; within a few minutes they will be connected to an expert tutor. Students can receive help in math, science, social studies or English. To access the site, **visit**

<http://smcl.org/features/livehomeworkhelp.html>.

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In Case of Emergency - Preparing Nonprofits to Work Together in Times of Crisis

Thrive, the Alliance of Nonprofits for San Mateo County, is offering earthquake scenario-based training designed especially for nonprofit agencies on February 27 from 8:00 am - 11:30 am. They will review disaster plans and checklists and network with other local disaster response partners.

This disaster preparedness training will be held at the San Mateo Credit Union Building, Redwood City/San Mateo Rooms, 350 Convention Way, Redwood City. Free for members and friends of Thrive; \$10 all others; scholarships available. Agencies are encouraged to send more than one participant. Continental breakfast will be served. For more information or to RSVP **contact Cari Pang Chen at 650-766-1162 or cari@thrivealliance.org.**

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Support Group for Young Women

If you are a young woman between the ages of 16 and 25, check out Turning Point's Young Women's Support Group. It's a place to connect with other young women, speak your mind and enjoy good food. Topics to be discussed include body image, self-esteem,

friends, relationships, identity, stress, substance abuse, sex and intimacy, and family, school and work issues. The group will also go on special outings and have guest speakers.

Meetings will be held on Wednesday evenings from 5:00 pm - 6:30 pm at the Edgewood Community Center, 957B Industrial Road, San Carlos. For more information **contact Felicia at 415-375-7628 or feliciah@edgewoodcenter.org**.

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Bay Area Parents Concerned About Kids' Emotional Health

For the second year in a row, Bay Area parents have put their children's emotional health at the top of their worry list, highlighting a less-recognized yet crucial aspect of children's well-being. In a wide-ranging survey commissioned by the Lucile Packard Foundation for Children's Health, parents across economic, geographic and racial/ethnic lines indicated that on a day-to-day basis, stress, depression, weight and the fallout from family conflict outrank other concerns about their children's health.

To read the full report **visit www.kidsdata.org/parentpoll**. To join a discussion forum **visit [forum.lpfch.org/Preteen Alliance/Emotional Health/Parent Poll/?14@@](http://forum.lpfch.org/Preteen%20Alliance/Emotional%20Health/Parent%20Poll/?14@@)**.

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San Mateo County Youth Commission Seeks Members

Positions are open on the San Mateo County Youth Commission. These Commissioners, age 15 - 21, serve on a variety of Commission Boards, such as the Mental Health Advisory Board, the Commission on Disabilities, Parks and Recreation, and the Juvenile Justice Commission, that advise the Board of Supervisors.

Youth Commissioners also operate as a group working on issues facing youth in San Mateo County. Terms are two years and the commitment is about two hours per week. Youth Commissioners are trained in policy, public speaking, advocacy, and civic engagement. They are supported by an adult mentor and the Youth Commission staff. Youth Commissioners receive a stipend and/or community service hours. For more information, **contact Anne Hipskind at anne.hipskind@yfes.org or 650-401-8617 ext 20**.

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Informational Planning Meetings for Relay for Life

Relay for Life is a unique way to raise money for the American Cancer Society. This year's annual event in Menlo Park will be held at Burgess Park August 11 - 12. The Relay consists of teams walking in honor of those who have been affected by cancer. The goal is to have at least one team member walking on the track at all times during the entire 24 hour event.

The Relay begins by honoring survivors during an opening ceremony. There will be

entertainment, food, a kids' corner and lots of inspiration for all.

Form a team, walk the Lap of Hope as a cancer survivor, dedicate a luminaria or be a sponsor. Volunteer meetings are held the first Thursday of the month at 6:30 pm at the Burgess Park Recreation Center, 701 Laurel Street, Menlo Park. For more information **contact Emily LeDeau at 650-578-9902 option 3 or emily.ledeau@cancer.org.**

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Prevention of Childhood Obesity Task Force Tip: Kaiser Permanente Presents *The Best Me*

According to recent studies, American children may be the first generation in modern history to live shorter lives than their parents as the rates of childhood obesity and diabetes have more than doubled. Kaiser Permanente is responding to this epidemic with a new educational program called *The Best Me*.

The Best Me is a comprehensive four-part program that inspires families to make healthier life choices related to eating and active living through theatrical presentations, classroom activities and interactive workshops. Students in grades 3-6 and their parents learn the importance of exercising at least 30 minutes a day; cutting back on computer, video game and TV screen time; eating a variety of foods especially fruits and vegetables; and reducing soda, juice and portion sizes.

The program promotes the collaboration between schools, communities and individual families to make changes to curb the rising rates of childhood obesity and diabetes. It begins with a theatrical presentation which depicts a year in the life of four students as they learn to overcome challenges around eating nutritiously and staying active. After the performance, students learn how to apply the messages from the show by participating in classroom workshops and role-playing. The program concludes with "Thriving Families," a special family event for students and their parents. A healthy meal is served and the parents engage in their own theatrical workshop presentation where they learn and share strategies for creating a healthier lifestyle for themselves and their families.

The program is free of charge to schools and community groups. To learn more about Kaiser Permanente's Educational Theatre Programs **visit www.kp.org/etp or contact them at 510-987-2223 or ETPinfo@kp.org.**

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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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