

community information program

Peninsula Library System

CIPResource Bulletin

January 2008

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CIP Community Calendar Highlights

For a complete listing of events, [click here](#).

Tuesdays through June 24, 4:00 pm - 5:30 pm

Packard Pediatric Weight Control Program

[>> details](#)

January 16, 30, February 13, 27, March 12, 26, 3:30 pm - 5:00 pm

Social Skills Peer Group for Teens

[>> details](#)

January 17, 9:00 am - 11:00 am

Partnering with the Department of Rehabilitation

[>> details](#)

January 19, 10:00 am - 2:00 pm

Public Safety Job Fair

[>> details](#)

January 21

23rd Annual Freedom Train

[>> details](#)

Mondays and

Welcome to our e-newsletter!

Happy New Year! We hope everyone had a safe and happy holiday season. Now it's onto a new year and new beginnings. If one of your resolutions was to help your community, there are plenty of opportunities out there. Read below for a couple of ways.



2007 San Mateo County Children's Report Released

Released on December 4, 2007, the report summarizes the status of children's health and well-being in the county, highlighting key issues that need attention. The report, produced approximately every two years by a collaborative of public and private agencies, tracks key indicators that measure how the county's children are faring over time, according to four desired outcomes: Children Are Healthy; Children Are Nurtured in a Stable, Caring Environment; Children Are Succeeding in School; and Children Are Safe. [Click here](#) for more information about the report.

The Best Ways to Collect Data from Preteens

If you work with youth in the 9-13 age range – whether in community, school, research or other settings – you probably have needed to ask them questions about their feelings, behaviors or other issues at some point. But what's the best way to get good information from this age group? To read more, [click here...](#)

Training Program in Telecommunication Starts January 24

Telecommunications, the transmission of information through satellite, optical fibers, copper wires, telephone, radio and television, is one of the fastest growing industries in our region. This program is designed for students entering the field as well as those seeking to upgrade their skills in specific areas of telecommunications or network information. For more information about the program, [click here...](#)

RFP for CDBG Funds in Daly City - Applications due January 25

The city of Daly City is accepting proposals from community

**Wednesdays,
January 23 - May 21,
6:00 pm - 9:00 pm**
Empowerment Skills
for Family Workers
>> details

**January 24, 11:00
am - 3:30 pm**
Housing
Element/Affordable
Housing Preservation
Workshop
>> details

**January 26, noon -
2:00 pm**
Relieve Hip and Knee
Pain
>> details

**January 30, 9:00 am
- 12:30 pm**
Older Driver Traffic
Safety Seminar in
Belmont
>> details

**January 31 and
February 1**
Ninth Annual
Mentoring Conference
>> details

**February 1, 8:00 am
- 5:00 pm**
Free Dental Care for
Kids
>> details

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

Email

organizations serving Daly City residents for the use of Community Development Block Grant (CDBG) funds during the fiscal year July 1, 2008 through June 30, 2009. These funds are used for programs and projects that benefit low and moderate income Daly City residents for the direct delivery of services and are paid to public service providers on a reimbursement basis. For more information and an application, **contact My Do at 650-991-8068 or mdo@dalycity.org**.

Ming Tak Leong Award - Nomination Deadline January 31

The Ming Tak Leong Award honors individuals who have made significant contributions to the lives of seniors in San Mateo County, with a focus on minority elders. For over twenty years, Ming Tak Leong has demonstrated dedication to serving the needs of older adults and adults with disabilities. Ming has a long history of community involvement and his fundraising and community outreach efforts have significantly improved the quality of life for this population. He served over ten years on the Commission on Aging and is an active member of its Minority Elders Committee. For more information about the award, **click [here...](#)**

San Mateo County Law Library Catalog

The San Mateo County Law Library now has an online catalog, which reflects the complete holdings of the Law Library. To access it, **visit the [Law Library's Web site at \[www.smcll.org\]\(http://www.smcll.org\)](#)** and click on "Catalog."

Earn It! Keep It! Save It!

At more than 100 Bay Area sites, IRS-certified tax preparers will soon be available to help low-income residents get the refunds they deserve for free. To qualify for free tax help, last year's income must be less than \$42,000. US citizenship is not required.

The free sites will be open by February 1, although some open mid-January. To find a site near you **call 800-358-8832 or visit www.earnitkeepitsaveit.org**.



American Red Cross Earthquake Preparedness Seminars

Contact the Red Cross to schedule a free disaster preparedness seminar and learn how to make a family disaster plan, create an earthquake safe home and learn what resources are available. Seminars are conducted for nonprofits, businesses, government and other organizations. For more details, **click [here...](#)**

Low Literacy Medication Information

shulman@plsinfo.org anytime to submit your upcoming event for the CIP Community Calendar.

Click here for the complete **CIP Community Calendar**.

Medicine for People in Need (Medpin) has released low literacy information sheets regarding medications for diabetes and high cholesterol. The fact sheets in Vietnamese, Chinese, Spanish and English were developed as part of a project funded by the California Attorney General's settlement of a consumer protection lawsuit. To learn more about the project and view the fact sheets, **visit www.medpin.org/freedrugs/high_value_materials.html**.

Seeking New Commissioners for the Commission on the Status of Women - Applications due January 31

The Commission on the Status of Women of San Mateo County is a non-partisan appointed body that advises the County Board of Supervisors. It was established by the Board of Supervisors in 1982 to provide leadership in developing policies, programs and legislation that address the needs of women, girls and families. They are looking for a few new Commissioners. For more information, **click here...**

West Bay Community Band Welcomes Players

Before they joined the West Bay Community Band, many of its 40-plus members had taken a musical rest, which in some cases, lasted decades. Now, every Monday night, these musicians gather in a middle school band room in Foster City for two hours of practice, under Director Doug Miner, who has led the band for the past four years. To read more about the band, **click here...**



Agency Updates

Advocates for Children has moved to 1515 South El Camino Real, Suite 201, San Mateo, CA 94402. Their phone number, 650-212-4423, and Web site www.advocatesfc.org/contact.html, have not changed.

The Prevention of Childhood Obesity Task Force has changed their name to **Get Healthy San Mateo County**. For more information, **contact Srijia Srinivasan, Director of Health Policy and Planning at 650-573-2095 or ssrinivasan@co.sanmateo.ca.us**.

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Article deadline for the February issue of the *Resource Bulletin* is January 23. Email your submission to shulman@plsinfo.org.

Resource Highlight

Oprah supports it! Mentoring at-risk youth changes lives for the better of individuals and the community. Learn more at the ninth annual Mentoring Conference held January 31 and

February 1. See the **Calendar Highlights** at left or the **CIP Community Calendar** for more information.

Friends for Youth

1741 Broadway, 1st Floor
Redwood City, CA 94063
650-368-4444 General Information
650-559-0200 Mentoring Institute
650-482-2864 Mentoring Services

sarah@friendsforyouth.org
www.friendsforyouth.org

The Mentoring Services program matches at-risk youth age 8-17 with adult volunteers recruited from the community for the purpose of forming one-to-one relationships. Each adult mentor makes a one-year commitment to spend a minimum of three hours per week with the youth. In preparation for the matching, adults attend orientation and training sessions concentrating on an overview of the program and working with youth. Adult volunteers also receive support through weekly contacts with a trained program coordinator. Life skills training and support groups are also available.

Children voluntarily enter the program and may be referred by the Probation Department, Youth Service Bureaus, schools or other youth professionals. A comprehensive year-round activities program for Junior and Senior Friends includes recreational, educational, community service and cultural experiences at little or no cost. Volunteers are informed of special program news and events through a monthly newsletter and an annual newsletter is distributed to interested community members. The Mentoring Institute provides mentoring technical assistance to other agencies.

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 or more resources 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:

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

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Community Calendar Highlights

Packard Pediatric Weight Control Program

Registration open through February 8. Tuesdays through June 24, 4:00 pm - 5:30 pm. This proven long-term weight loss program is for children between the ages of 8 and 15 years old. Classes will be offered in English, with a Spanish program to be offered at a later date.

Location: 1400 Page Mill Road, Palo Alto. Registration by appointment only. For more information [visit pediatricweightcontrol.lpch.org](#) or **contact Cindy Zedeck, Program Director, at 650-725-4424.**

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Social Skills Peer Group for Teens

January 16, 30, February 13, 27, March 12, 26, 3:30 pm - 5:00 pm. Does your child age 12-15 have difficulty making or keeping friends? Do they need help with social skills? In this after-school teen group, your child will find a supportive way to make new friends while participating in team building activities and games.

Location: Jewish Family and Children Services Koret Family Resource Center, Parents Place, 200 Channing Avenue, Palo Alto. \$90 for six sessions. Sliding scale available to those who qualify. To learn more **contact Romina Avram, Coordinator, Youth Development Programs at 650-688-3056 or RominaA@jfcs.org.**

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Partnering with the Department of Rehabilitation

January 17, 9:00 am - 11:00 am. This session will provide an overview of the Department of Rehabilitation (DOR) process and the services provided. It will be presented by Mary Donathan and Maureen Young.

Location: State Department of Rehabilitation, 1065 East Hillsdale Blvd., Suite 403, Foster City. To reserve a space **call 650-358-4180**. If you need reasonable accommodations, **contact Susan Capeloto at scapelot@dor.ca.gov or 650-358-4161**.

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Public Safety Job Fair

January 19, 10:00 am - 2:00 pm. Meet growing Bay Area agencies (city, county, state, federal and private) recruiting for hundreds of public safety positions including all levels of law enforcement, law enforcement prevention/probation, fire, paramedic and clerical/dispatch for public safety.

Location: San Mateo County Event Center, 2495 South Delaware Street, San Mateo. Free admission and parking. Presented by Peninsula Employment Group, LLC. For more information **call 650-574-1766 or visit www.peninsulaemploymentgroup.com**.

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23rd Annual Freedom Train

January 21, 9:00 am pre-program; 9:30 am celebration, program and continental breakfast; 10:30 am Freedom Train departs. Join the ninth annual San Mateo County celebration of Dr. Martin Luther King, Jr. The 2008 honorary chairperson is jazz musician, composer, orchestra leader and educator Marcus Shelby. The Black Student Unions from San Mateo County high schools are the 2008 honored organizations.

Location: Downtown San Mateo Caltrain Station, 385 First Avenue, San Mateo. For more information **call 650-377-8708**. Special Freedom Train tickets are available only at the celebration. \$5 round-trip to San Francisco. Caltrain tickets will not be valid.

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Empowerment Skills for Family Workers

Mondays and Wednesdays, January 23 - May 21, 6:00 pm - 9:00 pm. The College of San Mateo's Human Services Department announces a special offering of The Family Development Curriculum Empowerment Skills for Family Workers, an 18-week course designed to prepare and strengthen participants' skills and competencies needed to empower families to achieve self-reliance. Participants will earn up to 10 units of college credit; receive a Family Development Certificate from the College of San Mateo for this

course; learn how to consistently practice self care and strengths-based engagement strategies with clients and network with others in the field.

Location: College of San Mateo, 1700 West Hillsdale Blvd., Building 10, Room 102, San Mateo. Participants may enroll the first day of class or pre-register at www.collegeofsanmateo.edu for HMSV 262 J1 (CRN# 39412) and HMSV 264 J2 (CRN# 39413). For more information **contact Christina Llerena at Christina@cilconsulting.net or 408-216-7599.**

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Housing Element/Affordable Housing Preservation Workshop

January 24, 11:00 am - 3:30 pm. The first portion of this workshop, from 11:00 am - 1:00 pm, is designed to be a follow-up to the Housing Element workshop that was held in September. Barbara Kautz, attorney from Goldfarb and Lipman, will return to provide more in-depth information on the requirements of the Housing Element update process and will spend up to an hour answering questions.

During the second portion, from 1:00 pm - 3:30 pm, Elyse Perry and Matt Schwartz of California Housing Partnership Corporation will provide an overview on Affordable Housing Preservation, including what may be at risk in your community, best practices in affordable housing preservation and beginning steps in establishing a strategy. The workshop is sponsored by the San Mateo County Department of Housing and the County Planners Association.

Location: Silicon Valley Community Foundation Conference Center, 1700 South El Camino Real, Suite 100 (Imagination Room), San Mateo. You may attend one or both portions. There is no charge, but due to limited space, register early. Registration deadline is January 15, 2008. For more information or to register, **contact dtozun@smchousing.org.**

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Relieve Hip and Knee Pain

January 26, noon - 2:00 pm. Join Dr. Michael Reyes to learn what's new in the treatment of arthritis and joint replacement surgery, featuring a live demonstration of the state-of-the-art Stryker Computer Navigation System. Lunch is included.

Location: Seton Medical Center, Seton Coastside, 600 Marine Blvd., Moss Beach. To reserve a space **call 650-563-7121.**

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Older Driver Traffic Safety Seminar in Belmont

January 30, 9:00 am - 12:30 pm. Take control of your driving future by attending this class. Learn the myths about older drivers, how to compensate for age-related changes, rules of the road, safe driving tips and transportation alternatives. Take a confidential self-

evaluation, tune-up your driving skills and learn about nutrition and strength. This class is presented in conjunction with The San Mateo County Commission on Aging and San Mateo County Supervisor Adrienne J. Tissier.

Location: Twin Pines Park Senior Center, 20 Twin Pines Lane, Belmont. To register or for more information **contact the Office of Supervisor Adrienne J. Tissier at 650-363-4572.**

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Ninth Annual Mentoring Conference

January 31 and February 1; 8:00 am registration; conference ends at 5:00 pm both days.

This annual mentoring conference, sponsored by Friends for Youth's Mentoring Institute, brings mentoring colleagues from around the country to learn about the latest findings in mentoring research and practice. Mentoring experts share their knowledge and provide tools for agencies to implement, focusing on quality assurance standards and Recommended Best Practices.

The first day will feature pre-conference courses allowing participants to learn about a variety of mentoring topics at a deeper level. The second day, hosted by Oracle, will present shorter workshop sessions and keynote presentations by speakers who will address the latest in mentoring and how to keep connected to the field.

Location: January 31 events will be held at the Sofitel San Francisco Bay, 223 Twin Dolphin Drive, Redwood Shores. Events on February 1 will take place at the Oracle Conference Center, 350 Oracle Parkway, Redwood Shores. The cost for both days is \$155 for Bay Area Mentoring members, \$175 for non-members. To attend one day, the cost is \$90 for Bay Area Mentoring members, \$100 for non-members. For more information **contact Sarah Kremer, Program Manager at sarah@friendsforyouth.org or 650-559-0200 or visit www.homestead.com/prosites-ffy/MI-Conference.html.**

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Free Dental Care and Health Insurance Enrollment

February 1, 8:00 am - 5:00 pm. The San Mateo County Dental Program and Children's Health Initiative is sponsoring this day of free dental care for San Mateo County children age 0-18 with limited access to dental care. Services provided include dental exams, cleanings, fluoride application, orthodontia screenings, possible x-rays and treatment. The event will also provide assistance with health insurance enrollment.

Location: Several dental offices throughout San Mateo County. **Call 650-573-3595** to schedule an appointment with a participating dentist in your area. First come, first served. Limited availability.

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Complete Articles

2007 San Mateo County Children's Report Released

Released on December 4, 2007, the report summarizes the status of children's health and well-being in the county, highlighting key issues that need attention. The report, produced approximately every two years by a collaborative of public and private agencies, tracks key indicators that measure how the county's children are faring over time, according to four desired outcomes: Children Are Healthy; Children Are Nurtured in a Stable, Caring Environment; Children Are Succeeding in School; and Children Are Safe.

The report shows that the majority of children in the county are doing well on many measures of health and well-being, but that good news masks large disparities among racial, ethnic and income groups, on issues ranging from physical health to school success to safety. Countywide figures show additional areas of concern, including infants born at low birthweight, child care availability, youth death rates, substance use, overweight children and access to dental care. However, significant progress has been made in the areas of prenatal care access, reduced infant mortality, and increased health insurance coverage. To view the report visit www.kidsdata.org/sanmateoreport. If you would like hard copies or a presentation of the findings, contact JoAnna Caywood at 650-724-1618 or joanna.caywood@lpfch.org.

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The Best Ways to Collect Data from Preteens

If you work with youth in the 9-13 age range – whether in community, school, research or other settings – you probably have needed to ask them questions about their feelings, behaviors or other issues at some point. But what's the best way to get good information from this age group?

The Preteen Alliance set out to answer that question by commissioning Education Training Research (ETR) to review eight common methods used to collect data from children ages 9-13, including surveys, diaries, interviews and observational methods. The full report, including briefs on each data collection method and a synopsis of existing local surveys, is available at www.lpfch.org/informed/facts/etr.html. For more information about the Preteen Alliance, visit www.preteenalliance.org.

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Training Program in Telecommunication Starts January 24

Telecommunications, the transmission of information through satellite, optical fibers, copper wires, telephone, radio and television, is one of the fastest growing industries in our region. This program is designed for students entering the field as well as those seeking to upgrade their skills in specific areas of telecommunications or network information.

Good math, communications and basic computer skills are essential in the program, as are excellent color vision, the ability to lift and carry 25+ pounds and the manipulation of

hand tools and small objects. An industry-ideal candidate should also have a clean DMV record and no prior convictions. Graduates of the program can expect a starting salary of \$55,000 - \$68,000 per year plus benefits.

The 16-week training program is offered at no cost, with priority given to laid-off workers. It will be held at Skyline College in a new custom-built telecommunications laboratory. Space is limited. Selected candidates will be invited to a mandatory orientation to introduce them to faculty, industry panelist, fellow classmates and finalize course registration on January 22. For more information [call 650-802-3316](tel:650-802-3316).

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Ming Tak Leong Award - Nomination Deadline January 31

The Ming Tak Leong Award honors individuals who have made significant contributions to the lives of seniors in San Mateo County, with a focus on minority elders. For over twenty years, Ming Tak Leong has demonstrated dedication to serving the needs of older adults and adults with disabilities. Ming has a long history of community involvement and his fundraising and community outreach efforts have significantly improved the quality of life for this population. He served over ten years on the Commission on Aging and is an active member of its Minority Elders Committee.

The award is open to all individuals living or working with seniors in San Mateo County who have had significant impact on the minority elders community. Individuals should show outstanding initiative and dedication toward enhancing the lives of minority elders, as well as exhibit leadership and integrity. Self-nominations are not accepted. Current members of the Commission on Aging are not eligible for nomination.

The award will be presented at the 2008 "Quality of Life" conference on June 12. For more information about Ming Tak Leong and a nomination form [visit www.smco-coa.org](http://www.smco-coa.org) and click on "Special Events" on the left.

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American Red Cross Earthquake Preparedness Seminars

Contact the Red Cross to schedule a free disaster preparedness seminar and learn how to make a family disaster plan, create an earthquake safe home and learn what resources are available. Seminars are conducted for nonprofits, businesses, government and other organizations.

Jointly sponsored by the California Earthquake Authority and Quakehold and the American Red Cross, seminars can be tailored to the needs of the organization and last about one hour. To schedule a workshop [contact Nikki Nichols at 650-259-1774 Box #2 or NicholsN@usa.redcross.org](mailto:NicholsN@usa.redcross.org).

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[Seeking New Commissioners for the Commission on the Status of Women -](#)

Applications due January 31

The Commission on the Status of Women of San Mateo County is a non-partisan appointed body that advises the County Board of Supervisors. It was established by the Board of Supervisors in 1982 to provide leadership in developing policies, programs and legislation that address the needs of women, girls and families. They are looking for a few new Commissioners.

Applicants must be over the age of 18 and a resident of San Mateo County. Applications are sought representing a diversity of backgrounds and interests. The term is four years; the maximum one can serve is twelve years, although teen commissioners serve two years.

Commissioners are expected to attend monthly meetings and participate on committees. The time commitment per month is 12-15 hours. There is no compensation.

Applications are due at the County Manager's office by January 31. To apply, **visit www.co.sanmateo.ca.us/BoardsandCommissions**. Click on "Boards and Commissions Vacancy Listing" or **contact Christine Hollender at 650-363-4124** to complete the application process. For more information about the Commission, **contact Honora Miller, Director at 650-363-4872 or hmiller@co.sanmateo.ca.us**.

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West Bay Community Band Welcomes Players

Before they joined the West Bay Community Band, many of its 40-plus members had taken a musical rest, which in some cases, lasted decades. Now, every Monday night, these musicians gather in a middle school band room in Foster City for two hours of practice, under Director Doug Miner, who has led the band for the past four years.

Offered under the auspices of the San Mateo Union High School District Adult and Community Education Program, there are no pre-requisites to join the band. Tuition is \$60 per semester, but is free for those fifty years and older. All that is needed by Director Miner is an ability to read music and a desire to learn among a musical ensemble that ranges in age from teens to the 90s, and in ability from seasoned players to struggling beginners. Recent performances include a military memorial dedication, a Santa welcome concert and a tree-lighting ceremony.

The band, whose repertoire encompasses Broadway show tunes, marches, light classics and other popular fare, would like to add to the flute, clarinet, trumpet and percussion sections. Its roots date back about a dozen years when former San Mateo High School Band Director Henry Use formed the group. Miner took it over when Use retired. A few years ago, it merged with the San Carlos Community band under its current name. Its players include pilots, lawyers, computer programmers, hotel workers and government employees, united by their love of music and the fun of playing with other people.

The band rehearses at 7:00 pm on Mondays at Bowditch Middle School, 1450 Tarpon Street, Foster City. For information about joining or the band's performance schedule, **visit www.westbaycommunityband.org or call recruitment coordinator Craig McCulloh at 650-573-2480**.

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