

## community information program

Peninsula Library System

# CIPResource Bulletin

June 2008

**Printer-friendly version**

### CIP Community Calendar Highlights

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

**June 6, 9:00 am – 10:30 am**

North County Providers Monthly Meeting

[>> details](#)

**June 9, 3:15 pm - 5:30 pm**

Get Healthy San Mateo County (GHSMC) Task Force Meeting

[>> details](#)

**June 10, 12:30 pm - 2:30 pm**

Volunteer Managers' Schmooze Fest Facilitated Roundtable

[>> details](#)

**June 10, 2:00 pm - 3:30 pm**

How Healthy is San Mateo County?

[>> details](#)

**June 11**

Women's Foundation of California 2008-2009 Women's Policy Institute Application Deadline

[>> details](#)

**June 11, 9:00 am - 10:30 am**

Senior I&R Monthly

### Welcome to our e-newsletter!

Happy Father's Day! The Fatherhood Collaborative of San Mateo County is sponsoring "Dad and Me at the Park," a yearly celebration, on June 14, the day before Father's Day. Check the Calendar Highlights at left for more information.



### Community Information Handbook 2008 Now Available in Spanish

The Spanish edition of the *Community Information Handbook*, updated for 2008, is now available. To request copies of this free booklet, [call 650-802-7950](tel:650-802-7950) or [email gaggero@plsinfo.org](mailto:gaggero@plsinfo.org). Copies can also be printed from the Web site by visiting [cip.plsinfo.org/cih.htm](http://cip.plsinfo.org/cih.htm).

### Catch the Reading Bug! Summer Reading Club: June 1 - August 31

The Peninsula Library System (PLS) is sponsoring a Summer Reading Club for children and teens. The theme for children is "Catch the Reading Bug @ Your Library" and the teen theme is "Metamorphosis @ Your Library." All PLS libraries will be hosting activities around these themes. Contact your local library for more details.



### Senior Mobility Guide Update

In addition to English, the *Senior Mobility Guide* can now be downloaded in Spanish and Chinese by [visiting cip.plsinfo.org/resources.htm](http://cip.plsinfo.org/resources.htm) or [its new Web site, www.peninsularides.org](http://www.peninsularides.org).

The guide provides information about a wide range of programs and services that can help seniors stay mobile, active and connected to the community. These programs range from how to remain a safe driver to specialized services for people who need assistance getting out into the community. Regardless of the situation, most likely there is a resource that can help.

### Indicators for a Sustainable San Mateo County Report Recently Released

This twelfth annual 80-page report features trends on 33 indicators of sustainability and highlights actions our cities and county are taking to move toward a more sustainable future. For copies [call 650-638-2323](tel:650-638-2323) or [visit](http://www.cip.plsinfo.org)

Forum

[>> details](#)

**June 11, 10:00 am - 1:00 pm and 2:30 pm - 5:00 pm**

Peninsula Job Faire

[>> details](#)

**June 11, 11:00 am - 2:00 pm**

Racism, Stress and Birth Outcome Disparities

[>> details](#)

**June 12, 8:00 am - 2:00 pm**

Quality of Life Conference: Maintaining Independence and Health at Home

[>> details](#)

**June 12, noon**

Law Library Presents Trial Attorney and Author J. Gary Gwilliam

[>> details](#)

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Dad and Me at the Park

[>> details](#)

**June 16 - July 3, 1:30 pm - 4:50 pm**

College for Kids at Skyline College

[>> details](#)

**June 20, 11:00 am - 2:00 pm**

Third Annual Men's Health Fair

[>> details](#)

**June 21, 10:00 am - noon**

Free Tax Workshop for the Self-Employed

[>> details](#)

**June 26, 9:00 am - 11:30 am**

[www.sustainablesanmateo.org](http://www.sustainablesanmateo.org).

### Free Redwood City Shuttle

Redwood City's new, free on-demand shuttle service has been launched, providing residents with door-to-door shuttle service to address mid-day transportation needs in the Fair Oaks Community and surrounding area. For more information [click here...](#)

### California Commission on the Status of Women Public Hearings: Deadline to Sign Up June 12

The California Commission on the Status of Women will be holding public hearings throughout California to learn what issues women and girls are facing and what role the state can play in addressing them. Hearings will be made up entirely of testimony from individuals and organizations bringing their comments and recommendations to the Commission. To find out the issues you can give testimony on and how to sign up, [click here...](#)

### Women's Foundation of California 2008-2009 Women's Policy Institute Application Deadline June 11

The California Women's Foundation is now accepting applications for their 2008-09 Women's Policy Institute. The only program of its kind in the nation, the vision for the Institute is to increase the number of community-based women leaders in California who are actively involved in shaping and implementing policies that affect the health and well-being of women and girls. For more information [click here...](#)

### Coastside Children's Programs (CCP) Summer 2008



Coastside Children's Programs (CCP) has a mission this summer to promote creativity, strong bodies and healthy minds through their "I Can Be" program, which includes professions such as chef, entomologist, game show host, musician and oceanographer. The program is

for children age 5-12 and runs from June 16 - August 20, from 7:00 am - 6:00 pm. The staff is trained in child development and works year-round at school-age centers. For more information about the summer programs, [click here...](#)

### Report on *What Makes a Quality After-School Program for Preteens* Now Available

A new report, commissioned by the Lucile Packard Foundation for Children's Health and produced by Public/Private Ventures, *Putting It All Together: Guiding Principles for Quality After-School Programs Serving Preteens* is now available. The report identifies six characteristics of quality after-school programs that are linked to positive outcomes for preteens. The full report and a companion *Online Resource Guide* are available at

[www.lpfch.org/afterschool](http://www.lpfch.org/afterschool).

### Project Heart: Student Engaged Nutrition and Fitness

Thrive Membership Meeting

>> [details](#)

**June 27, 8:00 am - 4:30 pm**

CompassPoint's 21st Annual Nonprofit Day Conference

>> [details](#)

**June 28, 10:00 am - 2:00 pm**

"Thriving on the Coastside" Health Fair

>> [details](#)

**June 30 - July 17, 1:30 pm - 4:50 pm**

College for Kids at Cañada College

>> [details](#)

For a calendar of children's health events sponsored by nonprofit organizations in San Mateo and Santa Clara counties, [visit www.kidscal.org](http://www.kidscal.org).

Email

[shulman@plsinfo.org](mailto:shulman@plsinfo.org) anytime to submit your upcoming event for the CIP Community Calendar.

[Click here](#) for the complete **CIP Community Calendar** where you can now search by month.

### Project

How do you get a teenager to eat healthy and stay fit? Almost three years ago, Project Heart was awarded a three year grant by the California Endowment through the San Mateo County Office of Education. They created a Student Engaged Nutrition and Fitness Project and will be unveiling the details and tools to implement it with youth in grades 6-12 at three free workshops this fall. For more information about the workshops [click here...](#)



### Kids on the Block Puppet Program

Community Gatepath's Family Resource Center presents this free Ability Awareness Program. It includes a ten minute puppet show followed by a question and answer period. Kids on the Block is open to individual classes and school assemblies for grades kindergarten through third, as well as youth, service and other organizations. To schedule a class, [contact Jeanne Berube at 650-259-0160 or jberube@gatepath.com](mailto:jberube@gatepath.com) or visit [www.gatepath.com/](http://www.gatepath.com/).

### THP Plus Housing Program, Jeremiah's Promise

Jeremiah's Promise fills a gap in care by providing residential services to 18 to 22 year olds who have aged out of foster care. Their program offers a safe, supervised, non-cost residence. They pair youth to well-screened mentors; offer on-site psychological counseling and academic support; and employability and basic life skills. All of this is directed toward aspiring former foster youth who want a college education and a better life than what they were born into. To find out more about this 501(c)(3) nonprofit program [contact Lisa Denham, Admissions and Outreach, at 408-962-0630 or lisad@jeremiahspromise.org](mailto:lisad@jeremiahspromise.org) or visit [www.jeremiahspromise.org](http://www.jeremiahspromise.org).

### Hillcrest Senior Housing Applications Available June 17-20; Deadline June 27

Applications will soon be available for a new affordable senior community, Hillcrest Senior Housing, located in Daly City. Offered will be one bedroom apartments for very low income elderly households that contain at least one member age 62 or older. For more information [click here...](#)

### CDC Recommends Shingles Vaccine

The Centers for Disease Control and Prevention (CDC) has recommended that people age 60 and older should be vaccinated against shingles, or herpes zoster, with a single dose of the zoster vaccine, Zostavax, even if they have had a prior episode of shingles. For more information [click here...](#)

### Blue Avocado

Blue Avocado is a new online magazine written by and for the people who work in the nonprofit sector, sponsored by Nonprofits' Insurance Alliance of California (NIAC), CompassPoint Nonprofit Services and Alliance of Nonprofits for Insurance, Risk Retention Group (ANI-RRG). For more information and to subscribe for free, [visit](#)

[www.blueavocado.org](http://www.blueavocado.org).

### Free Concerts in the Parks

The cities of Burlingame, Foster City, San Carlos and San Mateo have announced their artist lineups for this summer's free concerts. For more details [click here...](#)

### Agency Updates

College of San Mateo has launched a new Coastside Web site at [www.collegeofsanmateo.edu/coastside](http://www.collegeofsanmateo.edu/coastside). The new site has updated information about the facility, becoming a student, classes being offered this fall on the coast and throughout the district, links to student support services and more. For more information [contact Ron Andrade at 650-726-6444 or \[andrader@smccd.edu\]\(mailto:andrader@smccd.edu\)](#). Faculty interested in teaching opportunities should [contact Martha Tilmann at \[tilmann@smccd.edu\]\(mailto:tilmann@smccd.edu\)](#).

[>>top](#)

**Article deadline for the July issue of the *Resource Bulletin* is June 15. Email your submission to [shulman@plsinfo.org](mailto:shulman@plsinfo.org).**

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### Resource Highlight

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**. Following is the highlight for this month.

#### **National Headache Awareness Week (June 1-7, 2008)**

To say you have a headache does not begin to describe this phenomenon. There are tension-type headaches, migraine headaches, cluster headaches, organic headaches and rebound headaches. Headaches can plague young children, even babies, and headaches can stop the strongest and bravest in their tracks. NHF (National Headache Foundation) provides free information on headache causes and treatments, funds research, sponsors public and professional education seminars nationwide and a nationwide network of local support groups.

#### **National Headache Foundation**

820 North Orleans, Suite 217  
Chicago, IL 60610

888-NHF-5552 (643-5552) Phone  
(Monday-Friday, 9:00 am - 5:00 pm Central Time)  
[www.headaches.org](http://www.headaches.org)

## At CIP

[cip.plsinfo.org](http://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](mailto: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](mailto: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

[>>top](#)

## Community Calendar Highlights

### North County Providers Monthly Meeting

**June 6, 9:00 am – 10:30 am.** John McDonald, Database Manager for the Community Information Program (CIP), will present tips and tricks on how to best use the CIP database to find the necessary resources for clients.

Location: PeninsulaWorks, 271 - 92nd Street, Daly City (look for signs on the doors directing attendees to the room). For directions to the site call Myrna at 650-301-8434. No reservations needed. To be added to the email notification list for this monthly meeting, contact Pat Michelin at 650- 802-7549, [michelin@plsinfo.org](mailto:michelin@plsinfo.org) or [pmichelin@smchsa.org](mailto:pmichelin@smchsa.org).

[back to calendar>>](#)

---

### Get Healthy San Mateo County (GHSMC) Task Force Meeting

**June 9, 3:15 pm - 5:30 pm.** This quarter's meeting will include Task Force updates and a main presentation. This was formerly the Prevention of Childhood Obesity Task Force.

Location: Community Activities Building, 1400 Roosevelt Avenue, Redwood City. For more information [contact Jennifer Gross at 650-573-2319](#).

[back to calendar >>](#)

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### **Volunteer Managers' Schmooze Fest Facilitated Roundtable**

**June 10, 12:30 pm - 2:30 pm.** Good volunteer management means creating viable volunteer jobs, knowing when to give experienced volunteers more responsibility, and developing ways to recognize and retain volunteers. If you want a chance to network with other volunteer managers and share best practice tips, attend this training on volunteer management for nonprofits that use volunteers, facilitated by The Volunteer Center Serving San Francisco and San Mateo Counties. Connect with other professionals who work in the field of volunteer management, discuss daily issues of managing volunteers, ask those burning questions and share resources.

Location: Coyote Point Museum, 1651 Coyote Point Drive, San Mateo. \$15 includes beverages and fruit. Scholarship funds are available. For more information [visit www.thevolunteercenter.net/npos\\_workshops.php](#).

[back to calendar >>](#)

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### **How Healthy is San Mateo County?**

**June 10, 2:00 pm - 3:30 pm.** The newly formed San Mateo County Chapter of California Women Lead (formerly CEWAER) invites you to a presentation on How Healthy is San Mateo County? Guest speaker Scott Morrow, MD, San Mateo County Health Officer, will provide a special presentation of the *2008 Community Assessment of Health and Quality of Life in San Mateo County*, sponsored by The Healthy Community Collaborative of San Mateo County. Reservations are required. Light refreshments will be provided.

California Women Lead is a nonpartisan, nonprofit association dedicated to provide leadership and campaign training, networking opportunities, and policy forums for women interested in or who hold elected and appointed offices. For more information about California Women Lead [visit www.cawomenlead.org](#).

Location: Seton Medical Center, dePaul Auditorium, 1850 Sullivan Avenue, Daly City. RSVP by June 5 by [calling 650-991-6766, 650-991-5984 or emailing jannorton@dochs.org](#).

[back to calendar >>](#)

---

### **Women's Foundation of California 2008-2009 Women's Policy Institute Application Deadline**

**June 11.** The California Women's Foundation is now accepting applications for their 2008-09 Women's Policy Institute. The only program of its kind in the nation, the vision for the Institute is to increase the number of community-based women leaders in California who are actively involved in shaping and implementing policies that affect the health and well-being of women and girls. The program provides intensive advocacy and leadership training each year for a diverse group of up to 30 California women who are leading nonprofit organizations and seek to act as a bridge between the needs of

communities and policymakers. In its first five years, the Institute has trained over 130 women, and fellows have helped to pass nine new laws that positively impact women's lives throughout California.

Areas of focus for the 2008-09 program are economic justice; environmental health and justice; criminal justice; reproductive health and justice; and elder women's health. For more information on the Women's Policy Institute and to download an application, [visit www.womensfoundca.org/wpiapply](http://www.womensfoundca.org/wpiapply).

[back to calendar >>](#)

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### Senior I&R Monthly Forum

**June 11, 9:00 am - 10:30 am.** Deborah Owdom, Project Coordinator of RSVP of San Mateo County, will discuss Boomer Volunteers. Attendees will explore the differences amongst the generational cohorts and identify the way Baby Boomers think about civic engagement and community service. They will also look at "The New Kind of Volunteer" and ways to create opportunities to attract new volunteers.

Location: San Mateo County Health Department, 225 - 37th Avenue, Room 100, San Mateo. All are welcome; no reservations needed. To be added to the email notification list for this monthly meeting, [contact Pat Michelin at 650-802-7549](mailto:pat@plsinfo.org), [michelin@plsinfo.org](mailto:michelin@plsinfo.org) or [pmichelin@smchsa.org](mailto:pmichelin@smchsa.org).

[back to calendar >>](#)

---

### Peninsula Job Faire

**June 11, 10:00 am - 1:00 pm and 2:30 pm - 5:00 pm.** Meet growing Bay Area employers looking to fill hundreds of positions in diverse industries, with job openings ranging from entry-level to professional and technical. Free career seminars will be held throughout the day. Presented by Peninsula Employment Group, LLC.

Location: San Mateo County Event Center, 2495 South Delaware Street, San Mateo. Free admission and parking. For more information [call 650-574-1766](tel:650-574-1766) or visit [www.peninsulaemploymentgroup.com](http://www.peninsulaemploymentgroup.com).

[back to calendar >>](#)

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### Racism, Stress and Birth Outcome Disparities

**June 11, 11:00 am - 2:00 pm.** Sponsored by the Prenatal Advantage Black Infant Health Project and the San Mateo County Health Department, this community roundtable discussion will focus on "Racism, Stress and Birth Outcome Disparities." Guest speaker will be Amani Nuru-Jeter, Ph.D., M.P.H. Assistant Professor, Community Health and Human Development, University of California, Berkeley.

Location: Belmont Sports Complex, 550 Island Parkway, Belmont. There is no charge for this event. To register [contact Lori or Martha at 650-363-7850](tel:650-363-7850) or [prenataladvantage@co.sanmateo.ca.us](mailto:prenataladvantage@co.sanmateo.ca.us).

[back to calendar >>](#)

---

### **Quality of Life Conference: Maintaining Independence and Health at Home**

**June 12, 8:00 am - 2:00 pm.** This event is sponsored by the Commission on Aging Minority Elders Committee and co-sponsored by the San Mateo County Board of Supervisors and the San Mateo County Commission on Aging. There will be resource tables from community agencies and lectures on "Housing: What Are My Options?," "Young at Heart: Living a Healthy Lifestyle" and "Pursuit of Happiness." The keynote speaker will be Anni Chung, Executive Director, Self Help for the Elderly.

Location: South San Francisco Conference Center, 255 South Airport Blvd., South San Francisco. The conference cost is \$35 for non-seniors and seniors not living in San Mateo County / free for San Mateo County seniors. Breakfast and lunch are included. For more information **call 650-573-2700.**

**[back to calendar>>](#)**

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### **Law Library Presents Trial Attorney and Author J. Gary Gwilliam**

**June 12, noon.** J. Gary Gwilliam is a nationally recognized trial attorney with a long win record, as well as a noted author on consumer law, an expert witness on the standard of care for lawyer's conduct and a lecturer on attorney substance abuse. He has also been a gang member, carefree frat boy and an alcoholic. His own life story is well described in his book, *Getting a Winning Verdict in My Personal Life: A Trial Lawyer Finds His Soul*, in which he lays bare his soul and shares his personal battles against self-destruction, defeat and despair only to become a better person and lawyer. This lecture is not just for lawyers. It is for anyone who is facing personal demons and defeats and seeking inspiration and salvation.

Location: San Mateo County Law Library, 710 Hamilton Street, Redwood City. For more information **contact Karen Lutke at 650-363-4913 or visit the Law Library online at [www.smcll.org](http://www.smcll.org).**

**[back to calendar>>](#)**

---

### **Dad and Me at the Park**

**June 14, 11:00 am - 3:00 pm.** The Fatherhood Collaborative of San Mateo County, the San Mateo County Health Department and the San Mateo County Department of Parks invite fathers, grandfathers and other significant caregivers to bring their children for a day of activities. Enjoy family entertainment by Lori and RJ of the Cotton Candy Express Music, Ventriloquist Steve Chaney, Ben the Juggler and the Puppet Company. Lunch will be provided from 11:30 am – 1:00 pm.

Location: Coyote Point Park, Eucalyptus Grove, 1961 Coyote Point Drive, San Mateo. Admission is free but donations are welcome. Park admission fee will be waived for those showing a flyer for the event or letting the attendant know they are there for Dad and Me. The flyer is available at **[www.fatherhoodcollaborative.org](http://www.fatherhoodcollaborative.org)**. There will also be limited free admission to the Coyote Point Museum. For more information **contact Eve Agiewich at 650-372-3252 or [info@fatherhoodcollaborative.org](mailto:info@fatherhoodcollaborative.org) or visit [www.fatherhoodcollaborative.org](http://www.fatherhoodcollaborative.org).**

**[back to calendar>>](#)**

---

### College for Kids at Skyline College

**June 16 - July 3, 1:30 pm - 4:50 pm.** Skyline College presents College for Kids 2008 for youth entering fifth through ninth grades. The program includes an array of fun and challenging enrichment classes. Get a taste of the college experience. Subjects offered include language arts, math and science, creative arts and multi-media, computer skills and physical education. Specific classes include French, Mandarin, Creative Writing, Astronomy, Mad Machines and Robots, Fun with Photography, Guitar, Create and Produce Your Own Video, and more.

Location: Skyline College, 3300 College Drive, San Bruno. For a schedule of classes, registration application and more information [visit www.smccd.edu/collegeforkids](http://www.smccd.edu/collegeforkids). Classes will also be held at Cañada College in Redwood City from June 30 - July 17 and at College of San Mateo in San Mateo from July 7 - 24.

[back to calendar >>](#)

---

### Third Annual Men's Health Fair

**June 20, 11:00 am - 2:00 pm.** In an effort to educate men about their health and improve the quality of their lives, Kaiser Permanente will be hosting the 3rd Annual Men's Health Fair for San Mateo County. This event will be filled with health and wellness information, health screenings and opportunities to speak with physicians and health professionals. There will also be a raffle with a number of healthy living prizes.

Location: Poplar Creek Golf Course, 1700 Coyote Point Drive, San Mateo. There is no charge for this event. For more information [contact Paul H. Munda, Kaiser Permanente Health Education Department at 650-299-4991](#).

[back to calendar >>](#)

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### Free Tax Workshop for the Self-Employed

**June 21, 10:00 am - noon.** Tax-Aid is expanding its services and is offering free workshops for individuals who work as a housekeeper, gardener, childcare provider, home health aide or handyman; own a very small business; received a form 1099 last year; filed a schedule C with their 2007 federal tax return; or owed self-employment taxes last year.

At the workshop, learn how to determine if you are considered self-employed by the IRS; how to record your revenue and expenses so you can deduct the cost of doing your work from your income and owe less in taxes; what self-employment taxes are, why you have to pay them and how to avoid costly surprises next year at tax time; and how to reduce your chance of an IRS audit or penalties.

Location: Fair Oaks Community Center, 2600 Middlefield Road, Redwood City. Participants' income must be less than \$42,000 to attend. Register by leaving a message at [415-963-8633](tel:415-963-8633) or [emailing us-tax-aid@kpmg.com](mailto:us-tax-aid@kpmg.com). Include your name, email address, phone number and the location and date of the workshop you will attend. Handouts will be available in Spanish and bilingual professionals will be available after the workshop to answer individual questions. Other workshops will also be held in San Francisco and San Rafael; email for more information on those dates and locations.

[back to calendar >>](#)

---

### **Thrive Membership Meeting**

**June 26, 9:00 am - 11:30 am.** Bill Somerville, President and Founder of Philanthropic Ventures Foundation, and former director of Peninsula Community Foundation, will be speaking. He is in the process of putting together a new funding program exclusively for San Mateo County nonprofits.

Location: Silicon Valley Community Foundation (SVCF) Imagination Room, 1700 South El Camino Real, Suite 100, San Mateo. For more information [visit \*\*www.thrivealliance.org\*\*](#).

[back to calendar >>](#)

---

### **CompassPoint's 21st Annual Nonprofit Day Conference**

**June 27, 8:00 am - 4:30 pm.** Nonprofit Day has been bringing some of the sector's leading experts to the Bay Area nonprofit community for over two decades. This year the event features a keynote address and presentations by Leslie Crutchfield and Heather McLeod Grant, the researchers and authors of the groundbreaking book *Forces for Good: The Six Practices for High-Impact Nonprofits*. The day also will include over 20 presentations on issues and topics that impact an nonprofit's ability to achieve its mission.

Location: Westin St. Francis, 335 Powell Street, San Francisco. For more information and to register [visit \*\*CompassPoint's Web site at \*\*www.compasspoint.org/conferences\*\*\*\*](#).

[back to calendar >>](#)

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### **"Thriving on the Coastside" Health Fair**

**June 28, 10:00 am - 2:00 pm.** Free health screenings and health information, including blood pressure testing and "Talk To A Doc."

Location: Coastside Family Medical Center, 225 South Cabrillo Highway, Half Moon Bay. There is no charge for this event. For more information [contact \*\*Paul H. Munda, Kaiser Permanente Health Education Department at 650-299-4991\*\*](#).

[back to calendar >>](#)

---

### **College for Kids at Cañada College**

**June 30 - July 17, 1:30 pm - 4:50 pm.** Cañada College presents College for Kids 2008 for youth entering fifth through ninth grades. The program includes an array of fun and challenging enrichment classes. Get a taste of the college experience. Subjects offered language arts, math and science, creative arts and multi-media, computer skills and physical education. Specific classes include French, Mandarin, Creative Writing, Astronomy, Mad Machines and Robots, Fun with Photography, Guitar, Create and Produce Your Own Video, and more.

Location: Cañada College, 4200 Farm Hill Blvd., Redwood City. For a schedule of classes, registration application and more information [visit www.smccd.edu/collegeforkids](http://www.smccd.edu/collegeforkids). Classes will also be held at Skyline College in San Bruno from June 16 - July 3 and the College of San Mateo in San Mateo from July 7 - 24.

[>> top](#)



## Complete Articles

### Free Redwood City Shuttle

Redwood City's new, free on-demand shuttle service has been launched, providing residents with door-to-door shuttle service to address mid-day transportation needs in the Fair Oaks Community and surrounding area.

Funded by the City of Redwood City, the Metropolitan Transportation Commission, and City/County Association of Governments of San Mateo County, this is a pilot program to serve the transportation needs of low-income residents. The shuttle will operate Tuesday through Saturday from 10:00 am – 5:00 pm in the eastern part of Redwood City, which includes downtown Redwood City, Fair Oaks, Friendly Acres, Kaiser Hospital, Marsh Manor, Redwood Village and Stambaugh/Heller, with two stops outside the area – Veterans Memorial Senior Center and Woodside Plaza.

"Redwood City is pleased to be offering this shuttle service to serve residents with limited transportation access," said Vice Mayor Diane Howard. "This new service will help provide them with the ability to get in and around the eastern part of Redwood City for doctor's appointments, shopping, senior community activities and other appointments and errands."

To plan a trip on the shuttle, Redwood City residents contact the shuttle driver at 650-248-9643 the day before the planned trip to reserve a pick up and drop off within the service area. The driver speaks English and Spanish.

The shuttle will be managed by the Peninsula Traffic Congestion Relief Alliance. Shuttle information and the route are available on the Alliance's Web site at [www.commute.org](http://www.commute.org). Bilingual printed copies are also available by [calling 650-588-1600](tel:650-588-1600) or [emailing shuttles@commute.org](mailto:shuttles@commute.org).

A special ribbon cutting ceremony featuring Mayor Rosanne Foust and Vice Mayor Diane Howard will be held June 20 at 11:30 am in the parking lot at Fair Oaks Community Center, 2600 Middlefield Road, Redwood City. The entire community is invited to attend and help officially kick-off this new service.

[>> return to news](#)

---

### California Commission on the Status of Women Public Hearings: Deadline to Sign Up June 12

The California Commission on the Status of Women will be holding public hearings throughout California to learn what issues women and girls are facing and what role the state can play in addressing them. Hearings will be made up entirely of testimony from individuals and organizations bringing their comments and recommendations to the Commission.

Issues for testimony include, but are not limited to, human trafficking, reproductive freedom, child support, title IX, access to healthcare, childcare, universal healthcare, financial challenges/education and domestic violence. To sign up to give testimony at a local hearing, [visit www.women.ca.gov](http://www.women.ca.gov). The deadline to sign up is June 12; the hearing will be held June 19 from 1:30 pm - 5:30 pm at the Hiram Johnson State Building, Milton Marks Auditorium, 455 Golden Gate Avenue, San Francisco.

[>>return to news](#)

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### **Women's Foundation of California 2008-2009 Women's Policy Institute Application Deadline June 11**

The California Women's Foundation is now accepting applications for their 2008-09 Women's Policy Institute. The only program of its kind in the nation, the vision for the Institute is to increase the number of community-based women leaders in California who are actively involved in shaping and implementing policies that affect the health and well-being of women and girls.

The program provides intensive advocacy and leadership training each year for a diverse group of up to 30 California women who are leading nonprofit organizations and seek to act as a bridge between the needs of communities and policymakers. In its first five years, the Institute has trained over 130 women, and fellows have helped to pass nine new laws that positively impact women's lives throughout California.

Areas of focus for the 2008-09 program are economic justice; environmental health and justice; criminal justice; reproductive health and justice; and elder women's health. For more information on the Women's Policy Institute and to download an application, [visit www.womensfoundca.org/wpiapply](http://www.womensfoundca.org/wpiapply).

[>>return to news](#)

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### **Coastside Children's Programs (CCP) Summer 2008**

Coastside Children's Programs (CCP), a nonprofit child care agency on the coast which has been serving children and families for over 30 years, has a mission this summer to promote creativity, strong bodies and healthy minds through their "I Can Be" program, which includes professions such as chef, entomologist, game show host, musician and oceanographer. The program is for children age 5-12 and runs from June 16 - August 20, from 7:00 am - 6:00 pm. The staff is trained in child development and works year-round at school-age centers.

The weekly fee ranges from \$110 - \$210 depending on how many days per week a child attends. It includes field trips, special events and presenters, enrichment programs and nutritious snacks. For more information and to enroll [call CCP Half Moon Bay at 650-726-7412](tel:650-726-7412), [CCP El Granada at 650-712-7415](tel:650-712-7415) or [CCP Montara at 650-728-7419](tel:650-728-7419) or [visit www.coastsidechildren.org/summer-program.html](http://www.coastsidechildren.org/summer-program.html).

[>>return to news](#)

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### **Project Heart: Student Engaged Nutrition and Fitness Project**

How do you get a teenager to eat healthy and stay fit? Almost three years ago, Project Heart was awarded a three year grant by the California Endowment through the San

Mateo County Office of Education. They created a Student Engaged Nutrition and Fitness Project and will be unveiling the details and tools to implement it with youth in grades 6-12 at three free workshops this fall.

Participants will understand the design of the project and learn strategies to engage students. The first 100 enrollees will receive a toolkit with step-by-step implementation information for a student-driven social marketing, advocacy and education project. Three workshops, geared towards those who work with youth, will be held in October, in San Mateo, Alameda and Daly City. To download a registration form [click here](#). For more information [call Alicia Goldstein at 650-573-2335](#).

[>>return to news](#)

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### **Hillcrest Senior Housing Applications Available June 17-20; Deadline June 27**

Applications will soon be available for a new affordable senior community, Hillcrest Senior Housing, located in Daly City. Offered will be one bedroom apartments for very low income elderly households that contain at least one member age 62 or older.

The annual income for one person must not exceed \$39,600 and the income for two people must not exceed \$45,250. Rent will be based on 30% of the households' annual adjusted income. Applicants must satisfy resident selection criteria and HUD admissions requirements. The community will include two apartments with accessibility for the mobility impaired and thirteen accessible to the hearing and sight impaired.

Applications will be available at the War Memorial Community Center, 6655 Mission Street, Daly City from 10:00 am - 4:00 pm on June 17 through the 20. Selection for these apartments will be made through a lottery process, which requires the submission of an application. Staff will be available to assist with completing the application, answer questions and accept applications which may also be returned by mail.

[>>return to news](#)

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### **CDC Recommends Shingles Vaccine**

The Centers for Disease Control and Prevention (CDC) has recommended that people age 60 and older should be vaccinated against shingles, or herpes zoster, with a single dose of the zoster vaccine, Zostavax, even if they have had a prior episode of shingles.

Over 95 percent of people are infected by the varicella zoster virus (VZV) during their lifetime. The virus causes chickenpox and lies dormant within the nerves. If it reactivates later in life, the result can be shingles, characterized by clusters of blisters which can cause severe pain that may last for weeks, months or years. About one in three persons will develop shingles during their lifetimes, resulting in about one million cases of shingles per year. In those age 60 and above the vaccine reduced the occurrence of shingles by about 50 percent. For individuals ages 60-69 it reduced occurrence by 64 percent.

The risk of contracting shingles increases with age starting at age 50 and is highest in the elderly. Among those who get shingles, more than one-third will develop serious complications. Half of people living to age 85 have had or will get shingles. The risk of experiencing chronic pain also increases with age.

For more information about the shingles vaccine, visit [www.cdc.gov/vaccines/vpd-](http://www.cdc.gov/vaccines/vpd-)

[vac/shingles/default.htm](#).

[>>return to news](#)

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### Free Concerts in the Parks

The cities of Burlingame, Foster City, San Carlos and San Mateo have announced their artist lineups for this summer's free concerts. Visit the following Web sites for more details.

#### Burlingame:

**Sundays, July 6 - July 27, 1:00 pm - 3:00 pm.**

Location: Washington Park, 850 Burlingame Avenue, Burlingame. For more information [visit](#)

<https://www.burlingame.org/Index.aspx?page=1077>.

#### Foster City:

**Fridays, July 11 - August 15, 7:00 pm - 9:00 pm.**

Location: Leo Ryan Park Amphitheater, 650 Shell Blvd., Foster City. For more information [visit](#)

[www.fostercity.org/Services/recreation/Concert-Schedule.cfm](http://www.fostercity.org/Services/recreation/Concert-Schedule.cfm).

#### San Carlos:

**Friday, August 1 - August 29, 6:00 pm - 8:00 pm.**

Location: Burton Park, 1017 Cedar Street, San Carlos. For more information visit

[www.cityofsancarlos.org/gov/depts/parks\\_rec/community\\_events/default.asp summer concert\\_series.asp](http://www.cityofsancarlos.org/gov/depts/parks_rec/community_events/default.asp%20summer_concert_series.asp)

#### San Mateo:

**Thursdays, June 12 – July 31, 6:00 pm – 8:00 pm.**

Location: Central Park, 50 East Fifth Avenue, San Mateo. The artist lineup is online at [www.cityofsanmateo.org](http://www.cityofsanmateo.org).

[>>return to news](#)

---

[>> top](#)



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