

## community information program

Peninsula Library System

# CIPResource Bulletin

July 2008

**Printer-friendly version**

### CIP Community Calendar Highlights

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

See the **full calendar** for free summer concerts throughout the County.

**July 7 - 24, 1:30 pm - 4:50 pm**

College for Kids at College of San Mateo

[>> details](#)

**July 9, 9:00 am - 10:30 am**

Senior I&R Monthly Forum

[>> details](#)

**July 9, 1:00 pm - 3:00 pm**

Advance Health Care Directives Workshop in Half Moon Bay

[>> details](#)

**July 10, 9:00 am - 11:00 am**

Overview of the Department of Rehabilitation

[>> details](#)

**July 16, 1:00 pm - 3:00 pm**

Advance Health Care Directives Workshop in Pacifica

[>> details](#)

### Welcome to our e-newsletter!

We hope that everyone enjoyed their Fourth of July holiday and that you used your sunscreen! Since it is officially summer, make sure you check out our Agency Highlight this month for some tips and resources on staying safe around the water.



### Section 8 Wait List Open July 7 Through July 12

The Section 8 Wait List will be open for applications beginning at 6:00 am on Monday, July 7 through 6:00 pm on Saturday, July 12. The Section 8 Housing Choice Voucher Program assists eligible low-income individuals and families by providing rental assistance so that families can obtain safe, affordable, decent and sanitary housing in the private rental market. For more information [visit www.smchousing.org](#).



### Filipino Mental Health Initiative Publishes Resource Guide

Filipino Mental Health Initiative (FMHI) is a partnership between community organizations and individuals who are interested in improving the well-being of Filipinos. Formed in 2006 from the members of KAPAG, FMHI's primary objective is to increase the awareness of mental health and related resources to the Filipino community in San Mateo County. For more information about the Guide, including how to get a copy, [click here...](#)

### Help at Home in Spanish and Chinese

Spanish and Chinese versions of *Help at Home* are now available online by [visiting cip.plsinfo.org/hah.htm](#).



### Housing Report Released

The San Mateo County Department of Housing recently released a 14-page booklet entitled "Filling in the Gaps: How Cities in San Mateo County Can Promote Infill Housing." Topics covered include benefits of infill, myths about infill, barriers to implementation, and recommended actions. Electronic copies are available at [www.smchousing.org](#) under the Infill Housing icon. For information about printed copies [call 650-802-5050](#).

**July 18 - 19, Hours vary**

Career Closet's Style Cupboard

>> [details](#)

**July 21 - 25, 9:30 am - 3:30 pm**

Sports Medicine Camp at Skyline College

>> [details](#)

**July 23, 1:00 pm - 3:00 pm**

Redwood City Human Service Agencies Meeting

>> [details](#)

**July 23, 7:00 pm - 8:30 pm**

National Alliance on Mental Illness of San Mateo County (NAMI) Presentation on Hoarding

>> [details](#)

**July 24, noon**

Dental Issues on Aging

>> [details](#)

**July 26 and August 2, 10:00 am - 2:00 pm**

Tools for Effective Caregiving

>> [details](#)

**July 30, 9:30 am - 1:00 pm**

California Highway Patrol Presents: Older Driver Traffic Safety Seminars

>> [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).



**HEART's New Homebuyer Program Offers**

**Affordable Home Loans**

HEART, the Housing Endowment and Regional Trust of San Mateo County, in partnership with Meriwest Mortgage, a subsidiary of Meriwest Credit Union, is offering a new loan package that helps qualified moderate-income families buy their first home in San Mateo County or move substantially closer to transit in this county. Applicants must have a household income up to a maximum of \$150,000, work in San Mateo, or live in a HEART member city (all but Belmont), be a first-time or "move-closer" buyer and have a credit score of at least 680 and 3% downpayment. For more information [visit www.heartofsmc.org/open/](http://www.heartofsmc.org/open/).

**Free Food for Your Family**

Nearly 27,000 children (31% of public school children) in San Mateo County rely on the free or reduced-price breakfasts and lunches they receive at school to provide a major share of their daily nutrition. However, when school lets out for the summer, parents are often left struggling to make up the lost meals, putting a strain on their already limited resources. For more information on how the Second Harvest Food Bank of Santa Clara and San Mateo Counties is helping, [click here...](#)

**Violence Prevention Support Group for Fathers Offered in Spanish**

Presented by Family and Children Services, a free support group for fathers aimed at violence prevention is being held in Spanish. Open to all fathers, it will be held at Free at Last, located at 1796 Bay Road in East Palo Alto on Thursdays from 6:30 pm - 8:30 pm. To download the flyer [click here](#). For more information [call 650-543-5425](tel:650-543-5425).

**Divorce Workshops in Spanish**

The Office of the Family Law Facilitator/Self Help Center is now offering divorce workshops in Spanish in the South San Francisco Courthouse in addition to the workshops being held in Redwood City. To download flyers in both English and Spanish [click here](#). For more information [call 650-363-4590](tel:650-363-4590).

**Alzheimer's Information Available in Chinese**

Alzheimer's disease now supersedes diabetes as the sixth-leading cause of death in the United States. For a guide to Alzheimer's disease, to learn the ten warning signs of the disease and for additional resources in Chinese [visit www.alz.org](http://www.alz.org) and scroll down to the Education Center.

**New Cell Phone Laws**

New restrictions on the use of cellular phones while driving went into effect July 1. The first law, passed two years ago by the legislature and signed by the Governor, prohibits anyone from using a hand-held cell phone while operating a



For a calendar of training opportunities for nonprofit staff, [visit \*\*compasspoint.org\*\*](http://compasspoint.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.

vehicle on California roadways. Operators of vehicles requiring a Class "A" or Class "B" drivers license, such as large trucks, can use a push-to-talk device such as a Nextel through 2010. At that time all drivers will be hands-free. For more information on the new laws [click here...](#)

### **Capturing Experience: How People 50+ Can Help Your Organization**

Temple University's Center for Intergenerational Learning is offering a new free online course to help nonprofits engage people 50+ in service opportunities. Discover proven strategies to capture the experience of people in this age group in your community. For more information [click here...](#)

### **Agency Updates**

The [Peninsula Conflict Resolution Center \(PCRC\)](#) has announced the selection of a new Executive Director, Jennifer Bullock, who had been serving as Interim Executive Director. Ms Bullock can be reached at **650-513-0330 ext. 302** or [jbullock@pcrcweb.org](mailto:jbullock@pcrcweb.org).

The Belmont office of the [Center For Independence Of The Disabled, Inc. \(CID\)](#) has moved. Their new address is 1515 South El Camino Real, Suite 400, San Mateo, California 94402. Their new phone number is **650-645-1780**; **the new TTY number is 650-595-0743 and the new fax number is 650-645-1785**. Their location in Daly City has not changed.

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**Article deadline for the August issue of the *Resource Bulletin* is July 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.

Hot summer weather often means spending time at a pool. San Mateo County Health Department has issued a press release, available at [www.co.sanmateo.ca.us/smc/department/home/0,,1954\\_1184998108\\_1306509707,00.html](http://www.co.sanmateo.ca.us/smc/department/home/0,,1954_1184998108_1306509707,00.html), highlighting important safety tips to make swimming a fun and safe time for the whole family.

To learn more about the Drowning Prevention Foundation, read below or search the [CIP database](#).

Drowning Prevention Foundation  
P.O. Box 202  
Alamo, CA 94507  
707-747-0191 Phone

[www.drowningpreventionfoundation.us](http://www.drowningpreventionfoundation.us)

Advocates for residential swimming pool safety. Supports legislative changes related to fencing and/or other safety regulations pertaining to residential pools, and promotes public awareness about the threat of residential pool drowning by sponsoring educational programs dealing with pool safety and the need for fail-safe barriers between a residence and a backyard pool. A self-help support group is available for families of victims, as well as a speakers' bureau. Educational brochures are available in English and Spanish on bathtub bathing chair safety.

### 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

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## Community Calendar Highlights

### College for Kids at College of San Mateo

**July 7 - 24, 1:30 pm - 4:50 pm.** College of San Mateo 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: College of San Mateo, 1700 West Hillsdale Blvd, 17-139, San Mateo. For a schedule of classes, registration application and more information [visit www.smccd.edu/collegeforkids](#).

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### Senior I & R Monthly Forum

**July 9, 9:00 am - 10:30 am.** Did you know that San Mateo County has an Adult Abuse Prevention Collaborative? Its purpose is to prevent, respond to, and reduce the incidence of violence, abuse and neglect in San Mateo County by increasing public and professional awareness and promoting the reporting of Elder and Dependent Adult Abuse through innovative community education programs/activities targeting the entire community in order to improve the security and well-being of seniors and adults with disabilities.

This month's meeting will be presented by Craig M. McCulloh, Staff Liaison to the Commission on Disabilities, San Mateo County Aging and Adult Services. This is a chance for all sectors of the community – nonprofit, government, for-profit, faith and business – to add their voices to the Community Education Plan for the Elder Abuse Awareness Campaign. Come learn how you, as professionals helping seniors, can become involved in this project.

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, micelin@plsinfo.org or pmichelin@smchsa.org](#).

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### Advance Health Care Directives Workshop in Half Moon Bay

**July 9, 1:00 pm - 3:00 pm.** The Legal Aid Society of San Mateo County is conducting free legal clinics to help seniors prepare Advance Health Care Directives with the assistance of attorneys and law students. The purpose of the health care directive is to put in writing what your wishes are regarding life sustaining medical treatment in the event that you become incapacitated and cannot tell the doctor what kind of treatment you want. You can also name someone to make these decisions for you.

Location: Senior Coastsiders, 535 Kelly Avenue, Half Moon Bay. For more information and to sign up [call 650-726-9056](#). The workshop will also be held on July 16 in Pacifica.

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### Overview of the Department of Rehabilitation

**July 10, 9:00 am - 11:00 am.** Community agency staff are invited to attend this

overview of the Department of Rehabilitation (DOR) process and services provided. Mary Donathan and Maureen Young will be presenting.

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 650-358-4161 or [scapelot@dor.ca.gov](mailto:scapelot@dor.ca.gov)** at least ten days in advance.

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### **Advance Health Care Directives Workshop in Pacifica**

**July 16, 1:00 pm - 3:00 pm.** The Legal Aid Society of San Mateo County is conducting free legal clinics to help seniors prepare Advance Health Care Directives with the assistance of attorneys and law students. The purpose of the health care directive is to put in writing what your wishes are regarding life sustaining medical treatment in the event that you become incapacitated and cannot tell the doctor what kind of treatment you want. You can also name someone to make these decisions for you.

Location: Pacifica Senior Center, 540 Crespi Drive, Pacifica. For more information and to sign up **call 650-738-7353**. The workshop will also be held on July 9 in Half Moon Bay.

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### **Career Closet's Style Cupboard**

**July 18, 11:30 am - 8:00 pm; July 19, 10:00 am - 2:00 pm.** Who doesn't want to look like a million bucks for a fraction of the cost? Stop by a Career Closet Style Cupboard and find new and gently used women's clothing priced to take home. They've got a mix of top designers, vintage items, clothing and accessories. Buy great clothes while supporting a great cause, as all proceeds benefit Career Closet, a nonprofit organization providing business attire and career advice to women in need.

Location: Career Closet, 1163 Chess Drive, Suite A, Foster City. Cash, checks, MasterCard and VISA are welcome. For more information **visit [www.careercloset.org](http://www.careercloset.org)**.

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### **Sports Medicine Camp at Skyline College**

**July 21 – 25, 9:30 am - 3:30 pm.** Skyline College will sponsor a sports medicine camp this summer for high school and community college students and youth sports coaches. The camp will be led by Jo Silken, ATC, Head Athletic Trainer for Skyline College, in collaboration Golden State Warriors Professional Basketball team.

Location: Skyline College Sports Medicine Facility, 3300 College Drive, Classroom 3B, San Bruno. The fee is \$100 and includes a camp t-shirt and supplies. Participants need to bring a bag lunch. Drinks and snacks will be provided. For information and registration, **visit [www.smccd.edu/accounts/silken/](http://www.smccd.edu/accounts/silken/) or contact Jo Silken at 650-738-4283 at [silken@smccd.edu](mailto:silken@smccd.edu)**.

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### **Redwood City Human Service Agencies Meeting**

**July 23, 1:00 pm - 3:00 pm.** Angie Watson-Hajjem of Midpeninsula Citizens for Fair Housing, a Program of ECHO Housing, will talk about Fair Housing and Current Trends.

Location: Fair Oaks Community Center, 2600 Middlefield Road, Redwood City. RSVP by **contacting Norma Lomeli at 650-780-7509 or [nlomeli@redwoodcity.org](mailto:nlomeli@redwoodcity.org)**.

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### **National Alliance on Mental Illness of San Mateo County (NAMI) Presentation on Hoarding**

**July 23, 7:00 pm - 8:30 pm.** The National Alliance on Mental Illness of San Mateo County (NAMI) will host a free presentation on the topic of hoarding. The speaker will be Dr. Pam Rudd, an expert on this puzzling behavior.

Location: 225 - 37th Avenue, Room 100, San Mateo. Call NAMI at **650-638-0800** for more information.

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### **Dental Issues on Aging**

**July 24, 1:00 pm - 2:00 pm.** This free lecture will be presented by Dr. Todd Adams of Manzo Dental. He will discuss common problems with teeth, gums, jaws and more as we age as well as provide prevention techniques and possible solutions for such problems.

Location: Veterans Memorial Senior Center, 1455 Madison Avenue, Redwood City. For more information **contact Merrylen at 650 780-7320**.

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### **Tools for Effective Caregiving**

**July 26 and August 2, 10:00 am - 2:00 pm.** If you help care for a senior, this two-session class may make your path a little smoother. The training focuses both on the needs of caregivers and their loved ones. The class provides hands-on opportunities to learn practical skills and help people cope with the challenges of elder care. Topics include home safety, managing caregiving stress, management of problem behaviors and basic hands-on personal care skills. It also connects caregivers with support groups and other community resources. Note, this class is not for professional caregivers.

Location: Mills Health Center, Garden Room, 100 South San Mateo Drive, San Mateo. **Call 650-696-5600** to register or for more information. Sponsored by San Mateo County Aging and Adult Services.

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### California Highway Patrol Presents: Older Driver Traffic Safety Seminars

**July 30, 9:30 am - 1:00 pm.** Seminar topics include myths about older drivers, compensating for age-related changes, tuning up driving skills, rules of the road, a confidential self-evaluation, nutrition and strength, safe driving tips and transportation alternatives. Sponsored by The California Highway Patrol, in conjunction with the San Mateo County Commission on Aging and San Mateo County Supervisor Adrienne J. Tissier.

Location: Twin Pines Senior and Community Center, 20 Twin Pines Lane, Belmont.

**Contact the Office of Supervisor Adrienne Tissier at 650-363-4572** to register. Space is limited and refreshments will be served.

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### Complete Articles

#### Filipino Mental Health Initiative Publishes Resource Guide

Filipino Mental Health Initiative (FMHI) is a partnership between community organizations and individuals who are interested in improving the well-being of Filipinos. Formed in 2006 from the members of KAPAG, FMHI's primary objective is to increase the awareness of mental health and related resources to the Filipino community in San Mateo County. The partnership includes San Mateo County Health Department's Behavioral Health and Recovery Services, Asian American Recovery Services, Pilipino Bayanihan Resource Center, Community Overcoming Relationship Abuse and other key community stakeholders.

The *2008 FMHI Resource Guide* is the updated version of the original KAPAG directory published by the Kapwa Pilipino Advocacy Group in 2000. Printed in English and Tagalog, the resource guide is designed to help the Filipino community and community providers access resources in San Mateo County. To request printed copies, contact Pilipino Bayanihan Resource Center (PBRC) at **650-992-9110** or [pbrorg@aol.com](mailto:pbrorg@aol.com). You can also access the resource guide by **visiting [sanmateo.networkofcare.org/contentFiles/FMHI\\_HandbookJune2008.pdf](http://sanmateo.networkofcare.org/contentFiles/FMHI_HandbookJune2008.pdf) or the CIP Web site at [cip.plsinfo.org/resources.htm](http://cip.plsinfo.org/resources.htm).**

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#### Free Food for Your Family

Nearly 27,000 children (31% of public school children) in San Mateo County rely on the free or reduced-price breakfasts and lunches they receive at school to provide a major share of their daily nutrition. However, when school lets out for the summer, parents are often left struggling to make up the lost meals, putting a strain on their already limited resources. Funded by the U.S.D.A.'s Food Stamp Program, the Second Harvest Food Bank of Santa Clara and San Mateo Counties, is helping by providing the following programs:

- Summer Meals – For kids 18 years and younger

- Family Harvest – Groceries for families with minor children
- Produce Mobile – Fruits and vegetables
- Brown Bag – Groceries for elders
- Pantries – Emergency food
- Meal Programs – Hot meals
- Food Stamps – Money for groceries

For more information on these programs as well as locations and times, **call 800-984-FOOD (3663).**

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### **New Cell Phone Laws**

New restrictions on the use of cellular phones while driving went into effect July 1. The first law, passed two years ago by the legislature and signed by the Governor, prohibits anyone from using a hand-held cell phone while operating a vehicle on California roadways. Operators of vehicles requiring a Class "A" or Class "B" drivers license, such as large trucks, can use a push-to-talk device such as a Nextel through 2010. At that time all drivers will be hands-free.

The second law prohibits anyone under the age of 18 from using any type of cell phone while driving. The single exemption to these laws pertaining to the general public will be the ability to make a phone call to emergency services such as 911. Violations carry a minimum base fine of \$20 for the first offense and \$50 for subsequent offenses. When court costs and other fees are added to the fines, they often double or even triple the amount of the base fine.

Cell phones can continue to be used by those 18 and older if they have either a wireless or hard-wired head set in one ear.

According to CHP statistics, 1,091 crashes in 2007 were blamed on drivers using hand-held cell phones. A total of 447 people were injured in those crashes. Each time a driver reaches for a cell phone while driving, they are putting themselves and others at risk of serious injury.

For more information about the new cell phone laws, including a list of Frequently Asked Questions in English and Spanish, visit the CHP's Web site at [www.chp.ca.gov](http://www.chp.ca.gov).

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### **Capturing Experience: How People 50+ Can Help Your Organization**

Temple University's Center for Intergenerational Learning is offering a new free online course to help nonprofits engage people 50+ in service opportunities. Discover proven strategies to capture the experience of people in this age group in your community.

This three-hour interactive course will help you learn more about who today's people 50+ are and what they want; how to craft compelling paid and unpaid opportunities which appeal to diverse groups of people over 50; develop strategies for marketing to and recruiting the growing 50+ population and develop ideas for placing, supporting and retaining people 50+ in your organization.

Over 77 million baby boomers are looking for ways to connect, contribute to their

communities and find a sense of purpose. This course will help nonprofit organizations utilize this growing natural resource.

The content of this course was drawn from current research and extensive field experience and has been used across the country. Thanks to a grant from the Verizon Foundation and additional support from the HRC Foundation and the Corporation for National and Community Service, it is now available online. For more information and to register for the class [visit TempleDIL.org/CapturingExperience](http://TempleDIL.org/CapturingExperience).

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