

## community information program

Peninsula Library System

# CIPResource Bulletin

February 2009

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### CIP Community Calendar Highlights

**February 4, 6:00 pm - 8:00 pm and February 5, 11:00 am - 2:00 pm**  
National Black HIV/AIDS Awareness Day Activities  
>> [details](#)

**February 12, 6:30 pm - 7:30 pm**  
IDA Savings Program Orientation  
>> [details](#)

**February 19, noon**  
Brown Bag Lecture on Foreclosure  
>> [details](#)

**February 26, 6:00 pm - 8:00 pm**  
CCAT Presents Citizen Whistleblowers: Taking Action When No One Else Will  
>> [details](#)

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

[Click here](#) for the **CIP Calendar of Ongoing Events**.

Email [shulman@plsinfo.org](mailto:shulman@plsinfo.org) anytime to submit your

### Welcome to our e-newsletter!

Happy Valentine's Day! We hope everyone has been enjoying the incredible weather we have been having while the rest of the country is shuddering in the cold!



With warmth, CIP announces the arrival of our newest edition of the *Community Information Handbook*, updated for 2009.

### In This Issue:

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

upcoming events for either calendar.

## Community Calendar Highlights

### National Black HIV/AIDS Awareness Day Activities in San Mateo or East Palo Alto

**February 4, 6:00 pm - 8:00 pm (San Mateo) and February 5, 11:00 am - 2:00 pm (East Palo Alto).** National Black HIV/AIDS Awareness Day (NBHAAD), officially observed on February 7, is a national effort designed to increase the awareness of HIV/AIDS prevention, care, and treatment among Black Americans and mobilize communities to get educated, get tested, get treatment and get involved in the fight against HIV/AIDS. The San Mateo County Sexually Transmitted Disease (STD)/HIV Program will observe the 9th annual (NBHAAD) with two events featuring free STD/HIV testing; a display of the photographic exhibit "I am..." which profiles residents who are living with and/or affected by HIV/AIDS; presentations by people living with HIV/AIDS; and educational sessions on STD/HIV prevention.

Location: February 4: Martin Luther King Community Center, 725 Monte Diablo, San Mateo. February 5: Free At Last, Inc., 1796 Bay Road, East Palo Alto. Light refreshments will be served. For more information about NBHAAD events, **contact Darryl Lampkin, San Mateo County HIV Testing and Outreach Coordinator, at 650-573-3643 or [dlampkin@co.sanmateo.ca.us](mailto:dlampkin@co.sanmateo.ca.us).**

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### IDA Savings Program Orientation

**February 12, 6:30 pm - 7:30 pm.** Do you need help paying for college or training? Do you have a great idea to start a small business? Do you want to learn more about how to manage your money? Come learn about the IDA Savings program, a matching grant program that offers up to \$4,000 per family. The program benefits will be explained, as well as how to qualify. Apply on the spot if qualified. The IDA Savings Program is for low-income working people in San Mateo County.

Location: Daly City Public Library (Main Branch), 40 Wembley Drive, Daly City. For more information or to register **contact Gwendy Brown at 408-516-4688 or [Gwendy@opportunityfund.org](mailto:Gwendy@opportunityfund.org) or visit [www.opportunityfund.org/ida/apply](http://www.opportunityfund.org/ida/apply).**

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### Brown Bag Lecture on Foreclosure

**February 19, noon.** California and the nation are in the midst of a mortgage crisis that has and will affect consumers for years to come. Such a matter-of-fact statement does little to lessen the anxiety of the individual homeowner facing foreclosure. Not only can a homeowner lose their home, and a bit of the American dream, but foreclosure is distressful, humiliating and adversely affects your credit rating. Attorney Reuben L. Nocos will discuss understanding foreclosure, how it works and workouts that may help you save your home.

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).**

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### **CCAT (Children's Collaborative Action Team) Presents Citizen Whistleblowers: Taking Action When No One Else Will**

**February 26, 6:00 pm - 8:00 pm.** Join CCAT for a free presentation by Victoria Balfour, New York City investigative journalist and citizens' advocate whose articles have appeared in the *New York Times*, *Washington Post* and *Time* magazine, and attorney Jane Smithson, Mandated Reporter trainer in San Mateo and Santa Clara counties.

Ms. Balfour will offer her views on why it's important for parents to take their children's confidences seriously; the damage done to children when they keep devastating secrets to themselves; options for parents who want justice for their children; and working with law enforcement agencies when you're trying to make your voice heard. Snacks and refreshments will be provided. Spanish translation available.

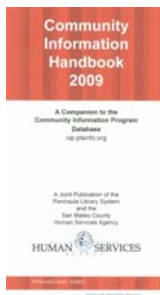
Location: Human Services Agency, 400 Harbor Blvd., Bldg. B, Belmont. To register **contact Renee Zimmerman at 650-364-3156 or [reneelzimmerman@yahoo.com](mailto:reneelzimmerman@yahoo.com).**

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## **Complete Articles**



### ***New Community Information Handbook 2009***

The Peninsula Library System, in conjunction with the San Mateo County Human Services Agency, presents the *Community Information Handbook* updated for 2009. It is intended to serve as a companion to the Community Information Program database, which can be found at [cip.plsinfo.org](http://cip.plsinfo.org).

Printed copies will be available soon. To be put on the waiting list for copies of this free booklet, **call 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).

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### **Resource Flyers**

Did you know that the Community Information Program (CIP) publishes a number of two-page flyers listing local resources to help deal with specific issues? The following flyers are available:

- **Core Service Centers in San Mateo County**
- **Food Resources in San Mateo County**
- **Help for Persons in San Mateo County**
- **Housing Resources in San Mateo County**
- **Parenting Education for San Mateo County Residents**
- **Senior Centers in San Mateo County**
- **Tutoring and Homework Assistance**
- **Violence and Abuse Prevention Services**

Available on our Web site at [cip.plsinfo.org/flyers.htm](http://cip.plsinfo.org/flyers.htm), you can also download them by clicking on the topic of interest above.

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### **Free2Dream @ Your Library**

What's on your mind for 2009? Do you have dreams and resolutions? Why not dream and think big? For more information **visit [plsinfo.org](http://plsinfo.org)** and **click on free2Dream**.

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### **2008 Income Tax Preparation Aid**

Don't pay to get your taxes prepared. Free tax help is available for those whose 2008 household income was less than \$45,000 at more than 160 sites across the Bay Area. IRS-certified tax preparers will help you get the refund you deserve. Visit a site near you to learn about other tax credits you may be eligible for, free or low-cost bank accounts and other financial services. Remember to bring the Social Security Cards or Individual Taxpayer Identification Numbers (ITIN) for all members of the family; all W2s, 1099s and other income forms; landlord contact information; a voided check for direct deposit; last year's tax return if available; the 2008 Economic Stimulus Payment amount; and childcare provider name, address and tax ID number.

For more information and to find a site near you **call 800-358-8832**. To download a flyer listing sites in English, **[click here](#)**. For the Spanish version, **[click here](#)**.

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### **Veteran Employment Training Program**

The San Mateo County Workforce Investment Board is recruiting veterans for the Veterans Employment Assistance Training Program. The program is for a Bridge to Utility Worker position at PG&E. Individuals successfully completing this program will receive a certificate of completion and may be eligible for future positions with PG&E. If a veteran was discharged after April 2005; has electronic/electrical and construction related skills; is mechanically or technically inclined; enjoys working outdoors; and is comfortable with physically demanding work, he/she can enter this high growth industry.

The 16-week program begins April 14 with classes on Tuesday and Thursday evenings as well as Saturdays, held at City College of San Francisco. The program is funded by the Department of Labor and is a partnership between the San Mateo County Workforce Investment Board, Growth Sector, PG&E and City College of San Francisco. For more information and pre-screening, **contact San Mateo County Workforce at 650-802-3317**. Recruitment for this opportunity will close at the end of February.

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### **Financial Aid for College**

High school students now have two additional resources when figuring out where to apply to college. [Cappex.com](http://Cappex.com) and [MeritAid.com](http://MeritAid.com) are free services that match students with colleges and scholarship opportunities before they apply. [Cappex.com](http://Cappex.com) helps students find their college match. Through tools like the Cappex profile, private college message center and "What Are My Chances?" Calculator, Cappex helps students learn about college opportunities they may have otherwise missed.

[MeritAid.com](http://MeritAid.com) is the first centralized and comprehensive Web site dedicated to match students with merit-based scholarships from colleges across the country. Knowing what merit-based scholarships are available before students apply to colleges can help them make a more educated decision on where to apply.

This resource was brought to our attention by a San Mateo County librarian.

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### **Grants for Single Mothers: Application Deadline February 6**

WANDA (Women's Achievement Network and Development Alliance) is a program that provides financial education and matching grants of up to \$4,000 for single mothers living in San Mateo County. They are now accepting applications for the 2009 class. Only 20 spaces are available.

For more details on eligibility requirements or to apply, **contact Angelita Hernandez at 408-516-4699 or [angelita@opportunityfund.org](mailto:angelita@opportunityfund.org) or visit [www.opportunityfund.org/sites/default/files/pdf/WANDA%202009%20Fact%20Sheet.pdf](http://www.opportunityfund.org/sites/default/files/pdf/WANDA%202009%20Fact%20Sheet.pdf)**.

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### **Spanish-Language Child Welfare Resources**

Child Welfare Information Gateway has launched its new "Resources in Spanish" Web section at [www.childwelfare.gov/spanish](http://www.childwelfare.gov/spanish). Designed for child welfare professionals who work with Spanish-speaking families, the section includes a glossary of English-to-Spanish and Spanish-to-English welfare terms as well as topically organized resources on child abuse and neglect; preventing and responding to child abuse and neglect; supporting and preserving families, out-of-home care; and adoption.



Resources are available in both English and Spanish and can be viewed, downloaded or ordered for free. For a complete list of titles available, browse the online catalog at [www.childwelfare.gov/catalog](http://www.childwelfare.gov/catalog). For more information **contact 800-394-3366 or [info@childwelfare.gov](mailto:info@childwelfare.gov)**.

This resource was brought to our attention by CCAT - the Children's Collaborative Action Team ([www.smcccat.org](http://www.smcccat.org)).

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### **Stanford Geriatric Webinars**

The VA Nationwide Palliative Care Network has announced that the Stanford eCampus Cancer Palliation Education Network (Cancer PEN) Web-based curriculum is now available at [ecampus.stanford.edu](http://ecampus.stanford.edu).

The CancerPEN curriculum is created and hosted by Stanford University School of Medicine. The curriculum is made of a series of standalone video and multimedia online modules. The first module is on "Giving Bad News" which includes both a text-based version plus a video e-talk by David Weissman, MD, Professor of Medicine, Medical College of Wisconsin. In the next few months, they plan to release approximately one module per month created by national and international palliative care experts.

The curriculum will be interactive and case based; incorporates video lectures by national experts; has a post-test self-assessment exam; and focuses on clinical skills relevant to day-to-day practice for multi-disciplinary clinicians. Participants will receive a certificate of completion after completing each course module.

To access and complete the curriculum, register at [ecampus.stanford.edu](http://ecampus.stanford.edu). A user name and password will be emailed to you. Complete the curriculum, pass the post-test and a certificate of completion will be mailed to you.

Upcoming modules include Giving Bad News (available now); Setting Goals of Care; A Family in Conflict; Assessment and Management of Depression and Anxiety in Advanced Illness; Evaluating Patients' Requests for Hastened Death; and an Intercultural Curriculum.

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### **Senior Center Without Walls**

Senior Center Without Walls, winner of a 2008 MindAlert Award, offers activities, conversation and an assortment of classes and support groups to elders who find it difficult to go to a community senior center. From the comfort of their home, participants connect to activities using a telephone. The program is made up of participants, staff, facilitators, presenters and other volunteers who help others feel connected.

The current session runs through April 25. New classes include Armchair Bird Watching, Big Band Bash, Brain Play, Brain Book Read Aloud, Coming Fully Alive as You Age, Coping with Anxiety, Gripe Group and U.S. Presidents. Other classes include bingo, pet tales, needle arts, story hour, a writing workshop, discussions and support groups.

Register any time by **calling 877-797-7299**. Information and instructions will be mailed. There is no cost to register; the groups are completely free. For a full calendar of classes, **visit [www.seniorcenterwithoutwalls.org](http://www.seniorcenterwithoutwalls.org)**.

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### **New Stanford Medicine Outpatient Center: Coming February 17**

The new Stanford Medicine Outpatient Center in Redwood City will combine a state-of-the-art facility with Stanford care. Clinics include dermatology, digestive health, imaging services, orthopedics and sports medicine, pain management and sleep medicine. Located at 450 Broadway Street, it will not offer emergency services. For more information **visit [outpatient.stanfordhospital.com](http://outpatient.stanfordhospital.com)**.

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### **Database Updates**

**Bay Area Legal Aid** and the Domestic Violence Restraining Order Clinic have moved. The new address is 539 Middlefield Road, Redwood City, California 94063. The new telephone number is 650-358-0745 and the fax number is 650-358-0751.

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#### **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 one of the **CIP Community Calendars**, 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](#)**.

#### **CIP Database 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.

February is American Heart Month.

It's a time for learning about cardiovascular health, about risk factors, about warning signs of heart attack and stroke. It's a time to look at your lifestyle choices and determine whether you need to make any changes for your own heart health.

#### **[American Heart Association](#)**

San Mateo County Office  
1710 Gilbreth Road, Suite 100

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