

community information program

Peninsula Library System

CIPResource Bulletin

April 2009

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CIP Community Calendar Highlights

**Thursdays, April 2 - 30,
3:00 pm - 4:30 pm**

Family Caregiver Mini-Sabbatical

[>> details](#)

April 7, 5:00 pm – 7:00 pm

Bankruptcy and Debtor's Rights Advice Clinic

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April 18, noon to 4:00 pm

Celebrate the Triple Anniversary of the Woodside Library

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April 23, 7:30 am - 10:00 am

Thirteenth Annual Literacy Breakfast

[>> details](#)

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

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

Email

shulman@plsinfo.org

anytime to submit your upcoming events for either

Welcome to our e-newsletter!

Happy spring! National Library Week will be celebrated from April 12 - 18. An annual



celebration of the contributions of our nation's libraries and librarians, all types of libraries - school, public, academic and special - participate. This year's theme is "Worlds Connect @ Your Library."

The Woodside Library will be celebrating a triple anniversary on April 18 and the Thirteenth Annual Literacy Breakfast will be held on April 23. For more details on these events see the highlights at left. For other special events, contact your local library.

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Article deadline for the May issue of the *Resource Bulletin* is April 15. Email your submission to shulman@plsinfo.org.



Community Calendar Highlights

Family Caregiver Mini-Sabbatical

Thursdays, April 2 - 30, 3:00 pm - 4:30 pm. This four session workshop is for family members who are helping an older spouse, parent or sibling, especially someone with increasing memory loss or confusion. This program is an opportunity to get some respite and relaxation while refreshing caregiving skills. Topics covered will include creating/preserving a support system for the caregiver; stress reduction techniques; communicating more effectively; improving caregiving skills; and handling more challenging behaviors.

Location: San Carlos Adult Day Services, 787 Walnut Street, San Carlos. \$25 for the four week program. Sliding scale and free respite care can be arranged in advance on an "as available" basis. For more information **contact 650-592-9325 or mvargas@cccyo.org.**

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Bankruptcy and Debtor's Rights Advice Clinic

April 7, 5:00 pm – 7:00 pm. Community Legal Services in East Palo Alto will teach attendees about filing for bankruptcy, dischargeable debt, non-dischargeable debt, exemptions, secured creditors and debtor's rights. The clinic is hosted by Community Legal Services and will be held every other Tuesday of the month through June 2.

Location: Community Legal Services, 2117-B University Avenue, East Palo Alto. Other clinics will be held April 21, May 5 and 19 and June 2. The clinics are free but space is limited. For more information and to reserve a space **call 650-326-6440.**

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Celebrate the Triple Anniversary of the Woodside Library

April 18, noon to 4:00 pm. All are invited to this free family event, sponsored by the Friends of the Woodside Library. During the Opening Ceremonies meet story time musician, Mike Eppley, with his original song composed for the event, and architect Tom Whitson who designed the library building. There will be a Kite Naming Contest, a hot dog lunch, Old Tyme craft activities for ages 4 and up, the "fishin' for books" literacy van and the mini "wrangling" event. "Mr. Horsefeathers" will perform his variety show and dress in costumes of three eras. The afternoon festivities will close with anniversary cake and a visit with equine ambassadors from the local National Center for Equine Facilitated Therapy.

Throughout the afternoon look for librarians Alan Couch and Alison Anson and other staff members in 1850's themed costumes. Wear a period costume and win a prize. Learn about the library's past from the history exhibits, photographs and anecdotes displayed inside the building.

This Triple Anniversary commemorates three important historic years for the Woodside Library. One hundred-fifty years ago, in 1859, Dr. Robert Orville Tripp spearheaded one of the first subscription libraries in California, with a core of 90 books loaned out of what is now the Woodside Store. Eighty-two years ago, in 1927, the Woodside Library joined the San Mateo County Public Library system. Finally, forty years ago, in 1969, the Woodside Library's first permanent building was dedicated on its current site.

Location: Woodside Library parking lot at 3140 Woodside Road, Woodside. Event parking will be across the street at the Woodside Elementary School at 3195 Woodside Road and along Woodside Road. The library will be open for its regular hours from 11:00 am - 5:00 pm.

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Thirteenth Annual Literacy Breakfast

April 23, 7:30 am - 10:00 am. Since the Presidential election, the topic of race is generating dialog on race and race relations in our country. Like religion and politics, race is a sensitive topic that often has been avoided out of the fear of seeming offensive. As with many topics, race and issues of literacy and education are closely intertwined. Although these are only facets of the problem, the fact remains that this is an issue that bears discussion if we are ever to overcome its effects. Join the dialog at this year's thirteenth annual Literacy Breakfast sponsored by the Peninsula Library System (PLS) and San Mateo County Library.

Location: Dominic's, 1700 Coyote Point Drive, San Mateo. \$30 includes continental breakfast. Mail check to Peninsula Library System, Literacy Breakfast 2009, 2471 Flores Street, San Mateo, California 94403 or [visit \[plsinfo.org/litbreakfast.html\]\(http://visit.plsinfo.org/litbreakfast.html\)](http://visit.plsinfo.org/litbreakfast.html) to purchase tickets online. For more information [contact 650-356-2128](tel:650-356-2128) or nagler@plsinfo.org. RSVP by April 20.

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Complete Articles

Recession Resources: PLS Community Resources FAQs (Frequently Asked Questions)

As mentioned last month, if you need help in this struggling economy, there are resources that might help. Compiled by local PLS Reference Librarians they can assist you with your career, mortgage, healthcare and other issues during these challenging times. Visit plsinfo.org/getanswers/CommunityResourcesFAQ.htm for answers. Resources are continually being added so check back frequently.

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Life After the Layoff



PeninsulaWorks One-Stop Career Centers have developed a Web site to help those who have been laid off. The information includes an online presentation and a toolkit for applying for unemployment benefits, finding new employment and stress management strategies.

Visit lifeafterthelayoff.org.

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Bankruptcy Advice Clinics

Community Legal Services in East Palo Alto will teach attendees at these clinics about filing for bankruptcy, dischargeable debt, non-dischargeable debt, exemptions, secured creditors and debtor's rights. Limited to eight attendees, the clinic will be held every other Tuesday of the month through June 2. Dates include April 7, May 5 and 19 and June 2. The clinics are free and will be held at Community Legal Services, 2117-B University Avenue, East Palo Alto. For more information and to reserve a space **call 650-326-6440**.

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Stimulus Money Information



The primary site for tracking stimulus money provided by the US government is www.recovery.gov where people can watch how it is being spent. The office of Congresswoman Jackie Speier has compiled a *Resource Guide to the American Recovery and Reinvestment Act of 2009*. To download a copy of the *Guide*, [click here](#). This information was provided by Brian Perkins, Congresswoman Jackie Speier's Special Assistant and Grants Coordinator. Mr. Perkins can be contacted at **650-342-0300** or Brian.Perkins@mail.house.gov.

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CaliforniaVolunteers Surviving and Thriving During Tough Times Conference Tour 2009

The current nationwide economic downturn is taking a significant toll on California's nonprofit sector.  **CaliforniaVolunteers**

Organizations can be led through these tough times and have a greater impact than ever. CaliforniaVolunteers, in partnership with Bank of America, the Taproot Foundation and local partners across the state, has developed a series of free one-day conferences providing nonprofits access to key training and resources to help them effectively manage and thrive during the economic downturn.

Participants will learn about Leveraging the Full Spectrum of Volunteers; Financial and Operational Tactics for Tough Times; Knowing Your Donors and Strategic Implications for Today; Data to Inform Your Strategy - State and Local Perspectives; and Resources to Help You Succeed.

These free conferences will be held in April throughout California. The one in the Bay Area will be on April 28; location to be announced. It will begin with registration from 7:30 am - 8:30 am; the program will run from 8:30 am - 2:00 pm. Registration is limited to 200 attendees with a limit of two attendees per organization to ensure all nonprofits that want to attend are able to do so. Materials, coffee in the morning and a boxed lunch are included. For more information and to pre-register, [visit the CaliforniaVolunteers Web site at **californiavolunteers.org/index.php/nosub/st**](#) or check the CIP calendar at [cip.plsinfo.org/calendar.htm](#).

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Child Care During Medical Emergencies

4Cs (Child Care Coordinating Council) has funding available, thanks to the support of the Genentech Corporate Foundation, to help low-income families pay for needed child care during a medical emergency or period of medical incapacity. Examples of qualifying medical incapacity include complications related to child birth; physical disability; on-going medical treatment such as chemotherapy, dialysis or physical therapy; hospital stays; or surgery.

4Cs will reimburse a Licensed Child Care Provider that qualified applicants have selected up to \$250 per week for child care while they are hospitalized, attending appointments or in need of respite due to a medical condition. 4Cs will also help find solutions for long term child care needs or put participants in touch with other child care related services required after the medical needs end. For more information [contact **Mayra Espinoza at 650-655-5060**](#).

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New Mobile Pantry Food Program

The Mobile Pantry Food Program is coming to San Bruno. Families, seniors, disabled and single adults who meet certain guidelines may be eligible to receive food through this new monthly program. The program will be held the third Wednesday of each month from 1:30 pm - 3:00 pm at 555 West San Bruno Avenue, San Bruno. To register applicants must bring identification; proof of income and proof of address in South San Francisco, San Bruno or Brisbane. For more information and to register [visit **North**](#)

Peninsula Neighborhood Services Center at 600 Linden Avenue, South San Francisco or call Angela or Stella at 650-583-3373 ext. 13 or 14.

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Choosing Health



To help shoppers select products that are "As Fresh as it Gets," San Mateo County's array of locally harvested produce, seafood and other fare will soon sport a bright new logo that is the mark of freshness. Shoppers can be assured that any product that carries the "As Fresh as it Gets" logo was grown locally or harvested from San Mateo County's coast.

"The 'As Fresh As It Gets' logo will make it easier for consumers to choose health - personal health through nutritious food, economic health through support of local farmers and environmental health through a reduced carbon footprint," said Richard S. Gordon, vice president of the San Mateo County Board of Supervisors.

The "As Fresh as it Gets" campaign is a cooperative effort by the farming, fishing and hospitality industries and county government to support and encourage consumption of local products.

Farming and fishing play important roles in San Mateo's economy and "actively supporting our local agriculture is a win for our economy, a win for the environment, and a win for the overall health for our community, especially for our children," said Dr. Scott Morrow, San Mateo County Health Officer.

The logo was designed by a locally grown artist, Monica Trego. She responded to a call for entries put out by the Coastal Arts League last year. The new logo will show up in farmers' markets, produce stands and grocery stores throughout San Mateo County in early summer. Consumers will be able to quickly identify food from local farmers and fisherman when they see the brightly colored "As Fresh as it Gets" label. In the meantime, residents can find out when and where to find local produce and seafood in their communities by picking up a copy of the new *San Mateo County: As Fresh as it Gets* brochure. The brochure is also available online at sanmateo.cfbf.com or freshasitgets.com.

For more information on "San Mateo County: As Fresh as it Gets," **contact Jack Olsen, Executive Administrator of the San Mateo County Farm Bureau, at 650-726-4485 or smcfbhmb@aol.com.**

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Rooms for Rent

As a reminder, HIP Housing is a nonprofit organization in San Mateo County and keeps track of shared housing opportunities. For a partial list of the current opportunities available through the Home Sharing Program [click here](#). **Contact HIP Housing at 650-348-6660** to schedule an appointment to discuss home sharing opportunities or other available affordable housing.

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VerbalAbuse.com

At the March Daly City Peninsula Partnership Collaborative (DCPPC) monthly meeting, Dr. Erica Britton, mental health clinician of the Differential Response Program in Daly City, highly recommended this Web site dealing with domestic violence.

VerbalAbuse.com is dedicated to the recognition and prevention of verbal abuse in homes, schools and workplaces. Verbal abuse includes withholding, bullying, defaming, defining, trivializing, harassing, interrogating, accusing, blaming, blocking, countering, diverting, lying, berating, taunting, putting down, edifying, discounting, threatening, name-calling, yelling and raging.

The Web site ushers in a new era of increased awareness and reflects a growing knowledge of verbal abuse, one of the worst forms of abuse anyone can experience in an ongoing relationship or association. It was only as recently as 1992 that verbally abusive relationships were named and described. The site includes links to resources and information about verbal abuse.

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Kaiser Permanente Summer Internships: Deadline to Apply April 10

Jobs for Youth in Redwood City High School Summer Youth Employment Program has been creating opportunities for the underserved high school student population since 1968. They are offering a paid summer work experience at Kaiser Permanente in Redwood City.

The deadline to apply is April 10. Each applicant must submit two letters of reference; be 15 to 20 years old; submit a valid work permit covering the entire length of the summer internship if under age 18; prove eligibility to work in the United States; and be a high school student or recent graduate. The program is geared towards economically disadvantaged or otherwise underserved students. If interested pick up an application at Jobs for Youth, 2500 Middlefield Road, Redwood City. For more information **contact Roberto Bugarin at 650-599-5962 or rbugarin@smchsa.org**.

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Spark's Apprenticeship Web Site



Spark inspires middle-school youth to pursue their interests, create bonds with their communities, and develop a lifelong passion for learning. To accomplish this mission, Spark operates summer and after-school programs that match students with apprenticeships in professions of their choice at local workplaces.

Spark has developed a one-of-a-kind Student Sponsorship platform. Visitors to their Web site, www.sparkprogram.org, who click "Sponsor an Apprenticeship" are provided with details of individual apprenticeships and can choose to sponsor part or all of a specific student's apprenticeship. Student Sponsors receive real-time updates on students' progress and have the opportunity to be personally connected to the student's life-changing experience through a visit to their student's apprenticeship.

For more information **contact Julie McGuire, Development Director, at jmcguire@sparkprogram.org.**

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Senior Independence Resources for Home Modifications

Low income Bay Area seniors have numerous low-cost and no-cost resources available to assist with home assessments, repairs and safety modifications. Assessing the homes of seniors and making minor modifications are important steps towards reducing the risk of falling and maintaining one's independence. A Home Assessment will identify hazards and solutions and is ideally performed by an Occupational Therapist or safety professional. Home Modifications include the installation of safety devices and the removal of hazards, Modifications include the installation of grab bars, stair railings, walker steps, wheel chair ramps, commode rails and non-slip surfaces, removal of clutter and enhancement of lighting.

Home Safety Services has compiled a list of Home Safety Assessment and Modification Resources for each Bay Area county to assist seniors regardless of their financial condition. In addition, many cities have grants and low-interest loans available to assist homeowners with repairs and modifications. Contact your city of residence directly for more information.

To download a pdf version of the resources **click here**. It includes service areas, pricing and services performed.

This information was provided by Home Safety Services, an active participant in San Mateo County's Senior I&R Forum. For more information on the Forum **visit cip.plsinfo.org/SrIR.html**.

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Physical Activity Survey for Adults

The Stanford University School of Medicine and the San Mateo County Health System want to improve physical activity programs for adults in your community. Whether you are currently physically active or not, they want to hear from you regarding the type of physical activities you want via an online survey. They hope to better understand the physical activity, exercise preferences and needs of adult residents of San Mateo County. Responses will inform future policy decisions regarding physical activity programs in the county. To fill out the survey **visit snipurl.com/dh8j6**. For more information **contact bsmedra@stanford.edu**.



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Conference Space Available at 4Cs

If you are looking for a place to hold your next conference, workshop or meeting, consider the 4Cs (Child Care Coordinating Council). They have space available for rent

during and after business hours and the facilities can accommodate from 10 to 60 people. The cost of rental is \$25 hour for nonprofit organizations, \$50 per hour for other organizations plus a \$50 nonrefundable cleaning fee.

The rental includes the use of tables, chairs and state of the art A/V equipment that consists of a DVD/VCR, 52-inch flat screen LCD/HD TV, and VGA computer connection capabilities. For further information **contact 650-655-6770**.

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Database Update

Coastside Family Medical Center closed its doors in March. They were located at 225 South Cabrillo Highway, Suite 100-A in Half Moon Bay.

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At CIP

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.
 - 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

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.

April is National Sexually Transmitted Disease (STD) Awareness Month. The San Mateo County STD/HIV Program is promoting its STD prevention and treatment services this month by adding special STD and HIV mobile testing college sites. For more information see the press release by **visiting** <http://is.gd/pWpm>.

San Mateo County Health Department Community Health, AIDS Program Prevention

222 - 39th Avenue
San Mateo, California 94403
Telephone: 650-573-2999

San Mateo County Health Department Community Health, Mobile Clinic

225 - 37th Avenue
San Mateo, California 94403

- John McDonald
CIP Database Manager
- Pat Michelin
CIP Program Manager
- Linda Crowe
Executive Director,
Peninsula Library System

Telephone: 650-619-9125

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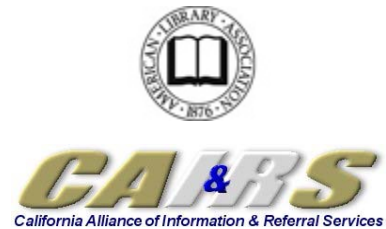
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