What’s In The News!

Daylight Saving Time 1
Meetings of the Week 1
Board of Trustees Meetings 1
Faculty/Staff Resources 1
Seeds at City Urban Farm 2
Campus Events 2
Fitness Tips 2
Finding the Balance in Caregiving 3-4

BOO!

Remember to turn your clocks back an hour on November 6th. Daylight Savings Time ends. During Daylight Savings Time, which begins in the Spring, clocks are turned forward an hour, shifting an hour of light from the morning to the evening.

When Daylight Savings Time ends in the Fall, clocks are set back an hour and Standard Time resumes.

Meetings of the Week

For all meetings go to: www.sdcity.edu/meetingscalendar

*Post your campus meetings at: www.sdcity.edu/websiteupdating

San Diego Community College District Board Meetings

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday, November 10</td>
<td>4:00 p.m.</td>
<td>District</td>
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<tr>
<td>Thursday, December 8</td>
<td>4:00 p.m.</td>
<td>District</td>
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</tbody>
</table>

Faculty - Staff Resources at City College

For current updates: www.sdcity.edu/facultyandstaff.asp

* Academic Calendar * Academic Senate * Campus Handbook
* Classified Senate * Class Schedules/Catalog * Committees * Curricunet
* Directory * District Resources * Faculty Daily Announcements
* Faculty Handbook * Faculty/Staff Awards * Faculty Textbook Ordering
* Fitness Center Calendar * Forms * Key Services * Meetings Calendar
* Outlook * President’s Bulletin * Publications/Guidelines
* Student Learning & Administrative Outcomes * Upcoming Events
Campus Events

Many new events are added throughout the semester. To add an event to the campus calendar or to promote your event under STUDENT ANNOUNCEMENTS, simply click on the Webmaster link at the bottom of the www.sdcity.edu home page and provide information on your event. An event flyer can be attached also. Check the campus calendar at www.sdcity.edu/events.asp.

Saville Theatre: www.sdcity.edu/savilletheater

World Cultures: http://www.sdcity.edu/worldcultures

Monday, October 31 - November 13: Saville Theatre Production: Smoky Joe’s Cafe
Fridays and Saturdays at 8:00 p.m.: October 28, 29, November 4, 5, 11, 12, .
Sunday Matinees: October 30, November 6, 13 at 2:00 p.m., Tickets $10.00, Contact June Richards, jurichar@sdccd.edu

Monday, October 31: Richard Griswold: Chicano Archives, 9:40 a.m. - 10:50 a.m., D-121 a/b

Wednesday, November 2: Dia de los Muertos, 10:00 a.m. - 2:30 p.m., D-121 a/b, Rosalinda Sandoval at sandoval@sdccd.edu

Wednesday, November 2: Felix Bonomo: Images of Tibet, 11:15 a.m. - 12:30 p.m., Saville Theatre

Thursday, November 3: Precious Knowledge: A Revolutionary Education, 9:40 a.m. - 10:50 a.m., Saville Theatre

Athletic events: http://www.sdcity.edu/athletics

Fitness Tips

How to Ice an Injury

Ice is one of an athlete’s best friends; it is especially effective treatment for most of the injuries that exercise enthusiast’s experience. Ice alleviates muscle strain spasms, prevents hemorrhaging and reduces swelling of many injuries.

However, using ice improperly actually can aggravate an injury or cause frostbite. Applying ice for too long a time can cause increased swelling and bleeding. In addition, cold increases the permeability of the lymphatic vessels that carry excess tissue fluids back to the cardiovascular system. If an area is iced too long, greater swelling and pain may result.

Apply ice to an injury for 15 - 20 minutes followed by a 30 minute break and then followed by another 15 - 20 minutes of icing. This procedure can be repeated as often as possible for the first 24 - 48 hours following an injury, and then 3 - 5 times a day until the injury is healed. Heat can be alternated with icing after 48 hours. I suggest to never use heat immediately after an injury. This will cause increased swelling and pain to the injured area. (Greer)
Are you providing care for a family member or friend? Are you concerned for the well being of your parents?

Join other family caregivers at this FREE event.

CAREGIVER COALITION
Improving the Quality of Life for Caregivers, their Families and the Community.

THE CAREGIVER COALITION OF SAN DIEGO PRESENTS:

FINDING THE BALANCE IN CAREGIVING

Friday, November 4th, 2011
8:30am to 12:30pm

San Diego City College
Faculty Dining Room
1313 Park Blvd.
San Diego, CA

Please Register at
www.sharp.com
or call (800) 827-4277

Brought to you by:

Continental Breakfast will be Provided
Educational Presentations, Giveaways and Resource Booths
Free Parking in any student lot!

www.CaregiverCoalitionSD.org
The Caregiver Coalition of San Diego Presents: “FINDING THE BALANCE IN CAREGIVING”
Friday, November 4, 2011 8:30am-12:30pm

8:30-9:00 Registration & Resource Fair
Please take the opportunity to visit our resource tables!

9:00-9:15 Welcome/Introduction of Exhibitors
Marty Dare, Aging and Independence Services

9:15-10:00 Caring for the Caregiver
Alejandra Ceja-Aguilar, Southern Caregiver Resource Center

10:00-10:15 Introduction to Breakouts and Break

10:15-10:40 Breakout Session #1
• Hiring an In-Home Caregiver
• Communicating Between the Gaps

10:45-11:10 Breakout Session #2
• Advance Care Planning
• Transfer Techniques and Assistive Devices

11:15-12:00 Legal Issues in Aging
Lois Kelly, Elder Law and Advocacy

12:00-12:30 Closing Remarks & Resource Fair

Special Thanks to Our Sponsors
A1 Hearing, Aging and Independence Services, Alert San Diego, Always Best Care Senior Services, City College, Elder Law and Advocacy, ElderCare Law Firm, Heritage Senior Care, HICAP, Ron Greenwald, San Diego Elder Law, Sharp HospiceCare, Southern Caregiver Resource Center, St. Paul’s PACE, St. Paul’s Senior Homes and Services, Starfish Resources, The Elizabeth Hospice, UCSD and UPAC Positive Solutions Program

For information on upcoming events and services provided through the Caregiver Coalition, Please visit our website at: www.CaregiverCoalitionSD.org