

The Village Anchor

Century Villages at Cabrillo
Long Beach, California

2001 River Avenue • Long Beach, CA 90810
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Edition 3

Anchoring the Spirit of the Century Villages at Cabrillo Community

Spring 2011



Beautification Projects Completed!

Be sure to stop by and enjoy the new and improved courtyard.

By Jessica Nielsen

Several beautification projects have finally come to fruition here at CVC. First, thanks to funding from the City of Long Beach, the historic Naval Anchor has been transformed by local artist Trace Fukuhara into an amazing display of public art. Stop by and visit the transformed Naval Anchor, now located in our main courtyard.

Second, adjacent to the anchor you will be greeted by the serene sound of water from our community fountain. Thanks to funding from the City of Long

Beach and the support of U.S. VETS, the fountain pays tribute to those who have served in all branches of our Armed Forces.

Lastly, we hope you enjoy the new entry to the campus featuring new wrought iron fencing, gates, and landscaping.

The beautification projects not only serve as a mini facelift to the campus, but also help give the campus a greater sense of dignity.



United States
Interagency Council on
Homelessness

Preventing and Ending Homelessness in the United States

Executive Director of the United States Interagency Council on Homelessness Pays Visit to CVC

By: Jessica Nielsen

On Tuesday February 15, 2011 CVC received a special visit from Barbara Poppe, Executive Director of the US Interagency Council on Homelessness (USICH). The Director has an extensive background on combating homelessness in her home state of Ohio, and is now putting her passion to work at the Federal level. The USICH is a council of the Executive branch of our Federal government whose mission is to coordinate the Federal response to homelessness. They aim to create a national partnership at every level of government along with the private sector to reduce and end homelessness in the nation while maximizing the effectiveness of the Federal government in contributing to the end of homelessness. In conjunction with several service providers and Susan Price from the City of Long Beach, CVC profiled its collaborative partnership model. In addition, Ms. Poppe spoke at length about USICH's Opening Doors strategic plan to end homelessness.

Thank you for picking up the third edition of the campus newsletter!

We hope that the *Village Anchor* is a useful tool for telling our stories and communicating events and announcements that are of interest to you. We're just getting started. If you have a suggestion for improving the newsletter or would like to submit a story, please call us at (562) 388-8065 or email info@centuryvillages.org. We look forward to hearing from you.



Thank You Salvation Army for 10 Years of Service

By: Jessica Nielsen

The Salvation Army has played an active role on the CVC campus for the last 10 years, providing transitional housing to countless families in need. Century Villages would like to take this opportunity to thank Salvation Army for their years of service to the CVC community as they depart in the coming months. Thank you Salvation Army for assisting so many families, and impacting so many lives; it has been an honor working side by side with you developing the CVC campus into what it is today.

Century Villages Wishes John Scott Good Luck

By: Bill Wallace

U.S. VETS—Long Beach Programs' Coordinator John Scott will be leaving at the end of the month to accept a position working for veterans attending Santa Monica Community College. A position created to capitalize on John's expertise, John will be reporting to directly to the Dean of Students while developing programs and educational opportunities for the many veterans on the campus.

John grew up in Indiana and Illinois the son of a career Army Soldier. After graduating high school, John joined the Marine Corps where he led an artillery section. Following his Honorable Discharge from the Corps, John utilized the CH. 30 MGIB Bill and attended school at Santa Monica Community College and later transferring to and graduating from UCLA with a degree in Psychology. At both schools John worked with the veteran population as well as interning with the PTSD Program at West L.A. VA Hospital.

John was hired initially as the Coordinator of the VIP Men's Work Reentry Program, but his abilities



were quickly realized and he took on coordinating U.S. VETS' Outreach Team, Veterans Service Coordinators and the Veterans' Reentry Project for OEF/OIF Veterans.

John has done an outstanding job and has been a fixture at our site for the past 4 years. While he will be sorely missed, John will still work closely with U.S. VETS assisting them with their Outside the Wire PTSD Outreach Program at Santa Monica Community College. John will also continue to serve the veteran peers he is devoted to.

U.S. VETS—Long Beach and the Century Villages at Cabrillo team thank John and wish him the very best in his future pursuits.

Do you qualify for the Earned Income Tax Credit?

By: Tim O'Connell



Tax season is here, and as you file your taxes you might want to find out if you qualify for the Earned Income Tax Credit. The Earned Income Tax Credit, or the EITC, is a refundable federal income tax credit for low- to moderate-income working individuals and families. Congress originally approved the tax credit legislation in 1975 in part to offset the burden of social security taxes and to provide an incentive to work. When EITC exceeds the amount of taxes owed, it results in a tax refund to those who claim and qualify for the credit. Bottom line, this could result in money in your pocket.

Find out if you are eligible for the EITC by answering questions and providing basic income information using the EITC Assistant on the IRS Website. The Assistant calculates the amount of EITC you may receive, and is available in English and Spanish.

Last year, over 800,000 Californians who qualified for the EITC did not claim it, and they lost over \$1 billion in money that was owed to them by the IRS. Don't lose your Earned Income Tax Credit. Find out if you qualify and file your return to get your money. Visit the EITC Website today to find out whether you qualify and how much your check would be.

Visit www.irs.gov/individuals and click "EITC Home Page" for links to the Assistant and links to tax preparation assistance.

Also, be sure to check in at www.centuryvillages.org for information about free income tax workshops throughout Long Beach.



Spring Cleaning

By: Jessica Nielsen

Spring cleaning is as much a ritual this time of year as filing taxes, and if you suffer from allergies it's just as important. Below is a checklist to help provide some time saving tips when cleaning your unit:

DUST

Dust that has compiled over the fall and winter seasons is the main enemy for allergy sufferers; the best thing you could do is move bigger furniture away from the wall and dust. Also, don't forget about dusting the little things like heating vents, door frames, and windowsills.

ADDRESS THE BATHROOM

According to WebMD, scrubbing showers, bathtubs, and countertops will help reduce the spread of viruses, fungi, and bacteria. Prevent a spring cold by grabbing a pair of yellow gloves and your favorite bathroom cleaner and scrubbing the bathroom.

OUT WITH THE OLD, IN WITH THE NEW

Keep your cabinets clean and up to date by discarding of any expired cosmetics, beauty products, and medications.

FRESH N' CLEAN

Take the time to wash fabrics that might not get washed on a regular basis like clothing and bed linens. After washing items such as window treatments, throws, and table linens, your unit will not only be cleaner, but washing these items will give it the final touch of having that fresh after spring cleaning smell.

Meet The Staff

By Jessica Nielsen

Joseph Haywood IT Specialist



Joe was born in Monroe, Louisiana the oldest of 7 children. When Joe was 9 years old the family relocated to California with the hopes that it would be a land of greater opportunity. Raised in South Central, Los Angeles Joe joined the Navy at the age of 17. He served two years in Vietnam aboard the USS Constellation and made E4 as a Storekeeper.

After the Navy, Joe went back to school earning his certification in electrical technology from Cerritos College. He also attended USC where he became a licensed teacher, and during the 1980s he taught an Electronics and Hydraulics course for Coastline Community College. He went on to work in the technology industry for companies such as Mattel, Papermate, and Brockway Plastic, and was promoted to a supervisory position while employed at Brockway Plastic.

Joe started working at CVC for Cantwell-Anderson in 2001; his son Jamal Haywood, Supervisor of Long Beach Water and Power was inspirational in Joe taking the position. In his current position of IT Specialist, Joe is responsible for all things related to phone, internet, and cable for the CVC campus. Joe has seen the development and change that has taken place at CVC over the years, and is excited for what's in store for CVC's future.

Kim Crawford Director, Community Development



Kim was born the daughter of a 1st class Electrician's Mate on the Groton Naval Base in Connecticut. Growing up in a military family, there was constant relocation throughout the New England area. She received her Bachelor's and Master's Degrees in Psychology from Central Connecticut State University where she was very active with the Women's Center and Counseling Center on campus; it was here that she first began working with victims of domestic violence and sexual assault.

Her community involvement on campus at Central Connecticut State University is what strengthened her passion for social work.

In 1998 the family relocated to California, and Kim began working as a Career Development Director and Shelter Manager at a family shelter in Orange County. Soon after in 2000 Kim began working as a Program Coordinator for a shelter on site here at CVC. She was a crucial figure in the beginning stages of development for CVC, assisting with the development of structural changes, and contributing to policies such as the original rules and regulations and evacuation plans. She was part of a team that helped CVC achieve the park-like atmosphere it has today.

As of this month, Kim is now the Director of Community Development for CVC, and CVC is excited to welcome her on board! As Director of Community Development, Kim works to coordinate and expand existing services and activities by enhancing the collaboration and communication that exists on the campus as well as creating new partnerships in the community.

Now on Channel 83!

By: James Nedelman

Anchor TV, CVC's community TV channel is now active on channel 83! Anchor TV moved from channel 55 to channel 83 due to the recent cable upgrade, and all residents with cable service can turn to channel 83 to check it out! Find out about upcoming events in the Long Beach area, learn about CVC staff members, and stay up to date with the latest CVC news, all on Anchor TV! Please make use of the suggestion box on our website, centuryvillages.org if you have any comments or ideas about our community TV channel.

UCLA Breathmobile Becoming a CVC Fixture

By: Jessica Nielsen



The UCLA Breathmobile made another successful visit to CVC, serving 14 residents during their time here on March 8th. Residents were seen for respiratory illnesses including asthma, COPD, and allergies all at no cost. Medications were also prescribed, and some were even handed out to residents who utilized the services of the UCLA Breathmobile. All patients receive the spirometry test to measure lung function, as well as education on maintaining a healthy environment to reduce allergens, medication management, and other factors that affect respiratory illnesses. Don't miss out on the free services offered by the UCLA Breathmobile and stop by during the Breathmobile's next visit, which is scheduled for May 24, 2011 between the hours of 8:00am and 12:00pm in front of the Vet Store.

UPCOMING EVENTS

February 18–May 27, 6pm–9pm SHARK LAGOON NIGHTS AT THE AQUARIUM OF THE PACIFIC

100 Aquarium Way, Long Beach, CA 90802
Free. www.aquariumofpacific.org

April 2, 1pm–5pm 3RD ANNUAL BLACK AUTHORS FESTIVAL

Long Beach Public Library, 101 Pacific Ave.,
Long Beach, CA 90802. Free

May 7, 10:30am–4pm HOT AUGUST NIGHTS "SPRING FEVER" CLASSIC CAR SHOW

Located at The Pike in Long Beach. Free
Phone: 562-531-1955
www.hotaugustnights.net

May 24, 8am–12pm UCLA BREATHMOBILE

Asthma screening education and treatment.
On site in front of the Vet Store. Free.

Monday, May 30, 10am 26TH ANNUAL MEMORIAL DAY OBSERVANCE

Green Hills Memorial Park, 27501 S. Western
Ave., Rancho Palos Verdes, CA. Free
<http://www.greenhillsmemorial.com/events>

June 16, 6pm–9pm CVC COMMUNITY MEETING

Located at the Social Hall on campus at
2001 River Ave., Long Beach
www.centuryvillages.org

Every Monday, 9am–12pm PARENTING CLASS

Located on campus at the Oasis Center at
2045 San Gabriel, Long Beach. Free
Phone: 562-388-8080

Every Tuesday, 9am–12pm LIFE SKILLS CLASS

Located on campus at the Oasis Center at
2045 San Gabriel, Long Beach. Free
Phone: 562-388-8080

Every Wednesday, 9am–12pm JOB SKILLS CLASS

Located on campus at the Oasis Center at
2045 San Gabriel, Long Beach. Free
Phone: 562-388-8080

Every Thursday, 9am–10:30am FINANCIAL LITERACY CLASS

Located on campus at the Oasis Center at
2045 San Gabriel, Long Beach. Free
Phone: 562-388-8080

Every Friday, 10am–4pm FARMERS MARKET

Located at City Place Center Promenade N. and
E. 4th Street. Free [http://www.farmernet.com/
events/one-cfm?venue_id=841](http://www.farmernet.com/events/one-cfm?venue_id=841)

Third Saturday of Every Month, Rain or Shine at 10am 30-MINUTE BEACH CLEANUP

Located at 1 Granada Ave. in the Belmont
Shore area. Free Phone: 562-439-3316
www.BeachCleanup.org

Alcoholics Anonymous & Cocaine Anonymous Century Villages Self Help Meetings Schedule

ATTITUDE ADJUSTMENT (AA) 6:30am–7:30am, 7 days a week in the Social Hall
WEDNESDAY NIGHT CAP (AA) 7:30pm–9pm, Wednesday night in the Social Hall
NEW LIFE (AA) 7:30pm–9pm, Friday night in the Social Hall
IT TAKES A VILLAGE (CA) 4:30pm–6pm, Saturday in the Social Hall

Everyone is welcome! This is an opportunity for men and women to share their experience and strength in the hope that they may help each other recover from alcoholism and other substances.