



TSE Program Training is Key to CVC Jobs

The Transitional Subsidized Employment Program, or TSE Program, provides entry-level job training for individuals who are out of work and are in need of professional guidance. Serving communities in the Los Angeles Harbor Area, Pacific Gateway assists individuals seeking quality employment. Through Pacific Gateway, jobseekers become employed through the TSE Program. Rachel Kersey, coordinator of the TSE Program at Pacific Gateway, oversees the placement of program participants in local businesses and organizations like Century Villages at Cabrillo. The goal is to provide program participants the opportunity to "gain valuable work experience and contribute skills and labor to the worksite and the community."

In collaboration with Pacific Gateway, CVC serves as an employer in the TSE Program. According to Ken Stuart, Facilities Manager at CVC, "We commit to providing a safe, productive, and growth based work environment where the TSE employee has the opportunity to develop skills in the maintenance trade and professional arenas." By the end of their training, Ken states that the employees "normally advance to being, at least, a competent Janitorial Technician...Some advance further into the Basic Technical repair stages of training." Among the current maintenance staff at CVC, 6 of the 17 employees were hired after successfully completing the TSE Program. Among those employees, Ricky Meza, Gerardo Melendez, and Marvin Jones, have advanced to Maintenance Lead positions at the facility.

The impact that the TSE Program has on its participants can be seen by personal success stories. Marvin, a current Maintenance Lead at CVC, describes the TSE Program as a stepping-stone or "foot stool." The program has led him to a permanent job, insurance, and the means to care for his family. Although Marvin credits the TSE Program in pushing him towards the right direction,

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Gateway Resident Spotlight

Brook Wynn's Story

Brook comes from the Inupiaq tribe that originated in Alaska. He is proud to say that his mom is the first woman of the Inupiaq tribe to have a college degree. He entered American Indian Changing Spirits at Century Villages in October 2013. His time there was a good experience. He said that like most treatment facilities, it was not easy; there were different personalities dealing with their own issues living in a small space. One of the biggest advantages for Brook was that his treatment facility practiced cleansing the way his ancestors did and had the advantage of having a Sweat Lodge. This brought him back to his heritage, traditions, and roots. The Sweat Lodge cleanses the body of toxins and renews the spirit and soul. The Sweat Lodge is a very important tradition to the Inupiaq people. It makes him "feel like a kid, the feeling of clean." The combination of treatment and spiritual renewal made the recovery process a success for him. He finished his six month program and moved next door to a sober living facility. Everything seemed to be going well until he relapsed and was kicked out of the facility.

Brook had nowhere to go. He was sleeping on the streets and he was now homeless. While sleeping on the streets, he decided to live a better life. He decided to be happy and stay sober no matter what happened. Eventually he was able to get into a homeless shelter. He continued to attend his weekly AA meetings here at CVC. It was at one of those meetings that he learned that he would be

able to qualify to live at Cabrillo Gateway. With the help of his counselor he filled out the application and applied. At one point he figured he had been passed over because he did not hear anything. When he was contacted with the approval, he could not believe it and couldn't stop smiling.

The first day at the brand new apartment was great. He loves the fact that he can watch the sunset from his window. He is appreciative for the things that are taken for granted,



"the little things like taking a shower, sleeping on a bed, simply looking out a window, just reading a book, and staying sober, also getting mail feels good." Living at Century Villages means a lot to him. He has friends and support here. Since he is an Alumni of Changing Spirits he can use the Sweat Lodge when he feels he needs to cleanse.

His weekly AA meetings are held in the Social Hall only a few feet away from his new home, so he has no excuses to miss one.

He has plans for the future here at Century Villages. He wants to start a Changing Spirit Alumni association to reconnect with past program graduates. He has stayed in contact with some of the guys he met in the program and wants to share with others their success stories. He also feels the need to give back to where his sobriety started and volunteer at Changing Spirits and around the Century Villages campus.

More Stories Inside!

TSE Program Training... (continued from front page)

he also knows that the main responsibility falls on the individual. "They will assist you in the needs of work, but the main part of it is, it's on the individual themselves," Marvin says. Similarly, Brian entered the maintenance team at CVC through the TSE Program. "It has got me to work and I did the work to get hired," Brian stated.

Luis is another current maintenance employee at CVC who participated in the TSE Program. Luis applied for the job after learning about an open position at the organization. Like Marvin, Luis shares that the TSE Program has impacted his life in a positive way. "It opened a door for my life. It has made me and my family happy," Luis proclaims. Through a job search, Sort Chea became enrolled in the TSE Program and was eventually hired as a full-time employee. Like Marvin and Luis, Sort acknowledges the TSE Program in helping him get a job.

Our longest service TSE alum is Ricky, who entered the TSE Program through their youth program. Ricky also credits Pacific Gateway for helping him obtain job training. Like the other men, the TSE Program has impacted Ricky's life in a positive way. He says that it has helped him personally and spiritually. Despite being the youngest, Ricky was able to learn from his fellow co-workers. Through cross training, he was able to learn new skills. He is constantly learning new



things. He admits to making mistakes sometimes, but he takes pride in learning from those mistakes and improving himself.

Besides obtaining a job, the men have also gained meaningful experiences from their participation in the TSE Program. Responsibility, accountability, and punctuality are among the lessons and skills they have developed. Ricky shares how the program has increased his confidence in himself and his abilities. "Don't be afraid to try something new. Try to do it and you'll be surprised that you can actually do it. Don't give up until you finish the job," he says.

Despite struggling to find a job, the men have all worked hard to be where they are at today. When asked if they have any advice for others who may be in a similar situation as they were before, the men had a lot to say. First, they recommend that the individual participate in the TSE

Program. However, just participating in the program is not enough. One must also be prepared to take on the tasks of the job. Marvin emphasizes, "Be sincere and the fact that you want the job. If you're not ready for the job, don't waste the time of the TSE Program and supervisors. It shows that you are not responsible and accountable." Other words of advice come from Luis who says, "Follow all the resources that are given to you. You will succeed at the end." A lot of the guys here were TSE employees and are now continuing their training and learning new skills as part of CVC's professional development emphasis.

"Century Villages at Cabrillo has provided a career pathway for participants for the TSE Program to be trained and prove themselves in a full-time career and be eligible for permanent employment. The partnership between Pacific Gateway and Century Villages through the TSE Program has changed lives and continues to do so as new participants continue to be referred to the opportunity to be trained and work full-time."

– Rachel Kersey

We Can't Do It Without H.O.P.E.

The H.O.P.E Foundation that is! For the fourth year, CVC's Oasis team collaborated with the H.O.P.E Foundation to bring Hope to our HOPEFEST, a back to school themed resource fair and summer festival attended by Villages at Cabrillo residents. On what was a very hot summer day hundreds of residents, both veterans and families, explored the many resource tables setup around the newly opened grand lawn.

We want to thank our 25 exhibitors who shared resources, provided hands-on demonstrations and services, as well as free school supplies for all our students. The exhibits and activities on the lawn and stage were fun for adults and children. They included haircuts, health checkups, eye exams with on-the-spot eye glasses, live music, food, croquet on the lawn, inflatable games and activities, and raffle giveaways. And of course there was food featuring summer favorites like hot dogs, nachos and the very popular cool treat from Mustache Mikes Italian ice. But most importantly, almost 200 children living on-site will start off their school year with a brand new backpack filled with

supplies thanks to H.O.P.E. Foundation and their generous supporters. Seeing the smiles on the children's faces as they receive their new backpack and watching residents mingle and relax is why we keep doing events like this.

Resident opinions matter most and we were delighted to see that every survey rated the event as good or very good. Residents wrote comments that just reinforce our need to keep hosting these community events for our residents. "I thank the Lord for the HOPEFEST. What a blessing it is!" and "Thank you for showing interest in our community!" were just two of many positive responses.

Community events like the HOPEFEST are so important to CVC, it allows us to bring much needed resources to our residents and offer a fun way to build community and give neighbors a chance to meet and mingle. But we must thank our partners and volunteers because without them a community event like this would not be possible. We had the



help of 22 volunteers who worked a total of over 60 hours to make the day special. This does not include CVC staff, exhibitors, and the band that endured the hot sun to make this day so special. Speaking of sun, a special thank you to Justin Rudd for providing the much needed sun shades for the festival. Thank you all for your help and thank you all who came out and enjoyed the festival, we'll see you soon at the Halloween Festival!

Family Commons Artist & CVC Maintenance Receive Awards

When you set your eyes on Nursharafina Muhammad, you cannot help but smile and see her kind hearted disposition. This young girl entered an art contest with the theme "Reach Out and Be a Good Neighbor" through the National Affordable Housing Management Association (NAHMA). In the process of creating her artwork, she stated she imagined residents being friendly to one another, building a sense of community. While being at Summer camp, Nursharafina was surprised when her mother informed her that her artwork received

the 3rd place award! As recognition, she was given a Target gift card along with a thank you letter. She would definitely like to enter the contest again next year.

Also at the NAHMA convention, CVC's Maintenance Team had the opportunity to compete in their very first facilities/maintenance competition. The team consisted of Alex Sosa, Gerry Melendez, George Melendez and Marvin Jones. Appliance repair, plumbing, flooring and programming a key fob were the exercises in the competition. The events were judged for quality and timeliness and our great group worked hard and smart and achieved a 2nd place finish. They have already set their sights on a 1st Place finish next year! Congratulations to Ms. Muhammad and to our Maintenance Team!



Gateway Resident Spotlight

Vanessa Jordan's Story

Before getting an apartment at Cabrillo Gateway, Vanessa Jordan did not have a place to stay. She lost her apartment and when she was unable to pay the storage fees for her belongings, she also lost all of her possessions. She spent time at two different family shelters while looking for housing. During her staying at the second shelter, she heard about Cabrillo Gateway at the Villages at Cabrillo. She worked with her case manager at the MSC to complete her application in May, and then began the long and stressful wait. She said she was "anxious and praying every day" and checking with the housing authority all the time. When she received the call letting her know she had been accepted she was "overwhelmed and so happy."

When Vanessa received her keys she felt like she was in "seventh heaven." It had been a long time since she had a place of her own. What made it even more special was that the apartment was furnished, and move in ready. The first thing she did on move in day was nap on her new bed. She said it was so calm and quiet, she finally felt "comfortable and at peace."

Being at Century Villages is a big convenience for Vanessa for many reasons. Her daughter lives at Family Commons and can come by and keep an eye on her and help her with cooking. Vanessa doesn't drive and likes the fact that she can see a doctor at the clinic down stairs and take a short walk to the Canteen store. She likes the feeling of "belonging."

Bruce Magee's Story

Bruce Magee had been working diligently with his case worker to overcome barriers and get back on his feet. Before having his own apartment Bruce was literally sleeping on the street. He had been homeless for the last three years, sleeping at the bus stop by St. Mary's hospital. A big barrier was financial hardship and not being able to afford the cost of living in the city of Long Beach. For Bruce, applying for an apartment at Cabrillo Gateway took a lot of determination and not giving up when the odds seemed against him. He came in to submit his application but was turned away because it was incomplete. He needed additional documents and because he did not have transportation, getting them was a challenge. The second time he tried to submit his application he found out he still did not have a verification form and was turned away once more. He was on the bus to get the last form and left his application packet on the bus seat. The packet had all his personal information and original documents including his ID, birth certificate and

Social Security card. He felt like he had lost all hope of getting his application submitted. Thanks to the kindness of a good samaritan, all of his documents were returned to him. It turned out that someone found the packet and turned it in to the bus driver. He was finally able to submit his full application.

When Bruce received the call letting him know he was accepted he said, "I almost passed out." He was able to move in to his new apartment and is enjoying everything about it. Having a kitchen of his own has been new for him and he is still learning how use all the appliances. He now gets to cook his own meals; he finally "got to make a cheese burger" and will be making tacos. He is still in disbelief and grateful to finally have his own place.



Rumblings Ground



The ground is rumbling at the Villages at Cabrillo. It first started one Wednesday night in March 2015 and it has been growing ever since. Something new has begun, and it isn't going away.

What's got the ground shaking? The first ever, Alumni Association of U.S.VETS-Long Beach, formed by Veterans, for Veterans. We are the "next step." We are the first site to establish an Alumni Association. Therefore, our formulation and growth will be a template to spread grassroots to inspire the graduating Veterans at other sites, expanding Chapter Alumni Associations across our Nation.

The heart of our Association is you, the Veteran. Our actions are embedded in three synergistic committees: Activities Committee, Outreach Committee, and Public Relations Committee. We need members to jump on and dig in. We need your thoughts and ideas. We are Veterans for Veterans. Check out our Facebook page at www.facebook.com/AlumniAssociationOfUSVetsLongBeachCA

Please join us at our next meeting to meet our newly elected Officers and see our newly designed logo. Spread the word. Help us shake the ground. We are The Alumni Association of U.S.VETS-Long Beach.

Community Room Use

Have you thought about utilizing a community room here at CVC? The Social Hall (soon to be renovated), the Valley Room at Family Commons, the Cabrillo Gateway Community room, the new Grand Lawn, and the Stage on the Grand Lawn are available to all residents by reservation. Please stop by the Property Office to reserve any of these community resources for your event. For all residents, there is a room use agreement to be signed and a required \$200 damage deposit. Forms of payment are check, cashier's check or money order—no cash.

OASIS COMMUNITY CENTER

2112 W. Willard St. 562.388.8080
Open to all residents.

FINANCIAL LITERACY
Mondays, 11am–12pm

PARENTING
Tuesdays, 11am–12pm

WORK READINESS
Wednesdays, 11am–12pm

FRIDAY FUN CLASS
Fridays, 11am–12pm

OPEN COMPUTER LAB
Monday–Friday, 9am–11pm

OASIS @ CABRILLO GATEWAY

Located in new Cabrillo Gateway Residential Services wing. Computer classes start September 25th—visit or call Jaylene at 562.388.8082 for information. Open to all residents.

OPEN COMPUTER LAB
Mon. & Wed., 2:30am–5pm,
Fridays, 1:30pm–4:30pm,
Sundays, 10am–12pm

HOLIDAY FUN

ANNUAL HALLOWEEN FESTIVAL

Thur., October 29th, 3:30–5:30pm

More details to follow, look out for flyers!

HEALTHY HALLOWEEN FESTIVAL!

Saturday, October 24, 2pm–5pm

Natural and Holistic Baby Expo.
Bixby Park at 130 Cherry Avenue
Long Beach, CA 90802.

TRICK OR TREAT ON SECOND STREET

Sat, October 31, 4pm – 6pm

Belmont Shore, Long Beach, CA 90803

15TH ANNUAL HAUTE DOG HOWL'OWEEN PARADE

Sat., Oct. 31, 2015, 2:30 p.m.

Marina Vista Park, 5355 E. Eliot St. Long Beach, 90803. www.hautedogs.org/howloween.html

LONG BEACH DOWNTOWN FARMERS MARKET

Fridays, 10am–3pm

Long Beach Downtown Farmer's Market has a new location at 3rd and Pacific, with lots of parking.

ADMIRAL KIDD FARMER'S MARKET

9am–2pm Saturdays

2125 Santa Fe Ave., Long Beach, CA 90810

VETERANS RECEIVE FREE ADMISSION TO AQUARIUM OF THE PACIFIC

November 11, 9am–6pm

Veteran's Day Only. 100 Aquarium Way, Long Beach, CA 90802

19TH ANNUAL LONG BEACH VETERAN'S DAY PARADE

Saturday, November 7, 10am

Parade Route: Atlantic Avenue
Harding to 56th street

DARK HARBOR

October 1–November 1

Queen Mary's Dark Harbor returns to give you thrills and chills in mazes so daunting you'll sell your soul for a chance to survive. www.queenmary.com/events/calendar-of-events/

THE QUEEN MARY CHILL

November 20–January 10

A deep freeze will take over the Queen Mary this holiday season as CHILL returns in 2015. Enjoy Ice Skating, Ice Tubing and the incredible Ice Kingdom as a cold front overtakes Southern California. www.queenmary.com/events/calendar-of-events

FIRST FRIDAYS IN LONG BEACH

October 2, November 6, and December 4, 6-10pm

Every first Friday night of the month, participating Bixby Knolls businesses unite to promote local artists and musicians. Atlantic Ave. b/n San Antonio Dr. & Bixby Rd.

Suggestions or submissions? Call (562) 388-8065 or email villageanchor@centuryvillages.org.

The Village Anchor Team

Editor: Steve Colman Writers: Abigail Cruz, Donna Ferraro, Cherisse Goodman, Brett Morales, Davin Phuong, Melissa Rain Guest Writers: Kim Crawford, Luz Machado, Debra Salo
Design & Layout: Bartek Malecki

On-Going Meetings. Everyone Is Welcome.

TWELVE STEP, ATTITUDE ADJUSTMENT (AA)	6:30am, Daily, Social Hall
SELF-HELP RECOVERY MEETING	6pm–7pm, Tuesday, VVRC
AA MEETING	7pm, Sunday, Changing Spirits
SATURDAY NIGHT CANDLE LITE (AA)	7:30pm, Saturday, VVRC
CABRILLO CHURCH IN CHRIST	10:30am–12pm, Sunday, Social Hall



Attention Parents!

HALLOWEEN FESTIVAL is October 29th

Look out for flyers for more information!

Be B.O.L.D. Camp a Success

With the help of student interns from CSULB and CSUDH the Oasis Community Center was able to provide a free, four week summer camp for children residing in emergency and temporary shelters at Century Villages at Cabrillo. The Be B.O.L.D (Becoming Outstanding Leaders and Dreamers) camp focused on four weekly themes that encouraged the development of social skills.

During Week One, Wellness Week, campers learned the importance of physical health and mental health. Children were divided into teams and allowed to participate in athletic competitions, gardening, nutrition jeopardy, and healthy cooking. The second week was Dream Week, and children learned about leadership, goal-setting, and responsibility. They were able to participate in yoga class as well as creative projects, and ended the week with a talent show. Our third week's theme was Community and the children learned about the importance of community involvement. Campers played games that focused on teamwork, trust, and communication. The third week was ended with a bake sale fundraiser. The fourth and final week was titled Fantasy Week. The children conducted science experiments and

played water games. The week ended with a field trip to Boomers! In Fountain Valley.

Occupational Therapy student Kate Davis provided services for an hour a day during camp to focus on the promotion of emotional regulation and social participation. Campers participated in activities that were novel and motivating which promoted the ability to listen, the discovery of new skills, problem solving and fostering communication with peers. Many of the activities were hands-on crafts or projects. Activities included: a relay race and obstacle course, making birdhouses, painting garden rocks, marble painting, and making "cloud dough." Educational content included zones of regulation booklets, identifying triggers, sensory bins, zen table coloring, and making emotional regulation tools such as fidgets and glitter bottles.

"After attending the Be B.O.L.D. camp, my daughter and I have improved our communication and now we have a better relationship."

– Parent of Camper



Yoga comes to the Villages

Yoga is for everyone! From school children to athletes to senior citizens, this ancient form of exercise and breathing has been used for strengthening, flexibility and balance. It is a series of movements that work the entire body. There are different types of yoga but the one we teach at the Villages is "gentle" hatha style, meant for a wide range of students.

We all live with stress—some more than others. It has been found yoga is a great stress reliever. A lot of people think that it is only for young people, but that just isn't true. Here is what Chris, a U.S. VETS resident and Air Force veteran has to say about the classes at the VVRC:

"I want to take this opportunity to tell you and others how much the Thursday Yoga class taught by John has meant to me. It has been great to me both mentally and physically."

Prior to coming to Cabrillo I was trying to resolve some major health issues. First off, just looking forward to Yoga class has helped lower my stress. It has helped me find balance and a healthy outlet for my unresolved anger and frustration. It is a key component in my mental well-being.

I cannot say enough for what it has done for me physically. Flexibility, strength and balance has been greatly improved. My present job requires me to drive long distances. The Yoga exercises I have learned helps me on long drives. When I started Yoga back pain and lack of balance troubled me. I now feel better and work out more effectively."

Luz M. Machado, OTR/L, who is responsible for Healthy Life Styles and Coping Skills groups at the VVRC introduced a gentle yoga class to the veterans in 2012 and then again in 2014. John Oppenheim, a certified yoga instructor came to join the VVRC team recommended by the Long Beach VA yoga therapist Pam Pence.

Recently, Hacienda for Hope, teaming with John and former Villages resident, Diana Pinder-

hughes, has instituted two weekly yoga classes at that facility and has opened it up to all residents of the Villages. These classes are on Monday and Wednesday mornings starting at 9am.

John's classes are every Thursdays at 1:30pm at VVRC classroom. All residents are invited. These one-hour classes are aimed at all ages, body types, genders and physical fitness. The moves are gentle and not meant to tax anyone's body. You are invited to drop by and try it for yourself. All you need is some loose clothing and a towel.





OLD SOLDIER'S DELI



Breakfast Burrito \$3.00

Egg, bacon or sausage, Hash Browns, Cheese, Flour Tortilla

Breakfast Croissant \$3.50

Egg, cheese, sausage in a warm Croissant

Chicken Wings \$3.99 (6 pack)

Hot Wings, BBQ Wings, Sweet & Sour

Fried Chicken \$3.00/\$5.00/\$6.00

Rickey's Secret recipe—Different size packs

Salad Bar \$4.50/lb

A wide variety of greens, meats, and dressings

COMING SOON!

**Burgers
And
Fries**



FRESH MADE PIZZA

(Daily 11am to close)

\$2.00 Cheese Slice; \$2.50 Pepperoni Slice



HOT DOGS \$1.50; HOT LINKS \$2.00; BRATWURST \$2.00



GRAB and GO Menu

Roast Beef Sub \$5.50

Turkey Sub \$5.00

Ham and Cheese \$5.00

Fresh Fruit Cups \$3.00/lb

Pasta Salad \$3.00/lb

Cheese Snack Pack \$2.50

Nachos w/cheese \$3.00

OPEN Monday thru Saturday 9:30 am to 4:30 pm

