

# The Village Anchor

Edition 11

Anchoring the Spirit of the Century Villages at Cabrillo Community



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(562) 388-8000 [www.centuryvillages.org](http://www.centuryvillages.org)



Fall 2013



Perhaps Ben Okri, the Nigerian poet and novelist said it best when he said, “the most authentic thing about us is our capacity to create, to overcome, to endure, to transform, to love and to be greater than our suffering.” These words may not have been heard or known by Eunice Moreno, but she and her family certainly embodied them over the course of this last year when she and her family became homeless.

Eunice grew up in a stable home in Compton, CA. She was the youngest of 4 siblings, her father, a police officer and her mother, a stay at home mom. At the age of 22 she got married and started a family

## From Homeless to Hopeful

of her own. Her husband worked in construction, and she, like her mother, stayed home to take care of their two children. Life was good. It was 2011, and the decline in the real estate market brought the construction industry to a screeching halt. Her husband soon found himself unemployed with no hope of regaining employment any time soon. Frightened, Eunice quickly found temporary work as a Site Manager for Adolescent Growth Inc., a teen crisis center in Los Angeles.

Unfortunately, the inconsistent hours and pay would not be enough for them to afford their new home. With family too far away to help and Eunice too proud to ask them for it, they left their home and moved into a motel.

Scared, penniless and unsure of what to do next, she consulted with the motel manager. He informed her of the Elizabeth Ann Seton Residence, an emergency shelter run by Catholic Charities here at Century Villages. Eunice took the manager's advice, and the family quickly moved into the shelter.

Although the living quarters were tight, they adapted well and were happy to have a roof over their heads. After a little over a month, her husband found temporary work doing graveyard duty at a warehouse facility. Although the pay was not at the rate he was used to, it was enough to afford them the ability to move to a larger place at the Transitional Living Center (TLC) located on-site and operated by PATH Ventures (PV). After working with the family for several months, PV case management realized the family would qualify for rental assistance at the Family Commons, an 80-unit, permanent housing complex on-site. They placed their information on the waitlist, anxiously awaiting a call back.

Eunice recalls their move-in day clearly. “It was my birthday, October 6, 2012,” she said with a smile on her face. The worst was over; as they now have a beautiful townhouse apartment with over 1,300 square feet they can now call home. A few months after they moved in, Eunice also received news that she got the position as the Site Manager for our newest service provider, Hacienda of Hope.

## Arts at the Villages

At Century Villages, our 27-acre campus is filled with many talented, artistic individuals. Recognizing the abundance of talent here, resident artwork is currently on display in various administrative offices throughout campus. Now on display is the art of Frank Wilkinson, a resident of our Cabrillo Plaza building, a 200-unit building for single veterans. His preference is to use acrylics and watercolors, however he will use any type of paint made available to him. In applying the color, he utilizes a paintbrush and tubes of paint; the color is thrown from the tube and onto the canvas in a Jackson Pollock sort of fashion. Although his style is abstract and modern, he also likes to create cartoons with various characters that come to his imagination.

Another talented resident pending display is Chris Heigl, a resident in the U.S. Vets VIP program. He introduced one of his pieces, a scenic landscape, where he used block print oil paints. The paints



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# STAR Summer Camp



With the school year coming to an end and summer beginning, the Oasis Community Center provided 30 children the opportunity to participate in its STAR (Students Thinking and Acting Responsibly) summer camp. The camp was broken into two groups, children Kindergarten -5th grade and 6th grade through 12th grade. The four-week camp allowed students to participate in themed weeks of personal growth, health and nutrition, culture week and community involvement.

During personal growth week, the younger students focused on friendship, kindness, and caring for oneself while the teen group had discussions about respect, teamwork, and bullying. Health and nutrition week included a trip to the garden where campers were able to pick ingredients that they would directly use in their lunch. The head chef for U.S. Vets and his staff were gracious enough to close the kitchen and host a pizza making workshop for the campers. Many campers had never made their own pizza and were delighted to see how easy and fun it was to make a healthy meal.

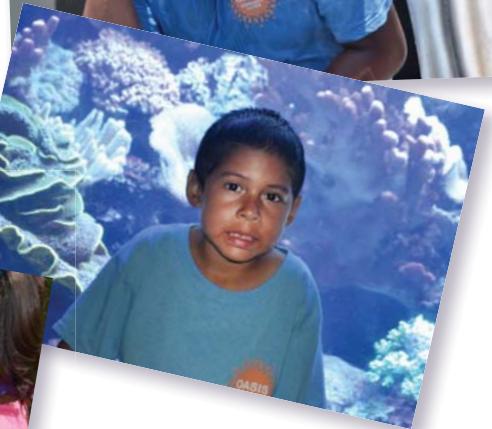
Culture week allowed campers to experience different cultures from around the world and different points in history. Several staff from the property office put together a "California gold rush" where campers panned for gold, enjoyed s'mores and root beer floats all the while rushing to finish a crossword puzzle to earn a "nugget" of gold. Along with

the gold rush, campers were treated to a traditional Paraguayan dance performed by a resident family of our Family Commons complex.

When the campers entered the room they were greeted with the Paraguay flag and other Paraguayan décor and cuisine. Campers were able to dine on homemade empanadas and a traditional Paraguayan cookie.

For community involvement week, campers chose to give back to the veterans on-site. The younger campers planned a thank you BBQ for the VVRC residents, they hand painted pots and filled them with goodies and brought over a wagon of food to throw on the grill. The teen campers planned a thank you lunch and turned the Valley Community Room into the "Oasis Teen Café." They prepared for an entire week by creating invitations, decorating the room, and planning the menu. With their set menu of baked chicken, rice, vegetables and crepes, 15 Veterans from the Cabrillo Plaza were invited to enjoy an afternoon lunch with the teens. "I am proud of myself for helping the veterans. I didn't know giving back to others could be so fun," said one 12 year old camper.

Camp concluded by taking all the campers to Mother's Beach to enjoy a day of fun in the sun. Campers were treated to a hot dog lunch and snacks as they splashed, sprayed, and jumped in the water- the perfect way to end summer.



*Continued from front page*



are spread on a wood block or linoleum using a rubber roller and the paper is pressed into the carved block leaving an ink impression. Hairspray is also mixed with the paints in order to change the hues. As soon as the painting is complete, a fast-drying varnish is applied to help aid in drying time. Chris uses various mediums, from burning used motor oil and collecting the soot that is produced to making paintbrushes with his very own hair.

CVC resident Kenneth Harmon is another local artist. Kenneth usually takes his art to the streets, working in areas such as Shoreline Village and Hollywood and Highland as a talented caricature artist. His sketches have great detail as he also mingles in animation, game programming, and 3D into his work. Kenneth is also experimenting in remarkable wire art using actual wire!

You can see these great works of art displayed at the property office and the U.S. Vets south administration conference room. We will be rotating the pieces on display on a regular basis, and welcome all our residents to submit their artwork for display. If you would like to share some of your artwork, please stop by the property office for more information or visit: [www.facebook.com/centuryvillages](http://www.facebook.com/centuryvillages).

# CVC's Oldest Residents Relocated

You may have noticed in late July a lot of activity between the new construction site and the urban forest site on the west side of campus. In preparation for the construction of Cabrillo Gateway, eight pine trees were moved to make room for the new buildings.

The trees are Canary Island Pines, native to the Canary Islands located northwest off the coast of Africa, but very common to Southern California. Canary Island Pines grow well in dry

conditions, need very little water and mostly fend for themselves. The trees are 40 – 60 feet tall and the long droopy needles tend to hold onto water from moist air eventually dripping to the earth as self-irrigation. Some say the sound of the wind through the needles sound like gentle waves on a beach. These tall beautiful residents provide the Villages with shade, fresh pine smells, homes for squirrels, pollen for birds and butterflies, but best of all they bring a little bit of "nature" to our urban site.



## 3<sup>rd</sup> Annual Partner Appreciation Luncheon



On August 9<sup>th</sup>, CVC hosted its 3<sup>rd</sup> annual Partner Appreciation Luncheon to honor its community of dedicated professionals across more than

20 organizations. Day in and day out, this dedicated group of individuals help to carry out the mission of the Villages while providing compassionate, life-affirming and high quality care to residents of the Villages. Century Villages continued our tradition of asking for peer nominations for Service Provider of the Year and Staff Person of the Year and 4 service providers and 13 Staff persons received Certificates of Appreciation. We'd like to congratulate all of the nominees and especially thank this year's Service Provider of the Year, School on Wheels, for providing tutoring to the homeless children on site for over a decade.

## Healthy Options for Back-to-School

Sending your children off to school with good foods to fuel their brain can help them stay fresh and focused all day. But it's not all about the kids, it's important us adults get the healthy nutrition we need to stay focused throughout the day as well. We've all heard that breakfast is the most important meal of the day; in fact many studies show that feeding the brain with a healthy breakfast is important for learning, thinking, playing and concentration. Check out these easy, fun breakfast and lunch ideas:

### Thermos Ready Smoothie

1 cup frozen fruit (berries are good), ½ banana, ½ cup apple juice, ¼ cup tofu, yogurt or milk. Blend in a blender. Take in a thermos to drink on the way to school.



### Breakfast Mini Pizzas

1 beaten egg, 2 T spaghetti sauce, 1 whole wheat English muffin split and toasted, 2 T shredded Italian cheese, 2 slices of pepperoni (optional). Scramble egg. Spread sauce over toasted muffin halves, top with egg, cheese and pepperoni. Broil until the cheese is melted.

### Quick Kebabs

Thread cubed cheese, grapes (fresh or frozen), dried fruit like apricots, and cubed meats like turkey or chicken onto a wooden skewer. These are fun to eat and easy to pack.

### Zesty Bean Dip and Chips

¼ cup refried beans, 1 T salsa, 1 ½ tsp cilantro, 1 minced onion or scallion, about 10 tortilla chips. Combine in a bowl and serve with chips.

## Meet Our Staff



### Ricky Meza

Maintenance Lead

Ricky Meza was born and raised in Bellflower, CA and is the youngest of four siblings. With his brother and two older sisters being some 16 years his senior, it was like having three additional parents growing up. At the early age of eight, Ricky would learn the value of a dollar, as he spent each summer working alongside his mother as she performed housekeeping duties for Nordstrom. It was hard work, but he enjoyed spending the time helping her. Eventually his parents would separate and his father would move to Baja California, forcing his mother to play dual roles as both mother and father.

In Ricky's teenage years he attended David Jordan High School in Long Beach. His uncles and cousins, "the cool ones" as he puts it, would take a role in his development by introducing him to classic car restoration and various kinds of music. With only one year of formal lessons, Ricky would learn to play the drums, acoustic guitar and bass guitar. He went on to start a punk rock band with his friends which they called The Cavities. He also learned to play Spanish music with a band called Ambiente' but punk rock still holds a special place in his heart.

In 2005, after graduating high school, Ricky got his first job at Kragen Auto Parts. After a few years in the automotive industry, he got a job in construction as an HVAC and refrigeration apprentice. His career was cut short in 2007 when construction jobs had all but dried up and he was unfortunately laid off.

At the age of 21, Ricky's good friend Manny encouraged him to get his education. Although, not feeling ready for college, he was inspired by Manny's success, so Ricky decided to enroll at Pacific Gateway, a nonprofit organization that provides classes, training programs and other resources to help individuals prepare for new careers.

Soon after, CVC was introduced to Ricky through the Summer Youth Program. Impressed with his enthusiasm and eagerness to learn new skills Century decided to hire him full-time as a painter. Today, we are privileged to say that Ricky has transitioned up the ladder and now holds the position of Maintenance Lead.

## ADULT WORKSHOPS OASIS COMMUNITY CENTER

2112 W. Willard St. 562.388.8080.

Mondays, 10am–11:30am  
**HEALTHY FAMILIES**

Tuesdays, 10am–11:30am  
**PERSONAL ENRICHMENT**

Tuesdays, 9am–10am  
**CONFLICT RESOLUTION PEER SUPPORT**

Offered by Hacienda of Hope, open to all residents.

Wednesdays, 10am–11:30am  
**CAREER PLANNING**

Thursdays, 10am–11:30am  
**FINANCIAL LITERACY**

Fridays, 9am–10:30am  
**INTRODUCTION TO COMPUTERS**

Monday–Friday, 3:30pm–5pm  
**AFTER SCHOOL PROGRAM**

Tuesday & Thursday, 3pm–5pm  
**TEEN PROGRAM (6<sup>TH</sup>–12<sup>TH</sup> GRADE)**

BACK TO SCHOOL...



Comic by student resident Tyler Shorter

2pm–6pm Daily  
**BOYS AND GIRLS CLUB OF LONG BEACH**

Children ages 6–18. \$15 for one year.  
1835 W Willard St. 562.435.1621.

Monday–Friday, 3:30pm–6pm  
**LONG BEACH COMMUNITY ACTION PARTNERSHIP**

Program open to children residing in the Family Commons. Kinder–12<sup>th</sup> grade. Please call Pollee Men: 562.506.8677

## FAMILY FUN

### MUSEUM OF LATIN AMERICAN ART

628 Alamitos Ave. Long Beach, CA 90802. Free admission every Sunday.

### BRET HARTE LIBRARY

1595 W Willow St. Long Beach, 90810.  
562.570.1044. Free homework assistance,  
Tuesdays/Thursdays 2pm–7pm, Wednesdays  
2pm–6pm and Saturdays 12pm–4pm. Story times:  
Please call library for various hours

Saturdays

### FARMERS MARKET & CENTER SPACE

Admiral Kidd Park. 2125 Sante Fe Ave., Long Beach 90810. Free admission for all: Zumba,  
yoga, soccer, artists, musicians, and more.

September 14–15<sup>th</sup>, 12:30pm–8pm  
**LONG BEACH FLEAHD FESTIVAL**

At the Pike Green besides the Ferris wheel.  
Celebrate the Irish and Celtic music and oyster  
festival. Live Irish bands, oyster tent, children  
area, Irish art and cultural presentations and a  
film. [www.longbeachfleahd.com](http://www.longbeachfleahd.com)

## HEALTH

Monday–Saturday  
**FREE HEARING TESTS**

Jay's Hearing Aid Center. 3740 E 7<sup>th</sup> St.  
562.433.6701.

Monday–Thursday  
**FREE BLOOD PRESSURE SCREENING**

St. Mary Medical Center. 1027 Linden, Long Beach. 562.491.9811.

### ANXIETY, DEPRESSION, STRESS, ANGER MANAGEMENT

Recovery International Burns Community Center.  
5510 Clark St., Long Beach. 562.438.1048.

### FREE MENTAL HEALTH WORKSHOP

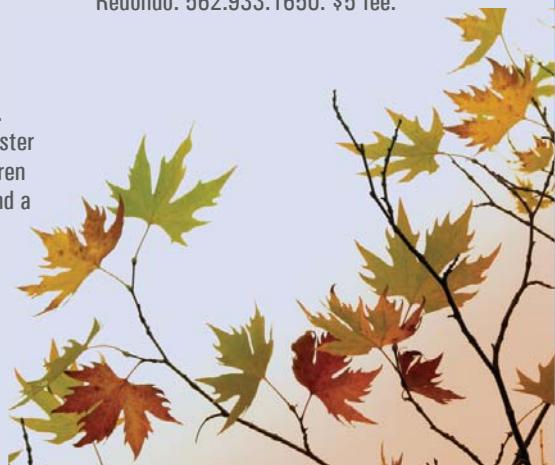
Wellness Center. 1070 Atlantic Ave.  
562.433.4238.

Saturdays, 10am  
**BOOT CAMP**

Heartwell Park (corner of Bellflower &  
Heartwell). 4195 N. Viking Way St 170.  
562.497.9000

Tuesdays and Thursdays, 10–11am  
**FIT & FIRM FLEXIBLE EXERCISE**

Memorial Integrative Wellness Center. 2600  
Redondo. 562.933.1650. \$5 fee.



## Ongoing Meetings—Everyone Is Welcome

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

If you have a suggestion for improving the newsletter or would like to submit a story or event, please call us at (562) 388–8065 or email [villageanchor@centuryvillages.org](mailto:villageanchor@centuryvillages.org).

## The Village Anchor Team

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