

# The Village Anchor



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Edition 13

Anchoring the Spirit of the Century Villages at Cabrillo Community

Spring 2014

## Wendy Young's Lifelong Service to the Homeless



Wendy vividly remembers seeing homeless encampments for the first time. Born and raised in South Central Los Angeles with six siblings, she remembers when her mother would cart the family across town to go to the movie theatre and pass the abundance of cardboard box encampments along the way.

Her mother tried to explain to a seven year old Wendy the various circumstances that lead people to a homeless condition. Wendy found it difficult to understand, but she remembered the significant impact these conversations had on her.

Wendy attended and graduated from Jefferson High School in 1973. After graduation, her mother required that she either enroll in college or get steady employment. Wendy found a job as a Revenue Coordinator working in board and care compliance assisting homeless individuals and families. It was a challenging position that did not pay very well, but she was rewarded in other ways.

After gaining valuable work experience, Wendy attained an Administrative Assistant position in volunteer support services at the Central City Community Health Center. During her tenure, Wendy assisted the director of the center with typing her thesis. The director was so impressed with Wendy's work that she brought Wendy with her when she was hired by the South Central LA Regional Center.

Wendy worked for the South Central LA Regional Center for nine years helping patients with developmental disabilities. In 1985 she married Columbus Young, her husband of 29 years. From 1984-1986 the Regional Center was chal-

lenged with the transition from the paper age to the computer age. During those years, Wendy's position became more and more consuming so she decided to find employment that allowed her to spend more time with her new family.



CVC's Catholic Charities Family Shelter re-opened in 2012.

Wendy worked for a number of temporary clerical agencies and she found it refreshing to fill various positions through a broad spectrum of professions which allowed her many diverse experiences.

In 1993 Wendy's sister, Karen, who worked at Catholic Charities, moved to Colorado with her family which opened an RA position that Wendy eagerly filled. Wendy fondly recalls her first assignment with Catholic Charities—moving a family of 10 into one of their homeless housing facilities which used to be the old Seaside Hospital in Long Beach.

For over 20 years now, Wendy has been effectively helping homeless families in many positions within Catholic Charities. She currently serves as the Site Supervisor for both the Elizabeth Ann Seton Residence and Project Achieve.

The little girl, who was less impacted by the movies than the ride there, has dedicated her life to serving those facing homelessness.

Century Villages renders Wendy Young a warm and grateful salute for her decades of dedicated service toward our common mission.



## Currently on Display: Chris Heigl

"The best art is done when we are children." This quote comes from Chris Heigl, a current resident of the Veterans in Progress Program, who uses any medium he can find to create his heavily textured brand of artwork. He prefers working with natural objects ranging from motor oil, which he burns to collect the soot, to shards of glass. He even uses actual hair and twine to make his own paintbrushes.

Before he came to Century Villages, Chris would sell his artwork on the streets to try and make a

*Continues on next page*

# Holidays in Retrospect

Even though the first day of spring is fast approaching on March 20<sup>th</sup>, it still feels like the holidays were just yesterday.

When walking into the Social Hall for the resident holiday party, residents were greeted with the sights and sounds of Christmas, and the opportunity to take a photo with Mr. and Mrs. Claus. While eagerly awaiting the arrival of the Clauses, guests were able to decorate cookies, create photo frames for their pictures, dance, and enjoy a delicious cup of hot chocolate.

With the assistance of "Santa's helpers," the Oasis community center hosted its annual staff and resident holiday party. Guests were serenaded with Christmas ballads from one of our very own Resident Managers, Troy Jones of New Image: Project Stepping Stone. Staff attendees were treated to a catered lunch, a pie-eating contest, and the opportunity to get acquainted with different program staff.

# Cesar Chavez Day



March 31<sup>st</sup> marks the day that would have been the 87<sup>th</sup> birthday for Cesar Chavez. Chavez and his family came to California when his father lost his job and they were looking for work. They became "migrant workers," workers who move from farm to farm planting and picking all kinds of fruits and vegetables. Everyone in the family had to work, even the kids!

The working conditions were not good as they worked long hours, were paid very little, and usually had no restrooms or clean drinking water. Because the family moved from farm to farm, Chavez attended 35 different schools until 8th grade when he dropped out to work full time.

Chavez is best known for founding the National Farm Workers Association, an agency that fights for better working conditions for migrant farm workers. He helped organize a 340-mile walk to Sacramento that started with 67 workers but grew to thousands of workers by the time they reached the capital city. Chavez died when he was 66 years old and 50,000 people attended his funeral service. His motto was "Si se puede" meaning "Yes, it can be done."



Artist and campus resident Chris Heigl posing with three pieces on display at the property office.

## Continued from front page: Currently on Display: Chris Heigl

living, although he ended up giving most of it away. Since he did not have collections of his art, he decided to turn to writing. He has produced a compilation of poems, titled *Shallow Thoughts From An Empty Mind*.

His favorite artists are J. M. W. Turner, Henri de Toulouse-Lautrec and Norman Rockwell. Throughout his life, he backpacked all over Europe, visiting every museum possible. He was inspired by his travels which exposed him to different approaches in creating art. Chris believes that anyone can follow in his footsteps, saying, "art is an integral part of expression and everyone has artistic abilities."

Currently, Chris has three pieces of artwork on display in the property office. Come by and check them out!



## Meet Our Staff



### Kaitlyn Taylor

Children's Services Coordinator, Oasis Community Center

Please welcome to Century Villages the newest member of our staff, Kaitlyn Taylor. While on campus for some

time, first as a college intern and then as a part-time temporary employee, in February, Kaitlyn was officially hired full-time as the Children's Services Coordinator at the Oasis Community Center (OCC). In this new position, Kaitlyn is responsible for overseeing all children's programming at the OCC including the after-school program, summer camp, play-care, and special events and activities for children and families.

Before joining our team, Kaitlyn spent her early childhood in Boise, Idaho with her parents and younger brother. At the age of 10 her family moved to Pacific Grove, a small town in Northern California on Monterey Bay. While in Pacific Grove, she spent 8 years in dance and community theatre. She taught an after-school dance program, served as the Assistant Director for a children's theatre camp for many summers, choreographed for middle and high school musical theatre productions, and performed in over 25 productions.

Kaitlyn attended junior college in Monterey before moving to Long Beach to attend California State University, Long Beach where she attained her B.A. in Human Development. It was during this time that she realized her passion for helping people. In her last semester of school in 2012, she began an internship at the OCC, and because of her hard work and dedication to CVC she was hired that summer as a camp counselor for the Oasis Summer Enrichment Camp. In 2013, she returned as a summer counselor for the 2<sup>nd</sup> Oasis camp and stayed to join CVC's Oasis team and assist with children's services.

Kaitlyn says, "I have always loved working with kids and have long been involved in childcare work in some capacity, from being a nanny to teaching. After studying Human Development, I knew I wanted to work in the social service field. I was very excited to find the Oasis Center because I felt like this position offered me the perfect opportunity to combine my interests and pursue my passions."

## Infestation Prevention

Bed bugs have once again become a global problem. They can be found in all communities and types of developments including five-star hotels. One could easily pick up a hitch-hiker bed bug at the movies, on the bus, or out at a fancy restaurant so there is no reason to be ashamed if they are found in your home. The following information is to help identify and/or prevent such infestations:

### What they look like

Adults look like apple seeds with legs. Young bed bugs—nymphs—look like adults, only smaller. Newly hatched nymphs are poppy seed sized. Eggs are tiny, white, translucent and hard to spot.



### Where they live

Bed bugs live in cracks and crevices of bed frames, floors, walls, furniture, electronics, mattresses, and luggage. They wedge themselves into anything, but usually near where people rest since we are their food source.

### What they do

Bed bugs are hematophagous, meaning they feed off the blood of other animals, namely humans. They prefer to feed on you as you sleep, but if you are not around, they can go over a year without food. If one were to have an allergic reaction, the bites can look like a rash or welts—or the bites can go completely unnoticed. Fortunately, bed bugs do not transmit disease.

### How to deal with bed bugs

- **Do not bring home hitch-hikers.** Traveling? Inspect your hotel room before you call it a night. Examine your luggage thoroughly with each new place you go. Wash and dry clothes with hot water and high heat as soon as you get home.
- **Buying used furniture, bedding, clothes?** Inspect and clean thoroughly. Wash and dry bedding and clothing in hot water with high heat.
- **Check everywhere.** Keep bedroom furniture an inch or two from the wall and a flashlight handy for easier cleaning and inspecting. Bed bug proof mattress covers and light-colored bedding make them easier to spot. When inspecting your bed, you may notice small spots of blood on your mattress or linens—this is a tell-tale sign you may have bed bugs.
- **Remove clutter.** Say goodbye to clutter in your living space to get rid of bed bug hiding spots. Getting rid of stuff? Cover in plastic so bugs do not fall off and make sure the items are in a dumpster or ruined so people do not take them home.
- **Vacuum often.** Floors, walls, mattresses, baseboards, furniture etc., and remember to get rid of the vacuum bag as soon as you are done in case you sucked up a bed bug.
- **Pesticides.** Please leave it to the professionals. Some sprays simply repel bed bugs, spreading them around.

If you are suspicious that bed bugs may have found a home in your unit, please stop by the property office or call 562-388-8191 as soon as possible.

## ADULT ENRICHMENT WORKSHOPS at OASIS COMMUNITY CENTER

2112 W. Willard St.  
562.388.8080.

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

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

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

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

**Fridays, 9:30am–11am  
COMPUTERS (BEGINNERS)**

**Fridays, 11am–12pm  
COMPUTERS (ADVANCED)**

## EVENTS

April 11–13  
**LONG BEACH GRAND PRIX**  
For more info visit [www.gplb.com](http://www.gplb.com).

April 23, 1–4pm  
**CAMPUS WIDE SPRING FESTIVAL**  
Spring into wellness! Come celebrate spring with food, entertainment and lots of wellness information.

Saturday, April 26, 8am–4pm  
**NATIONAL DAY OF SERVICE**  
Join Rebuilding Together Long Beach volunteers and CVC residents as we commit to a day of work improving the campus and building community. Lunch will be provided.

Saturday, May 3  
**BIKEFEST 2014**  
Practice a healthy active lifestyle and enjoy how beautiful Long Beach is by bike. Favorite foods from Downtown Long Beach restaurants, a bike shop vendor village, free bike valet, children's activities and live entertainment.  
[www.dlba.org](http://www.dlba.org)

May 10, 11am–6pm  
**3<sup>RD</sup> ANNUAL WEST COAST BBQ CLASSIC**  
Waterfront Queen Mary Events Park. \$2 BBQ tastings, live bands.  
[www.queenmary.com/bbq](http://www.queenmary.com/bbq).

Friday Nights, Ends June 13  
**SHARK LAGOON NIGHTS**  
You're invited to get up close with the ocean's ultimate predators at the Aquarium of the Pacific for FREE during Shark Lagoon Nights. Touch bamboo sharks and see sandtigers and rays. Some Fridays excluded, please check dates for availability. 562.590-3100 Ext. 0

**HEALTH**  
Monday–Wednesday, 12–12:45pm  
**FREE YOGA CLASS**  
Located outdoors in Promenade Park at 1<sup>st</sup> St.

Saturdays, 8:30am–2pm  
**LIFEFIT CENTER**  
CSULB Kinesiology Building, 1250 Bellflower Blvd. The LifeFit Center @ The Beach is a fitness facility for people age 50+. \$40 annual pass. [www.csulb.edu/lfcbeach](http://www.csulb.edu/lfcbeach).

## Cabrillo Gateway Construction Update



Rendering courtesy of PSL Architects.

Completion of the 4 story, 81-unit building is closer with each passing month. With a tentative completion date of June 2015, here is a timeline of what to expect in the coming months:

**In March, the concrete slab will be poured in two or three different sections. There will be a large number of concrete trucks entering the site, and they may require a staging area on 20th Street.**

**In April, concrete block walls on the first floor will begin, and plumbing**

**and electrical for the first floor will begin. The project will go "vertical," and we will begin to see the building take shape.**

**In May and June, the second-floor concrete deck will be erected, which may also require multiple days of concrete pours.**

**By early July, framing on the second floor will begin, along with plumbing and electrical for the second floor.**

CVC's development team is committed to safety during the course of construction and wishes to minimize impacts on residents. Construction sites are dangerous and resident access is strictly prohibited. Please observe all applicable safety precautions. Should you have any questions or concerns please visit or contact the property office at 562-388-8000.

## Word Search

M E M T P D N M Q Z F  
N O K R J C O I E X B  
H E S I A O Q G O E G  
E H K O R F C R L O Z  
G E I P T T T A E N X  
R R Q M W W S N T O S  
I I E Q X K X T T I E  
Q G Z E V A H C U N P  
R H G P G G I L C U A  
C T R A S E C J E J R  
J S S R E K R O W V G

Find ten words associated with the labor related holiday celebrated every March. Clues below:

CESAR CHAVEZ  
FARM GRAPES  
LETTUCE MIGRANT RIGHTS STRIKE UNION WORKERS

"If you really want to make a friend, go to someone's house and eat with him...The people who give you their food give you their heart." —Cesar Chavez

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

## The Village Anchor Team

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## On Going Meetings—Everyone Is Welcome

TWELVE STEP, ATTITUDE ADJUSTMENT (AA) ..... 6:30am, Daily, Social Hall  
SELF-HELP RECOVERY MEETING ..... 6pm, 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