



Resident Vet Finds A Job Close To Home

What do you do when your only source of income is General Relief, you have had a couple major surgeries, have a difficult time walking, are repeatedly being told what you cannot do and not finding support from those around you? If you are Mr. William Harris, you keep your head up, your disposition positive and stay determined to reach your goals.

A couple months ago, as he walked around the CVC campus, William noticed a sign for Walton Construction at the Anchor Place construction site. Following his intuition, he spoke with a few construction workers and got to know them. William's commitment and drive as an individual showed through, and he soon found himself in the construction trailer interviewing for a job.

Unbeknownst to William, Walton Construction and CVC had recently discussed the desire to hire a CVC resident to work on the Anchor Place project and Walton's President, Tom Gibson, was 100% committed to the idea. Upon completion of his application and interview, William received the wonderful news, and the job was his. His current schedule is two to three days

per week, as needed in the early stages of construction.

William recalls his first day on the job digging 18 inch deep trenches as demanding and satisfying! However, his main responsibility on the site is to ensure safety and make sure everything is in order. Mr. Harris enjoys his new job and loves the comradery and teamwork. He

can often be seen moving across campus in his work boots and hardhat!

Thanks to his newfound income, William is happy that he is now able to occasionally assist both his mother and sister.

Originally from Cleveland, Ohio, William was in the Airborne Forces. On his father's suggestion he moved to the west coast to find a better environment for himself. After originally settling in Spokane, Washington, he eventually moved to California in 1989. He has had a broad career path, beginning in logistics through the Travel and Trade Career Institute, broadening his knowledge from ocean and air freight to customs, followed by stints in radio announcing and telecom servicing with Bank of America.

William enjoys giving to others and wants to be a support for all the veterans on campus. His advice to all is to utilize all the resources available to them, both here at CVC as well as at the VA and "to see the glass as half full." He also said "thank you Century Villages for the many opportunities to come my way."

Kaboom! Beautification Project

In February, a group of students from Westerly School came to the CVC campus to lend a helping hand. They wasted no time, picked up shovels and began working on cleaning up the Kaboom! Playground. "It wasn't just showing up for them," said David Parram, Director of Student affairs at Westerly and Youth Curriculum Chair for Leadership Long Beach, "they had to do research, make plans and contacts, and even obtain funding." He went on to explain that one of the goals of his Service Learning class is to teach students to go out and find something new to get involved with and to make a difference.

The project started with a huge pile of mulch that needed to be spread throughout the play structures at the playground. Every student worked hard and accomplished a great deal in a short time. Elizabeth, one of the volunteers, said "When I saw the pile of mulch, I thought it was going to take us a long time. But, we finished the job because a lot of us were willing to work."

Volunteers also weeded the flower beds, retouched some of the art work, and planted new flowers. The playground looks even more inviting now and is ready to be enjoyed by all our residents.



New Hires At Be Bold Bakers

If you follow The Village Anchor then you know about the Be Bold Bakers (BBB). Or, you may have seen some teens selling baked goods around the campus on Fridays. But did you know that there is much more to this teen program than meets the eye? As an on-going social enterprise, the teens are learning what it takes to run a business. As part of their enterprise, they are learning everything from nutrition and food safety to accounting and marketing. As BBB has grown the business, so has the need for staff. This has prompted the creation of three positions: Head Chef, Marketing/PR Director, and Accountant. Each position will be filled for six weeks, and upon completion, students will earn compensation for their service. In early March, CVC staff and volunteers at the Oasis Community Center implemented a career week in order to prepare the teens applying for these positions.



Crystal Bland



Ki'marrah Franklin



Ramari Hart

The teens had the opportunity to understand and practice nonverbal communication skills by playing several group communication games. While learning proper interview techniques, students first observed a mock interview and then participated in their own mock interviews. In addition, dressing for success was discussed and the teens spent a day shopping at Viola's Closet.

The following week, all applicants were able to implement their new skills by interviewing with property management staff, who assessed the teens on their verbal and nonverbal communication skills, enthusiasm, and attire.

Be Bold Bakers is proud to announce that Ki'marrah Franklin has earned the title of Head Chef. Ki'Marrah commented, "It feels amazing to be a head chef because it is a chance to do something in life as a little girl." Ramari Hart has earned the title of Marketing Director. His first action was, "to tell my mom, dad and brothers." Crystal Bland who earned the title of Accountant commented, "I am going to practice math and count money!" Congratulations to all three. Be Bold Bakers is being placed in good hands!

For more information about Be BOLD Bakers please contact Cherisse Goodman at 562.388.8080.

Sights and Sounds of Anchor Place Construction

Construction for the Anchor Place project is in full swing. Here's a look at what has been happening and what is to come in the near future:

UTILITY IMPROVEMENTS

A number of necessary and difficult utility improvements are complete or near completion:

- After weeks of preparation from our construction team, the site was ready for Edison on February 17 to switch the campus power feed from overhead power poles to the new underground equipment. Two power poles in front of the Anchor Place project were removed from River Avenue.
- The sewer system for Anchor Place will include an underground pump system to help improve the sewer flow for all CVC buildings on the east side of River Avenue. In addition, old storm drain lines along River Avenue have been replaced. A significant amount of new storm drain capacity is also being added on the Anchor Place site.



THE BUILDING GOES VERTICAL

Soon, the building will come out of the ground and start to take shape:

- The tall rig you may have noticed on the construction site is used to install geopiers, long underground columns of stone 25 to 30 feet deep. Due to poor soils conditions, over 1300 of these geopiers are required to stabilize the soil under the Anchor Place building foundation. Utility work delays forced the geopiers work to stop at 75% completion in January. The rig has returned to finish the remaining 25%.
- In March and April, the concrete foundation of the building will be installed. On four separate days, a large number of concrete trucks will arrive to pour one of the four segments of the foundation.



- In April and May, the concrete block walls for the first floor will be built.

- In June and July, the second floor concrete deck will be built.

- When completed, Anchor Place will be 5 stories tall!





Finding Health in Your Community

The newest community health center for The Children's Clinic (TCC), "Serving Children and Their Families," is located on the ground floor of the Cabrillo Gateway building. TCC expects to serve about 3,000 patients a year, delivering their special brand of care which includes primary and preventive health care for children and adults, mental health services, women's health, immunizations, chronic disease management, substance abuse counseling, enrollment services, health education and outreach. The TCC Family Health Center is available to serve all residents from CVC as well as the surrounding neighborhood.

Dr. Elisa Nicholas, Chief Executive Officer of TCC, said that the health center's new location allows TCC to tailor services and programs to the community's specific needs. TCC staff is trained in "trauma-informed care," an approach that recognizes and seeks to heal physical and emotional trauma. TCC is sharing their expertise in this area by training Century Villages' other staff members and service providers in trauma-informed care. "Century Villages at Cabrillo is a unique opportunity to do important work in population health, working in collaboration and partnership with the other service providers to improve the health and well-being of the residents," said Nicholas. "I believe in complementing, not duplicating services, and in working together to achieve more."

To learn more about how the services at The Children's Clinic can benefit you and your family, come to a New Patient Orientation on Wednesday, March 23rd at 10am in the Cabrillo Gateway Resident Services lobby.

Meet The Staff: Catholic Charities Elizabeth Ann Seton Residence Yvette Trujillo, Shelter Supervisor

What is it that draws certain people into working with homeless individuals and families? Yes, some people fall into it by chance, but for others it is their heart and their desire to help those less fortunate. Such is the case with Yvette Trujillo.

Yvette, was born and raised in Orange County, where she had often observed homelessness at a nearby park. She was troubled by this and decided to volunteer at the O.C. Rescue Mission's soup kitchen, participate in the local "Point in Time" homeless count, and even worked at "2-1-1 Orange County," a service that connects Orange County's most vulnerable with the health and human service resources they need.

She decided to gain a better understanding of homelessness and decided to pursue her degree in Sociology-Health and Social Wellness. While earning her degree she worked as an Applied Behavior Analysis (ABA) Specialist working with autistic children.

In 2015, she completed her bachelor's degree at California State University Fullerton and began

working at Catholic Charities Project Achieve, a local shelter that serves single homeless adults. Project Achieve's goal is to move clients from "in crisis" situations to safe and stable housing, by establishing a continuing sources of income, working on mental health and sobriety challenges, and fostering healthy supportive social relationships.

Recently, Yvette was promoted to Shelter Supervisor at Catholic Charities-Elizabeth Ann Seton Residence (EASR) onsite at CVC. Here, she is responsible for the day-to-day management and supervision of the 45-day emergency shelter for homeless families. Yvette is excited to be working in the field she is passionate about and making a

difference in the lives of the families and children she serves.

Although Yvette enjoys traveling, yoga and hiking in her spare time, this year she is planning a trip back to school to earn her MSW in social work at UC-Irvine. Welcome, Yvette!



PADNET.tv Satellite To Open At CVC

Have you ever wanted to learn how to use a digital camera? Have you wondered about the process of storytelling or how to edit video? Have you ever thought about creating your own television show? Well, now you can!

The Public Access Digital Network (PADNET) is Long Beach's Community Media Center and Public Access Television Station. As a program of the Long Beach Community Action Partnership, PADNET's mission is to provide quality media tools and training for Long Beach residents to create content for our public access television channels (Charter 32/Verizon 41).

Our new satellite location at Century Villages at Cabrillo will have two field equipment kits, includ-



ing a Canon DSLR camera, and a fully equipped editing suite. Sign up for classes to get certified and then you can access and use these resources right here on campus!

PADNET offers media classes for all levels, field production equipment, Final Cut Pro X editing suites and, at the main location in North Long Beach, a full HD television studio. Basically, they have everything you need to make your media!

You can find out more about your media center and community television channel on their website at PADNET.tv. You can also give them a call or send an email to: info@padnet.tv, 562-216-4640. Here on the CVC campus, please see Joe Haywood or Alex Sosa. See you soon!

Yoga: Your Path To A Stress-Free Life

We have heard (or said) all of the excuses: "I'm not in very good shape." "I have health issues." "I can't do strenuous exercise." "Sure, I want to sleep better, lower my anxiety level, but how?"

Believe it or not, these can happen without drugs and everyone is capable, no matter what your health issues may be. The answer is yoga. Here at CVC, some of our residents and staff have discovered what yoga can do for them.

So what is yoga? Well, yoga is a lot of things and there are different levels. Most of us are familiar with those commercials that show people doing things we could not do in our wildest dreams. At CVC, we do not teach that kind of yoga. CVC yoga is centered in these three basic concepts:

- Yoga is about breathing – the most important element is learning to take deep breaths throughout the practice. This helps lower pulse and blood pressure.
- Yoga is about meditation. Not the kind of thing that is part of a religion, but just turning our thoughts inward and learning to focus our thoughts, keeping out those that no longer serve us. Meditation brings calm.

• Yoga is about movement. You have probably seen some of the poses. We learn in yoga that poses can be modified to fit your particular capabilities. There are people who are missing limbs or are confined to wheelchairs who practice yoga regularly. They learn to adapt their capabilities and be content with what they can do.

We invite you to try a yoga class and see what it is about. You do not need to have any equipment. Just bring an attitude that you would like to try something that can help you sleep better and relieve anxiety. Our classes are:

- Monday at 9:00 a.m. in the Valley Room
 - Tuesday at 5:45 p.m. (video) in the Gateway Resident Services Room
 - Wednesday at 9:00 a.m. in the Valley Room
 - Thursday at 1:00 p.m. VVRC Classroom 101A
- (Look for future classes in the garden area)

Classes are open to all residents of CVC. Please join us at your earliest convenience. If you would like further information, contact Briana Pang at (562) 299-5750 or John Oppenheim at (562) 547-9329.



OASIS COMMUNITY CENTER

2112 W. Willard St. 562.388.8080

SPRING BREAK ACTIVITIES

March 28-31, 10am-12pm

Enjoy a week full of sports, crafts, water activities and more. Open to current members only.

BOYS TEEN GROUP

Wednesday & Friday, beginning March 30 (times and dates subject to change)

Join Mr. Sean for an afternoon of sports, games, and hanging with your friends. Open to boys 10 and up residing at Cabrillo Gateway. Contact Sean Ransom, 562.299.5740.

SPRING FESTIVAL & HEALTH FAIR

March 25, 11am to 3pm

Health screenings, fun and food. Grand Lawn.

RANCHO LOS CERRITOS HISTORIC SITE

First Saturdays, 1-4pm

A free drop-in program of seasonally themed craft activities. Contact: (562)206-2040. 4600 Virginia Road, Long Beach

AQUARIUM OF THE PACIFIC: SHARK LAGOON NIGHTS

Friday, April 1, 6-9pm

The public is invited to get up close with the ocean's ultimate predators at the Aquarium of the Pacific for FREE during Shark Lagoon Nights. Guests will have the opportunity to touch bamboo sharks, see large sand and tiger sharks and touch cownose rays in the Aquarium's Shark Lagoon.

Let This Be The Year Our Community Sees Your Art!

CVC is looking for new artists to be featured in the Management Office, CVC's Facebook page and the next edition of the Village Anchor. Please submit your paintings, sculptures or photography to the Property Management office for review. If your art is selected, we will mat, frame and display it for you free of charge!

So what are you waiting for? Don't be shy. As they say, art is meant to be seen!

Suggestions or submissions? Call (562) 388-8065 or email 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, VVRC
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, Dining Hall

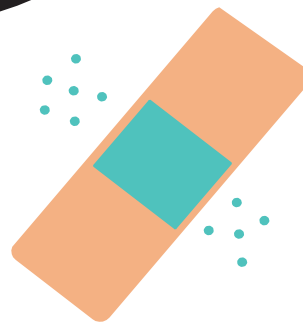
FREE!!!

Open to Everyone!



Spring Festival and Health Fair

March 25th, 2016
11:00am-3:00pm
Century Villages at Cabrillo
Grand Lawn



**Learn about
Healthy Eating
& Exercise**



Assistance enrolling into:
Health Insurance and
Food Stamps



Rebus Puzzle Solutions: 1. open your heart 2. big let down 3. blank out 4. bolt upright 5. go through the motions
6. face the music 7. talk in circles 8. off base 9. drop a hint 10. a hill of beans 11. hit the road 12. split hairs

CVC takes a Snow Day and prepares for Spring!

With the help of our neighbor Tesoro Corporation, we hosted our 2nd Annual Winter Festival that brought real snow to our Grand Lawn! We hope you all enjoyed the sledding and hot chocolate and got to visit with Santa and Mrs. Claus. If you missed this event, CVC's Annual Spring Festival is just around the corner. [Come join us on Friday, March 25th from 11am to 3pm to kick off spring break.](#)



A volunteer group from AmeriCorps is sponsoring the event and will be bringing over 30 different health and wellness resources and agencies. These agencies will offer interactive, hands-on services such as blood pressure monitoring, diabetes screenings, healthy eating food demonstrations and stress reduction activities. After visiting the information booths, join us on the Grand Lawn for some fun. There will be arts, crafts, games and music. Bring your dancing shoes! Of course, what would a festival be without the food? Tickets will be issued at the registration table for hot dogs and nacho fix'ins, topped off with a gourmet popcorn booth. The Spring Festival is open to all residents of all ages. We hope to see you! Bring your neighbor!

A WEE bit of knowledge...

Did you know shamrocks are a sign of solidarity?

Of course, with St. Patrick's Day come shamrocks. Whether you're wearing one pinned to your lapel or you have them on your socks, shamrocks have definitely become a central symbol for this day. Ireland considered the shamrock as sacred in olden times. Due to its green color and overall shape, many believed it to represent rebirth and life. The four leaves of the clover represent faith, love, hope, and of course, luck. When the Irish were under control of the English, many silent protests were held. People would wear a shamrock pinned to their shirt. From then on the shamrock has become a very well-known symbol that represents Ireland and the Irish people.



Do you know why St. Patrick's Day is celebrated on March 17? March 17 is the date Saint Patrick, Ireland's patron saint, died.

Do you like Peeps? Did you know they are almost indestructible?

In 1999, a pair of scientists at Emory University—dubbed "Peeps Investigators"—decided to test the theory that Peeps are an indestructible food. In addition to a microwave, the pair tested the candy's vulnerability to tap water, boiling water, acetone, and sulfuric acid. They survived them all. When they upped the ante with some Phenol (also known as carboic acid), the only things that didn't disappear were the eyes!



Did you know Long Beach was home to the World's largest mural? The Guinness Book of World Records listed PLANET OCEAN as the world's largest mural after it was painted in 1992 by Wyland Whaling and is located on the Long Beach Arena.

Did you know that tiny pocket on your jeans actually has a purpose? The tiny pocket of your pants was not designed for loose change—originally, it was meant for a pocket watch.

Rebus Puzzles

Solutions are printed on the back of this page.