

The Village Anchor



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Edition 22

Anchoring the Spirit of the Century Villages at Cabrillo Community

Summer 2016

Spring Festival and Health Fair

On a recent, warm spring day, Century Villages at Cabrillo hosted a fantastic Spring Festival and Health Fair. Thanks to the contributions of our many community partners, residents were treated to live music, fun, games and over 30 hosted tables with information, demonstrations, and activities. The event was so large it sprawled across the grand lawn, the central courtyard, and Cabrillo Gateway! CVC and AmeriCorps staff worked as ambassadors of the event, helping everyone to have a great time.

CVC supporters, including Tesoro Corporation, help to underwrite resource fairs like these. Because of their financial support, we are able to provide crucial health and community information to our residents, offer fun family friendly games, and, of course, food; all free of charge. In addition, events such as this festival provide an opportunity for residents to come together, share a lunch and spend the afternoon meeting their neighbors which ultimately strengthens our community.

Thank you again, we could not have done it without each and every one of you!



It was wonderful to see all of the energy and to hear the positive feedback from some of the 300 residents who attended the festival. A big thanks goes out to our awesome volunteers from AmeriCorps Community Clinic Association of Los Angeles County who were instrumental in planning this event! They spent months coordinating the many organizations who provided services, as well as soliciting donations for the raffle prizes.

And, of course, a special thanks to all of the CVC staff, especially the event planning teams, our community volunteers from the boys' groups, resident volunteers and volunteers from our partner agencies, CVC interns and everyone else who worked tirelessly to make the event a success.

A SPECIAL THANKS TO OUR COMMUNITY PARTNERS/EXHIBITORS:

- ACA Insurance Booth + Continual care/ referral
- American Red Cross Los Angeles Region (California SafeCorps)
- BE BOLD teen group
- Black Infant Health
- City FaBRICK
- Comprehensive Child Development Center
- DHHS Healthy Active Long Beach
- Diabetes, Healthy Eating, Exercise Booth
- DMH / Long Beach Mental Health
- Groundwork Fitness (fitness demonstration)
- Help Me Help You
- John Oppenheim (yoga demonstration)
- KOREH L.A.
- Long Beach Alliance for Children with Asthma
- Long Beach Community Action Partnership
- Long Beach Memorial "Long Beach has the Conversation"
- Long Beach Time Exchange & Building Healthy Communities
- Long Beach Department of Health and Human Services (Mobile Unit)
- Low Vision Center
- Medical Experience through Service in Healthcare
- Mothers Nutritional Center
- Oasis Community Center
- Occupational Therapy Group
- Oral Health Booth
- PATH Ventures
- Patty Rassouli (meditation)
- PCOC Veterans Clinic
- Safe Refuge
- Sexual and Reproductive Health
- The Children's Clinic
- UCLA Cooking and Baking Club
- UCLA Stroke Force
- U.S. VETS
- VA Smoking Cessation Program

SAVE THE DATE!

Our next community event is our annual Back to School Festival, **HOPEFEST**, on August 5th. CVC and the H.O.P.E. Foundation will partner again to bring a variety of organizations to CVC which will provide backpacks and school supplies to the school aged children living at the Villages at Cabrillo. The festival will also include fun activities, games and, of course, food. Please put the festival on your calendar!

Brightness on Display

When asked why he uses such vibrant colors, he smiled and replied, "To brighten up the world; there's enough darkness in life already". This statement, as well as his art, paints an insightful picture into the personality of Fredric Coles.

Fredric was born and raised in Harlem, New York where his favorite youth activity was coloring. Orphaned and without family at a young age, he eventually joined the Army at the age of 18. Trained as a radio teletype operator by the Army, he was then stationed in Korea during the Vietnam War. After completing his two year enlistment, he left the Army and returned to New York where he married and started a family. With three sons and three daughters the Coles eventually settled in California.

The Army had provided him with great experiences and structure, but many of those same experiences

led him to substance abuse and addiction. Frederick eventually found help at Victory Outreach, a faith based international organization whose mission is to help individuals and families whose lives have been disrupted by drug/alcohol addiction.

On top of struggling with overcoming his addiction issues, Fredric learned he had contracted a serious spinal cord infection. Doctors told him he would never walk again, however, Fredrick's faith told him "yes, you will." After several surgeries, rehabilitation and even more faith, Fredrick proved the doctors wrong. While spending months in inpatient recovery, he rediscovered his passion for art.

With this same passion and dedication, he now attends Inter Coast College pursuing his AA degree to become an Alcohol and Drug Counselor. His art and spirit of giving back brightens our campus. He



and others mentor kids around the domino table, help at the Midnight Mission, volunteer to mop the dining hall and assist his church. Mr. Coles strives to be a beacon of light and brighten the lives of those around him. Though he has given many of his paintings to his nurses at the hospital, as well as other CVC residents, there are three pieces now on display, "lighting up" the Property Management office. Make sure you come by to appreciate the passion and effort on display.

Sights and Sounds of Construction

During the summer months, construction will be taking place on three fronts on the CVC campus. There will be a lot of visible progress on the Anchor Place and the River Avenue improvement projects. The progress inside the Social Hall/U.S.VETS Career Center building is not as visible from campus but is just as exciting as many new amenities are taking shape.

On the Anchor Place project, the first floor of concrete block walls is complete and the wood framing has commenced. Throughout the summer, the wood framing of the second through fifth floors will rise, beginning on the east side of the project near the American Indians Changing Spirits area and heading west towards River Ave. The plumbing lines, electrical wiring and heating/air conditioning ducts will be installed inside the wall framing.

In August, work will begin to improve the River Avenue roadway and to prepare it to accommodate an on-campus bus stop and improved walkways and crosswalks. At the Social Hall, a new patio and new concrete walkways around the Social Hall will be installed. Also, the portico breezeway between the Social Hall and the U.S.VETS building will be repaired to replace framing that was damaged in a fire a long time ago and was uncovered during the demolition. The portico breezeway will need to be closed for a few weeks to accommodate this work. During this time, a number of older

trees that are in poor health or that interfere with new walkways will be removed and will eventually be replaced by new trees later in the project.

Inside the Social Hall, the infrastructure for a host of new amenities has been installed and the interior walls will be closed up soon. Final finishes and equipment installation will occur over the summer months.



- Wiring is complete for new audio-visual equipment and lighting at the stage and throughout the Social Hall, with the centerpiece being a new "Video Wall" that is 12 feet wide and 7 feet tall.
- A new pantry area with sink and counter for preparation of coffee and refreshments has received plumbing and wiring.

- The stage has been lowered and outfitted with a small ramp to provide ADA access.
- The original arched ceiling beams have been retained for their "character" and will be re-finished. One of those arches has been beefed up with a steel beam which will support a very tall folding-panel room partition that can separate the Social Hall into two spaces. This will allow multiple activities to take place at the same time with better sound separation.

The U.S.VETS Career Center has also received a thorough upgrade of infrastructure, and will also have finishes and equipment installed over the summer:

- The restrooms were moved to the opposite side of the lobby so that the Career Center can have a larger single space that accommodates all of the offices in the one space.
- Four offices, a reception desk and a small interview practice room have been framed.
- Wiring has been installed for a wall-mounted digital TV which will be used for training.
- New wiring for over 30 computer stations has been installed.

In the fall, we can look forward to the grand re-opening of the renovated Social Hall and U.S.VETS Career Center, and will watch the Anchor Place project and River Avenue improvements continue to take shape.



Where To Watch Legal Fireworks

It's that time of the year again! As we take the time to celebrate Independence Day on July 4th, we at CVC would like to remind you that all fireworks are illegal in Long Beach under California Safety code 12500-12728 HS—including "safe and sane" fireworks. (Sorry, no sparklers, fountains, or smokers, either!)

Do not worry! There are still plenty of fun places in Long Beach to celebrate the Fourth of July and enjoy fireworks. Here are just a few examples of the many cool things Long Beach has to offer on July 4th:

1. Find a spot along **Queensway Bridge** for a fantastic view of the fireworks on the Queen Mary!
2. **The Aquarium of the Pacific** will be hosting a 4th of July BBQ from 6pm–10pm with great food, and a view of the fireworks!
3. **The Bluff Heights Block Party** will be having games, music, and selling food for the whole neighborhood! Come by and celebrate with your fellow neighbors for a great time. Entry is FREE from 12pm-6:30pm!

Why do we celebrate the Fourth of July?

We celebrate American Independence Day on the Fourth of July every year. July 4th, 1776, was the day the Declaration of Independence was signed, declaring the United States of America as an independent nation.

Did you know? Three of the first five presidents died on the Fourth of July: John Adams, Thomas Jefferson and James Monroe. Adams, the second president, and Jefferson, the third, died on the same day in 1826, the 50th anniversary.

How many people signed the Declaration of Independence on July Fourth? Two!

Secret Garden No More

To forget how to dig the earth and to tend the soil is to forget ourselves. ~ Mahatma Gandhi

Plump zucchinis, hearty Swiss chard, and sky-high sunflowers; the community garden is a secret no more. The original garden was first created by American Indian Changing Spirits (AICS) as a place for growing medicinal plants and a sanctuary for therapeutic healing. Several years later, a veteran at Veterans Village Recovery Center (VVRC) began the "Veterans Garden" by planting and growing a watermelon. It was then expanded with the help of Home Depot and a dedicated group of veterans and Occupational Therapy students.

Last fall, with the construction of Anchor Place looming, and with the help of residents from AICS, several U.S.VETS programs, Occupational Therapy students, and volunteers from other CVC community partners, the CVC garden was transplanted to its new home across campus. Together, the volunteers built 15 raised planter boxes and transplanted the plants from the old garden to their new home.

Ann Raver, a well-known garden writer for the New York Times, once said, "Gardens...are the first sign of commitment to a community. When people plant corn they are saying, let's stay here. And by their connection to the land, they are connected to one another."

It is with this philosophy in mind that the garden has been newly named the Villages at Cabrillo Community Garden. Research has shown that community gardens can decrease stress and improve sleep and overall mental health. Did you know that by participating in a community garden, you can not only increase your fruit and vegetable intake more than 3 times, but also anyone living with you?

Although the winter months saw slow growth, spring has definitely arrived at the Community Garden! There have been lots of exciting new changes. Last month, we planted zucchinis, butternut squash, watermelon, and corn. We are planning on planting more vegetables such as green pepper and onions, building planters, and compost bins. Residents have been able to pick some herbs and vegetables from the garden to use in the occupational therapy cooking groups. Individual plots are also available to reserve for the residents' own use. We are partners with Master Gardeners who are trained volunteers with garden-

ing expertise and are currently available every other Tuesday to help any resident interested in learning more about gardening.

There is also an exciting new summer program starting, called Growing and Sowing with OT!, for those who are interested in more physical activity, cooking, gardening, stress management, or just need to be more out in the sun! Absolutely no gardening skills are required! If you would like to know more about the program or have any questions about the community garden, please feel free to email ot4cvc@gmail.com.



The secret's out. Take a stroll today through your community garden at the corner of San Gabriel and Willard.



FREE SUMMER PROGRAMS AT CVC

PATH EXPLORER'S SIZZLING SUMMER CAMP

Join us for a sizzling summer camp filled with activities like.... building shooting rockets, explosive science experiments, cuisine cooking classes, mellow movie days and interactive field trips!

When: July 6–August 17

Time: Monday–Friday, 1pm–4pm

Who: Youth*, ages 5-13

*Youth must be residents of Family Commons at CVC. For more information please contact Vincent, 562.299.5730, or stop by the Valley Room B.

OASIS YOUTH SUMMER CAMP

Join us for a camp filled with outdoor games, healthy cooking classes, water games, field trips and much more.

When: July 11–Aug 5

Time: Monday- Friday, 9pm–12pm

Who: Open to youth entering K–5th grade

For more information please contact Kaitlyn Taylor, 562.388.8067

BE B.O.L.D. TEEN CAMP AND YOUTH CENTER

Join us for Be B.O.L.D. teen programming including cooking, sports, outdoor activities, and arts.

When: July 5th–August 4th

Time: 9am-12pm

Who: Youth entering 6th–12th grade

For more information please contact, Cherisse Goodman, 562.388.8080 ext. 3

TEEN DROP-IN CLUBHOUSE *NEW THIS SUMMER!*

When: July 5–August 4. Drop-in weekdays anytime between 1pm and 4pm

Who: Open to all youth entering 6th–12th grade

For more information stop by the Oasis Community Center or Oasis at Gateway.

SUMMER PROGRAMS

BOYS AND GIRLS CLUBS

Freeman E. Fairfield/Westside Center. 1835 West Willard Street (across from Cabrillo High School), Long Beach, CA 90810

When: June 22–August 21, 7:30am–6pm

Who: Elementary Students,

Cost: \$15 one time membership fee

Cost: \$60 per week

Middle/High School, 12pm–6pm

Cost: \$15 membership fee

For more information please call 562.435.1621

FAMILY EVENTS

HOPEFEST BACK TO SCHOOL EVENT

August 5

CVC and H.O.P.E. Foundation will partner again to bring a variety of organizations to CVC which will provide backpacks and school supplies to the school aged children. Fun activities, games and, of course, food.

FREE MOVIES ON THE BEACH

June 20-August 30

Granada Beach, 5101 E. Ocean Blvd. Free movies twice a week under the stars and next to the surf! Snacks, dinner and VIP seating available. For more information please visit the website: www.alfredosbeachclub.com

PIRATE INVASION OF THE BELMONT PIER

June 25-26

Belmont Pier, Ocean Boulevard and Livingston Drive. Two days of pirates, pirate ships, pirate encampments, entertainment, swag, food and beverages. For more information please visit the website: www.alfredosbeachclub.com

LOVE LONG BEACH FESTIVAL

July 16–17

Granada Beach, 5101 E. Ocean Blvd. Free 2-day event celebrating Long Beach, featuring a beach party with activities such as running, swimming, paddle board, bike, volleyball, soccer, music, art and food.

KIDS FISHING RODEO Aug. 5

Granada Beach, 5101 E. Ocean Blvd. Free event for kids 16 and under.

GREAT SAND SCULPTURE CONTEST

Aug. 13-14

Granada Beach, 5101 E. Ocean Blvd. Two day competition and exhibiting with food, music, art and vendors.



I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM!!!

Did you know that the biggest ice cream sundae ever assembled was 12 feet high and made with over 4,500 gallons of ice cream?

Americans eat an average 20 quarts of ice cream a year. Vanilla is the most popular flavor, with chocolate coming in a distant second.

July, the hottest summer month in the Northern Hemisphere, is National Ice Cream Month.

Popsicles, a popular summer treat, was accidentally invented by an 11-year-old boy in San Francisco in 1905. He left a glass of soda sitting outside and by the next morning the soda had frozen. He began selling them at an amusement park in New Jersey.

In the summer heat, the iron in France's Eiffel Tower expands, making the tower grow more than 6 inches.

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

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On-Going Meetings. Everyone Is Welcome.

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| 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 |