



(562) 388-8000
www.centuryvillages.org

2001 River Avenue,
Long Beach, CA 90810

WWW.FACEBOOK.COM/CENTURYVILLAGES

Calendar

Computer Lab

Monday – Friday
(9:00am – 12:00pm)
Oasis Community Center
Tuesday, Wednesday &
Thursday (1:00pm – 4:00pm)
Gateway Resident Lobby

Walking Group

Monday – Friday
(9:00am – 10:00am)
Meet at the Anchor

Cooking Club

Monday and Thursday
(11:00am – 12:30pm)
Gateway Community Kitchen

Sensory and Self

Monday (5:00pm – 6:00pm)
Hacienda of Hope

Harbor Interfaith Group

Tuesdays (1:00pm – 2:00pm)
Harbor Interfaith

SILS Diabetes/Nutrition Workshop (SILS only)

Tuesdays (1:00pm – 2:00pm)
SILS

Hacienda of Hope Cooking

Wednesdays (11:00am–12:30pm)
Hacienda of Hope

Community Garden

Wednesdays (11:00am–12:30pm)
Thursdays (1:00pm – 2:00pm)
Fridays (11:00am – 12:00pm)
Garden across from KaBOOM!
Playground

Wellness Wednesdays

Wednesdays (2:30pm – 3:30pm)
Gateway Community Kitchen

Gentle Yoga Project

Thursdays (4:00pm – 5:00pm)
Social Hall

**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, WRC
- Cabrillo Church in Christ** 10:30–12pm, Sunday, Social Hall

The Village Anchor

Anchoring the Spirit of the
Century Villages at
Cabrillo Community

Edition 26 · SUMMER 2017



3rd Annual

Adaptive Sports Expo

Playing Sports No Longer
Obstacle for Disabled Veterans

The Third Annual Adaptive Sports Expo, hosted by the VA Long Beach Healthcare System, took place on May 12, 2017. This event featured vendors that focused on various activities designed to improve the quality of life for disabled veterans. Vendors featured clubs that offered support for specific injuries such as damaged spinal cords, and clinics on how various sports can be played in wheelchairs.

Wheelchair games were played throughout the day to demonstrate these sports to Expo attendees. Games included basketball, soccer, bocce ball, volleyball and pickle ball (aka paddle tennis). The adaptive sports activities, as well as equipment and wheelchairs, were offered free of charge. Staff was available to help first timers learn how to play.

The Adaptive Sports Expo focused on mobility, and how the VA Long Beach Healthcare System is able to help veterans achieve independence. Vendors at the Expo displayed adaptive vehicles, trailers for wheelchairs, adaptive bicycles, as well as paratransit services that offers transportation to the disabled community. Archery and boating teams for the disabled were represented, as well as information regarding diving resources.

The VA Photography program offered veteran-created art for sale and recruited interested veterans to participate. The most popular booth, by far, was rock climbing. One side of the rock climbing wall featured a bucket that a person would sit in and pull themselves up the wall by hand, allowing those who are paralyzed or have ambula-

tory/mobility issues, a chance to safely “climb” the wall.

Lunch and snacks were provided by various nonprofits. To encourage the veterans to visit more booths, Adaptive Sports baseball hats were distributed to those who visited more than one booth. The Third Annual Adaptive Sports Festival was informative and entertaining. It is nice to see there is a community of nonprofits and businesses dedicated to making the lives of disabled veterans more livable.

For more information about adaptive sports programs available to veterans, visit the website at www.va.gov/adaptivesports/va_grant_program.asp.

Photos by Lynn Gettman
(CVC Resident since 2013).

The Village Anchor Team

Editor: Donna Ferraro

Writers: Melissa Rain, Cherisse Goodman, Kim Crawford Wee, Jaylene Westfall, René Castro, Steve Colman

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Letter from the President

Summertime is upon us and our community is bustling with activity. We are so encouraged by the scores of residents that have registered for our Pathways to Health program and committed to healthy changes in their lives. Our team is working hard to make these choices easier and more convenient. For example, I hope you have had a chance to check out our weekly Farm Stand which features fresh produce at affordable prices. Many thanks to

our Leadership Long Beach friends for helping to establish both the physical farm stand and the larger program. The Farm Stand is open to the public every Tuesday from 10am to 2pm in the main plaza. Come check us out!

Thank you for continuing to bear with us as our progress on Anchor Place and surrounding infrastructure work has accelerated. We expect to complete construction by late summer and begin lease up in the fall. The majority of these 119 affordable homes will be re-

served for households presently experiencing homelessness. We are excited to introduce this new development to the campus while welcoming all of our new residents. Anchor Place which will feature many amenities, such as community gardens, gathering areas, and fitness spaces, that will benefit all members of our Villages at Cabrillo community.

We have been so impressed with the growing level of engagement by our residents in the community. This is your home; please don't forget that we are here to support you and want to hear

from you! Thank you for all of your contributions toward making the Villages such a special place!

~Brian



thank you!

A Special thank you to all of our wonderful partners who made the Pathways to Health Fair and Festival a success. Exhibitors included Building Healthy Communities, CareMore, City HeART, Comprehensive Child Development, CSULB - Speech Pathology, CSULB Nursing, DHHS Healthy Active Long Beach, Help Me Help You, Leadership Long Beach, Long Beach Alliance for Children with Asthma, Long Beach Fire Department CERT, Long Beach Fire Department Fire Truck, Long Beach Police Department, Long Beach Unified School District-Head Start, Miller Children's-Welcome Baby (Memorial Care), Oasis Community Center, CSUDH Occupational Therapy, PADNET, PATH Ventures, VA PCOC Veterans Clinic, St. Mary Medical Center (Mobile unit), The Children's Clinic, The Guidance Center, The LGBTQ Center of Long Beach, U.S. VETS, VA Healthcare Long Beach, Veteran's Yoga Project and to our event sponsors the Port of Long Beach and Tesoro.

Fireworks Safety Reminder

All Fireworks are Illegal in the City of Long Beach



With the 4th of July holiday fast approaching, the Long Beach Fire and Police Departments would like to remind residents and visitors that all fireworks, including those marked "Safe and Sane," are ILLEGAL in the City of Long Beach.

The Fire and Police Departments will be out in force the days leading up to

and on July 4th to ensure compliance of the Long Beach City Ordinance that bans fireworks. Although both Departments seek voluntary compliance to ensure public safety, this duty often requires strict enforcement of all laws through arrest and citations. Anyone cited or arrested for fireworks violations may be faced with a \$1,000 fine, sentenced to jail for six months, or both. The fines and penalties may increase depending on the fireworks' classification. Fireworks may be voluntarily disposed of at collection bins located at all fire stations, Lifeguard Headquarters (2100 E. Ocean Boulevard, on the West side of the Junipero lot), or any police station.

For those who would like to enjoy fireworks, please plan to attend a safe and professionally controlled

fireworks show to ensure the safety of your family, friends, and property. The Queen Mary has a spectacular show every year and they can be seen for free from various local parks such as Shoreline Park, Bluff Park, and Signal Hill Park.

If you see something, say something! Call Long Beach Police Dispatch at (562) 435-6711 or 9-1-1 if you observe dangerous or illegal activities. Together, we can enjoy a safe holiday.

For more information, contact LBFD Community Services at 562-570-2525.

Dispatch/Non-Emergency Phone: (562) 591-7631 (do not dial if you require an emergency response)

Fire Prevention: (562) 570-2563

Enroll Today!

New App Simplifies Sign-in for Pathways to Health Program

Okay, so you have your yoga mat ready. You walk into the Social Hall at the scheduled class time and you listen as the instructor asks the person next to you if they would like to be enrolled in "Pathways to Health"? After saying yes, the instructor proceeds to ask some questions that she inputs into her cellphone. "What is going on?" you ask.

The Pathways to Health Initiative is a simple, quick and easy way to help CVC track healthy activities using a

mobile application created specifically for The Villages at Cabrillo. Think of it as a mobile friendly sign-in sheet. Just think...no more writing down your name and phone number every time you participate!

Most of the service providers on campus have agreed to use this simple mobile tool to help track your participation in various healthy activities like yoga, cooking classes, walking or gardening. More activities are being added each day. Currently,

more than 70 residents are participating in the program. Participants

may receive regular updates on their progress and are eligible to receive gift certificates and other incentives to stay motivated.

Ask your instructor to enroll you in Pathways to Health today. It only takes 20 seconds. That's all there is to it!



Rent Track

Makes Paying Rent Easy Peasy

Now you can pay your rent online with a bank account, credit card or a Rent Track issued prepaid debit card.
Visit [renttrack.com](http://www.renttrack.com) for more information.

Have you ever wished you could pay your rent online? After years of requests from residents, Century Villages at Cabrillo now offers that option! There have been Rent Track flyers posted at your door and all around CVC. In order to use this service, you will need to have a valid email address. Next, go to the website (<http://www.renttrack.com>) and fill out the requested information (name, email address, and password). Once this step is finished, select the property you live in and then instructions will lead you through the final steps. Within 24 hours of completing the registration process, you will receive an approval from Property Management via email.

Rent Track allows you to pay with an existing bank account (aka "electronic check"), credit card or via a Rent Track issued prepaid debit card. The benefit of having a prepaid debit card is that you are able to budget your spending, manage your money and avoid the need to purchase money orders. Only your rent can be paid through Rent Track; not telecommunication services, payment pledges, payment plans or restitution agreements (if applicable). If you decide to request a prepaid debit card, call 866-841-9090 or go online at www.renttrack.com/prepaid. In order to build/rebuild your credit history as well as avoid any late fees, set up an automatic payment.

Yet another great feature of Rent Track is the ability to view and improve your credit score. At this point, you may be asking yourself, "This sounds good, but are there any fees?" If you opt to pay with your bank account or the Rent Track issued debit card, there is no charge. However, should you decide to pay with a credit card, the fee will be 2.95% of your rent. For example, if your rent is \$596, the fee would be \$17.58. If you come across any issues, please inform management or contact Rent Track.

Property Office Displays Works by CVC's Teen Artists



The artistic talent at the Villages at Cabrillo is well known throughout our campus, but did you know that we also have some very talented teens whose artwork is currently on display in the Property Office? When Mr. Vincent from the PATH Explorers program learned that Century Villages at Cabrillo was looking for some new artists to display their work, he suggested that we look no further than some of the talented teens in his afterschool program.

Mr. Vincent encouraged the students in the PATH Explorers afterschool program to express themselves through the use of art whether that is through

painting, drawing or music. Several of the students submitted art work and Century Villages at Cabrillo staff voted for their favorite submissions. The pieces of art chosen are currently hanging in the property office and were created by Nailah Lewis and Ayana Howard. Both artists reside on campus in the Family Commons building. Nailah is 15 years old and currently attends the 10th grade at a local charter school. Ayana Howard is 14 years old and attends 9th grade at Cabrillo High School.

The artists hope that you will come by and enjoy their pieces while they are still on display in the property office.

RENT TRACK®

HOW TO SETUP YOUR RENT PAYMENT!

1. Go to www.renttrack.com
2. Find your rental
3. Create your account
4. Add your bank account or credit card information
5. Click on the "Build Credit" tab
To start building credit history with Experian, Equifax & TransUnion!



DON'T HAVE A BANK ACCOUNT? NO PROBLEM!

1. Go to www.renttrack.com/prepaid
2. Request your free prepaid debit card
3. Card will arrive 7-10 business days later
Enter the account and routing number associated with the card on your RentTrack account like a bank transaction.
4. Load cash on the card
At any of 130,000+ locations or by setting up direct deposit.



DON'T HAVE ACCESS TO A COMPUTER OR SMARTPHONE?

 Ask your property manager for a recurring ACH authorization form today!



Community Watch Program

WE'RE LOOKING FOR RESIDENTS WHO WISH TO SERVE.

What is community watch? An extremely effective crime prevention tool that brings the community and police together to deter crime and make communities safer.

Learn more at a special meeting
June 29th 4pm - 6pm
in the social hall

Questions?
Call René Castro (562) 299-5749

Sponsored by
The Villages at Cabrillo Partners in Advocacy Council

**COMMUNITY WATCH PROGRAM** Century Villages at Cabrillo

Now Open!

Meditation Labyrinth Offers Another Option for Relaxation

CVC is proud to announce the opening of the Meditation Labyrinth! Located in the Community Garden (across the street from the KaBOOM! playground) at the intersection of San Gabriel Avenue and Willard Street, the Labyrinth was completed with the help of a grant from the City of Long Beach, the support of our landscape contractor and the efforts of Eagle Scout candidate Mark Catzalco, who built and installed the planter benches. The labyrinth provides another place for residents to relax, meditate, and just let your mind wander.

Unlike a maze that's meant to confuse its users, the Meditation Labyrinth is a place for residents to collect their thoughts while they follow along the path or sit and enjoy the planter

benches. Each twist and turn in the path—joined with an assortment of sensory plants—is meant to spark thoughts as you go along the trail. While following the path, take a closer look at each of these plants—each one appeals specifically to the senses with their own unique story to tell. For example, aside from the many spiritual uses by Native Americans, white sage produces a cleansing scent from the oils on the leaves that can be used as an ingredient for deodorant or shampoo. Next time you come across this plant on the path, rub the leaves and smell for yourself. In the Labyrinth you will find other sensory plants like hibiscus, marigold, California poppy, and many more. If going through the labyrinth does not spark anything at first, give it another try. Each use of the

After a long day, collect your thoughts in the Meditation Labyrinth, located in the Community Garden.



labyrinth is meant to gradually build on a bigger story or create a whole new one. This Meditation Labyrinth is a blank canvas just waiting for you to

paint your own story. Stop by the community garden and see what kind of journey unfolds for you!

Summer Activities

Free Programs

1. 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!

June 26 – August 18

Mon – Fri, 12pm – 4pm

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.

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

June 26 – July 28

Mon – Fri, 10am – 2pm

Open to youth entering K – 5th grade

For more information please contact Kaitlyn Taylor, 562.388.8067

3. Teen Youth Center - Be "B.O.L.D." teen camp Join us for a camp filled with outdoor games, healthy cooking classes, water games, fundraising, and much more

June 26 – August 4

10am – 1pm; Open to all youth entering 6th – 12th grade

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

Low Cost Programs

4. Boys and Girls Clubs

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

June 20 – August 26
Elementary Students
(7:30am – 6pm)
\$15 one time membership fee
\$60 per week

Middle/High School Students
12pm – 6pm
\$15 membership fee

For more information please contact the club, 562.435.1621

Family Events

Please visit alfredosbeachclub.com for more information

5. Movies on the Beach

June 15 – Aug. 22
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 Alfredoceanclub.com

6. Pirate Invasion of the Belmont Pier

July 1 – 2
Belmont Pier, Ocean Boulevard and Livingston Drive

Two days of pirates, pirate ships, pirate encampments, entertainment, swag, food and beverages

7. Love Long Beach Festival

July 29 – 30th
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

8. Kids Fishing Rodeo

August 4th
Granada Beach, 5101 E. Ocean Blvd.
Free event for kids 16 and under

9. 100 Days of Summer

Variety of FREE and low-cost activities throughout Long Beach Including Movies and Concerts in the Park and Art Festivals. For more information, visit <https://longbeach100days.squarespace.com/#make-memories>

10. July 4th Fireworks

Long Beach has two nights of fireworks on July 3 over Alamitos Bay and July 4th near the Queen Mary.

Reminder: setting off your own fireworks, including "safe and sane" fireworks, anywhere in Long Beach, even at the beach, is illegal.



Pool Safety Tips

Safety Measure Reminders Can Save Lives

did you know?

Stay cool this summer

The Department

of Parks, Recreation and Marine operates three swimming pools year-round and in the summer months. One of these pools is at Cabrillo High School, which is right next door. Open pool swim hours and lessons are available.

For more information, visit <http://www.longbeach.gov/park/recreation-programs/aquatics/pools/>

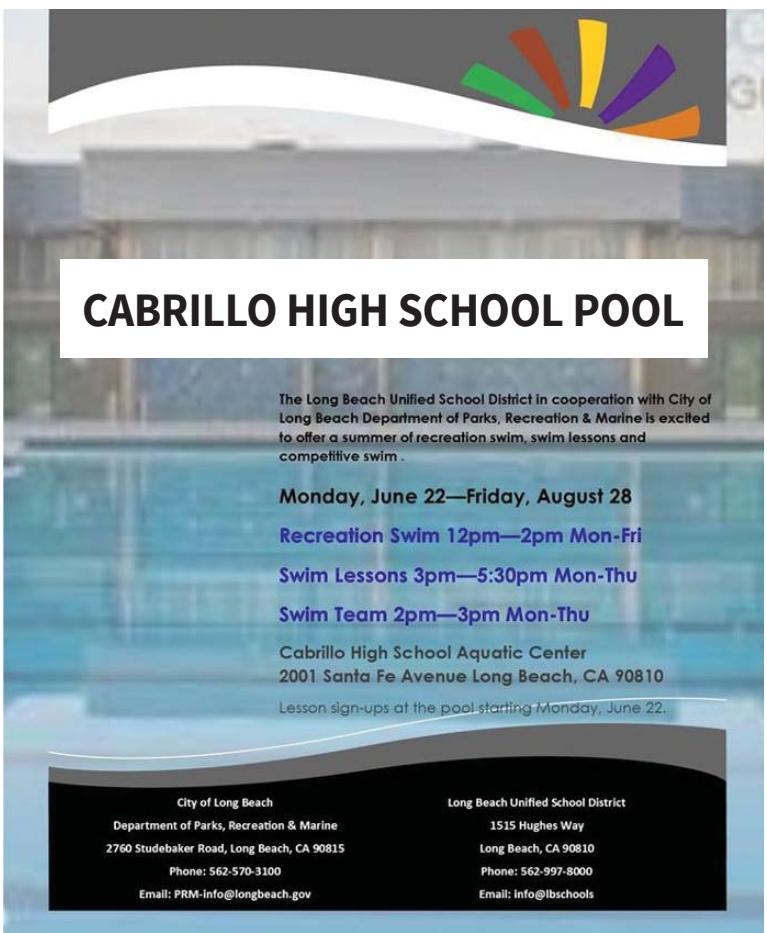
Be Safe

Drowning is a leading cause of death among children. But with just a few precautions, swimming can be a fun and safe way to spend the summer.

1. Know how to swim—Take lessons; they are available at

Cabrillo High School Pool.

2. Responsible Adult Supervision—This is an extremely important step to make sure your child is safe. Do not allow another child, even a teen or sibling, to be responsible for your children.
3. Provide Constant Supervision—Never leave your child unattended at a public pool. You can't assume "someone is watching them," even if there is a lifeguard. Drownings can happen in the blink of an eye, often occurring when someone looks or walks away for just an instant.
4. Be alert—Never multi-task while your child is swimming. Talking on the phone, sun-bathing, reading a magazine — these all take your eyes away from watching your child.
5. Know how to call for help—Is there a lifeguard? Do you have a phone nearby?



CABRILLO HIGH SCHOOL POOL

The Long Beach Unified School District in cooperation with City of Long Beach Department of Parks, Recreation & Marine is excited to offer a summer of recreation swim, swim lessons and competitive swim.

Monday, June 22—Friday, August 28

Recreation Swim 12pm—2pm Mon-Fri

Swim Lessons 3pm—5:30pm Mon-Thu

Swim Team 2pm—3pm Mon-Thu

**Cabrillo High School Aquatic Center
2001 Santa Fe Avenue Long Beach, CA 90810**

Lesson sign-ups at the pool starting Monday, June 22.

City of Long Beach
Department of Parks, Recreation & Marine
2760 Studebaker Road, Long Beach, CA 90815
Phone: 562-570-3100
Email: PRM-Info@longbeach.gov

Long Beach Unified School District
1515 Hughes Way
Long Beach, CA 90810
Phone: 562-997-8000
Email: info@lbsd.org

Red & Green Salad

Servings	Serving Size	Prep Time
4	2 cups	10 minutes



INGREDIENTS

8 cups salad greens (such as baby spinach, spring mix, or lettuce mix), cut or torn into bite sized pieces

2 cups sliced strawberries

1 1/2 tablespoons strawberry or raspberry jam or preserves

1/4 cup 100% orange juice

2 teaspoons olive, canola, or vegetable oil

Pinch salt & black pepper

1/3 cup sliced almonds

HOW TO

1. Put salad greens and sliced strawberries in a large bowl.
2. In a separate bowl, whisk together jam, orange juice, oil, salt, and black pepper.
3. Pour dressing over salad. Toss gently. Top with almonds. Serve right away.

You may also add other items to suit your taste such as cubed/crumbled cheeses, other nuts or berries, avocado, etc.

(From California Department of Public Health and Healthy Active Long Beach)

Stir Fry Kale with Ground Turkey

INGREDIENTS

½ lb ground turkey

1 bunch each: kale, dandelion, bok choy, chopped

2 bunches spinach, chopped

2 cloves garlic, finely minced

½ cup each: bell pepper, mushrooms, green onions, chopped

4 Tbsp soy sauce

4 Tbsp lemon juice

SEASONING MIX

2/3 cup olive oil

2 Tbsp onion powder

2 Tbsp ginger powder

4 Tbsp parsley (fresh or dried)

1 tsp cayenne pepper

1 tsp sea salt (optional)

In a cup or bowl, combine seasonings with olive oil. Mix well and divide in half.

HOW TO

Place all chopped vegetables in cold water.

In a medium skillet or wok, over medium heat, heat seasoning mix. Add garlic and cook until brown. Add turkey, breaking into small crumbles and stirring occasionally until browned. Transfer to bowl.

Pour the remaining half of seasoning mix into skillet. Drain vegetables, shaking off extra water, but do not dry. Place all vegetables into skillet and raise heat to medium high. Stir fry for 1 minute. Add soy sauce and lemon juice. Continue stir frying for 2 minutes. Add turkey mixture and cook 1 more minute. Extra soy sauce and/or salt may be added to taste.

Serve with rice. Enjoy!

By Veronik Grimes
(resident since 2015)



Healthier Eating

Gets Boost from CVC Farm Stand



In case you have not noticed, something fun, exciting and healthy has been happening here at Century Villages at Cabrillo.

Since mid-April, every Tuesday between 10am and 2pm, the "Farm Stand" has been open in the courtyard area, near the anchor. Kale, dandelion, zucchini, tomatoes, baby lettuce, baby arugula and strawberries are just some of the fresh produce available to residents and staff at extremely reasonable prices. As often as possible, free samples are available to anyone,

whether shopping or just stopping by to say hello.

The CVC Farm Stand has been an effort supported by many local organizations, including Leadership Long Beach, Healthy Active Long Beach, Harvest Partners of Long Beach, California State University-Dominguez Hills Occupational Therapy Interns and even The Village Jam! All the effort is for the express purpose of bringing healthy foods at an attractive price to residents of CVC and the surrounding community. It serves the added

benefit of bringing our community together to share conversations, recipes, laughs and even an occasional hug! During July, background music will be provided by The Village Jam.

Learn how to transform the fresh greens and produce from the Farm Stand into something tasty and nutritious at the "Cooking Club," Tuesdays and Thursdays, 11am – 12:30pm in the Gateway Community Kitchen. If you come up with your own special recipes, please share them with us at the Farm Stand. We will make copies and share the recipe with others. The CVC Farm Stand is a part of the larger campus wide Pathways to Health Initiative described elsewhere in this issue of The Village Anchor. Our hope is that you can use the Farm Stand as part of your personal path to better health. The folks running the stand will be happy to answer any questions you may have.

Bring or wear something with the Pathways to Health logo on your next visit to the Farm Stand and you will receive a discount or the special weekly incentive.



The JAM Is Back

After a short break on the heels of the JAM's Pop Up Concert last month, it is time to pick up that guitar, loosen those lips and get your vocal cords doing vibrato. It is time to come join THE VILLAGE JAM. To encourage additional participation as well as providing some daytime sound to the courtyard, the JAM will be practicing on Tuesday's from 12:30pm to 2:30pm starting Tuesday, July 11th, preparing for another concert later this year. Residents and staff of CVC are welcome to join our community of musicians and become part of The Village JAM! No Experience Is Necessary!



CVC Residents Joined the Journey to Better Health

On April 14th we kicked off our Pathways to Health Initiative with a community health fair and festival. We were thrilled to see over 300 residents come out and take part in the interactive booths, sample healthy foods, pick up some free produce, dance, enjoy crafts, play, relax with yoga, and learn more about the partners that are invested in the health of our community.

We know that a journey to health can take many paths, it is not just about exercising your body or losing weight. The path to better health can mean regular check-ups with your medical doctor or eating more fruits and vegetables, but it can also mean

exercising your body and mind. Doing things to help feel joy and alleviate stress, spending more time with your neighbors, playing with your kids, listening to or playing music, and enjoying your community are also on the journey to health. Based on these pathways, the fair was organized into five zones (zen, play, creative, health, and active). These zones were designed to encourage residents to explore around the campus, discover activities and resources right here in the community that are free and can help you on your journey to a better you. Did you visit the zones? Do you know all about these great resources right outside your door? If not, don't worry this was just the beginning, over

the next year, the Pathways to Health Initiative will be in full gear. You will have many opportunities to join the journey with your neighbors. Watch for ongoing activities and flyers with the Pathways to Health logo.

