



Century
Villages
at Cabrillo

(562) 388-8000
www.centuryvillages.org

2001 River Avenue,
Long Beach, CA 90810

WWW.FACEBOOK.COM/CENTURYVILLAGES

Thank
You

A Special thank you to all of our wonderful partners who made HOPEFEST a success:

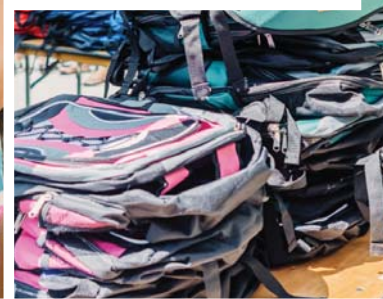
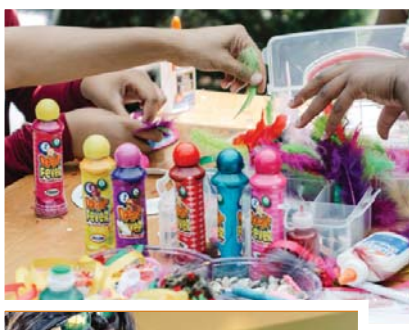
- Asian American Drug Abuse Program • Baking Changes
- New Frontier Boy Scouts of America • Child Net Youth and Family Services • City HeART • CSULB Educational Opportunity Center • Habitat for Humanity of Greater Los Angeles • City of Long Beach Health and Human Services • Healthy Active Long Beach • City of Long Beach Health Department
- LA Barber College • Long Fire Department – CERT • Los Angeles County Metropolitan Transportation Authority • Long Beach Public Library • Long Beach Transit • Long Beach Unified School District Head Start Program • PATH Ventures • The Children's Clinic • The Guidance Center • U.S. VETS Long Beach • VETS Alumni Association of Veterans – Long Beach Chapter • Veteran's Yoga Project • Women In Transition • Women's Shelter of Long Beach



Anchoring the Spirit of
the Century Villages at
Cabrillo Community

Edition 27 • FALL 2017

HOPEFEST Kicks off Back-to- School



For the 8th year, Century Villages at Cabrillo and the H.O.P.E. Foundation (Helping Others Prosper Economically) partnered to host HOPEFEST for its residents, families and friends. More than 300 people attended the event, enjoying summer treats such as hot dogs, fresh popcorn and, of course, Mustache Mike's delicious Italian Ice. The children especially enjoyed the water slide as well as the water play area.

Tables representing a variety of services from the local community were

set up in the courtyard and sidewalks, with some providing school supplies to the children attending the event. The H.O.P.E. Foundation and School on Wheels continued their annual tradition by donating and distributing more than 130 backpacks to school-aged children living at CVC.

In addition to the many volunteers and staff who made this event possible, the H.O.P.E. Foundation also brought along 17 volunteers to help. In addition, 12 of our residents, ten of whom were teen-aged CVC residents,

helped prepare the hot dogs.

Lia Booth from the Spare Buttons and Emmanuel "Manny" Le Sage volunteered their time and talents to provide the background music to the well-attended event.

CVC could not have hosted this successful event without the help of all of our partners and volunteers, including 26 different vendors who hosted tables, offered activities and resources, as well as provided volunteers and school supplies.

On-going meetings.

Everyone is
welcome.

Twelve Step, Attitude Adjustment (AA) 6:30am, Daily, Social Hall
Self-Help Recovery Meeting 6pm–7pm, Tuesday, WRC
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 Team

Editor: Donna Ferraro

Writers: René Castro, Steve Colman, Jaylene Westfall, Kim Wee, Brett Morales, Melissa Rain

Guest writer: Kaitlyn Taylor (Oasis), Sherry Martinez (BSA)

Design & Layout: Cyndi La

Suggestions or submissions? Call (562) 388-8191 or email villageanchor@centuryvillages.org.

Letter FROM THE President

Villages at Cabrillo Community:

We hope you had a great summer and are enjoying the cooldown as we transition into fall. We witnessed yet another successful HOPEFEST at the Villages in the final weeks of summer 2017. We extend heartfelt thanks to our friends at the HOPE Foundation who sponsored our annual back-to-school festival that brought together children, parents, and our larger community for an exciting day of music, food, information, and mingling. And recently, our organization

was recognized as a 2017 Health and Housing Hero by our friends at The Children's Clinic. Just in case you're not aware, the Villages is home to a full service health clinic operated by The Children's Clinic on the ground floor of Cabrillo Gateway. Please visit the clinic and learn about the amazing healthcare services they provide, right in your very own backyard! Thank you to our friends at The Children's Clinic for this wonderful recognition and for being such valuable partners.

With the changing of the season, our community will also soon be experiencing other changes. In the coming weeks, our Anchor Place development

will be completed and we will be welcoming our newest residents, and your newest neighbors, to the Villages. Early next year, we hope to relocate the Long Beach Transit stop currently outside the gates to its new home at the recently developed Transit Hub along River Avenue. It is our hope that these changes will enhance the community and improve connectivity, thereby improving the overall quality of life at the Villages. Throughout this process, please share your feedback as it is important to us!

Finally, if you have not yet signed up for our Pathways to Health program, please call (562) 299-5749 or stop by to see René Castro. This is a great

program to improve your health, meet new friends, and have some fun!

I hope you have an enjoyable autumn and look forward to seeing you around!



Brian Olvera

Calendar

The Great Shakeout
10/19 at 10:19

Computer Lab
Monday – Friday
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
Tuesdays and Thursdays
(11:00am – 12:30pm)
Gateway Community Kitchen

SILS Diabetes/Nutrition Workshop (SILS only)
Tuesdays (1:00pm – 2:00pm)
SILS

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

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

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

Gentle Yoga Project
Thursdays (4:00pm – 5:00pm)
Social Hall

Farm Stand
Tuesdays (10:00am–1:00pm)
Anchor Plaza

TCC Honors Heroes

A Health & Housing Heroes Awards Event

As part of National Community Health Center Week, The Children's Clinic, Serving Children & Their Families (TCC) hosted the 1st Annual Health & Housing Heroes Awards, recognizing individuals and organizations in our community who go above and beyond to support children and families experiencing chronic health conditions and housing insecurity. The event took place on Thursday, August 17 at the newly rehabilitated Social Hall at Century Villages at Cabrillo. United States Congressman Alan Lowenthal was in attendance as a special guest.

TCC clients and staff shared their experiences and discussed the various issues facing community health centers and the 24 million people they serve nationwide. TCC, in partnership



with our Health & Housing Heroes, are responding and collaborating to

address and identify these health and housing issues within our community.



Meet
OUR NEW STAFF

Cassandra Jablonski, Intensive Services Case Manager

Cassandra began her journey at CVC as a Master of Social work (MSW) Intern in the Fall of 2016. After graduating from CSU Long Beach, she joined the CVC team as a full time staff member. She enjoys helping others and looks forward to working collaboratively with other staff to engage the community through activities, events, and creative programming for children, youth and adults. She is passionate about photography and is looking forward to using these skills to contribute to the community by capturing our resident events and telling their stories. She also has a long history in dance and said she hopes to boogie alongside the rest of the CVC community with the new dance studio at Anchor Place.

Vital Members of OT

Occupational Therapy Interns Key to Success of CVC Programs

Gardening, cooking classes, walking group, mindfulness...these are things you have heard about repeatedly over the past several years. What you may not have realized is all of these available activities are the

Join us for fun classes!

cooking
gardening



result of Century Villages at Cabrillo (CVC) having a strong partnership with the Occupational Therapy (OT) departments at University of Southern California (USC) and California State University at Dominguez Hills (CSUDH).

Five students just wrapped up the Summer session spending forty hours per week on campus. Although the energy they brought to our community will be missed, this partnership with CSUDH and USC will continue with new OT Interns throughout the Fall semester.

On September 11th, CVC welcomed six students from USC and four students from CSUDH. The USC students will be on campus Tuesdays and Thursdays offering cooking and walking groups. Currently, the cooking group is held in the Gateway Community Kitchen Tuesdays and Thursdays from 11am to 12:30pm.

New cooking classes are in the works to be held in the Anchor Place building later this year. All of the OT activities are open to all residents. It is an enjoyable way to get to know neighbors and interact with the students, all while learning new ways to prepare meals using healthy ingredients.

The USC students also provide oversight of the Community Garden and help staff the Farm Stand on Tuesdays from 10am–1pm. The CSUDH students will be on campus Mondays and Tuesdays from 10am–4pm. This group of students will work closely with the Oasis Resident Services staff offering various youth programs, including an afterschool program and assisting at the Comprehensive Child Development preschool.

Two higher level OT students, Dorothy Uong from Stanbridge University and Joyce Lee from USC, will be at CVC every day through mid-December.

These student interns will manage the Walking Group, the VIP/VVRC Cooking group, the Wellness group, and the SILS Cooking and Nutrition group. OT students are also available for individual referrals to address needs including but not limited to: independent living skills, home management, social participation and leisure, time management, healthy habits and routines, job skills, and community reintegration. Through the use of the “Just Transit” grant, OT students are able to help residents with transportation needs.

Watch for updated group schedules so you do not miss the opportunity to meet the students while they learn about our campus and share their skills.

Healthier Mind & Body

Made Easier With a Variety of Programs

Have you joined the “PATH” yet? Your neighbors have—181 individuals on their way to better health! Pathways to Health is an effort to improve the health and wellness of residents at The Villages at Cabrillo. How? By making all types of fun activities available and providing incentives to stay on the journey.

Join a walking group—make friends and get healthy together. Improve mind and body focus with the weekly yoga classes in the Social Hall offered by The Veteran’s Yoga Project. Join the Occupational Therapy students for a delicious cooking class or purchase some healthy food at the Farm Stand held every Tuesday from 10am to noon.

Ask any of our partners listed here to help you get signed up! It’s easy. Curious about who is leading the way in our community? The chart (right) shows the top ten sign-ups across The Villages for the first four months.

PATHWAYS TO HEALTH PARTNERS

HACIENDA OF HOPE

- Walking Meditation (Sat.)
- Yoga Classes (M & W)
- Co-Occurring Disorders Group

THE CHILDREN’S CLINIC

- Health Meals, Healthy Families
- Champions for change
- Better choices, Better Health
- Diabetes Self-Management
- TCC Healthy Babies
- Breathe Better: Asthma Care
- My Healthy Lifestyle
- Zumba
- New Patient Orientation

CVC OCCUPATIONAL THERAPY PROGRAM

- Walking Group (M-F)
- Individual OT Session (Variable)
- Community Garden (W, Th, F)

•Hacienda of Hope Group (W 11-12)

•Wellness Wednesday

•Harbor Interfaith (T 1-2)

•SILS Diabetes/ Nutrition T 1-2)

CHANGING SPIRITS

- Walking
- Meditation
- Sweats
- Hiking

PATH VENTURES

- Physical Health
- Family Engagement
- Nutrition
- Mindfulness
- Health/Well-being

OASIS COMMUNITY CENTER

- Financial Literacy Classes
- Parenting Classes
- Career Planning Classes

YOUTH ACTIVITIES

- Boys Club
- Homework Club
- All Teen Center Activities

VETERANS VILLAGE RECOVERY CENTER

- Boot Camp fitness
- Roll Cal (AKA “15 minute Boot camp)
- Whole Health Workshop
- Relationship and Marriage Workshop
- Healing Touch
- Kickboxing

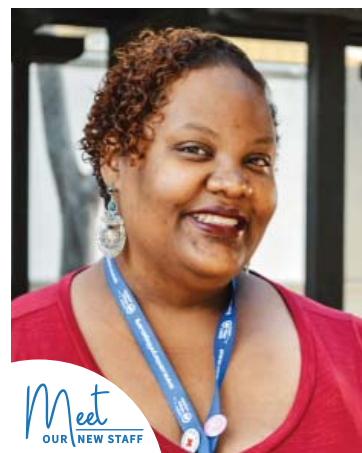
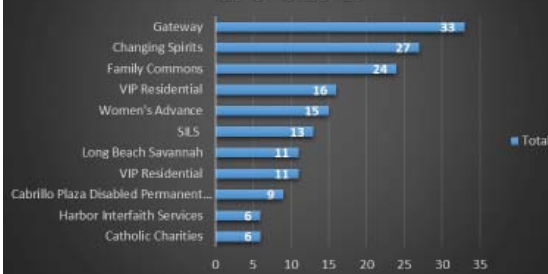
HEALTHY ACTIVE LONG BEACH

VETERANS YOGA PROJECT

VILLAGE JAM



Pathways to Health Participation by Building/Program as of 8.29.17



Danica Potts,
Assistant Property Manager

“My experience here at CVC, just shy of two months, has been amazing! I am truly grateful for this new opportunity

to work with such an incredible group of loving, caring, compassionate and knowledgeable human beings! Before CVC, I was feeling a bit lost and not sure if I would be able to continue as a property manager considering my new widow status and the time demands I know a property has. As a previous affordable housing Community Director for over six years, it is such a delight to be a part of an awesome team as opposed to just being a “one-man show.” Growing up in Windsor Hills, (a Los Angeles suburban neighborhood), never did I imagine I would be a part of assisting low income families and senior citizens secure housing at an affordable price. As a single mother of two, I truly realize how important affordable housing is, to not only the community but to its well-being and healthy state of mind. Thank you CVC for not only the work that is done here but for giving me and my children an opportunity to share in this experience.

Join Community Watch

Making CVC Safer Through Neighbors



Everyone is concerned about safety in our community, but would you like to learn more about who to call in case of an emergency? Consider joining CVC's Community Watch. Because our community is large and spread out, the site was divided into nine zones.

Find your zone on the map and contact the staff supporter in that area to get involved. Please note that your fellow neighbors are leading the way on this but we have omitted their names for their privacy.

ZONE	STAFF SUPPORTER	ORG/BUILDING	TITLE OR UNIT	PHONE	EMAIL
1	Bennie Harris	US Vets	Veteran Service Coordinator	310-863-5853	bharris@usvetsinc.org
2	Brittnee Hill	Path Ventures/Family Commons	Senior Case Manager	562-299-5727	brittneeh@pathventures.org
3	Bennie Harris	US Vets	Veteran Service Coordinator	310-863-5853	bharris@usvetsinc.org
4	Bennie Harris	US Vets	Veteran Service Coordinator	310-863-5854	bharris@usvetsinc.org
5	Claudious Johnson	Hacienda of Hope	Peer Advocate	213-804-9394	Claudious.Johnson@yahoo.com
6	Michelle Lipson	Harbor Interfaith	Housing Retention	(424) 276-3608	mlipson@harborinterfaith.org
7	Raymond Guillory	Changing Spirits	Counselor III	562-388-8118	rquillory@changingspirits.org
8	Sean Ransom	CVC Resident Services	Resident Services Coordinator	562-299-5740	sransom@centuryvillages.org
9	Ricardo Mejia	CVC Resident Services	Resident Services Coordinator	562-388-5745	rmejia@centuryvillages.org



Izzy Matos, Youth and Family Services Coordinator

Izzy served as a youth pastor in Long Beach, CA for more than three years, during which he developed an impacting program and worked with 300+ middle school, high school, and college/career students. For more than a decade, Izzy has been booked as the keynote speaker for youth rallies and inspirational youth camps, speaking to and engaging with

thousands of middle school, high school, and college students. Izzy earned two master's degrees from Fuller Theological Seminary and two bachelor's degrees from Azusa Pacific University. During his free time, Izzy enjoys filmmaking, writing, playing/performing music, and spending quality time with friends and family.



Lonnie Mayfield, Facilities Manager

Lonnie has over 20 years of management experience ranging from Building & Preventative Maintenance Management to Corporate Security. Lonnie served five years in the United States Navy and in his spare time, Lonnie consults and teaches facilities management services, covering topics such as Communication, Management Development, Work Place

Diversity skills and Facility Management Solutions. Lonnie has been married to his childhood sweet heart, LaVetta, for over 33 years. He is a proud father of five children and beams when he speaks of his five grandchildren. He enjoys spending time with his family, traveling, old school music (70's & 80's), dancing and talking about the good old days.

Free or Low Cost Events

FREE PROGRAMS

STORY TIME - Mark Twain Library

Fridays: 10:00am - 10:45am
(Preschool)

Fridays: 11a:00am - 11:45am
(Toddlers)

Tuesdays: 10:00am - 10:30am
(Baby's Lap-Sit)

1401 E. Anaheim St., Long Beach
FREE admission

FALL FESTIVAL - Grand Lawn near the Social Hall

Monday, October 30, 2017

Join us for fun activities for all ages!
Wear your favorite costume.

FREE admission

11th Annual Girls Self Esteem Conference

Saturday, September 30, 2017

Long Beach Convention Center
www.womensjourneyfoundation.org
FREE admission

COLORING CLUB - Mark Twain Library

2nd Wednesday of every month
4:30pm - 5:30pm

Color and relax!
FREE admission

4TH FRIDAYS - The Pike

4th Friday of every month
5:00pm - 10:00pm

Pine Street and Ocean Blvd.
Art • Music • Food • Local businesses
FREE admission

OTHER PROGRAMS

Farm Stand

Tuesdays, 10am - Noon

Village Jam

Tuesdays,
12:30pm - 2:30pm



Join the Scouts at CVC

CVC Offers Scouting Program Right on Campus



Have you ever been a Scout? Do you remember the motto?

*"On my honor, I will do my best
To do my duty to God and my country
and to obey the Scout Law;
To help other people at all times;
To keep myself physically strong,
mentally awake and morally
straight."*

You may have seen CVC's very own scouts during Town Hall leading the Pledge of Allegiance, or perhaps on Monday evenings working on a scouting project on the Grand Lawn or in the Social Hall. ScoutReach has become a fixture here at CVC. ScoutReach, affiliated with the local Long Beach Area Boy Scouts of America Council, is intended to make scouting accessible and affordable to underserved boys and girls.

The program helps to empower youth, parents and volunteers through activities such as outdoor games, camping, campfires, and cooking. In addition, Scouts teach life skills including character development, leadership, and ethics. Traditionally, BSA assist with community services such as community tree planting and march-

ing in local parades. Recently, the group has focused on flag etiquette, citizenship, personal safety and equipment safety. Making campfires, meal planning, cooking and tent set up are practiced on the Grand Lawn. Hobbies, such as silk screening, comic book making, brick sculpture were introduced. In the future, the CVC Scouts will be learning about online sales channels.

To get involved as a Scout or Scout leader, stop by on any Monday evening and check out the activities. The scout troop gathers from 4pm – 6pm in the Social Hall or on the Grand Lawn. When you locate a group of kids having fun together, you will know you are in the right place. You can also call Sherry Martinez at (562) 427-0911, ext. 244 or email at sherry.martinez@longbeachbsa.org or info@makersville.net.



Calling All Artists!



VIP resident, who created one of our most attention-grabbing pieces. He used hairspray to mix into his paint that would alter the hues and created a unique medium by burning used motor oil in order to collect the soot that is produced. One of his other pieces contained broken glass remains that were rounded out. Can you imagine repurposing an otherwise unlikely material and creating it into something completely diverse? On our current display, we have artwork by CVC teen artists Nailah Lewis and Ayana Howard. If you have artwork that you would like to show, please stop by the main property office or the Gateway office. Your art could be hanging here soon!

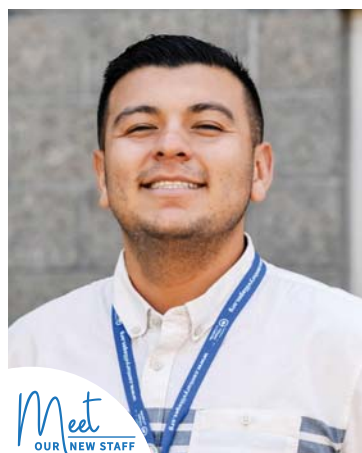
Attention! All Artists wanted! Do you draw? Do you paint? Are you a photographer? A writer? We would love to display your work in the lobby of the Property Management office. In the past, we have featured veteran resident artists such as Frank Wilkinson, Plaza resident and former LBSH resident, Kip Brown. Chris Heigl was a previous



Somatra Church, Resident Services Coordinator

Somatra is a Long Beach native who graduated from CSU Long Beach with a B.A. in Communication Studies. She has spent her entire career working with individuals and families experiencing homelessness, including her most

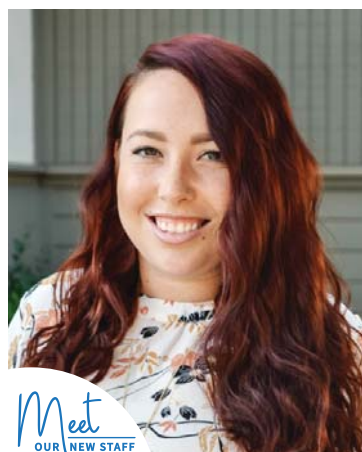
recent position with Housing Works as an ICMS Case Manager. She values connecting with people and hearing their stories. She also brings to the team creative talents including playing several instruments such as the guitar and drums.



Ricardo Mejia, Resident Services Coordinator

Ricardo is a second year Masters in Social Work Student at CSU Long Beach, whose interests include community organizing, policy analysis and the veteran homeless crisis. He is originally from East Los Angeles but has lived in Long Beach for over a year. He received

his B.A. in Sociology and B.S. in Rehabilitation Services from CSULA in 2014 and hopes to one day become a Military Social Worker. He has a great passion for culture and traveling and is saving to backpack through Central America.



Alexandra Porutiu, Property Assistant

"... I joined the CVC family in July. I am so happy to be here and I really enjoy working in the property office and interacting with the residents on a daily basis. I am so grateful for how welcoming everyone has been. I was born and raised in Romania and

moved to the United States in 2000 when my mother won the visa lottery. I speak Romanian, English and Spanish and really like learning new languages. I am a graduate of Cal State Long Beach and have a background in real estate. When I'm not at the office, I love dancing hip hop, bachata and salsa."

Back to School

Tips for a Smoother Transition



Sufficient sleep is critical for brain development during childhood. You can give your child the best chance of doing well in school by enforcing a regular sleep routine. Most children spend their summers with significantly more relaxed sleep schedules. Maybe your little one

Making the Transition

Saying goodbye to summer and welcoming in the new school year is not easy! Help your child with the transition by reminding them of the aspects of school they like, such as friends, favorite subjects, and activities. Be sure to show that you care about their feelings and know this time can be tough, while helping them to see the benefits of this transition and reassuring them that you are here to help. One of the most important ways you can prepare your child for the new school year and support successful learning is by maintaining a consistent routine at home.

has gotten used to staying up late playing and sleeping in until noon. Chances are the transition back to the school week routine is going to be a little rough. If possible, gradually making the change in sleep and wake time by moving bedtime up by a half an hour every few days. School age children need approximately nine hours of sleep. When setting their bedtime, count back nine hours from when they will need to wake up, and add an extra half an hour to allow for brushing teeth, putting PJ's on, etc. Also, remind your child that going to bed early is not a punishment, but that the whole family will be making changes in their routine in order make sure they are ready to learn!

Finding Support

The challenges and changes that come with a new school year can be both exciting and challenging for the whole family. Do not hesitate to look for resources right here in your community! The Oasis After-School Program is free and offered to kids in grades K-5th. Program staff offer homework assistance along with curriculum designed to encourage the development of social skills, work on managing difficult emotions, and self-expression through art and play.

For the younger ones, Comprehensive Child Development provides free preschool! Pre-K introduces young children to positive socialization, group learning, and exploration of curiosity and creativity. At this age, an engaging learning environment encourages the development of language, motor, and cognition skills, as well as a fondness for school. Children who attend a high quality early childhood education program experience lifelong benefits, including better performance in school, higher paying jobs, and a greater likelihood of graduating college.

A B.O.L.D. Farewell



For the past few years, Village Anchor readers have read about the Be B.O.L.D Bakers, teens learning to start and manage a small

business, write resumes, and interview for jobs. Be B.O.L.D. hosted several successful breakfast events and bake sales. Profits were used for business expenses and social activities. Former Oasis employee Cherisse Goodman was the founder of this program. Cherisse left CVC in early August, but students have many fond memories. Here are just a few:

"She took the time to listen to me when I had a problem." ~Ambriel

"Ms. Cherisse always treated me with respect even if I was only a teenager." ~Crystal

"She always took time out of her busy schedule to listen to what I had to say." ~Maylawn

"She was always honest with us. She would help us with anything, not because it was her job, but it was because she cared." ~Telvis, Theime, Jayshod

"Cherisse taught me more about leadership and how to look for a job. She assisted me with my resume." ~Izzy, the new Be B.O.L.D. leader

Thanks, Cherisse! You will be missed.



ENROLL NOW!



Comprehensive has over 30 years of experience serving children 0-5 years old in licensed Child Care Centers and Family Child Care Homes. We are proud to serve the Long Beach, Wilmington, and San Pedro area.

Comprehensive provides early care and education programs to families with low to no income. Children benefit from high quality educational programs, nutrition and family support services. With 5 licensed centers and a network of 20 family child care homes, we are able to meet your needs!

Contact us at (562) 427-8834 or
Visit our website www.ccdlb.org

James Benedict Center 2565 Pacific Ave, Long Beach, CA 90806 License # 198003674	Tammie Kyle Center 622 E. Hill St Long Beach, CA 90806 License # 192006393 License # 192006425	Cabrillo Center 2205 San Gabriel Ave Long Beach, CA 90810 License # 198007286 License # 198007287	3rd Street 769 W. 3rd St San Pedro, CA 90731 License # 191606802 License # 191606804	New Harbor Vista 909 W. "D" St Wilmington, CA 90744 License # 192006219 License # 192006215
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arts & crafts, active
games, cooking,
homework help,
sensory activities, &
more!

**OASIS
AFTER
SCHOOL**

program

Grades K-5th
Monday - Thursday
3-6pm

Kaitlyn Taylor (562) 388-8067, (424) 570-1818