

The Village Anchor

Century Villages at Cabrillo
Long Beach, California

2001 River Avenue • Long Beach, CA 90810
(562) 388-8000 www.centuryvillages.org

Edition 2

Anchoring the Spirit of the Century Villages at Cabrillo Community

Winter 2010



Long Awaited Vet Store is Here!

U.S. VETS opens convenience store available to all residents

By Jessica Nielsen

The Vet Store, a convenience store that's run and operated by U.S. VETS, has finally come to fruition, thanks to the hard work and dedication of Linda Maldonado, Programs Manager for U.S. VETS. The long awaited store, developed with funding from Supervisor Don Knabe, the City of Long Beach, Century Villages at Cabrillo, and Boeing, is a great asset for the CVC community.

When you walk into the convenience store, you are greeted with a clean shop and a fully stocked supply of everything a CVC resident might need, from shampoo to shoelaces. Terry Burton, a resident at the Cabrillo Plaza, says, "There's a lot of stuff at the store that I would buy, and it's all reasonably priced."

In addition to its value to the CVC community as a whole, the store has also had personal redemptive

qualities for its staff. Elizabeth Quick, an employee of the store, said, "This job has been such a blessing; [I'm] able to work again, all while giving back to the community here at CVC, and that means a lot to me being a veteran." Quick is a veteran of the Air Force, having served our country for six years.

The Vet Store is located at 2220 W. Williams, across from the Property Office and is open from 11:30 a.m. to 6:00 p.m. Monday through Friday and from 12:00 p.m. to 4:00p.m. on weekends.

Transactions can currently be made using cash, debit, MasterCard, and Visa. and an arrangement for The Vet Store to take EBT is in the works.

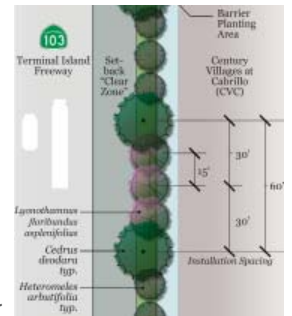
Campus Improvements

By: James Nedelman

We are pleased to announce that the Villages at Cabrillo campus will soon undergo two exciting improvements. First, CVC has been awarded a grant from the Port of Long Beach to develop a comprehensive landscape barrier

along the western perimeter of the campus. Under this plan 111 new trees will be planted to isolate the campus from the surrounding industrial area and provide a buffer from its noises, odors, and particulate matter. Beyond their primary function, the presence of the trees will

add to the aesthetic, beauty and insulated nature of the campus. Second, the historic naval anchor that is currently residing on the campus outside of the property office will be transformed by local artist Trace Fukuhara into an amazing public art installation in the main courtyard. Funded by the City of Long Beach, the historic anchor will be elevated on a concrete pedestal adorned with hand glazed tiles. Both of these projects will greatly benefit the CVC campus community and we are very excited for them to begin!



CVC Website Launch

By: James Nedelman

The website for Century Villages at Cabrillo is now active! Visit www.centuryvillages.org for information about CVC and check out the calendar section for news about upcoming events in the community. Be sure to bookmark the page and check regularly for blog updates and new calendar events to stay up to date on the CVC community's goings-on.

Thank you for picking up the second edition of the campus newsletter!

We hope that the *Village Anchor* becomes a useful tool for telling our stories and communicating events and announcements that are of interest to you. We're just getting started. If you have a suggestion for improving the newsletter or would like to submit a story, please call us at (562) 388-8107 or email info@centuryvillages.org. We look forward to hearing from you.



Homeless No More

By: Anna Totta

In desperation, Alque Jones from Catholic Charities' St. Peter Claver Center (a community assistance center) in Venice, California contacted Vanessa Romain, Director of Catholic Charities' Family Shelter at Century Villages at Cabrillo in Long Beach, California. He was distressed; a mother and child were sleeping in a car in Venice Beach and he had tried everything to access a shelter somewhere close to him, without success.

"I just don't like to see children homeless," he said. "May I send them to Long Beach? They have been homeless for more than four years and have moved

from one shelter to another."

"Yes, send them," said Vanessa, not even sure if there was any "room at the inn." So, Terry and her child came to the Elizabeth Ann Seton Residence at the Villages at Cabrillo. Their journey had been a long, difficult one and no one was sure if there was a solution. Previously, Terry had stayed with her aunt, who lived in subsidized housing, but her aunt was fearful because additional persons were not allowed in her facility. Thus their journey into homelessness began.

Shortly after their 45-day stay at the Elizabeth Ann Seton Residence, Terry and her son transferred to Salvation Army's transitional housing at the Villages at Cabrillo, which allowed up to a two year stay. However, thanks to the collaborative efforts of Catholic Charities and Beyond Shelter the family applied for Rapid Rehousing assistance. Within two months, Terry and her son had accessed permanent housing in Long Beach. Thanks to long term rental assistance through the Rapid Rehousing program and the stability of permanent housing, Terry was able to find a steady job. Meanwhile, Terry once again called upon Catholic Charities for help with basic furniture items, pots, pans, and other necessities. Soon a donated bed and some other much-needed household items arrived for Terry and her young son, Alex. Finally, Terry and Alex could settle into a safe and stable life together with a home they could call their own.

"It really does take a village to raise a child, especially if that child is homeless," said Anna Totta, Regional Director of Catholic Charities. "Not only did we have a quick and smooth coordination among different divisions of our own Catholic Charities' programs and services, but also collaborative efforts of Catholic Charities with our Villages at Cabrillo Partner, the Salvation Army, and the Long Beach Multi-Service Center for the homeless partner, Beyond Shelter. All of us belong to a Continuum of Care for the homeless in Long Beach. This is what makes good things happen!" Thanks to this collaboration within the local Continuum of Care, Terry and Alex are thriving and homeless no more.

The Living Love Foundation Gives Back

By: Jessica Nielsen

I recently had the opportunity to meet Kelli Curry, Director of the Living Love Foundation. I, like many, was very eager to learn of the many services they offer the community.

JN: Kelly, what is the Living Love Foundation?

KC: The Living Love Foundation, Inc. is a nonprofit public benefit corporation dedicated to helping improve the long term health and well-being of underserved and under-motivated children in the U.S. through hands-on exposure to the arts. The Foundation fosters individual creativity, helps strengthen self-esteem, and helps cultivate a world view based on the knowledge that all humanity is connected and that the arts have the power to illuminate and strengthen that connectivity.

JN: That's great that the foundation aims to empower children through such a positive medium as art. How did you come up with the name of "The Living Love Foundation?"

KC: The Foundation was started by my father in memory of my mother, Betty Curry, who passed away five years ago. She was an artist and always full of life, encouraging those around her to live life to the fullest. The Foundation was started in hopes that no matter what challenges they face, children will always have access to the wonderment and beauty of life through their unique creative talents, and thus the name "The Living Love Foundation" came to be.



JN: What a great background to how the Foundation is so appropriately named. Where is the Foundation located?

KC: Our corporate office is located in Tarzana, CA. Our programs occur on site and at various locations around Southern California. We are here on campus at Salvation Army and Catholic Charities on Saturdays between 10:00a.m.-2:00p.m. working our traditional arts program.

JN: When did the Foundation start getting involved with the community here at Century Villages?

KC: The Living Love Foundation introduced direct hands on arts programming at Century Villages in January of 2007.

JN: Who is eligible to participate?

KC: Any child can participate in the art classes offered for children here at Century Villages.

JN: Does the Foundation have any upcoming events?

KC: Yes, on December 11, 2010 The Living Love Foundation working in collaboration with Long Beach Artists and Arts organizations will be putting on Warm Expressions, a holiday arts party for the children and families of Century Villages. This year we're looking forward to the involvement everyone who lives on campus to bring their art, their love, and spirit of giving. We hope every child and family member from the Villages attends.

JN: What's the best way to stay in touch with The Living Love Foundation?

KC: The Living Love Foundation can be reached online by visiting our website, www.livinglovefoundation.org. You can also call me, Kelly Curry, at 805-231-6755 or email me at kelli@livinglovefoundation.org.



Staying Healthy for the Holidays

By: Jessica Nielsen

The holidays are the time of year when most of us abandon the idea of eating healthy. We have been known to eat and eat until the turkey's tryptophan nurses us to sleep, but we eventually wake up and realize on New Year's Eve that we need to make some resolutions because we've gained weight. Not this year. There are many satisfying yet nutritious ways to indulge in the holiday feasting, and to help here are some recipes for some treats you can make in your very unit here at Century Villages. Happy Cooking!

Apple Cranberry Pecan Stuffing (Low Calorie)



Necessary Items:

- 1-1/2 cups apple juice
- 2 Tbsp. butter or margarine
- 1 pkg. (6oz.) Stove Top Stuffing Mix for Chicken
- 1 small apple, chopped
- 1/2 cup cranberries
- 1/4 cup chopped Planters Pecans, toasted

Directions:

Bring juice and butter to a boil in a medium saucepan over a high flame.
Add stuffing mix and fruit; mix lightly and cover.
Remove from heat.
Let stand for 5 minutes. Stir in nuts.

Two Minute Tiramisu (Low Sugar)



Necessary Items:

- 2 tsp. Maxwell House International Café Sugar Free Suisse Mocha Café
- 2 Jell-O Vanilla Sugar-Free Pudding Snacks
- 1 pack (0.74 oz) NABISCO 100 Calorie Lorna Doone Shortbread Cookie Crisps
- 2 Tbsp. thawed Cool Whip Sugar-Free Whipped Topping

Directions:

Stir 1 tsp. flavor instant coffee into each pudding snack.
Top with cookies and Cool Whip

The above recipes were taken from the Kraft Foods free recipe website. Become a member for free and find more great recipes at www.kraftrecipes.com



Meet Our Staff

By Jessica Nielsen

Marshall Rouser Assistant Property Manager



Marshall was born in Mississippi and raised in the projects of Gary, Indiana. After graduating high school, Marshall was inspired to pursue the field of social work because of the many social workers that had a positive impact on his youth. He began his studies in social work at Jackson State College in Mississippi, where he met his future wife. In the midst of his schooling, he decided to join the Navy in 1972 to avoid the draft call to Vietnam, and he was then stationed in Pearl Harbor, Hawaii. While serving for four years, he transferred to San Diego to receive schooling in becoming a Navy Hospital Corpsman. Once he completed his training he was stationed outside of Memphis in Millington, Tennessee and enjoyed helping others in need; however his access to prescription drugs through his job was the beginning of the long dark path of addiction. He was honorably discharged from the Navy in 1976 while continuing his drug use, but was now using more than just prescription drugs and was primarily addicted to illegal substances. His continued substance abuse contributed to his loss of employment as a dialysis technician, his divorce from his wife, and his estrangement from their three children. In an effort to gain sobriety, Marshall decided to move to Los Angeles to get away from his tainted environment in Mississippi. He checked into the West Los Angeles VA and, because he continued to test dirty, he was discharged and forced to live on the streets. This, coupled with his declining health due to his drug abuse, served as a final wake up call for him, and he knew he needed to kick his habit if he ever wanted to get his life back.

Volunteers of America was able to offer Marshall that opportunity, giving him hope by providing him housing and the time to physically detox from drugs. Marshall has been sober now for 19 years and has regained his relationships with his 3 children and his now 3 grandchildren. He has also been happily married to his wife for over 7 years. His crowning achievement has been working at the Century Villages as an Assistant Property Manager, where he has been managing over 400 units for over 9 years.

Jimmy Walton Maintenance Lead, Cabrillo Plaza



Jimmy was raised in Corpus Christi, Texas. He joined the Air Force at the age of seventeen where he served for four years. After he was honorably discharged, he began working as a licensed Merchant Marine outside of New Orleans for Cenac Towing, hauling in oil from rigs in the Gulf of Mexico and various parts of the Mississippi River. Cenac Towing eventually lost a majority of their accounts, so Jimmy decided to try his luck out West and moved to Los Angeles in 1980.

Once he arrived in Los Angeles, Jimmy carried numerous jobs, even starting his own tree-trimming service, but his success soon came to a halt when he became homeless due to his addiction to meth and alcohol. His luck ran out and he was living on the streets until he was referred to CVC's onsite VIP program from the Vet Rep at the Santa Ana train station; Jimmy has now been clean and sober for six years. In his free time he enjoys playing music on stage at local venues, with his most recent performance being at the Blues Café in Long Beach. This Thanksgiving he plans on giving back by volunteering for his third year at the annual Thanksgiving event at The Los Angeles Mission in downtown Los Angeles. He is currently working for Century Villages as the Maintenance Lead for the Cabrillo Plaza, a 204 unit building which offers permanent housing to veterans.

Meal Tickets

By: Jessica Nielsen

Did you know that as a resident of Century Villages you have access to purchasing meal tickets for the cafeteria? All residents, not just veterans, have access to the cafeteria, which comes in especially handy on those busy days when you don't have time to prepare a meal. Tickets are available for purchase from the VSC office, which is located at 2160 W. Williams. Meals are served at 7:30am, 12pm, and 4:30pm at \$4 per meal.



Newly Installed Bike Racks Help Residents Go Green

By: Jessica Nielsen



Century Villages supports you minimizing your carbon footprint with the newly installed bike rack and corrals. George Guerrero, our Facilities Manager, was instrumental in the installation of the bike rack and four bike corrals donated by the Long Beach Transportation Department. The bike rack and corrals have been installed in the Cabrillo Plaza and Family Commons areas. Thank you to the City of Long Beach for this important amenity!

TV Channel

By: James Nedelman

Coming soon to CVC...our very own TV channel! Be prepared to tune in to cable channel 55 (dubbed Anchor TV) in the near future for news about community events as well as other helpful information specifically tailored to the CVC community. If you have suggestions or ideas for the TV channel, please don't hesitate to contact us at (562) 388-8107.

LOCAL EVENTS

Every Friday from 10am-4pm
FARMERS MARKET

Located at City Place Center Promenade N. and E. 4th Street. Free

Saturday, November 27, 10am-12pm
HOLIDAY HIKE AT EL DORADO NATURE CENTER

7550 E. Spring Street, Long Beach. \$3 per person. Phone: 562-570-1749
http://www.longbeach.gov/cals/all_events.asp

Sunday, November 28, 1pm-4:30pm
GARDEN TOURS AT RANCHO LOS CERRITOS HISTORIC SITE

4600 Virginia Road, Long Beach. Free

Monday, November 29, 8am-12pm
THE MATTEL CHILDREN'S HOSPITAL UCLA BREATHMOBILE

Asthma screening education and treatment. On site at the corner of Williams and San Gabriel. Free. Phone: 562-388-8080

December 4-5, 11am-4pm
VICTORIAN CHRISTMAS AT THE BANNING MUSEUM

401 E. M Street, Wilmington. Free (Suggested donation \$5 adults, \$1 children). Phone: 310-548-7777
<http://www.thebanningmuseum.org>



Saturday, December 4
7pm-9pm
28TH ANNUAL BELMONT SHORE CHRISTMAS PARADE

2nd Street between Livingston Ave. and Bayshore Ave. Free. Phone: 562-434-3066

Sunday, December 5, 1pm-4pm
RANCHO LOS CERRITOS HOSTS A CHRISTMAS OPEN HOUSE

4600 Virginia Road, Long Beach. Free.

Saturday, December 11, 5pm-7pm
DAISY AVENUE CHRISTMAS TREE LANE PARADE

At 20th and Daisy, Long Beach. Free. A tradition since 1953.

Saturday, December 11, 6pm-8pm
NAPLES ISLAND 64TH ANNUAL BOAT PARADE

Free. www.naplesca.com

Thursday, December 16, 6pm-7pm
COMMUNITY MEETING

Hosted by Property in the Social Hall.

Sunday, December 19, 7am-2pm
LONG BEACH OUTDOOR ANTIQUE & COLLECTIBLE MARKET

Rain or Shine. Veterans Stadium, 4901 E. Conant Street, Long Beach. General Admission \$5, children under 12 are free.
www.longbeachantiquemarket.com

Alcoholics Anonymous & Cocaine Anonymous

Century Villages Self Help Meetings Schedule

ATTITUDE ADJUSTMENT (AA) 6:30am-7:30am, 7 days a week in the Social Hall

WEDNESDAY NIGHT CAP (AA) 7:30pm-9pm, Wednesday night in the Social Hall

NEW LIFE (AA) 7:30pm-9pm, Friday night in the Social Hall

IT TAKES A VILLAGE (CA) 4:30pm-6pm, Saturday in the Social Hall

Everyone is welcome! This is an opportunity for men and women to share their experience and strength in the hope that they may help each other recover from alcoholism and other substances.