Place Make the Vote!

Election day was very special at CVC. After years of lobbying the County of Los Angeles Registrar/Recorder, CVC was finally granted the opportunity to host its own polling site. This long sought-after opportunity coincided with the creation of a civic engagement concept called “Place Make The Vote!” Championed by a local community partner, City Fabrick, and using a “Knight Cities Challenge Award,” the program aimed to energize civic engagement on election day in underrepresented parts of the City.

As a steady stream of residents of the CVC campus, along with citizens residing in the precinct, came to vote on Tuesday, November 8th, they were greeted with coffee and donuts in the morning, pizza and empanadas in the afternoon, the continuous sound of music, the smell of popcorn and the sight of numerous carnival games throughout the day.

Community members were also treated to a digital photo booth, complete with various red, white and blue props, to have their photos taken and immediately uploaded onto social media platforms of all kinds, as well as being printed on the spot. You can check the GIFs out here. PMTV WEST/ Century Villages At Cabrillo: http://www.sbth.co/2016/California/Central-place-make-the-vote/

Many thanks go to all the election workers and all of the volunteers from City Fabrick and CVC who helped Make CVC the Place to Vote in 2016!

California Shake Out

On October 20th at 10:20am, Century Villages suffered major damage, injuries and several small fires as a result of the 7.8 magnitude earthquake caused by a disruption along the southernmost San Andreas fault. This, of course, was not a real earthquake, but a test of CVC’s disaster preparedness during the annual California Great Shake Out Drill.

Many service providers, staff and residents, “DROPPED, COVERED and HELD-ON” as they waited out the quake. Shortly after the “quake” ended, CVC’s disaster team along with many other staff and residents went to work. An Incident Command was quickly set-up, volunteer search and rescue and triage teams deployed, and the supply team quickly brought the necessities: radios, water, snacks, first aid and triage provisions. The mock injured were found and transported to the triage area for treatment, led by The Children’s Clinic staff and other first aid trained service provider staff and residents.

Once all the injured were found and treated, the fires extinguished, and everyone safely gathered on the Grand Lawn, CVC thanked all the participants with basic survival backpacks which were generously donated by the Tesoro Corporation.

While the Shake-Out Drill was important, it is even more important that individuals take the time to prepare themselves for the inevitable “Big One” that is sure to eventually hit Southern California. Below are some suggestions to help you prepare:

1. Designate an out of state friend or family member as your family’s contact person to keep them appraised on your condition.

2. Keep a pair of shoes and a flashlight by your bedside to avoid broken glass injuries on your feet.

3. Have an emergency kit on hand that has a radio, first aid kit, water, blanket, some protein bars, an ID and a little cash to get you through 3-5 days until more help is available.

4. Attend the Long Beach CERT (Community Emergency Response Team) training. It is only one weekend and it provides great training and information. Applications are available in the Property Management Office.

Once again, we want to thank Tesoro for their donation to our community and the more than 70 service providers, staff and residents for their participation in this very important drill. We hope all of you found the experience to be educational and are now better prepared.
Be B.O.L.D. After-School Program

Be B.O.L.D is an after school program for kids ages 11-16, developed, organized, and led by Cherisse Goodman, CVC Resident Service Coordinator. This program provides teenagers with the opportunity to “Become Outstanding Leaders and Dreamers”. Cherisse has created a safe space for teenagers to develop their identity, socialize with their peers, and work towards goals they have set for themselves. Be B.O.L.D. has also incorporated CVC’s Occupational Therapy Student Internship program to enhance opportunities for the kids. Tiffany Vintayen, an occupational therapy (OT) student from California State University, Dominguez Hills and Ronnie Dallatore, an OT student from University of Southern California have spent hours with these teenagers in both group settings and individually. The OT students offer SELF exploration and participation in leisure activities such as baking, photography, art, graphic design, and boxing. OT students also provide guidance in interpersonal and social skills such as expression of emotions, problem-solving, and how to approach and converse with people around the community. By combining their own interests with the group’s enthusiasm, Ronnie and Tiffany were able to build real relationships with the teenagers and contribute to the safe space created by Cherisse in the after-school program.

You might have seen the Be B.O.L.D teenagers selling baked goods around the CVC community. Using her own experience in graphic design, Tiffany helped a handful of teenagers design a flyer to promote the fundraiser and distribute it through the CVC community. Through this activity, the teens learned patience while exploring a new hobby and encouraging creativity. One of the girls who participated in this activity stated, “the OT students are helpful because they are fun and interesting.” Another activity that Tiffany helped facilitate with the teens was a stress management exercise. As a group they defined stress, identified factors that cause stress, and created a list of healthy ways to deal with stress. Some of these strategies included journaling, listening to music, and hanging out with friends. After practicing deep breathing and performing a guided meditation exercise, one Be B.O.L.D. participant said the exercises were “very calming.”

Be B.O.L.D also has a boys group that meets with Sean Ransom, CVC Resident Service Coordinator and Ronnie (OT) on Wednesdays and Fridays. The boys group wanted to perform a dance routine for the Halloween festival on 10/26/2016. In preparation, Ronnie, trained in dance, choreographed a four-minute dance routine. Ronnie assisted the boys in establishing goals for each day of practice. The boys met their goals and demonstrated their talents in an impressive performance in front of residents and staff. The boys group also expressed interest in strength training, core exercises, and muscle definition. Ronnie introduced boxing as a way to train for all three. During training sessions, the group discussed how working out in general, not just boxing, is a positive coping strategy for aggression, anger, anxiety, and depression. The boys group enjoyed the boxing workouts and many of them have expressed interest on continuing training. One of the boys that participated said, “I went to training every day because whenever I trained it just made me feel at peace.”

Watch for more fundraising activities sponsored by this inspiring group of teenagers. Your participation helps the Be B.O.L.D and boys group continue to offer important skills to all youth at CVC.
Gateway Residents Come Together for Thanksgiving

Thanks to a generous donation from Supervisor Don Knabe, Oasis Resident Services hosted a Thanksgiving potluck for all of the families living at Cabrillo Gateway. For a few hours, 28 of our households (31 adults and 48 children) were joined by staff from Gateway, the Property Management Office and student interns to eat together and share holiday memories with their neighbors. The room was filled with the aromas of a fresh Thanksgiving meal including turkey, stuffing, mashed potatoes and pumpkin pie. Many of the residents also brought along their own favorite dishes to share with each other. Some of the most popular choices were the Cornish game hen, banana pudding, ambrosia Jello and eggrolls. Earlier in the day, Resident Services staff and interns put together 80 bags filled with non-perishable food that was donated by Century Villages and Century Housing staff and purchased with the Supervisor’s holiday donation. Everyone enjoyed an evening filled with delicious food and friendly discussions.

Everything About Your Recertification

After a day of errands or a long day’s work, you are on your way home ready to call it a day and relax. But, first, you stop by your mailbox. It is mostly junk mail, advertisements of the newest gadgets that you (or your kids) must have, when you notice a rather large letter from none other than the CVC Property Office. And then you realize, it’s recertification time! That time of year when you must go to the property office and bring the same documents you brought last year – even though nothing has changed. Property asks this every single year, but really? Already?? It seems like you just did this last month. Receiving this annoying notice in your mail or hanging on your door is the last thing you want to deal with, but little did you know that doing an annual recertification not only benefits you, but all of Century Villages of Cabrillo.

In its mission to break the cycle of homelessness, Century Villages of Cabrillo (CVC) offers support, services and opportunities rarely seen at other conventional properties. CVC gives the highest priority to the well-being of its current and future residents. One of the ways CVC is able to accomplish this is by offering affordable housing to those in need. The Low-Income Housing Tax Credit Program (LIHTC) which requires income and rent restrictions and was enacted by Congress in 1986, is one of the many programs used at CVC that allow the rents to remain affordable.

With the rising cost of living, the LIHTC program helps assure that your living situation will not add to your financial burden. Once you have moved into an apartment, the only requirement to continue living at CVC (besides paying your rent and obeying the community rules) is to participate in an annual income recertification. The recertification process requires the review of the household income and assets as of the anniversary of your move-in. This process is required of everyone in the household 18 years or older on that same anniversary date. Depending on your source of income and the number of adults in your household, the completion of your recertification can vary between 15 minutes to a month. This is why it is important to respond to the notice as soon as possible. Completing this process in a timely manner ensures that your household is in compliance, and the continuation of LIHTC at CVC. Unless your rent is subsidized by Section 8 or VASH, the Supportive Housing Program (SHP at Family Commons), or Shelter Plus Care (Plaza) or Permanent Housing for the Disabled (PHD at Plaza), the recertification will not cause an increase or decrease in the monthly rent amount. If you have any questions, stop by the Property Management Office and ask to see Melany Pary or Donna Ferraro. With your assistance, the LIHTC program will continue to provide affordable housing at CVC.
On Wednesday, November 2nd over one-hundred community members and regional dignitaries celebrated the Grand Reopening of Century Villages at Cabrillo’s Social Hall and U.S. Vets Career Center.

This historic hub of the Savannah Cabrillo Naval Housing Complex underwent a massive overhaul that restored the aging facility to its original grandeur. The Social Hall serves as a central space within the Villages and was upgraded to improve resident connectivity to jobs, health, relationships, education and entertainment.

The U.S.VETS Career Center will help unemployed veterans find meaningful work that allows them to become self-sufficient members of civilian society. This state-of-the-art facility will provide veterans with computers, internet access, email and software to help them create resumes and learn new job skills. In addition, the center will provide career counselors to help veterans translate their skills to the civilian workforce.

The celebration also served as an opportunity to thank LA County Supervisor Don Knabe for his long and dedicated commitment to the Villages at Cabrillo community, not to mention his significant financial support for the remodel of the Social Hall. Supervisor Knabe was treated to a three-minute video tribute by CVC in house Anchor TV group using our PADNET Satellite equipment. “The whole journey has been incredible,” stated a beaming Supervisor Knabe while wearing a personalized CVC hard hat.

Additional thanks are in order to The Ahmanson Foundation, the Community Development Commission of the County of Los Angeles and Wells Fargo for their contributions to the realization of this critical space for our community.

The new Social Hall includes almost ten feet of diagonal flat screen space capable of multiple simultaneous projections. The screen is linked to internet access as well. The hall itself can seat up to 150 people.

The Social Hall IS NOW OPEN for use Monday through Friday from 5am to 10pm. To reserve the Social Hall please come to the Property Management Office during normal business hours.

A calendar of regular events is printed below in the blue box.

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Hanukkah is celebrated around the world for eight days and nights. Hanukkah celebrates the victory of the Maccabees or Israelites over the Greek-Syrian ruler, Antiochus about 2200 years ago. A Menorah is a special nine-branched candelabra, also known in Hebrew as a Hanukiah. Each night of Hanukkah, an additional candle is placed in the Menorah from right to left, and then lit from left to right. On the last night, all the candles are lit.

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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 YOUTH PROGRAMS

PATH EXPLORER’S AFTER SCHOOL PROGRAM
Join us for a program filled with activities like building shooting rockets, explosive science experiments, cuisine cooking classes, mellow movie days and interactive field trips!
When: Starts September 6th
Time: Monday–Friday, 3pm–6pm
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.

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Join us for a program filled with activities like building shooting rockets, explosive science experiments, cuisine cooking classes, mellow movie days and interactive field trips!
When: Starts September 6th
Time: Monday–Friday, 3pm–6pm
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.

LOW COST OFF-SITE YOUTH PROGRAMS

BOYS AND GIRLS CLUBS
Freeman E. Fairfield/Westside Center. 1835 West Willard Street (across from Cabrillo High School), Long Beach, CA 90810
When: August 2016 – May 2017
Time: 2:00pm – 6:00pm
Who: Youths, ages 5-18
Cost: $15 one time membership fee
For more information please call 562.435.1621.
Download application: www.bgclublb.org.

FREE OR LOW COST EVENTS

FIRST FRIDAYS – BIXBY KNOLLS
First Friday of every month, 6:30pm–9:30pm.
Atlantic Ave. from Bixby Rd. to San Antonio Dr.
Local art, music, games and animals. FREE.

NAPLES BOAT PARADE
December 17th, 6:00pm Streets close at 5:00pm.
FREE

NEW YEAR’S EVE
December 31st, 8pm–2am Intersection of Pine Ave and Broadway Ave. http://www.ticketweb.com/t3/sale/SaleEventDetail?eventId=6959085&pl=feed&dispatch=loadSelectionData
FREE

FREE LUNCH BREAK YOGA
Monday–Wednesdays, 12pm–12:45pm
Promenade Square Long Beach, CA 90802
https://www.facebook.com/Lunch-Break-Yoga-301277686587845/
FREE

FREE ON-SITE WORKSHOPS

BEGINNER’S LOW IMPACT YOGA
Thursdays, 1pm–2pm VVRC Building

FREE OFF-SITE AFTER SCHOOL PROGRAMS

LONG BEACH WRAP
When: Starts August 21st, 3:30pm–6:30pm
Where: Hudson K-8 School, 2335 Webster Ave, Long Beach, CA 90810
For more information please contact Site Director: Wendy Ing at 562.426.0470 x337 or wraphudson@lbschools.net Applications can be picked up in the school office.

Happy Holidays!!!

Volunteers Needed for the 2017 Homeless Count

The City of Long Beach will be conducting its eighth biennial Point in Time Homeless Count on Thursday, January 26th. This data is used to obtain and allocate Federal funds to assist in the goal to end homelessness in America. Volunteers are needed to accompany trained leads throughout the city to complete surveys with individuals and families experiencing homelessness and provide information about available services.

The count starts at 5am and will take place rain or shine. If you would like to volunteer or want more information visit the city’s website at http://www.longbeach.gov/health/media-library/documents/services/directory/homeless-services/2017-homeless-count-flyer/.

If you can not volunteer on the day of the count, but want to help, you can spread the word about the count and need for volunteers by sharing the information through social media. Also, the Multi Service Center is collecting items such as socks, travel size hygiene products and pre-packaged snacks to be handed out during the count. If you would like to make a donation you may drop off items at the Property Management Office in January and we will bring to the MSC for distribution. For more information, contact Elsa Ramos, Multi-Service Center Coordinator at Elsa.Ramos@longbeach.gov.

December 13th was the Winter Solstice, the shortest day of the year, in the old ‘Julian’ calendar and a pagan festival of lights in Sweden was turned into St. Lucia’s Day.

Christmas wasn’t declared an official holiday in the United States until June 26, 1870.
**Favorite Holiday Traditions**

**Ed Stone**  
(Age 59, SILS)

**WHAT IS YOUR FAVORITE TRADITION?**  
Christmas because everybody’s tranquil. It helps calm people down.

**WHAT ARE YOU LOOKING FORWARD TO NEXT YEAR?**  
Golf everyday.

**WHAT WAS THE BEST THING THAT HAPPENED TO YOU THIS YEAR?**  
I’m still alive! I had a stroke, but I’m still alive.

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**Mirna Mata**  
(Age 59, Lunch Truck)

**WHAT IS YOUR FAVORITE TRADITION?**  
Christmas, because it’s the birth of Jesus.

**WHAT ARE YOU LOOKING FORWARD TO NEXT YEAR?**  
Going to El Salvador to visit my family.

**WHAT WAS THE BEST THING THAT HAPPENED TO YOU THIS YEAR?**  
My son came home—he is out of jail.

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**Rovinson De Guzman**  
(Age 34, Hacienda of Hope)

**WHAT IS YOUR FAVORITE TRADITION?**  
Christmas because it celebrates Jesus.

**WHAT ARE YOU LOOKING FORWARD TO NEXT YEAR?**  
Getting married!

**WHAT WAS THE BEST THING THAT HAPPENED TO YOU THIS YEAR?**  
My son came home—he is out of jail.

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**Toteona Parker**  
(Age 27, CVC Maintenance)

**WHAT IS YOUR FAVORITE TRADITION?**  
Birthdays—celebrating and parties with my kids.

**WHAT ARE YOU LOOKING FORWARD TO NEXT YEAR?**  
My daughter’s turning 1.

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**Alfred Coleman**  
(Age 72, Savannah)

**WHAT IS YOUR FAVORITE TRADITION?**  
Christmas because people’s moods—it’s the Christmas spirit.

**WHAT ARE YOU LOOKING FORWARD TO NEXT YEAR?**  
Cooperation amongst parties—Democrats and Republicans.

**WHAT WAS THE BEST THING THAT HAPPENED TO YOU THIS YEAR?**  
God granted my mother long life—I am appreciative of that. I will visit her in March, she’ll be 90 years old.

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**Vanessa Jordan**  
(Age 61, Gateway)

**WHAT IS YOUR FAVORITE TRADITION?**  
Christmas because of family, the warmth, stories of giving, and the music!

**WHAT ARE YOU LOOKING FORWARD TO NEXT YEAR?**  
I play piano, so I look forward to buying a new keyboard!

**WHAT WAS THE BEST THING THAT HAPPENED TO YOU THIS YEAR?**  
Being alive and healthy.

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**Ron Grisham**  
(Age 58, Plaza)

**WHAT IS YOUR FAVORITE TRADITION?**  
Thanksgiving. It’s a time to celebrate, to be grateful for what you have.

**WHAT ARE YOU LOOKING FORWARD TO NEXT YEAR?**  
I look forward to my finances being straightened out.

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**What is your favorite tradition?**

**Birthdays**—celebrating and parties with my kids.

**What are you looking forward to next year?**

**Cooperation amongst parties**—Democrats and Republicans.

**What was the best thing that happened to you this year?**

**Alfred Coleman**  
(Age 72, Savannah)

**What is your favorite tradition?**

Christmas because it celebrates Jesus.

**What are you looking forward to next year?**

Getting married!

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