

## CSUDH Brings Occupational Therapy to CVC

As a resident of Century Villages, you may have seen the Occupational Therapy (OT) interns from California State University, Dominguez Hills around the neighborhood lately, in their maroon shirts, and immediately think, "great, they're here to find me a job!" Except...that's not what occupational therapists do. The "occupation" in occupational therapy refers to activities that occupy a person's life. The overall goal of occupational therapy, according to the American Occupational Therapy Association, is to support and enable all persons to achieve "health and participation in life through engagement in occupation."



relationships, and self-efficacy, as well as enjoying time in the garden. The desired outcome is improvement in mental and physical well-being. It is open to all veterans and takes place on Monday, Tuesday and Wednesdays from 1:30pm to 3:00pm in the Veteran's garden. In addition, a gardening group with Changing Spirits takes place every other Thursday from 1:30pm to 3:00pm.

There is an additional gardening activity occurring on Monday's at the Ka-boom garden area and is open to all residents.

is to have fun while increasing self-efficacy and a positive self-image. The OT teen afterschool group meets Monday, Wednesday and Thursday from 4:00pm to 5:30pm.

For additional information about any of the OT activities on campus, please check with staff at the Oasis Community Center.

## Food Bank Opens at US Vets Kitchen

Thanks to the efforts of US Vets, the LA Food Bank and Food Finders, the Villages at Cabrillo now has a monthly Food Bank on site to help provide those in need with supplemental food items for their pantry.

If you need assistance, please plan to visit the U.S. Vets Dining Hall between 1:00pm and 3:00pm on the 3<sup>rd</sup> Wednesday of every month to receive a package of food items. The food bank is first come/first served while supplies last. Special thanks to Kitchen Manager William Carpenter and his crew for organizing and distributing the food. "This is a great community partnership which is bringing a most valuable resource to the residents of CVC and we are grateful for these efforts", said Steve Colman, Executive Director of Century Villages at Cabrillo. The monthly program, called the Emergency Food Assistance Program (EFAP) will also accept donations in the days leading up to the 3<sup>rd</sup> Wednesday of each month as well. Ricky Louder, Lead Cook for US Vets added, "We are here to serve our veterans and the whole CVC community."

The CSUDH occupational therapy program focuses on fostering participation in community activities, including but not limited to education, work, skills training, health and wellness, and cognitive remediation and adaptation for all clients. The occupational therapy program also addresses the needs of clients who have difficulty with self-regulation (self-control, anger control, and impulse control, level of alertness, emotions, and behavior).

Current occupational therapy programs being organized by the OT interns from CSUDH include therapeutic gardening groups, a cooking group, an afterschool program with OASIS/PATH and an afterschool program for teens.

The goal of the OT gardening group is to cultivate life skills, social skills, interpersonal

The goal of the OT cooking group is to increase social participation and establish and restore healthy habits and routines for members of Cabrillo Plaza. It takes place on Tuesday mornings from 10:00am to 11:30am.

The goal of the OT afterschool group at OASIS is to help clients develop gross motor skills, fine motor skills and motor planning through novel activities. The OT afterschool group at OASIS meets from 4:30pm to 5:30pm on Tuesday and Thursdays.

The OT teen afterschool group is a psychosocial, activity-based group designed to help clients to develop the appropriate skills needed to meet the developmental tasks of adolescence including: coping skills, life skills needed for decision making, and social skills needed to form friendships. The desired outcome of the program

LOS ANGELES REGIONAL



Fighting Hunger. Giving Hope.

# Sights and Sounds of Construction on River Avenue

Still wondering what is going on around the River Avenue entrance to CVC? It is actually the convergence of three separate projects! The first is the abatement and demolition of the remaining abandoned buildings from the original Naval Housing base to make the ground ready for the development of Anchor Place, a 120 unit Veteran and Family development. Second, are improvements to the pedestrian entry to our campus and access to the new Cabrillo Gateway development opening this summer. Lastly, we are undergoing façade improvements to the U.S. Vets and VA CBOC Clinic building.

## Here is what you can expect for each of these projects

Over the next several months, much construction truck traffic will be using River Avenue as an entry point to haul in materials and equipment and to haul out abated and demolition debris. Best efforts will be made to schedule truck visits to avoid the morning rush hour and flagman will be present to direct traffic when trucks arrive and depart to minimize congestion.

### Dust and debris

The contractor is required to hose down the site to keep dust from blowing outside of the project area, and is to keep all debris inside the project site.

### Fencing and signs

Please observe all fencing and signs around these three projects. Residents should NOT enter construction areas at any time.

### Abatement and demolition of abandoned buildings

This work will continue through May. The contractor will operate under a demolition permit from the City of Long Beach and will follow all Southern California AQMD requirements for the safe removal and disposal of asbestos that is in the building materials that were used at the time these buildings were built.

Once all asbestos and lead have been removed, the buildings will be “knocked down” using demolition equipment. The equipment will pull the demolished pieces of the building inward, into the construction site, and not outward towards the public. The

## CVC Facilities Maintenance Shop Grand Opening

Century Villages at Cabrillo recently celebrated the Grand Opening of their new Facilities Department Maintenance Building. This new addition at the entrance to the campus provides a modern and efficient base for our hardworking CVC Maintenance Team and will serve as a reminder of our motto, “Excellence In Stewardship” as they strive daily to ensure our campus is beautiful and functional for all CVC residents and our service provider



partners. The brand new 3000 square foot structure is equipped with 3 office suites, a technical center for tracking work orders and time cards, a kitchen/break/meeting/training area, 5 storage cages and a very large indoor workshop. The canopied back patio is set up for A/C and tankless water heater repair as well as an occasional rest or meal break for the maintenance team.

contractor is required to prevent dust and debris from exiting the construction site using water spraying and other methods.

The trees and the remaining plant material will be removed as necessary to make way for the new apartment building.



### River Avenue Pedestrian Entry and auto traffic improvements

A new Pedestrian Entry has been opened on the west side of the street. This will be the permanent Pedestrian Entry for River Avenue, making a safer and more convenient path to the bus stop.

Once the San Gabriel renovation is complete at the end of March, San Gabriel will once again be the main auto entrance and exit to the site.

The River Avenue Entry will receive a new automatic gate. We are working with our neighbors to the south on an agreement that will allow auto traffic to exit (no entrance, only exit) on River Avenue through the automatic gate.

### Façade improvement to U.S. Vets and CBOC Buildings

The US Vets and CBOC buildings will receive new siding material and paint, which will be very similar to the new façade on the Property Management building. This will bring the façade of these buildings up to the standards of the new and renovated areas around it.

This work is expected to continue into early April.

# CVC "Springs" to Life

With spring's arrival, the wildlife here at CVC becomes more active and visible campus wide. Hawks and the occasional eagle return to their nests from their long migrations along with numerous song birds and humming birds. Raccoons continue their nocturnal foraging for new dens of offspring along with an occasional skunk. Squirrels continue their daytime foraging/begging and Gopher snakes awaken from hibernation to feed on mice and gophers. The feral cat colonies have coexisted with us for many years and are busy looking for dens for their kittens.

While these animals seldom pose a threat to the health and safety of our residents, there are some helpful hints which will help us coexist safely.

Hawks and eagles are beautiful, swift birds of prey. They help to control our rodent populations. They avoid human contact at all cost unless they are protecting their nests. Small service animals should always be kept close and on a leash, or they may be considered a meal by a hungry hawk or eagle.

Raccoons are typically scavengers that forage for food at night. Any food waste or animal food left out at nighttime will result in an unwanted visit. Be sure to dispose of all trash appropriately. Raccoons will enter a building to forage, so shut entry doors to all households at night. Skunks dig for worms

and bugs at night and generally avoid all contact with humans. However, if scared or cornered, they will unleash a very unpleasant spray, so please give them wide berth for your sake and for the sake of all the residents around you.



Squirrels are active daily, foraging fruit and nuts and burying a percentage of their spoils for the winter. Leaving peanuts out to watch them forage is a common practice, but please refrain from having a squirrel eat from your hand. While not a current problem in Long Beach, squirrels have been known to carry diseases that are communicable to humans.

Gopher snakes are small constrictor snakes that average about 3 – 4 feet in length. They help control unwanted rodent populations and pose no threat to human beings. They are often mistaken for rattle snakes because of their markings and the way they coil when threatened. Please do not harm these snakes. Call the property office and a trained maintenance person will capture and relocate them to a drainage ravine.

Feral cats have been a part of our community for years. During the abatement and demolition of the abandoned buildings on site, CVC is working with The Stray Cat Alliance to capture, neuter and return these cats to our community. CVC is also working with a small group of residents to provide appropriate food/water stations. Please do not leave water and food outside to feed these cats, as it is not needed. Food bowls and water left unattended attract raccoons and other pests and ultimately may be detrimental to the cats.

CVC has a lush tree canopy which also supports a large variety of bird wildlife. They are quite beautiful and bring a unique quality of life to our community. Please do not disturb nests when you see them in the trees.



## Featured Artist: Kip Brown

CVC's art curation brought a new art form to the Property Office this spring. Instead of oils, drawings or watercolors, this quarter we welcome photographer and traveler Kip Brown's original photographs to our reception wall. Kip's first photo trek was inspired by a YouTube pictorial featuring Antelope Canyon in Arizona. The photos inspired Kip to set out on a trip to visit and explore the canyon where he "was amazed and inspired by the breathtaking scenery." Kip has since combined his love of travel and his passion for photography to capture the stories of his journeys.



Kip is originally from New York, though he grew up locally in Thousand Oaks before serving four years in the U.S. Navy. Kip eventually arrived at Century Villages and was a resident for two years while he took stock. While at CVC, he began work as a production assistant and continued to pursue his interest in photography. His current job requires traveling which provides him more opportunity to search out interesting and unique photo opportunities.

One of his planned adventures, once the weather warms, is to ascend to Angeles Crest to take night-time photos of Los Angeles. He is also an admirer of the work of others and visits local artistic venues, including the Getty Center and the Encounters Restaurant at LAX airport.

Kip hopes to create his own website in the near future and will be sure to pass this information along to the property office when it goes live. When asked about selling his photography, Kip happily replied, "To have some of my artwork on someone's wall is an honor. It's like they took the journey with me."

Please stop in the CVC Property Office to check out Kip's work. If you would like to share your art with the residents and staff of CVC, please contact Brett Morales at the property office to arrange a showing.

# SAVE THE DATE!

## Saturday, March 21, Noon to 3pm

Building Healthy Communities: Long Beach is a non-profit organization focused in Central and West Long Beach that supports community engagement to ensure that "Health Happens Here". BHC Long Beach works to build a sustainable community where health happens not just in the doctor's office, but also with active transportation options, quality housing, healthy food access, improved environmental health, increased school attendance, parent engagement, and youth violence prevention.



### Building Healthy Communities Long Beach

As a partner in Building Health Communities, CVC is proud to host the Spring 2015 Gathering of community partners from all areas of West and Central Long Beach. Make sure you stop by and see all the Long Beach Community has to offer!

Sure to be included will be Youth Clubs, Healthy Active Long Beach food demonstrations, physical activities like Zumba, musical guests, a tea station, biking with Impact LB or go on a walking loop with City Fabrick, as well as raffles, give-a-ways, and much more.

Come on out and be part of your community! See you on Saturday!

# Earned Income Tax Credit

Are you getting the most out of your tax return? If you are working or receiving certain disability payments, you may qualify for the Earned Income Tax Credit (EITC). A tax credit means more money in your pocket! It reduces the amount of tax you owe and may also give you a larger refund. For example, if you have one child and earned less than \$39,131 in 2014, you could receive up to \$3,359! One place to go for assistance is LB CAP. See info below. So, go! Get your money back CVC!

Long Beach Community Action Partnership  
3012 Long Beach Blvd. Long Beach, CA 90807  
Call on Mondays to schedule an appointment.  
562-216-4600

More locations listed at:  
[irs.treasury.gov/freetaxprep/](http://irs.treasury.gov/freetaxprep/)



### ADULT ENRICHMENT WORKSHOPS at OASIS COMMUNITY CENTER

2112 W. Willard St.  
562.388.8080.

Mondays, 1:30pm–3pm  
**SPECIAL CLASSES**

Tuesdays, 1:30pm–3pm  
**PARENTING**

Wednesdays, 1:30pm–3pm  
**CAREER PLANNING**

Thursdays, 1:30pm–3pm  
**FINANCIAL LITERACY**

Monday–Friday, 9am–12pm  
**OPEN COMPUTER LAB**

### SPRING FUN

April 4, 10am–2pm  
**EGG ROCK N' ROLL**

This free family event is taking place at Lincoln Park (Broadway & Pacific Ave.).

April 6, 12–3pm  
**ANNUAL SPRING FESTIVAL  
AT BETHUNE**

Come celebrate spring with food, entertainment, and fun for all ages.

April 17–19  
**LONG BEACH GRAND PRIX**

The 2015 Grand Prix will feature the cars and stars of the Verizon Indy Car Series and TUDOR United Sports Car Championship. It's non-stop fun in the Family Fun Zone packed with racing displays,

video games, electric car rides for the kids, concerts and much more. See: [www.gplb.com](http://www.gplb.com).

March 14–15, starts at 11am  
**CAL STATE LONG  
BEACH POW WOW**

The free two-day event, which will feature American Indian drumming and Gourd dancing, arts, crafts and food, begins at 11am each day and runs until 10pm on Saturday and 7pm on Sunday. Dancer registration closes at 2pm on Saturday. all dancers and drummers are invited.

Where: Cal State Long Beach  
Central Quad

<http://www.longbeachstuff.com/2015/01/cal-state-long-beach-pow-wow/>

Saturdays, 2-4pm  
**OUT OF THE WILDS,  
AND INTO YOUR  
GARDEN**

Want to learn more about native and water-wise gardening? Come to our monthly free classes focused on California native plants for western gardens. [http://www.longbeach.gov/naturecenter/family\\_n\\_special\\_events.asp](http://www.longbeach.gov/naturecenter/family_n_special_events.asp)

#### Upcoming Classes

March 5: More Monkeyflowers—Native *Diplacus/Mimulus* species and how to use them. April 2: The Cuttings Garden—Native plants for cut flowers. May 7: Radiant Reds—Native red and pink flowers. June 4: Tracy's Insect Garden—Attracting insects to your garden. July 2: Buzzing of Bees—Native bees and how to attract them.

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

### The Village Anchor Team

Editor: Steve Colman

Writers: Donna Ferraro, Cherisse Goodman, Melissa Greilach, Joseph Haywood, Brett Morales, Melissa Rain, Ken Stuart

Guest Writers: Brian D'Andrea, Linda Mele

Design & Layout: Bartek Malecki

## On Going Meetings. Everyone Is Welcome.

TWELVE STEP, ATTITUDE ADJUSTMENT (AA)	6:30am, Daily, Social Hall
SELF-HELP RECOVERY MEETING	6pm, 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, Social Hall

**SAVE THE DATE!**

# ANNUAL SPRING FESTIVAL is Monday, April 6<sup>th</sup> at 12pm & SURVEY WEEK runs April 6–10



Stop by the Oasis Community Center or the Property Office for flyers and details.

## St. Patrick's Day Trivia

Better wear green or you will be pinched! Everyone knows this St. Patrick's Day tradition, but do you know these fun facts?

1. March 17th is the day St. Patrick died, not his birthday. Since he was a saint, his special day is the "day he entered heaven."

2. St. Patrick wasn't Irish. His parents were Italian citizens living in old England (or modern day Scotland). He was born in 385 A.D.

3. St. Patrick was a slave. Patrick was unlucky to be kidnapped by Irish raiders when he was 16. He spent several years in Ireland herding sheep and learning about the Irish way of life. He escaped when he was 22. He ended up in a monastery for the next 12 years.

4. Legend has it that St. Patrick chased all of the snakes out of Ireland. Some stories say it was toads, not snakes. In reality, neither could be true. The weather conditions in Ireland are much too cold for snakes or toads to thrive!

5. There are more Irish people in the USA than in Ireland, sort of. 34 million Americans have some Irish ancestry while only 4 million people live in Ireland. This is due to the famous potato famine in Ireland that forced millions to flee to America. Throughout the 19th century many Irish immigrants filled factory jobs, railroad laborers and the military in the USA. It wasn't until the 1990s that more Irish stayed in their native country.

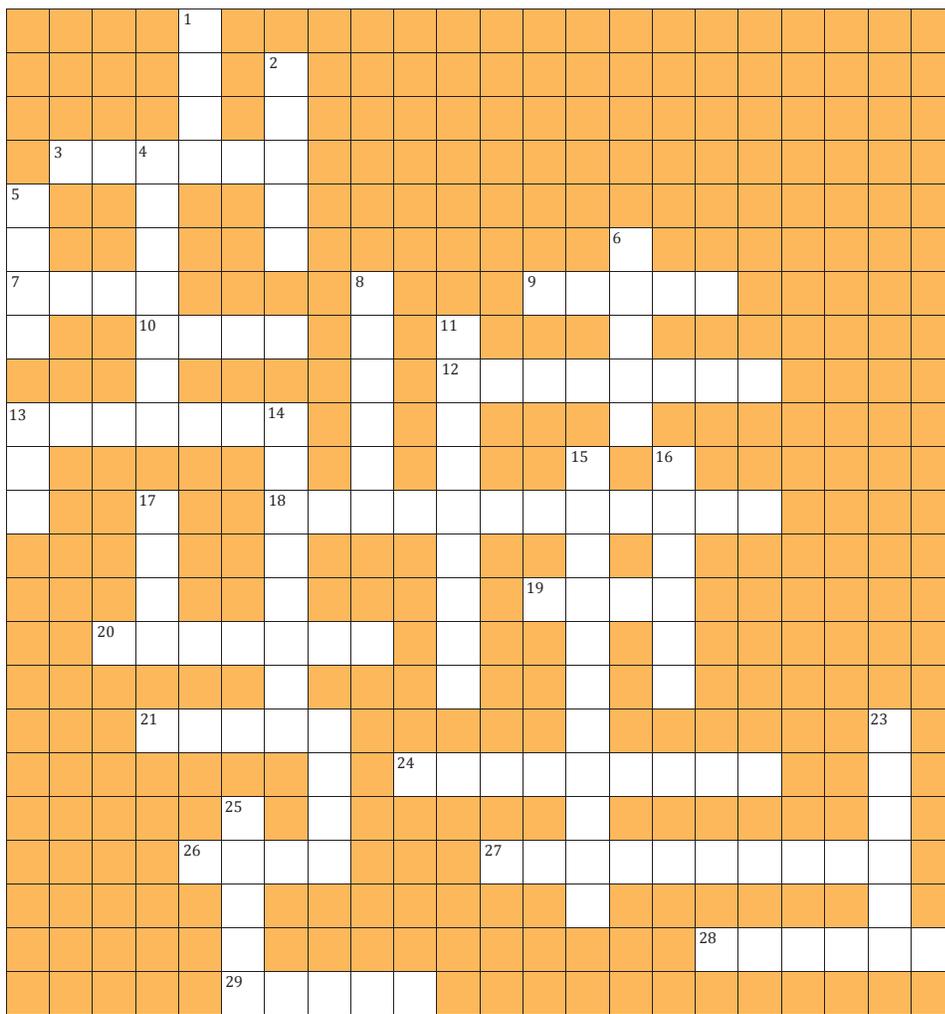
6. In traditional Irish folk-lore, there are NO female leprechauns.

7. Famous facts about St. Patrick's day parades:

A. New York City doesn't allow cars or floats, only foot power. B. Chicago used 40 lbs. of EPA approved dye to color the Chicago River to Kelly green. C. Montserrat, West Indies, called the Emerald Isle of the Caribbean, is where former indentured servants landed as they were fleeing religious persecution. D. Due to the location of the International Date Line, Auckland, New Zealand celebrates the first St. Patrick's day celebration every year.

8. The odds of finding a four-leaf clover are 1 in 10,000.

## Spring at CVC



### Across

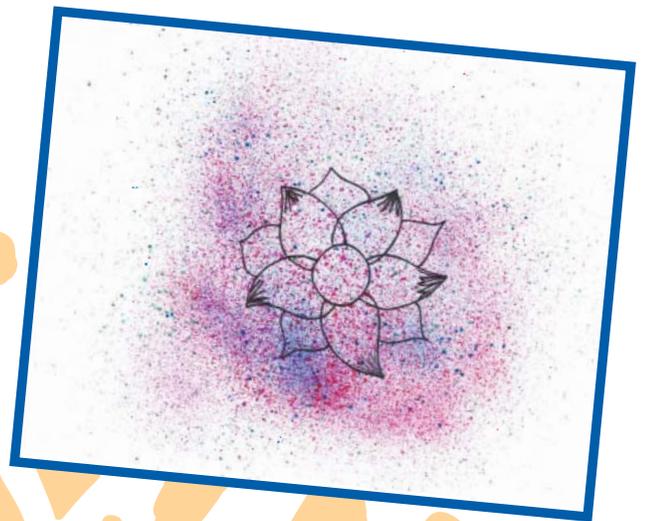
3. a person whose job it is to plant crops
7. water falling from the sky
9. \_\_\_\_\_ fly and build nests
10. sound a bumblebee makes
12. hold this to stay dry when it rains
13. April showers bring May \_\_\_\_\_
18. savings our resources, like water and trees
19. plant a \_\_\_\_\_ and wait for a flower to grow
20. Spring is one of the four \_\_\_\_\_
21. grass grows and turns the color \_\_\_\_\_
24. a yellow flower that faces the sun
26. ice and snow \_\_\_\_\_
27. where kids go to swing and slide
28. \_\_\_\_\_ on trees are different sizes, shapes & colors
29. baby birds will \_\_\_\_\_ from eggs

### Down

1. temperature that is not too cold and not too hot
2. spring starts during this month
4. colorful arc in the sky after the rain
5. children go to the \_\_\_\_\_ and play
6. grass grows and turns the color \_\_\_\_\_
8. a place to plant flowers or plants
11. a caterpillar turns into a \_\_\_\_\_
13. low lying clouds sometimes in the mornings
14. One of the many types of trees around CVC
15. I will turn into a butterfly someday
16. open the \_\_\_\_\_ and let fresh air into the house
17. fly a \_\_\_\_\_ on a windy day
22. birds make a \_\_\_\_\_ to lay eggs
23. rain gathers in one spot on the ground and makes a \_\_\_\_\_
25. Long Beach has one, but Las Vegas doesn't



# KIDS



## Spring Time

A poem by a resident student (11 years old)

On a summer spring time day,  
Jarod and his brother Jonathan were tired.  
They both love flowers.  
Jarod got stung by a bee.  
The End

## SEARCHING FOR SPRING

U	Q	W	O	B	N	I	A	R	L	C	L	I	O	S
G	G	A	R	D	E	N	B	Y	B	A	K	I	T	E
B	S	N	S	T	O	O	R	U	R	T	B	L	V	J
U	M	B	R	E	L	L	A	N	A	E	E	E	E	N
I	P	B	S	R	S	N	Y	E	I	R	W	A	V	F
B	N	U	A	U	A	E	J	S	N	P	I	V	I	P
U	L	S	D	S	N	I	E	T	C	I	N	E	Q	L
W	Q	O	E	D	E	S	N	D	O	L	D	S	B	A
A	D	U	O	C	L	B	H	Y	A	L	Y	F	I	N
S	P	W	L	M	T	E	A	I	T	A	R	C	R	T
E	C	L	O	U	D	Y	W	L	N	R	L	S	D	R
A	Z	R	C	I	N	C	I	P	L	E	M	L	D	L
S	W	O	R	G	Y	L	F	R	E	T	T	U	B	T
O	H	A	T	C	H	S	P	R	I	N	G	G	O	F
N	V	F	L	O	W	E	R	S	Y	M	R	O	T	S

Find these words:

- baseball,
- bird, bloom,
- butterfly,
- caterpillar,
- cloudy,
- flowers, fog,
- garden, grow,
- hatch, insect,
- kite, leaves,
- nest, picnic,
- plant, puddle,
- rainbow,
- raincoat, rainy,
- roots, season,
- seed, soil,
- spring, stormy,
- sunshine,
- umbrella,
- windy



## The Queen of Seasons

A narrative on spring by a resident student (13 years old)

The grace of spring makes us forget our sorrows.

Spring is mostly known as "the queen of seasons" and most people are fond of spring. This season comes after the chilly winter. As spring season sets in, the earth looks lovely and charming. Many kinds of beautiful flowers bloom during this season.

The days of the spring season are very pleasant. Spring is neither hot nor cold and brings calming sound of bees humming and birds chirping.

The spring season offers great pleasure. While the cold of winter is biting and summers are hot, and the rainy season remains full of dirt and mud, spring brings extraordinary beauties and charms.

