



Century Villages
at Cabrillo

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www.centuryvillages.org

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Long Beach, CA 90810

WWW.FACEBOOK.COM/CENTURYVILLAGES



Anchoring the Spirit of the
Century Villages at
Cabrillo Community

Edition 25 · SPRING 2017

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

Annual Spring Festival kicks off a

Journey to Health

The annual Spring Festival is coming April 4th!

Each spring, Century Villages at Cabrillo hosts a health focused festival for all residents and staff at the Villages at Cabrillo. The 2017 Festival promises to be bigger and better than ever, with more booths plus activities from our community partners like St. Mary's Medical Center, The Children's Clinic, California State University Long Beach (CSULB), Cal State University Dominguez Hills (CSUDH), Veteran's Yoga Project, Veterans Village Recovery Center Bootcamp and many more.

Residents and staff attending the Spring Festival will have access to health screenings for diabetes, high blood pressure and asthma. There will also be health demonstrations and information about wellness programming here at CVC and in the local community.

Featured wellness programs include community gardening, healthy eating and stress reduction. Kids and adults

will be able to participate in activities such as yoga, dance and kickboxing, or just sit back and enjoy the live band. There will also be raffle drawings for great prizes including a full-size bicycle. While there, enjoy healthy foods, snacks and drinks.

But wait—there's more!

CVC and our partners know that the residents' and staff's health is important. We invite you to join CVC on our "Pathways to Health" Community Health Initiative. Good health is about more than physical health. Good health is about how people feel about themselves and how they handle difficult situations.

The Villages at Cabrillo's "Pathways to Health" will encourage each resident and staff member to chart their own journey to health and wellness by using the resources provided on campus every day. Did you know that there are already over 50 weekly healthy activities occurring on our campus each week? Activities already available include a walking group, healthy cooking classes, a gardening program and other healthy living classes run



by CSUDH's
Occupational

Therapy Interns. The Veteran's Yoga Project offers weekly yoga classes in the Social Hall. The Oasis Community Center and The Children's Clinic provide additional workshops throughout the month. After-school programs offered emphasize real life skills and responsibilities, a dance program, boxing and kickboxing as well as boot camp type exercise programs to go along with homework assistance.

Residents and staff who want to participate in the "Pathways to Health" program will be able to sign up at the Spring Festival and will receive their own "Ticket to Health" for classes on the Villages at Cabrillo campus. Those participating in the program will be entered to win prizes throughout the year. Find out more at the Spring Festival.

**Join us at the Spring Festival
on Friday, April 14th at 11 AM
for fun on the Grand Lawn and
the Social Hall courtyard area!**

On-going meetings. Everyone is welcome.

Twelve Step, Attitude Adjustment (AA) 6:30 am, Daily, Social Hall

Self-Help Recovery Meeting 6pm-7pm, Tuesday, WRRC

AA Meeting 7pm, Sunday, Changing Spirits

Saturday Night Candle Lite (AA) 7:30pm, Saturday, WRRC

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

A Few Words

From our President

Villages at Cabrillo Community:

Greetings! After this winter's unexpected rains it appears that spring has officially sprung at the Villages! Having emerged from a long, cold and wet winter we hope you are enjoying the sunshine, blossoms, and longer days. As you may have experienced, this winter's rains resulted in some flooding at and near our community. This is due to an aging downstream system (outside of our community) that is in

need of significant upgrades. While we cannot control what is downstream of us, we are pleased that our recently completed storm drain improvements helped to mitigate these effects. Going forward we will continue to upgrade our community's infrastructure in an effort to alleviate pressure on our downstream system.

With springtime's new beginnings, it is our sincere wish that you find ways to engage with your community. This might mean attending our regular Town Hall events to share your thoughts, participating in our

many group classes, or attending our upcoming Spring Health Fair among many other opportunities. All of these opportunities are designed with you in mind; they are chances for you to meet your neighbors, learn something new, talk to staff, and have fun!

Later this year our Anchor Place development will be completed and the near constant construction activity over the past four years will take a pause. Thank you for bearing with us! We are so excited to add this newest development to the Villages along with a number of amenities that will benefit the entire community. Stay tuned for more information.

Thank you for the energy and pride you bring to the Villages. This is your home and we are here to serve you! Please continue to share your thoughts and ideas with us; this is essential as our team works to improve the Villages!

Yours truly,

Brian D'Andrea
President



Brian D'Andrea

Resident Profile

Mike Netherly,

also known as "Roc Box" has been motivated by music since he was 13 years old. From Lynwood, California, Mike graduated from high school in 1989 and soon after joined the United States Army where he served for eight years including participating in Operation Desert Storm.

He remembers that "Rappers Delight" from the Sugar Hill Gang inspired him to create his own music. In addition to the Sugar Hill Gang, his all-time favorite musicians are Doug E. Fresh, Ice T, Scarface and Fat Boys.

The genre of his music, as he describes, is a combination of rap, beat boxing and hip hop. Mike performed in talent shows throughout high school to gain more confidence. Mike enjoys being an inspiration to others and encourages others to keep going forward when times get difficult.



Samuel Davis

Veteran, Stuntman, Father, Grandfather



If you visit the CVC campus and you are lucky, you will find Sam Davis hanging out in front of the Canteen talking to other veterans or just taking in the sights. Sam is gentle man, easy to talk to, with a quiet manner and piercing green eyes. His hands are like anvils. I try to imagine the fear he must have instilled in Army recruits as a drill instructor, with his 6'4" frame, teaching field survival for those going to Vietnam.

They started using Huey helicopters and I taught the guys what to do once they hit the ground. I was 17 years old and the only one in my family, the only outlaw, to leave the dairy farm in Connecticut. Growing up on the East Coast, I had never really experienced racism. A lot of the guys would not accept me as a leader."

"All my family is still back in Connecticut — uncles, cousins, everybody. I would wake up at 3:00 a.m. each day growing up. The milk [that] kids had in their cereals...I delivered that. I still had time

to go to school, play sports and do my homework. I went to bed early but I did the dairy work seven days a week my whole childhood."

"After I did my two years in the Army, I worked for the motion picture industry as a stuntman. I worked for Universal, Desilu Studios, Metro Goldwyn Mayer...all of them. I got into stunt work because of my cowboy experience. I used to rope steers. The NAACP and other organizations had been working to include more African-Americans in film. I doubled for Apollo Creed in Rocky II, Bill Cosby, Jim Brown, Bernie Casey and Moses Gun. I worked on the Bionic Woman, 6 Million Dollar Man, Roots..." He rattles off about a dozen other jobs but my hands cannot keep up!

"I made a lot of money and spent a lot of money. I was in my 30's and I thought it would never end. I did it for 20 years. I also worked for Allied Van Lines and even spent one year working for the Gardena Police. I thought I wanted to be a police officer for a short time."

"After a while my hip was worn out. I didn't know as a Veteran that I had benefits. I let that hip pain bother me for 10 years. Finally, I went and got a hip replacement. I went to the Domiciliary (a VA program that provides programs and support for homeless veterans). I was there for two years and then they asked me to move on. I came here in 2000. I was the second guy here. There used to be nothing here. I've been here over 15 years. There's only one person who's been here as long as me."

"I had a son. At 20 years old he had his own business. He looked at me as an authority figure. He became a prison guard at Arizona State Prison and was promoted to Lieutenant. He died on his 30th birthday. My grandson was only 1 year old and he never knew his father."

I ask Sam how his son died and he takes a long pause. He reaches down, takes off his glasses and takes a long breath. His big green eyes fill up like huge pools and he grabs a neatly folded tissue from his camouflage jacket.

Continued on next page

The Meeting

Will Come to Order

Be B.O.L.D. Bakers

On March 7, 2017, over seventy people attended the recent Town Hall meeting in the newly renovated Social Hall. The audience was a good mix of veterans and families with children. This meeting featured a panel with representatives from US Vets, Oasis, Century Villages Property Management, Project Return Peer Support Network and the Long Beach Police Department.

“This is your meeting” stated Brenda Threatt, Executive Director for U.S. Vets. Residents got the message and spoke out about their ideas to make our community safer, cleaner and more hospitable.

“We will continue to have these meetings the first Tuesday of each month from 5:30 – 7:00pm,” stated Brett Morales, Director of Property Management. “Each month we will



focus on a topic of importance to our community.”

A beautiful brand new bike donated by US Vets was given away at an opportunity drawing at the meeting held in February.

Each meeting will include light refreshments and prizes as well as useful information about our community. Spanish interpretation will be available as well. For more information or if you would like to suggest a topic please call Rene Castro, Director for Community Engagement at (562) 299-5749.



Introduced to the residents and staff at CVC with two successful breakfast events and various cookie sales, Be B.O.L.D. (Become Outstanding Leaders and Dreamers) continues to grow. With this growth comes the need for new “employees”. Under the leadership of Cherisse Goodman, Resident Services Coordinator, and the assistance of occupational therapy and social work interns from CSUDH and CSULB, teens had the opportunity to participate in all that is involved when applying for a job during “Career Week” at the Oasis Center teen after-school program

Be B.O.L.D. hired a Head Chef, Marketing Director, and Accountant. Each position will last one month and upon completion, the three teens will earn 10% commission each on all sales for the month. The remaining funds will be used for future fieldtrips.

Last year, Be B.O.L.D. earned enough for a fun trip to Medieval Times. Since the jobs only last for one month, Career Week will be offered every six weeks. It is hoped that this schedule will encourage new teens or teens that did not get the job to participate.

Career Week consisted of workshops that focused on resume writing, career exploration, communication, interviewing, and dressing for success. During the resume workshop, the interns were on hand to share their experiences regarding college acceptance and job hunting. At the end of the week applicants were afforded the opportunity to have personal shopping time at Violas Closet, the on-site thrift store.

The following week, all applicants were able to implement their new skills by interviewing with Property Management staff. Applicants were assessed on their verbal and nonverbal communication skills, enthusiasm, and attire. One applicant was tested on his math skills, while another presented an art portfolio. Even though all of the teens were anxious, they all had good eye contact and answered the questions posed to them with confidence.

After much thought and deliberation Be B.O.L.D. is proud to announce that Crystal Bland will be the new Head Chef, Paulina Garcia the new Marketing Director and Brandon Kedsri the new Accountant.

For more questions about the program please contact, Cherisse Goodman, 562.388.8080 ext 3 or cgoodman@centuryvillages.org

Resident Alert



Remember to check Channel 93, Anchor TV for campus stories and information.

Coming soon, Monthly Town Halls and other covered events will air as they become available.

If you are interested in participating as a crew member and learn more about video production and editing, please see Joseph Haywood or Alejandro (Alex) Sosa for more information about getting involved.

Meditation Labyrinth

Grant results in New Therapeutic Garden for all to Enjoy

Great News! CVC has recently received a grant from the City of Long Beach via the Neighborhood Partners Program (NPP) to create a therapeutic garden labyrinth.

This labyrinth, the “Meditation Labyrinth”, will be the newest addition to the Community Garden, located on the west side of the CVC Campus (on San Gabriel Ave., across from the KaBoom playground).

Often mistaken for a maze that is meant to confuse its users, a therapeutic garden labyrinth is a single path that guides, educates, and provides peace of mind to those who participate in the journey. As you go along the path, the labyrinth becomes a metaphor for the twists and turns life may take during your journey towards a healthier life. At first, you may think you are going in one direction until barriers may change your course or even

make you feel as if you are going backwards. But with diligence and commitment, your journey will continue. Sensory plants along the pathway slow your journey so you learn about each as you forge on. These plants illustrate that while your direction in life may seem unclear, it is important to stop, indulge in your surroundings and appreciate the present while continuing your journey towards a healthier future.

This Meditation Labyrinth will be a collaborative project, as CVC, led by Elias Salgado, Property Assistant, will be working with the City of Long Beach, Eagle Scout Candidate Marc Catzalco, and representatives of the San Gabriel Mountains Forever Coalition to help make this idea a reality. Expect to see this

beautiful addition to the Community Garden in late spring/early summer! As we implement this project for the benefit of the community, we welcome any volunteers who would like to help plant and set the path for the labyrinth! If you are interested in volunteering, please inquire in the Property Office on how you can help!



Construction Updates

Construction of the newest CVC property, Anchor Place, is on schedule for a September lease-up, despite the rainy months of January and February. Workers are continuing to hang drywall and have begun to frame the cabinets. The exterior stucco is being color-coated. The next phases will include interior finish work, exterior window treatments and grading around the building.

The construction work happening at River Avenue and Williams Street is preparation for the Long Beach Transit bus stop on River Avenue. The existing storm drainage system is being also updated; work should be completed for the reopening of the River Avenue and Williams Street intersection around the middle of March. New curbs, handicap ramps, and crosswalks will complete the work. Then, River Avenue will be repaved and should be completed in early April.



CVC Welcomes Back Frank & Charles and The Village Jam

It's time to pick up that guitar and get your vocal cords doing vibrato, as it's time to come join THE JAM! - THE VILLAGE JAM that is. Beginning Saturday, March 18th and going for the next 8 weeks (followed by a concert show), residents and staff of CVC are welcome to join our community of musicians and become part of The Village Jam!

Practice starts at 10:00 AM to noon every Saturday in the Social Hall and led by coaches Frank Frank McIlquahm and Charles Julian Fearing. Resident musicians may bring their own instruments or use any of the professional grade instruments available to participants.

Frank is the founder/director of The Rock Club, “Music is the Remedy”. Over the years, he has played with several bands and has shared the stage or performed with Jerry Salas of El Chicano, Louis Ruiz of The John Corbett Band, Rock The Bayou: Alice Cooper, Sammy Hagar and Warrant, Freddie Davis, Freddy Fender Jr. and many other great artists in the U.S. Charles Julian Fearing is a multi-talented lead guitarist, vocalist, writer, producer and arranger who has recorded sessions with such industry legends as Michael Jackson, Herb Alpert, Lionel Richie, Kenny Rogers, Johnny Mathis, The Crusaders, Joe Cocker, Bonnie Raitt, Tina Turner and Celine Dion. An established songwriter, he has penned tunes with Barry Manilow, Barry White, The Emotions, Master P and Lionel Richie.

Those not interested in being a direct participant can always stop by the Social Hall before lunch and enjoy the music. Hope to see you Saturday in the Social Hall.



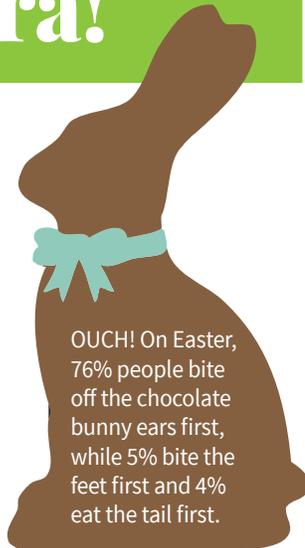
THE VILLAGE ANCHOR TEAM

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

Extra! Extra!



OUCH! On Easter, 76% people bite off the chocolate bunny ears first, while 5% bite the feet first and 4% eat the tail first.

The leprechaun is a small Irish fairy. He is dressed like a shoemaker, with pointed shoes, a hat and often wears a leather apron. Leprechauns are supposed to be unfriendly little men who live alone in the forest, spending all of their time making shoes and guarding their treasures. If someone catches a leprechaun, he will be forced to tell where he hides all his pots of gold. However, the leprechaun must be watched at all times. If his captor looks away, the leprechaun will vanish along with his treasure.



For Americans, Easter is the second most important candy-eating occasion of the year, after Halloween.

Coming soon to CVC...
watch for further information in the coming weeks

RENTTRACK

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 330,000+ locations or by setting up direct deposit.

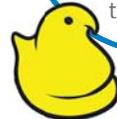


DON'T HAVE ACCESS TO A COMPUTER OR SMARTPHONE?

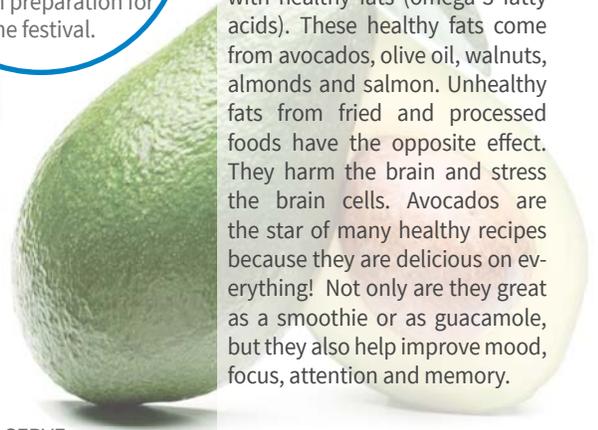
-  Ask your property manager for a recurring ACH authorization form today!



Around ninety million chocolate bunnies are produced for Easter each year and every day about five million marshmallow chicks and bunnies are made in preparation for the festival.



DID YOU KNOW? Since 60% of our brains are made up of fat, the type of fat we eat has a huge impact on our brain function. When our brain cells get worn out, they need to be repaired with healthy fats (omega-3 fatty acids). These healthy fats come from avocados, olive oil, walnuts, almonds and salmon. Unhealthy fats from fried and processed foods have the opposite effect. They harm the brain and stress the brain cells. Avocados are the star of many healthy recipes because they are delicious on everything! Not only are they great as a smoothie or as guacamole, but they also help improve mood, focus, attention and memory.



HEALTHY LIVING with #chefjoanofArc

PHYSICAL, INTELLECTUAL & SOCIAL WELLNESS

Taco Tuesdays can be a great time to have fun, get creative and eat healthy. It can also promote learning independent skills and create an opportunity for the family to spend quality time together while assisting with meals. Children and other family members can "build their own taco," which promotes actively making healthy choices by having colorful appealing vegetables to choose. This is a great alternative to fast food that kids enjoy. Best of all, you get to control the sodium and fat content that goes in the tacos!

GROUND TURKEY TACOS

INGREDIENTS:

1 LB. GROUND TURKEY, 2 AVOCADOS,
1 RED BELL PEPPER, 1 BUNCH CILANTRO
1/2 HEAD LETTUCE, 2 TOMATOES, 2 LIMES
SOUR CREAM (OPTIONAL)

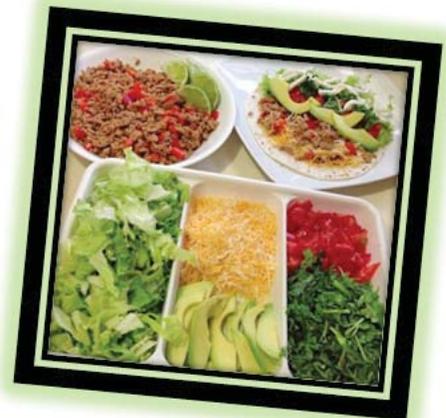
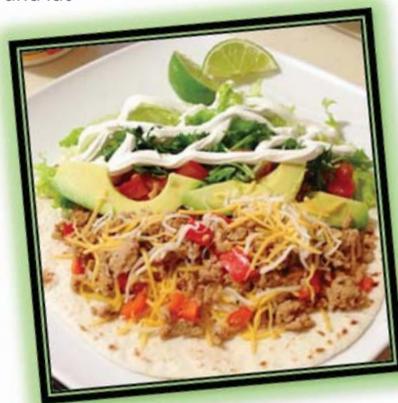
COOK GROUND TURKEY IN A PAN (OLIVE OIL IS A HEALTHY OPTION), SAUTE AND ADD SPICES. CHOP VEGETABLES, WARM TORTILLAS & SET UP IN SEPARATE BOWLS TO CREATE "MAKE YOUR OWN TACO" SET UP!

HOMEMADE GUACAMOLE

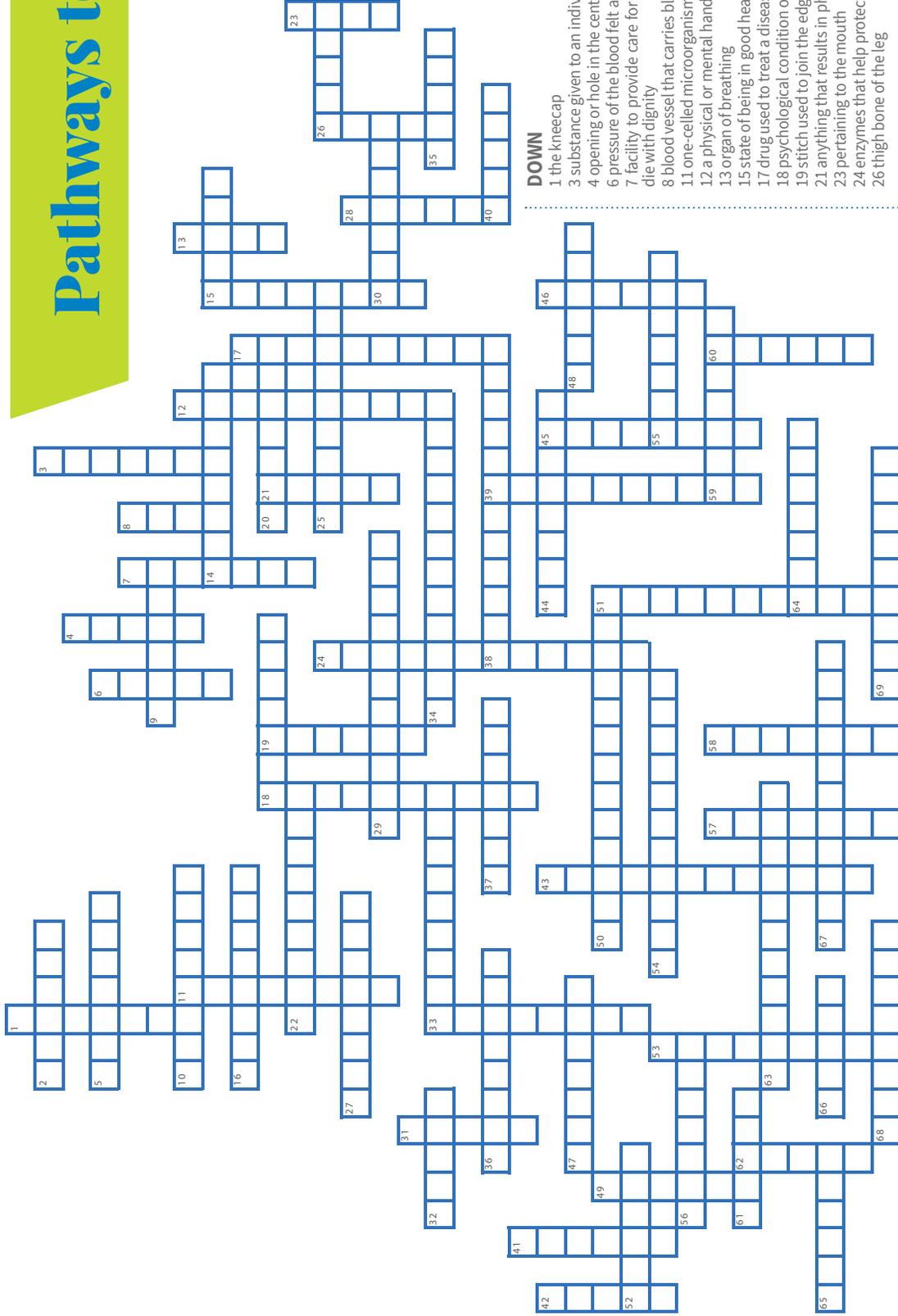
INGREDIENTS:

3 AVOCADOS
1/2 CUP SLICED TOMATOES
2 TBSP. OLIVE OIL
1 TSP GARLIC POWDER

COMBINE INGREDIENTS INTO A MEDIUM SIZE BOWL & MIX WELL. SERVE WITH WHOLE GRAIN BAKED CHIPS.



Pathways to Health



ACROSS

- 2 liquid portion of the blood
 5 long-term treatment of a disease or bodily disorder
 9 absence of all color pigments
 10 disease caused by insufficient insulin that leads to an increase amount of sugar in blood
 14 infectious disease that affects people over a wide geographic area or worldwide
 15 an injury to tissues
 16 a break in a bone
 18 any condition that interferes with the normal function of the body
 20 material used to hold dressings in place, secure splints, and support and protect body parts
 22 one of two lower chambers of the heart
 25 the body's use of food for growth, devel-

opment, and health

- 26 elevated body temperature
 27 where medical or surgical care and treatment for the sick or injured is provided
 29 a reduction in the supply of blood to the heart resulting in damage to the muscle of the heart
 30 an indication of disease that is felt by the person
 32 bone of the leg between the knee and ankle
 33 tube that extends from the throat to the stomach
 34 use of natural scents and smells to promote health and well-being
 35 body part that performs a special function
 36 organic substance necessary for body processes and life
 37 the cavity or area in the front of the body and containing the stomach, the small intes-

- tine, part of the large intestine, the liver, the gallbladder, the pancreas, and the spleen
 38 reaction to injury characterized by heat, redness, swelling and pain
 40 group of tissues that conduct impulses or illness
 47 the study of the structure of a body
 48 unborn infant during first 3 months of development
 50 group of chemical substances including sugars, cellulose, and starches; nutrients that provide the greatest amount of energy in the average diet
 52 a feeling of discomfort in the stomach area
 54 puncturing the skin at specific points with thin needles to relieve pain and/or treat disease
 55 operative procedures to correct deformi-

- ties, repair injuries or treat disease
 56 free of all organisms including spores and viruses
 59 the organ of digestion
 61 fluid that circulates through the body to carry substances to all body parts
 63 insufficient amounts of fluid in the body
 64 unit of measuring the fuel value of food
 65 body's reaction to actions, feelings, or thoughts that requires a person to adjust to a changing environment
 66 largest artery in the body, carries blood away from the heart
 67 fatlike substance produced in the liver and found in body cells
 68 loss of memory, impaired judgment, and disorientation
 69 invasion by disease-producing organisms or pathogens

tissue

- 28 injury to a joint
 31 also called fat, highest-calorie energy nutrient
 33 infectious disease that affects a large number of people with a population or region at the same time
 39 the use of food nutrients by the body to produce energy
 41 organ of the mouth that aids in speech, swallowing and taste
 42 area where two bones meet or join
 43 sweat
 45 cut or wound of body

DOWN

- 1 the kneecap
 3 substance given to an individual to produce an immunity to disease
 4 opening or hole in the center of the eye, allowing light to enter
 6 pressure of the blood felt as the heart beats
 7 facility to provide care for the terminally ill while allowing them to die with dignity
 8 blood vessel that carries blood back to the heart
 11 one-celled microorganisms, some are good and some cause disease
 12 a physical or mental handicap the interferes with normal function
 13 organ of breathing
 15 state of being in good health
 17 drug used to treat a disease or condition
 18 psychological condition of sadness, gloom or despair
 19 stitch used to join the edges of an incision or wound
 21 anything that results in physical harm or pain, or mental anguish
 23 pertaining to the mouth
 24 enzymes that help protect the body from harmful chemicals
 26 thigh bone of the leg