We all know that California is earthquake country, but did you know that there are more than a hundred active faults spread across Southern California?

Earthquakes anywhere in the Southern California Coast area can affect you, even if the shaking is not strongly felt. Consider what might happen to the nation’s economy if the harbors in Los Angeles and Long Beach were out of commission, and the normal flow of goods were to be disrupted. What if a freeway overpass along your commute were to be heavily damaged or destroyed? How would you find drinking water if subsurface supply pipes are broken?

We all must be prepared, as the likelihood of a major earthquake occurring during your lifetime is very possible and your level of preparedness will determine the quality of your life in the weeks and months that follow.

CVC has been taking steps to inform and prepare our residents, staff and service providers, but it is important that you prepare yourself and your family.

**CVC’s Great Shake Out**

Here are some tips for you to get started:

1. **DROP, COVER, AND HOLD ON**—You can reduce your chance of injury if you:
   - DROP down onto your hands and knees
   - COVER your head and neck with your hands and arms and take shelter under a sturdy table or desk if possible.
   - HOLD ON to your shelter until the shaking stops.

2. **Go-Bag**—Make sure you have a disaster kit “Go-Bag” which contains water, canned food or MRE (meals ready to eat), flashlight, first aid kit, cash, a radio and a copy of your IDs.

3. **Shoes**—Keep a pair of shoes near your bed. The #1 injury in a disaster is foot injuries from broken glass and other debris.

4. **Designate a family member** who doesn’t live in California to call to let everyone know the status of your family.

5. **Check your home** for potential falling risks—Secure bookshelves, artwork, mirrors and other heavy items that may fall in the event of an earthquake and place heavier items lower to the ground if possible.

6. **Know where the fire extinguishers and evacuation plans are located** in your building.

7. **Become a CERT (Community Emergency Response Team)** member. Go to http://www.longbeach.gov/fire/community-outreach/cert to learn more!

8. **Become a Neighborhood Watch Member** to assist CVC and your neighbors in the event of a disaster.

9. **Participate** in CVC’s Evacuation Drills when announced.

10. **Visit** https://www.earthquakecountry.org/southerncalifornia/ for more helpful tips to assist you and your family in Preparing, Recovering and Surviving an Earthquake.

**Your level of preparedness will determine the quality of your life in the weeks and months that follow.**
A tree was the very first painting that Saint Lovechild created, at the early age of three. He remembers that experience and recognized then that painting would be a major part of his life. As time passed, his creativity blossomed. His artistry is comprised of more than just beautiful paintings; he also does glass engravings, creates chess boards and makes stone carvings. He has created wedding gifts and elegant vases for his close friends and family. One painting that he is rather fond of is that of a zebra in which he used a real bristled comb as his paintbrush with the goal of making the mane flow as natural as possible. Most of his inspiration stems from his wife and daughters. Originally from Colorado, Saint experienced hard times and remembered that experience and the mane would be a major part of his life.

Currently, Mr. Lovechild is a SILS resident. He served in the Army Special Forces from 1968-1971. He has 9 children, 32 grandchildren and 15 great grandchildren residing in Colorado and Illinois. Saint arrived in California about nine months ago in hopes of selling and promoting his paintings. Stop by the Property Office to see his beautiful artwork on display.

Note: If you’re an artist, please bring your artwork and we can display it in the Property Office.
**Spook Fest a Success**

Halloween at CVC is always frightfully fun!

This year’s Halloween Party was filled with lots of food, fun, and friends. Children and adults alike enjoyed the popcorn treat bar, spooky photo booth with instant souvenir prints, crafts, games, trick-or-treating, and of course, the tacos.

A special thanks to American Indian Changing Spirits, Catholic Charities, CityHeART, CSUDH/USC Occupational Therapy interns, Oasis staff and interns, and PATH Ventures for planning such fun activities as well as supplying the treats that made the day so special for the more than 300 ghouls and goblins who attended the event.

Save the date for our next big community event, Winterfest on December 20th. Hope see you all there!

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**Meet the New Anchor Place Residents**

**Kelly & Souny**

Kelly and Souny Collins met while attending church at the Salvation Army. During weekends volunteering to help those in need, they got to know each other and fell in love.

With limited income—Souny was studying to become a medical assistant and Kelly, who used to operate heavy machinery, suffered a severe head injury which limited his ability to work—they lived with family. But after their daughter was born, circumstances forced them to move. Their limited income and student loans made it impossible to get approved for an apartment. Souny’s mother offered to share her apartment until they found their own. Soon after moving in however, her mom was approved for Section 8 housing and they were without a home again. After months of looking for an apartment while staying in hotels, their money ran out.

Long Beach Multi Service Center placed them at the Elizabeth Ann Seton shelter operated by Catholic Charities. “We felt blessed to be somewhere safe and warm,” said Kelly. They got married and prayed to be one of the lucky few to be selected for Anchor Place. Kelly remembers where they were when they got the call. The family was at Walmart, but in different aisles. Souny called and told him, “we got the apartment!” He recalled, “we just stood there in the aisle crying together. It was the most touching time in my life, except for my daughter’s birth.”

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**Hank Elands & Kathy Hubert**

Hank was born in the Netherlands and grew up with two brothers and a sister. At 15, he came to North Carolina to live with family on a Student Visa. He enlisted in the United States Army after receiving his GED and served 23 months. He was injured while serving on the front line in Vietnam. After being honorably discharged, he received his US Citizenship. Hank later became a Master Upholsterer and then met Kathy a few years later through a mutual friend. They have been married for 33 years, and have a son and granddaughter who live in Arizona.

Kathy attended nearby Franklin Middle School and Poly High School in Long Beach. She has a close relationship with her brother, Eddie, who attended the Anchor Place Grand Opening where Kathy and Hank spoke.

Hank and Kathy became homeless after losing their apartment three years ago. While sleeping on the street, Hank met the Long Beach Fire Department’s HEART Team, and they helped him get into a hotel and connected them to Jill at the Multi Service Center where she assisted them in finding their new home. Hank and Kathy both said that they are very happy with their new apartment. “The only way I’m leaving here, is in a body bag,” laughed Hank.
**The Power of Play**

**Play Time Crucial to Child Development**

Play is a very important element of childhood development. It helps children develop cognitive, social, emotional, and physical skills. Through imaginative play, children explore ideas and feelings and try on different roles. When children play, either alone or with peers, they are constantly learning and growing. Play is therapeutic! Children are not yet able to put difficult experiences or feelings into context, or to process them like adults. However, they instinctively use play to express themselves, work through ideas and conflicts, problem-solve, learn to self-regulate their emotions and deal with stress.

It is important to allow children ample time to play, without strict limitations or expectations. You can support your child's need for play at home by limiting screen time, giving them time to play both indoors and outside, and creating a home environment that supports their developmental needs.

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**Giving Thanks**

Tuesday, November 21st brought residents from every program and building in CVC together in the spirit of gratitude and unity in the first annual campus-wide Thanksgiving dinner. Ovens were hot, stoves were blazing, and the sweet fragrance of the holidays drifted around the Villages as everyone worked together to serve the residents.

CVC’s partner, CityHeART, prepared 19 turkeys, 9 hams, 30 pounds of stuffing, 70 pounds of mashed potatoes and yams, 20 pounds of cranberry sauce, 6 family-sized green bean casserole, and hundreds of rolls that served more than 300 residents. Oasis staff generously donated the finishing touch: lots and lots of holiday pies!

“We were moved by the veterans, the single moms, the kids, and the many others who thanked us and told us they hadn’t had a Thanksgiving dinner in a long, long time,” said Paige Pelonis, founder and executive director of CityHeART. “We can’t wait to do this again!”

Everyone involved cooperated and worked hard in order to execute the largest feast the Villages have seen to date. The CVC and CityHeART volunteers did a spectacular job setting up for hundreds of people to enjoy a festive atmosphere and then breaking down and cleaning it all up when the evening came to an end. As the CityHeART volunteers, which included Vyshonne Jackson from the We Are B.O.L.D. teen-after-school-program, and CVC staff served the residents, Rovinson De Guzman’s wonderful piano playing echoed throughout the Social Hall. So many individuals donated and volunteered for this project — a true example of the kind of special collaboration upon which CVC is built.

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**Parenting Support @ CVC**

We offer:

- After-School Programming
- Individual parenting sessions
- Goal-setting
- Positive discipline techniques
- Respectful parenting tips
- Family meetings & conflict mediation
- Playcare
- Emotional regulation strategies
- Sensory integration tools
- Help with boundary-setting
- Home needs assessments
- Behavior intervention & referrals to appropriate agencies

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**Upcoming Events**

Dec. 20th CVC Winter Fest / 3-6pm @ the Grand Lawn
Jan. 4th Family Night / 4-6pm @ the Youth Center
Jan. 9th Youth Engagement & Support Meeting
11am–2pm @ the Social Hall
Jan. 9th CVC Town Hall / 5:30–7pm @ the Social Hall
Jan. 19th City HeArt Family Art Class / 4–6pm @ the Youth Center
Ever wonder what type of amenities CVC has to offer aside from beautiful sites of greenery and more cat tails than you could have imagined in one place? Well, if you have a minute, we have plenty to share.

Although our community map shows you how to get to all these places, there is nothing like a good highlight to pinpoint what is in that funny looking orange, red, yellow, green, or blue Lego looking block on the map.

Everything highlighted below is available to ALL residents and service providers to reserve for individual or group events. Certain restrictions may apply and some of those are explained below or can be further explained by CVC staff in the property office.

The Community Kitchen (above) at Cabrillo Gateway, site of our healthy cooking classes is available for parties, meetings or other social gatherings. The Gateway Conference Room (not pictured) is available to all groups for meetings with up to 24 attendees at the table and another 10 or so seated around the perimeter.

The Valley Room at Family Commons is ideal for Birthday Parties, Showers, or very large family gatherings. Use of residential kitchen with own utensils and pots and pans.

The Grand Lawn and Stage may be reserved for sporting events, music concerts or other outdoor activities.

Centrally located, the Social Hall (left) is currently used for community wide events, church services, AA meetings, staff training, TV watching and so much more. It is also available to be reserved for use if you have a large event requiring the large hall. It is also dividable into two distinct spaces with advanced notice.
Our newest amenities are at Anchor Place. The Community Room (above) and Kitchen is a wonderful place to relax alone or kick back with friends. The Fitness studio has state of the art exercise equipment and the adjacent dance/yoga studio next door is perfect for stretching, joining a yoga class or practicing your latest dance moves. The game room (below) currently has a pool table and we hope to add a few additional items in the coming months.

Be sure to take advantage of all the open spaces here at CVC. Basketball court, volleyball court, KaBoom! Playground, Urban Forest pathway and exercise equipment, Meditation Labyrinth, Grand Lawn, Central Courtyard and BBQ areas throughout the community.

Additional Info: While all amenities are available to our residents and service provider partners free of charge, we DO REQUIRE a reservation at least a week in advance and a $200.00 security deposit per event for the following rooms to be reserved: Anchor Place Community Room, Anchor Place Kitchen, Family Commons Valley Room. Gateway Community Room/Kitchen, and Social Halls A and B. Additionally, any party/reservation expecting 75 or more people in the will require an additional fee for security. Property management reserves the right to deny and/or cancel any reservation at its sole discretion.

Contact the Property Office for more information or to make reservations.