



Century Villages
at Cabrillo

(562) 388-8000
www.centuryvillages.org

2001 River Avenue,
Long Beach, CA 90810

WWW.FACEBOOK.COM/CENTURYVILLAGES



Anchoring the Spirit of
the Century Villages at
Cabrillo Community

Edition 30 · SUMMER 2018

Strawberry Festival *A sweet success!*

On April 25th we held our second annual Pathways to Health Strawberry Fair and Festival. Close to 200 residents attended the event held in the new Anchor Place courtyard, fitness center, yoga studio, and community kitchen. Residents visited more than 20 interactive booths collecting valuable health related resources and information. They sampled strawberries and other healthy foods, participated in fitness, yoga, and cooking demonstrations and even joined in the community drum circle. This is just one of many community events we host on-site. Save the Date for our Back to School Festival August 16th!

Come check out one of the dozens of Pathways to Health activities offered at CVC each week. Go to www.centuryvillages.org/community-calendar/calendar/



Thank You!!

A special thank you to all of our wonderful partners who made the Pathways to Health Strawberry Fair and Festival a success. Exhibitors and contributors included Alpert Jewish Community Center, Building Healthy Communities, CareMore, Casa Youth Shelter, Cassidy Cooper (fitness instructor), CityHeART, Comprehensive Child Development, DHHS Healthy Active Long Beach and Tobacco Cessation, Hacienda of Hope, Long Beach Alliance for Children with Asthma, Long Beach Fire Department CERT, Long Beach Time Exchange, Long Beach Transit, Long Beach Unified School District-Head Start, Meals on Wheels, Mental Health Advocacy Services, Oasis Youth and Family Services, PATH Ventures, St. Mary Medical Center, The Children's Clinic, The Guidance Center, The Phoenix, The Soldier's Project, U.S. VETS, VA Healthcare Long Beach, and Veteran's Yoga Project.

Bridging the Age Gap With Intergenerational Activities

This past February, the Oasis After-School Program and the "We Are B.O.L.D." teen program began working with Anchor Place residents and seasoned gardeners at David's Garden, located on the east side of Anchor Place. The children learned about preparing soil, germination, and planting. Every week the youth programs visit the garden to tend to the citrus trees, herbs, and veggies. As they watch the plants grow, they learn about the importance of respect, nurturance (emotional and physical care), patience, and of course,

have fun playing in the dirt. This group is an excellent way to reduce stress, connect with the community, and share experiences and knowledge with people of different ages. Our hope is to engage more adult residents from around campus in this collaborative project and to continue to develop supportive relationships across generations.

Beginning in late June, our intergenerational connectedness efforts will

grow to include a community art project. On Thursdays, from June 28 through August 7, all community members will be invited to participate in a recycled art weaving project to be displayed on campus. This project began on June 15th with a campus clean up and collection of recyclable materials. Once the materials have been collected, they will be washed and prepped and the group will start weaving! The weaving will involve interlacing ribbon, yarn, plastic, and

other salvaged items through mesh netting. The final pieces will be displayed on campus. All residents are encouraged to attend these Thursday workshops to learn about reusing plastic, taking care of our community, and collaborative art while meeting new people and engaging our youth.

On-going meetings

Everyone is welcome.

Twelve Step, Attitude Adjustment (AA) 6:30am, Daily, Social Hall
Self-Help Recovery Meeting 6pm-7pm, Tuesday, WRC
AA Meeting 7pm, Sunday, Changing Spirits
Saturday Night Candle Lite (AA) 7:30pm, Saturday, WRC
Cabrillo Church in Christ 10:30-12pm, Sunday, Social Hall

The Village Anchor Team

Editor: Donna Ferraro

Writers: René Castro, Steve Colman, Jaylene Westfall, Kim Wee, Brett Morales, Melissa Rain, Israel Matos, Kaitlyn Taylor, Joana Archangel, Danica Potts

Photographer: Cassandra Jablonski / **Design & Layout:** Cyndi La

Mural Completed

Honoring our Village Veterans

You may have noticed a colorful mural on the east wall of the Knabe Exchange. The immense artwork is 35 feet in length and 15 feet tall and took one artist and 48 volunteers about one month to complete. Designed by nationally recognized muralist Art Mortimer, the design includes a curving band in the background. Within that band is a semi-abstract rendition of the Long Beach Naval Shipyard with San Pedro and the hills of Palos Verdes in the background. The artist also included the famous "Herman the German" floating crane in the shipyard.

In the right foreground is a diverse group of Villages at Cabrillo veterans. They are arrayed around a picture of a picture of the late Sam Davis in his wheelchair. Sam was a resident of our community for 17 years and was one of the first to move in to our community. Behind this group is the Pregerson Bell Tower, named for Judge Pregerson who was instrumental in the creation of our community.

Behind the veterans is a Coast Guard helicopter, and in the sky above Sam Davis, is a group of Air Force jets flying a "Missing Man" formation to honor Mr. Davis, as well as all Service Members who have made the ultimate sacrifice for their country.

Five symbols and images fill the upper left portion of the mural. Starting at the top left is a circle with the image of Judge Pregerson. The Judge served as a U.S. Marine in World War II and was a huge advocate for affordable housing. Below him is a Native American medicine wheel with a rack of Armed Services ribbons just below it. The medicine wheel, a cultural part of many Native American tribes, was used for health healing. The dangling feathers below the Wheel blend into the curved background band linking the image of the Naval base with the symbols and logos above it.

In addition, there is the Purple Heart Medal (for those wounded or killed in action), the Buffalo Soldiers logo honoring African Americans who served in the US Army starting in 1866, and lastly, the logo of the Tuskegee Airmen, African American pilots, crew, and support personnel in the Air Force during WWII.



All five Services are represented:

- Navy: Represented by the Naval Shipyard as the backdrop for the entire mural.
- Army: Two of the veterans are wearing "Army Veterans" caps, and Buffalo Soldiers were part of the Army.
- Marines: One of the veterans, on the far right, is wearing a "USMC" T-shirt.
- Coast Guard: The helicopter flying in the sky in the background.
- Air Force: Represented by the Missing Man formation over Sam Davis' image.

Thank you to Art Mortimer and all of the volunteers who contributed to this important icon for our community!

From Our Suggestion Box

From A Tenant

Please! Could you plant regular or dwarf lemon trees in the garden or Urban Forest? The ones that were planted didn't grow or I haven't seen any so far. Also need some signs to remind friends and children to pick up their trash, gum, and etc. especially cigarette butts into proper receptacles — these pollute our water!

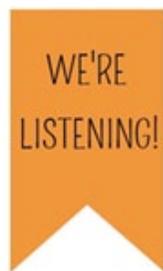
And Our Reply...

We seem to have lost our lemon trees! Here's a challenge to our Village Anchor readers: if you can identify a ripe lemon on one of the urban orchard trees in the coming months, please take a picture and bring it to the property office. We will have a reward for the first person who brings us a picture of a ripe lemon on a CVC tree. Your picture must clearly show a ripe yellow lemon AND the location of the tree. The lemon and its tree will then be verified by someone from the property team. We want your suggestions and questions. Boxes are located in both Oasis Services offices.

We Hear You!

Giving Our Youths a Voice

The Youth Engagement and Support (YES) group meets on the first Tuesday of every month at the Social Hall to discuss concerns, observations, questions, and ideas for youth and families living at CVC. Youth and Family Services staff in attendance are available to answer questions and problem-solve solutions with residents. Thus far, the YES group has led to the creation of our non-urgent emergency contact cards (see below) and planned and hosted multiple community celebrations and monthly movie nights. This group is an excellent way to get involved in your community and share your talents, suggestions, and concerns. All CVC residents are invited to attend.



JOIN US THE FIRST TUESDAY OF EVERY MONTH
10AM - 11:30AM AT THE SOCIAL HALL

BRING YOUR QUESTIONS, CONCERNS, &
IDEAS REGARDING YOUTH AND FAMILIES IN
OUR COMMUNITY

WORK WITH RESIDENTS AND STAFF
TO PLAN PROGRAMMING & EVENTS

ENJOY SNACKS AND GIVEAWAYS EVERY MONTH
CONTACT: KAITLYN TAYLOR (562) 388-8067

WHO TO CALL non-emergency urgent contacts



ON CAMPUS

CVC After-Hours Response Line: (562) 388-8061

OFF CAMPUS

LBPD Narcotics Complaint Line: (562) 570-7125

LBPD Dispatch: (562) 435-6711

Anonymous Child Abuse Reporting: (800) 540-4000

Domestic Violence Hotline: (800) 799-7233

Suicide Prevention Hotline: (800) 273-8255

Participants Learn More About Themselves in *Self-Care Workshops*



Oasis staff and interns offered two self-care workshop series this spring: *Communication* and *Healthy Relationships*. Participants learned active listening skills, relaxation techniques, emotional regulation strategies, boundary setting, and more in a supportive group setting.

The series ended in a self-care celebration where attendees crafted vision boards, affirmation stones, and coloring for relaxation. Participants reported enjoying learning more about themselves and others, being able to express themselves without judgment, and having a safe space to be honest and open while listening to and relating with others.



CVC's Own Scout Troop

In case you've missed it, CVC has its very own scout troop. Called ScoutReach, the program is specifically designed to reach out to city boys and girls who might otherwise not be able to participate in traditional Scout opportunities due to cost or other barriers. This unique program gives single parent households and low income families the opportunity to participate and is held right here at CVC. Nearly all the costs for this program are covered by grants and private donations.

Scouts learn:

- How to pitch a tent
- How to splint a broken arm
- How to cook a gourmet meal
- First Aid skills

- Scout Law
- Scout Oath
- Citizenship / Reverence
- And MUCH MORE

Our Scouts regularly attend the monthly town hall meetings to lead us in the Pledge of Allegiance and have recently taken over the garden plot near the grand lawn to learn gardening skills. Some of the most lasting lessons will involve character and leadership skills.

If you would like more information and/or would like to sign your child up for ScoutReach, please contact Scout Leader Carlisha Tipler at (562) 676-3929 or email her at calishatipler01@gmail.com.



Monique Jones: Resident, Volunteer, Leader

Gateway resident Monique Jones is an active community member. She is a member of Long Beach Time Exchange, an avid learner and often takes time to help others. She facilitates a support group called "Self-Enhancement" at Hacienda of Hope as a volunteer.

Self-Enhancement is for anyone who wants to look their best and feel at their best, where group participants can do their nails and pick up affordable ways to pamper themselves, while learning more about healthy self-care practices.

Q: What do you like best about being a resident at CVC?

A: Being here has helped me to co-exist with others because of the variety of people. At first I was skeptical about it, but it helped me grow as a person — go to groups, branch out, be able to help people, learn to know how people are different.

Q: You became a guest at Hacienda of Hope. Can you tell us more?

A: I always help others, and in learning about boundaries, I needed time for my self-care. I became a guest and my growth didn't stop there. I thought, "Do better, move on, grow — this is not a standstill." Being there helped me get rest, get my thoughts together, and helped me move forward with things I need to do.

Q: How have you benefited from being a group facilitator and what do you want to say to others that may want to join groups or even get involved in volunteering?

A: I want to connect with people. I'm not perfect, I don't have all the answers. I want to learn from you as much as you can learn from me. Living is a learning experience and you're never too old to learn, whether it's taking the bus, doing your credit report, how to manage



Q: You recently attended CVC's "Healthy Relationships" series. What have you learned by going to the groups you've attended?

A: The groups there and at Hacienda of Hope helped me have a reference to how I'm living. They helped us speak and know one another. Boundaries are important — being mindful of one another — different ethnicities, backgrounds, opinions, and being respectful of others and respecting yourself.

Q: How did you hear about Hacienda of Hope?

A: A case manager at Gateway told me about it and I started coming to their groups, which are open to all CVC residents over 18. I went to their Bingo group, movie group, and their peer support group called "Chatting with Chelle."

money, do your makeup, go back to school or other things.

Q: What is a current goal that you have?

A: I'm a licensed cosmetologist, esthetician and manicurist. I have also taught people how to do waxing, manicuring, etc. I have been a CNA, patient care technician, and phlebotomist. I like to keep learning to be well-rounded, but my goal is to do a 2-week training in San Francisco to work on a cruise ship. And if I decide to do something else after that, I'll go for it!

Q: Sounds like you're always open to learning. What is your personal motto on learning that you want to share with others?

A: I'm waking up each day to learn. If it works, I give myself that. If not, then at least I tried — move on, grow from it. It's okay to fall! Fall - but get back up.

An Evening of Camaraderie and Veteran *Celebration*

In April, 16 Veterans and members of their families from Anchor Place, Cabrillo Plaza and Long Beach Savannah Housing joined CVC staff for an evening of veteran camaraderie and celebration.

It began with everyone boarding a bus provided by one of our community partners, Big Sunday, and trekking to the event, which took place on Melrose Avenue in Los Angeles. It turned out to be a standing room only event with music provided by the New Horizons Choir, a lovely dinner, trivia games and everyone left with a go-bag filled with goodies!

CVC is honored to have a special relationship with Big Sunday and we always try to support their events. Big Sunday's mission is to "connect people through helping" and "provide a wide variety of opportunities and projects that bring people together to improve lives, build community and give people a sense of belonging."

As you see, Big Sunday is a natural fit with what we do here at CVC every day. If you are interested in learning more about Big Sunday, please visit their website at www.bigsunday.org



Oasis Summer Camp

Looking for something fun to do this summer? The Oasis Summer Camp will be kicking off July 9th and will offer nutrition and cooking, arts and crafts, sensory activities, gardening, yoga, and more!

Century Villages at Cabrillo Summer Camp 2018

July 9 - August 3
11am - 3pm

for children living at CVC entering grades K-5th
registration begins June 11th
contact: Kaitlyn Taylor
(562) 388-8067

CVC Teamwork Scores

At 41st Annual AHMA Conference

REUBEN RAMIREZ, CEDRIC ODEN, JOE HAYWOOD
LUIS MORENO, RODRIGO AGUILAR
First Place, Maintenance Team

Delivering Excellence EVERY DAY!

Affordable Housing Management Association Pacific Southwest, May 2018

BRIANA PANG
Service Coordinator of the Year

ABIGAIL CRUZ
Resident Manager of the Year

In May, Century Villages at Cabrillo employees were formally recognized at the 41st Annual Pacific Southwest Affordable Housing Management Association (AHMA) Conference. Abigail Cruz was honored as Property Manager

of the Year and Briana Pang was honored as Service Coordinator of the Year. Our Maintenance team walked away with the 1st place trophy in Maintenance Madness, an annual competition of teams from property management companies from around the southland. In the timed completion, our team of Joseph Haywood, Rodrigo Aguilar, Cedric (Dale) Oden, Luis Moreno and Ruben Ramirez completed maintenance tasks such as replacing a garbage disposal, bathroom faucets, key and deadbolt locks and a circuit breaker in an electrical panel and did them faster and with fewer mistakes than our competition. Congratulations to all of our amazing staff!

To Flush or Not to Flush?

What You Need to Know When it Comes to Plumbing Issues

did?
you?
know

SORRY, I PUGGED



THE TOILET

If I were to tell you that items marked “flushable” are not supposed to be flushed down the toilet, would you believe me? Probably not. But, it’s true! A label that says “flushable” only means it “can” be flushed down a standard toilet, not that it “should” be flushed. Let’s take personal wipes or baby wipes for example. We use them (just as we would toilet paper), we throw them in the toilet, and we flush them away. Great! It’s true! They are flushable! However, what happens next? Many of these products get stuck in drains, pumps and sewer systems as they do not dissolve quickly in water like normal toilet paper.

The problem? The wipes get caught in the drain or the sewer system, the system gets clogged, equipment fails and sink and toilets overflow, causing health hazards and damage to your home interiors and personal property, not to mention the terrible smell from the raw sewage — Yuck!

In the plumbing world, products that are “flushable,” but do not break down like toilet paper are called “non-dispersibles” because they don’t disperse or dissolve quickly in water. Non-dispersibles can clog pipes and pumps. This can cause sewer overflows or equipment failure which can be quite costly.

Some of the most problematic but commonly flushed items include:

- **Personal “wet” wipes, baby wipes and paper towels** – some wipes might claim to be flushable, but they do not break down like typical toilet paper and can clog pipes and pumps. You probably already knew this about paper towels.
- **Dental floss** – dental floss is not biodegradable and because it is basically string, it can easily get caught on other objects (i.e. roots) in the pipeline and then serves as a platform for other items to get stuck on.
- **Cat litter** – it might say “flushable” on the label, but litter should never be flushed down the toilet. Once flushed, it can continue to expand and build up in the pipes. Also, cat waste contains a lot of bacteria and it, like dog poop, should be disposed of in the garbage, not flushed down the toilet.
- **Grease or oil** – you’ve probably heard this before, but grease and oil are a “no-no” for going down the drain. It might seem to go down without a problem when the grease/oil is fresh and hot, but once it’s in the pipes underground, the contents cool off and slowly cause buildup inside the pipes (like plaque in our arteries). Just like a heart surgeon, someone has to go in and clean out the buildup to keep the pipes flowing.
- **Medications** – medicine that is flushed down the toilet can dissolve and be dumped into our local water bodies. These can impact local marine life and even our water supplies.
- **Tampons and sanitary napkins** – wrap used products in toilet paper and place in the trash can.

EVERYDAY THINGS *clogging your drains!*

Here are some ways you can keep big offenders from going down the drain



Food

Foods with skin, stringy food, eggshells and pasta (which continue to expand over time) can be some of the biggest culprits clogging your drain. To prevent food from going down your drain, use a strainer to catch small and large pieces of food. Consider throwing peels and eggshells in your compost pile.



Grease

Grease sticks to the inside of sewer pipes. Over time, it can block the entire pipe. Sop up small amounts with paper towels. Oils that harden should be cooled and scraped into the trash bin. Pour liquid oils into an old jar for disposal (to avoid injury, be sure to cool it first). Baking soda can be sprinkled on pans to further degrease it.



Paper

Don’t worry, it’s not your toilet paper clogging your drain. It’s tissues, paper towels and moist towelettes. Keep these out of the toilet and into the garbage to prevent a clogged toilet.



Hair

If your shower or sink drain is slow, odds are it’s your luscious long locks keeping the water from going down. Use hair stoppers as a cheap and easy way to keep your hair from going down the drain.



Coffee Grounds

Coffee grounds may be small, but they accumulate over time. Avoid dumping coffee grounds down the drain and garbage disposal at all costs. Instead, use them in your garden. Coffee grounds can super charge your compost bin. Or spread them around in your garden to repel insects like ants and slugs. An added plus is that it also fertilizes your plants!

THIS IS A TOILET, NOT A TRASH CAN!

Never flush the following items (or put down the garbage disposal or drain). Toss them in the trash instead.

- Baby / facial / cleaning wipes
- Cooking oils or grease from cars
- Produce stickers
- Feminine hygiene products
- Paper towels or tissues
- Flushable cat litter
- Stringy items like hair or dental floss
- Flammable or explosive substances
- Acidic or caustic corrosive substances
- Medications
- Rags
- Eggshells
- Q-tips
- Coffee grinds
- Condoms
- Transmission fluids, anti-freeze, motor oil, or toxic chemicals
- Solvents, paints, turpentine, nail polish, polish remover



So what should you flush? Just the “Three P’s”: pee, poop, and (toilet) paper. To protect our natural environment and save everyone the hassle, just remember the “Three P’s” next time you go to flush anything down the toilet.

Your toilet isn’t the only challenge our drains face. Another area of concern is the kitchen sink. Waste such as oils, fats and grease also cause major damage to our sewer systems. So the next time you’re about to toss something down the drain, consider these lists. Sometimes, the least likely offenders may end up costing hundreds of dollars in plumbing bills.

We Are B.O.L.D. to Offer *Summer Program*

The “We Are B.O.L.D.” program is excited to announce its 2018 Summer program. Beginning Monday, July 9, middle and high school students will be able to participate in several “camps” scheduled at different times of the day. Keep an eye out for the master schedule that will be finalized in June. Camps will include sports (basketball, football, volleyball, and soccer), art, music, cooking, working out, yoga, dance, and summer school tutoring. Students are welcome to participate in more than one camp per day, and are welcome to rotate any time. The tentative schedule is Monday – Friday, 10 am to 4 pm We will require students to enroll in the summer program, including a signed permission slip from a parent or guardian. Lunch or a healthy snack will be provided every day for enrolled students participating in that day’s event. For more information, contact Izzy Matos at (562) 388-8078.

Do You Have Summer Plans?

Did you know that many of our partner agencies hold classes and activities on campus that are open to all residents living here at the Villages at Cabrillo? We want you to join us for the fun this summer.

CityHeART has become an essential partner here at the Villages at Cabrillo, and this summer won’t be any different. They host monthly art nights in collaboration with Oasis Youth & Family Services, and during the month of August they will host an Art Camp for children Pre-K through 5th grade. The children will learn to use different types of art to explore their creativity during camp. CityHeART will then host a “Goodbye to Summer” event so that the children and teens can showcase all of their summer projects to the community. Lastly, a Self-Care Conference will be held on a Saturday afternoon this summer for adults which will include guest speakers, activities and lunch.

PATH Ventures offers summer camp for the children living in Family Commons, but they also offer a variety of classes for adults too. Each week they host several self-care classes including topics like Mindfulness, Parenting, Gardening Club, and Book Club. Stop by their offices located in the Pacific Building at the Family Commons for more information.



Hacienda of Hope, located across from the Cabrillo Canteen, offers ongoing weekly self-care classes for adults. Class topics include employment, healthy relationships, karaoke and much more.

Home Front Rising is currently providing FREE classes that encourage artistic expression through the arts. The **Nannette Brody Company** leads a Hip Hop Dance Class for teens every Wednesday in the Anchor Studio starting at 4:30pm, and on Thursdays in the Gateway Community Kitchen, **Rock to Recovery** holds a Song Writing Workshop for adults from 4:00-5:30pm.

Lastly, **The Rock Club-Music is the Remedy** hosts music classes on Tuesdays and Thursdays from 1:00-3:00pm in the Social Hall and leads a Drum Circle on Wednesdays at 2:45pm on the Grand Lawn. Hopefully, everyone got to experience the amazing Drum Circle at the Strawberry Festival in April.

So, make sure to stay tuned and look for flyers for all of the wonderful activities. You don’t want to miss out. For more information, visit the Resident Services lobbies at Gateway or Anchor Place.

WE are B.O.L.D. Summer CAMP

**JUL 9-
AUG 3**

TONS of Activities • FOR AGES 11-17 • Registration begins June 18



**SPORTS - DANCE
MUSIC - ART - GAMES
COOKING
MOVIE NIGHTS - HOMEWORK HELP
FITNESS**

Monday—Friday
10 a.m.— 4 p.m.



Contact Izzy Matos 562-388-8078 - imatos@centuryvillages.org

Picnic Maze

Help the ants get through the maze safely. Then color the picture.

