On 10/18/18 at 10:18 AM, hundreds of CVC residents and staff joined the 10.4 million other Californians to participate in California’s annual Great Shake Out Emergency Preparedness Drill.

This drill is an important reminder and encouragement for everyone to be prepared for the next big earthquake. It is also a great time to review and update emergency preparedness plans, supplies, and to secure your home or office in order to prevent damage and injuries.

While some areas are less likely to have earthquakes than others, Los Angeles is particularly vulnerable and at a much higher risk compared to the rest of the country. You could be anywhere when an earthquake strikes: at home, at work, at school, or even on vacation.

What you do now will determine your quality of life after our next big earthquake. Are you prepared to survive and recover quickly? Learn more about how to prepare by visiting https://www.cdph.ca.gov/Programs/EPO/Pages/BePreparedCalifornia.aspx.

Another great way to prepare yourself is to join your local Community Emergency Response Team (C.E.R.T.). Ask one of the current C.E.R.T. members how you can become C.E.R.T. trained.
Independent Service Dogs Foundation brings benefits of therapy dogs to CVC

Wally is a new volunteer at Century Villages at Cabrillo. He is only about seven and a half years old, weighs 80 pounds and loves hanging out with people. He is very friendly, loves to make new friends, enjoys snuggling, and is always looking for new ways to bring smiles to the faces of those around him.

When Wally first came to CVC, he met with a group of veterans at The Plaza and spent some time getting to know people from U.S. VETS. He heard about the Villages through Justine, his legal guardian. Justine and Wally do a lot of volunteer projects together, and they were eager to see how they can be of service here at the Villages.

On Wally’s second visit to CVC, he took a tour with CVC Executive Director Steve Colman. On this next visit, he had lunch with several staff members from CVC and from partner organizations. He had a wonderful “Lunch and Learn” on that visit, and he came back again in November to meet with Anchor Place residents and case managers. Even though he is only seven and a half years old, Wally is certified, with Justine’s help, to host therapeutic group sessions. In fact, he has been doing that since he was only a year old! He hopes to continue his work at CVC with more group sessions in the New Year, and he is looking forward to learning how else he can contribute to the community. Oh! And Wally is a Labradoodle.

He and Justine are from an organization called the Independent Service Dogs Foundation (ISDF), where they work with a dog trainer named Nikki. Together, the three of them bring Basic Obedience classes for dogs, service-animal certifications, and a handful of other services to organizations, hospitals and even schools that can benefit from therapy dogs like Wally. You may have already met these three at the monthly Farm Stand Pop-Up event, or have seen them walking through the community. If you haven’t had the chance to meet them yet, ISDF will be continuing to visit CVC next year.

If classes for your dog are something you would be interested in, or if you would like to learn more about service dogs and service-dog certification, please email ppelonis@centuryvillages.org for more information about upcoming events in the New Year!

Thanksgiving at CVC
CityHeART & Volunteers Make Feast a Success

Slow-roasted turkey, glazed ham, mashed potatoes, corn bread stuffing, mixed veggies, fresh green salad, three-cheese macaroni, made-from-scratch gravy, and, of course, a side of cranberry sauce … now, that’s a feast!

The Second Annual Community Thanksgiving Feast by CityHeART had a line out the door of the Social Hall, and the air was filled with holiday spirit, community and gratitude. More than 20 volunteers joined CityHeART to help with everything, from preparing food, setting up, decorating the Social Hall, serving the meal and cleaning it all up in time for the ’80s Karaoke Night, which kicked off at 6pm.

“We are so grateful that we get to be a part of the community here at Century Villages at Cabrillo,” CityHeART Executive Director Paige Pelonis said. “The opportunity to bring residents together for a holiday meal for a second year in a row is extremely valuable to us, and we are so grateful to everyone who makes this project possible every year.”

The group of volunteers who put the dinner on included teen resident Vyshonne Jackson, who is a part of the Oasis We Are B.O.L.D. after school Program. Vyshonne helped with the community feast last year as well, and he shared his cooking experience with the new volunteers this year to help show everyone what to do.

“Vyshonne is a great help to us when we do community events like the Thanksgiving dinner,” CVC Youth and Family Services Coordinator “Izzy” Matos said. “I feel lucky that I get to be a part of both CVC and CityHeART, especially when Vyshonne joins us because he has a positive attitude and loves to make us laugh while we work.”

The feast included live holiday music by local artist Dez Glover, pumpkin pies from Rossmoor Bakery, peppermint mocha lattes and hot chocolate for all.

From everyone at CityHeART: “Thank you and happy holidays!”

CityHeART has been a part of the CVC community since 2016, offering therapeutic art workshops for children and adults, peer-support groups for adults and resource support such as transportation assistance, meal support, clothing and household items by case-management referral.
Security is a sought after state of mind across the world. Whether it’s in a new home or neighborhood, our jobs, schools, grocery stores, malls, planes or simply in the arms of a loved one, security is vital to everyone. Here at the Villages, we understand the great importance of security. Because we consider each staff and resident a family member of CVC, we are always concerned for the safety and well-being of everyone, including our guests. Each concern and incident report is taken seriously. Although at times it may seem as if an issue has gone unaddressed, behind the scenes, we’re working on it.

Great news! CVC has implemented an extra layer of security! If you haven’t already noticed, an additional active Security Guard is now stationed at the pedestrian/vehicle gate at the end of River Avenue and on patrol.

Sometimes, the police are needed to assist with an out-of-control situation. In these cases, onsite security can help contain the participants until officers arrive. But, most of the time, the police are not needed. Whatever the situation, our guards are able to assist with information, reporting detailed accounts, patrolling, contacting the police and/or fire department etc. Police officers and other law enforcement agents are trained to intervene or respond when crime and violence happens (or afterwards). Rather than using this reactive approach to crime, security guards adopt a preventive approach. In other words, security guards prevent risks and deter crime, watch out for looming danger, and report any crime they may encounter. All the duties performed by a security guard are aimed at one objective: prevention of crime.

In an effort to maximize safety coverage, we have several guard shifts: 8:00am to 4:00pm, 4:00pm to midnight, and midnight to 8:00am. The River Avenue guard is posted from 6:00pm to 3:00am daily. Our security plays a very important role in the Villages and is part of the intricate puzzle pieces that make us complete. Although our guards may rotate, we consistently have Erika, Max, Santiago, and Damon on hand. Stop by and get to know them. They don’t bite — they’re here to help!

**ENTERING INTO CVC**

We know at times, trying to enter into CVC is like sitting on the 405 Freeway, but please understand it’s an important procedure that our team has been trained to implement for everyone’s safety.

**Help us help you...Be Prepared!**

- Have your fob or passes at hand.
- If you are expecting a guest(s), call security ahead of time so that passes can be created in advance (if possible) or Security can correctly guide the guests to their destination. Tell your guests before entering that they will need to know where they are going (full name of resident/staff, building name, apartment number).
- All guests must provide a form of ID such as California driver’s license or ID, passport, school ID, work badge, or something with their full name and picture.
- When calling for assistance, have complete and accurate details, which will be provided to the night manager or after-hours emergency maintenance staff.

**Is it an actual emergency or can it wait?**

- Fire or physical harm? Call 9-1-1.
- Water overflowing or an electrical issue? Call security.
- Cable/Internet not working? It can wait!
- Need assistance? Give them a call at (562)-388-8061.

**Calling All Heroes! Join the Villages Community Watch**

Would you like to connect with your neighbors and Villages staff to ensure that our community is safe and free from theft or other criminal activity? Would you like to work collaboratively with Villages staff and other volunteers? Consider joining the Villages Community Watch team!

We meet the last Wednesday of each month at 5:00pm in the Cabrillo Gateway Conference room. Sometimes we go to the West Division Police Sub-Station to learn the latest techniques in community safety. We also work closely with Commander Berkenkamp and his staff. Pizza and soft drinks are served at all of our meetings.

This group has helped to resolve several issues in the community. Be a part of the solution! Call Rene Castro, Director of Community Engagement for more information: (562) 299-5749.
“What an amazing day of camaraderie and service,” said veteran volunteer Eric, while helping to pack up paint left over from the painting of the Veterans Village Recovery Center (VVRC) conference rooms.

Equally impressed was resident veteran Mark, whose reaction was, “it was great seeing Vets help Vets, and to be a part of it too.”

These impressions seemed to permeate throughout the day as nearly 200 veteran volunteers from dozens of corporations and organizations arrived at CVC on the morning of November 9th to kick off a weekend long celebration honoring Veterans and Veteran’s Day.

The scope of the work completed in just one day of service included the VVRc painting, painting common areas in U.S.VETS program housing, building garden shade structures and a tool shed in the community gardens and pruning nearly 150 fruit trees in CVC’s Urban Orchard with the assistance of our new landscape company, Stay Green. Additional painting was also completed in CVC’s after school program building.

Many thanks to all the volunteers, including a dozen resident volunteers, who contributed to the day’s success. A special thanks to Habitat For Humanity for all the phenomenal work they do in our community and across the nation.

Yoga Inspired
A Journey to Well-being

The journey for Ed was not an easy one. He endured hardships in his life to get to where he is now. With the countless struggles he experienced, he reached out to the VA and was given two choices: Beacon House or Veterans Village Recovery Center (VVRC) located on the CVC site. His intuition told him to try VVRC for inpatient treatment, which eventually led him to joining groups and AA meetings in the Social Hall.

A resident of U.S.VETS’s “Veterans in Progress” program since September 2017, Ed came to the realization that his fellow house-mates experiences were quite similar to his. This inspired him to share kind words with them or give compassion. During this time, he came across “John’s flyer” as he called it. John Oppenheim, better known as “The Yoga Guy,” leads yoga classes available to all on campus.

Ed thought he would give yoga a try and it surprisingly grew on him. Yoga was different. After several classes, he eventually got into meditation and prayer. The combination of treatment, yoga, involvement with AA and fellowships, Ed soon started to see his life turn around. He no longer feels the need to become upset with an undesired outcome, but to simply accept it instead. Yoga became such an enjoyment for him that he began reading on the philosophies rather than just learning the positions.

One day, Ed would like to teach a yoga class. He is definitely heading in the right direction.

The day also featured a wonderful lunch program with our own Village Jam performing a wide array of early Rock ‘n’ Roll and Motown tunes. The Village Jam is led by volunteer musicians from “Music is the Remedy” who lead jam/practice sessions weekly leading up to live performances about every 3-4 months. Nearly a dozen residents participate in the Jam and all residents are welcome. Watch for information about future jam sessions and please come join your fellow residents.

Yoga is a caring practice. Meditation and mindfulness can help you through your day. There is no greater service than giving to someone that really needs it.

~Ed Williams

Recurring Events at the VA

- **Expungement Workshop**
  1st Tues. Every Other Month, 1-3pm Bldg. 50 Rm 108J (Ext 25593)

- **Government Career Workshop**
  3rd Tues. Every Month 10am-12pm Bldg. 133 Rm Y-3 (Ext 25593)

- **Legal Clinic**
  2nd Tues. Every Month 9:30-11:30am Pantages Theatre

- **Social Work Services/Homeless Veterans Program Consumer Advisory Council**
  Last Mon. Every Other Month, 6-7pm Bldg. 128 Rm C202 (Ext 24720)

- **Veterans Social Connection**
  3rd Fri. of Month (Nov. 16th, Dec. 21st)

- **Veterans Town Hall**
  Quarterly 6-8pm Bldg. 165 Rm D101 (Learning Center/Egg)

- **Walk with a Doc**
  2nd and 4th Fri. Every Month 12pm in front of Bldg. 165

- **Social Security Benefits Workshop**
  1st Tues. Every Other Month, 1-3pm Bldg. 50 Rm 108J (Ext 25593)

- **Veterans Social Connection**
  Last Fri. Every Month 8:30-10:30am Patio Area Outside

- **Cafeteria Holiday Schedule**
  Last Fri. Every Month 8:30-10:30am Patio Area Outside

- **Legal Clinic**
  2nd Tues. Every Month 9:30-11:30am Pantages Theatre

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  2nd and 4th Fri. Every Month 12pm in front of Bldg. 165

Come, relax and listen to classical music!
Free Admission - Casual Attire - Bring Family & Friends

**Evening At The Vet**

**presented by “Commodore’s Classics”**

**Every Saturday and Sunday, 7-8:30 p.m.**

VA Long Beach Healthcare System
5901 East 7th Street, Long Beach, CA 90822
Bldg. 165, Room D101, “Egg” Auditorium

- Mozart
- Beethoven
- Schubert
- Mendelssohn
- Rossini
- Haydn
- Schumann
- Brahms

**Veterans Crisis Line**
1-800-273-8255
https://www.veteranscrisisline.net/

**Habitat for Humanity**
Greater Los Angeles
**Sprucing Up the CVC Campus**

Volunteers Join Habitat for Humanity in
Creating Healthy Habits
Just like adults, children benefit from self-care. Although it may not seem like it, children experience stress, pressure, and worries. Learning to take care of their mental, emotional, and physical well-being is an important part of their development.

Parents and caregivers can help by making sure children have time to play, be outside, and get plenty of rest. Going to the park, or walking through the Urban Forest or one of our community gardens, not only gives you and your child fresh air but can also teach them that changing their surroundings or getting some exercise can help calm and relax their bodies and minds.

Even though there are many things that make us feel good in the moment, the best way to learn self-care is to practice and learn long-lasting activities that eventually become habits. You can encourage your children’s long-term well-being by making choices that help them feel connected to you, allow them to express themselves, and provide them with consistent, caring support.

Have some fun!
Research shows that laughter reduces stress. Making time to watch a funny movie, play games, or even build a fort with your child can make all the difference.

Whatever it is that you are doing with your child, focusing on being engaged and present with them is the most important. You can even make errands and chores a bonding time by including them.

How are you feeling?
Depending on the child’s age, knowing what they are feeling and how to express it appropriately can be very difficult. The Zones of Regulation is a wonderful tool for talking with your child about feelings and encouraging them to develop self-regulation abilities.

Don’t wait until it’s too late!
Sometimes it can be too hard for a child (or adult!) to calm themselves when they are already very upset. You know your child best. When you see them begin to get restless, frustrated, angry, etc. try asking what zone they are in and offering a tool to help them regulate before they are out of control.

In which Christmas Carol can you find these items?
1. Two eyes made out of coal
2. Reindeer games
3. 5 gold rings
4. One horse open sleigh
5. Stoplights, blinkin’ bright red and green
6. Figgy pudding

Who Sat Where? Stumped? Answer is on reverse side.
A Group of friends enjoyed a holiday dinner together. The diagram (on right) shows how the table and chairs are arranged. Use the clues to find where each person sat. Write their names in the rectangles.

1. Han sat directly in front of the window and directly across from Ben.
2. Luke did not sit next to Han or Lando.
3. Wedge sat directly on Han’s left and directly across from Leah’s neighbor. “Remember, Han is facing the table. Where would his “left” be?
4. Leah’s neighbor is not Luke.

In which Christmas Carol can you find these items?
1. Two eyes made out of coal
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3. 5 gold rings
4. One horse open sleigh
5. Stoplights, blinkin’ bright red and green
6. Figgy pudding

Rudolph was almost named Rollo or Reginald. Reginald the Red-Nosed Reindeer doesn’t quite have the same ring to it!
CVC Gets Scary
Fall Festival Fright, Food and Fun for Families

The annual Fall Festival brought hundreds of children and adults outside to Anchor Place on October 25th, dressed in their scariest Halloween costumes. The Oasis Youth and Family Services team hosted games on the lawn. Children bowled for prizes with Israel “Izzy” Matos, better known as “Wolverine” while Kaitlyn Taylor (Super Chaos Coordinator) and Yeganeh “Yeggi” Watts (Super Mom) hosted cookie decorating with the assistance of residents from American Indian Changing Spirits.

CVC’s property management team built and hosted a haunted house that had both children and adults running scared. With help from the Maintenance team and Oasis, they turned the Anchor Place Studio into a frightening experience that rivaled our local professional haunted houses. CVC staff and resident volunteers were dressed to scare as visitors walked through. Survivors were treated to some candy at the exit.

For those more easily frightened there were plenty of other fun activities, including a sensory table run by the Occupational Therapy interns, creepy and slimy pumpkins with PATH Ventures, and face painting provided by City HeART for those that didn’t come dressed up or needed a little something extra for their costume. U.S.VETS provided “trick or treat” bags to all the children, and our own John Oppenheim hosted the Pathways to Health table where he passed out 100 healthy snack bags. Other vendors who provided candy or goodies included Caremore Health, Project Legacy and the Long Beach Grocery Co-op.

This year, the Junior League of Long Beach, which has a long history of supporting low income families in Long Beach, participated in our Fall Festival by providing an activity called “Finding Kindness.” Children and adults wrote kind words on decorated rocks, and were then encouraged to leave them somewhere for others to find. The children hoped that their neighbors will find their words of kindness around campus.

The rest of the Oasis Superheroes treated the residents to snacks, including a delicious popcorn bar with warm freshly popped popcorn, candy toppings, and lemonade. The Oasis team also provided extra candy to the partners when they ran low, and helped to manage the crowds.

Thank you to everyone, including staff, partners and volunteers who helped make this another successful community event at the Villages at Cabrillo.

Bring Out the Tents and Marshmallows!
Cub Scouts Campout Fun

Many have seen CVC’s own Cub Scout Troop recite the Pledge of Allegiance at our monthly town halls. Recently, they had a wildly successful campout on our Grand Lawn.

If you have a boy or girl interested in Scouting, you can connect with the Troop at the monthly town halls where you can also find more opportunities to participate.

The following is a wonderful letter from Scout Leader Sherry Martinez acknowledging everyone’s contribution.

“...the campout was awesome, we had about fifty people to participate, the residents and veterans gave me many big hugs, for the lawn being filled tents, they said it was something they always dreamed of, and of so many thank you, for doing something for the youth, some of the residents came out and made big speeches, and gave Ms. Sherry a big thank you, because what she did, no one else would have done, not even your family member, I cried because of so many of the residents appreciation and a big THANKS !!! to you for making this possible and hoping to make another date in the spring, I will send the pictures over as soon as my picture, man brings them in, oh and also fire truck #9 with Mr. Wayne Chaney Sr. and his crew came out, with the fire truck and allowed the kids hold the hose, and put on all the fire gear, he just called to make sure he was able to post the pictures that was taken, I gave him permission we will have pictures on fire station page soon. Thanks, it was Awesome and I am excited because we did make a difference kids and parents told us we made difference all the kids talked about was camping and when can we do this again. …

~ Sherry Martinez