



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 33 · SPRING 2019

## Calendar

- March 25 / Monday  
Cesar Chavez Day observed  
**CVC Offices Closed**
- March 31 / Cesar Chavez Day
- April 1 / April Fools' Day
- April 14 / Palm Sunday
- April 15 / Income Taxes Due
- April 16 / Tuesday  
National Stress Awareness Day
- April 17 / Blah, Blah, Blah Day
- April 19 / Good Friday
- April 21 / Easter Sunday
- April 23 / Take a Chance Day
- April 24 / Wed. 11am-2pm  
**CVC Pathways to Health Fair**
- May 4 / Star Wars Day  
May the 4<sup>th</sup> be with you!
- May 5 / Sunday / Cinco de Mayo
- May 7 / National Teacher's Day  
Thank a teacher today!
- May 10 / Friday / Child Care  
Provider Day. **Stop by CCD or  
Head Start & say thanks!**
- May 10 / Friday  
Clean up Your Room Day
- May 12 / **Mother's Day**
- May 14 / Tuesday  
Dance Like a Chicken Day
- May 18 / Armed Forces Day
- May 27 / Monday / Memorial  
Day - **CVC offices Closed**
- May 28 / Natl. Hamburger Day
- May 31 / World No Tobacco Day



### *Do rules for Service & Emotional Support Animals apply to you?*

If CVC is a “no pet community,” why are there so many animals here? If you’ve walked around CVC and noticed residents with dogs, cats and other animals, you may be wondering why they’re allowed to have a pet and you are not. Well, in short, these are not pets. These animals have been authorized by CVC’s Management through the Reasonable Accommodation for a Service or Emotional Support Animals (ESA) process.

A Reasonable Accommodation is an exception to rules or policies to allow persons with disabilities to have an equal opportunity to use and enjoy their community. If approved, they are given an exception to our no-pet policy, allowing the person(s) with disabilities to use and live with a service or emotional support animal.

So what is a Service or Emotional Support Animal? The Americans with Disabilities Act defines a service animal

as “any animal that is individually trained to do work or perform tasks for the benefit of an individual with a disability, including a physical, sensory, psychiatric, intellectual, or other mental disability.” In contrast, a therapy and ESA merely provides comfort and coping assistance to an individual in some fashion.

Like service animals, ESAs are protected by California and Federal law pertaining to housing, employment, and travel. However, they do not receive the same protections in public places as service animals do. In either case, once a Service Animal or ESA has been approved by management, there are still rules that must be followed:

- The **animal must remain under control of its owner/handler** at all times and must not disturb the peaceful enjoyment of other residents.

- **All shot records and licensing** must be presented to management.
- Animal must be **well-maintained**.
- **Waste elimination must be disposed of in a safe and sanitary manner.**
- Owner/Handler must adhere to all applicable local, state and federal laws and ordinances. In Long Beach, that also means that the **dog must be spayed or neutered.**
- **Any damage(s) caused by the animal is the responsibility of the owner.**

If these rules are not adhered to, the Reasonable Accommodation can be revoked.

CVC supports those who legitimately require a Service or ESA animal. Sadly, there are those who attempt to fraudulently obtain them. These folks have created a national problem, which has brought about much skepticism and increased the barriers for those who are actually disabled or have a genuine need.

It is always our desire to create a beautiful environment that is enjoyable for everyone. So, if you need a Service animal or ESA, speak with your health professional and then submit a Reasonable Accommodation Request to your Property Manager. If you already have an Accommodation, please follow the rules so that everyone can enjoy their community.

## On-going meetings

Everyone is welcome.

- AA Meeting** 7pm, Sunday, Changing Spirits
- Cabrillo Church in Christ** 10:30–12pm, Sunday, Social Hall
- Community Watch** 5pm, Last Wed., Gateway Conference Room
- Saturday Night Candle Lite (AA)** 7:30pm, Saturday, WVR
- Self-Help Recovery Meeting** 6pm–7pm, Tuesday, WVR
- Town Hall** 5:30pm, 1<sup>st</sup> Tuesday, Social Hall
- Twelve Step, Attitude Adjustment (AA)** 6:30am, Daily, Social Hall

## The Village Anchor Team

**Editor:** Donna Ferraro

**Writers:** Joana Archangel, René Castro, Steve Colman, Israel Matos, Brett Morales, Paige Pelonis, Danica Potts, Melissa Rain, Kaitlyn Taylor, Kim Wee, Jaylene Westfall. **Guest Writers:** Melany Pary, Thao Thai.

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

# We've Got You Covered!

## Oasis Youth and Family Center services now all under one roof

The Oasis Youth and Family Center has undergone some big changes! The building, located at 2291 W. Williams (the corner of San Gabriel Avenue and W. Williams Street) now houses four separate service spaces each with their own entry for CVC residents.

### **WE ARE B.O.L.D. Teen program**

#### **Located at Door number 1**

Open to grades 6<sup>th</sup>-12<sup>th</sup>  
Contact Israel Matos at 562-388-8078 for more information about We ARE B.O.L.D.

Weekly schedule as follows:

#### **MONDAYS Transitional Age Youth (TAY) Programming**

(Young adults age 18-25; Mon. 10am-12pm; 1-3pm) Young adults can take advantage of computer use and employment-seeking services, goal-setting, and general assistance. After 3pm, specific activities are facilitated. Programming includes assisting young adults with employment readiness, goal-setting, college applications, resource referrals, resume writing/building, and more.

**TUESDAYS Middle School programming** (Youth grades 6<sup>th</sup>-8<sup>th</sup> living on-site; 4-6pm) The program includes a healthy snack, a game/mixer in the beginning, a relevant lesson, an activity that corresponds with the lesson, and a healthy meal. Activities include art, REAL talks (relational, emotional, affirming, learning), and team-building exercises.

**WEDNESDAYS High School programming** (Youth grades 9<sup>th</sup>-12<sup>th</sup> living on-site; 4-6pm) The program includes a healthy snack, a game/mixer in the beginning, a relevant lesson, an activity that corresponds with the lesson, and a healthy meal. Activities include life skills (cooking classes, college prep, conflict resolution, etc.), art, and team-building exercises.

**THURSDAYS: Middle School and High School programming combined** (Youth grades 6<sup>th</sup>-12<sup>th</sup> living on-site) Programming includes a one-hour activity with occupational therapists, and then a 1-hour activity with our partner CityHeART. Activities include cooking classes, art therapy, music, and more.

#### **CityHeART Hub Door #2**

(Open to all by appointment only) The Hub is open for all individuals living at CVC to:

- use the computer
- obtain assistance with resume-building and job search/applications
- food and household needs
- get school uniforms or business clothing
- personal-care or hygiene items
- school supplies
- transportation assistance, etc.

Additionally, CityHeART will offer art workshops, peer support groups, and other groups in a calming environment in which residents can independently utilize these services with assistance from support staff or volunteers as needed.

Use of the CityHeART Hub is by appointment only. CVC residents may ask their case manager or an Oasis Youth and Family Services Staff for a referral or to schedule an appointment.

#### **Oasis After-School Program**

**Door #3** (Children K-5<sup>th</sup> grade living on campus; Mon.- Thurs. 3:30-5:30pm) Children can get



homework help from School on Wheels tutors, participate in music lessons and art projects, enjoy active outdoor games, and learn social and emotional-regulation skills. Enrollment is required. Contact Youth and Family Services: (562) 388-8067 for more information.

#### **Parent and Child Empowerment Support (PACES) Program Door #4**

The parent programming space provides workshops, individual appointments, classes, and resources to parents and caregivers. The weekly PACES support group and parenting workshops take place here.

Oasis staff are available to assist with behavior intervention, therapy referrals, conflict resolution, behavior charting, goal-setting, home management, tutoring referrals. Contact Youth and Family Services: (562) 388-7601 for more information.



## "It Takes a Village" Karaoke

Pastor Patrick Ferguson is a youth pastor for Grace Brethren Church in Bixby Knolls. But every 3<sup>rd</sup> Wednesday of the month, he brings food and youth volunteers for the monthly "It Takes a Village" Karaoke held in the Social Hall.

"We have a blast and it's the favorite activity for many of my youth volunteers." Residents Kelly Edwards and CJ host the event with the support of Arthur Lara from U.S.Vets, Benjamin

Monroy from Century Villages and Grace Brethren. In addition, the Pastor recently helped raise \$1890 to support the Villages Occupational Therapy Program. Thank you for all you do Pastor Ferguson!

"It Takes a Village" Karaoke takes place every 3<sup>rd</sup> Wednesday of the Month from 6-9:00pm in the Social Hall.



CVC residents enjoy a night of karaoke

### **wee bits!**

\*Walking outside - or spending time in green space - can reduce negative thoughts and boost self-esteem. Join the OT Walking Group daily 9-10am. Meet outside Anchor Place.

\*Feeling stressed? Read. Getting lost in a book can lower levels of cortisol, or other unhealthy stress hormones, by 67 percent.

# Dude, Where's My Car Parked?

## The Ins and Outs of Parking at CVC

At the Villages, parking is a hot commodity! Sometimes it takes a good two laps around our 27-acre campus for the "parking fairy" to finally answer your prayers. Some days, a brisk walk may be required.

A good parking space is just about every driver's hope. Per Kevin McCoy of USA Today, "Driver's spend an average of 17 hours a year, searching for parking spots." Incredible! Imagine all the (more) important things you could be doing with 17 hours.

Parking spaces are one of the top frustrations and sources of conflict between landlords and tenants. As a requirement to park at CVC, **permanent residents with vehicles must provide the Property Office with all required documents** such as current registration, current insurance and a valid driver's license, to receive a yellow permit. **Non-permanent residents should provide this same information** to program administration to receive a parking sticker. All CVC and program staff should provide the listed items to the Property Office to receive a blue parking permit.

**Registering your vehicle with the Property Office ensures that each vehicle can be identified.** Emergency issues come up and to find vehicle owners quickly, the property office maintains registration and

contact information of all vehicles and their owners. These emergencies may consist of incidents such as being blocked-in, car being vandalized or car to be towed.

CVC adheres to city parking ordinances. To make sure those regulations are implemented, **we contracted with A&A Towing (562-989-2375) which monitors the site on a 24-hour basis** to look for illegally parked vehicles. These include cars parked in red zones (identified as No Parking), Handicapped parking spaces (including the blue hash next to the space), in spaces with indicated parking time restrains (such as TCC in the Gateway garage or loading only/Yellow - 15 minute max), or blocking entrances and exits etc.

**Our CVC staff also monitors the condition of each vehicle.** If vehicles are in an unacceptable condition, they will not be towed right away. However the vehicle will receive a citation identifying what needs to be corrected and when it needs to be corrected by. Should you receive a notice, please call or visit the office to inquire what the next step should be or correct the issue(s) listed on the Warning Notice. **The property office is more than happy to assist you with additional time to correct these issues** or provide you

with clarification on what the CVC Parking Residential Lease Addendum stipulates.

### Violations may consist of:

- Expired registration
- Missing vehicle plates
- No parking permit/parking pass
- Vehicles sitting for more than 7 days (Collecting dust/possibly abandoned)
- Vehicle used as storage
- Leaking oil/fluids, flat tires, broken windows
- Improperly parked (occupying more than one parking space), etc.

### Next time you drive onsite, keep these things in mind:

- Is my registration current? If not, have I notified the Property Office or Service Provider?
- Do I have a visible and current

Parking Pass or Resident Parking Permit?

- Have I parked properly, occupying only one space and not too close to the neighboring vehicles?
- Have I read the signage on or around my parking space, assuring there are no parking stipulations, such as "No Parking," Handicapped, etc.?
- Did I lock my vehicle? (CVC is not responsible for theft, vandalism and/or damages)

Keeping these items in mind could save you a trip to the tow yard and paying big bucks. Final thoughts: parking leads to someone's home or job and everyone deserves to have a nice, quiet, and clean place where he or she can feel good about leaving his or her car.



## Who's Keeping Us Safe?

### Community Watch Needs a Few Good Wo(men)

Would you like to make some friends while serving your community? Join the Community Watch Program. Meetings are held monthly in the Cabrillo Gateway Conference Room, usually on the last Wednesday of the month from 5:00-7:00pm.

Every other month, the group travels to the Long Beach Police Department

West Division to join the Commander for a meeting with other community watch groups throughout the area.

Did you know that 94% of residents reported feeling safe while living at The Villages? Call Rene Castro for more information: (562) 299-5749.



## Love Gardening?

### CVC's Community Gardens Are in Bloom



My name is Thao and I am the OT student leading the community garden this Spring. Residents who are interested in gardening can inquire about reserving a garden plot. These fill up fast and we currently have a waiting list, so don't wait.

The last meeting for Spring will be Monday March 25<sup>th</sup> from 4-5 pm. Summer meetings will begin end of May with new summer OT students.

For more information, please contact the OT office at (562)388-8080 ext. 1 or at ot4cvc@gmail.com.

# Superstars of CVC

How can YOU make CVC a better place to live? The Village Anchor will be introducing you to residents or staff who make this community a special place. You might be working alongside one of our future Superstars, or maybe you give back in a unique way you would like to share? Learn about your neighbors and see the Villages through their eyes. To be featured, call (562) 388-8191 and tell us your story.

In this Issue, we talk with Dr. Joyce Logan, veteran and resident from AWP and former Hacienda of Hope guest.

## What are you most passionate about?

I have always wanted to be a part of positive change. I'm an advocate for when it comes to something I believe in.

## What do you think are your strengths/gifts that you would like to share with this community?

I am a great organizer. I love to learn how to support families with children with special needs. I'm getting feedback from residents – people at this campus – about a need for a “special needs” event.



## What are you doing to be a part of the Village community?

I also share my passion for singing during karaoke nights at the social hall and at the Hacienda of Hope.

# Welcome Yeggi Watts



was 17 years old, and earned her Master's in Education and Child Development. She worked for the Long Beach Unified School District as a Behavioral Interventionist and Family Support specialist for 7 years. Yeggi came to CVC as a volunteer with HeARTsy of CityHeART, and as a volunteer she provided art workshops for our children and families, and participated in CVC events such as the Health Festival and Back to School Event. We were excited when she joined us part-time working in the Oasis After School Program.

As a new full-time staff, she is excited to share her skills with the parents at CVC, helping them access resources and services through the LBUSD and assist parents in connecting to the school district and their child's teacher. She will offer a weekly Parent Support group (PACES) on Wednesdays that will provide a safe space for parents to support each other, learn more about childhood development and build community support. For more information about PACES, contact Yeggi at 562-388-7601.

Meet Yeganeh “Yeggi” Watts, our newest CVC staff member. Yeggi is the Family Support Specialist for Oasis Resident Services and her office is located at the Youth & Family Center along with our other Youth & Family Services staff.

Yeggi has wanted to help children with special needs since she

## Wee bits!

\*Laughing is good for the heart and can increase blood flow by 20 percent.

\*Learning a new language or playing a musical instrument gives your brain a boost.

\*Drinking coffee can reduce the risk of depression, especially in women.

\*Chocolate is good for your skin; its antioxidants improve blood flow and protect against UV damage.

## We're Honored! Anchor Place Wins Again

Anchor Place received the National Association of Home Builder's (NAHB) “Pillars of the Industry Award” for 2018's Best Affordable Apartment Community (Over 100 units). This prestigious award recognizes creative development concepts, innovative affordable developments, great design, superior management and marketing in the apartment and condo marketplace.



## NEW START DATE The Stage Is Ready, Are You? The Village Jam'



The Rock Club Music Is The Remedy and Century Villages is looking for residents of all ages that have an interest in guitar, bass, keys, brass, wind, harmonica, drums and singing.

**FREE & OPEN TO ALL RESIDENTS**

Professional Musicians will guide you to making music, making new friends, spark a new interest and have fun.

**WHEN: TUESDAY'S**

**MARCH 26 END SHOW JUNE 4,**

**FROM 1P TO 3P IN THE SOCIAL HALL**



# Who You Gonna Call?

Many residents living at the Villages ask, "Who should I call when I have a problem?"

"What should I do if I see something broken?"

"Should I report what I saw to property management, my case manager or the police department?"

There are so many options that it can be hard to decide so we've put together a simple list that you can easily refer to.

### Police or Fire Emergencies: Call 911

- Someone is in immediate danger
- You believe a crime is happening right now
- You see smoke or flames

### Police Non-emergencies:

Call 562-435-6711

- A crime has happened in the past (a few hours or days has passed)
- You believe a crime may have been committed

### Property Emergencies:

Call Security 562-388-8061

Security will call the onsite staff best able to fix the problem

- Flooding/plumbing
- No electricity
- Elevator not working
- Spills after hours (request assistance for clean-up)

### Property Non-emergencies:

Report to the Property Office

- Street lights not working
- Broken signs or windows
- Pests (bed bugs, roaches, mice, etc...) that can wait until the next business day
- Maintenance needs
- Spills

Services staff can often assist residents with finding the right solution or the best place for help. If you are having difficulty with a neighbor and need some help talking it through, you can reach out to



your service provider who can help by setting up a meeting. If you feel like you need to have support when calling an agency for help, visit your services office and we can help. Or maybe there is a group at the Villages

that is the right place for you to share your concerns and work with your neighbors to resolve the situation.

## OT4CVC Occupational Therapy Groups

These groups are open to all.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WALKING GROUP</b> 9-10 AM Meet at Anchor Place	<b>WALKING GROUP</b> 9-10* AM Meet at Anchor Place	<b>WALKING GROUP</b> 9-10 AM Meet at Anchor Place	<b>WALKING GROUP</b> 9-10* AM Meet at Anchor Place	<b>WALKING GROUP</b> 9-10 AM Meet at Anchor Place
	<b>COMMUNITY GARDEN</b> 10-11 AM (Starts Feb 12 <sup>th</sup> )			
<b>COOKING CLUB</b> 11-12:30 AM Anchor Kitchen	<b>COOKING CLUB</b> 11-12:30 AM Gateway Kitchen		<b>COOKING CLUB</b> 11-12:30 AM Gateway Kitchen	
<b>VETERANS GARDEN</b> 1-2 PM			<b>SENSORY &amp; SELF</b> 2-3PM Hacienda of Hope	*9-9:30am Changing Spirits

**wee bits!** \*Exercise will give you more energy, even when you're tired. A lack of exercise now causes as many deaths as smoking.

\*Did you know Anchor Place has a Fitness Center open to residents?

### Sudoku answers

5	3	8	1	3	5	7	2	6	9	4	8
7	8	7	3	2	8	1	4	9	5	6	3
4	6	4	9	6	4	8	5	3	2	1	7
1	5	1	6	5	1	9	8	7	4	3	2
9	2	9	6	3	2	9	4	1	5	7	8
4	8	8	9	7	4	6	3	2	1	5	9
6	3	2	1	5	9	7	4	8	6	3	2
5	9	4	3	2	1	8	7	6	5	9	4
3	6	1	8	7	4	5	9	2	7	8	6
2	7	8	6	9	5	4	1	3	2	7	8

9	8	4	2	1	5	6	7	3	1	7	5
1	7	5	6	9	3	4	2	8	2	3	6
2	3	6	8	7	4	9	5	1	9	8	7
3	2	9	1	5	8	7	6	4	7	5	8
7	5	8	4	2	6	1	3	9	4	2	9
4	6	1	7	3	9	2	8	5	5	4	2
5	4	2	9	8	7	3	1	6	8	9	7
8	9	7	3	6	1	5	4	2	6	1	5
6	1	3	5	4	2	8	9	7	9	8	6



# Running toilet? Burnt out light bulbs?

## Are Your Maintenance Requests Reaching Us?

If your faucet is leaking or your toilet is running, what should you do? Please report this to the property office by filling out a maintenance request form, available on the office counter for your convenience.

**Filling out a request:** Be as specific as possible when reporting your maintenance issue. Provide your name, apartment and phone numbers, and indicate permission/no permission to enter your unit. If you do not grant permission, you must indicate a date and time that maintenance may enter. You must also choose a time frame of 8am-12pm or 12pm-4pm. Should you be unable to obtain a maintenance request form from the property office, you may make the request in writing.



**After hours request:** If our offices are closed, maintenance requests can be dropped in the 24-hour night drop located outside the main property office by the three flag poles.

Examples of typical maintenance requests are: replacing a light, stove not working, broken window blinds.

Even though you may have verbally informed a maintenance worker about repairs needed in your apartment, it is not official until you submit a maintenance request form or put it in writing. This will help us to help you get your repairs completed in a timely manner, which is typically two business days.



**How long does it take?** Please be advised that certain repairs may need a replacement part or an appliance may need complete replacement. In these cases, more than two business days (or sometimes, even weeks) will be needed! If you need an update on a repair, you may visit or contact Property Management. Additionally, a light replacement or broken blind may take more than a few days if our maintenance department is busy tending to an emergency and/or high priority issues at hand.

**Examples of emergencies include:** water leak, flood, locked out of unit, no electricity, no water, no hot water, clogged toilet. Should

you experience these, call the CVC After-Hours Response Line at 562-388-8061. The faster you inform us of the emergency, the quicker we can resolve it and prevent further property damage. If there is a fire, please call 911.

Again, the maintenance request forms are located at the main property office by the three flag poles, the Cabrillo Gateway Office and the Anchor Place Office for your convenience. Remember, helping us keep costs down allows the owner to keep the rents at less than the maximum allowed.



## Up for a Challenge?

See if you can solve these Sudoku puzzles! **Rules:** each of the nine blocks must contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box.

		3		4	2		9	
	9			6		5		
5							1	
		1	7			2	8	5
		8				1		
3	2	9			8	7		
	3							1
		5		9			2	
	8		2	1		6		

2						5		
	6					5	9	
5	9	4	3					7
	3	2		5		7		
4				8				9
		7	3			6	5	
	5				7	9	6	4
	4	9					8	
			9					5



### HEALTHY WORD SEARCH



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

- \*SALAD
- \*FAMILY
- \*SOUP
- \*FISH
- \*WATER
- \*MILK
- \*STEAK



### wee bits!

\*Yoga is known for its ability to ease stress and promote relaxation. Did you know that Yoga is offered 4 times a week here at CVC free of charge, even on Saturdays? Monday 10am, Tuesday and Thursdays 3pm, and Saturday 9am in the Anchor Yoga Studio.

\*Writing things out by hand will help you remember them.

\*Join us at the Pathways to Health Fair Wednesday, April 24th 11am-2pm.