



Century Villages  
at Cabrillo

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Anchoring the Spirit of the Century Villages at Cabrillo Community

# The Village Anchor

Edition 35 · FALL 2019

## Calendar

- Sept 11 / Patriot Day
- Sept 21 / National Clean Up Day
- Sept 28 / Good Neighbor Day
- Oct 4 / World Smile Day
- Oct 13 / Apparently, it's International Sceptics Day
- Oct 14 / Monday  
Indigenous Peoples' Day ~  
CVC's Offices Closed**
- Oct 19 / Sweetest Day
- Oct 25 / Sourest Day
- Oct 29 / Tuesday /  
CVC's Fall Festival**
- Oct 31 / Thursday  
HALLOWEEN
- Nov 3 / Sunday  
Daylight Savings Ends (turn  
clocks back 1 hour at 2:00am)**
- Nov 4 / Common Sense Day
- Nov 11 / Monday  
Veteran's Day ~  
CVC's Offices Closed**
- Nov 13 / World Kindness Day
- Nov 14 / Pickle Day
- Nov 26 / Tuesday / The  
Villages Community-wide  
Thanksgiving hosted by  
CityHeART**
- Nov 28 / Thursday /  
Thanksgiving ~  
CVC's Offices Closed**
- Nov 29 / Friday /  
CVC's Offices Closed**
- Dec 7 / Letter Writing Day
- Dec 12 / Gingerbread House Day

## Expanding Hearts Through the Arts *Fun Art Week Leaves Kids Wanting More*

Summer wrapped up with plenty of back-to-school celebrations, water games, field trips and even a one-week art boot camp hosted by CityHeART for the kiddos!

For five days in a row, little ones from Cabrillo Gateway and Family Commons made their way over to the CityHeART Resource Hub, located within the Oasis Youth and Family Services Center, for breakfast and a morning of creativity, introduction to life skills, and fun. Pre-teens and teens strolled by for the afternoon session, which included lunch, collaborative projects, and preparations for a culminating art showcase.

Projects included paper mâché, air-dry clay, poetry, music, painting clay pots and planting seeds, acrylic painting, water-coloring, tear art, and a few independent efforts led by the emerging leaders as they explored a wide variety of art media together.

This year's art camp and showcase

were sponsored by the Long Beach Education Foundation, an avid supporter of connecting youth to opportunities where creativity and art are used as a means of self-expression.

Approximately 15 participants made for a very fun week, culminating with an art show that was a hit. After all was said and done, both the teenagers and the little ones were excited to schedule the next art show.

Well, they asked, and we answered! CityHeART will be launching a

monthly art class followed by a showcase event beginning in October. Partnering with U.S.VETS and local Long Beach artists, CityHeART will offer both youth oriented and adult art workshops to create an intergenerational art showcase experience once per month for the remainder of 2019.

Keep an eye out for dates, times, and locations of the classes and don't miss the art shows that will follow – dinner will be included at each! For more information, please email [love@ourcityheart.org](mailto:love@ourcityheart.org).



## 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 Arcangel, René Castro, Steve Colman, Israel Matos, Brett Morales, Paige Pelonis, Danica Potts, Melissa Rain, Kim Wee, Jaylene Westfall **Guest Writers:** Aimee Uresti, Yeganeh Watts, and Vincent Stevens.

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



# School Year Kicks Off in Style

HOPEfest Brings School Supplies and Fun to Students

## To Our HOPEfest Volunteers and Vendors

The H.O.P.E. Foundation  
American Indian Changing Spirits  
AAADAP  
Acai Mobility  
Black Infant Health  
Boy Scouts of America  
Cabrillo Church in Christ  
Casa Youth Shelter  
Cal State University, Long Beach  
East Yards Communities for Environmental Justice  
Healthy Active Long Beach  
Long Beach City PHEM and CLPPP  
Long Beach Public Library  
Long Beach Transit  
LA Barber College  
LA Metro  
Mental Health America, Los Angeles  
PATH Ventures  
Project Legacy  
School on Wheels  
St. Mary's Mobile Clinic  
The Children's Clinic  
U.S.VETS  
You Had Me at Cool



Once again, CVC teamed up with the H.O.P.E Foundation to host our 8<sup>th</sup> annual HOPEfest, a back-to-school themed resource fair and summer festival attended by over 300 residents. On a hot summer day, hundreds of residents, both veterans and families, explored the many resource tables and exhibits that lined the Grand Lawn.

While kids were joyfully sliding down a giant water slide, toddlers stayed cool in the Splash Zone. Many visited the booths, collected school supplies

and learned about community resources. Everyone enjoyed the music hosted by CVC's own Izzy Matos who took song requests from the crowd.

We couldn't have done it without the support of over 20 community partners who hosted a table or activity or helped by providing volunteers and school supplies. We're especially grateful to The H.O.P.E. Foundation, who helped by donating backpacks and organized this resource fair. With their help, we were able to provide community information to

## The Numbers

- ★ 300+ residents attended
- ★ 500+ Turkey Dogs Served
- ★ 400+ Bags of Popcorn served
- ★ 300+ Cotton Candy Cones Served
- ★ 400+ You Had Me At Cool Italian Ice Served
- ★ 300+ Trips Down the water Slide
- ★ 150+ Back Packs given to youth residents
- ★ 20+ Exhibitors gave out school supplies

our residents and offer fun family friendly games, school supplies and backpacks for the children.

## Long Beach Rotary Foundation Donates Grant

Century Villages at Cabrillo recently received a \$10,000 grant from the Long Beach Rotary Foundation. Steve Keesal visited the campus to present the award to Kim Wee, VP of Resident Services and Jaylene Westfall, Resident Services Manager. The grant will be used specifically for the Oasis Youth and Family Service Center's Afterschool Program. Thank you to Mr. Keesal and all the Long Beach Rotarians for their tremendous support!



## City of Long Beach New City Hall Opens

The Villages at Cabrillo and all of our partners regularly participate in Long Beach City Council meetings on a variety of subjects relevant to affordable housing and homelessness. The City of Long Beach recently opened a new City Hall at 411 W. Ocean Boulevard at the corner of Magnolia and Ocean.

All residents of the Villages at Cabrillo are encouraged to participate in our local democracy. Meetings are held every Tuesday (except the last Tuesday of the month) starting at 5:00pm. Agenda items can be found at <https://longbeach.legistar.com>



# Your Money, Your Goals

 A Spending tracker can help you analyze and change your spending habits

1. Get an envelope to collect your receipts. Spending for the month of: \_\_\_\_\_
2. Use the table to track your spending in the categories below. Don't forget about bills you share with others.
3. At the end of the month, add up each category.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	CATEGORY TOTALS
 Cell phone						
 Debt payment						
 Eating out						
 Education + childcare						
 Entertainment + personal care						
 Groceries + other supplies						
 Health expenses						
 Helping others						
 Housing + utilities						
 Pets						
 Transport						
 Other						

Total spending this month:

Are you struggling with paying your bills or saving money? Ask your case manager about “Your Money, Your Goals.” The Villages at Cabrillo recently adopted “Your Money Your Goals” as a way to help residents secure their finances and become more financially independent. The program is meant to be used

one-on-one so it is private and secure. Pictured above is a worksheet used in the program to help individuals track expenses. Try filling it out. You’ll be surprised to see where your money is going. If you are a case manager, please call René Castro for more information: (562) 299-5749. Free toolkits are available.

# What's Good In the Neighborhood



Participants joined “Just Move” — a one-hour group where they enjoyed music, danced to their own groove for cardiovascular exercise and learned more about peer support. The whole idea of the “Just Move” series of group activities is that we can all start anywhere when it comes to choices to enhance our well-being, including physical fitness, being more social,

saving money and tidying up our homes. Project Return Peer Support Network goes by “meeting people where they are,” and sometimes we forget to do that for ourselves. We can get caught up in our dread or even in our own desired end results, especially when it comes to physical fitness that we forget that the beginning is just part of the journey. In

# The VACC Meets with Munzer Foundation

The Villages at Cabrillo Collaborative (VACC), a group of agency leaders who serve the Villages community, recently met with Zayda Garcia, Senior Program Officer for The Rudolph J and Daphne A Munzer Foundation. The Munzer Foundation’s mission is to strengthen community, family and individuals through effective and focused philanthropy. The VACC requested the meeting to discuss how the Foundation might support the group’s collective work.

“It was a robust and lively discussion,” said Dora Jacildo, Chair of the VACC and Executive Director for Comprehensive Child Development. “We so appreciate the time and counsel provided by Ms. Garcia. She really helped us to focus our energy

and ideas. We arrived at some really good ideas to support our families with children (ages) 0-5.”

This effort is aligned with the VACC’s strategic plan to raise funds to support one another’s mission collectively. Also in attendance for the meeting were Jina Lawler, COO for The Children’s Clinic; Carina Sass, Associate Director, CSULB Center for Community Engagement; Nancy Albin, Executive Director, Los Angeles Habilitation House; and Rosanna Delao, Assistant Program Coordinator for a local family crisis center.



THE RUDOLPH J AND DAPHNE A **MUNZER** FOUNDATION

# WALK-TOBER

**PATHWAYS TO HEALTH WALKING CHALLENGE**



the group, we took time to remember to be in the present moment as we embark on our paths of personal individual growth and were able to appreciate our bodies as they were.

Be on the lookout for upcoming opportunities to join in on more physical fitness activities such as WALK-tober!

**wee bits!**  
 \*You can't tickle yourself  
 \*Only male turkeys actually gobble  
 \*Costumes weren't always for kids — people wore masks when they left their homes after dark so ghosts would think they were fellow spirits

# Get Ready to Shake Out!

“Great California ShakeOut” Opportunity to Go Over Earthquake Preparedness

While some areas of California are more likely to have earthquakes than others, all of California is at 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 we do now will determine our quality of life after our next big earthquake. Are you prepared to survive and recover quickly?

The Great California ShakeOut is an annual opportunity to practice how to be safer during big earthquakes: “Drop, Cover and Hold On.” The ShakeOut, a California event since 2008, has been organized to encourage us to review and update emergency preparedness plans and supplies.

CVC has historically tried to prepare our residents, staff and service providers, but it is important that you prepare yourself and your family.

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



- Have a **family member outside of California** to call to let everyone know the status of your family.
- Check your home for potential falling risks** - Secure bookshelves, artwork, mirrors and other heavy item that may fall in the event of an earthquake and place heavier items lower to the ground if possible.
- Know where the **fire extinguishers and evacuation plans are located** in your building.
- Become a CERT (Community Emergency Response Team) member. Go to <http://www.longbeach.gov/fire/community-outreach/cert> to learn more!
- Become a Neighborhood Watch Member** to assist CVC and your neighbors in the event of a disaster.
- Participate in CVC's Evacuation Drills when announced.
- Download the PulsePoint or CodeRED apps** to be notified in the event of an emergency. **Sign up for AlertLongBeach** to receive text or email messages in emergency situations.

CVC will be conducting an **earthquake drill on October 17<sup>th</sup>**. Watch for more information and join your neighbors in preparing for the next big earthquake.

## Free Night at the Symphony

Pacific Symphony's Heartstrings program provided CVC residents free tickets and transportation to attend the “Hail to the Heroes” concert held at the Orange County Fairgrounds on September 8. The concert was hosted by Marine Corp veteran and comedian James P.



Connolly, and featured patriotic music spanning the decades. Carl St. Clair conducted the evening's music and there was a special guest appearance by Colonel Arnald Gabriel who led the U.S. Air Force Symphony for 21 years, beginning in 1964, and recently celebrated his 94<sup>th</sup> birthday. There were also appearances by the

Swing Dolls and Bugle Boys singing “Boogie Woogie Bugle Boy” and Country Music Star Lee Greenwood performing his well-known hit “God Bless the U.S.A.” The seven residents and two staff members who attended the concert enjoyed a picnic dinner provided by CityHeART. One of the residents said that the concert was very moving and he hoped that more of his neighbors will be able to attend the next concert.

## A Day in the Life: Patrick Salazar

“I love the Plaza and being with other fellow veterans. I appreciate all the services that U.S.VETS and CVC have to offer. The efforts to take care of the veterans is outstanding.”

These very words were spoken by Patrick Salazar, a veteran and resident at the Plaza. He said that his friends and four sons raved about his apartment and were very happy for him when he moved in. Coming from a shared suite at the Plaza, he is very happy to now have his own apartment. In 2016, at one of his son's suggestion, he started at the VIP program. After settling in to his new apartment, he requested—and was approved—to adopt a companion animal. He found an affectionate cat named Boxer Boy who accompanies him whenever possible, including the beach, where the cat likes to swim in the water. And, yes, you read that right, his cat loves to swim! That must definitely be a sight to see!

Giving back is important to Patrick and he gives in several ways. He volunteers every year distributing lunches to the homeless at an Orthodox Christian Church in downtown Long Beach. Here at CVC, one of the Occupational Therapy students suggested he try gardening. He grows tomatoes and chilies, although he would really like to grow roses and lotus flowers. A couple times a week, he joins the morning group walks.



# Summer Campers' Updates



**The Oasis Summer Youth Program** was a blast! Each week we celebrated a new theme including Hawaiian Week, Nature Week, Under the Sea Week, Music and Talent Week, and Game Week. Eighteen Students enjoyed a lot of water play in the hot sun and made art, sculptures and crafts, while working on team building and individual self-growth. They even had a visit from our Occupational Therapy Intern field instructor who brought her comfort tortoise and chicken for the children to meet. The two biggest highlights were our field trips to the Long Beach Aquarium of the Pacific and Chuck E. Cheese's. We made so many amazing memories and we can't wait for next summer!



The **We Are B.O.L.D. Summer Program** hosted 5 weeks of fun activities, each day offering something different to the 23 teens who participated! The students worked on weekly community building activities with our CVC partners such as volunteering with CityHeART to prepare and serve over 100 sack lunches to the homeless community at the LB Multi-Service Center every Tuesday. They also participated in an intergenerational cooking class with some veterans from U.S.VETS to make healthy meals for the residents at Harbor Interfaith. In addition to service projects, the teens also enjoyed team-building games, art workshops, health and fitness, and sports (including getting Mr. Sean Ransom out on the basketball court!).

Life skills guidance was another focus of the summer program. Students learned how to prepare and cook their own breakfast and lunch. A few of the older students participated in mock interviews, as well as resume building. The students also organized a pancake breakfast fundraiser, through which they raised more than \$200 for an upcoming field trip in the Fall.

## PATH Explorers' Summer 2019

The theme for PATH Explorers' summer was "Around the World." PATH Explorers learned about different countries such as Tanzania, the Philippines, Australia, Argentina, Canada and more. They also tried a different food or dessert from some of these countries. To end the summer, they took a field trip to the Pike to watch the Lion King. The children enjoyed being able to connect what they learned about the African countries to the movie. Global trotters in the making!



PATH Explorers' enjoy giving back to the community. Here they are preparing a dinner at the Ronald McDonald House. They came up with the menu and then cooked together as a team. Not only did they learn team building skills but they also got to enjoy eating dinner with the families.



**PATH Teens** wanted to take a trip out of town and decided that summer would be the perfect time. The teens started planning at the beginning of the summer. They compared prices for transportation, looked at places to visit/see, and planned a fundraiser. They came together as a team to make it possible. Thank you to the community who supported the teens in their fundraiser. They are very excited to take more road trips.

### NEIGHBORHOOD CROSSWORD

**1 Across**

**2 Across**  $2+2$

**3 Across**

**4 Across**

**5 Across**

**6 Down**

**7 Down**

**8 Down**

**9 Down**

Answer on reverse side



- \*You begin to feel thirsty when your body loses 1% of water
- \*A banana contains 75% water

# Join the Fun!

Troop 709, CVC Scouts, Open to Everyone

The New Frontier Scouts Program prepares you for today, tomorrow and for life!

The scout program is a part of the Long Beach Area Council and Scouts-BSA. The program is part of a century-long tradition of creating exceptional leaders. For the upcoming 2019-2020 year, we will have activities in music, gardening, computer/video game programming, fishing/camping trips, and holiday parades.

All are welcome! The program is open to all boys and girls between ages 5 to 20 years old; all genders, religions and beliefs are welcome. Join the program and be a part of a century-long program of success.

We meet at the Flagpole, main lawn (then in the Social Hall room) every Tuesday, 4 to 6pm, all year round. Please contact Mrs. Laura at 424-266-1687 via text or leave a voice message.

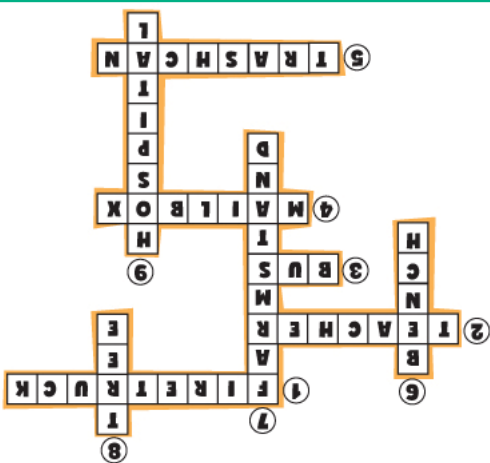


**wee bits!**

\*Apples are more effective at waking you up in the morning than coffee

\* Laughing lowers levels of stress and strengthens your immune system

\*Black Friday is the busiest day of the year for plumbers.



**Crossword answers**

**wee bits!**

\*Candy Corn has been around since the 1880's

## Congratulations to our first Tim Connell Scholarship Fund WINNERS



As Century's Director of Policy and Advocacy for almost two decades, Tim O'Connell committed his life in service to others. The Tim O'Connell Memorial Scholarship Fund was established to continue his legacy of advocacy and lifelong learning, awarding students \$1,000 for their hard work. The Fund is dedicated to providing higher education and military scholarship opportunities to students living at the Villages.

This year's scholarship was funded by Century Board Member Rocky Young and goes out to three hardworking young members of the CVC community who regularly give back through volunteering. Congratulations Rocky Young Scholars!

For more information about how to apply, please visit the Oasis Youth and Family Services Center, 2291 W. Williams St.



**Vincent Lazo, 17**  
Entered US Navy  
September 9<sup>th</sup>

"This has been an incredible opportunity, and I am just so glad to be where I am today."



**Nursharafina Muhammad, 17**  
Attending Cal State Fullerton

"I want to go into public health, and I am extremely grateful to Century Villages at Cabrillo for this opportunity and for supporting me."



**Annette Alvear, 19**  
Attending Long Beach City College

"This has been so helpful, especially as a college student trying to get my life together ... just, thank you so much."

Pictured with recipients are Rocky Young, Century Board Member (left) and Ron Griffith, Century President & CEO (right).