Journey to Wellness Pop-ups
Promote Holistic Approach to Health

Occupational Therapy (OT) students will be promoting Journey to Wellness pop-up activities alongside the farmstand every Tuesday from 1–3PM, beginning February 3, 2020. Come meet the new students and begin your exploration of wellness.

Journey to Wellness is a holistic approach to health promoted by Substance Abuse and Mental Health Services Administration (SAMHSA) that embraces an individual’s strengths, abilities, and dreams, while encouraging growth in eight different dimensions:

1. Emotional Wellness
   Coping with life’s challenges, enjoying relationships
2. Environmental Wellness
   Enjoying stimulating, soothing environments
3. Financial Wellness
   Satisfaction with finances
4. Intellectual Wellness
   Creative, new learning
5. Occupational Wellness
   Growth in the workplace
6. Physical Wellness
   Physical activity, healthy eating, and quality sleep
7. Social Wellness
   Connection and belonging, having a support system
8. Spiritual Wellness
   Meaning and purpose in life

OTs explored the theme of the week with interactive opportunities. Residents were asked, “What do you do for wellness?” Participants wrote answers on a poster for others to read. Handouts described aspects of wellness and promoted learning and insight based on the theme. OT students gave out participation coupons for free farm stand treats.

Another theme was exploring financial wellness with Monthly Budget worksheets, Tips for Improving Financial Wellness, and the Price is Right grocery game.

Can you match the correct cost of the following?

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vapor rub</td>
<td>$1.49</td>
</tr>
<tr>
<td>Pasta</td>
<td>$7.79</td>
</tr>
<tr>
<td>Mints</td>
<td>$2.29</td>
</tr>
</tbody>
</table>

(Bonus: $1.49 minus $2.29 = $0.80)

Environmental wellness was another theme explored in previous weeks. Residents participated in activities highlighting herbs found on the CVC campus and was given an Herbs for Sleep or Waking handout and a checklist of interesting locations to visit at CVC. Come join us in February to learn more!

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., Cabrillo Gateway kitchen
Saturday Night Candle Lite (AA) 7:30PM, Saturday, WRC
Self-Help Recovery Meeting 6PM–7PM, Tuesday, WRC
Town Hall 5:30PM, 1st Tuesday, Social Hall
Twelve Step, Attitude Adjustment (AA) 6:30AM, Daily, Social Hall

Calendar
Dec 19 / Thursday
CVC Winter Festival 3–6PM, Grand Lawn
Dec 21 / National Homeless Persons’ Remembrance Day
Dec 25 / Wednesday
Christmas Day, All CVC Offices Closed
Jan 1 / Wednesday
New Year’s Day, All CVC Offices Closed
Jan 3 / National Drinking Straw Day
Jan 20 / Monday
Martin Luther King Jr. Day, All CVC Offices Closed
Jan 24 / Compliment Day
Jan 25 / Saturday
Lunar New Year (First Day)
Jan 25 / National Opposite Day
Jan 28 / Fun at Work Day
Feb 2 / Natl. Groundhog Day
Feb 2 / Superbowl Sunday
Feb 4 / World Cancer Day
Feb 14 / Fri / Valentine’s Day
Feb 17 / Monday
Presidents’ Day, All CVC Offices Closed
Feb 20 / World Day of Social Justice
Feb 22 / National California Day
Feb 25 / Fat Tuesday
Feb 26 / Ash Wednesday
Feb 29 / Leap Day

Suggestions or submissions? Call (562) 388-8191 or email villageanchor@centuryvillages.org.
Thank You for Your Service
Children Honor Veterans at CVC Throughout Month of November

This year, the children in the Oasis after-school program, We Are B.O.L.D., and PATH Explorers wanted to honor and thank the Veterans living here on the CVC campus. They planned several activities throughout the month of November.

On Veterans Day, they decorated the campus with American flags and hosted a dinner at the Anchor Place Community Room. Teens from We Are B.O.L.D. and PATH Explorers served spaghetti and meatballs to the Veterans in attendance. Before the meal, our local “yoga-vangelist,” John Oppenheim, started the night off with a seated yoga demonstration. Then the children in the Oasis

CityHeART’s Annual Thanksgiving Feast Kicks off the Holiday Season

It’s lunch time on Monday before Thanksgiving. Sixteen turkeys from Whole Foods Market rest atop the counter in the CityHeART Resource Hub. Thawing.

By 4PM, The Hub is overrun with the clinking and clanking of kitchenware, the scent of diced onions, and the nervous giggles of volunteers who will spend the rest of the evening preparing a meal for close to 600 individuals…

As Tuesday morning rises and shines, a second shift of volunteers make their way into The Hub to prepare meals for folks experiencing homelessness at the Long Beach Multi-Service Center while keeping an eye on the slow-cooking turkeys, the oven-baking hams, and the ready-to-be-mashed potatoes. This is the way the Annual Villages Community Thanksgiving Feast comes together each year.

Two Gateway residents were among the Monday-night crew, and although they wished to receive no formal shout-out, these two volunteers made a huge impact, assisting with every one of the ten or more dishes, as well as singing holiday carols with the CityHeART crew all night long.

Twenty-four hours after the prep and cooking began, the feast was ready and a line of residents wound through the courtyard and into the night. Guests entered the Social Hall, and a sharp crew of Girl Scouts escorted them to their seats, took their orders, and served their meals.

The incredible Occupational Therapy students for this semester curated an art display in the middle of the dining area. Artwork created by CVC youth, residents of Anchor Place and Gateway, guests at Hacienda of Hope, and participants from American Indians Changing Spirits made for a stunning showing.

The musical entertainment for the evening was provided by the remarkably talented Alex Fearing, son of Charles Fearing, whom we all know and love through our Village Jam!

The meal was served until every last bit of food was eaten, and it was the perfect way to kick off the holiday. Huge thank you to everyone who made this possible!
Imagine, dreaming of moving to a place you’ve never been, and yet knowing it will be the best decision of your life. A native of Aruba, Florentina Richardson had big aspirations, even at only nine years old. After school, instead of playing, Florentina and her younger brother went door to door selling candy and pastries baked by her mother to help with household finances. Florentina would sell all she had and then ask her mother for more.

At 13, her family moved to St. Croix, a U.S. territory, for better employment opportunities. Still selling pastries and candy, Florentina earned extra money from tips. Hoping to make even more, she began asking what other baked goods her customers would like so she can bring it back next time. At 16, she began working at an airport restaurant kitchen. When a waitress failed to show up for work one day, her boss asked her to fill in. This made Florentina anxious—coming from Dutch speaking Aruba, she didn’t speak English—but she didn’t let that stop her. First, she had the patrons write down their order on a notepad. Once she got the hang of what each item was, she made her own number system for each order. Her boss was impressed and moved her to work "the floor" since she did so well. To help Florentina learn English, a generous neighbor read books to her, and soon, Florentina was reading by herself.

While taking an order one day, she learned that the customer was a job recruiter. He had initially asked why she was not in school and she replied, "I’m 16 and we finish school at 16." By the end of the conversation, she was offered the opportunity to be flown to the U.S. to start a job that included room and board. This was her dream!

With her parents’ blessing, she started a new life in the U.S. She will always remember her mother saying, "Don’t look back." By looking forward, Florentina began the first of many new beginnings, including one at CVC.
The Villages has partnered with AVP First, a 501c3 nonprofit organization with the goal of inspiring healthy lifestyles and creating a lifelong connection to the sport of volleyball in youth and their families.

AVP’s mission states: “Regardless of where they reside or their economic status, AVP First gives children the access, opportunity, and resources to beach volleyball through clinics, community events, and training.”

You might have seen early signs of this partnership with new equipment and volleyballs now available at the volleyball court on Williams Street.

The Occupational Therapy student interns lead regular volleyball competitions every Friday from 3-4:00pm. Play will start again in early February. Come join us for some friendly competition!

Read more at avp.com/avp-first

Connect to Veterans Community
Get Involved in the Veterans Tenant Council

Veterans at the Cabrillo Plaza have continued the longstanding tradition of convening a Veterans Tenant Council. Gene Colescott was the former president. After Gene’s passing, Michael Netherly (pictured on left) took up the challenge and is now chairing this effort. Meetings are held on the 3rd Thursday of each month from 5 – 7:00PM at the lobby in Cabrillo Plaza. All Veterans are welcome to attend. The veterans discuss a variety of issues impacting the community. At the last meeting, two Veterans signed up for our local Villages Community Watch program. Staff members from U.S.VETS and Property Management attend the meetings. The group has led several successful fundraisers across the campus to pay for veteran outings and is now launching a number of events to bring vibrancy and enjoyment for the whole community. Get involved to support your neighbors and our Veterans!

Donate
By Doing
(Almost) Nothing

Did you know that you can donate to CVC just by doing everyday normal things? Link your Ralphs Rewards Card to CVC so that every time you use your card, Ralphs will contribute money to CVC!

Follow these easy steps:

1. Visit rralphs.com. Sign up for, or sign in to, your account (at top right)
2. Navigate to “My Account” (at top right, next to cart). Click “Community Rewards” (on left menu)
3. Click “Enroll” OR “Change Organization”
4. In the Search Bar, type “Century Villages” or our NPO number: “PRO33”
5. Click “Enroll” to finish your enrollment process
6. Buy groceries and SWIPE your Ralphs Rewards Card at checkout
7. Ralphs donates to CVC. IMPORTANT: You must re-register every September. We thank you!
Rudolph and Vixen took different paths, but only one path will lead home. Who made it home and who got lost?

Snowflake Cutouts

Follow the folding diagrams below. Then try out the cutting templates to cut different snowflake designs. String them together to create a banner to brighten up any corner of your home!

Folding Template

-cut-

Folding Template

-cut-

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-cut-

Folding Template

-cut-

Fun facts: Reindeer are the only species of deer where females also grow antlers. The antlers are shed every year: males shed in late Fall and females in Spring. Reindeer and caribou are the same animal, Rangifer tarandus. Those found in North America are called caribou and those in Eurasia are called reindeer.

Where do you find reindeer? It depends on where you leave them!

What do you call a snowman in the summer? A puddle.

Which shadow belongs to the gingerbread boy?

Answer on reverse side

Holiday Decorations On A Budget

Snowflake Cutouts

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Folding Template

-cut-

Folding Template

-cut-

Cutting Template

Use templates below to make your own snowflakes!

Cutting Template

Wrapping Paper Design Use wrapping paper to cover surfaces such as picture frames, tables or doors to create a festive feel. For an extra special touch, use bows and ribbons to make any surface feel like a present.

Festive Jars Fill clear jars (from Dollar Store or save food jars) with pine cones, ornaments and candy canes and use them to spruce up your space. Tie a ribbon around the jar for an extra fancy touch.

Ribbon Trim Gather any ribbon you might have around the house and use it to trim any linear surface in your home.

Stockings For All Decorate your own stocking by using art supplies you might have around the house. Use ribbon, fabric, glitter, paint and stickers to make your stocking cheery. This is a great activity for the whole family! Be sure to personalize it with your name to make sure Santa finds you.

Tip: Check the Dollar Store or the Target $3-$5 section for extra Christmas decorations. The selection is great, especially early in the holiday season.
Busy Day Soup

1 lb. ground beef (optional)
1-28 oz. can diced tomatoes
1 package onion soup mix
1 cup uncooked macaroni
1 ¾ cup mixed frozen vegetables
5 cups water (if using ground beef) or 3 cups vegetable broth and 2 cups water (if not using meat)
Salt and pepper to taste
Herbs such as rosemary, oregano, sage and thyme (dried or fresh) compliment the soup as well (optional)

Cook Time: 1 hour and 30 minutes
Yield: 6 servings

INSTRUCTIONS:

1. In a large soup pot, brown the ground beef. Drain fat after its cooked. Pour in the water, onion soup mix and tomatoes (with juices). Simmer, covered, for 1 hour on medium heat. If preferred, omit the ground beef (soup will taste just as good!).

2. After the 1-hour mark, add in the uncooked macaroni noodles and frozen veggies (no need to thaw the vegetables—just throw them in right from the freezer). Cook for another 15 minutes on medium heat. The noodles and frozen veggies should cook until tender. Season to taste with herbs, pepper and salt. Serve it up hot!

Three Ingredient Banana Bread

3 ripe bananas, peeled
2 eggs
1 box yellow cake mix
1/2 cup of walnuts, optional

Prep Time: 3 minutes
Cook Time: 40 minutes

INSTRUCTIONS:

1. In a large bowl, mash bananas. Add eggs and mix until well blended.

2. Add in the cake mix and stir until everything is combined. Add walnuts, if using.

3. Pour batter into 2 non-stick loaf pans or 16 muffin tins. Bake at 350° F for about 40 minutes or until a knife inserted in the middle of the loaf comes out clean.

4. Allow to cool before slicing. Share and enjoy!

Kids, make sure to have an adult help with these fun and delicious recipes.

Wee Bits!
*Think “Xmas” is an edgy, relatively new way to abbreviate Christmas? Or a secular attempt to take “Christ” out of Christmas? Think again. According to From Adam’s Apple to Xmas: An Essential Vocabulary Guide for the Politically Correct, the word “Christianity” was spelled “Xianity” as far back as 1100. X, or Chi, in Greek is the first letter of “Christ” and served as a symbolic stand-in. In 1551, the holiday was called “Xtemmas” but eventually shortened to “Xmas.” So really, Xmas is just as Christian as the longer version.

*Kwanzaa is a festival of family unity that is celebrated by the African American community from December 26th to January 1st. Kwanzaa has seven symbols that represent concepts of African culture. The symbols represent faith, unity, collective responsibility, creativity, purpose, cooperative economics and self-determination.

The Paint Your Pride event is an art workshop and celebration for LGBTQ Veterans and their allies. Led by Nerina Titus, Mariel Fiedler, and Rosa Echeverria, participants gathered at the Anchor Place Community Room to express themselves through art. Below are paintings by a talented participant.