

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

Dec 26 / Natl. Candy Cane Day

Jan 1 / Wednesday
 New Year's Day
 All CVC Offices Closed

Jan 3 / National Drinking Straw
 Day—make sure it's paper!

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

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

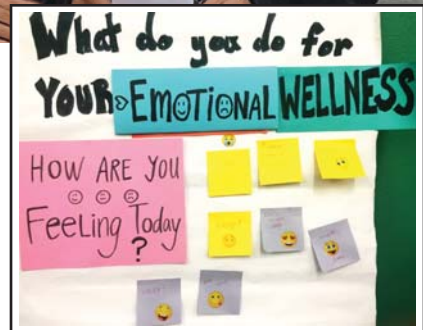


OTs explored the theme of the week with interactive opportunities. Residents were asked, "What do you do for wellness?" Participants wrote answers on a poster for others to read. Handouts described aspects of wellness and promoted learning and insight based on the theme. OT students gave out participation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

Vapor rub \$1.49 Pasta
 \$7.79 Mints \$2.29



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!

(By the way, vapor rub: \$7.79, pasta: \$1.40, mints: \$2.29)

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, WVR
Self-Help Recovery Meeting 6PM–7PM, Tuesday, WVR
Town Hall 5:30PM, 1st 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, and Jaylene Westfall
Guest Writers: Alexandra Porutiu, Mariel Fiedler, and Gina Phelps.
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Holiday Movie Checklist

Not feeling the holiday spirit? There is no better way to kick-start the holiday season than by relaxing with one of these tried and true classics. We know that figuring out what to watch can be challenging so we put together some CVC favorites to get you started. We hope it helps you welcome this holiday season and create fun, relaxing memories with loved ones.

Disclaimer: Best combined with cozy socks, warm blanket, popcorn, and hot cocoa.

- This Christmas
- Elf
- Home Alone
- Home Alone 2
- Four Christmases
- A Charlie Brown Christmas
- Polar Express
- The Holiday
- How the Grinch Stole Christmas
- Last Christmas

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

After School Program performed the “Star Spangled Banner.”

Everyone listened with interest as Veterans Abigail Cruz (CVC Property Manager) and John Oppenheim spoke about their service in the military. The students from PATH Explorers made bracelets and keychains for the veterans, and presented them with a beautiful painting of the American Flag with poppies. The paintings will be displayed in the Property Office for everyone to enjoy.

Lastly, knowing that many of the Veterans living at the Plaza have a difficult time getting around, the Oasis After School Program and We Are B.O.L.D. hosted a table in the Cabrillo Plaza courtyard handing out homemade cards and cookies to thank our Veterans for their service to our country and protecting our freedom. These activities were a great way for the kids to learn gratitude and compassion while honoring those who have served.

Turkey Time

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!

Fall Fest Celebrates Community

With Tricks and Treats, Courtesy of the Pathways to Health Committee



zombies popping up from below and ghosts hanging in the trees.

Members of American Indians Changing Spirits helped with everything from setting up to managing activities with the kids; they even stayed until the very end to help with clean up. Thank you, AICS!

The Pathways to Health Committee organized this year's festival and includes representatives from U.S.VETS, Oasis Resident Services, Hacienda of Hope, PATH, Harbor Interfaith, Occupational Therapy, CityHeART, and The Villages Yoga Project. Email community@century.org for information about how to get involved with this committee.

The spook-tacular season has come and gone! More than 300 residents came out for the Annual Fall Fest, which was filled with music, holiday activities, and of course, lots and lots of candy.

Oasis Resident Services team brought music and entertainment

to the Social Hall, where there was trick-or-treating and a movie playing. The Social Hall was dressed up in pumpkin décor, orange spider webs, and friendly ghosts in the windows. Oasis made popcorn and cookies and candy available to everyone who attended the event.

A huge shout out goes to the fall semester's cohort of Occupational Therapy student interns for their incredible efforts putting together an interactive, sensory-driven obstacle course for the kids. The course covered the Grand Lawn, which was transformed into a graveyard with

Resident Spotlight: New Beginnings

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.



wee bits!

*Not So "Jolly" Old St. Nick

According to Coca-Cola, Santa used to look a lot less jolly — even spooky. Go ahead, Google early images of Santa. We'll wait. It wasn't until 1931, when Coca-Cola hired illustrator Haddon Sundblom to create images of Santa for magazine ads, that we got the warm and friendly Santa we know today.

*Why 8 Days?

Hanukkah or Chanukah is an eight-day Jewish celebration which commemorates the rededication during the 2nd century BC of the Second Temple of Jerusalem during the Maccabean Revolt against the Seleucid Empire.

The Greeks had contaminated all the oil in the temple, and it would take 8 days to recreate oil to light the menorah. All that was left was only enough to last 1 night. Miraculously, the oil lasted 8 days and nights.

*The most popular New Year's resolution in the U.S. is to lose weight.

Holiday Support

Do you suffer from Holiday depression? Don't be alone – reach out.

LA WARMLINE

(855) 952-9276
7 nights a week, 10 PM – 6 AM
www.namio.org

PROJECT RETURN PEER SUPPORT WARMLINE

(888) 448-9777
Mon thru Fri, 5 – 10 PM
Sat 11 AM – 4 PM
www.ppsn.org

SUICIDE PREVENTION LIFE LINE

(800) 273-8255
7 days a week, 24 hours
suicidepreventionlifeline.org/chat/

ACCESS CENTER

(800) 854-7771
7 days a week, 24 hours

FREE/Low Cost Family Activities

December 20, 21& 22 ALL DAY – Belmont Shore, 2nd Street will have carolers, holiday music and Santa

December 20 Christmas on Pine includes live music, free cookies and ornament making (Kress Market: 443 Pine Ave, LB 90802)

December 21 Santa Story Time – 10:30AM Main Library (200 W Broadway, LB 90803)

December 21 Selfies with Santa at Pike Outlets, 1–4PM (95 S Pine Ave, LB 90802)

December 21 Holiday Hot Cocoa Storytime, 1:30PM (Romeo's Chocolates 460 Pine Ave, LB 90802) cookies and milk for \$2.80

December 22 Menorah lighting, 4PM Belmont Shore, 2nd Street

December 31 Shoreline Village New Years Eve, starts at 7PM. Fireworks at 9PM and Midnight. Live music, food & drinks available for purchase

Volleyball Comes to The Villages



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!



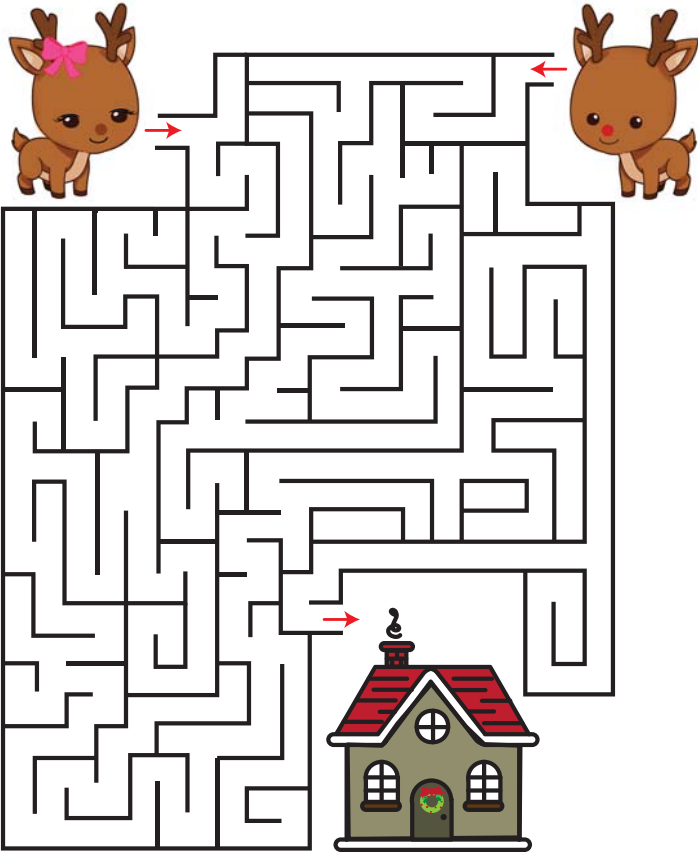
Donate By Doing (Almost) Nothing

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 ralphs.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?



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.

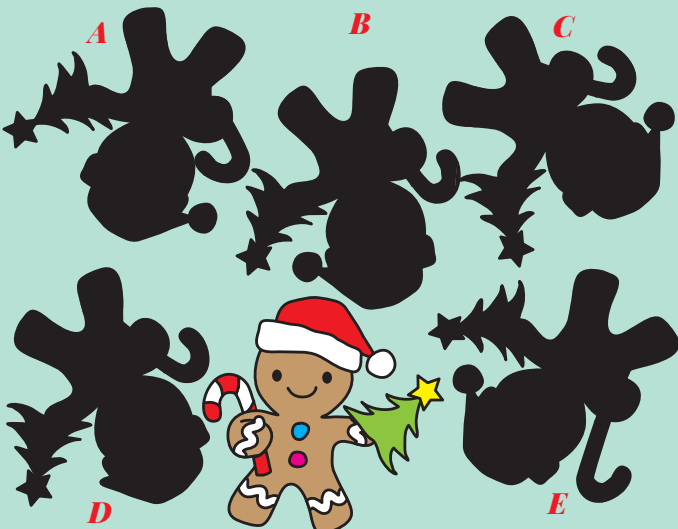
Where do you find reindeer?

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?



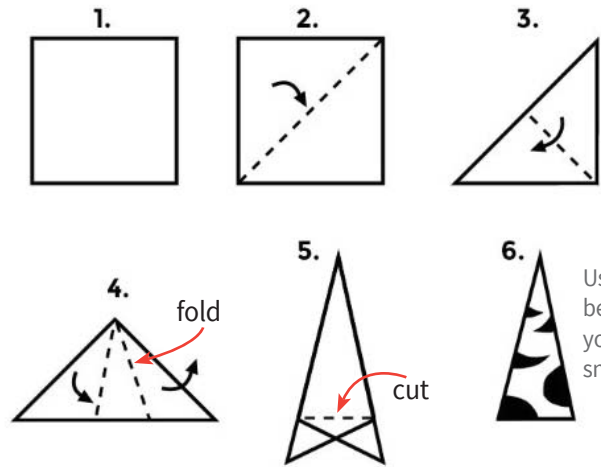
Answer on reverse side

Holiday Decorations On A Budget

Snowflake Cutouts

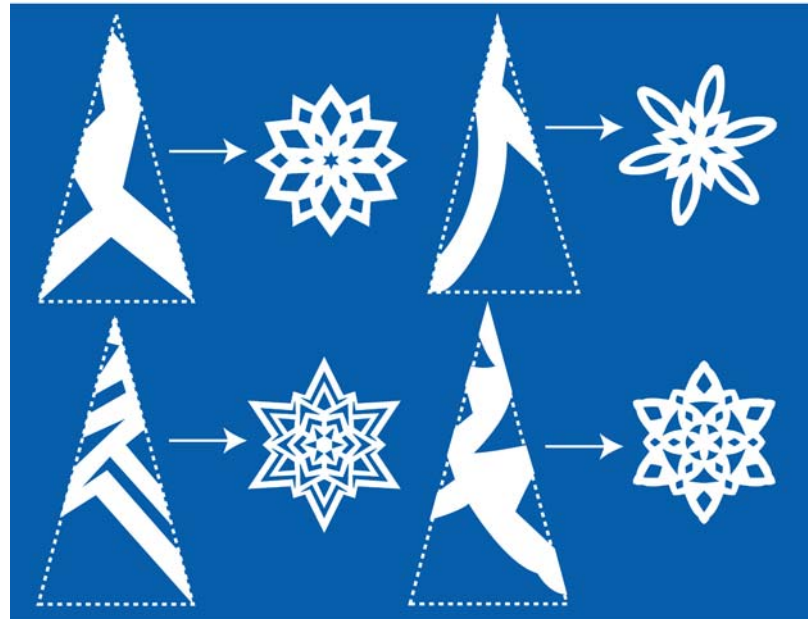
Follow the folding diagrams below. Then try out the cutting templates to cut different snowflake designs. String them together to create a banner to brighten up any corner of your home!

Folding Template



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.

Quick & Easy Recipes for Kids & Busy Peeps

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

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

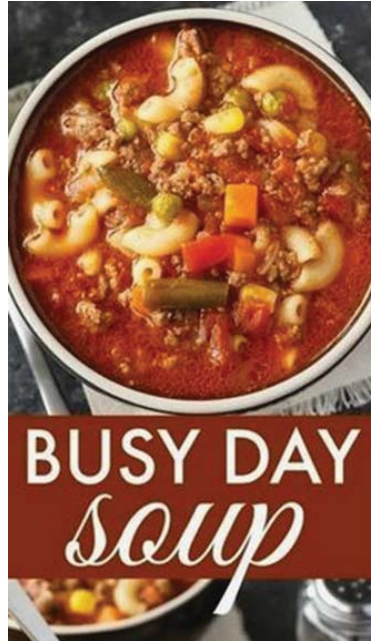
Herbs such as rosemary, oregano, sage and thyme (dried or fresh) compliment the soup as well (optional)

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!



Wee bits!

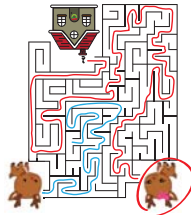
*Think "Xmas" is an edgy, relatively new way to abbreviate Christmas? Or a secular attempt to take "Christ" out of Christmas? Think again. According to *From Adam's Apple to Xmas: An Essential Vocabulary Guide for the Politically Correct*, the word "Christianity" was spelled "Xianity" as far back as 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.

Why is the alphabet shorter at Christmas time?

Because it has no L (NOEL)

Shadow Puzzle Answer
A's star is rotated & candy cane faces wrong way.
B is correct. C's hat faces wrong way. D's hat is missing pom-pom. E's candy cane is too long.



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.

