



Calendar

- Sept 25 / Native American Day
- Sept 26 / Love Note Day
- Sept 28 / Good Neighbor Day
- Oct 1 / International Coffee Day
- Oct 2 / World Smile Day
- Oct 3 / Card Making Day
- Oct 12 / Monday**
Federal Holiday~
CVC's Offices Closed
- Oct 17 / Sweetest Day
- Oct. 19 / National Clean Out Your Virtual Desktop Day
- Oct 25 / Sourest Day
- Oct 31 / HALLOWEEN
- Nov 1 / Sunday
Daylight Savings Ends (turn clocks back 1 hour at 2:00am)
- Nov 4 / Common Sense Day
- Nov 11 / Wednesday Veteran's Day ~ CVC's Offices Closed
- Nov 13 / World Kindness Day
- Nov 17 / Take a Hike Day
- Nov 21 / World Hello Day
- Nov 24 / Tuesday / The Villages Community-wide Thanksgiving hosted by CityHeART**
- Nov 26 / Thursday Thanksgiving ~ CVC's Offices Closed**
- Nov 27 / Friday CVC's Offices Closed**
- Dec 1 / Eat a Red Apple Day
- Dec 3 / Make a Gift Day
- Dec 7 / Pearl Harbor Remembrance Day

Your Voice Counts!

Did you know that John Hancock (the guy whose name is the informal synonym for signature) was one of 11 Presidential candidates to run against George Washington in the first U.S. election? He lost by 65 votes. Washington won with 69 votes.

That was then, and this is now. In less than two months, YOU can cast a vote in our upcoming election on Nov. 3. Elections provide individuals the opportunity to decide what matters most and to impact issues that affect their community, family, and the future.

How do you go about determining how you will vote? Do you rely on TV ads, social media, or radio commercials? Do you visit websites like Smartvoter.org, where you can find suggestions for navigating the voting process?

- For some, the process looks like this:
- Research each nominee;
 - Collect data about each candidate;
 - Review the candidates' platforms on major issues;
 - Determine the candidates' leadership capabilities;
 - Learn how other people perceive each candidate;
 - Finally, sorting it all out and making decisions.

Seems like a lot of work! Luckily, there are lots of resources available in our community to help simplify this process and help us become more informed voters.

The Long Beach Alumnae Chapter of Delta Sigma Theta Sorority, Inc. is hosting free virtual Voter Education Forums Sept. 22 and Oct. 27. The seminars provide the community with tools to increase voting competencies. Topics include candidate research, fact checking, and strategies to combat news fatigue.

Delta Sigma Theta Sorority, Inc. is a public service sorority founded in 1913 by 22 collegiate women at Howard University. The first public act performed by the organization was participation in the Women's

Suffrage March in Washington, DC. This was unprecedented for African American women at the time to participate in such an event.

The Long Beach Alumnae Chapter has served the greater Long Beach area for 34 years. Delta Sigma Theta Sorority, Inc is a bipartisan organization and does not endorse any political party or candidate.

Advanced registration is required for both forums. After registering, you will receive a confirmation email containing information about joining the meeting. Your vote COUNTS!

Delta Sigma Theta Sorority, Incorporated
 Long Beach Alumnae Chapter Presents



VOTER EDUCATION FORUM

Topics Include:

- Candidate Research •Fact Checking •Combatting News Fatigue



Register in advance at the links below:

SEPTEMBER 22ND 5:30PM-6:30PM

https://zoom.us/join/zoom/register/UJYrdOGqp4sGtAc1_1HBd5hLNI0IEuU8eE

OCTOBER 27TH 5:30PM-6:30PM

https://zoom.us/join/zoom/register/UkpcumtpjgvH9NZ2B9Rdu8Rni0gsf_XbTBo

Contact Desiree Rew at desiree.rew@gmail.com or visit <https://www.lbadst.org>

You can cast your vote at the Villages! Voting will take place in the Social Hall at the following days/times:

Early Voting: October 30 - Nov. 2 / 8am-8pm

Election Day: Nov. 3 / 7am-8pm



The Village Anchor Team

Editor: Donna Ferraro **Online Editor:** Paige Pelonis
Writers: Joana Arcangel, René Castro, Steve Colman, Israel Matos, Brett Morales, Paige Pelonis, Danica Potts, Melissa Rain, Kim Wee, and Jaylene Westfall. **Guest Writers:** Desiree Rew and Maria Llanos.
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Stress. We all experience it at some point, and it's no joke! It's also no surprise that stress levels have been on the rise as our lives have been so dramatically altered amidst the ongoing COVID-19 pandemic.

How are you taking care of YOU these days?

There is no time like the present to put yourself on top of your own priority list.

1. Are you breathing?

The "out-of-control" qualities of this season, the absolute

uncertainty and even fear that seem to have taken center stage these days, might not seem like they are impacting your day-to-day, but sources of stress can be easy to miss. Take a minute to pause, place your hands on your belly, and just breathe deeply. Maybe even close your eyes. Breathe in ... let your belly fill with air, and feel your hands push out with the breath. Breathe out ... repeat. Breathing intentionally when you first wake up, throughout the day, and before bed can help you start to chip away at that overwhelming stress.

2. How much water are you drinking?

Did you know that staying hydrated can increase your energy levels and help you maintain a healthy weight?

An easy hydration goal to try is to divide your body weight in half and drink that many ounces each day. Seem impossible? Try scheduling in water breaks or setting reminders for yourself with your cellphone or watch. Don't have a device to set a reminder with? No problem. Invite a friend or family member to help you remember! Be in this together.

3. What are you consuming?

Not just what are you eating. Binge-watching movies or TV, spending hours on social media, and even listening to the news for long stretches of time during the day can be draining. Spending large chunks of time mentally "consuming" is hard work, and you might not even realize you're doing it! Try scheduling an hour or two of "unplugged" time. Take a walk, write in a journal, or even try coloring. Turn off the white noise of this season, and let your mind have a break.

4. How are you staying connected?

Social-distancing and safer at home make it an incredible challenge to maintain social connections with

family, friends, and neighbors. It's important not to let the obstacles of this season cut you off from the world. Simply calling a loved one just to say hello can turn your whole day around. If you're enrolled in a weekly delivery service for food and/or groceries, consider having a friendly conversation with the person who delivers this week (he/she/they can probably use the connection as well!). Simpler yet, step outside (with your mask on, of course!) and give a wave to a neighbor. This is YOUR community; don't let COVID-19 stop you from being a part of it.

5. Are you resting?

The daily grind can be exhausting. Whether you're working from home or in-person, or caring for kids or a loved one all day long during Safer at Home, you are constantly "on." Intentionally carving out time to hit the pause button is important! Sometimes, the belief that there "is no time" is enough to increase anxiety and stress; so, allowing yourself to stop, breathe, and rest is HUGE! Your time is precious, and it's not true that the only time you get to spend resting is bedtime. Prioritize YOU when you can this season. It matters.

Ready to give some of these a try? Let us know how you're fighting stress this season by emailing community@centuryvillages.org or share on Facebook in the Villages at Cabrillo Pathways to Health Group. We're in this together!

How to Beat Covid-19 Blues

Let's face it, the Coronavirus has turned everything upside down! It has plunged us into confusion, dread, and unpreparedness.

No matter how you've responded to it, you are impacted by all that COVID-19 has demanded. Change can be as welcome as air conditioning on the hottest days of summer (remember Labor Day weekend) or as frightening as driving across bridges (that's a real fear!). COVID-19 has shifted how we work, how we play, and how we embrace one another.

How do you stay on track? You have to amp up your flexibility, resolve, and re-imagination.

Here are three alternatives to beat the COVID-19 blues.

1. Focus on what you can control.

Consider how many times a day you say "before COVID," with your shoulders slumping in reminiscence of a life that didn't involve distance, coverings, or technology. Instead of focusing on what you can no longer do, declare what you can do. Ask yourself, "What have I made not being able to (fill in the blank) mean?" Then challenge yourself by answering the question, "What can I do?" Put your power into discovering a solution – a fresh plan. Where our energy goes, so do we.

2. Give yourself credit for making it this far.

If someone had told you that you

would have to wear masks throughout the day, or socialize, learn, and do work or school online, you might not have believed them.

You might have spelled out all the reasons the notion did not apply to you. Guess what? You have been carrying out, producing, and operating in an environment like nothing before. Consider yourself a groundbreaker! When in doubt of your capacity to endure, remind yourself that you are already doing it.

3. Accept change.

Embracing the "new normal" is vital to overcoming the "COVID-19 Blues." There might be more cancellations



and closures as we enter the holiday season. The longer you spend resisting the change, the longer it will take you to get to a positive place in your emotions. Acceptance is the gift you present yourself in order to handle change.

Fall Youth Programming Is Back!

We Are B.O.L.D. Program:

The We Are B.O.L.D. Program serves middle school and high school students and is currently open Monday through Thursday (Mon-Wed 10:00AM to 3:00PM, Thursday 10:00AM - 11:00PM & 2:00PM - 3:00PM). Program participants are screened prior to their arrival and must wear a mask in program.

OASIS YOUTH PROGRAM

FALL HOURS

Days: Monday-Thursday

Hours: 12:00pm-3:00pm

By Appointment Only

(Tutoring is available during program hours)

School Ages 5-10yrs old

We will focus on providing educational support for students with virtual learning.

Students are encouraged to bring their Chromebooks or Laptops but computers are available for use at the Youth Center.

COVID-19 PROCEDURES WILL BE IMPLEMENTED. MASKS ARE REQUIRED!

For more info please contact Ms. Maria at (562) 388-8067 Office Or mllanos@century.org

Students are welcome to come into the Youth Center during program hours to do their online classes (either on their own devices or on the computers available), receive one-on-one tutoring or academic assistance, and/or take part in enrichment activities with all necessary COVID-19 precautions in place. Students can also receive assistance with career/academic planning, college applications, and more during program hours.

TAY Program

The TAY Program serves individuals between 18-24 years of age. The main focus of the program is to serve young adults in the community, assisting them as they transition into adulthood by providing workshops and one-on-one assistance that explore Resume Writing, Interviewing Skills, Workplace Skills, Financial Management, and Career Exploration. The program also assists participants with College/Trade School search, the application process, and more. This program is run by appointment only, and participants can be assisted in-person or online if they prefer.



- Assists program participants to transition into independent, competent individuals
- Program also assists participants with College/Trade School search, scholarships, internship search, the application process, and more!
- Provides workshops and one-on-one assistance that explore the following:
 - Resume Writing
 - Interviewing skills
 - Workplace Skills
 - Financial Management
 - Career Exploration

If interested, please contact **Carla Torres**
Youth & Family Services Coordinator

By appointment:
Email: ctorres@century.org
Office Phone: (562) 388-7936
Work Phone: (909) 454-3989

BACK TO SCHOOL

"10 TIPS TO IMPROVE YOUR CHILD'S EXPERIENCE WITH VIRTUAL LEARNING"



1. CREATE A LEARNING SPACE FOR YOUR CHILD.

Set up a quiet, clutter-free space that is free of distractions.

2. ESTABLISH A DAILY ROUTINE.

Schedule designated times for: waking up, eating, logging on, taking breaks, completing homework, relaxing, playing, and resting.

3. REDUCE DISTRACTIONS.

Video games, computer games, social media, TV, toys, and pets can be distracting! Limit the use of devices until schoolwork is done.

4. STAY ORGANIZED.

Post a calendar and mark it with due dates. Visuals could be useful for keeping track of deadlines and assignments.

5. GET PLENTY OF EXERCISE.

Identify ways to add physical activity to your child's daily routine.

6. ENCOURAGE HEALTHY EATING.

Prepare snacks and lunches ahead of time.

7. COMMUNICATE WITH YOUR CHILD'S TEACHER.

Set up a direct line of communication with your child's teachers via email, text, telephone, or video conferencing.

8. TALK WITH YOUR CHILD.

Find out how your child is feeling, and communicate that what they may be experiencing is normal.

9. STAY CONNECTED.

Staying socially active is important; find opportunities for your child to connect with friends, either virtually or in person, while practicing social distancing.

10. BE A ROLE MODEL BY PRACTICING SELF CARE.

Take breaks, get plenty of sleep, exercise, eat well, and stay socially connected!

The Rehabilitation of Casa de Cabrillo



Construction is coming to Casa de Cabrillo, also known as “the Plaza.” You may have already begun to notice some changes at this point in the year. This exciting, year-long project was scheduled for mid-September of this year through 2021. The work will include enhancements to community rooms, beautification of the courtyard area, improvements to individual units and suites, and repairs to critical building infrastructure such as cooling and plumbing systems. Upon completion, the project will result in a community that is more enjoyable to live in and a building conditioned for viability into the years and decades ahead.

During the year-long rehab at Casa de Cabrillo, here is what you can expect:

SCHEDULE: The project will begin in mid-September 2020 and will last for approximately one year.

WORK INSIDE TENANT UNITS:

- All units and suites in Casa de Cabrillo will receive some degree of rehab work.
- It will take 2-4 weeks to complete rehab work in each unit dependent upon the scope of work being in each unit.

- Units will be completed in phases throughout the year-long course of the project. Each phase will last approximately one month, and approximately 30 units will undergo rehab work during each phase.

FENCING AND SIGNS: As work is being done in community rooms and in the courtyard area, some fencing will be put up to protect residents. Please observe all fencing and signs around these areas. Residents should NOT enter construction areas at any time.

CONSTRUCTION TRAFFIC:

- Much construction truck traffic will be coming in and out of the River Avenue entry point as materials and equipment are hauled in.
- Please travel along River Avenue in a safe manner, and do not travel down the middle of the street.
- The company that is completing the construction will make every effort to schedule truck visits that avoid the morning rush-hour in the community. Flagmen will be present to direct traffic when trucks that might disrupt traffic flow arrive.

CONSTRUCTION WORKERS:

- In order to prevent spread of or exposure to COVID-19, construction workers will take extra efforts to avoid contact with residents as they enter and exit Casa de Cabrillo and while working inside the building.
- “Separation Maps” will be drawn up for each phase of the project outlining how the path of travel for construction workers will enable them to best avoid contact with residents.
- Construction workers will be required take basic, COVID-19-related precautions while onsite, such as wearing masks and maintaining appropriate social distance. Each day, all onsite construction workers will have their temperatures checked prior to beginning work.
- The general contractor has hired a COVID-19 Compliance specialist to monitor compliance with the COVID-19-related protocols described above.
- Dust and debris: The contractor is required to hose down the site in order to keep dust from blowing outside of the project area and will keep all debris inside the project site. Since this project is a rehab and will not involve significant demolition, dust and debris are anticipated to be light.

ONSITE TEMPORARY RELOCATION:

- Since rehab work will be completed in every unit at Casa de Cabrillo, all tenants will be temporarily relocated from their unit while the work is completed.
- Tenants will be temporarily relocated to another unit in Casa de Cabrillo referred to as a Temporary Relocation Unit (TRU unit). These units will be cleaned and furnished with basic housewares prior to hosting a tenant for the temporary stay.
- Tenants will be temporarily relocated for a period of 2-4 weeks unit dependent upon the scope of work needed for their unit.
- Tenants will receive assistance with their move into their TRU unit and with their move back to their original unit once the rehab work has been completed.

Most importantly: no one will lose their housing as a result of this work.

Questions? Visit the Property Management Office or www.centuryvillages.org/misterransom.

WE ARE BOLD FALL PROGRAM HOURS

Program will be focused on providing academic support to students where they can do their online classes in the Youth Center, get tutoring, and participate in enrichment activities. **COVID-19 PROCEDURES WILL BE IMPLEMENTED. MASKS ARE REQUIRED!**

By APPOINTMENT ONLY

Monday – Wednesday
10:00AM – 3:00PM

Thursday
10:00AM – 11:00AM
2:00PM – 3:00PM

Contact Miss Carla to schedule appointments
(909)454-3989 or ctorres@century.org