

Calendar

March 17 / Saint Patrick's Day
 March 19 / Spring (Vernal) Equinox

March 30 / Monday
Cesar Chavez Day Observed
CVC Offices Closed

March 31 / Cesar Chavez Day
 April 1 / April Fool's Day
 April 7 / World Health Day
 April 12 / Easter Sunday
 April 15 / Income Taxes Due
 April 17 / Blah, Blah, Blah Day
 April 20 / Volunteer Recognition Day

April 22 / Wednesday
CVC Annual Fruit Festival

April 23 / Take Your Daughter to Work Day
 May 4 / Star Wars Day
 May 5 / Cinco De Mayo
 May 10 / Sunday Mother's Day
 May 15 / Natl. Bike to Work Day
 May 16 / Wear Purple for Peace Day

May 25 / Monday
Memorial Day
CVC Offices Closed

June 3 / Repeat Day (I said "Repeat Day")
 June 4 / Hug Your Cat Day
 June 14 / Flag Day
 June 20 / Summer Solstice
 June 14 / Father's Day

Grateful for Gardening

Gardens Key to Health & Happiness



If you haven't been to the southeast corner of the Villages campus, then you would have probably missed the burgeoning garden being tended to by our residents and volunteers. Nestled away next to Anchor Place, you can find all kinds of greens and veggies, such as kale and broccoli, being grown there.

Some of you might wonder, "what's the big deal about gardening?" Not only does it flourish within the bustling Century community, but it allows for a healthy place for residents to get away from the rigors of city life.

Gardening has also been shown to be very therapeutic. I asked our volunteers Steve and Bonnie (who

are Long Beach residents and happily married for 53 ½ years) what they thought about gardening. Steve said, "Oh, it's great. Great for the soul." While Bonnie said, "gardening is a lot of fun. Things grow and they either die or they don't."

But, don't just take it from us. According to Jolene Hansen of GardenTech.com, merely seeing a garden from a balcony has been shown to improve mood in both depressed and non-depressed elderly participants in one study. However, actually visiting the garden and walking or sitting in it did even more. Similar studies have shown that those who care for plants have a significantly higher self-rating of health, happiness, and quality of

life. Community gardens show great promise as effective extensions of therapy for people suffering from post-traumatic stress disorder and drug or alcohol dependency. One can improve their self-esteem, teamwork, social interaction, planning, problem-solving and coping skills, as well as a passion for gardening and community that may continue through life.

That's the sole purpose of David's garden, to serve our wonderful residents at the Villages. Belle, a US Air Force veteran had this to say about gardening, "gardening is so nice. There's just something about getting into the dirt." So, come join us. Jason, our MSW Intern will be holding our weekly gardening group Thursdays 10-11AM.

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: Jocelyn Boyd (Intern), Ricardo Mejia, Maria Llanos.
Photographer: Carla Torres **Design & Layout:** Cyndi La

The Encouragement Corner

“Just breathe..... You are strong enough to handle your challenges, wise enough to find a solution to your problems, and capable enough to do whatever needs to be done... YOU are your greatest strength”
-Ahmose Thutmose

“Life will give you lemons,” we are told, but what do you do with them? That answer is within you. Make lemonade sounds like the best answer, but some will disagree. The quality of your thoughts creates your reality. No matter what life gives you... you were built to withstand any turbulent weather, any pitfall, bumpy roads or high mountains in your pathway... you've got this! It all begins and ends in your mind. What you give power to has power over you if you allow it. When times seem to be the most difficult, remember that not all storms

come to disrupt your life, some come to clear your path. When you can't control what's happening, challenge yourself to control the way you respond to what's happening. Create mental and emotional peace within yourself to make it to the experience because life will bring it all together even when it doesn't seem like it. Embrace yourself, empower yourself, and allow peace to dwell deep within you. You've Got This!

We repeat what we don't repair. To attract better, we have to become better. We cannot do the same things and expect change. Transform your mindset, upgrade your habits and think positive. You were created to be great! Forgive yourself for not knowing what you didn't know before you learned it. Yesterday is heavy, put it down...



We're Here to Support *A Healthier You*

Did you make a New Year's Resolution to be a healthier you this year? How is it going so far? If you are having a hard time sticking with your resolution, we have a solution that is about fun, fitness, and friendship!

Pathways to Health celebrates residents at The Villages who are leading healthy, active lifestyles by participating in weekly programs. Every quarter, you can track your participation and earn points that are redeemable for prizes like gift cards, walking shoes, reusable water bottles, and more!

As if that were not enough, when you participate in activities and track your points online, you get invited to the quarterly Pathways to Health mixers that celebrate everyone's progress. At the mixers, you will receive information about upcoming health and wellness events, new challenges, new prizes, and more! Refreshments are served and it is loads of fun. The next mixer will be April 24 at 12:30PM in the Social Hall.

Being healthy does not have to mean working out either. Pathways to Health recognizes the importance of self-care and community engagements as well! It's a program for every age and every fitness level. Hope to see you at the next event!

Additional information, and a leader board for those who are earning the most points, are online at www.centuryvillages.org/pathways-to-health. You can also sign up to join Pathways to Health online at that same link.



At Karaoke Night, Anyone Can *Be A Rockstar!*

If you ever catch yourself walking by the Social Hall on the third Tuesday of any month between 6-8PM, you might hear renditions of classic songs or current hits floating through the open glass doors.

Walking in, you will be welcomed with smiles from regular karaoke-goers, like Miss Sue or “Wild Bill,” and the sound of their laughter and chatter as they ask you what song you plan on singing that night. Across the room, people are enjoying tasty food courtesy of Grace Brethren Church.

Everyone lines up to tell Pastor Pat which song they would like

to sing while CJ, our regular karaoke night host, announces performers and their selected song.

For a first-time karaoke-goer, it may seem a bit intimidating to sing in front of others when you may be so used to singing in your shower or car. But after seeing the amount of overwhelming support each person gets after they sing their song, you're sure to feel more at home in the musical space hosted by U.S.VETS, Grace Brethren Church, and Century Villages at Cabrillo.

No matter how your day went, whether it was good or bad, or how old you are or what program you're in, there is something about music that brings everyone together and



allows us to feel free as we sing our favorite songs and others sing along or even join you on stage.

Karaoke is open to everyone. You will hear brand new performances of songs ranging from all genres, but what is special about this monthly event is the people who have the courage to stand on that stage and share their talents with the rest of the community.

The Villages is a place filled with lots of true talent, and we hope to see you at the next one!

Super Bowl Sunday

Together for Football, Food, Fun & Family



Super Bowl Sunday at The Villages was super fun! The Cabrillo Church in Christ and youth ministry hosted a family friendly Super Bowl LIV party in the Anchor Place Community Room. More than 50 residents, including veterans and families, sat down together to watch the Kansas City Chiefs and the San Francisco 49ers fight it out on the field and a half-time show featuring J-Lo and Shakira. Ultimately, the Chiefs

prevailed, winning 31–21. Adults and teens hung out together inside watching the game and enjoying corn dogs, hamburgers and nachos prepared by church volunteers. Outside, church members set up tables to give the smaller children a place to play games or participate in art activities so that everyone could watch the game uninterrupted. It was a great turnout, and a great time!

wee bits!

- * Baby birds learn to sing during spring. Although they are born with the ability to sing, they must learn the specific songs of their species. They often learn their songs within two months of being born.
- * Thomas Edison, who invented the lightbulb, was afraid of the dark.

FREE EVENT!
MORE INFO AT
WWW.CENTURYVILLAGES.ORG

PATHWAYS TO HEALTH FRUIT FESTIVAL

WEDNESDAY, APRIL 22, 2020

3-6PM

GRAND LAWN & SOCIAL HALL

Join us in the Social Hall and on the Grand Lawn for MUSIC, GIVEAWAYS, HEALTHY ACTIVITIES, RESOURCES, AND FRUIT!



wee bits!

* Most American car horns honk in the key of F,

which is also the same key as a telephone dial tone.

* Coca-cola has never been patented because to do that they would have to reveal the formula.

* By cutting soda out of your diet, you lower your risk for weight gain, and may possibly lose weight as well.

* Spring fever is a real syndrome. When the temperature rises during the warm spell after a long winter, there is a dilation of the blood vessels so blood can be carried to the body surface where heat can be lost quickly. People experience an energetic feeling when this happens.

Resident Spotlight: Holding on to Hope

I recently had the pleasure of speaking with Maria Castillo Pedraca. Maria's favorite part about living at the Villages is that she is no longer living on the streets. She was living on the streets for about three months, which was very difficult because of complications with her health. She also likes being closer to her six children. Maria says, "I'm very blessed with food and housing. I'm so grateful for this place."

Maria enjoys the programs available at the Villages, and she tries to take advantage of every opportunity. Some of the programs she has enjoyed during her time here include activities at the Career Center, yoga, Weekly Wrap-Up, Hope Center, and bingo. If she could change anything about the Villages, it would be to make it so she could stay longer. She

has been living at the Villages for about three months, and her time here is almost over.

Maria would like to find a home where she can live together with her children. She wants to bring them home, but doesn't have a place to house them.

It will be hard to leave the Villages because she feels at home here, but Maria is so grateful to Century Villages for meeting her needs and considers herself blessed despite the hardships she has been facing. She is holding on to hope to provide a better life for her children. Maria says she is going to continue to do her best to improve her life situation and believes there is a purpose to the struggles she is enduring.



Community Resilience Workshop

Highlights Eye-opening Statistics



Community and Resilience. We hear these two terms in everyday conversations, but what does it mean when you combine them: “community resilience?”

Community is the heart and foundation of The Villages at Cabrillo, and Resilience is our desired outcome. Many of us at The Villages have had one or

more Adverse Childhood Experiences (ACES), which can put our community at a higher risk for negative health and socio-economic outcomes.

In late January, The Children’s Clinic Family Health (TCC) led a workshop at the Villages on Community Resiliency that highlighted some eye-opening statistics and unpacked the relationship between ACES and community.

Did you know that approximately 67% of people have had at least one adverse childhood experience, and 20% have had three or more adverse childhood experiences?

Here’s the big one: the more ACES a person has, the more likely it is that they will have negative health and/or socio-economic outcomes in their life.

The experience of homelessness

always includes some level of trauma, especially for kids. The Youth & Family Support Team at the Villages works with families and children of all ages.

Many of the children have already had three or more adverse childhood experiences. Those experiences can cause delays in cognitive development, social emotional regulation, and difficulty with behaviors and academic achievement.

The TCC workshop introduced strategies such as community involvement, systematic thinking, adaptability, transformability, sustainability, and courage.

As a community, it is critical that we recognize a child’s needs as a result of ACES and take a comprehensive approach to intervene as quickly as possible and promote resiliency.

Thank you to our long-time partner, The Children’s Clinic Family Health, for bringing this important message to our community at the Villages!

ZUMBA FITNESS

STARTING MARCH 11th



Wednesday's 4-5pm
@ Anchor Studio

Facilitated by cassandra : 562-388-8113 / cjablonski@century.org

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HACIENDA OF HOPE,
MENTAL HEALTH AMERICA OF LOS ANGELES,
& CENTURY VILLAGES AT CABRILLO
PRESENT AN

Arts &
Crafts

LGBTQI & Ally Gathering

AGES
18+

MARCH 26, 2020
2:00-4:00 PM
HACIENDA OF HOPE
2241 W. WILLIAMS STREET
LONG BEACH

Group Singing
& Live Music

FOR MORE INFORMATION, CONTACT:
JOEY ARCANGEL: JARCANGEL@PRPSN.ORG
562-388-8182



April Fools Pranks

For Family and Friends at the Villages

1. Rearrange the furniture.
2. Tape an air horn to the bottom of a work chair.



3. Cut out a paper bug (like a cockroach shape) and put it under a lamp shade.

4. Switch sugar and salt in the shakers.

5. Dip an onion in caramel and pretend it's a caramel apple.

6. Mix skittles in a bowl of m&m's and Reese's Pieces



7. Leave an opened fun size snickers bar by the toilet. Wet it first.

8. Change all the clocks

9. Replace shampoo with washable paint.

10. Set their text tones to fart noises.



Oasis After-school Program

Serving children (K-5th grade)

Monday-Thursday from 3:00-5:30PM

At the Oasis After-School Program, we have daily game/activity time, homework help, and creative projects. Every activity and project is designed to develop and improve social skills and behavior management. These include, but are not limited to: problem solving, active listening, process orientation, personal responsibility and accountability, focus, peer relationship development, peer negotiation and conflict management, identity development, self-esteem, and respect for one's self and others. Some fun daily activities include; Arts & Crafts, Sports, Music, Dance, Yoga, Baking, Games/Prizes and much more!

Healthy snacks are served daily!

Stop by to enroll your school-aged children in this unique, on-site program today, or call our Children's Program Coordinator Maria Llanos, at 562-388-8067.

Oasis Holds Election for Kids

Three days before, and through Election Day, the Villages turned into a Voting Center. To kick things off, Oasis Youth & Family Services set up a lemonade stand, a face painting table, and free candy for families to enjoy before and after casting their votes. Oasis also conducted a vote of its own for children to participate in. A total of 19 kids of all ages came by to cast their votes. These are the results:

Favorite thing to do at CVC

Go to After-School Program: 10
Spend time at home: 5
Hang out in Community room: 4

Best thing to watch on TV

Movies: 14
Anime: 3
Reality TV: 2

Favorite school subject

Math: 9
English: 3
Science: 7

Favorite sport to play

Basketball: 9
Football: 6
Soccer: 4

Favorite hobby

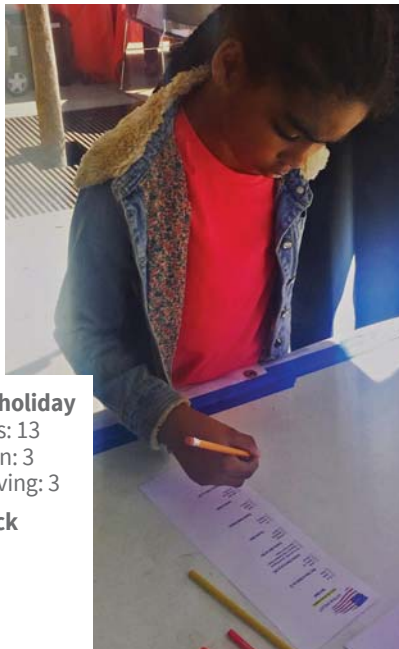
Art: 8
Dancing: 6
Reading: 5

Favorite holiday

Christmas: 13
Halloween: 3
Thanksgiving: 3

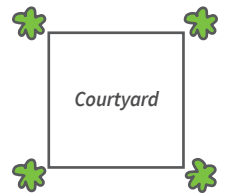
Best snack

Chips: 9
Candy: 7
Fruit: 3



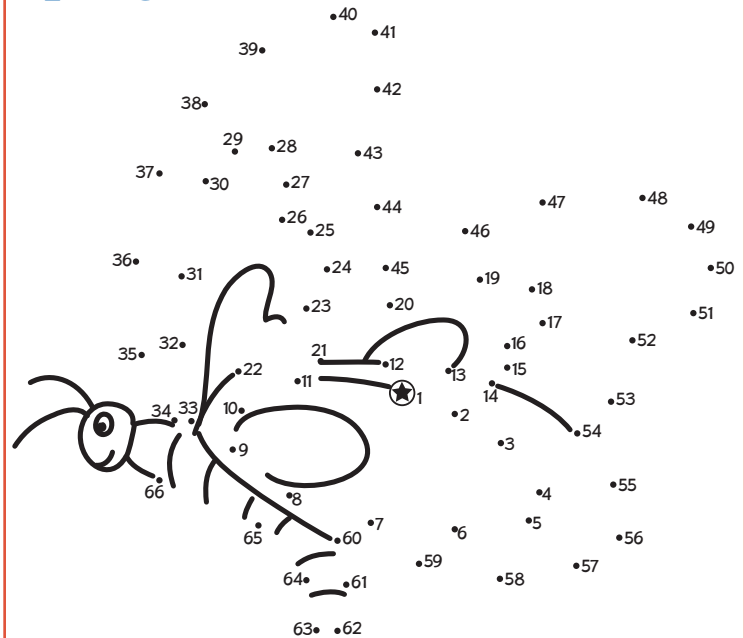
Brain Teaser

A square courtyard has 4 trees growing out of each corner (shown on right). The builder needs to double the size of the courtyard. It needs to remain a square and they are not allowed cut down or move any of the trees. How should they do it?



Answer on reverse side

Spring Dot-to-dot Fun



P.A.C.E.S Parenting Support Group

Helps Parents With Young Children Feel More Connected



Parent and Child Empowerment & Support Group (P.A.C.E.S), meets every Thursday from 10:30–11:30AM at Cabrillo Gateway Computer Room. Join us for a delicious breakfast and coffee.

P.A.C.E.S parenting support group, is designed to help parents with young children enhance their knowledge, skills, and confidence to be better parents and feel more connected, involved and focused on their child. Our parenting group provides information, strategies, and tools on how to raise children and provides an opportunity for parents to share ideas and concerns with other parents going through similar issues. Each of the sessions brings parents together to share the joys and challenges of parenthood and develop confidence in their own abilities.

Our first 6-week session was a success!

Weekly Topics Included: Principles of Parenting with Non-Violence,

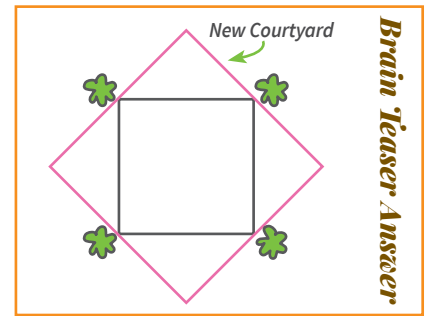
Identifying Children's Emotions, The Five Protective Factors, Stress Management, Personal Boundaries, and Daily Acts of Kindness towards Children, Creating Behavior Charts, and Healthy Eating for Kids, Today's Media and Technology, and Tips for Moms with Multiple Children.

Activities Included: Art Therapy, Canvas Painting, Vision Boards, Child Development Trivia, V-Day Frame Painting, Games, Raffles, and more.

Highlights: We celebrated Valentine's Day with heart shaped donuts and painted V-Day picture frames for the parents to gift their children.

We wrapped up our 1st session of 2020 with some cake and giveaways too, and welcomed 3 new parents from the Villages!

If you are a parent in need of support, join us for our next P.A.C.E.S, Session 2, beginning Thursday March 12, through April 16, 2020. Weekly attendance is encouraged but not mandatory.



School on Wheels Offers Benefits Beyond Homework

Did you know that at the Oasis K-5 After-School Program, students receive weekly homework help from our partner, School on Wheels?

In February, School On Wheels provided a Virtual Field Trip for the Oasis K-5 After School Program. Students were able to virtually visit Yosemite National Park and interact with a park Ranger through a video call. The park ranger educated the students about different aspects of the National Park and also engaged the students by letting them ask questions.

The students learned about nature and wildlife, as well as the importance of preserving our National Parks. This opportunity was one of many enrichment opportunities in the after-school program and was a great success! We look forward to continuing our partnership with School on Wheels as we seek to provide the most optimal environment for our youth to learn, play and grow.

Consider enrolling your little one today!



COME JOIN
OASIS YOUTH & FAMILY SERVICES
P.A.C.E.S.
PARENT AND CHILD EMPOWERMENT & SUPPORT

SESSION 2:
THUR. 3/12- THUR 4/16

10:30 - 11:30AM @
CABRILLO GATEWAY
COMPUTER ROOM

***LIGHT BREAKFAST
& COFFEE SERVED**

For more info:
562.388.7601 562.388.8067
or
mllanos@centuryvillages.org

