

Calendar

- Dec 11 / Hanukkah Starts
- Dec 21 / National Homeless Person's Remembrance Day
- Dec 25 / Friday / Christmas Day / All CVC Offices Closed**
- Dec 26 / Kwanzaa Begins
- Jan 1 / Friday / New Year's Day / All CVC Offices Closed**
- Jan 4 / National Trivia Day
- Jan 11 / National Human Trafficking Awareness Day
- Jan 15 / National Hat Day
- Jan 18 / Monday / Martin Luther King Jr. Day / All CVC Offices Closed**
- Feb 1 / Black History Month
- Feb 2 / Ground Hog Day
- Feb 12 / Lunar New Year
- Feb 14 / Valentine's Day
- Feb 15 / Monday / President's Day / All CVC Offices Closed**
- Feb 16 / Fat Tuesday
- Feb 17 / Ash Wednesday
- Feb 17 / National Random Acts of Kindness Day
- Mar 2 / Dr. Seuss Day (Read Across America)
- Mar 14 / Pi Day
- Mar 14 / Daylight Savings time
- Mar 17 / St. Patrick's Day
- Mar 17 / Natl. Let's Laugh Day
- Mar 28 / Passover (first day)
- Mar 29 / Monday / Cesar Chavez Day Observed / All CVC Offices Closed**



Mental Health and The Holidays

By Desiree Rew, Oasis Licensed Clinical Social Worker

When I think about the holidays, the song, "It's the Most Wonderful Time of the Year" by Andy Williams comes to mind ... in a mind-whirling repeat playing just that one line.

The fact of the matter is that not all festivities are a "wonderful time of the year" for many. For some, it is the most "not-wonderful time of the year."

What causes the holidays to be so troublesome?

- Holiday trauma, such as unpleasant memories or incidents taking place on or near a holiday
- Holiday expectations to observe with co-workers, family, or neighbors when you wish to celebrate on your own
- Experiencing the holiday without a loved one
- Expectation of giving presents and spending money

• Being powerless to spend the holiday with loved ones because of COVID-19 restrictions

Take one-part mental health, one-part past holiday stress, add COVID-19, and you have a recipe for melancholy, withdrawal, overwhelm, and/or isolation. If the holiday has you down, you are not by yourself.

Here are four ideas to encourage you if you are navigating multiple feelings.

- Honor your emotions. They are yours! Do not pack them or withhold them. They will not go elsewhere even if you succeed in hiding them.
- Talk to your therapist or make an appointment to see one. Asking for help is not a sign of weakness. It is the strongest thing any individual can do. It takes bravery to acknowledge the need for support

and indeed more bravery to receive support. If you are fortunate to have a therapist, make your appointment and keep it! If not, establish one. Check your insurance coverage for therapists in your network, or search www.psychologytoday.com. You don't have to go through difficult feelings alone.

- Consider getting support online. www.findyourwords.org provides resources and advice to encourage care for yourself and tips on how to talk to loved ones including children about depression.
- Set reasonable expectations for yourself. You can only afford what your budget will sustain. Be straightforward with yourself. A handwritten note of appreciation or a homemade gift is a thoughtful gesture. It is truly the thought that counts.

wee bits!

BY JAY WEEN
WESTFALL

- * January was named after the Roman god Janus, which is also the word for door. The god Janus had two faces, which allowed him to look forward into the coming year and backward into the past year.
- * Winter Solstice happens every year on December 21, and it is the shortest day and the longest night of the year.

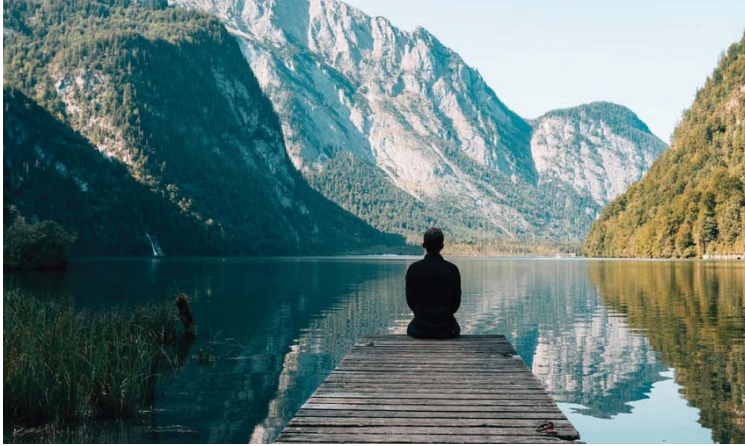
The Village Anchor Team

Editor: Donna Ferraro **Online Editor:** Paige Pelonis **Writers:** Joana Arcangel, René Castro, Israel Matos, Brett Morales, Paige Pelonis, Danica Potts, Melissa Rain, Kim Wee, Carla Torres, and Jaylene Westfall. **Guest Writers:** Desiree Rew, Kristine Hastings, Emile Kanhai, Katelyn Johnson, and Maria Llanos. **Photographer:** Carla Torres **Design & Layout:** Cyndi La

How to Sit for

Mindful Meditation

By Katelyn Johnson,
CVC volunteer



1. Take your seat. Whatever you're sitting on — a chair, a meditation cushion, a park bench — find a spot that gives you a stable, solid seat.
2. Notice what your legs are doing. If you're on a cushion on the floor, cross your legs comfortably in front of you. (If you already know some kind of seated yoga posture, go ahead.) If you're on a chair, it's good if the bottoms of your feet are touching the floor.
3. Straighten, but don't stiffen, your upper body. The spine has natural curvature. Let it be there. Your head and shoulders can comfortably rest on top of your vertebrae.
4. Situate your upper arms parallel to your upper body. Then let your hands drop onto the tops of your legs. With your upper arms at your sides, your hands will land in the right spot. Too far forward will make you hunch. Too far back will make you stiff.
5. Drop your chin a little, and let your gaze fall gently downward. You may let your eyelids lower. If you feel the need, you may lower them completely, but it's not necessary to close your eyes when meditating. You can simply let what appears before your eyes be there without focusing on it.
6. Be there for a few moments. Relax. Bring your attention to your breath or the sensations in your body.
7. Feel your breath — or some say "follow" it — as it goes in and out. Some versions of this practice put more emphasis on the outbreath. For the inbreath, simply leave a spacious pause. Either way, draw your attention to the physical sensation of breathing: the air moving through your nose or mouth, the rising and falling of your belly or chest. Choose your focal point, and with each breath, you can mentally note "breathing in" and "breathing out."

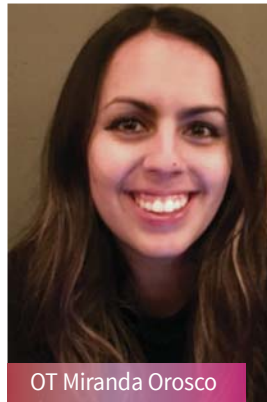
8. Inevitably, your attention will leave the breath and wander to other places. Don't worry. There's no need to block or eliminate thinking. When you get around to noticing your mind wandering, just gently return your attention to the breath.
9. Practice pausing before making any physical adjustments (such as moving your body or scratching an itch). With intention, shift at a moment you choose, allowing space between what you experience and what you choose to do.
10. You may find your mind wandering constantly. That's normal too. Instead of wrestling with or engaging with those thoughts, practice observing without needing to react. Just sit and pay attention. As hard as it is to maintain, that's all there is. Come back over and over again without judgment or expectation.
11. When you're ready, gently lift your gaze (if your eyes are closed, open them). Take a moment and notice any sounds in the environment. Notice how your body feels right now. Notice your thoughts and emotions. Pausing for a moment, decide how you'd like to continue on with your day.

How Can OT Help You?

By Emile Kanhai,
CVC intern 2020-2021



OT Benita Na



OT Miranda Orosco

Gardening, cooking, and walking. These might seem like simple activities, but that might not be the case for someone living with a mental or physical disability. For CVC community members who face challenges while attempting to complete everyday life activities, occupational therapy students are here to help! What is occupational therapy? Occupational therapy (OT) is a "doing" therapy that uses everyday activities to help people improve their health and overall well-being.

"Occupational therapists help people to gain or regain the ability to participate in activities that are meaningful and purposeful to them," OT student Miranda Orosco said. "We help people of all populations in all settings."



OT Sarah Chacon



OT Sara Kozakiewicz

At the Villages, OT students lead therapeutic groups that welcome all in the community and include daily walking groups, cooking club, gardening at the community garden, sensory and self groups, and a program called Journey to Wellness. In addition, occupational therapy students can address individual concerns and collaborate with residents during one-on-one sessions. Participating in seemingly small, daily activities — or occupations — can have a huge impact on a person's overall health and well-being.

"When you feel better, you can do more." occupational therapy intern Sarah Chacon said.

Due to COVID-19 limitations, OT students have had to get creative and develop innovative programs for assisting residents, while also being COVID-19 safe. This semester, OT students have engaged residents using telehealth, conducting cooking classes outdoors, and creating their own wellness podcasts. For CVC residents interested in participating in occupational therapy, a new calendar for Spring 2021 OT classes will be available soon. Additionally, residents can contact OT4cvc@gmail.com for more information.

OT PODCAST

Are you interested in more quick tips to improve your health? OT intern Sara Kozakiewicz is hosting a weekly wellness podcast all about the small changes we can make in our daily routines to help us to feel better. Based on practices found in "Blue Zones" (places in the world where people live the longest), topics include emotional wellness, mindfulness, and nutrition. To learn more, visit: <https://www.facebook.com/groups/795876674233149>



At CityHeART, we are grateful to be part of a community that supports us and comes running when we need a helping hand (or five!).

For the last several years, the grassroots, all-volunteer, CityHeART crew has taken great pride in bringing a Thanksgiving feast to nearly 600 residents at the Villages during the week of Turkey Day. It has been a labor of absolute love and a joyful experience for volunteers of all ages to come out to the Villages, line buffet tables with all the fixings of a proper Thanksgiving feast, and serve the hot meal to veterans, families, seniors, and kiddos in the Social Hall with music playing and holiday spirit abounding.

Of course, this year, most things are different. With COVID-19 looming

over the holiday season, CityHeART wasn't even sure if the feast would be possible. The weekend before the feast was scheduled to take place, health orders changed for LA County again, reinforcing a need to limit the number of people gathered in one place and discouraging the mixing of households.

This meant many of the volunteers who had planned to help with the feast this year would not be able to come and help.

Never wanting to disappoint, a smaller, but still mighty, CityHeART crew set out to do the best they could to get all the food prepared in time to box up in to-go containers and hand them out to as many residents at the Villages as possible.

When the day of food distribution

arrived, and the volunteer crew had dropped in size again, CityHeART was running behind schedule and needed all the help it could get.

Enter case management staff from Harbor Interfaith, U.S.VETS, and CVC's Oasis Residential Services team! Without the support of the staff of the onsite partners, CityHeART's feast would not have made it into the hands and homes of just over 300 residents at the Villages.

In order to ensure their clients received a holiday meal, staff from Oasis, Harbor Interfaith, and U.S.VETS stayed late and stepped in to assist with communication to clients. They even helped deliver meals to

residents' doors in the final hours.

And of course, with overwhelming gratitude, patience, and kindness, everyone who received a meal made the whole experience worth it.

It's true what they say: it really does take a village! And during this seemingly impossible year, CityHeART has never been more grateful to be part of such an incredible, supportive, and generous village. Thank you to everyone at the Villages at Cabrillo who made this year's Thanksgiving Feast possible!

wee bits!

* Saint Nicholas, who would eventually be called Santa Claus, was originally the patron saint of children, thieves, and pawnbrokers!

Why We Love Our Service Animals

Belle's Story

By Rene Castro, CVC
Director of Community
Engagement and
Belle, Anchor
Place resident



Recently, Belle, an Anchor Place resident, shared a touching story about her service animal.

"My sister was in Utah, and she was taking a geology course, and she met this woman from Wyoming, and they raised Parsons Jack Russell

Terriers that were bred in Canada and Australia.

Kate was the runt of the litter. The woman gave Kate to my sister. My sister spent one night camping, and she put Kate just outside the tent, and Kate just took off. My sister searched all night and couldn't find her and was convinced she was gone. In the morning, she woke up, and there was Kate sitting outside the tent. Apparently, Jack Russell Terriers go out and survey where they are for about a quarter mile, and they do come back.

My sister gave Kate to my mom who then gave her to me. My mom always said that she belonged to me and when she died that I could take her. She was always a good dog - very

playful and mild mannered. She had escapades and would run off. Her nickname was Sniggle Fritz. My mom passed in 2016, and I took Kate. I had a car accident and was having trouble with my grip, and I was dropping things, and she was able to pick things up for me.

She was my service animal. She learned to push the button on service doors. On disabled ramps, she would help me up. I am a really heavy sleeper, and when the fire alarm would go off, she would wake me up.

We had a lot of adventures here at Century Villages. She loved the Urban Forest. She made a lot of friends up at the Plaza. When she died at 15 because of cancer, I gave her an ice-cream social. Everybody knew Katie.

After she passed, I was really sad and cried a lot. I said, "Oh, mom, give

me a sign if she's with you!" I had her toys in a bucket in the kitchen, and when I woke up, there were three toys on my bed."

Good rules to keep in mind for your service animal:

- Spend a lot of time with them, and they will return it back to you.
- Dogs are adventurous, and they like to be out and about.
- Pick up their poop, and wash them, and care for them, and they will be good to you.
- You gotta' be patient. Don't scream at them.
- They are loyal.
- A dog deserves to be trained to learn how to socialize. A lot of people are disabled here at CVC. If the dog is trained, they can help a lot!

Hobbies During Covid

By Melissa Rain,
Assistant Property
Manager



Henry Martinez, a veteran resident at Anchor Place, is one of them. He actually had a knack for craft-making long before COVID-19. One of his many projects is pen-making! The VA has enabled him to take wood-shopping classes

where he uses their machinery/tools to make pens. He has made them from wood and acrylic. He also has another neat project where he custom framed an LA Dodgers puzzle that his daughter put together. He fitted wood pieces together and painted them white while also adding letters onto the frame. Pretty darn cool!

Kevin Tachikawa is another veteran who lives at Anchor. He imprints pictures onto face masks.

“It’s a lengthy process,” Tachikawa said. First, he makes a pencil sketch of the drawing onto sketch paper. Next, he puts masking tape over the drawing and sketches again onto the masking tape with ink. He then cuts out pieces of the sketch and places them onto the mask. Kevin uses nail polish to color the images and clear coat to make it shine.

Whether it’s learning how to cook, making bracelets, or finally finishing a project that we just never had time for, COVID-19 has taken our creativity to another level!



With COVID-19 being a part of our daily lives for several months in 2020, we have all been affected in numerous ways. On the upside, there are some positive outcomes from being secluded in our homes. Some of the residents at the Villages have picked up some fun hobbies.

How to Zoom Like a Pro

By Kim Wee,
Vice President,
Housing CHC & CVC



attend a Zoom meeting. Just click the link provided or go to www.zoom.us and click “join a meeting” and enter the Meeting ID. You can also call in.

What Is Zoom Bombing?

Zoom bombing is when an uninvited guest gets into your meeting. It’s easy to prevent: just create a password for your Zoom meeting or use the waiting room feature.

TIPS FOR USING ZOOM

1. Find the perfect setting

- Don’t sit with your back to the window. Lighting matters.
- Your background should be simple, clean, and uncluttered. Or use a virtual background.
- Raise the camera to eye level; you want to look up at the camera, rather than having the camera look up your nose.
- Use headphones or sit in a quiet place.

2. Set your preferences

You can set preferences that will apply to every Zoom Meeting, such as:

- Touch up my appearance, under VIDEO.
- Add a profile picture under PROFILE to display your picture when you turn off your camera.

3. **Always mute yourself if you aren’t talking** because background noise can be distracting. If you need just say just a few words, press and hold the space bar to speak, then release to mute. For longer conversations, click the microphone BEFORE talking.

4. **Once you are in a meeting**, you can do a lot; check out the controls at the bottom of your screen.

- PARTICIPANTS: shows who is in the meeting.
- Rename yourself by pointing the mouse at your name until you see MORE>RENAME.
- CHAT: send private messages or messages to the whole group.
- REACTIONS: to clap, thumbs up, etc. without saying a word.
- STOP VIDEO: turns your camera on and off.
- ALWAYS turn your camera and mic off before walking away or standing up so it’s not distracting and you can wear pajama pants and no one will know!
- The up arrow next to VIDEO is where you can choose a virtual background.

ZOOM TIPS FOR KIDS IN SCHOOL

Students

- Have a learning space (desk or table). Do NOT Zoom from bed
- Have supplies ready: paper, pencil, crayons, CHARGED Chromebook
- Find a spot with good internet (not outside)
- Avoid bringing animals/siblings/parents into Zooms
- First and last name must be displayed
- No changing background during Zoom
- Eat breakfast BEFORE Zoom, not during
- Participate
- Stay on topic

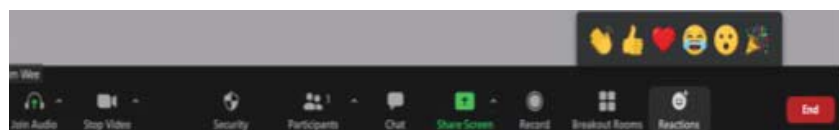
- Be respectful
- Screen must be ON
- Notify your teacher if you need a restroom break

Parents

- Teach your child to log in BY THEMSELVES
- Do not be in the Zoom picture
- Keep distractions to a minimum
- Make sure your internet connection is at its BEST
- Set high expectations for student behavior on Zoom
- Provide headphones (if possible)
- Help your child find a quiet place to listen and learn

Is Zoom free to use?

You don’t need to have a Zoom account or download the app to



PATH Explorers Get Hands-On Fun and *Respite From Virtual Learning*

By Aimee Uresti,
PATH

During these challenging times, our youth have had to switch to learning in a virtual environment. Sometimes, this can be overwhelming. PATH staff have been able to provide support to families during these difficult times while practicing safety measures. After focusing on education Monday through Thursday, Fridays have been dedicated to participating in fun activities to enhance the wellbeing of PATH EXPLORERS' youth.

A few activities our youth have engaged in are gardening, art, mindfulness, physical activities, and doing random acts of kindness for their neighbors.



We Are B.O.L.D. Program Reopens With Academic Support & Fun Activities

By Carla Torres, CVC Youth & Family Services Coordinator

For the teens at the Villages, distance learning has been quite an adjustment. From not being able to see their friends, being asked to stay indoors, and do all of their classes online, it has been quite the set of challenges for teens. Since the re-opening of the We Are B.O.L.D. Program, the teens have been provided with an equipped, safe space where they can feel supported and prepared to face these challenges and achieve their academic goals and beyond.

Our program's main focus is to provide virtual learning support for students grades 7th - 12th so they can complete their online classes and schoolwork and have one-on-one support as needed. Students are encouraged to bring their headphones, books, and Chromebooks, although computers are also available for use at the center. Students are supervised by staff as they complete their online classes and are able to take part in recreational activities such as arts & crafts, video games, and the

Drum Circle once they have completed their school work.

One of the newly implemented incentives we have for our teens encourages them to earn good grades for a chance at winning multiple prizes in our Academic Raffle and End of the School Year Celebration. By agreeing to voluntary grade checks and participating in virtual learning, students have the opportunity to earn tickets daily and increase their chances of winning a prize.

The We Are B.O.L.D. Program is open Monday-Thursday from 9:00AM - 3:00PM. Registration is open for students grades 7th - 12th, but space is limited.

For more information, contact Oasis Youth and Family Services Coordinator Carla Torres at (909)454-3989 or via email ctorres@century.org.

All COVID-19 procedures are implemented during the program, and face masks are REQUIRED to be worn!



wee bits!

* In 1647 Oliver Cromwell, English Puritan leader, banned Christmas festivities as immoral on such a holy day. Anyone seen celebrating was arrested! The ban was lifted in 1660.

* Pi Day is a fun day to celebrate math. It is celebrated on March 14 because the number Pi starts out with 3.14. As far as we know, the number π goes on forever, it never repeats and never ends.



At the Oasis Out of School Program, our main focus has been to provide virtual learning support to students ages 5-10. Our program is offering a safe and encouraging learning environment where children can complete their online classes and schoolwork. Students are welcome to bring their Chromebooks or laptops, and computers are available for use at the youth center. Our goal is to provide students with the support they need as they adjust to virtual learning. We supervise

students as they complete classes in their own space free of distractions. We also offer one-on-one tutoring for students who may need it. Healthy snacks are served daily.

Some of the fun activities we provide during program are music, outdoor play, yoga, and creative arts. This year, we celebrated Halloween with our very own Spooky Costume Party. We watched the movie Coco while we enjoyed some pizza, delicious cupcakes, and treat bags too!

Our program is open Monday-Thursday, 12-3pm.

Registration is now open for children grades K-5, but space is limited.

For more information, contact Oasis Youth & Family Services Coordinator Maria Llanos at (562)388-8067 or email mllanos@centuryvillages.org.

All COVID-19 safety protocols are implemented during the program.

Face masks are REQUIRED!

wee bits!

- * Martin Luther King Jr. was the youngest person to be awarded the Nobel Peace Prize when he was given the award in 1964; however, Malala Yousafzai became the youngest when she was awarded the Nobel Peace Prize in October 2014 at the age of 17.
- * According to National Geographic Magazine, in 1985, an entomologist from New Zealand came up with the modern concept of Daylight Saving's Time so that he would have more hours of sunshine after work to go bug hunting in the summer.

Holiday Mad Libs

Mad Libs are fun to play with a friend. Have your friend provide nouns, verbs, adjectives, etc. while you fill in the blanks below (but don't let them see what you're writing). Then read it back to them. The more ridiculous the words, the more hilarious the outcome!

No holiday season can be really _____ unless you have a/an _____ tree in your _____.
emotion adjective a place in a house

You can find holiday trees for sale at _____ or at _____ farms. In some areas, you can even cut
a store noun

your own tree! Make sure there are no _____ still living in the tree. Check for nests because that might mean
living things

there are baby _____ still living in it. The best trees are _____ and healthy. When you get home,
living things adjective

don't forget to give your tree _____ so it won't dry up. Some people also believe adding _____ to the
a liquid food (plural)

water will make it live longer. Then the fun begins! Decorate your tree with lots of _____ and _____.
plural noun plural noun

Strings of _____ were popular decorations in olden days. Some people like to listen to _____ music
food a holiday

and drink hot _____ to add to the _____ mood. While fake trees can also be _____,
a liquid emotion adjective (no colors)

there's nothing like the scent of fresh _____ every time you walk by your tree to put you in the holiday spirit.
a smell

