

Calendar

- June 25 / Take Your Dog to Work Day
- June 27 / Natl. PTSD Awareness Day
- June 30 / Social Media Day
- Jul 1 / Natl. Postal Worker Day
- Jul 5 / Monday / Independence Day / All CVC Offices Closed**
- Jul 11 / Natl. 7-Eleven Day
- Jul 14 / Natl. Tape Measure Day
- Jul 17 / Toss Away the "Could Haves" and "Should Haves" Day
- Jul 21 / Natl. Junk Food Day
- Jul 23 / Gorgeous Grandma Day
- Jul 27 / Natl. Love is Kind Day
- Aug 1 / Sisters' Day
- Aug 5 / Natl. Underwear Day
- Aug 8 / Intl. Cat Day
- Aug 8 / Natl. Happiness Happens Day
- Aug 13 / Left-Handers Day
- Aug 21 / Natl. Sr. Citizens Day
- Aug 21 / World Honey Bee Day
- Aug 27 / Natl. Just Because Day
- Aug 30 / Grief Awareness Day
- Sept 6 / Monday / Labor Day / All CVC Offices Closed**
- Sept 13 / Natl. Kids Take Over The Kitchen Day
- Sept 15 / Natl. Tackle Kids Cancer Day
- Sept 15 / Greenpeace Day
- Sept 28 / Natl. Voter Registration Day
- Sept 30 / Natl. Love People Day



Reflecting on a Semester of Gardening



By Emile Kanhai, Sophy Sam, and Alyssa Ruiz

This semester, interns from across LA County gathered at the Villages to revive the community gardens and gardening programs that went on hiatus due to COVID-19. CVC is host to several gardens, including David's Garden, the Magic Garden, and the Urban Forest. Nestled between buildings 9 and 10 is also one of the smallest community gardens at CVC. Undergraduate CSUDH Human Services interns Sophy Sam and Alyssa Ruiz and graduate CSUDH Master of Social Work intern Emile Kanhai sought to transform the overgrown space into a functioning garden.

"I was surprised how relaxing the experience was," Sophy noted, reflecting on the experience. "I had never gardened before and didn't know what to expect. Being in the space and working in the dirt was a calming experience."

"It was rewarding watching the plants take root and the space transform," Alyssa added.

However, all three interns found that the most enriching part of the experience was working hand in glove with residents.

"At first, residents were hesitant to join us," Emile said. "But after seeing us in the space every week, people started to come out and participate."

Studies have found that gardening isn't just a hobby. There are also lasting mental and physical health benefits. Research has found that gardening:

- boosts one's mood
- reduces stress
- improves memory
- helps fight diseases
- builds strength
- helps with addiction recovery

In addition to these health benefits, Emile, Sophy, and Alyssa learned that gardening can foster human connection and empower communities. As COVID-19 guidelines change, these three interns are hopeful that more

residents will have the opportunity to come out and spend time in the community gardens. For residents who are ready and interested, contact your case manager to learn how to get started gardening today.

GARDENING INDOORS

The mental and physical health benefits of gardening aren't reserved to gardening outdoors. Studies have found that growing plants indoors also has many of the same benefits. Additional research has shown that indoor gardening can help people make healthier food choices.

"[Gardening indoors] is easier, and seeing my plants everyday helps me feel better and improves my overall mood," one resident shared.

For residents who are interested in starting their own indoor gardening projects, The City of Long Beach has compiled resources to help them get them started: <http://www.longbeach.gov/sustainability/nature-initiatives/garden-resources/>

Wee Bits!

- * We watch over 1 billion hours of YouTube videos every day. That's more than the amount of Netflix and Facebook videos we watch combined!
- * Ketchup used to be sold as medicine. That's right; the popular condiment was once thought to be a cure for indigestion.

The Village Anchor Team

Editor: Paige Pelonis **Writers:** April Cohee, Gabbie Hunte, Maria Llanos, Danica Potts, Melissa Rain, Carla Torres, Kim Wee, and Jaylene Westfall.
Guest Writers: Emile Kanhai, Linda Mele, Sean Ransom, Alyssa Ruiz, and Sophy Sam. **Photographer:** Carla Torres **Design & Layout:** Cyndi La

Participants get Moving at *Virtual Health Fair*

By Paige Pelonis
Manager, Community
Engagement



Last month, the Villages partnered with several local resources and volunteers to put on a much-needed Virtual Health Fair. Veterans, seniors, children, and teens living at the Villages and off site at other Century-managed properties participated in the event.

All activities were offered virtually, including:

- Zumba
- yoga
- breathing & meditation
- music groups
- journaling
- Veterans Council Open House
- health mixer

The whole day ran from 10am–5pm, and sessions included prizes and giveaways. Youth programs for teens and children ran in the afternoon with a hybrid of in-person and virtual, and that included music groups, yoga, breathing & meditation, and physical fitness classes. The teenagers were also provided with a meaningful, interactive presentation on teen dating violence and healthy relationship-building.

It was great! Participants received a free healthy lunch and a health & wellness goody bag stuffed with all kinds of fun and healthful goodies.

We want to give a huge shout out to our partners for hosting virtual opportunities for this event and

donating items for the goody bags:

- Music is the Remedy
- Rock to Recovery
- SIIK
- Veterans Council by CityHeART
- City of Long Beach Black Infant Health Program

We have so missed being able to come together and celebrate our seasonal community health festivals as a community, so this virtual gathering was very much needed!

Quite a few participants told us throughout the day how much they missed being able to do fun, health-oriented type of things like this, which made the whole day worthwhile all the way around.

Did we mention that when folks came out to pick up their lunches at our Farm Stand, they also took home bags of groceries provided by Big Sunday? They also wrote down what they were grateful on the leaves of a Gratitude Tree that was in full bloom by the end of the lunch hour.

One final shout out goes to Century's incredible Oasis Residential Services Team (Oasis) for showing up for each session to support the volunteers and partners, coordinating outreach to help spread the word, and coordinating logistics of the day with our Community Engagement Team.

Our village would not be possible without the support of volunteers and donors who support our mission.

Parking: What You Need to Know

By Danica Potts
Assistant Property Manager



Surprisingly, as many people as we have onsite visiting, picking up, dropping off, staying, going...there's always a place to rest your Adult Sized Go-

Kart, your Vehicle, or your Horseless Carriage. With all of the parking spaces onsite, it's best to be mindful of WHERE you are parking and HOW you are parking.

We understand that sometimes we want to park closest to where we are going, but when that is not so doable, consider parking a bit farther. You can pretty much find a spot anywhere onsite and get to where you want to go in 3 minutes or less, which is definitely way less than the 10+ minutes it will take to circle around and around...AND around, to find that close spot.

CVC is contracted with A&A Towing to help with parking issues and concerns. A&A circles the site making sure vehicles are parked correctly. Parking correctly means not blocking any entrances or exits, having a visible handicapped placard when parked in a handicapped assigned spaces (blue), and not parking in any emergency vehicle only areas (red).

The state has its vehicle registration requirements and so does CVC. Residents must register their vehicles with the Property Management office, and to properly do so, one must supply current driver's license, registration, and insurance. In return, staff will give a yellow placard with an ID number, which identifies your vehicle. It should be placed on your rearview mirror. In the event an individual needs to be contacted, we also ask for your most current phone number. The process is the same for staff. Guests simply need to check in with the security booth and once requested details are provided, a guest pass is issued and should be placed visibly on the windshield. That's it... CVC Parking 101 – Beep Beep!

Plaza de Cabrillo Renovations

Update and Information

By Linda Mele, Senior Project Manager, LEED AP (BD+C),
Melissa Rain and April Cohee,
Assistant Property Managers



As most of you know, there have been many sights and sounds in the CVC community — more specifically, at one of our Veteran buildings, the Plaza de Cabrillo. The building has been undergoing much needed renovations that began January of this year. Williams Street has been filled with moving vans and construction trucks coming and going on a regular basis. The parking spaces are filled, loud noise pierce through the windows of the Plaza from 9am to 4pm Monday through Friday. Construction is in full swing now, with work inside the units being performed in 16 phases. Phase 6 was complete as of May 21, 2021 with a total of 46 units having renovations completed.

The hustle and bustle will not go in vein. This renovation is allowing us the opportunity to restore and

revamp the plumbing along with updating the kitchenettes and bathrooms.

All 204 units (including individual and suite units) are receiving remodeled kitchens with new cabinets, countertops, sinks, appliances, and range hoods. Bathrooms are receiving new sinks, counters, and toilets. New plumbing in the walls is being installed for these new items, and each unit will now have its own water shutoff valve to make plumbing repairs less disruptive to other tenants in the building. The units are also receiving new entry door locks and smoke alarms.

Fourteen units are also receiving a remodel to make them fully accessible to meet the current requirement for the proportion of

units that are accessible. In those units, a roll-in shower will be installed and interior walls are being moved to create the required space for wheelchair access. Restrooms in the suites will also be reconfigured to meet accessibility standards.

OTHER WORKS IN PROGRESS and UPCOMING RENOVATIONS

Construction of new accessible ramps from the building exits will start construction in mid-June. The building exit ramps on the Williams St. side of the building will be demolished and rebuilt first. The building exit ramps on the Willard St. of the building will then follow. Work is expected to take several weeks for each side of the building and will require rerouting pedestrians for safety reasons. Please follow all safety directions as you walk in these areas while this work is going on!

Elevators: The elevator in the west wing is under renovation now, and the east wing elevator will be renovated when units in that wing begin construction.

A new boiler has been installed on the roof of the west wing (you may have seen the crane a couple of weeks ago!). The boiler on the roof of the east wing will be replaced later, when units in the east wing are being renovated.

Exterior painting was completed earlier this year.

Later this year, new landscape planting and concrete in the courtyard will be installed, and the cooling tower equipment in the parking lot behind the building will be upgraded.

At this time, all work is on schedule and CVC staff, Century's development team, Walton Construction, and Relativity Architects are working hard to keep the project on track in the hopes of finishing everything before the holidays. We look forward to seeing the completion of this project for your use and enjoyment!

Next time you are taking your daily stroll be sure to take a glance at the Plaza's progress.

Please be mindful that the renovation is projected to continue until approximately November 2021. We appreciate all your patience throughout the process, and we hope you are enjoying your newly renovated studio.

Feel free to contact any staff from the Plaza Relocation Team or your U.S.VETS Case Manager if you have any concerns or question.

Summer Foods to Try

By Gabbie Hunte
Property Management
Assistant



The summer months in Long Beach are a time where we get to enjoy the luxury of living in one of the most popular beach cities on the West Coast! Along with wonderful weather comes a chance to eat the fresh and flavorful produce that's in season here in California. We all dream of the fun days ahead filled with sun, fun, and delicious food. Here are five healthy fruits and vegetables you should try to look for this summer. These yummy choices are not only healthy, but they also taste amazing!

FRUITS

1. Strawberries
2. Apricots
3. Blackberries
4. Blueberries
5. Mangoes

VEGETABLES

1. Corn
2. Nopales (prickly pear)
3. Spinach
4. Avocado
5. Cucumbers

There are so many combinations of fresh and nutritious foods to try. Take advantage of the summer season and enjoy!

Thanks a Bunch for Your Hard Work!



Volunteers & interns kept our mission alive this past year

By Paige Pelonis
Manager, Community Engagement

During this past year, you made it possible for us to expand our volunteer program to beyond the Villages and into the surrounding community. You helped us serve and support our other Century-owned properties during the most challenging volunteer year yet!




Creating digital content like podcasts, videos, informational graphics, and written articles kept our community engaged and connected in spite of isolation and social distancing!

Your hard work and dedication made a HUGE difference this past year! Keep doing exceptional work, and thank you for all that you have done for us!




Thank you for keeping the Farm Stand alive during this challenging season! Making nutritious food available to our community during COVID-19 was critical, and we could not have done it without you!




John the Yoga Guy!
You always show up for our community, no matter the obstacles. You shine a light on all of us and keep us laughing even when things are tough. Sometimes it's exactly the thing we need to get through. We can't thank you enough.



#SHOUTOUT



To all of the incredible interns and volunteers who brought our mission to life during this past year: thank you! In spite of all of the obstacles brought on by the ongoing COVID-19 pandemic, our incredible volunteers stepped up and supported CVC and our many on-site partner organizations. We are grateful for your help!

As we move into the summer, we look forward to welcoming additional volunteers who can help support the veterans, families, seniors, and children who call the Villages their home.

We Are Bold Teen Summer Camp

July 6th - August 6th
Monday - Thursday

COVID Protocols
will be enforced



To enroll, please contact:
Miss Carla
Youth and Family Services Coordinator
at (909)454-3989
ctorres@century.org

wee bits!

- * The average star is between 1 and 10 billion years old.
- * About 75% of your brain is made of water.
- * The brain is actually not capable of multitasking. While we may think we're doing two things at the same time, we're actually just quickly switching back and forth between different tasks.
- * Some fish cough. In order to clear the particles and bacteria out of their gills, the fish's ventilation cycle is interrupted with a cough.
- * Panthers are not a separate species of cats. They're just leopards or jaguars with a black color mutation.
- * Elephants are the only animal that can't jump.

Hudson Summer School Update

By Sean Ransom,
Case Manager
and Carla Torres,
Youth Services Leader



The time for summer vacation is finally arriving for students at the Villages! But first, it's important for parents to double check their plans for their children for the next school year and for some, what their plans are for summer school.

Hudson School Will No Longer Be Serving 6th-8th Graders

For 6th-8th grade students enrolled at Hudson K-8 School, it is important to remember that the deadline to have chosen an alternate school due to Hudson becoming K-5 passed in February. Alternate school options include Stephens, John Muir, Colin Powell, or Washington. Parents can view which school their student has been designated to on their ParentVUE.

Should they have any questions about what to expect for the new school year, they can contact the designated school. If parents have any questions about changing their student's newly designated school for the next school year, they are to contact the LBUSD District Office at (562)997-8100.

Summer School in LBUSD

Each LBUSD school should be providing SEAL (Summer School) services this summer. Families with students transitioning to Middle School should refer to their ParentVUE to see which school their student is scheduled to attend for more information with regard to summer school. Nearby Middle Schools offering services include Stephens, John Muir, Colin Powell, and Washington. Hudson School will also be offering Summer School from June 28th to July 23rd. (Hudson will not be providing services for Middle School students.) Students will be learning on-site in person from 9:30am-1:00pm each day. Parents can check ParentVUE for registration info, or contact the Hudson front office at (562)426-0470.

Here at the Villages, we hope that all of our students are able to enjoy a well-deserved break after overcoming the hurdles of online learning during this pandemic. Please continue to follow COVID-19 protocols as directed and enjoy a safe and healthy summer!

**OASIS 2021
SUMMER
CAMP
AGES 6-11**

(SPACE IS LIMITED)

JULY 6TH-AUGUST 6TH
MON-THURS: 12-3PM

FOR MORE INFO
CONTACT: MS. MARIA
YOUTH & FAMILY SERVICES COORDINATOR
AT (562) 388-8067
MILLANOS@CENTURY.ORG
MASKS ARE REQUIRED AT ALL TIMES!



Hacienda of Hope is excited to share that
WEEKLY BINGO NIGHT IN PERSON IS BACK!
Masks are required, and a super fun time is highly encouraged! Anyone 18 years or older is welcome. Bingo Night is every week on Wednesday from 6-7pm.

Search and Find answers



wee bits!

* Cookie Monster isn't actually eating cookies on Sesame Street - they're actually painted rice cakes!