

# CRESTWOOD BAKERSFIELD

Celebrating The Daily Successes

Semi-Annual Newsletter **Summer 2015**

Volume 3, Issue 1



## WE ARE RECOVERY...



### Welcome our new Bridge Director:

Rochelle Ramirez, ACSW, will be joining our Crestwood family on June 29, 2015. When you see her around, please give her a kind Crestwood welcome!

### Hurray to All of You!!!

In 13 years of CARF surveys, this year's survey was considered the "Best and Strongest" CARF survey yet! Congratulations to Crestwood Bakersfield staff!

### Things I want to do this summer: (Quotes from our clients)

"Get wet with the water hose" "Plant some plants"  
 "Go for ice cream" "Play volleyball in the backyard"  
 "Have a summer party and play another game of baseball with the staff" "Get a job" "Go home" "Stay in bed" "Swim" "Attend some outside water groups"  
 "Go to the lake with permission" "Go to a Blaze game" "Be discharged" "Have movie nights here"

### In this issue: We bring to you...

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### From our Kitchen to Yours...

#### Caprese Pasta Salad : Serves 8

3oz Fresh basil leaves  
 ¼ cup extra virgin olive oil  
 1lb whole wheat penne pasta  
 1lb cherry tomatoes, quartered (heirloom, if available)  
 8oz ciliegine mozzarella balls, quartered  
 1tsp kosher salt  
 Fresh ground pepper to taste  
 Aged balsamic vinegar

**Directions:** In a small food processor, combine basil and olive oil until thoroughly pureed.

Cook pasta according to package directions, omitting salt and oil if called for. Drain and return to pasta pot.

Toss pasta with most of pesto. Add quartered tomatoes and mozzarella, salt and pepper, and toss with the pasta and remaining pesto. Portion into bowls and drizzle aged balsamic vinegar on top. Garnish with extra basil if desired.

### 2nd Annual Penny War Results

This year, we raised a total of \$675.07. MHRC won 1st place for raising the most money and having the highest percent of donors! The Penny War funds go towards purchasing books, Bibles, notebooks, magazines, puzzle books, etc. for the clients. If you would like to make a 2015 donation, please contact Kathy Poole, ACSW at the MHRC.

"Keep your face in the sunshine and you cannot see a shadow." H.K.

### Rec Department is always busy...

*Playing Keeps You Well* is our motto at CW Bakersfield. We are having a wonderful time playing together: We had a day of elegance for our Christmas in Paris; Superbowl Sunday we showed our team spirit with hoots and hollers; our Basketball shoot-off brought out our talented staff athletes; Easter Egg hunt; volleyball and softball games and our awesome BBQs! This June we already had our Surfs Up! Party with the 'Beach Boys.' June is bringing lots of summer fun! Come join us!

### Seeking Safety Update:

Seeking Safety will now be offered as part of the staff training line up! We are excited to bring this present-focused therapy to our campus. Seeking Safety is designed for people with history of substance abuse and PTSD.



### We celebrated our professionals:

- \* Nurses Week: May 6-12
- \* Social Workers Month: March
- \* Administrative Professionals Day: April 27

### CHRISTMAS! CHRISTMAS! CHRISTMAS!

For 2014, staff was treated to a week long celebration for our holiday. Activities included: meals or snacks for all shifts, free on-site massages from Milan Institute, gift exchange and potluck, and a door decorating contest. *Congrats to Maintenance for winning the best decorated door!*

**Save the Date:** For 2015, our staff Christmas party will be held at the Metro Gallery on December 12. Catering provided by Steak and Grape. Details to come...

### Community Resource Corner:

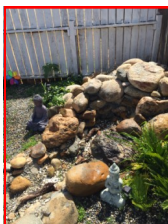
May is mental health awareness month. During the month of May, NAMI (National Alliance for Mental Illness) works even harder to promote awareness, fight stigma, educate and advocate. Our Bakersfield office works daily to promote support, advocate for, and educate our Kern County residents.

Mailing Address:

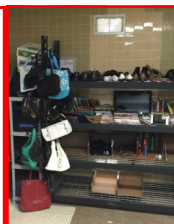
PO BOX 9144, Bakersfield, CA 93384

For information, support & resources:  
 661-858-3255 (can call or text)

Just for today, I will stand up for myself and be my own advocate!

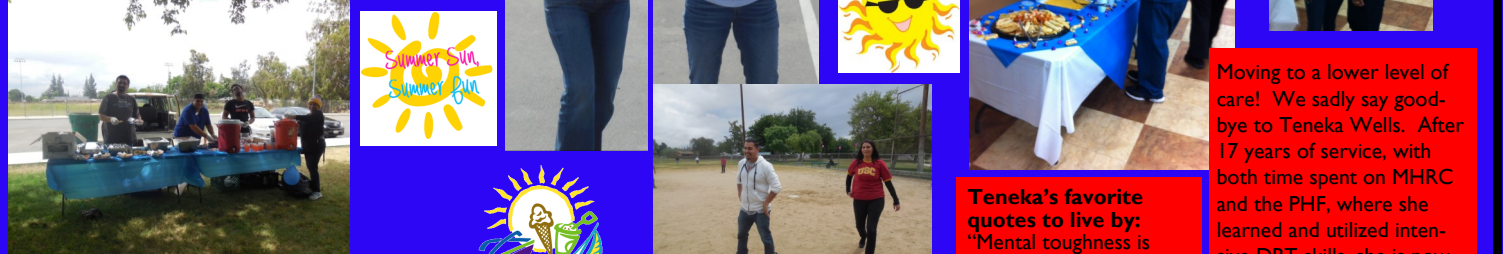
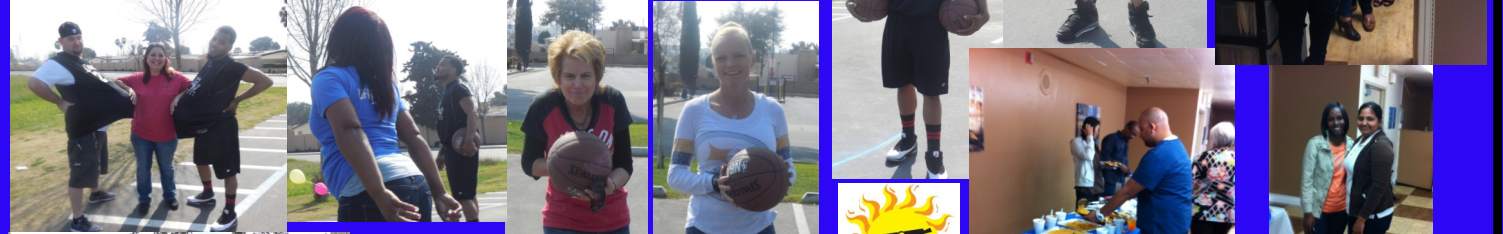


**Dreamcatchers update:** The Dreamcatchers are busy making many things happen! Current projects : the Serenity Garden, a thrift store and fitness room. Dreamcatchers are requesting donations for the thrift store and fitness room. Please see Charlie if you have re-usable items you can donate.





Thanks, Janet, for supporting our fundraising efforts!



Congrats to our 2015 scholarship winners: Succura Davis, Sukhdeep Kaur, and Melissa Cotera!



**Teneka's favorite quotes to live by:**  
 "Mental toughness is when you can find fuel in an empty tank."  
 "Be selective in your battles: sometimes peace is better than being right."  
 "Think positively, exercise daily, eat healthy, work hard, stay strong, build faith, worry less, read more, Be Happy!"

Moving to a lower level of care! We sadly say goodbye to Teneka Wells. After 17 years of service, with both time spent on MHRC and the PHF, where she learned and utilized intensive DBT skills, she is now leaving CW to start a new life in a community placement in North Dakota. We will fill her spot but we cannot replace Teneka!

If you would like to see something featured or have questions, feel free to email & share your thoughts: talonzo@cghi.net.