



# Freise Hope House



**Crestwood Behavioral Health, Inc.**

## Employee of the Month for January

Freise Hope House wants to recognize our employee's team work and dedication to the program by doing an employee of the month recognition every month. For the month of February weekend Shift Coordinator, Luis Gamino-Buzo was recognized for his dedication and hard work here at the Freise Hope House. Luis has worked here for a little over a year and has been such a great asset to our team. Whenever extra staff is needed, Luis is always willing to come into work. He works well with his coaches and coworkers as well with the guests. Luis does an awesome job at the Freise Hope House and we thank him for his work. Overall, Luis is a wonderful Social Worker.



**March 2017  
Volume 2, Issue 3**

### Inside this Issue:

Employee of the Month	1
Cooking for Wellness	2
St. Patrick's Day History & How we Celebrate	3



# Cooking for Wellness with Chef Daniel

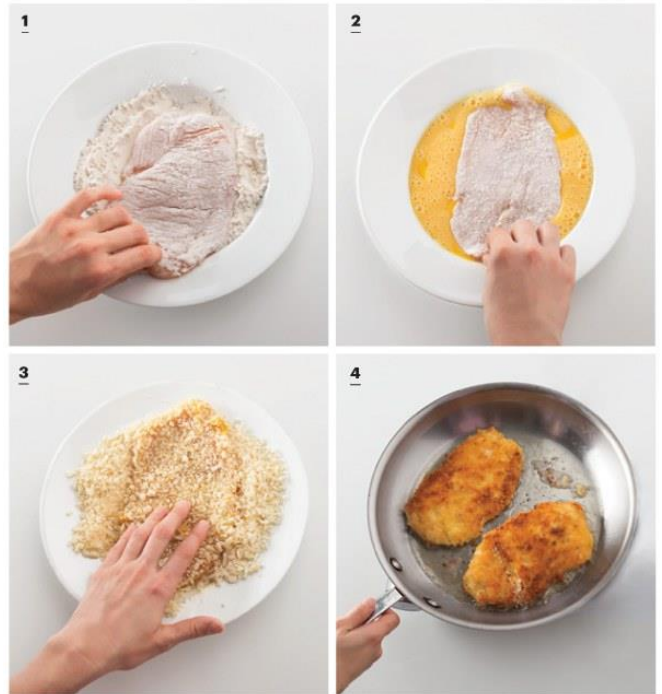
## Breaded Chicken



### Ingredients

- 6 Chicken Breast
- 1 Cup of Flour
- 1 Cup of Milk (or can substitute for eggs)
- 1 Cup of Bread Crumbs

Dip chicken breast in flour, then dip in milk (or can substitute for eggs), roll in bread crumbs, then either fry in pan with oil, or bake in oven at 350 degrees. Bake for about 30-40 minutes.



# St. Patrick's Day History & How we Celebrate

St. Patrick was born the second half of the 4<sup>th</sup> century A.D. Patrick was not actually born Irish, but is the patron saint of Ireland. He was held as a slave for a few years, but broke free and eventually went to Britain. Patrick had dream of seeing god when he was a slave. When he was free, he joined a monastery in France and studied there for 12 years. Patrick studied under St. Germain, the bishop of Auxerre.

St. Patrick traveled Ireland for about 20 years. He established monasteries across the country. Patrick also set up lots of schools and churches. Many legends are associated with St. Patrick, such as the three-leafed shamrock. The shamrock refers to the combination of the Father, Son, and the Holy Spirit. St. Patrick died on March 17, A.D. 461 and since then it has been known as the holiday St. Patrick's Day. It was originally a catholic holiday, but not anymore.

This year the guests will be making shamrock wreaths. I hope they wear green and enjoy this activity. Happy St. Patrick's Day everyone! 😊



Happy   
St. Patrick's Day



We're on the Web!  
[www.crestwoodbehavioralhealth.com](http://www.crestwoodbehavioralhealth.com)

**Crestwood- Freise Hope  
House**

721 8<sup>th</sup> Street  
Bakersfield, CA 93304  
Phone: (661) 326-9700  
Fax: (661) 326-9709