

CRESTWOOD BAKERSFIELD

Celebrating The Daily Successes

Semi-Annual Newsletter **Winter 2017** Edition

Volume 5, Issue 2

WE ARE RECOVERY...



Welcome to our newest staff member... Please welcome Yolanda Larios, our new clinician for MHRC. Yolanda has worked extensively with sexual assault, domestic violence and human trafficked victims. Welcome to our Crestwood family, Yolanda!



Rec Department is always busy...

We celebrated our 4th Annual Harvest Carnival and thankful gathering. Both events were spectacular, with staff and clients celebrating as one family. To kick off our Christmas season, our dancing elves performed Jingle Bell Rock, with an appearance by the old guy himself, Santa Claus! We sipped egg nog and enjoyed homemade cookies. The Crestwood crew continues to have a wonderful time being together! **PLAYING WELL KEEPS US WELL!**



In this issue: We bring to you...

News and updates	1,2
Recipe	1
CW Life	2
CW Pics	2

Just for today, I will give instead of get, share instead of hold and love instead of hate.

From our Kitchen to Yours...Penne and Cheese

Mac and Cheese is a dish that you've probably eaten served out of box most of your life. In fact, people used to make it the hard way *all the time*. The great part about making it from scratch is that you can add all sorts of interesting things. For instance: bacon. Bacon makes everything better. Bacon should be part of your WRAP plan.

Pasta : Penne gives you more surface area per noodle and gives your dish a bit of polish. Simply boil these according to package instructions. I'd recommend undercooking them a little – you want them *al dente*, or firm to the bite. Drain and rinse under cold water. One-Half cup per serving should be plenty.

Sauce: Place two cups of Milk and four Bay Leaves (to infuse flavor) over low heat in a saucepan. When bubbles appear (about five minutes) turn the heat off and remove the leaves. A roux is a combination of equal parts flour and fat (butter or oil) which is simmered until the desired color is reached. Start the ½ cup butter first in a saucepan over low heat until it melts. Then add ½ cup flour, raise the heat a bit and stir for 5 minutes. Stir constantly so that the Roux cooks evenly. When your Roux has darkened slightly, lower the heat and slowly pour the milk in, continuing to stir. You'll notice that the Roux will initially thicken when the milk is added, then gradually thin out. The last part of the sauce will be cheese. Add two cups of shredded cheddar to the sauce, stir until melted. In a bowl combine the noodles and sauce. At this point we have some Pasta and a Sauce and you might be thinking "well, I could have accomplished that with the box and a microwave." You're not completely wrong, which is why we need to add...

Something Different: Anything that can handle being baked to 140 degrees works. Bell Peppers, Olives, other Cheeses, Sausage...well, anything. My preferred way to present this dish is with Bacon, Parmesan and Bread Crumbs. In this case we'll have to go back in time and cook some bacon earlier in the process. Dice it up into small pieces and toss in the bowl. Add ½ cup grated Parmesan cheese. Stir well. Diced Ham or Sausage is also a good option – we're really pushing the salty flavor. In Toss all of these ingredients together. Pour them into a greased casserole dish.

In order to make bread crumbs you can simply take a bread of your choice and run it through your toaster. Dice this up into crumbs – a food processor helps here. Spread the crumbs over the top of the baking dish. Sprinkle a little more parsley for color. When it comes to putting the casserole in the oven keep in mind that we're not actually cooking anything; we just want to equalize the temperature to around 140 degrees. 350 degrees and let it warm for 15 minutes.

Congratulations to our own, Tina Healy, Program Director at MHRC!!

Tina completed her doctorate degree in Applied Clinical Psychology and graduated this October.

Congratulations Dr. Healy!



Community Resource Corner:

The **California Living Museum, CALM**, located at 10500 Alfred Harrell Hwy, opened in 1983. You can visit the zoo daily from 9-4pm and per the website, "CALM displays and interprets native California animals, plants, fossils, and artifacts to teach a respect for all living things through education, recreation, conservation, and research." During the holidays, from December 1- January 6, Holiday Lights at CALM, voted Bakersfield Best Annual Event features an amazing light display, train ride, and merry go round. They are opened from 5:30pm—9pm. This event really is fun for the whole family!



Dreamcatchers update: Dreamcatcher hosted a wonderful Holiday outing this December to the CALM Lights show. With the teamwork provided from Josh (Dietary), Sherry (QA), the MHRC & Bridge service coordinators and the generosity of the Crestwood directors, we were able to take 18 clients for this magical experience. Dreamcatchers are working hard out in the garden with the changing of the cold season. We have our 4 new hens settled into their new home here at Crestwood. Fresh eggs are getting delivered to the kitchen daily. Crestwood Bakersfield are proud to be certified egg handlers and organic garden.

Dreamcatchers will also be assisting with starting a Crestwood Basketball league this January, working as referees and assisting with coaching using peer support skills.

I will DISTRACT myself with ACTIVITIES when holiday pressure makes me lose focus of what is important and I need a moment to become MINDFUL.

Smoke Free... On January 1, 2018, Bakersfield campus will be a smoke free facility. In December, for our clients, smoke breaks have been titrated down weekly. For our staff, they will no longer be allowed to smoke on campus and must make efforts to cover up that smoke smell before entering the facility. We are very excited to implement this change throughout our campus.

Congratulations to Sarah Wilt...

Where do we start? This has been quite a year for Sarah. She graduated with her Master's in Public Health this August from San Jose State. In the same month, she also became engaged and was promoted to Director of Staff Development!

Congratulations three times over, Sarah!!



How Crestwood celebrated the holidays and our staff... Crestwood Bakersfield's 2017 Christmas party was held at the legendary Buck Owens Crystal Palace. Staff enjoyed a gourmet dinner, with classic country entertainment. Dozens of items were raffled out during the week of December 18, 2017. Congratulations to all winners, and special thanks to all staff that participated in this year's festivities.



Coat Drive... Crestwood competed with other Crestwood's in a coat drive. Each facility donated their collected coats to their own community. Bakersfield collected \$40 and 30 coats, with some coats still trickling in. Thank you to all who donated! Our own community will benefit from the donations!

Tis the season to be merry!!

What is your favorite holiday gift??

- "Barbie soda shop" - Summer, PHF
- "Bert and Ernie action figures" - Rochelle, Bridge
- "Strawberry Shortcake bike" - Alicia, PHF
- "Stacy Adams shoes" - Sedrich, PHF
- "Full body massage" - Iggy, MHRC
- "Kitchen cabinet radio" - Tony, Dietary
- "Super Nintendo" - Celeste, Bridge
- "Football" - Irene, Front Office
- "Time off" - Kent, Campus FNP
- "A new flute" - Rhonda, Administrator
- "A Michael Kors bag" - Yolanda, MHRC
- "Wall decoration with mine and my husband's name" - Sukhdeep, MHRC
- "Stretch Armstrong" - Gina, PHF

In Memory of John "Wade" Coltrain... If there was ever a person that made a difference in the lives of others, it was Wade Coltrain. Wade was Crestwood Bakersfield's first ever Peer Support Specialist. He may have lost his fight to cancer this past December, but not to Recovery! As a former educator, Wade was passionate about teaching and empowering others, as well as being trauma sensitive. It was utilizing these principles that Wade wrote and published his first book in the 70's. Wade was in the process of completing his final book, "Mental Health in the Classroom," when he lost the battle to cancer. Wade spoke at conferences around the state; empowering educators to see and understand what mental health symptoms look like in the classroom and how we can teach upon strengths, not barriers! He would want us to remember him for being thoughtful, loving, but, most of all, humorous. Wade will be missed by all who were blessed to have known him.

This quote symbolizes Wade and his view of life and recovery:

"When we are no longer able to challenge a situation-we are challenged to change ourselves." -Viktor E. Frankl



NAMI walk... Once again, we participated in the annual NAMI walk. We designed our own t-shirts, raised over \$1000 and brought clients out for the walk.



Congratulations to Sherri Jones... Sherri, formerly our Director of Education, is now our Director of Quality Assurance. We are excited to have Sherri in this new position as she will assist us with strengthening our staff documentation skills and providing our clients with more opportunity for community outings!

A little bit of Crestwood Campus life...



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

