



it's about growth.

august newsletter

crestwood pleasant hill

8.16.19

Welcome!

With this August edition of our newsletter, we want to update everyone on some of the current things happening in our building, in the community, and in the world. Have ideas? Suggestions? Feedback? We'd love to hear them! Reach out to our journalism team anytime about anything you enjoyed, didn't like, or want to contribute! Happy reading! ☺

In this Issue...

- ✓ Netflix and Gabe
- ✓ Red Box and Max
- ✓ Recipe of the Month
- ✓ Susan Explains
- ✓ New Staff
- ✓ App Review
- ✓ ...and much more!

“The function of freedom is to free someone else.”

-Toni Morrison



2019 Tournament MVP
Johnathan adds more hardware to the Wildcats trophy case

Anniversary Dates

Celebrating their Crestwood anniversaries in August:

Danielle – 3 years (8/9)

Sara – 15 years (8/9)

Gretchen – 14 years (8/12)

Amina – 2 years (8/21)

Chelsea – 2 years (8/21)

Darby – 2 years (8/21)

Gabe – 6 years (8/21)

Thank you for your service, we appreciate you!

Upcoming Events

8/27 at 2:00pm: Community Meeting

8/30 at 2:00pm: Facility BBQ

9/14: Pleasant Hill Community Service Day

10/1 from 1:30 – 3:30pm: Summer Photo Contest

10/31: Halloween Party!

11/27 at 11:00am: Thanksgiving

ARTS & ENTERTAINMENT



Netflix and Gabe Stranger Things



We've generally come to expect Gabe to review obscure movies and shows in this space, but for this issue he changed course and discussed the third season of the massively popular Netflix series *Stranger Things*. "It has some typical Gabe elements, like monsters and psychic children," Gabe began. Typically released around Halloween, the third season had the usual cast of characters back in Hawthorne, Indiana on the 4th of July. Though Gabe loves the show, he also felt that "Netflix better wrap it up soon, because they're about to wear out their welcome. I like a two-season storyline arc, otherwise I get sick of the characters. But America has a tendency to overdo it... 8 seasons, 13 seasons..." Gabe trailed off, clearly contemplating his own commitments. "I like the monster this year. Pulsing human guts is always nice." Now clearly back on track, Gabe went on to talk about the season's themes of rat explosions and communism. "Nothing goes better with the 4th of July and fireworks than exploding rats." As the review predictably unraveled, Gabe had an epiphany: "You know what there wasn't any of?? Grandparents! Is that a life expectancy thing? Is it a commentary on global warming?? This was a good season."

Gabe recommends *Stranger Things* for: Children, fans of the 80s, Winona Ryder fans and Angelica, because she still hasn't seen it for some reason.

Gabe does not recommend *Stranger Things* for: Rats, or people who are fans of malls – unless you're a communist.



Jokes!

A scarecrow says, "This job isn't for everyone, but hay, it's in my jeans."

Did you hear about the cheese factory that exploded in France? There was nothing but des brie.

What did the buffalo say to his son? Bison.

Think you have better jokes than these?? Let us hear them!

Susan Explains Separation of Church & State



In America's favorite feature, our beloved and eccentric Director of Culinary Services gets the opportunity to give her colorful, creative, alternate explanations to otherwise agreed-upon facts.

Want to hear Susan explain something in her own unique way? Let us know!

Susan, tell us how the Separation of Church and State works...

If I'm not wrong, is that politics? So the state doesn't have any control of the church. The church has its own laws, and the government can't make laws for the church. It's like the Vatican... what is it... what is it? Oh god, I'm Catholic... what is it?? The highest, like the president... the Pope! Yeah, it's the Pope. The state or the government doesn't deal with who becomes the Pope. They're not involved in the election for the Pope. It's the Pope and then the Cardinal – that's all I know. Same thing, church can't have anything to do with the government. It's like two different countries. I think people follow it. Everybody. I don't know why the politicians say "God bless America." Maybe that's happened from the beginning? Maybe the first president said it? Maybe it's a habit? Maybe the first people said it. Now it's tradition. You know what, they're not supposed to say "God" if they don't believe it. Well, you can say it, but you can't say "God bless me." I don't think the politicians believe it. Well maybe. Some. Depends on what they believe. But you're not supposed to say it if you don't believe in it, and you're not supposed to say it if you work in politics. What if people don't go to church? Do they still have to be separate from the state? Church isn't for all the people so they need to make sure people don't feel left out.

ARTS & ENTERTAINMENT

Redbox and Max – *The Public*

Deciding on your next movie rental? Max has you covered!



This month I reviewed *The Public*. It is a heartwarming movie about homelessness set in a library where a group of homeless men beat the cold and spend their days before heading out into the elements at night. The focus of the movie is set on a particular night that was colder than most, so following the idea of one of the men, a library employee turned the building into an emergency shelter. The movie made me think about how much homeless people are basically ignored, and how the community needs to do more to support them. Except in this movie, when the situation reached the news, the community comes to the library to bring supplies. The movie points out important issues around the need for permanent housing and safe homeless shelters. This is an issue that should not be ignored. I strongly recommend this movie and I hope you all check it out – Redbox is across the street at 7-11!



App Review: Transit



What is Transit? Transit is a real-time travel companion! It allows users to navigate their city's public transit system with accurate, real-time predictions, trip planning, step-by-step navigation, and departure and stop reminders.

How Do I Use Transit? Transit can be downloaded from both the Apple and Android app store on smartphone devices. Once it downloads, the user can type in their desired location and click "Get Directions". By clicking the green "GO" button, the app will automatically track the user's location and send notifications to their phone, so they don't miss their ride! The app will tell the user exactly what stop to go to, the correct bus number, and the exact time the bus will be leaving the stop.

Pros:

- Transit is FREE.
- Users can use Transit with more than just County Connection! It uses your location to find the bus system nearest to you.
- Transit allows users to plan for future excursions, doctor appointments, shopping trips, etc.
- Users can compare different trip plans to find the most efficient route.
- Transit offers step-by-step navigation.
- Users can plan trips, view transit schedules and get route itineraries, even when they're offline!
- Users can use Transit to locate bikeshare stations and see the number of bikes available, pay for passes, and unlock bikes.
- Users can book and check ETA and price for Uber and Lyft.

Cons:

- Transit does not calculate the cost of public transportation such as buses or trains.
- Users have reported the app can crash when trying to find directions.
- Transit can be overwhelming to use because there is so much information!

Summary: Give it a try! Transit can be very helpful in getting directions to and from some of your favorite places.

Welcome to Our New Staff!

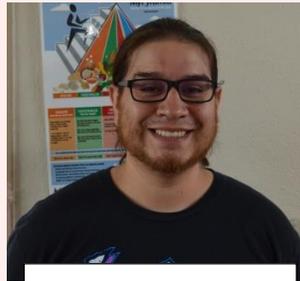


Welcome Yadira, Jadzia, Keisha and Ryan!



Welcome Audrey!

We are fortunate to bring a number of talented new people onto our team from a range of backgrounds and experiences. Please join us in welcoming them!



Welcome Ray!



Welcome Tamila!



Welcome Jessica!

COMMUNITY

Farewell to Kate

After two years with Crestwood across a range of roles, Kate has moved on to John Muir Behavioral Health as she concurrently pursues her master's in social work. Most recently our Admission-Discharge Coordinator, Kate was also the co-creator of our college internship program. Thanks for all you did with us, Kate, and best wishes with John Muir and school!



Farewell to Lydia

After a year working at our facility as a Recovery Coach, Lydia has moved on to focus on nursing school full-time. Thank you for your time with Crestwood, Lydia, and best wishes to you as you pursue your nursing career!



Get to Know David!

Where did you grow up?

Concord.

What's are you favorite groups to go to at Crestwood?

I like self-esteem and current events groups.

What's your favorite book?

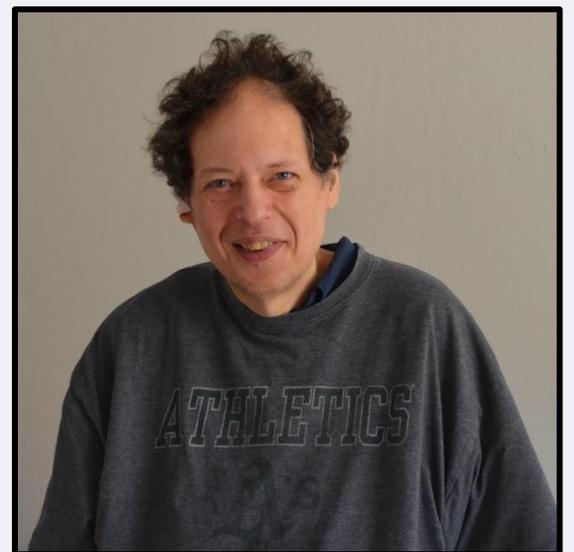
Probably my religious book.

What is your favorite animal and why?

Cats, just because I like them.

If you could only eat one meal the rest of your life, what would it be?

Probably turkey and stuffing.





Annual Summer Photo Contest!

Submit up to two electronic photos per category to Travis at tcurran@cbhi.net

-Bay Area Weird

Choose Your Own Adventure

-Nature

-Panoramic

-Wildlife

Submission Deadline: August 31st!

Dreamcatchers Employee of the Month:

Jayson

Job: Composter

Favorite Movie: *Harlem Nights*

Favorite Book: Cook books

Favorite Music: Rap and R&B

Favorite Quote: "Damned if you do, damned if you don't." -Eleanor Roosevelt

Favorite Sports: Football and basketball

Favorite Pasttime: Cooking



Jayson's supervisors describe Jayson as "a real blessing," as he is reliable and works entirely independently. Jayson credits the Dreamcatchers program with giving disadvantaged people the opportunity to be a part of the workforce again. He adds that it has been a great help for him personally by providing some much-needed pocket money as well as time out in the sunshine and fresh air. He also tells us that he doesn't mind getting dirty at all as part of this unique job. Jayson wants to get some of this compost out into our gardens and thinks he would like to redo some of the flower beds here. Jayson's future plans include moving to his own apartment where he will pursue a career in mental health as a case manager. He adds that marriage and kids are also included in this long-term plan. Thank you, Jayson, for all your hard work, and congratulations for all that you have accomplished at Crestwood.

New Dreamcatcher Employees!



Deshawn – Landscaper



Jerud – Pill Bottle Cleaner



Marta – Pill Bottle Cleaner

So you think you know Erin??

What is your best part of your job?

I believe in the work we do here, and the culture we've created. Doing work side-by-side with people is everything.

Your son just started his senior year – give us some parenting advice.

Don't rush your children. Don't breed them to grow up, just enjoy them being kids and nurture their true character, not who you want them to be

You get one person from here to be with you in a zombie apocalypse:

I used to say Travis, 100%, because I think he and I could survive out in zombieland. But I'll say a pre-knee surgery Sam, because he'd be really resourceful and I think he could kill a lot of zombies... but I could also outrun him now if necessary.

Favorite *Stranger Things* character?

Dustin – he's goofy and also really smart... people don't give him enough credit.

What are your pet peeves?

Oh my god, use your blinker! Or the people who don't pay attention to mine. Oh, and pick up your feet when you walk!

Our great Bridge Program Director just celebrated 15 years with Crestwood in June!

COMMUNITY

Contributing to Our Community

The Curran household makes a monthly donation to varying causes. Donations of any amount can help organizations in need, and come with the side benefits of feeling empowered to aide causes of personal importance. In this feature, we highlight organizations to which you may want to donate, should you be inclined. Whether you are donating \$5 or \$100, you can make a real impact.

This month's donation went to:

Charity Water

You've likely heard in the news (and in this newsletter) about increasing water shortages around the globe due to climate change and human waste (not to mention the lack of access to clean water in places like Flint, MI due to infrastruce issues and apathy). Donations to Charity Water go entirely to community-owned water projects focused on sustainably bringing clear water to people in need.



charity: water

To help: charitywater.org/

We have continued splitting our donations between RAICES and a new cause. For more information or to help, www.raicestexas.org/



TELL ME SOMETHING GOOD

Cami Moves Out!

After working hard during her time at Crestwood, Cami has moved out to an apartment with friends. "I'm looking forward to getting a cat and I feel excited about change, but I'm going to



miss the routine and accountability I've established here. I also loved how Travis made sure everyone is prepared for any emergency situation." Cami plans to come back and visit, and is hopeful about work and school successes in the future.

Best wishes, Cami, we will miss you!

Amber's New Job!

In July, Amber was hired as a Courtesy Clerk at our local Safeway, and has been working hard since. In her role, she collects carts, bags groceries and helps keep the store clean. Says Amber, "I like collecting carts because it feels like a break, though sometimes it's too much in the heat. I hopefully can get better at my job so I get more hours and can make more money." Congrats of the new job, Amber!



More Pickleball Success for Abeth!

In late July at the Golden State Pickleball Championships, the Ronato family once again asserted their Pickleball dominance on their opponents. After a day full of competing under the blazing sun, Abeth and her husband Noel took the silver in the Mixed Doubles Senior division!

As if that weren't enough, Abeth also picked up a silver in the Women's Doubles 35+ and Women's Doubles Senior divisions, and Noel earned two bronze medals of his own. Adding to the excitement, the Ronatos have qualified for Nationals later this year at Indian Wells!



Mayra Moves Back Home!

After her beneficial time at the Pathway, including gaining some valuable work experience in the kitchen, Mayra fulfilled a long-term goal and moved back home with her family on 8/15. Said Mayra, "I'm going to miss all the staff from Pathway and Angelica when I leave. I liked the art that people did here, and I want to do more art when I move home." Best wishes, Mayra, we are very happy for you!



Ellen Accepted to Nursing School!

Surprisingly to her, Ellen was just accepted to the nursing program at Samuel Merritt University in Sacramento. Although she's always planned to be a nurse, Ellen credits Crestwood for inspiring the area of focus she wants to pursue after she is done with the program, and says that she's mostly looking forward to doing the psych rotation that happens her final semesters. Congratulations Ellen!



HEALTH & WELLNESS

Angelica's Recipe of the Month: Breakfast Egg Muffins

Last month Darby wrote about environmentally friendly kitchen items, one being reusable muffin cups. I have a set and love them. They're silicone, easy to use, and easy to clean as they are dishwasher safe. One of the things I make with them almost weekly for Tyler are breakfast egg muffins. You can do these in many flavors and prep for about 4 days worth. It's really easy and they make a great quick on-the-go breakfast.

I use 1 egg per muffin or sometimes use just ¼ cup of egg white. Whisk egg mix with your favorite items. Think egg omelet with your fillers such as chopped bacon, ground sausage, spinach, tomatoes, mushrooms (not for me-gross!), and shredded cheese. Once you have your egg mix, pour into your environmentally friendly muffin cups. Bake at 350 for 15-20 minutes or until the muffin is not runny in the middle. Then store in an airtight container in the fridge and grab on your way out the door. I'm not the biggest fan of eggs so I always have to heat mine up and top with hot sauce. However, Tyler eats them cold right out of the fridge. Let me know what you think and what creative egg muffin you create.



Enjoy!

Health Tip of the Month: Lemon!

Did you know lemon has numerous health benefits? Lemons help reduce weight and bloating, gives relief from colds and fevers, and helps with indigestion and constipation. One way to add a healthy daily dose of lemon is to add it to your water intake each day. Plus, it add great flavor!



MYTH or FACT:

A "Low-Fat" or "Non-Fat" Label Means You Can Eat as Much as You Want and Not Gain Weight

MYTH. Why? Many low-fat or no-fat foods have added sugar, starch, or salt to make up for the reduction in fat. These "wonder" foods often have just as many calories, or more, than the regular version. Check the nutrition label to see how many calories are in a serving. Be sure to check the serving size too.

The Health Benefits of Water

We know water is necessary for just about everything, and most importantly, keeping living creatures alive. Our bodies are made up of about 60% water, typically, and though we are largely made of it, our body is consistently losing it, which makes drinking water so vital to our daily lives. We lose water when we sweat, use the restroom, even when we breath. When we fail to replace this continually lost water, or try to replace it with sugary drinks, our bodily functions suffer. Digestion, circulation, body temperature and excretion processes all use and are affected by the amount of water coming into and leaving the body. Mild dehydration may appear as fatigue, headaches and mood or focus changes, and if you are feeling thirsty you may already be mildly dehydrated. More severe dehydration may show as dry mouth, infrequent or dark urine, dizziness, and even fainting. The worse it gets, the worse these symptoms become, including increased heart rate or breathing, and you may overheat and feel cranky. Over time, dehydration can cause you to have persistent bad breath, fatigue, frequent illness, constipation, unhealthy skin, sugar cravings, and decreased urination. So let's focus on prevention. Try to drink 2/3 your weight *in ounces* of water each day. If you weigh 150 lbs, drink 100 ounces of water. Drink more if you are exercising, pregnant or nursing, in extreme heat, or if you're sick. Though it may be difficult to always properly replenish the water lost throughout the day, there are small things to increase your water intake. Drink a glass after every bathroom break or meal, carry a reusable water bottle, and use apps on your phone such as "Daily Water" to track water intake. Stay hydrated, people!



NAMI IN MOTION

SAVE THE DATE

Saturday, September 14, 2019
From 9:00 AM - 12:00 PM
Todos Santos Park, Concord



A free, fun and interactive day for all ages & interests.

The National Alliance on Mental Illness (NAMI) of Contra Costa County will be hosting its annual NAMI in Motion, a Mental Health Awareness Community Event. The event will start at 9:00am at Todos Santos Park, 2175 Willow Pass Rd, Concord, CA. Join us as we provide a day of mental health awareness to our community.

For more information contact Michele O'Keefe at (925) 689 4447 or Michele@namicontracosta.org or Gigi Crowder at Gigi@namicontracosta.org or at (510) 990-2670. Scan the QR Code to go to the event's website. www.firstgiving.com/event/34688/nami-in-motion-2019 www.namicontracosta.org | (925) 942-0767



TRAVEL



*Recently returned from a trip? Planning one soon?
Let us know so that we can share your experiences!*

Cheryl's Dream Alaskan Cruise!

Recently presented with a once-in-a-lifetime opportunity, Cheryl took a 10-day cruise from San Francisco to Alaska. With the help of her case manager, this dream became a reality that she described as the best thing she had ever done for herself. We sat down with her to ask her some questions about her trip.

What was your favorite city that you visited in Alaska?

Juneau, I went on an excursion there and it was very lush, green and beautiful, and I saw a waterfall.

What was the best part of the cruise ship? The worst part?

The food and the service on the ship. And there wasn't a worst part.

Best sight to see off the ship?

The waterfall, and I was impressed with the many other ships at the port. It made me feel so small, like an ant.

What was the most surprising thing you saw or did?

I had done lots of research, so nothing really surprised me, but one thing they don't usually do is, when we arrived in Juneau, there was no room for our ship at the port so they had us load onto smaller boats and get taken to shore. The boats only took 80-100 people, so once we got our number tickets we had to wait to be loaded on. It took some time because I was number 1200 on the list.

Where would you want to revisit?

Victoria, British Columbia, because I didn't get enough time there and it was a really cute town.

Did you make any friendships along the way?

Yes, I met a couple of couples, and one of them I plan on keeping in touch with - they are from Canada. I made a friend as soon as I got there; she was an older woman traveling with her son.



Traveling on a Budget

Being flexible on your time frame can save you a TON of money when it comes to traveling! You'll often find the best deals when you travel in the middle of the week, and if you're prepared to face less-than-idyllic weather, you could save even more money by traveling during off-peak seasons. Whether it's flights or accommodations, prices fluctuate a lot depending on the day of the week, the season, and what events are occurring in that area. For example, during Hot August Nights, a car show near Lake Tahoe, hotel prices can nearly double in cost! If you are going to Tahoe to enjoy the lake or hike around the Sierras, it may be a bad idea to go during the same time as the car show. Experimenting with different dates can help identify a range of prices that allow you to find the best deal on flights and accommodations for your dream destination!



*Recently returned from a trip? Planning one soon?
Let us know so that we can share your experiences!*

Chloe's Costa Rican Adventure!

Where did you go?

I visited a few different areas in Costa Rica: Rincón de la Vieja, Rio Celeste, and Nosara and its surrounding areas.

What was your favorite place?

That's tough to answer! We saw a lot of cool wildlife in Rincon de la Vieja, including a jaguarundi, and we got to hang out in the hot springs each day while watching spider monkeys play in the trees. The waterfall at Rio Celeste was breathtaking and the flora was incredible. And in the Nosara area I got to spend time on lovely beaches and enjoy some of my favorite activities (see below)!

What was your favorite part about the trip?

One of my favorite experiences was going to the beach at night and watching sea turtles emerge from the ocean, walk up the beach, create a nest, lay roughly 100 eggs, camouflage the nest, and then make their way back down the beach and into the ocean. It's not something that happens very often so I feel really lucky that I got to witness such a beautiful, fascinating moment. One of my other favorite parts was visiting an animal refuge and getting up close to my favorite monkeys (howlers) and getting to see babies! They were too cute for words.

What was your favorite food?

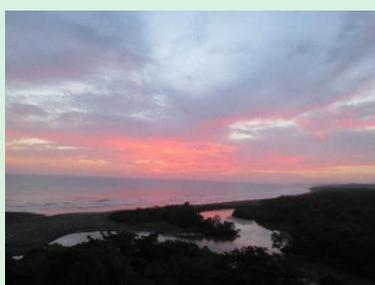
My favorite dish in Costa Rica is called Arroz con Pollo (chicken and rice), which they frequently serve with fries. It sounds simple, but the flavors they use to season the rice dish are delicious! They also have some yummy fresh fruit juices.

What kind of animals did you see in the wild?

We saw so many! In addition to the monkeys, turtles and jaguarundi mentioned above, we also saw dozens of beautiful birds (including toucans), frogs, snakes, coatis, a wild boar (that was kind of scary), lots of lizards and iguanas, a baby crocodile, an armadillo and more!

Where would you revisit?

If I went back to Costa Rica, it would either be to Nosara in order to take care of baby howler monkeys at the refuge, or I would go to the Osa Peninsula next, since it's supposed to have far more biodiversity.



Darby's Eco Product of the Month: Seed Phytonutrient Hair Products

Usually, after I've spent at least a week scraping the last of the shampoo out of the bottle and weighing the pros and cons of stealthily stealing my boyfriend's shampoo (clean hair vs. smelling like "cool metal," whatever that is), I figure it's about time to make a trip to the beauty section of the grocery store. I don't like this particular task because purchasing entire bottles of shampoo and conditioner feels like too big of a commitment at this point in my life. Plus, I know that if I try something new, there's the chance that my hair will look stringy and oily for a whole month (I'm looking at you, cutely packaged coconut oil hair care), and that if I stick to what I know (something that is definitely marketed to me, a proud millennial pseudo-hippie, through such claims as "paraben- and phthalate-free!" Not at all sure what those are, but be gone with them!), then my landfill contribution will increase thanks to the China National Sword policy*. Alas, a few months back when that fateful time arose, I took a trip to the glorious land that is Whole Foods Market. As I perused the aisles filled with essential oils (check out my meditation group on Mondays at 11; you know I can't pass up a blend promising energy, clarity, AND peace of mind!) bamboo toothbrushes, and vitamins galore, I came upon what would come to be the answer to my shampoo prayers. Enter Seed Phytonutrients. Packaged with 60% less plastic, (a flimsy plastic liner surrounded by shower-safe cardboard makes this possible) and coming in a variety of scents for a variety of hair types, I couldn't help but risk being oily to give it a try. Luckily for me, the color care variety, made with raspberry seed oil, has, 3 months later, successfully kept my year-old highlights as in tact as they can be expected to be, and my roots oil free. And, even better than that, my hair is clean, smells good, and I've been absolved of 60% of my guilt. The cherry on top? Each bottle, just inside the truly biodegradable covering, comes with a package of heirloom seeds to get you started on the garden you've been talking about forever.



**As of early 2019, China's National Sword Policy has vastly reduced the United States' ability to sell its recyclable goods, meaning that even if something ends up in the blue bin, there's a good chance it's being sent to a landfill.*

ENVIRONMENT

Raising an Eco Toddler

Toddlers are incredibly wasteful! Let's work together to take care of them while also protecting our planet.



Reusable Glass Milk Bottles!

For those for whom it is possible, nursing a baby is *very* environmentally responsible. But once the transition to cow's milk begins, you're then dealing with the issue of needing non-human-based receptacles to carry and store this milk. As you've hopefully learned from this newsletter, it is important to avoid plastic whenever possible, and while a better option, waxy milk cartons are often not recyclable and still create waste. Buying local and organic if you can is more environmentally-conscious, but the packaging waste issue remains. While you likely don't live in a place with old-time glass milk bottles delivered to your doorstep on a daily basis, there are options out there to buy glass that can be returned when empty for a partial refund. We started buying the Straus Family Creamery option at Whole Foods. While pricier on the front end, you just rinse out the bottle and return it when done for a couple bucks back. All the while supporting an environmentally-conscious business and giving your kid great milk!



Eco Tips of the Month

- 1) Plants adore drinking water left over from boiling vegetables. The next time you blanch some green beans, don't forget to let your friendly houseplant in on the action, and you might be rewarded with a growth spurt!
- 2) Composting is not the most nose-friendly of eco choices. If you love what it does for your garden and the amount of carbon in the atmosphere but hate the smell, throw it in the freezer! The odor is killed and you free up some space under the sink or on the counter.

CLASSIFIEDS

HELP WANTED

Interns Wanted!

Are you or someone you know an undergraduate student or recent graduate looking to begin a career in mental health? Look no further! Our internship is a 12-week program focused on giving interns hands-on experience working in a community mental health setting and an opportunity to develop an individualized project in our building. We have successfully worked with students and their universities on providing college credit. **We are accepting applications for our next cohort through September 13th!**

To apply, send resume and cover letter to Darby at dwitherspoon@cbhi.net

MOVING????

Need some boxes? See our award-winning Director of Dietary Services in the kitchen and she'll drop what she's doing to supply you with whatever you need!

Looking to "Green" Your Home??

There are many tips and tricks for making a home more eco-friendly, and as inhabitants of this planet it is important that we do our part to reduce our environmental impact and ensure that future generations aren't drowning in a world of plastic. Not sure where to start? Want free items? See Chloe NOW for guidance!

Wanted!

Recovery Coaches: We are currently looking for full-time, part-time, and on-call individuals interested in being a Recovery Coach. If you know anyone who is kind, compassionate, hardworking, and wants to make a difference, please come see Gabe!

DREAMCATCHERS JOB OPENINGS

Flourishing vocational program seeks people interested in finding a meaningful role while helping the facility function.

Dishwashers: Saturday, 11:45am-12:45pm

Alternate Meal Maker: Monday, 3:00-3:30 pm

Dining Room Attendants: Thursday, 1:00-2:00 pm
Sunday, 6:00-7:00 pm

Receptionists: Tuesday, 11:00 am-12:30 pm
Wednesday, 11:00 am – Noon,
Noon - 1:00 pm

Pill Bottle Cleaners: Wednesday, Thursday, Friday,
8:30-9:30am

Landscaper(s)/ Gardeners Friday, 9:00-10:00 am

Please see the Dreamcatchers bulletin board for details, and see Gabe or Deirdre for an application!

[Type text]



SUMMER BAKE SALE!!!

Tuesday, August 27

1:30-4:00 PM

This month, we're raising funds for
Alight, providing humanitarian aid and
disaster relief.

<https://wearealight.org/>

Fun and FREE!

Music and Movies Under the Stars—Friday August 16 at 6:30pm

Live music and a free viewing of Captain Marvel!

Summer Concert by the Lake – Sunday 8/18 and 9/1 from 6-8pm

Spend the evening listening to live music by the lake at City Hall.

Art in the Park Festival – Sunday, August 18 at 10am

Attend this free community event with over 60 artists. Live music, food trucks, and a silent auction.

Rockin’ The Plaza – Fridays through August 23 from 7-8:30pm

Live music at Blackhawk Plaza in Danville.

Makers Market—Saturday, August 24 from 11am-6pm

Looking for handcrafted jewelry and/or home goods? Every fourth Saturday visit Broadway Plaza in Walnut Creek to shop for unique items, and enjoy live music as you stroll around the plaza. FREE.

First Wednesday – Wednesday, September 4 from 5:30-8:30pm

Make your way to downtown Walnut Creek for an evening street festival!



Friday BBQs are all about fun, whether it's foosball or an (unwelcome) rendition of *Happy Birthday* for Sara.

Earthquake Preparedness

Last month's flurry of earthquakes up and down the state should serve as a reminder to make sure you and your family are prepared. In case of an quake, remember the following:

- 1) Duck and cover under a sturdy surface if possible
- 2) Brace yourself between a doorframe if not
- 3) Avoid glass windows or doors, as well as anything that could fall from above.

And, it's always a good time to plan ahead, so make sure you have an earthquake kit at home!

LOCAL

Markeise and Darby's Food Truck Review

At the end of July, Markeise and Darby went to check out the Off the Grid food truck scene in downtown Pleasant Hill and shared some thoughts with us here. Interested in going next time? Join them on August 28th!

After an easy bus ride from the facility ("easy" considering how often late the 18 line is), Markeise and Darby were pleasantly surprised to find 10-12 food truck options instead of the handful they were expecting, which also kept the lines to a minimum. Markeise got chicken tacos with noodles on top from Turnt Up Tacos and Tortas, which he described as "So spicy and good at the same time." Darby decided on the momo – a South Asian dumpling dish – from Momolicious. She found them to be "delicious, from the texture to the dough, to the filling, to the sauce." While eating, they were able to sit in the shade of a large tree on this very hot day, and then enjoyed some ice cream while listening to the live music play.

Both Markeise and Darby highly recommend Off the Grid and look forward to heading back next time!



HOROSCOPES

Hard to be a respected journalistic entity without a horoscopes section, right? Have some fun with these entries from www.yearly-horoscope.org

Aries (March 21-April 19)

Going where you've never been before is your thing. Lead, follow or get out of my way is your mantra. On August 10 when Mars cycles into Virgo, you'll need to slow down, so you can catch up with yourself. You'll find new excitement and challenge in taking time to make sure what you've created is useful and of service to others. A departure from your usual fare, but one that can make your dreams come true.

Taurus (April 20-May 20)

You finally have clarity about what you really love, value and appreciate and what brings you pleasure. It's been a long haul and has taken every bit of your patience, persistence and determination to hang in there with yourself. Venus finally completes her four-month journey in Gemini, and new talents in speaking and writing may have emerged lately. On August 7, as Venus flows into Cancer, you'll want to spend time with family and close friends.

Gemini (May 21-June 20)

Your relationships have turned you every which way in the last 5 months. As an air sign, you usually prefer to keep things on the light side. Yet in the last few months, you've been initiated into the depths of relationships as Pluto has been retrograde in your 7th house. If things have felt out of control, know that it's about trusting and surrendering to a power greater than yourself. By the end of the month when Pluto moves forward again, you will discover a deeper, more rewarding and meaningful connection in your relationships.

Cancer (June 21-July 22)

You've been learning a lot about where your true security and safety come from, and that it's high time to be your own very best. With Saturn transiting in Cancer you feel a greater self-discipline and can be more responsible for what you're feeling. And with Venus entering your sign on the 7th, you can learn to love and appreciate your nurturing and sensitive side without feeling that sense of overwhelm. Be open to new ways of being, as you open to new avenues of creative self-expression.

Leo (July 23-Aug. 22)

This is your month to shine! You are the star, the producer and the director of the Zodiac. When it comes to love, generosity of spirit, and an open heart, you're a natural. You know that when you're having fun, your heart is wide open. You're easy to spot in any crowd with that big grin from ear to ear. It's time to celebrate you and celebrate life, especially around August 15, at the Leo New Moon.

Virgo (Aug. 23-Sept. 22)

It's time for you to cash in and reap what you have sown over the last 12 months as Jupiter has been in your sign since last August. Believe that everything you touch can turn to gold, especially after the 10th, when Mars begins its sojourn in Virgo until September 26. Mars is the time to become one with your desires. It's o.k. to be selfish now, as you use this passionate Martian energy to courageously pursue new and exciting ways to be of service.

Libra (Sept. 23-Oct. 22)

August 2 is a special day for you, as Venus returns to where she was when she retrograded on May 17. It should be clear now what is important in your relationships... what brings you pleasure and what doesn't. How you share love in your one-on-one connections will become apparent. Are you adding an energy that is happy and uplifting to those around you? And are they adding a positive energy to your life?

Scorpio (Oct. 23-Nov. 21)

It's time to come out of the cave you've been in since March 24 when Pluto began its retrograde journey. This has been a time of healing and regeneration for you. You've had 5 months to take inventory of your special talents and abilities, consequently, you'll feel more in charge of your professional destiny as the New Moon in Leo falls in your house of career. You know when you are clear and focused on what you want, it's hard for anyone to say no.

Sagittarius (Nov. 22-Dec. 21)

It's been a bit challenging for you this year because you prefer the BIG picture. As the eternal student of the zodiac, you have probably honed certain skills and learned new techniques in your job. Relationships may have given you quite a run for your money as Venus has been in your 7th house since April. But not to worry, your natural optimism and philosophical nature help you see the meaning and purpose in every encounter.

Capricorn (Dec. 22-Jan. 19)

Venus enters your relationship arena, when she flows into Cancer. Normally invulnerable and reserved by nature, your relationships require you to show your feelings and your sensitivity now. It may be a stretch at first but you'll get the hang of it. And although usually reserved, disciplined and somewhat business-like in nature, you may even like it. Even though it's uncharacteristic and may feel uncomfortable, allow your softer side to emerge as you nurture others and allow yourself to be nurtured.

Aquarius (Jan. 20-Feb. 18)

The focus is on relationships for you this month as the Sun in fiery Leo cycles through your 7th house. The important question is what do YOU want to create in your relationships? And as good as that sounds, you may not know exactly what you want now as Uranus has been in retrograde since June 10. That means that your lifelong search for authenticity and individuality requires you to pull back from your world as you reflect and contemplate who YOU really are and then, and only then, can you begin to figure out what you want from others.

Pisces (Feb. 19-March 20)

With expansive, benevolent Jupiter transiting your 7th house for the last year, the spotlight has been on your connections with others. If you know of a workshop on relationships, sign up for it, because the more you can learn about what really attracts you and why, the happier you'll be. Believe that you can have the true give and take in a spiritual relationship that you have always desired.

Caught in the Acts!

Noticing each other acting out our Crestwood values.

Amina was caught in the act...

Amina is always on top of things. No matter what favor you need, she is there to help. I truly appreciate the work ethic she has with her professionalism and thoughtfulness. Always pleasant with everyone and so willing to do the extra things that make it better for all. Thank you!!

From Mike

Patrick was caught in the act...

It's awesome to hear people talking about martial arts again. Thanks for bringing what you're passionate about to the building and using it to connect with and better our community!

From Darby

Jasmin was caught in the act...

It's been a joy to watch you grow as a Service Coordinator and awesome to see how you implement feedback. I can tell you care about the people we work with and how committed you are to those on your caseload.

From Angelica

Denise, Sofia and Marina were caught in the act...

Thanks so much for giving us your time and talents this summer! Your impact was felt throughout the building, and we've loved having you be part of our community. Don't be strangers!

From Darby

Sonia was caught in the act...

I enjoy watching how you have developed very meaningful relationships with our residents and how you represent our Crestwood value of Family.

From Angelica

Anna was caught in the act...

Anna recently helped myself and a resident by volunteering her help when she noticed us struggling with a mountain of laundry. She took, washed and dried a large blanket and a sleeping bag after taking care in cleaning the room. Thank you!

From Babcock Lecker III

Marie was caught in the act...

When not in the middle of a big project, Marie spends her time walking around the building finding the little things that need to be fixed or cleaned. Thank you, Marie!

From Travis

Danielle was caught in the act...

You have helped so much with training new staff and setting them up to be successful Service Coordinators on the Pathway. Your welcoming and helpful spirit has had a positive impact on the team!

From Angelica

Hannah was caught in the act...

Hannah has been incredibly helpful by taking on additional work days to help out on the Bridge every week. Your flexibility is so very appreciated!

From Angelica

Hannah was caught in the act...

Can we steal you from the Pathway? (Just kidding, kind of, Angelica!) Seriously though, thank you for covering so many shifts on the Bridge and doing it so seamlessly.

From Darby

Ray was caught in the act...

Ray has brought such a positive, can-do attitude to his work from day one, and he is clearly invested in our people here. Thanks Ray!

From Travis

Lyn was caught in the act...

I want to thank Lyn for all she does around the facility. Her hard work keeps things clean, safe and organized. And now she helps in the kitchen, too! Wow, thank you for doing so much.

From Mike

Marline was caught in the act...

Every time you see Marline she has a nice smile and always a pleasant hello. I cannot believe how hard she works and the attention to the details of her job. Thank you for all you do to keep our facility so nice, your efforts are greatly appreciated.

From Mike

Ellen was caught in the act...

Ellen was recognized for outstanding documentation and her commitment to capturing the progress residents are making. She writes some of the best monthlies in the building!

From Angelica

Jeva was caught in the act...

I appreciate all the enthusiasm you bring to work. I can tell you want to do your best when you're here.

From Angelica

Marie was caught in the act...

A resident and I talked to Marie about a lack of a drawer with a lock. Even though she was obviously busy with something else, she attended to the resident, listening to him, and soon set about fashioning a lock hinge on a new drawer. This did require some ingenuity, and is much appreciated.

From A Staff Member