



*it's about growth.*

# july newsletter

*crestwood pleasant hill*

7.15.19

## Welcome!

With this July 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! ☺

## Anniversary Dates

*Celebrating their Crestwood anniversaries in July:*

**Abeth – 7 years (7/16)**

**Janet – 5 years (7/23)**

*Thank you for your service, we appreciate you!*

## Upcoming Events & Activities

**7/19 at 10am:** Berkeley Shoreline Cleanup

**7/19 at 2pm:** Facility BBQ

**7/24 at 2pm:** Community Meeting

**7/24 at 2pm:** Hillcrest Church Food Room

## In this Issue...

- ✓ Crestwood Wildcats!
- ✓ Get to Know Gabby
- ✓ So You Think You Know Sonia
- ✓ Eco Product of the Month
- ✓ Ben's Mental Minute
- ✓ Employee of the Quarter
- ✓ Susan Explains
- ✓ Tell Me Something Good
- ✓ The Hill I'll Die On
- ✓ Meet the Team
- ✓ ...and much more!



**Your 2019 Champion Crestwood Wildcats!**

## Summer Photo Contest Coming Soon!



Get your cameras ready if you haven't already, as it's almost time for our annual summer photo contest! Winners get an enlarged canvas and all finalists get their photos up around the facility.

Submit up to 2 photos for each category – submission deadline 8/31!

- Nature
- Wildlife
- Choose Your Own Adventure
- Bay Area Weird
- Panoramic



# ARTS & ENTERTAINMENT



## Netflix and Gabe



### Danielle Edition!

Filling in for Gabe after he made a big show out of the fact that he “didn’t have time to watch tv all month,” Danielle reviewed the frightening true crime series *Exhibit A*, centered around how innocent people have been convicted of crimes using various techniques often believed to be foolproof. “It was terrifying!” started Danielle, who then described the episode that focused on DNA. “If my hands are sweaty, and I shake your hand, my DNA is now on your hand. You could take a gun and shoot someone, and I could be wrongfully accused!” Danielle proceeded to walk us through an anxiety-provoking description of the episode and how poor interpretations of DNA likelihoods had furthered the problem. While the DNA episode was the most jarring, Danielle was also shaken by an episode about positive identifications of the wrong person through security camera footage. “The angles of cameras can make people look taller than they were, and led to a range of people who all looked like the actual person.” Appropriately scared yet? Check out *Exhibit A* and let Danielle know what you think!

**Danielle recommends *Exhibit A* for:** I think everyone should know! And maybe I shouldn’t be touching people...

**Danielle does not recommend *Exhibit A* for:** Criminals. Anyone wanting to use my DNA!



Asia leads the group for Tie Dye Tuesday!

## Susan Explains The 4<sup>th</sup> of July



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 4<sup>th</sup> of July works...*

*It’s independence from people who colonized the U.S. I think it’s supposed to be England. And we fought for freedom and we won. Dang, I still remember history! Maybe it was Spain? But people just BBQ, eat and drink, that’s it. They’re not celebrating Independence Day, it’s just an excuse. By the way, what is the connection with July 4<sup>th</sup> and BBQing? Why is it such a big thing? Why not just go to a restaurant? People should be celebrating becoming free. I don’t get the connection between freedom and BBQs. Parades, okay. I get fireworks, sure. But why BBQs? Maybe instead, people could talk louder and scream “I’m free!” Maybe we can celebrate by going to England. I think we fought with boats and the guns with powder. The ones you shake before you shoot them. I’m pretty sure it was England, because I remember the hair and the hats. We had to fight because everyone wants to have freedom. Do you want to be colonized by your wife?? I don’t think so. You shouldn’t have to ask permission to have freedom. Do you ask your wife “Honey, can I go to the bathroom right now?” Even if you have a husband or wife and kids, you need to have freedom to do something you like without them. Same thing with a country. They need freedom. I would fight with you. I need my freedom, please. GIVE. ME. MY. FREEDOM. That’s why I never listen to you, because I need to be free. Maybe BBQing is freedom because they burn something. But why BBQs? Don’t they understand that July is the high season for fires? Fire is a symbol of freedom, there you go. I think that’s why. Happy 4<sup>th</sup> of July, now go be free.*

# COMMUNITY

## Employee of the Quarter – Sam!

It's hard to believe that Sam has only been part of our community for the past 10 months, as it feels like he's been family to us for a lifetime. From the med rooms, to the conference room to the softball field, he is everywhere trying to make things better. Our facility chose Sam as our most recent Employee of the Quarter for his compassion, attitude and diligence, especially in the form of thoughtful system creation. "Growth is impossible without change." Thanks for so much positive change, Sam!



## Local Events!

**Danville's Music in the Park** – Saturday, July 20 and Saturday July 27 from 6-8pm

Enjoy an evening listening to music, dancing, and socializing. Admission is free. Located at Oak Hill Park and the Town Green in Danville.

**Downtown Danville Hot Summer Sundays Car Show** – Sunday, July 21 and Sunday, August 18 from 11am -4pm

Spend the afternoon looking at cool cars, great food, and dancing! Free admission.

**Makers Market**—Saturday, July 27 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.

**Moonlight Movies** – Friday July 26<sup>th</sup> and Friday August 9<sup>th</sup> from 6:30-10:30pm

Enjoy a free movie under the stars with the family! On July 26<sup>th</sup> they are showing Mary Poppins, and on August 9<sup>th</sup> is a viewing of Incredibles 2. On top of that, before each movie there will be fun activities for the children starting at 6:30pm until the show begins. Located at Danville Town Green.

**First Wednesday** – Wednesday, August 7 from 5:30-8:30pm

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

## Newest Dreamcatcher Employee!



**Marie**  
Pill Bottle  
Cleaner

## The Crestwood Store Returns!

We are excited to announce the re-opening of our in-house store! Mangaed by Lillie and Gabe, the store is open Tuesday afternoons with more hours to come. Come check out our range of Crestwood swag and day-to-day products. Have something you'd like to see in the store? Let Lillie or Gabe know!



## Get to Know Gabby!

**What do you like about living at Crestwood?**

I like my new Dreamcatchers job – I am thankful for that. I like being part of the community and the groups here, too.

**Do you have a hero? If so, who?**

Jesus Christ, because he was crucified on the cross and died for our sins.

**If you were a superhero, what superpower would you have?**

It would be the gift of saving the world.

**What would you do if you won the lottery?**

I would set aside a fund for my daughter's college and a house. And I would get myself a place on an island if the lottery was big enough.



# In Memorium

# Frances (1963-2019)

In June we sadly learned of the passing of our dear friend Frances. In our lives since 2014, Frances was a kind, thoughtful, respected part of our community. Friends with almost anyone she met, Frances enjoyed sharing her love of music, the outdoors, and above all else, her daughter.

During her time as part of the Crestwood community, Frances made connections through volunteer work, softball, volleyball, facility events, and through her willingness to open up and be vulnerable in the hopes it could help others. She was a unique person who had a gift for relating to and empathizing with others. She was universally beloved in our building, and we were drawn to her sense of humor and grace.

Frances experienced countless hardships in her life, some of which would have felt unmanageable to most people. Strong and resilient, she handled each challenge with courage and her typical upbeat spirit, which was with her until her final moments. She believed in caring for others, and in spite of everything she dealt with, didn't complain or see herself as a victim – instead generally just laughed and said "I'll be alright."

Frances was more than alright. She was a special individual and she is deeply missed in our community. We are all fortunate to have had her in our lives, and will remember her spirit and carry her memory. Frances, in the words of your old friend Tom Petty, you belong somewhere you feel free.



## Dreamcatchers Employee of the Month:

### Denise

**Job:** Receptionist/Lobby Monitor

**Favorite Movie:** (A wide variety of favorites)

**Favorite Book:** Fat Freddy's Cat

**Favorite Hobby:** Embroidery

**Favorite Sport:** All sports, but particularly basketball

**Favorite Pasttime:** Working on my challenges as a Designer

**Other Skills:** Graphic arts, fabric prints, and affirmation greeting cards



Denise is being honored again as Dreamcatcher of the Month due to her consistent willingness to fill in for others on a moment's notice. She thinks that Dreamcatchers is an excellent program that gives people a chance to "get their feet wet in a real working situation like they would find in the real world." Denise appreciates the respect and the good training given to all the participants, and enjoys different parts of her job on different days: "I like the phones and greeting people, and some days I even enjoy the snoring coming from the sofa!" Denise's plans for the future include becoming an architectural designer of landscapes and interiors. Thank you, Denise, for your excellent work ethic and your big smile and pleasant demeanor when on the job. Congratulations!

# 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:

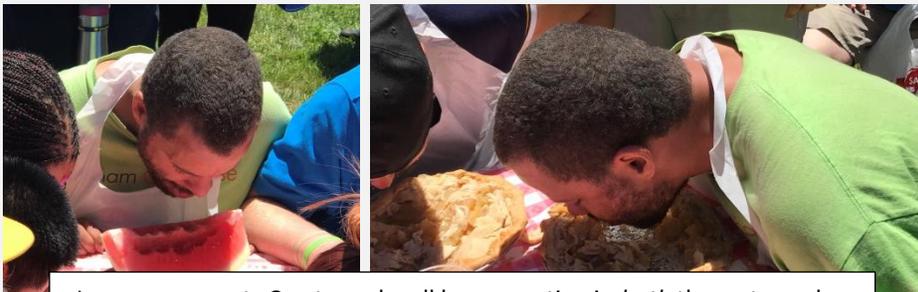
### Together Rising

If you read this column, you know of our ongoing contributions to RAICES for the work they are doing with asylum seekers. If you've paid attention to the news, you've likely seen more exposure to the conditions at the border. Because our family believes in the simple things like children deserving soap, toothbrushes and safety, healthy, trauma-free conditions, we're donated this month to Together Rising.



To help: [www.togetherrising.org](http://www.togetherrising.org)

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



James represents Crestwood well by competing in *both* the watermelon and pie eating contests at the annual community partern's picnic!

## So you think you know Sonia??

**What's your favorite thing about working at Crestwood?**

I like how social people are when you go down the hallways. It's very active and I love the warm welcomes.

**Tell us about your other job:**

I'm a manager at a structural engineering company, so I work with city planners and engineers. I have to dress up and comb my hair sometimes.

**What brought you to mental health?**

Whe I was 8, I started working with kids with special needs. I always wanted to branch out, and since I want my master's program to be about cognitive science, I wanted to learn more and work with people. And this is of course a field that doesn't get the attention it deserves.

**What are your hobbies?**

I'm obsessed with *The Office* and have been binging it. I also like hiking in the area since I'm new here.

**What's something people don't know about you?**

I like talking about math. And I'm very awkward when I get put on the spot. I turn into 50 shades of Sonia.



The facility's greatest San Jose Sharks fan, Pathway Service Coordinator Sonia brings awesome energy to our community on a daily basis.

# TELL ME SOMETHING GOOD

## Terrie Gets Her GED!

Congratulations to Terrie for receiving her high school diploma this month! With hard work, some awesome teachers, and support from her family, especially her grandmother and mother, she can officially call herself a graduate. Terrie says that when times were tough and it was hard to believe in herself, she reminded herself how good she felt each time she passed a course. Now, she encourages aspiring graduates to “Keep going!” With her diploma, Terrie says she feels more confident about applying for jobs and is looking forward to going to college. We can’t wait to see where you go next, Terrie!



## Clare’s Awesome New Job!



While we miss having Clare here every day, we are thrilled that she has been able to take the next step in her career working as a client advocate. Says Clare, “I really enjoy it. I think the first thought most people have about it is that you’re working against hospitals and treatment but it’s different in practice. We are really advocating for treatment in a least restrictive community setting. I get to present a person’s case for her as to why she is ready for a lower level of care and it’s hugely satisfying when the client sitting next to you feels heard with my help. It also really makes me appreciate Crestwood as a really special and especially accepting and respectful environment.” Congratulations Clare, and thanks for the important work you are doing!

# HEALTH & WELLNESS

## MYTH or FACT:

*Social Anxiety Just Means That You Feel Nervous*

Myth! While nervousness is one feeling, social anxiety brings with it a collection of other symptoms too.

People who suffer from social anxiety can experience cognitive, somatic, behavioral, and effective (emotional) struggles.

## Health Tip of the Month: Social Wellness

Did you know that people who have a healthy social network better respond to stress, have a stronger immune system and tend to live longer? July is Social Wellness Month. Social wellness means nurturing yourself and your relationships.

Here are some things to try:

- Express appreciation to others
- Avoid blame and criticism
- Find healthy ways of resolving conflict
- Find a hobby with others
- Volunteer
- Introduce yourself to new people

## DIY: Healthy Hair

Are you interested in ways to help your hair stay healthy but don't want to put rough chemicals into your hair? Many of you know that eating avocado and organic honey provide many health benefits for our bodies. But what about putting it in your hair? Might seem weird but you can actually make a hair mask with these two grocery items that are great for your hair. Why does this work? Well, avocados are rich in a variety of vitamins and nutrients, including vitamin E and protein, both of which your hair need to remain soft and healthy. And honey is a natural antibacterial agent. All you need to do is cut and scoop out one ripened avocado and mix in a tablespoon of organic honey. Apply to your hair and allow it to sit for 20 minutes before rinsing it off in the shower. Try it and then tell us how your hair feels afterwards!



## Angelica's Recipe of the Month:

### Green Protein Delight Shake

- 2 cups of unsweetened almond milk (my favorite is Blue Diamond's vanilla flavor)
- ¼ cup of coconut milk
- 1/3 avocado
- 1 scoop of vanilla protein powder (I like to use the Superfoods Organic Protein)
- 2 tbs of nut butter (My favorite is Justin's Almond Butter)
- 2 tbs of flaked unsweetened coconut
- 4 cups of raw spinach
- Dash of cinnamon
- 2 cups of ice

Blend together and enjoy fresh!



Speaking of health and wellness, check out the two-page Crestwood Wildcats spread starting on Page 11

# SUMMER SAFETY

## Preparing for Outages

In the event of extreme weather, it is possible that power outages occur for up to 5 days. While it is difficult and stressful to imagine being without power for so long, there are steps you can take now to ensure that you are adequately prepared at any moment.

### *Actions to Take Prior to Outage:*

- Make sure your contact information is updated with your local energy company.
- Create a personal safety plan for your family, including pets.
- Plan for medical needs and, when possible, refill medications prior to running low.
- Keep your mobile devices fully charged and identify backup charging methods.
- Ensure you have a sufficient supply of gas in your tank.
- Learn how to operate your garage manually.
- Prepare or restock your emergency supply kit.
- Check your supply of toiletries to ensure you have enough on-hand.
- Create a hard copy of emergency/important numbers.

### *What you Need:*

- Flashlights
- Extra Batteries
- Cash on hand
- Battery-powered or hand-crank weather radio
- First aid kit
- A supply of drinking water (1 gallon per person per day)
- Nonperishable food that's easy to prepare without power (e.g., canned foods, bars, etc.)

### *Actions during an outage:*

- Unplug or turn off appliances, equipment, and electronics to avoid damage caused by surges when the power is restored.
- Leave a single lamp on to alert you when the power returns.
- Keep your refrigerator and freezer doors closed. See below for refrigeration tip.
- Check on your neighbors in case they need your help!

### *Chloe's Bonus Tips:*

- Purchase a solar-powered generator.
- Purchase a special ice chest that keeps your food safe for longer. Yeti has some good options.
- Keep important documents in a fire-resistant safe.

### *Resources:*

[https://www.pge.com/en\\_US/safety/emergency-preparedness/natural-disaster/wildfires/outage-readiness.page](https://www.pge.com/en_US/safety/emergency-preparedness/natural-disaster/wildfires/outage-readiness.page)

<https://prepareforpowerdown.com/>

[http://prepareforpowerdown.com/wp-content/uploads/2019/05/Statewide\\_FactSheet\\_0503.pdf](http://prepareforpowerdown.com/wp-content/uploads/2019/05/Statewide_FactSheet_0503.pdf)

## Darby's Eco Product(s) of the Month:

As an avid consumer of (gluten free) cupcakes and roasted vegetables (not at the same time), someone who spends most of her time at home in the kitchen, and the roommate of a zero-waste goddess, I noticed recently the amount of trash I was creating in single use kitchen items, specifically cupcake tin liners and aluminum foil under my roasty veggies. And the more I looked around, the more I noticed that as far as waste production goes, my kitchen is my home's hub. After doing some product research to mitigate the issue, I found several products that have made a huge difference:

1. Silicone Baking Cups – For an easy \$5.99, a set of *very* upbeat cupcake tin liners that are machine washable, reusable, and, of course, oven and microwave safe could be yours.



2. Silicone Baking Mats – These guys keep my pans shiny, my vegetables from sticking, and my recycling bin empty. They're machine washable, reusable, and can withstand temperatures up to 480 degrees.



3. Beeswax Food Wrappers – These cotton sheets dipped in beeswax, tree resin, and coconut oil come in lots of prints and sizes and are the perfect alternative to plastic wrap. They are safe enough to use to wrap an avocado and sealable enough to cover a bowl of leftovers. They last for approximately one year of regular use with handwashing.

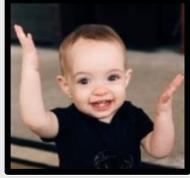


Each of these products can be purchased at Bed, Bath, and Beyond or ordered online at any major kitchen goods retailer. They, in addition to using cloth napkins instead of paper towels and composting food waste, have turned our trash and recycling-intensive kitchen into a sustainability haven. Other ideas for a zero-waste kitchen? Email Darby at [dwitherspoon@cbhi.net](mailto:dwitherspoon@cbhi.net) with your ideas!

# ENVIRONMENT

## Raising an Eco Toddler

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



## *Rechargeable Batteries*

From interactive keyboards to talking stuffed animals, children's toys can quickly become a battery wasteland. Not to mention eardrum destruction and loss of emotional health for well-meaning parents – but let's focus on the battery waste given the purpose of this column. Batteries are made with heavy metallic chemicals, and even if they are recycled properly (and please make sure to properly recycle your batteries), are toxic and come at an environmental cost. Once harder to find and of lower quality, rechargeable batteries can now be found anywhere online, and in person at retailers like Target, CVS and more. While a more expensive initial cost than disposable batteries, you are investing in both long-term financial savings, and in the future of the planet you want for your child.

**Bonus tip** – flip off the power switch on these toys when they aren't in use, and teach your child how to do so as well. In addition to their learning, you save from draining a bunch of costly batteries, and prevent those haunting moments when the toys start speaking on their own!

## **Marin County Energy (MCE) Coming Soon to Our Community!**

At the Pleasant Hill City Council Meeting on May 6<sup>th</sup>, the Council heard a presentation from Marin Clean Energy, an energy provider that gives all PG&E customers access to energy from clean sources such as solar, wind, bioenergy, geothermal and hydroelectric energies. After voting in favor of MCE during that meeting, on June 6<sup>th</sup>, 2019, it adopted a resolution requesting membership in MCE and introduced an ordinance to give Pleasant Hill businesses and residents the option to elect to opt in. A step in the green direction for our city, allowing us to join an increasingly long list of Contra Costa cities, including Walnut Creek, Concord, and Martinez!

# 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 always accepting applications and will begin interviews at the end of July!**

*To apply, send resume and cover letter to Kate at khunter@cbhi.net*

## MOVING????

Need some boxes? See our award-winning Director of Dietary Services in the kitchen and she'll 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 ASAP.



Looking to give back to your community but don't know where to start? Know that you could make a difference if you just had a little support? Mike is now helping people coordinate individual and group volunteering opportunities, so seek him out to get started!

## DREAMCATCHERS JOB OPENINGS

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

- |   |  |
|---|--|
| <b>Pill Bottle Cleaners:</b>                                  | <b>Monday, Tuesday, Wednesday, Thursday &amp; Friday 8:30 – 9:30 a.m.</b>                                |
| <b>Alternate Meal Maker:</b>                                  | <b>Monday, 10:00 – 10:30a.m., 3:00 – 3:30 p.m.</b>   |
| <b>Dining Room Attendants:</b>                                | <b>Sunday, 6:00 – 7:00 p.m., Friday 12:15 – 1:15 p.m.</b>  |
| <b>Receptionists:</b>   | <b>Tuesday 9:30 – 11:00 a.m. Wednesday 11:00 – 12:00 p, 12:00 – 1:00 p.m. Thursday 9:30 – 11:00 a.m.</b> |
| <b>Landscape/Garden Attendants:</b>                           | <b>Monday, Wednesday, Friday 9:00-10:00 a.m.</b>   |
| <b>In-house Gardener:</b>                                     | <b>Days and times TBD</b>  |
| <b><i>Napkins – reserved position - Tuesday, 3:00-4pm</i></b> |  |

# SPORTS

## Three-peat for the Crestwood Wildcats!!!



For the second straight year, the Wildcats had their fans obliterating their fingernails as the championship came down to the final at-bat. An early lead in the title game had dissolved when Sam came to the plate with Jayson as the tying-run on third and Johnathan as the potential winning-run at first. A rocket to the left side of the infield couldn't be handled cleanly due to the exit velocity, and Johnathan sprinted all the way from first to score just ahead of the throw, and set off pandemonium at Pleasant Oaks Park. It's three-straight and four titles in five years for this hard-working team of champions. Congratulations Wildcats!



Jayson and Johnathan may be Wildcat rookies, but they don't need Deshawn to show them how to work the camera



(Clockwise from top left) Gabby sprints out of the batter's box, Deshawn gets low in his new cleats to make the play as Sara backs him up, Sam waits on his pitch and Kendal gets ready to crush one



# "The Team of the Decade"

# SPORTS



Cara, Marie and Mia fire up the team!



Susan improvises with the eye black stickers



It was widely-reported that the tournament's first-ever mascot(s) gave the Wildcats the edge they needed to pull off the championship



Of course the Wildcats and their fans started a mid-game dance party!



Sara lunges to make the catch



The 2019 champion Crestwood Wildcats (From left to right, back to front): Kendal, Deshawn, Gabe, Gabby, Lillie, Johnathan, Sonia, Terrie, Jayson, Bessie, Marie, Sara, Sam, Travis, Darby, Mike, (Cara)



Unbelievable focus by Johnathan to hold on for the out!

# GAMES

## Ben's Mental Minute



### “Words I Like”

1. picnic                    \_\_\_ archaic-sounding word for recurrence; less clinical, rational, and pedestrian
2. savor                    \_\_\_ I love this word as well as its definition: formal reserve or seriousness of manner, appearance, or language
3. recrudescence        \_\_\_ two phonemes, like fraternal twins, that make a fun word for a picture of an outing with a breeze over a meadow
4. sardonic                \_\_\_ a guide within which to exercise freedom
5. constraint             \_\_\_ an upturned corner of the mouth; slight twist on the common sarcastic
6. lacuna                  \_\_\_ to fall on one's face before greatness, in submission
7. mysterious            \_\_\_ much more authoritative than loud
8. impugn                 \_\_\_ the stuff of post-apocalyptic dreamscapes
9. prostrate              \_\_\_ a mysterious space
10. anthropomorphism   \_\_\_ not mystery
11. debris, detritus      \_\_\_ to imply guilt, and yet the implication is somehow more damning
12. stentorian            \_\_\_ for people, each thing is like a person, like the face of a clock, innit?
13. bombast              \_\_\_ *British*: nonsense, innit?
14. escritoire             \_\_\_ beautifully generous; bountifully big-hearted; jovial and kind
15. codswallop          \_\_\_ like pompous, bombardier; less like bloviate
16. sacred                \_\_\_ mechanical man
17. dignity                \_\_\_ to ease into the depths of a thing and relish it
18. magnanimous        \_\_\_ a lovely word, said, read, or written; a lovely thing to write onto
19. dingus                \_\_\_ like escritoire
20. clockwork orange    \_\_\_ the noble, the holy, the good
21.     **42**                \_\_\_ to each what is its own
22. honor/respect        \_\_\_ the meaning of life
23. amanuensis         \_\_\_ doodad, geegaw; from Dutch for “thing”

*Thank you for indulging me in a bit of wordplay. I'd also like to know what some words you like are. If the fancy strikes you, please send me some along with what you like about them, perhaps as a definition, at: [blundy@cbhi.net](mailto:blundy@cbhi.net). Or better yet, I'd like to talk with you about them. Hell, forget the email – let's talk. (And stay tuned next month... semicolons!)*

**Disclaimer:** Views, thoughts, and opinions expressed in the text below belong solely to the author and do not reflect or represent the views held by the editors. Thanks to the podcast *Hysteria* for the inspiration for this column.

# OPINION

## The Hill I'll Die On Small Talk

I know it is an unpopular opinion, but, I must admit, I love small talk. If you're baffled by the weather we're having, talk to me about it. If you're unsurprised that the Giants lost again last night, please, *please* tell me. If you noticed that the broken chair (i.e. the death chair) in the conference room was finally disposed of (Thanks, Erin!), I want to know if you're a little sad it's gone!

I know it may seem like sarcasm, but that's just because small talk gets a bad rap. People like to get all high and mighty about it, as though the only conversations they can stomach are about world peace or the meaning of life.

So imagine, just for a second, what life would be like without small talk. Imagine that you walk into our building in the morning or over to Safeway for a snack, and you get hit with a "How are we going to solve global warming?" or a "What's the earliest memory you have of your mother?" Excuse me, but I'm not trying to have an existential crisis at 8:30 in the morning, or really any time today, thankyouverymuch.

Small talk serves several purposes in our everyday lives. Despite its, by definition, vapid nature, it gives us a chance to connect with one another, especially those we may not know as well. It's not going to tell me what to get them for their birthday, but knowing that someone loves cold weather is still a small piece of information about them that helps me understand them slightly better (their opinion is wrong and being cold is the worst, but, at least, I know how they feel).

For those I'm closer to, it can give me a sense of how they might *really* be doing on any given day. They might say they're good, but if they are actually sad, tired, stressed, or very happy ("What a beautiful sunrise this morning, huh?!") then I can probably find out by paying attention to how they respond to morning small talk.

And I guess I'll admit it - I am very uncomfortable with silence. I'm not extraverted enough to start a conversation with a random person on an elevator (and if you are that person, shame on you, and please leave me alone), but if I walk into the kitchen, I would feel more awkward, and maybe even dismissive, if I didn't ask Susan how her weekend was (even though I know the response - "It's Monday, Miss Darby. I hate Mondays, Miss Darby!" Okay, Garfield.)

Long story short, small talk is not as mundane as its reputation makes it out to be if you're paying attention. So drop by anytime, I'd love to hear your thoughts on the day of the week, the weather, or what you saw on TV last night – let's chat!

-Darby

A **Hill You'll Die On** is an overly strong stance you take on something that ultimately probably doesn't matter all that much. Have a Hill you'd like to rant about? Let us know!

## Caught in the Acts!

Noticing each other acting out our Crestwood values.

*Cara was caught in the act...*

Beyond being the best Wildcats mascot ever, it is always a pleasure to work with you. You have so much dedication and commitment to the residents, fellow staff and facility as a whole. Your daily efforts are greatly appreciated.

From Mike

*Marshet was caught in the act...*

Thank you so much for the medication ordering reminders; it is really helpful in supporting people in ordering their own meds! I'm continually so impressed with how on top of medication room procedures you are, thank you!

From Darby

*Darby was caught in the act...*

I don't know how you did both the garage sale and Relay for Life by yourself last year! Thank you for including me to help with planning and organizing of the events. It was another great success thanks to your dedication.

From Mike

*Kitchen staff were caught in the act...*

As always, thank you for preparing a huge amount of food for the hundreds of people at the annual community partners' picnic. Everyone was impressed and appreciative. Thank you!

From Travis

*Kitchen staff were caught in the act...*

Excellence in your stew! You did a dutiful job on it, and the recipe is very nice and wholesome. I saw care on their faces, and they are very understanding.

From Simone

*Darby and Mike were caught in the act...*

Thank you for the huge amount of work the two of you put into us having a Relay team this year. A great event once again, and I love how you involved so much of our community!

From Travis

*Gabe, Mike, Cara, Patrick, Travis, Danielle, Gena, Angelica and Lydia, and all of our generous donors were caught in the act...*

Relay was such a success thanks to each of you and your support and participation. I had such a great time and hope you all did too! Thank you so much for being involved and helping our residents to be as well!

From Darby

*Sam was caught in the act...*

Always a helpful listener.

From Simone

*Mike was caught in the act...*

The Garage Sale literally would not have happened this year if it weren't for you. Thank you so much for all the time leading up to it and for completely managing it on the day of! It was awesome working on such big projects with you this year, thank you!

From Darby

*Soraya was caught in the act...*

Congratulations on becoming one of our fantastic Service Coordinators. You will do an amazing job with your incredible commitment you have to our residents. I know great things will be coming with your amazing abilities!

From Mike

We constantly have readers asking to meet the people being this newsletter, and now's your chance! In addition to all our awesome monthly contributors (check back in next month), here's our newsletter staff:

# MEET THE TEAM

## Angelica

**What sparked your interest in joining Journalism?** I'm always trying to find ways to get involved and the newsletter sounded like something fun and exciting. Our team and guest writers are creative, humorous, and dedicated to making each issue enjoyable and memorable.

**Of all the recipes you've shared, which one is your favorite?** I would have to say the Serrano Pepper Salsa and the Buffalo Ranch Chicken Sliders. The salsa is just such a simple yet fresh one that goes with so many things. And it's spicy. I like spicy.

**From where do you draw your creativity?** Cooking is where my creativity shows the most. I've always loved cooking and starting teaching myself to cook when I was in the 4th grade. There were many times when I got "creative" and made a disaster of a dish. But that's how I've learned.



## Chloe

**What sparked your interest in joining Journalism?** Writing has always been in my blood. My dad is a writer and I grew up writing stories with him. I took a Creative Writing class in high school and really enjoyed it and joining the Journalism team has been a great way for me to express myself creatively while also communicating important and hopefully valuable information.

**How long have you been on the team?** Since it started, two years and 3 months ago!

**What are your hobbies?** I enjoy dancing, comedy shows, reading, hiking, and, most of all, traveling the world.



## Darby

**What sparked your interest in joining Journalism?** My mom was a journalism major in college, so I always watched her write – whether it was for the local "Today's Woman" magazine or in her journal at stoplights (no joke, that actually happened). Because of that and because she always made sure I also had a journal, writing has been a part of my life for as long as I can remember, so it just made sense when I started at Crestwood.

**Of the topics you write about, which are you most passionate about?** While I don't write them every month, the opinions pieces I've written have definitely drawn the most passion out in me!

**What do you enjoy doing in your free time?** In my free time, I like to go on hikes, cook/eat, and go on whatever adventures my boyfriend and I can think of – sometimes that's hanging out at Ocean Beach and sometimes that's sightseeing our way through Asia (see: June 2019)!

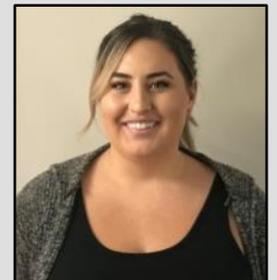


## Kate

**What sparked your interest in joining Journalism?** When I was Recovery Coach, Travis came into the med room and said, "Do you want to join Journalism?" And I said "Sure." I hadn't thought about joining before he asked, but I'm happy that I did!

**Where did you learn all the wise wisdom you've shared in your Ask Kate column?** I don't feel like I'm wise, but I was raised by a father with a very objective, positive, and grounded outlook.

**What are your favorite things to do on the weekends?** I like going to live comedy, spending time with Drew and Tiny, and catching up on schoolwork.



## Travis

**What sparked your interest in joining Journalism?** I've always felt I had a bit of a unique writing style, and considered being a journalist when I was younger. I liked the idea of being a no-nonsense writer who exposed high-level corruption and helped the people take back the power.

**What segment do you enjoy writing the most?** I enjoy all of them, but it's hard to top Susan Explains. I just wish I could print it all. I also have lots of hills I'll die on.

**Which journal or newspaper do you think you could write for most?**

As a kid it was Sports Illustrated, but as I got older, how could you not want to write for the Washington Post or the New York Times? I also have a soft spot for the San Jose Mercury News.

