



*it's about growth.*

# june newsletter

*crestwood pleasant hill*

6.13.19

## Welcome!

With this June 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 March:*

**Erin – 6/23 (15 years)**

**Asia – 6/25 (1 year)**

**Deirdre – 6/26 (2 years)**

**Soraya – 6/26 (2 years)**

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

## In this Issue...

- ✓ Relay for Life
- ✓ Great Local Hiking
- ✓ Netflix and Gabe
- ✓ Great Moments in Green Innovation
- ✓ Biggest Loser
- ✓ Restaurant Review
- ✓ Susan Explains
- ✓ Tell Me Something Good
- ✓ New Roles
- ✓ Crestwood Wildcats!
- ✓ New Staff and Interns
- ✓ ...and much more!



**Participating in their second annual Relay for Life event, the Crestwood Pleasant Hill team raised over \$1,000 for the American Cancer Society!**



*"If you want to see positive changes in the world, the first person you must change is you."*

*- John Maxwell*

## Wildcats Move on to the Semifinals!

Already the softball tournament's first ever repeat champions, the Wildcats began their quest for a three-peat on May 10<sup>th</sup>, going undefeated to move on to the final rounds on June 21<sup>st</sup>. Sparked by the great hitting of rookies Johnathan and Kendal, strong all-around defense and the support of their legendary fans, the Wildcats look like world beaters ahead of the championship round. Can't make it to Pleasant Oaks Park? Check us out on ESPN!



## Remaining June Events

**6/14 at 10:00am:**  
AniMeals

**6/19 at 2:00pm:**  
Community Meeting

**6/21 at 10:00am:**  
Community Partners  
Softball Tournament;  
Semifinals and Finals

# ARTS & ENTERTAINMENT



## Netflix and Gabe



Switching gears from his typical show reviews, Gabe watched the infamous Nicholas Cage film *National Treasure*, under threats from his girlfriend that he wasn't upholding his responsibilities as an American if he hadn't seen it. Though the internet describes it as an adventure movie, Gabe sees it as more of a comedy based entirely on Cage's acting. "The Nicholas Cage-ity of it never dropped below an 8," described Gabe. "He must have said 'Declaration of Independence' over 100 times – never calls it 'The Declaration,' never 'it,' always the full thing, so that would make a fun game if you were counting them." Like many Nicholas Cage films, *National Treasure* has a plot, which Gabe said focused on hidden treasure secrets being written on the back of the Declaration of Independence. To Gabe though, the plot is secondary to Cage's behavior, including the numerous scenes where he's two feet away from someone and yet yelling in their face. "At any moment, he could headbutt, slap or kiss them, and though he never does, because he's Nic Cage, you wonder if it's coming."

**Gabe recommends *National Treasure* for:** "Everybody. Women, men, children, the elderly, babies. I think they should show it when people become American citizens so they know what they're in for."

**Gabe does not recommend *National Treasure* for:** "Nobody. It's for everybody, even if you don't speak English. His fidgety, bug-eyed demeanor transcends language."



## Jokes!

To the thief who took my antidepressants... I hope you're happy.  
– Anonymous  
What did the large tomato say to the small tomato? Ketchup!  
– Audrey  
Dogs can't operate MRI scanners... But catscan! – Anonymous  
Cross country skiing is easier if you live in a small country. – Kurt

### *Joke of the Month:*

A guy heard about a joke contest with a \$100 1st prize. He was determined to win, so he composed 10 great jokes to submit. He was sure that at least one of his TEN jokes would win, BUT.... Unfortunately... No pun in 10 did! - Kurt

## Susan Explains The Placebo Effect



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 Minimalism works...

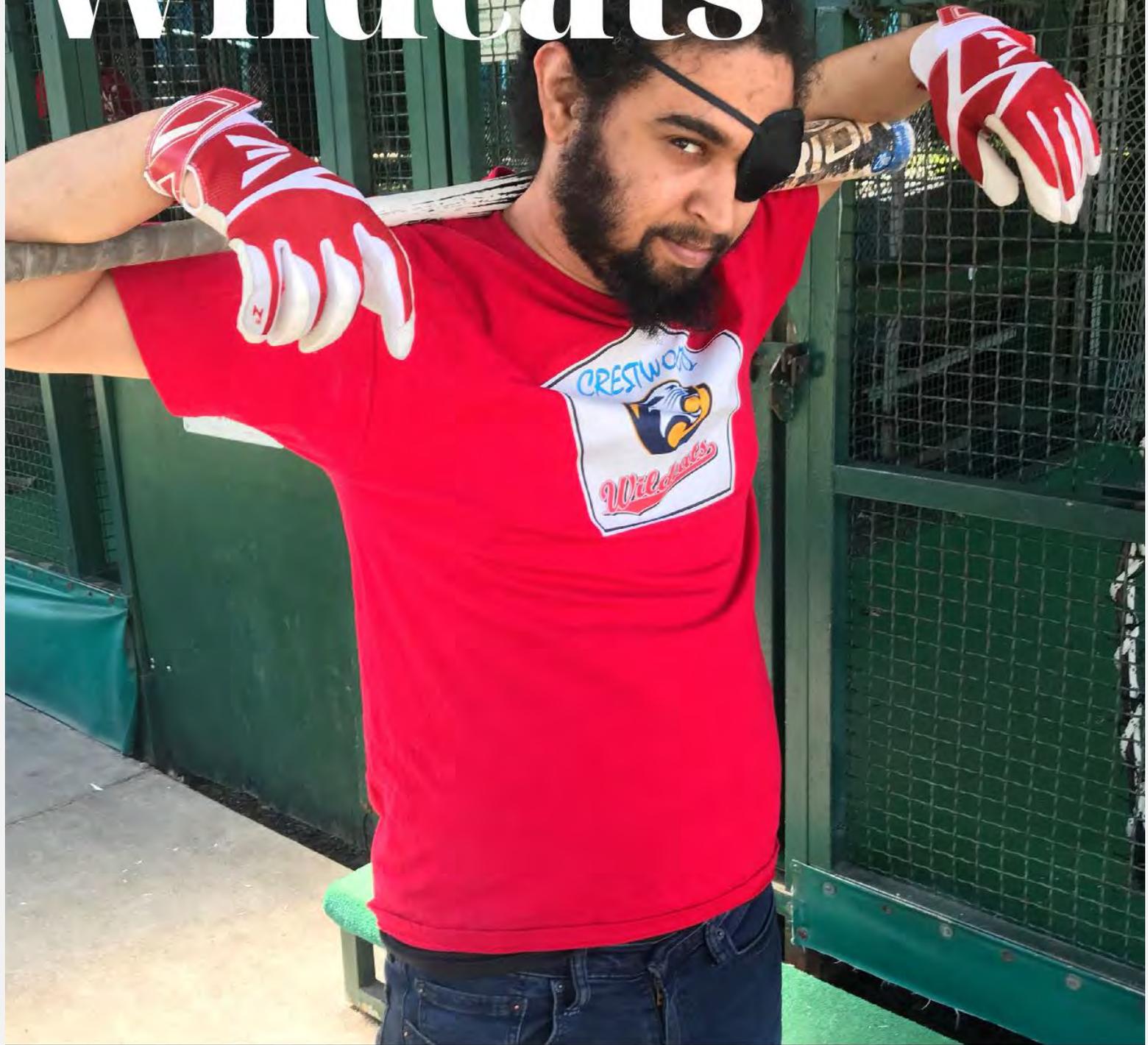
I heard these people live in shipping containers? Do they put them on someone's property? Or just on open land? How can people fit in that? How do you go to the bathroom, do you dig a hole? Does that whole space include the bathroom, the kitchen, everything? Maybe if you live by yourself it's not so bad, but if you have even one kid, forget it. There's no privacy. And, if you live on as little as possible, do you just have two underwear? That is a lot of work. If you don't have many things, then you don't have a place to store clothes, so you have to keep washing them. And the family probably all sleeps in bunk beds. But the good thing is that the place is small so it takes less time to clean. And then everyone is all together like a big happy family. I don't buy many things, but I need a big bed so I can go to the right side, go to the left side – I need my freedom. Maybe it's good that people live like this. It's a simple thing. But I need a big bed, a kitchen and a TV. Maybe I'm a minimalist. I guess so.

## Writing Group Submission

It interests me if you can handle life's problems  
It doesn't interest me if you are unable to lead a so-called perfect life  
But it does interest me if you have a good personality  
A way of communicating as a good friend or spouse  
It doesn't interest me on what job you have  
Or how much money you make as long as you  
Know how to have a good time  
Last of all, it doesn't interest me whether  
You are black or white per say just  
As long as we click together and enjoy  
Each others' company, that's all for today

-TN

# Crestwood Wildcats



*A true Wildcat can never be caged*  
Friday June 21st, Pleasant Oaks Park

## New Bridge Assistant Program Director

### Darby Witherspoon

With Kenetha having moved on to her new Program Director role at Crestwood Vallejo, we are thrilled to announce an internal promotion, with Darby Witherspoon taking over as the Bridge's new Assistant Program Director.

In her nearly two years with Crestwood, Darby has taken on a range of roles and responsibilities. After moving across the country to become a Service Coordinator at the Bridge, she in early 2018 became a developing member of our building's Transition Team. Along with Kate, she later in the year created our facility's first college internship, giving local students a chance to gain valuable experience in the mental health field, while contributing to our facility at the same time.

In addition to these roles, you may already know Darby from her work across a range of different projects, committees and events, including our Relay for Life participation, our community environmental work, suicide prevention and awareness hike and much more. Her outstanding work ethic, creativity and compassionate work within our community led to her winning our 2018 Employee of the Year award.

"So much about our community, the literal building that it lives and works in, the people who come from so many backgrounds and experiences, the radically genuine desire for and emphasis on growth, progress, and respect for every individual, has inspired me continually throughout my time here. I'm so grateful for the opportunity to continue to grow and learn here and to serve Bridge residents in a new way."

Congratulations Darby!



# COMMUNITY

## Our Newest Dreamcatcher!



*James*  
Napkin Folder

## Changes to Dreamcatchers

Kenetha's move to Crestwood Vallejo also created an opening in our Dreamcatcher program, and we are excited to announce that Gabriel Flores has taken on the responsibility of Vocational Coordinator. Gabe will be managing this role in addition to being our Director of Staff Education, and his parts in our facility's Transition Team and a range of other projects and committees.

A three-time Crestwood Wildcat champion, nearly six-year Crestwood employee and our 2016 Employee of the Year, Gabe brings a



unique perspective and approach to his work, along with countless innovative ideas about growing our vocational program.

Congratulations Gabe!

## Get to Know Karen!

### What are your favorite things to do?

I like ballet, decorating my room, changing my wardrobe, singing, and budgeting.

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

I'm part Hungarian (on my mom's side) and part Norwegian (on my dad's side).

### Do you have a favorite artist?

I like the songs that play in the kitchen—the pop songs.

### Have you traveled outside of the state?

I lived in Norway for one year as an exchange student. I also lived in Kentucky and Arizona.

### Which of the volunteer activities that you participate in is your favorite?

AniMeals. I like writing "dog" and "cat" on the bags and I enjoy playing with the cats after.



## Get to Know Our New Staff!



*New to the Pathway!*  
**Ellen, Jevanka and Hannah**



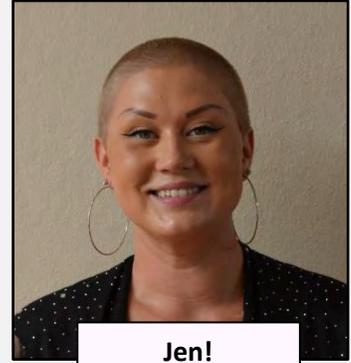
*New to the Kitchen!*  
**Sandra**

### Did you know...

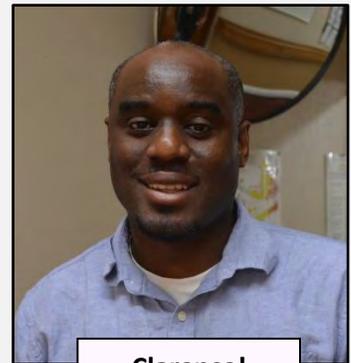
- That Ellen has never had a Pop Tart and doesn't have a middle name?
- That Jevanka speaks 4 languages and has never met someone with the same name?
- That Hannah is a welder by trade?
- That Sandra can pick things up with her feet?

# COMMUNITY

## Welcome SPIRIT Interns!



**Jen!**



**Clarence!**

*Not pictured, but doing great!*

**Lauren!**

## Welcome to Our Summer 2019 Interns!

One June 3<sup>rd</sup>, along with our new staff members and Spirit interns, three new college interns joined our community. Marina, Sofia, and Denise have enthusiastically decided to spend the summer with Crestwood Pleasant Hill in hopes of adding new and exciting projects, groups, events, etc. to our building. We are so excited to have the three of them and can't wait to see what they bring to our building.



**Denise**



**Marina**



**Sofia**

## Dreamcatchers Employee of the Month:

Lillie

**Job:** Lobby Monitor/Receptionist

**Favorite Movie:** *One Flew Over the Cuckoo's Nest*

**Favorite Book:** *The Bible*

**Favorite Music:** A wide variety!

**Favorite Quote:** "A man isn't fit to live if he hasn't found anything to die for." -MLK

**Favorite Pasttime:** Baseball



Lille has learned her job very quickly and carries herself professionally while performing her work. Lille says that working in the Dreamcatchers program is inspiring and recommends more residents give it a try. She says that if you are a new Dreamcatcher, pace yourself and give yourself a chance to learn the job and don't give up. In her job, Lillie enjoys interacting with and helping the people who visit our facility. She also included the interns, saying that she really enjoyed talking with them. Lille's plans for the future include finishing college and obtaining a social psychology degree which she would like to apply to working in shelters in the Richmond area. Thank you, Lille, for your excellent work ethic and for always doing your job with a smile and kindness to others. Congratulations!

## Eyewear Drive Continues

Over 2 billion people around the world need glasses but are unable to afford them, making it difficult to succeed at school and work. VSP Global created an Eyes of Hope program, allowing individuals and organizations to donate their used eyewear to those in need at no cost. Donated eyewear is cleaned, refurbished, labeled and distributed around the globe. Through June, we are accepting **gently used prescription glasses, readers, and even sunglasses!** For any questions, please see Chloe. For more information on VSP Global, visit <https://www.vspglobal.com/cms/about-us/eyes-of-hope.html>

## So you think you know Maja??

What do you like about working at Crestwood?

I like everything. Especially the staff and residents. I feel like I belong here.

What is your favorite city?

Stockholm, but I also love San Francisco. It's beautiful. Istanbul is also a favorite.

How many languages can you speak?

I speak 7 languages. Croatian, Norwegian, Serbian, Bosnia, English, Bulgarian, Macedonian, and I can understand Swedish. I really want to learn Spanish.

What is your biggest fear?

I grew up in war. So any war situation is my biggest fear. I don't want to experience it again.



What country has the best food?

Spain

Maja has made a impact since starting at Crestwood in November, brightening days with her great attitude!

# 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:

## Rainbow Community Center

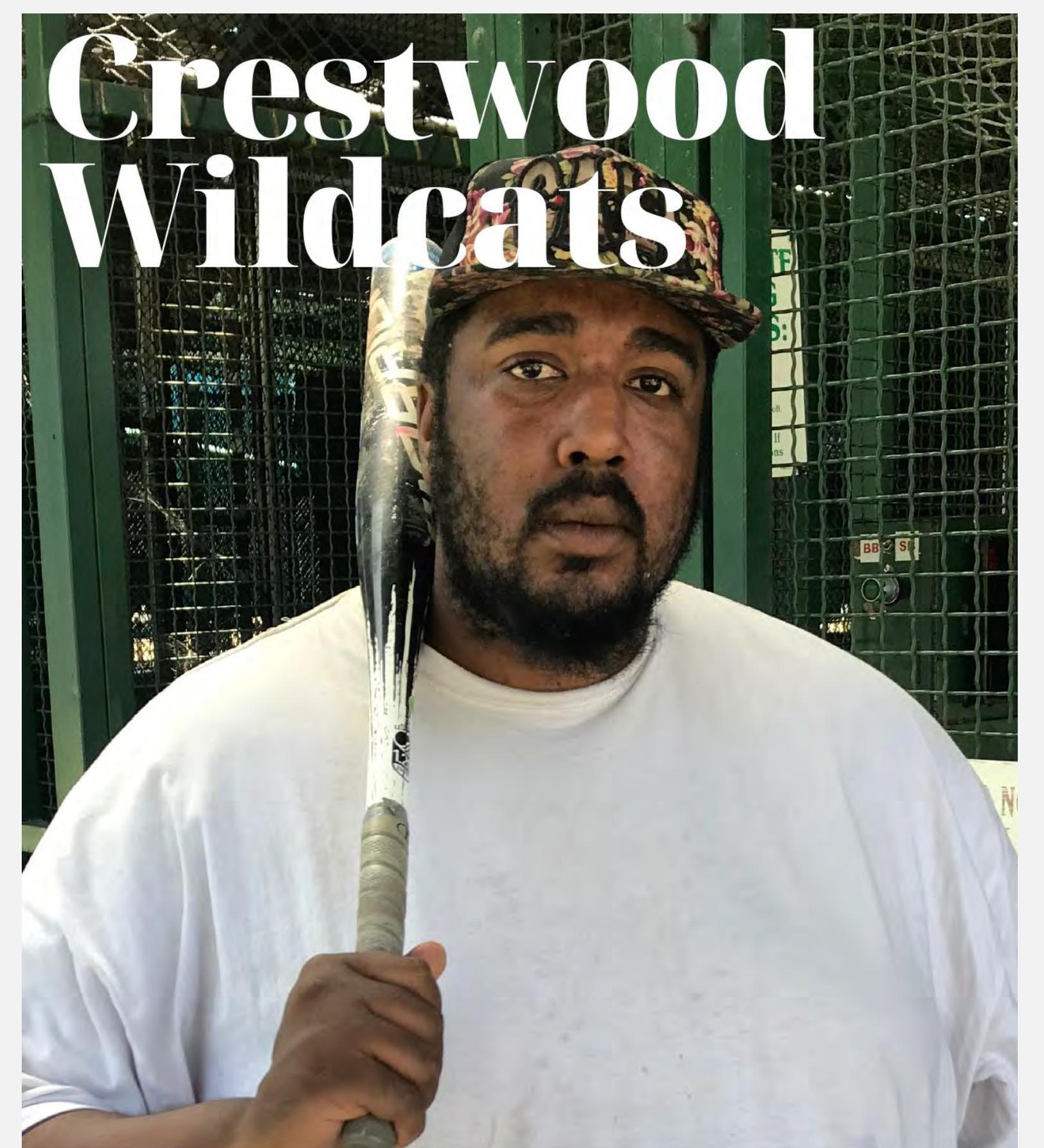
In honor of Pride month, we made our June donation to the Rainbow Community Center of Concord. Our Crestwood partners at Rainbow provide a wide range of essential services to the LGBTQ+ community, including clinical services, youth and senior programs, HIV support and additional resources such as food. In this month of celebration, let's make sure we are all doing our part to promote inclusivity and safety.



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

# Crestwood Wildcats

A man with a beard and a colorful patterned hat is holding a baseball bat. He is wearing a white t-shirt. He is standing in front of a green chain-link fence. The background is dark, suggesting it might be nighttime or in a shaded area. There are some signs on the fence, including one that says "BB" and "S".

*Sluggers gonna slug*

Friday June 21st, Pleasant Oaks Park

# TELL ME SOMETHING GOOD

## Kate Engaged!

The tale of Kate and Drew began in 2011, when Kate first laid eyes upon Drew and knew that he was her one and only. They started dating after working together for 9 months at Papa Murphy's, and on the night of Kate's Senior Ball, when the clock struck midnight, Drew asked her to be his girlfriend.

Drew is no stranger to Crestwood and has participated in several events, including our first dog show and the Walk to End Alzheimer's. He is often accompanied by one of Crestwood's favorite visitors, their adorable dog Tiny.

Kate and Drew recently headed to beautiful Santa Barbara to celebrate 7 years together. On the morning of May 19<sup>th</sup>, while enjoying the ocean view at East Beach, Drew finally popped the question! And Kate said "YES"! Yay! When asked how she felt about being engaged to her beau, Kate explains: "We've known we were going to spend our lives together for a long time and now it's official!" We are very excited for Kate and Drew and wish them a happy, fun-filled marriage.



## Latricia's Daughter a New Grad!

May marked the end of an exciting journey for Latricia's daughter Darshay, as she graduated from Cal State East Bay with a degree in Communications! Latricia was of course thrilled to share the graduation moment. Said the proud mom, "When good things like this happen, it's confirms my belief that I am not alone."

Congratulations Darshay and Latricia!



## Soraya's New Role!

You know her for her warmth, approachability and friendliness, and now you'll see her bringing that to a new role, as Soraya is now a Service Coordinator on the Bridge. "I'm excited to get the job – it's going to give me the chance to work more one-to-one with



people and get to know them even better. I can't wait to know people more – I'm a little scared because I don't always express myself so well in writing, but I'm up for the challenge."

Congratulations Soraya!

## Chelsea's New Role!

Changes to Abeth's schedule created an opening for an Education Coordinator on the Bridge, and we are very pleased to have Chelsea moving into the role! Chelsea brings some past group facilitating experience along with a whole bunch of great ideas as she joins the team with Abeth and Kurt. "I'm excited to jump in and get started!"

Congratulations, Chelsea!



# HEALTH & WELLNESS

## MYTH or FACT:

*Sunscreen will prevent the body from absorbing Vitamin D*

As we know, Vitamin D is an important nutrient for the human body, and one way to get Vitamin D is through sun exposure. But doesn't sunscreen block UV rays? Yes it does. So I guess you could say that having sunscreen on 100 percent of the time could interfere with someone getting necessary vitamin D. BUT- it is known that sunscreen loses effectiveness over time. While it is important to remember to reapply sunscreen when out in the sun, many dermatologists claim that only 10 to 30 minutes of UV rays exposure from the sun can give someone close to the proper amount of Vitamin D needed.

## Health Tip of the Month: Sunscreen!

It might seem basic but it's that time of year and the sun is hot! Protect your skin from ultra-violet B rays (cause skin cancer) and ultra-violet A rays (causes those wrinkles). Choose a sunscreen with an SPF 30 minimally, but higher could be better. And if you're going swimming or know that you'll be sweating- get a water-resistant sunscreen.

## Angelica's Recipe of the Month:

### Easy Fruit Dip

I recently led a cooking group on the Pathway where we made a couple of simple snack recipes that would be quick and refreshing during the summer time. One of the snacks we put together was a variety of sliced and cubed fruit and this tasty fruit dip. You can use any fruit you'd like and for the Pathway - we decided on blueberries, cantaloupe, melon, strawberries, and grapes. This was one of our delicious contributions for the bake sale to support Relay for Life.

#### Ingredients

8 oz cream cheese softened  
6 oz marshmallow cream  
2 tbs frozen orange juice concentrate



Let the cream cheese sit out long enough to soften. Then mix all the ingredients together and let it sit in the refrigerator for at least an hour to chill. Simply serve with the fresh fruit and enjoy!

## Relay for Life a Major Success!

As our second year of participation in Relay for Life of Diablo Valley wraps up, we, as a Crestwood community, can pat ourselves on the back for raising \$1,008 dollars toward the fight for a cure for cancer. And, as a Diablo Valley community, we can do the same for raising almost \$90,000 this year! It was amazing to see so many of our staff members and residents out walking the track, selling lollipops, succulents, and root beer floats, and having a great time in support of such an amazing cause – even with the controversy of neither Cara nor Lillie winning the Macarena contest! Thanks to everyone who was involved!



# 2019 BIGGEST LOSER COMPETITION BEGINS!

## The Riveters



**Coach:** Erin  
**Team Members (left to right):** Sonia, Amina, Lori, Erin, Terrie, Gabrielle

## The Honey Smackers



**Coach:** Travis  
**Team Members (left to right):** Dawn, Deshawn, Travis, Johnathan, Ronnie, Keri, Cheryl (not pictured)

## The Leftovers



**Coach:** Sam  
**Team Members:** Sara, Sam, Linda, Denise, Claudio, Asia

## THE STATS

*As of 6/4/19, the following individuals and teams are in the lead for our 4<sup>th</sup> annual Biggest Loser Competition. Will those lagging behind have a chance to catch up? Check out our July issue for an update on the winners!*

### Top 3 Individuals:

1. Ronnie
2. Lori
3. Sam

Top Team: The Honey Smackers

## Healthy Snack "Cook Off"



*The Riveters take home the gold with their delicious, award-winning dish (pictured top right)!*

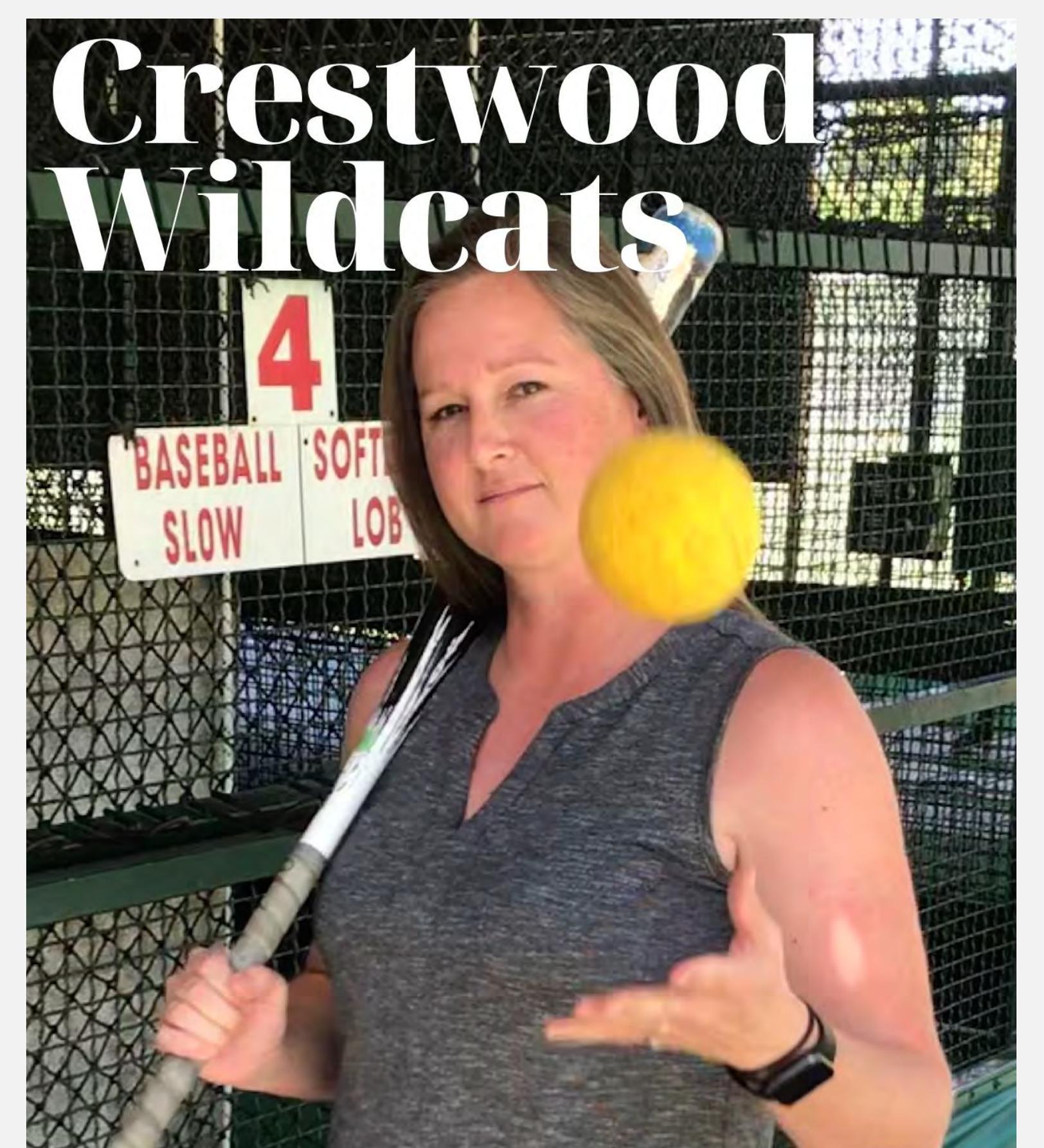
## Dance Competition



*Crestwood Pleasant Hill's hips don't lie! After each team showed the judges their awesome moves, The Riveters stole the show with their choreographed line dancing routine!*



# Crestwood Wildcats

A woman with long brown hair, wearing a grey sleeveless top and a black watch, stands in front of a chain-link fence. She is holding a baseball bat over her shoulder and a yellow softball in her left hand. The fence has several signs: a large red number '4', a sign that says 'BASEBALL SLOW', and another that says 'SOFTBALL LOB'. The background shows a blurred view of a field and trees.

*What are you looking at?*

**Friday June 21st, Pleasant Oaks Park**

**Darby's Eco Product of the Month:**  
**Meliora Laundry Powder**

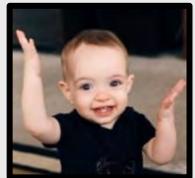
Plastic. Is. Everywhere. Even environment-conscious consumers, upon making the rounds at their local grocery stores, may find themselves duped, purchasing a product in a glass or cardboard container only to find, when cracking it open, a plastic lining tucked away inside. So, when I went on a mission to find laundry detergent that had BOTH nontoxic and environmentally friendly ingredients AND packaging that fit my plastic-free parameters, I found myself coming up empty handed, even at the fancy, locally-owned, \$12-for-a-dozen-eggs store by my apartment. Reluctant as I am to both shop on Amazon and rely on shipping, with its large transportation carbon footprint, off to the internet I went in search of answers. And, thus, Meliora came into my life! Meliora, meaning "better" or "better things" in Latin, is a Chicago-based company that prides itself on just what I was looking for: using nontoxic, recognizable ingredients that effectively clean, and sustainable packaging! It comes in 3 scents-lavender, lemon, and lavender-lemon-clove- and works great in hot and cold water. With a high efficiency washing machine, their smaller 35-oz container will get users through 128 loads for \$15.49. Although the container includes a plastic measuring scoop, refills in a compostable paper bag are available for purchase for a slightly discounted \$12.99, so the scoop can be used as long as needed! My only complaint is that, although my clothes inarguably come out squeaky clean, they don't have that fresh laundry smell. However, all in all a great product that I'd highly recommend!



**ENVIRONMENT**

**Raising an Eco Toddler**

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



***Don't Use a Baby Walker!***

We'll get to how this is an environmental tip in a moment, but as the proud son of an accomplished physical therapist, it is my duty to first point out that the research clearly shows that babies learn to walk later when using a baby walker. Additionally, when using these walkers, babies can develop poor walking technique (imagine how you might walk if you were leaning forward, bracing yourself on something with wheels), and are at an increased risk of injury. Use of baby walkers is correlated with higher likelihoods of drowning, burns, falls down stairs and more, leading the American Academy of Pediatrics to call for a ban. So if that doesn't do it for you, think of all the plastic that ends up in landfills because of these things, not to mention the resources used to create them. Skip the baby walkers and focus on cruising!

**Great Moments in Green Innovation**  
**The Cardboard Speaker!**

Crestwood Thomas Edison (or "Kurt" as he's known around these parts) is at it again, this time helping out those audiophiles who don't want to pay the big premiums for portable speakers. Using toilet paper rolls, popsicle sticks for support and some tape, Kurt created a simple speaker to pop your phone into and amplify your music. Version 2.0 (not pictured here) comes with extra power! Have a problem and need a green solution? Come see Kurt!



*Want to reduce your carbon footprint and save dollars while conserving the environment? Simple changes around your home can make it happen – I'm here for you, friends!*

**Eco Tip of the Month: Summer Gardening**

If you're like us, you love keeping a garden but feel guilty about the amount of water it takes to maintain, especially in the summer. Here are a handful of tips for how you can keep that garden while being part of the solution at the same time:

- 1) Keep a bucket in your shower to collect water as the shower heats up – then use it on your plants!
- 2) Water early in the morning or as the sun is going down to limit evaporation.
- 3) Put in a drip system (you don't even need to hire someone!).
- 4) For the extra motivated people, install a greywater system to recycle laundry water!

# 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](mailto: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.



Needing help understanding your benefits but don't know where to start? Yearning to come up with a plan to eventually work off of SSI? Have any other financial concerns or questions? Find a time to sit down with Sara, who is now formally providing these exciting services!

## DREAMCATCHERS JOB OPENINGS

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

**Alternate Meal Maker:** Monday, 10:00-10:30 a.m.

**Dining Room Attendants:** Sunday, 6:00-7:00 p.m.  
Friday, 12:15-1:15 p.m.

**Receptionists:** Tuesday, 9:30-11:00 a.m.  
Wednesday, 11:00 a.m. – 1:00 p.m.

**Landscaper(s)/ Gardeners** Monday, Wednesday, and Friday, 9:00-9:30 a.m.

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

# LOCAL

## Angelica's Restaurant Review

Every town has that one local, family-run pizzeria spot where the booth cushions are slightly torn, drinks are served in the old school coca-cola cups, and while the lighting is a little dark and glim, the staff are friendly and the pizza is to die for! If you're a Concord local, you might already know about Bambino's Restaurant tucked in the corner of Farm Bureau and Willow Pass, and if you don't, you're missing out. In my own opinion, this hole-in-the-wall has pizza so good that my mouth starts to water before walking in the front doors. If you're looking for a place to watch the Warrior game and have enough room for the family, their spacious dining set up and multiple T.V.'s make for a great place for friendly gathering and social bantering. Takeout or delivery is also an option. Since it is directly across from the Concord softball fields, this has been a go-to spot for Tyler and me on Friday nights with the rest of his teammates before or after each game. Not feeling pizza? Don't worry! They have plenty of other options. Classic dishes such as a meatball sandwich or chicken parmesan and a plate of spaghetti are among a number to choose from. You won't find it on the menu but Tyler's favorite thing to order is a calzone with alfredo sauce, pepperoni, sausage, and olives. My favorite go-to, although not for spicy food weaklings, is the chipotle fiesta pizza. Even though Tyler complains of the heartburn he gets the next day, this pizza is covered in chipotle sauce, topped with cheese, bacon, chicken, red onions, and jalapenos. YUM! And in case you're wondering, all their pizzas have a gluten free option too. Again, if you're a Concord local or just visiting, this is the spot! Tyler will tell you, it's by far one of my favorite guilty pleasures when I'm craving a carb overload! Let me know what you think!



## Back in Time:

### A Review of Jobs Past!

*Crestwood employees come from all walks of life and previous employment histories; for some, Crestwood is their first experience in adult mental health while others are here continuing a life-long career. A few months back I talked to an employee who worked in the service industry waiting tables, and this month I sat down with Chloe, our Quality Assurance and Sustainability Coordinator, to hear about her previous work in Argentina teaching English.*

Chloe's adventure abroad began when she spun the globe in her college dorm, closed her eyes, and stuck her finger on Argentina! Not ready to enter the "job world", the stars aligned and led Chloe to the beautiful South American country without a job or a place to stay. Chloe prepared for her trip by completing a program for Teaching English as a Foreign Language (TEFL) while finishing up her undergraduate degree and, after traveling around Buenos Aires for some time without finding the perfect job, Chloe landed a job teaching English in a coastal town a few hours outside of the city. She taught children over 10 years old and adults, after some reflection, Chloe explained that her favorite part about teaching overseas was teaching English idioms to the children and hearing them run around shouting "the ball is in your court!" While teaching adults, Chloe also learned many Spanish idioms that she keeps in her back pocket. Best of all, Chloe says that she gained many transferrable skills that she had brought with her to Crestwood. Chloe spent a lot of time designing her own lesson plans and activities which has helped her immensely in creating (and eventually auditing!) Recovery Service Plans, her experience teaching has helped her teach new Service Coordinators how to be the best they can be and designing activities for the facility!

Chloe loved her experience in Argentina, she says the best part was meeting her host family and developing a close relationship with them. Chloe looks forward to seeing them soon in Spain.



# Crestwood Wildcats



*The three-peat's in sight*

**Friday June 21st, Pleasant Oaks Park**

## Fun and FREE!

### Summer Circus Day with Circus Bella

Friday, June 14<sup>th</sup> at 5:30 p.m.

deFremery Park, 1651 Adeline Street, Oakland



### Desi Comedy Night

Saturday, June 15<sup>th</sup> at 8:30 p.m.

18 Harlan Pl., San Francisco



### Sailboat Ride Day, Cal Sailing Club

Sunday, June 16<sup>th</sup> from 1-4 p.m.

124 University Ave, Berkeley



### Port of Oakland and Giant Crane Tours

Friday, June 21<sup>st</sup> from 6:45 to 8:15 p.m.

Jack London Square, Broadway and Embarcadero



### Music in the Park, Danville

Saturday, June 22<sup>nd</sup> from 6 – 8 p.m.

Oak Hill Park, 3005 Stone Valley Rd, Danville



### 90's Trivia and Watch Party

Sunday, June 23<sup>rd</sup> from 6 – 9 p.m.

The Knockout, 3223 Mission St, San Francisco



*"It's when we start working together that the real healing takes place... it's when we start spilling our sweat and not our blood."* - David Hume

## Community Garage Sale a Success!

We were proud to host members of our community again this year for Pleasant Hill's City-Wide Garage Sale. We had a small but mighty crew selling their goods and learning about who we are and what we do in our building. It's always a pleasure to get to know our neighbors and have them get to know us. Special thanks to Mike, Danielle, and Lillie for selling coffee and donuts to our buyers and sellers as well as running the Crestwood donation stall – all the proceeds from both went to our Relay for Life team!

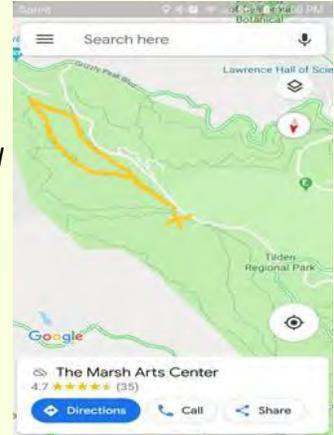
# LOCAL

## GREAT LOCAL HIKING

*There's plenty of great, nearby hiking in and around Contra Costa County. For the outdoorsy-types, we showcase some options as shared by staff and residents.*

### Vollmer Peak Trail

This weekend I (Sam) went hiking in Tilden Park. Tilden is part of the ridgeline separating the "East Bay" (Berkeley/Oakland etc.) from the "Deep East" (Walnut Creek/Concord etc.). This is my "go-to" hiking spot, it's conveniently located and it's big enough to get away from the hustle-n-bustle of the Bay Area. There are dozens of trails snaking through Tilden



Park to choose from, offering different choices in hiking experiences. From easy hiking through the dense foliage of riparian areas to moderately difficult hikes through the scrub-brush and shale of desolate chaparral, leading to magnificent view-sheds of both the SF Bay to the west and the San Pablo reservoir and Mt. Diablo to the east. This weekend I chose a trail I hadn't hiked before. As with all trails in Tilden Park, Vollmer Peak Trail is what I refer to as a "choose-your-own-adventure" (CYOA) trail. Due to multiple trails intersecting at various spots, unlike an "out-and-back" trail, a CYOA trail gives you options in hike length and difficulty. By choosing a trail connection you can extend or shorten your hike as you like.

From easy hiking through the dense foliage of riparian areas to moderately difficult hikes through the scrub-brush and shale of desolate chaparral, leading to magnificent view-sheds of both the SF Bay to the west and the San Pablo reservoir and Mt. Diablo to the east.

This weekend I chose a trail I hadn't hiked before. As with all trails in Tilden Park, Vollmer Peak Trail is what I refer to as a "choose-your-own-adventure" (CYOA) trail. Due to multiple trails intersecting at various spots, unlike an "out-and-back" trail, a CYOA trail gives you options in hike length and difficulty. By choosing a trail connection you can extend or shorten your hike as you like.

#### PROS:

- \* CYOA trail
- \*360\* view from the top
- \*Partial shade in the beginning
- \*Lightly traveled

#### CONS:

- \*Too close to the road in the beginning
- \*Poison Ivy present (but avoidable)
- \*Rough trail due to horses



# Travel

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

## Darby (and Luke!) take Malaysia

*At the end of April, Darby hopped on a 25-hour flight across the Pacific Ocean and landed in Malaysia with her partner and travel companion, Luke. A few weeks later, I had the opportunity to hear all about her immersive trip through Peninsular Malaysia and Singapore.*

Kate: Where did you stay? How many states did you see? How did you book your trip?

Darby: We wanted to see as much of the country as possible because it takes so long to get there, so we took a tour around the whole peninsula. We flew into the capital, Kuala Lumpur, where we stayed for a few days. Then, we rented a car and drove to Penang, which is an island off the northwestern side of the peninsula. Malaysia was a British colony, so people drive on the left side of the road. It was really nerve-wracking to get used to it in the beginning, but we made it back home in one piece! Then, we drove through the jungle – and almost ran out of gas – to the eastern side of the peninsula to Kuala Dungan before heading south to Singapore. We stayed in AirBnBs the entire time we were there, all of which were apartments/cottages belonging to people who live there. And we booked our trip online using a flight comparison website; we actually adjusted the dates of our trip a few times because the prices change so quickly.

Kate: What were some of your favorite sight seeing adventures?

Darby: On our first full day, we went to the Kuala Lumpur Tower in the middle of the city center. It was the hottest day of the whole trip, over 100 degrees and 100% humidity, and we had walked about 10 miles that day. So when we got into the building, it was a huge relief. Then, we took an elevator up more than 60 stories, and stepped out onto an open air balcony to see an incredible view of the whole city. They even had one of those glass boxes you can step into where you can see everything below you. Luke is terrified of heights, but I thought it was really cool. Other than that, we went to some amazing temples in Penang, one of which doubles as a snake refuge!

Kate: How did it compare to other Asian countries you've visited?

Darby: Malaysia is a predominantly Muslim country and is relatively conservative. The only other Asian country I've visited is Thailand, which, at least in Bangkok and Phuket, is not at all conservative. That being said, I lived in the Middle East for a few years as a kid, so it was really nice to hear the call to prayer from the minarets 5 times every day and to see Arabic written on the street signs.



Kate: What did you learn on your trip?

Darby: So much! I think the most interesting thing I learned was actually, nerdily enough, at the National Museum in Kuala Lumpur. Because of a very extensive colonial past, national identity is incredibly important to Malaysian culture. In the 20th century, this manifested in how school curriculums were developed. It was less about graduating students who were prepared for more school or for careers and more about graduating students who knew, understood, and practiced Malaysian traditions because so much of it had been targeted and lost over the years. I hadn't ever thought about school, especially high school, as anything other than a stepping stone to get to a desired career, so it was really cool to consider other possibilities.

Kate: As a vegetarian, how were the meal options for you vs options for your non-vegetarian partner?

Darby: I ate a LOT of rice, which was delicious, and I also was ready to not eat rice when we got back. To be honest, it was challenging to find non-meat options than I thought it would be (by the end, I was just picking chicken and anchovies out of my food, and, usually, I'm squeamish enough about it that I won't even eat foods made with beef/chicken broth) in part because of meat heavy diets and in part because of language barriers. Luke definitely had it easier as a generally low maintenance eater, but he's not a fish fan, so we were both bummed that neither of us could appreciate the amazing seafood there.



# SPORTS



*Big hits and great defense carried the Wildcats in the opening rounds of the annual Hope and Empowerment Softball Tournament. Now having advanced to the Semifinals, America's Favorite Softball Team looks to win two more games on June 21<sup>st</sup> to lock up the three-peat.*



*Cara makes an entrance as the tournament's first-ever mascot!*



*Marie leads the cheers!*



*Greatest fans in the world!*

*As long as our opponents won't rest, Deshawn won't leave the batting cages*



**Support your Wildcats Friday, June 21<sup>st</sup>!!**

# Crestwood Wildcats



*The New Babe (Ruth) is in town  
Friday June 21st, Pleasant Oaks Park*

**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 Personal Space and Awareness is Not Contextual

Yes, I'm looking at you, Costco. Before I dive into America's favorite chaos warehouse, let me elaborate. I imagine most people would agree that awareness of self to personal space and our general impact on others is an important thing. That it matters that we can recognize when we are in someone's way, making someone wait, imposing on others in any way, etc. We all on the same page with that? Great. Now, how can we as a society believe that these principles *don't* apply in crowded public situations? Should these not be moments where we need to be *extra* vigilant about personal awareness? I would bet that most of us – whether we protect our purses, wallets or children – bring added caution with us when we are in a crowd. Why then do we not bring the same attention to avoiding standing closely behind someone in line or to not inadvertently blocking a person's path? On some level, do we as people crave the chance to be packed in close with strangers, being accidentally bumped and groped? Do we yearn to live like the hoards of cattle waiting for slaughter along I-99? I somehow doubt it.

During a Social Psychology class I took in college, I remember a classmate responding to a professor's statement about anonymity by asking "So is anonymity the reason why someone is more likely to shoot another person than to stab them with a knife or punch them with brass knuckles?" And yes, that is a direct quote all these years later. While my memory largely held onto this because of how strangely dark the conversation had turned, the student was certainly highlighting something important about anonymity. When people don't believe they are being watched, they are less likely to behave in ways where they are showing respect and awareness for people around them. But my desire for personal space and situational awareness doesn't change just because you don't know me. I'm talking to you, guy who chose to speed around me in the parking lot and boxed me in. I'm talking to you, everyone who is willing to assault a stranger because they see a free sample. And I'm definitely talking to you, guy with his grown kids in the cart *in the middle of the aisle*, sitting in a chair for sale and making a phone.

My family and friends (and people who tolerate me) know that I can get a bit over the top with this stuff, that it would probably help me if my mind turned off from time to time. My mom regrets ever taking me out in public in the first place – but hey, if I'm going to die on this hill, then I need to be awareness' biggest ally.

I know what you're thinking – "Do you have solutions you're suggesting, or are you just complaining?" Well, I mean, I'm largely complaining, but the solutions seem pretty obvious to me! Here are a few thoughts on strategies we can begin applying at Costco, and then ideally generalize to other crowded situations.

- 1) Pay attention to your shopping cart. If you need to step away from it, make sure it is all the way up against something and **not** at an angle.
- 2) Do everything you can to not touch the strangers around you, and if you accidentally do, acknowledge it with an "Excuse me" or "I'm sorry." Most people don't want to be touched by most people!
- 3) Look where you are walking, turning and stopping. Other people have important things to do, too!
- 4) Unless you need an accessible location, don't wait for someone to load their groceries to take their parking spot. There's plenty of space, and a little walking is a good thing!

I can see you rolling your eyes, and I get it – I'm a lot to take, and readers of this newsletter are the good ones anyway! But maybe, just maybe, if we decide to focus on personal space and awareness to others all the time, we can create a better society! And if nothing else, you won't have to hear about it from me anymore. -Travis

**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.

*Jasmin and Danielle were caught in the act...*

You both have taken on a lot of morning shifts alone when we are really short-staffed and have done it with such a great attitude. I really appreciate the extra help.

From Angelica

*Patrick and Cara were caught in the act...*

You two are such a great addition to the Crestwood family. Your enthusiasm and family treatment to everyone is awesome. You go beyond expectations! And thank you for always being appreciative. It's always encouraging to work with you in the PMs. Keep it up!

From Abeth

*Gabe was caught in the act...*

Thank you Gabe for your time helping me better understand various parts of our DBT training. Your time with me is much appreciated. Thank you.

From Mike

*Sonia was caught in the act...*

Sonia has been a lifesaver when it's come to picking up extra shifts, even on very short notice and at times forgoing the idea of an "off-day"!

From Travis

*Susan Jordan was caught in the act...*

She's the best!

From Anonymous

*Kate was caught in the act...*

Kate is a very friendly, knowledgeable person. She does her self-esteem class with lots of enthusiasm and compassion. She also goes out of her way to talk to people to make their day. She is extremely well-versed in her class she teaches and she is very worthy of getting people to participate in what she is teaching.

From Terri

*Cara was caught in the act...*

From the minute you started, the compassion and respect you've shown to every person who lives and works in this building has been obvious and palpable. It's been inspiring to watch the connections you've made with our people grow so quickly – you don't have to look far to see it/hear about it (i.e. the signature Cara braided hair)! So glad you joined our team.

From Darby

*Marie and Jose were caught in the act...*

They work hard always and take care of everything. Thank you for cleaning the parking lot.

From Tim P

*Soraya was caught in the act...*

Soraya is always and undoubtedly very supportive to me and people on my caseload with the things that need to be verified and things they need support with. What would I do without you? You are awesome! Thank you so much!

From Abeth

*The Crestwood Wildcats were caught in the act...*

Go Wildcats, we won the first two games, just two more to bring home the trophy again. Thank you to ALL of my teammates and all those who cheered us on at the game and back at the facility. We had a lot of fun and there is still more to come. GO WILDCATS!!!

From Mike

*Ronnie was caught in the act...*

Thank you for being so helpful and flexible. I appreciate your hard work and for covering the work schedule. Thank you.

From Susan Junus

*Chloe was caught in the act...*

Thank you for always going beyond what is expected of you. You are amazing and awesome. Love you!

From Abeth

*Ben was caught in the act...*

I can definitely count on you to help me think differently and consider other perspectives, whether it's in our ethics group or in how we think about the work that we do in our building. Thanks for challenging me and keeping me on my toes!

From Darby

*Cara was caught in the act...*

Compassion is evident in the way Cara is hard-working and committed to helping residents in all aspects of the recovery process.

From Anonymous

*Deshawn was caught in the act...*

You're been an awesome team captain for the Wildcats. Thanks for all the work you've put into helping coordinate, reminding our teammates and keeping us loose and motivated.

From Travis

*Erin was caught in the act...*

Helping to include me. I am so grateful to be included and not isolated. I feel peace from her honesty, love and non-judgmental incentive to do well. Thank you for the peace you bring to Crestwood.

From Simone

*Amina, Jen and Maja were caught in the act...*

These 3 wonderful and amazing ladies are always willing to jump in whenever needed. Thank you for your compassionate support to people on my caseload whenever they need to be guided and for helping them to make decisions of their own. You ladies rock!

From Abeth

*Travis, Erin, Janet, Mike and Kurt were caught in the act...*

Thank you for always being a family to me and my family. For always being there to support, love and do whatever you can do. Thanks for all your compassion and understanding. Words are not enough and still: THANK YOU SO MUCH!

From Abeth

*Gena was caught in the act...*

The energy you bring to the interactions with everyone here brightens up the building. It's so great especially to see people out in the garden with you; thanks for making it happen!

From Darby

*Marshet and Gabe were caught in the act...*

Thank you for all your great efforts during the Great Kitchen Flood of 2019!

From Travis

*Asia and Cara were caught in the act...*

Because of your awareness, willingness to stay late and following protocol, you both played a big part in keeping our facility safe from an unwanted guest. Thank you!

From Angelica

*Sam was caught in the act...*

Sam is always approachable, available and willing to support me whenever I need info to be relayed to the next shifts. Thank you so much, Sam, because you are also supporting people on my caseload with all your energy and compassion. Love ya, Sam!

From Abeth

*Travis was caught in the act...*

When I needed someone to talk to, he sat and listened to me. He was very understanding. He really cares about everyone here at Crestwood. He's a wonderful person. You show all of these special values.

From Marta

*Sonia was caught in the act...*

Thank you for your willingness to take on so many extra shifts to help cover Saturdays on the Pathway. I really appreciate your flexibility.

From Angelica

*Johnathan was caught in the act...*

You not only saved our Biggest Loser team by researching and presenting on sleep, but by carrying us in the relay race when we forgot our places – nice work!

From Travis

*Janet was caught in the act...*

Janet is always willing to help newer staff on any shift. Cross-shift collaboration is often overlooked.

From Anonymous

*Angelica, Mike, Travis, Kurt and Pathway residents were caught in the act...*

Thank you so much for your contribution to the bake sale! So much of our Relay success was because of you. And you're all amazing bakers (sorry Biggest Loser participants), already can't wait until next year!

From Darby

*Asia and Cara were caught in the act...*

Your diligence and attentiveness kept this building safe during a potentially dangerous situation. So grateful for your efforts – thank you!

From Travis

*Kate, Chelsea and Lydia were caught in the act...*

Thank you so much to our guest judges for our first Biggest Loser challenge of the year. You helped make the cook-off fun and entertaining.

From Angelica

*Travis was caught in the act...*

Thank you for setting time aside to help our DBT group better understand what we have been learning. Your approach to teaching us DBT gives greater clarity to a very complex type of therapy. Again, thank you.

From Mike

*Janet and Kurt were caught in the act...*

These 2 of the most important people filling in whenever I can't do WRAP or DBT due to my people's medical appointments. What on Earth can I do without you? Oh my... love you both! Keep it up!

From Abeth

*Travis and Erin were caught in the act...*

Travis and Erin know best! Thank you for giving us Chelsea, another Education Coordinator on our team. This will make our Education Team more effective for our residents. Thanks so much! And welcome Chelsea!

From Abeth

*Sam was caught in the act...*

Sam does outstanding on my personal requests. He brings tears of relief to my heart and soul. He is a wonderful teacher, nice counselor, and every day has new heart and soul and brings grace for all of us.

From Simone