



it's about growth.

may newsletter

crestwood pleasant hill

5.8.19

Welcome!

With this May 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:

Lynn – 4 years (5/5)

Thank you for your service, we appreciate you!

In this Issue...

- ✓ Conversation Topic of the Month
- ✓ Great Local Hiking
- ✓ Netflix and Gabe
- ✓ Raising an Eco Toddler
- ✓ Restaurant Review
- ✓ Susan Explains
- ✓ Shoe Drive Results
- ✓ Trivia
- ✓ Being Fancy with Angelica
- ✓ Wildcat Player Profile
- ✓ ...and much more!

May Events

- 5/10 at 10:00am** – Hope and Empowerment Softball Tournament – Day One
- 5/16 at 12:15pm** – Biggest Loser Orientation
- 5/17 at 9:30am** – Sweep Away Stigma
- 5/17 at 10:00am** – AniMeals
- 5/18 at 9:15am** – Endangered Species Conference
- 5/20 at 2:00pm** – Biggest Loser Event
- 5/22 at 2:00m** – Community Meeting
- 5/24 at 10:00am** – Composting
- 5/31 at 1:30pm** – Art Show



A number of exciting rookies take the field Friday, May 10th as the three-time defending champion Wildcats defend their title!

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.”

- Aristotle

Relay for Life!

Relay for Life is back - and so is Crestwood's all star team! Looking forward to year two participating in the Diablo Valley Relay, our team is excited to raise more funds to support cancer research and have a great time doing it. For those new to Relay, it is the largest national fundraiser for the American Cancer Society and a 24-hour walking relay, providing all sorts of free services for those diagnosed with cancer and their caregivers, from a 24/7 hotline to transportation to appointments and even housing! Diablo Valley's Relay is also a great place to get to know other organizations and community members, with 43 teams currently signed up. At the event, on June 8th-9th from 9am-9am, each team sets up a campsite in the middle of the Pleasant Hill Middle School track to raise funds, play games, give out information, and more. See Mike or Darby for more information and to sign up!



Garage Sale is Back!

It's that time of year again for Crestwood Pleasant Hill to open up its figurative doors (read: the parking lot) to members of our community for the Pleasant Hill City-Wide Garage Sale! We'll host sellers and buyers from across our city as they find the best deals. This year, we'll have a Crestwood spot available for anyone interested in selling their goods for the sake of cancer research - all proceeds will go to our Relay for Life team! Interested in that or reserving a space for yourself in our parking lot on 6/8, please see Mike or Darby.

ARTS & ENTERTAINMENT



Netflix and Gabe



The month, Gabe reviewed the one series Netflix show *The Umbrella Academy*, based on the Gerald Way comic book. As Gabe describes it, the premise is centered around a bizarre scenario where countless women around the world get pregnant at the same time and instantly have babies. A rich man adopts 7 of these kids, who all turn out to have superpowers. "It's a comedy action family drama," said Gabe, always able to find the humor in anything. "It's kind of wacky, and there are some good performances, including Mary J. Blige playing a hitman from the future. She also contributes an original song to the show." Gabe described a particularly memorable storyline where "a foul-mouthed young man goes back in time to the Vietnam War and finds the love of his life, only to lose him in battle. It was heartwrenchingly sad." Knowing that his preferred shows often fall flat with the general audience, Gabe made sure to point out that his girlfriend watched with him and enjoyed the show just as much. "There are musical dance numbers, characters in mascot heads from the future, a talking chimpanzee doctor... I've got a type."

Gabe recommends *The Umbrella Academy* for: "People who like superhero movies, and for all the *Avengers* fans, this is another ensemble team story. Also, people who like the raunchy adult comedy teen angst genre."

Gabe does not recommend *The Umbrella Academy* for: "People who like period-piece black and white romantic comedies."



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 the Placebo Effect works...

Gazebo? You mean the baby? Where the babies are? Some people eat it right? And I think some animals do, too. Is that the thing where they carry the baby? Gazebo? Gazebo is the thing they have outside the house with the cover. When did the gazebo become the placebo? Placebo? Tell me what it is and I'll explain it to you. (*Explanation happens*) Sugar pill like a fake pill? Why not just call it a fake pill or fake drugs? Why do you make it so complicated for immigrant people? Just call it a fake pill. Maybe if people use drugs and they cannot control themselves, you give them the pill and say "This is going to help you control yourself." How can they tell the difference? And people can tell it's fake because when you take a medication, you don't chew it, you swallow it. Does anyone chew their pills? See? So no one can tell the difference whether it's a real pill or a fake pill. For some people it's in their mind that it is real, that they believe. I don't know why. I don't know how to explain it, but people believe medicine will help even if it's not real medicine.

Jokes!

Throughout the month, members of the facility have the opportunity to submit their favorite jokes and ones they created on their own. See below for our April finalists!

Joke 1: What did the sea say to the penguin? Nothing. It just waved! -Anonymous

Joke 2: How many psychiatrists does it take to change a light bulb? Only 1...But the lightbulb has to want to change. -Sam

Joke 3 (winner): Spring has sprung, fall has fell, summer is here and it's hotter than...usual! - Linda

Writing Group Submission

When life is supposed to be wind through your head and it's not complete. You wind up not being able to combat or defeat. You try to stay hopeful but it is hard to bear, the push of going is almost a load we cannot share. As every day goes by, we go deeper into a rut not knowing what the turn out will be with the trust. But how can we keep the dream of life alive and live free of something. - Yolanda

Come check out the group on Tuesdays at 12:30!

CRESTWOOD HEALING CENTER'S

15th Annual

art
Show

May 31, 2019– Friday from 2:00pm to 4:30pm
550 Patterson Blvd, Pleasant Hill CA 94523

The Art Show features original works of art presented by
Residents and Staff of Crestwood Healing Center.

*Music and Hors d'oeuvres presented by
Crestwood Healing Center's Staff and Residents.*

COMMUNITY

Shoe Drive Results!

Thank you to all who participated in our shoe drive! Together, we were able to donate 66 pairs of shoes to Funds2Orgs, an organization that sends the shoes to poverty-stricken communities and teaches individuals how to run and sustain their own business selling them. In addition to helping those communities, we are keeping shoes out of the landfill!

Eyewear Drive

There are over 2 billion people around the world who need glasses but are unable to afford them, making it difficult for them to succeed at school and at work. VSP Global has developed an Eyes of Hope program that allows individuals and organizations to donate their used eyewear to those in need at no cost. Donated eyewear is cleaned, refurbished, and labeled prior to being distributed around the globe. So now through June 9th, we will be accepting gently used prescription glasses, readers, and even sunglasses that you no longer have a use for! If you have any questions, please see Chloe. For more information on VSP Global, visit <https://www.vspglobal.com/cms/about-us/eyes-of-hope.html>

Conversation Topic of the Month: Motivation

What is motivation? It's the force that propels us into action. It's what drives us in the face of adversity. There are two types of motivation: internal and external. External motivation comes from the promise of something outside oneself, like money or praise. But internal motivation comes solely from within. Internal motivation is "following your bliss". It's looking inside, sifting through the web of judgement and fear, and doing what calls to you.

You might be surprised at what you can accomplish when you start calling on what's within to motivate you. When you get out of bed in the morning, try shifting the focus off of all the things that are expected of you, and instead onto what you want to get done to improve yourself and your life (and don't say that's sleeping in an extra hour...).

This month, I challenge you to ask 1 person what motivates them. Particularly someone you might admire, or see as a hard worker.

"What got you out of bed this morning?"

-Kate K.

Our Newest Dreamcatchers!



Bessie
Dishwasher &
Dining Room Attendant



Lori
Dining Room Attendant



Terrie
Dining Room Attendant

Get to Know Johnathan!

Where are you from?

West Hills, Los Angeles.

What is an issue you are passionate about?

Motorcycles, I love to ride!

If you had to be a Kardashian sibling, which Kardashian would you be and why?

Oh no! They are all awful, but I met one in high school and can't remember which one. I met her at a burger place and she was cool.

What's something about you that you would like everyone to know?

I keep my word.



Crestwood Wildcats

A young man in a red baseball cap and jersey, smiling, with black eye paint on his cheek, standing on a baseball field. The background shows a chain-link fence and trees.

It's swagger time

Friday May 10th, Willow Pass Park

Dreamcatchers Employee of the Month:

Markeise

Job: Pill Bottle Cleaner

Favorite Movie: *Marie Antoinette*

Favorite Book: *The Royal Diaries of Anastasia*

Favorite Music: Old school 1950's such as The Temptations, etc.

Favorite quotation: "Let them eat cake!" [Attributed to Marie Antoinette]

Favorite sport: Baseball



Markeise is known for receiving direction from his supervisors in a pleasant manner and for immediately making adjustments based on those suggestions. He knows his job and works independently. We can count on Markeise to be on time and at his job each shift. Markeise credits his Dreamcatcher job with teaching him motivation and tenacity and to stand up for himself and be a hard worker. His advice to new Dreamcatchers is to take things one step at a time and to take things slow until you understand your job. Markeise's plans for the future include establishing his own business where he will sell his own art as well as developing a cartoon TV show for children featuring his artwork and dialogue. Presently, he is continuing his education with an English class at DVC. Markeise spends some of his free time in San Francisco enjoying and helping his grandmother with her chores. Congratulations Markeise! We are very lucky and happy to have you in our program.

Outdoor Club!

It's spring! It's time to kick the building blues by soaking up some sun in the great outdoors. Join Darby and Clare every Wednesday at 1 PM for great local adventures. Recent trips included the Martinez Marina, Lafayette Reservoir, and Mount Diablo. We are always seeking suggestions for locations and people to join in. Sign-up sheet for each week is on Bridge East by the medication room. Come join us!



So you think you know Susan Jordan??

Where are you from originally?

I grew up in Portland and then went to college at Oregon State.

What was your weirdest previous job?

One of my first jobs was working at a steel foundry. I went for a clerical job but they didn't have any and so they put me out walking on "I" beams and shoveling soot off the roof and off of electrical fixtures.

What are you passionate about?

Animal rescue!!!

What are some of your hobbies outside of work?

I really like arts and crafts, gardening and collecting plants.

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

I used to play the piano and really like Bach and contemporary Christian music.

An 11-year employee at Crestwood Pleasant Hill, Susan won our Crestwood Values award for Flexibility in December!



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:

United Cerebral Palsy

My dad recently retired after a nearly 50-year career as a pediatric physical therapist. He dedicated his career to helping kids with a range of debilitating conditions, commonly cerebral palsy, and worked to help these kids maximize what was possible in their lives. We chose United Cerebral Palsy for this month's donation in recognition of my dad and to help further their mission to advance independence, productivity and citizenship of people with CP.

To help: www.ucp.org



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

TELL ME SOMETHING GOOD



Too Much Excitement for Kate!

Just days after being accepted to USC's graduate social work program, Kate became an aunt all over again, as baby Jordan was welcomed into the world by her brother and sister-in-law. Born on April 29th and weighing in at 7 lbs, 13 oz, Jordan is happy and healthy and loved very much by his older brother (and the rest of the family, of course). With Kate's brother's family living local, Kate is excited to continue to be very involved in their lives.

As for the graduate program? Don't worry, fans of Kate, the courses are online, meaning Kate will continue kicking butt in our facility! Congrats on the huge April, Kate!!



New Job for Jeanette!

Congratulations to Jeanette on her new job next door as a Bagger and Courtesy Clerk at Safeway! Thus far, Jeanette has been bringing positivity and customer service to the store's patrons, saying "I love it. It's mindless and easy, and I enjoy the friendliness of the customers and helping them out." Keep up the good work, Jeanette!



Big College News for Juan!

Congratulations to Juan for achieving a long-time goal of gaining admittance to the University of California, Davis, the greatest school in California! Juan will be studying Psychology and looks forward to meeting new people, especially Davis' famous professors as he plans to get involved in research. He also looks forward to moving into his own place by the campus, though he plans to make the commute and continue his service at Crestwood. Advice Juan would give to someone looking to get into their dream school? "Eat your veggies, don't get complacent, and continuing growing as a person." Way to go, Juan!

BIGGEST LOSER

May 20th - June 24th



Sign up next to Bridge East Med Room by May 14th.

Questions? See Angelica, Chloe, or Gabe.

HEALTH & WELLNESS

Angelica's Recipe of the Month: Mustard Chicken Citrus Salad

I know what you must be thinking... Mustard and citrus together? Don't knock it until you try it! I was meal prepping for the week when I tried a new chicken recipe that someone from my gym shared. Last night I thought I'd mix the prepped chicken into a salad for an easy and fresh dinner. Although Tyler teases my love for the combination of cilantro and lime, even he said it smelled great. Yum!

Dijon Mustard Chicken (from the random girl at my gym)

- Cubed raw chicken
- Garlic powder
- Pepper
- Ground dijon mustard
- Sliced jalapeños



Sauté all the ingredients together until the chicken is fully cooked. If you're looking for exact measurements, I didn't do that this time. Sorry.

Mustard Chicken Citrus Salad

- 1 cup of the cold dijon mustard chicken (make sure you use some of the sliced jalapeños too)
- 2 cups of romaine lettuce
- 1 tbsp. of fresh chopped cilantro
- 1 tbsp. of garlic olive oil
- 1 tbsp. of fresh lime juice

This is what I added to my salad the other night because sometimes I just need something quick and simple. That doesn't mean it has to be boring. This salad was full of flavor. You can also add more ingredients like green onion, tomatoes, or avocado.

Wrap Tip of the Month

Do you know the importance of developing and keeping a circle of support? One of the most important wellness tools for many people is spending time with people you enjoy. Studies have found that regular contact with family members and friends who are supportive keeps people well. They have even found that telling another person how they feel when they don't feel well can help them to feel better. Everyone needs and wants to have friends. They enrich your life. They make you feel good about yourself and about being alive. Friends are especially helpful when you need special attention and care. Therefore, start building for yourself a strong circle of friends and supporters for you to get well and stay well. 😊

MYTH or FACT : The Sniff Test

If you're like me then you have lots of leftovers sitting around in the refrigerator from your last trip out or that meal you made too much of. You know you've come too late when the mold has arrived. But what about the sniff test? Smells okay, eat away? Is this rule of thumb a myth or fact?

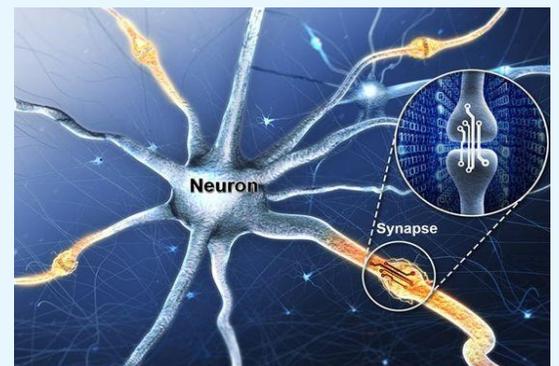


According to experts, many food borne illnesses do not affect the taste, smell or appearance of food. You can make your leftovers last longer in a safe manner by freezing the goods. The safe rule of thumb is if the leftovers have been in the refrigerator for 3-4 days you're in the safe zone. Of course, if other signs the food has spoiled exist, then toss them out. When in doubt, throw it out.

Wellness Tip of the Month: **Get Those ZZZs!**

During the day, our brains are hard at work processing everything that comes our way and helping us get through each day successfully. What about when we are sleeping? Do our brains get to relax then? Nope! There are many regions of the brain, such as those responsible for learning, processing information, and emotion, that are actually *more* active during non-waking hours than when we are awake. Hard to believe, I know. Sleeping allows the brain's synapses—the connections among neurons (see image)—to shrink nearly 20%, weeding out useless information so that you are prepared for another day of receiving new input and learning new things. Sleep allows for synaptic homeostasis to occur, and without this reset of the brain, synapses would become overloaded and burned out. So next time you are contemplating giving up some sleep to watch that extra episode on Netflix or reach that next level on your video game, put the remote down, turn off the TV, and give your brain the time it needs to prepare you for another day. And when you wake up, be sure to thank your brain for working hard all night!

A little gratitude can go a long way. Goodnight.



**Eco Product of the Month: Darby Edition
Primal Pit Paste Deodorant**

If you're like me and have given natural deodorant an honest go, you may be understandably skeptical of giving it another shot - I know I didn't want to relive my crystal stick disaster of 2013... BUT I can promise you, based on recent experience, that Primal Pit Paste is worth the risk!

Coming in a range of scents, from Wild Woods (sandalwood and cedar) to Lavender, which I can personally attest to, as well as with a variety of bases (baking soda, zinc, magnesium, or charcoal), there is something for everyone. And while a jar comes in at a pricier \$9.00, each comes with 120 uses, which comes out to slightly less than 8 cents per use.

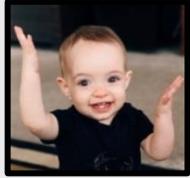
The careful reader may have done a double take - a jar!? That's right, Primal Pit Paste is a descriptive name: this deodorant is the consistency of soft clay and comes in a 2 oz glass container. Users dip a pea sized amount per pit from the jar and use their fingers to apply. It requires a certain level of comfort with your (formerly) less than peachy parts, but the lack of nasty ingredients and the much more planet-friendly container are worth it. And, as if those reasons weren't enough, the stuff actually works! I chose to test this product on a recent adventure taking me to a climate with 100/100 (temperature and humidity), and Primal Pit Paste did not fail me. Order online or pick up at your nearest health food store.



ENVIRONMENT

Raising an Eco Toddler

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



Clean With Towels, Not With Wipes!

Okay look, I get that this take will likely be incredibly unpopular with parents out there. Disposable wipes are convenient, and it's easy to leave packages all around the house for whenever there's a need for your filthy child or a surface they've destroyed. And because "disposable" is part of the name, it's easy to assume it's hurting the environment. We've previously talked in this space about using wipes made with tencel, or other renewal products, but as a good rule of thumb, we should all try to minimize the amount of anything that we throw in trash cans (as Kurt would say, there's no such thing as throwing something "away" – things put in the trash go somewhere). When it comes to your little one, wet cloth napkins or towels do the trick just as well, and have the benefit of not leaving your child smelling like some manufactured wipe. Your toddler will hate being wiped down one way or another, so we might as well take care of the planet!

*Congrats to our 2019
Green Award winners!
Thank you for helping
make the world a
greener, healthier place!*



Kate!



Ronnie!

Eco Tip of the Month: Drive Green!

- Cruise control – Minimizing speed variation saves fuel
- Anticipate traffic signals and other road users
- Relax – Chill out; weaving through traffic wastes fuel
- Plan – Use Good Maps or Waze to avoid heavy traffic
- Reduce speed – Limit high speeds over 65 mph
- Idling gets you Zero MPG
- No extra weight – Don't use the trunk as storage
- Tires – Keep them inflated and rotated as directed.



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!

Crestwood Wildcats



Let's get weird

Friday May 10th, Willow Pass Park

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 our next cohort is set to begin in early June!**

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

Your AD Here

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.

Lobby Monitors: Tuesday, 9:30-11:00 a.m.
Wednesday, 11:00 a.m. – 1:00 p.m.

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

Please see the Dreamcatchers Bulletin Board for more details and see Deirdre for an application!

LOCAL

Travis' Family-Friendly Restaurant Review

With last minute plans with family coming together, we recently took Maggie to a Friday night group dinner at Puesto, an upscale Mexican restaurant in the Veranda shopping center in Concord. After finally finding parking about three and a half miles away in the outrageous Veranda parking lot, we had some extra time for Maggie to explore the light show fountain in front of the restaurant, while she rocked her early 80s desert hat and new shades. With her becoming more and more mobile, I decided it was a good idea to let her walk into the restaurant while holding my hand. It went great until she ate it around a corner as we tried to get out of the way of an exiting couple. Totally not my fault, but still, don't tell my wife. Thankfully, this little girl is super resilient and we were quickly able to get into Puesto's taco-heavy menu, while enjoying some chips with their awesome, spicy salsa. As we all perused the options, my wife's brother Dustin started carrying on about his recent spike in exercise, his goal to look like he is 20 again, his plans (for the fourth straight year) to actually complete a Spartan Race... his greatest hits, if you will. Looking for a conversation more based in reality, I turned to my right, where my four year-old nephew was inexplicably dressed in a Darth Vader costume, unwilling to engage in anything but violence. I sighed, and returned to the chips and salsa. Having not been to a restaurant with Maggie in many months, this was our first time actually ordering from a kid's menu – quite the rite of passage, indeed. Maggie had a quesadilla and a chicken taco (that just got picked at later by the adults), in addition to her usual hodgepodge of avocado, blueberries and aggressive demands. Judging by the amount of food that ended up on the floor and on her parents, Maggie found the meal to be adequate. The adults at the table all ordered mix and match tacos, with the chicken al pastor being the biggest hit (I agreed). I also had a delicious-sounding grilled shrimp taco with Oaxacan cheese, avocado and a creamy jalapeño salsa, yet was unfortunately underwhelmed. Turning to my right to commiserate about the fact the taco plates (expensive as they were) came a la carte, I got nothing in response but a death stare and a chokehold. Kid's real tough when he's got a mask to hide behind. The servers were friendly and responsive, the location and ambiance were fun (though likely not as fun for the people sitting around this table with 5 children), but the food was overpriced and not worth it for the quality, in my mind. Give me greasy taqueria tacos any day instead.



Pleasant Hill Public Transportation Options

Looking for a way to get yourself around Pleasant Hill? Are you over 55 years old or currently living with a disability or disabling health condition? If you answered yes to either question, there are options available that you may not be aware of! While County Connection's Regular Bus and Rail Service is a great option, LINK Paratransit and the Pleasant Hill Senior Van Service are available for those who might need extra accommodation.

LINK Paratransit

ADA transportation for people who are unable to use the County Connection's fixed-route bus service because of a disability or a disabling health condition. The LINK service runs during the same hours as the County Connection and allows one to schedule their trips in advance with specific pick-up and drop-off locations. There is an application required to utilize this service.

Fare: One-way is \$5.00

Application: Complete Bay Area ADA certification application and submit through County Connection.

Reservations: Call 24-48 hours in advance to schedule your ride (925) 938-7433

Pleasant Hill Senior Van Service (55+)

Pleasant Hill Senior Van Service is available for seniors over 55 years old and offers door-to-door van service in Pleasant Hill and the surrounding area. This means of transportation is a favorite among staff and residents in our building, and as Lillie explains, "This service is so convenient for planned trips to run errands, I'm so happy I found out about it." The Senior Service Van runs in Pleasant Hill with medical appointment trips to Concord, Martinez, and Walnut Creek and operates from 9am-4pm Monday through Friday. No application required. **It's always a good idea to carry an ID in order to confirm your age.*

Fare: One-way \$1.50

Reservations: Call 24 hours in advance to schedule your ride (925) 671-5272

YOU'RE INVITED

2019 COMMUNITY PARTNERS

SUMMER PICNIC at CONCORD COMMUNITY

PARK AT COWELL ROAD
3501 Cowell Rd, Concord

10am - 4pm

Location Change

JUNE 7th

BBQ



This Is A
No Smoking
Area

GAMES & TABLING 10am - 11:30am

BBQ LUNCH SERVED FROM 11am - 1pm

WATERMELON EATING CONTEST 1:30pm

PIE EATING CONTEST 2:30pm

GAMES & PRIZES

FUN & COMMUNITY

FOR ADDITIONAL INFORMATION,
PLEASE CONTACT PeggySue Harris
925-691-4276

peggysue@putnamclubhouse.org

SPONSORED BY:



THE HOME CENTER
For Homeless People



RI
Recovery Innovations



Anka Behavioral Health



NAMI
National Alliance on Mental Illness

Contra Costa
County

RAINBOW
COMMUNITY CENTER



Fun and FREE!

Ruth Bancroft Garden, FREE Admission

Wednesday May 15th

1552 Bancroft Rd, Walnut Creek



Forage Kitchen, FREE Outdoor Movie Night, 7 PM

Thursday May 16th

478 25th St, Oakland



Capital One Café, FREE Pizza Day, 4 PM

Friday May 17th

1139 S Main St., Walnut Creek



2019 Himalayan Fair, FREE, All Day

Saturday May 18th

Live Oak Park, 1301 Shattuck Ave., Berkeley



Bay to Breakers Run, FREE, 8 AM – 12:30 PM

Sunday May 19th

Race Starts at Howard & Main Street in San Francisco and Ends in Golden Gate Park



Being Fancy with Angelica

My fiancé, Tyler, has an admiration for exotic cars. You know the Fast and Furious movies? Let's just say he has seen every one and still gets excited to watch them every time he sees their names on the channel guide. It's not the bad acting or dramatized fighting scenes he loves the most (at least he won't admit he loves that part), but all the fancy cars racing around city streets that cause his eyes to fixate on the screen.

This past April we celebrated five years of dating and one year until our wedding date. So I decided to spoil him with his own driving adventure and got him a two-hour Super Car Driving Adventure along Highway 1 in Bodega Bay. LTF Adventure's website said that he would get to drive 3 world-class handling and performance cars but he actually got to drive four; a Ferrari F430, a Ferrari California T, an Aston Martin, and an Lamborghini Gallardo along beautiful, scenic, and iconic California roads. There was only one lead car, which to our surprise wanted to make sure its driving guest still got up to at least 70-80 mph in each car and get the feel for how they are meant to be driven. With me in the passenger seat, Tyler got to drive each car for about 30 minutes. Like a kid on Christmas morning, he laughed and smiled the entire time while I gripped the door handle out of fear for us and the other cars flying carelessly around each corner. If you're up for a little adrenaline and into top-of-the-line cars, this is a great day trip adventure, and the cars were amazing, even to someone like me who doesn't appreciate cars, and the view was incredible as always. The downside? The normal going rate is \$900. Do you really think I would pay almost a grand for a two hour experience? Nope. Look on Groupon, where I booked this adventure for \$250. It was a great day of *being fancy* with my favorite person. I highly recommend it if you're looking to try something different!



LOCAL

GREAT LOCAL(ISH) 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.

Matt Davis Trail - Mount Tamalpais

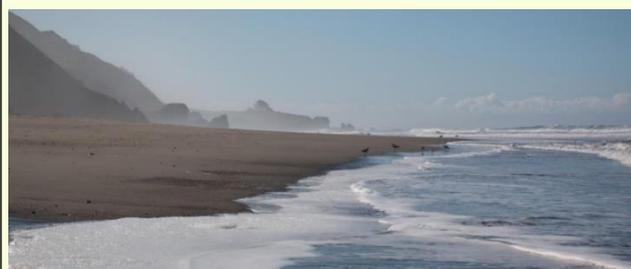
The Matt Davis trail is a 4-miles one-way trip from the Pantoll Campground on Mt. Tam to Stinson Beach. The trail starts out in the woods and climbs above the tree line giving views of the coast. The trail sports oak forest and Redwoods groves. It is in the fog belt and even on hot days you will get refreshed under the canopy by wisps of fog. The reward, of course, for making it all 4 miles is a day at Stinson Beach.

Pros:

- *The scenery changes along the route
- *Great destination hike
- *Easy to find parking at Pantoll Campground

Cons:

- *The trail can be really muddy
- *The last descent to the beach is very steep and is hard coming and going
- *The first mile of the trail follows the road so cars are present





Travel

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

Mary Heads to Italy!

Known as the Payroll and Benefits Hero during the day, and Italian Adventurer at night, Mary shares the details of her latest trip!

Angelica: Tell us about your trip to Italy!

Mary: I was primarily in Venice for 10 days. I went with my daughter, her husband, his mother, and my two grandchildren (3 & 5) and step-grandchild. We went to Merano, Burano, and Venice. Merano is known for blown glass. They have a huge factory that we went to visit. It was one of many tours. Burano is known for its colorful houses. We also went to Milan. They are the fashion capitol of the world. You can have that place. It was wild. I enjoyed it but it was so busy with so many cars. There were police and military, everyone on high alert.

Angelica: Tell us about the food!

Mary: The best food I had was in Milan at Spontini's. They don't even have tables. It was the best pizza I've ever had. That's all they serve is pizza. They don't have pepperoni in Italy. It's salami there. That's their pepperoni. The whole underside of the pizza is crispy cheese. I don't know how they do it but it was so good! It was unbelievable. The restaurant was packed and there are no seats. We went outside and stood at a shelf and I ate it like I hadn't eaten in days. The little ones wanted to get McDonalds. The chicken nuggets they had was real chicken and had no additives. My granddaughter won't eat chicken nuggets here anymore. My daughter and her husband waited two hours in line at a restaurant for a pizza stuffed inside of a donut. My daughter said it was horrible and disgusting. They brought us some and we didn't touch them. Instead, I had her bring back a piece of Spontini's and I had it at midnight. So good. Gelato is another good thing to eat there. We had it every single day. They make it fresh every morning.

Angelica: What was it like to travel out of the country with two little ones?

Mary: We were detained on the way there when we stopped at London. Three of our bags got searched and we had to wait for 40 minutes. They said my daughter had a big pair of scissors in her bag and she insisted she didn't have them in her bag. She borrowed this bag from someone at Starbucks and used it as a carry-on, not knowing the bag had scissors in it. We made it through SFO and JFK airport with those scissors in the bag without getting searched. And my granddaughter got detained for her applesauce and I got detained for lotion in my bag. This London experience almost had us missing our next plane. You had to take three planes, a train, and two boats to get to Venice.

Angelica: Tell us about the Villa you stayed in!

Mary: Oh my goodness. It was beautiful. Everyone had their own bedroom and bathrooms. It was huge. It was absolutely huge. I can't remember what they call the floor...but we had to walk in this square that was odd and then these doors open and it was a beautiful courtyard. The stairs were marble and you go up the stairs and the villa doors open and it was beautiful. It's hard to explain. The furniture looked like it was about 200 years old. Everywhere you went it was marble.

Angelica: What was the biggest highlight of the trip?

Mary: All of Venice. It was amazing. I could live there. It's a lot of walking. There is no homeless people and the streets are alley ways. Every morning they clean these alley ways and they don't have trash pick-up. Every day you have to take your trash to the docks. There are courtyards for kids to play and all the streets were cobblestone.

Angelica: Any advice you have for someone going to Italy for the first time?

Mary: Go to Venice.



SPORTS



Amina and Mia get together with Bryan and Ben for a fierce and fun battle!



Deshawn makes the catch in the outfield and Sam takes some big cuts as the Wildcats prepare for the start of the tournament



Support your Wildcats Friday, May 10th!!

Wildcat Player Profile: Kendal

How long have you been playing softball?

This is my first year playing on the Wildcats and playing softball in general. I played baseball for a couple years when I was younger; I was a pretty good pitcher. I've lost my touch but I'm hoping it will come back with practice.

What's the best part of being a Wildcat?

Definitely my teammates, we all get along really easily. Overall, it's a great team to be a part of.

What is the Wildcats' biggest strength?

Definitely our fielding. As a team, we have a great glove and a pretty good arm.

What sets the Wildcats apart from their competitors?

Our team chemistry sets us apart from the other teams. We can all joke around and get along really easily. Everyone is committed to the team so that helps, too.

How have you prepared in the offseason?

I didn't prep on my own at all but I went to the team practices.

What aspect of softball is the most challenging?

Glove skills! Tracking and catching the ball is challenging and I'm always relieved when I make a difficult catch.



Crestwood Wildcats



Got mustache??

Friday May 10th, Willow Pass Park

Ask Kate

Got an issue you need help with? A situation you're not sure how to address? Ask our advice columnist, Kate, for support! Please email her your questions at khunter@cbhi.net.



Dear Kate,

People keep telling me that mistakes are made for a reason and that it's a chance for growth. Blah blah blah. What are your thoughts? How did you learn to embrace failure? Is that even a real thing?

From,

Feeling like a Frustrated Failure

Dear Feeling like a Frustrated Failure,

Inherently, personal failures are not easy to accept by any stretch. In fact, even when one tries his or her best, it can still be incredibly difficult and sometimes feel impossible to embrace failure. Embracing and changing your perspective on perceived failures takes a great deal of practice and dedication but it can be done! To simplify this process, I found a great resource that breaks it down in 4 simple steps:

- 1) Fail! Failure is inevitable and non-negotiable, and it provides a perfect opportunity for practicing perseverance.
- 2) Be frustrated! Accept frustration; it is a natural response and it is perfectly okay to feel frustrated when we fail. Frustration can provide us with the energy needed to adjust, if one allows. How the frustrated energy is used is the most crucial step toward being able to change one's perspective.
- 3) Find! Look at the situation objectively, identify what happened, and find what needs to change. Separating oneself from the frustration and any other emotions that may come along with it may help one see the situation in a more realistic way.
- 4) Fix! Apply steps 2 and 3 after taking the time to feel and reflect. Adjust, try again, and do better!

This might not work the first time (or the tenth time!) and, if it doesn't, then you've failed and that's okay! It gives you an opportunity to return to step 1 and try it all again, until eventually, it comes naturally and you get it right.

Best of luck!

- Kate

OPINION

Ben's Mental Minute: "Portmanteau"



In a dark city with fewer buildings,
Perhaps by a limpid snakelike body and silent granite brick,
We encounter
You start.

A context is laid. (A foundation in which some uncertainty lies.)
References to ancient dwellings,

Ghost cities that live in us are set forth,
Anachronisms with names long dead that whisper and dance like smoke on our lips:

Propositions are made
And are followed by inferences and deductions, conclusions, and even decisions.

Shaking eyes; body language like melted chocolate
I thrive in -- right here.

Inventions solve problems, and problems-solved,
remembered, enliven us in sharing even as the following solutions age gracefully, slowing in function and fading in novelty.

We think together: there is only one word.

Caught in the Acts!

Noticing each other acting out our Crestwood values.

Ronnie was caught in the act...

Thank you for being hard working and thanks for taking care of the compost. And thanks for cleaning the BBQ, the grill looks so great!

From Susan Junus

Latricia was caught in the act...

Latricia is always willing to help me. She does most of and at times all of my filing. I love her for this. With all the new UR stuff, filing is very helpful. Thank you! Thank you! Thank you!

From Sara

Sara was caught in the act...

I don't know that it's possible for people to understand how much additional work Sara has taken on recently. As usual, she's handled it with a great attitude (and her unique sense of humor). Somehow, our Employee of the Quarter has stepped it up even more over the past month. Thank you, Sara!

From Travis

Kate was caught in the act...

Thank you for continuing to put so much work and thought into collaborating with our partners over our referrals, and being so welcoming to all new admissions. You continue to do a great job!

From Angelica

Chelsea was caught in the act...

Since I started my work here at Crestwood, Chelsea was mentoring me through a few projects. She was a great influencer who showed her positivity, motivation and collaboration for me being a Service Coordinator. I'm so grateful to have an amazing peer to work with every day.

From Helen

Gena was caught in the act...

It has been obvious from day one how empathetic and loving Gena is to every person she meets here. So happy that you're a part of the team, Gena!

From Darby

Amina was caught in the act...

I see you working so hard with our folks in the med rooms and on the floor, and always with a warm smile on your face.

From Angelica

Kurt, Chloe and Travis were caught in the act...

Thanks for hosting such an informative and fun Earth Day event. Your commitment to being green continues to impress. Keep up the hard work and being an inspiration to others.

From Angelica

Mary was caught in the act...

Mary was happy to take over the staff transfer clearance for me until I can catch up on ShareCare and UR stuff. These little things do help a lot, thank you!!

From Sara

Ronnie was caught in the act...

Thank you for picking up so many extra shifts and taking on anything that is needed in and out of the kitchen – we appreciate you!

From Travis

Helen was caught in the act...

Helen hit the ground running the moment she got here. Her curiosity and willingness to learn coupled with her work ethic and drive is so inspiring. Can't wait to see what you accomplish here, Helen!

From Darby

Misty was caught in the act...

Whether it's on the Bridge or the Pathway, you are always willing to be flexible where needed. I appreciate you.

From Angelica

Sam was caught in the act...

Sam says hi to each resident one at a time, and is a fair nurse, and is client friendly 100% of the time. He is fair when approached by residents and has given me a chance.

From Simone

Lily was caught in the act...

Thank you so much for working so hard when I took vacation. You rock!

From Susan Junus



TRIVIA!!



Think you've got what it takes to answer our newsletter trivia questions??
Send your answers to either Chloe or Kate before May 21st to be entered
into our monthly \$25 gift card raffle!

1. What's the difference between internal and external motivation?
2. Who favors old school 1950s music?
3. During what activity does synaptic homeostasis occur?
4. What is one way to reduce your carprint?
5. How far in advance must you call to reserve a ride with the Pleasant Hill Senior Van Service?
6. Who was recognized for being a great influencer who showed their positivity, motivation and collaboration?
7. Which two events are taking place on June 8th?
8. What does a climate with 100/100 mean?
9. Who has an admiration for exotic cars?
10. What's the name of the trail that runs from Pantoll Campground to Stinson Beach?

Note: You must get at least 8 answers correct to be entered into the drawing!