



it's about growth.

october newsletter

crestwood pleasant hill

10.29.19

Welcome!

With this October edition of our newsletter, we want to update you on some of the current things happening in our building, in the community, and in the world. Have ideas? Feedback? Suggestions? We'd love to hear all of it, so please reach out, and enjoy!

Annual Talent Show!

Our annual talent show is rapidly approaching! Have a talent you want to share, baked goods you want to provide for sale, or just want to come support the courageous performers? Join us November 15th!



Thank you to the firefighters and emergency personnel up and down the state who are putting their lives on the line to keep us safe.

Upcoming Events

10/29 at 2pm: Community Meeting

10/31 at 2pm: Halloween Party!

11/15 at 1:30pm: Talent Show!

11/22 at 1pm: Community Partners Bowling Tournament

11/27 at 11am: Annual Thanksgiving Celebration

12/2:  



Great work by the facility team cleaning up Pleasant Hill at the annual Community Service Day

Thanksgiving Lunch!

Please join us Wednesday, November 27th as we host our annual Thanksgiving celebration. All are welcome, and we look forward to sharing the holiday with our friends, families & partners. Hope to see you here!

“We become what we think about.”

-Earl Nightingale

Anniversary Dates

Celebrating their Crestwood anniversaries in October:

Ben – 2 years (10/3)

Maria – 2 years (10/3)

Mike – 2 years (10/3)

Misty – 2 years (10/3)

Angelica – 5 years (10/6)

Ana – 3 years (10/10)

Mary T – 16 years (10/14)

Thank you for your service, we appreciate you!

It's Halloween Time!

Halloween's origins date as far back as the Celtic holiday of Samhain hundreds of years ago. The druidic festival with dark themes has taken on many forms over the years, and has had its share of governmental and religious suppression. Here at Crestwood, we just like to dress up and have a good time. Join us on Thursday!



In this Issue...

- ✓ Employee of the Quarter
- ✓ Netflix and Gabe
- ✓ Redbox and Max
- ✓ Photo Contest Winners
- ✓ Susan Explains
- ✓ Tell Me Something Good
- ✓ New Staff!
- ✓ What's Cool with Hannah
- ✓ Trinity Center
- ✓ ...and much more!

ARTS & ENTERTAINMENT



Netflix and Gabe

Coco

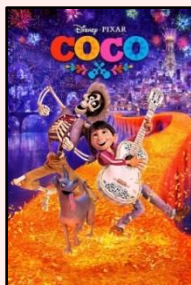


Gabe went animated this month, as he reviewed the critically-acclaimed, Oscar-nominated Disney film *Coco*. Watching it in anticipation of the upcoming Dia de los Muertos, Gabe described it as a “beautiful” movie, and loved the bright, vibrant colors, “in spite of the fact that it deals with dead people.” Gabe found it notable and worth our time to share that it was different from other animated films dealing heavily with death, as the colors strongly contrasted the grey and black themes of Tim Burton-type movies. While he enjoyed many parts, including the visuals, music and humor, he was a bit troubled by the cultural insinuations that the main character would choose to rob graves instead of following in the family business. Though that part made him “sad,” he ultimately loved the family connections and respect for the people who came before. “There were two parts where I openly wept because it was so heartwarmingly beautiful, and it helped that the character of Coco looks just like my grandmother.” Gabe’s favorite character, though? The hairless street dog. “It’s super goofy and kind of how I see myself. He’s a spirit guide, but he also digs in the trash because he’s a street dog.”

Gabe recommends *Coco* for: Families with kids, skeleton enthusiasts, orthopedists, my 84 year-old grandmother.

Gabe does not recommend

***Coco* for:** 1987 punk rockers probably wouldn’t appreciate it, but I could be wrong.



Susan Explains Facial Hair



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 Facial Hair works...

What is the purpose of mustaches and beards? Don’t you think it’s uncomfortable to have hair under your nose? I just got bangs, and I can’t stand the hair on my forehead. How can you stand it under your nose?? And then you have to trim it exactly under your lips, and if you don’t, and you eat, then you get food in it and it’s disgusting. When you shower, do you shampoo your mustache and condition your beard? It’s too complicated. So why do men do that? Does it look cool, like a cool guy? So people are scared of you? Like a macho guy? So what makes you have a mustache and beard, Travis? And like Gabe, gosh... you see how thick his mustache is? I try to imagine Lindsay (Gabe’s girlfriend) kissing him, and ughh, how’s that feel?? Isn’t it just better for someone to be clean cut? There’s just too much hair... hair on the head, hair in the armpits, hair on the chest, the back, the legs... hair is everywhere. Maybe a beard can cover something. Maybe a macho, cool guy, but maybe a bad guy – maybe if the police are looking for you, you just shave everything and become a different person. Is that the purpose of facial hair? And who named it? Is it mustache like mustard because you get mustard in it? Is it beard because it looks like a bear, so hairy? I don’t get it.

Redbox and Max – *Child’s Play* 2019

This month, I went with the October theme and reviewed a little tale to satisfy your Halloween fix. It’s one of those classic horror films with a new premise, *Child’s Play*. In the original movie, the doll is possessed by the soul of a murderer. The haunting 1988 version always stuck with me, so I had to check out the new one. In the remake, the same doll malfunctions and develops a creepy sort of consciousness. He befriends a boy and goes on a murderous rampage, killing anyone who wrongs the boy. It’s gory, and creative, and shocking, and will leave you wanting more. I enjoy scary movies, and liked the new edition, but if horror films scare you, I recommend you stay far away! Check it out – Redbox is across the street at 7-11!

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



Number Puzzle Answers

Below are the answers to last month's number puzzles! If my attempts to demonstrate how I got to the solutions are unclear and you want an in-person explanation, please let me (Chloe) know.

Puzzle #1

1 → **4** **9** **18** **35** **68**
 +3 +5 +9 +17 +33
 ↘ ↘ ↘ ↘ ↘
 3x2-1 5x2-1 9x2-1 17x2-1

Puzzle #3

4 **10** **28** **82** **244** **730**
 ↘ ↘ ↘ ↘ ↘ ↘
 +6 +18 +54 +162 +486
 ↘ ↘ ↘ ↘ ↘
 6x3 18x3 54x3 162x3

Puzzle #2

7 **5** **8** **4** **9** **3** **10**
 ↘ ↘ ↘ ↘ ↘ ↘ ↘
 -2 +3 -4 +5 -6 +7

CRESTWOOD WORD FIT

Can you figure out how to fit these words inside the boxes?! Print out this page and find out! Solution on page 11.

3 Letters

DBT
Van

4 Letters

Fish
WRAP

5 Letters

Bingo

6 Letters

Bridge
Family

7 Letters

Karaoke
Pathway

8 Letters

AniMeals
Recovery
Softball

9 Letters

Badminton
Volunteer
Saved meal

10 Letters

Compassion
Newsletter
Volleyball
Fire Drills

11 Letters

Fundraising
Martial Arts

12 Letters

Activity Room
Biggest Loser
Service plans

13 Letters

Dreamcatchers
Green business
Recovery Coach

14 Letters

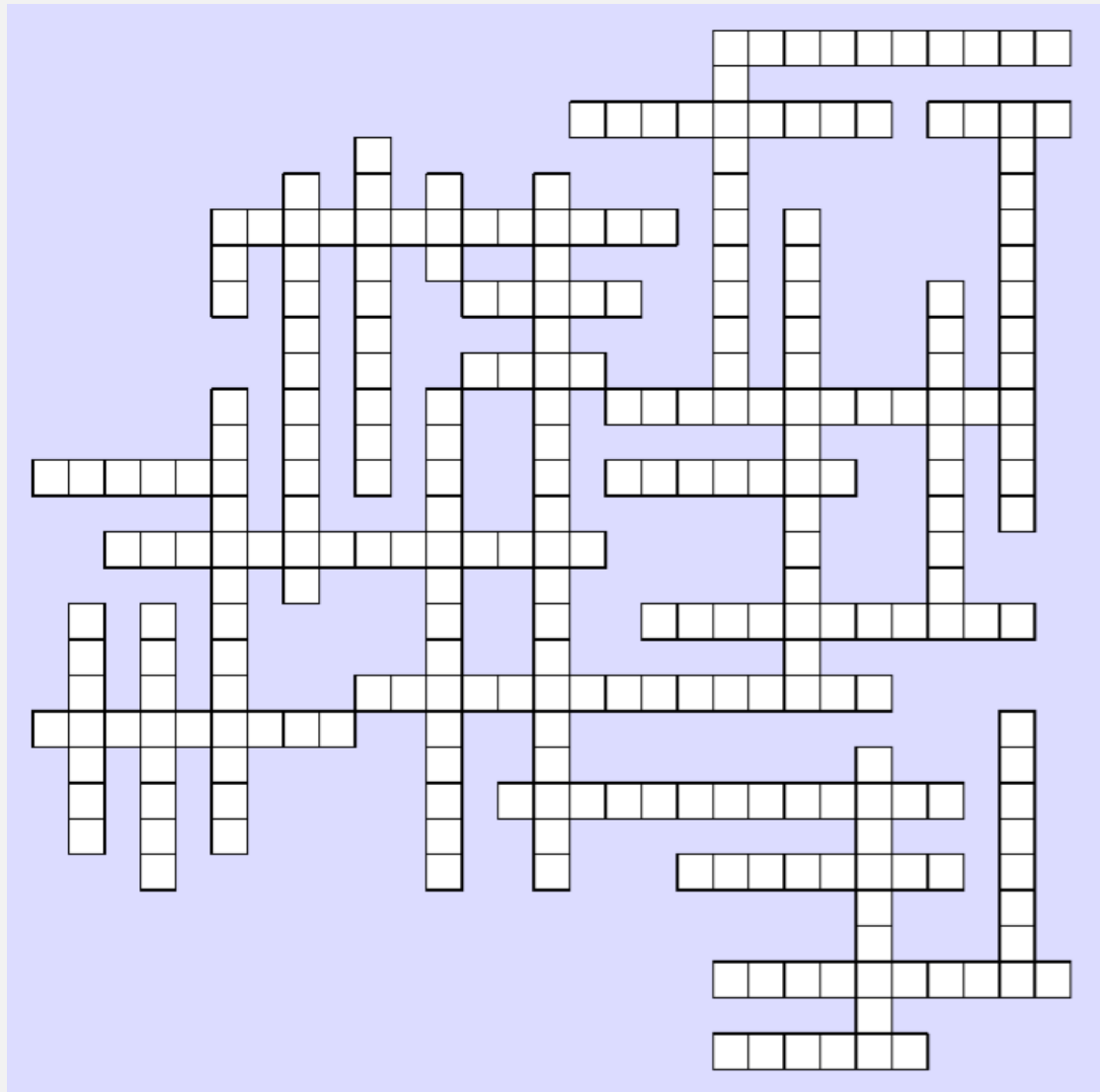
Farmer's Market

15 Letters

Community Corner

20 Letters

Thanksgiving
luncheon



COMMUNITY

Employee of the Quarter

Jen!

This quarter our community honored the work of Jen, one of our outstanding Recovery Coaches. Jen joined us in November of last year after a career as a waitress, and her kind, patience customer service skills shined from day one. Jen brings a great attitude to her work, and always makes time for the people around her. She brings thoughtfulness to her work, and always shows you that she is listening. Jen is a model of our Crestwood values, and we are honored to be able to recognize her as our Employee of the Quarter.



Our Newest Dreamcatchers!



Emily
Napkin Folder



Matthew
Dishwasher

New Staff!



Welcome to Lilly, Lisette and Jessica!



Welcome to our newest Housekeeper Kim!

New Role for Patrick

Since starting with us in March, Patrick has brought great energy and compassion to his work, showing a true gift for connecting to people. His efforts were recently rewarded with a move into a Service Coordinator role on the Bridge, and he has predictably jumped all in with the sole purpose of doing his best and helping people toward more meaningful lives. Keep it up, Patrick, and congrats on the new position!



Get to Know James Ethan!

What are your favorite hobbies?

Baseball, softball and art. I especially like stenciling and pattern art.

What was your dream job when you were a kid?

Being a cop because it looks really exciting.

If you could go anywhere on vacation, where would you go?

Probably back home to Roanoke, Virginia.

What's one thing most people don't know about you?

I've been tattooing since I was 15, and I come up with my own patterns.





CRESTWOOD HEALING CENTER PRESENTS

TALENT SHOW 2019

PROCEEDS BENEFIT VICTIMS OF LOCAL FIRES

**BAKE SALE ITEMS
APPRECIATED!**

NOV • 15 • 2019
Crestwood Pleasant Hill

TICKETS \$1
Show begins at 1:30pm

PLEASE REGISTER WITH ERIN TO PARTICIPATE

Dreamcatchers Employee of the Month:

Jason

Job: Dining Room Attendant

Favorite Books: The Lord of the Rings series

Favorite Music: Alternative Rock

Favorite Pasttime: Amusement parks

Favorite Sport: Baseball

Favorite Hobby: Recording alternative rock music



A relatively new Dreamcatcher, Jason is already being honored for not only doing great work but for working totally independently and being consistently reliable. Jason credits the Dreamcatchers program with offering residents the opportunity to build useful skills, and adds that it has helped him develop a better work ethic. He both finds his job peaceful and likes the physicality of the work. Jason's plans for the future include getting a job outside Crestwood and going to school to become a lab tech. His future also holds lots of music as he continues to improve his skills, including presently learning piano. Thank you, Jason, for your great work and pleasant and friendly attitude. Congratulations!

Trinity Center - Volunteer Help Needed!

From December 9th through March 27th, Walnut Creek's Trinity Center runs their Winter Evening Program, offering overnight shelter and a hot meal to the homeless community each night. Last year we volunteered every week and are hoping to be able to do the same this year, but we need your help! If you are interested in getting involved and have specific dates that you can 100% commit to, please sign up on the staff volunteer sheet in the staff lounge! This will help give us an idea of how many weeks we will be able to do. If you have any questions, please talk to Mike!



So you think you know Ben??

What's your favorite thing about working at Crestwood?

Seeing people progress. Partially because that's what we're here to help people do, and I'm inherently a teacher. Naturally, that's what teachers look for.

If there was one thing you could do right now to change the world, what would it be?

Get rid of video games and TV for a short time. I thought about this a lot when I was a teacher. They make kids stay inside and sit down and stare at a screen instead of go outside, interact, and run around. Same thing for adults, too.

If you could be any person, dead or alive, for a day, who would it be and why?

I'd have to think about that a lot and it would probably be someone very different from me with a different life. Maybe someone in the arts. If I picked someone in a different time then I could experience that time. Or like, a general or something. I guess I'll just go with Sophocles because he lived different time, he was different from me, and he was involved in the arts. I'm thinking about going in that direction, so I'd like to try it out.

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:

STAND!

October is Domestic Violence Awareness Month, and so we gave to STAND! For Families Free of Violence. STAND! continue to do essential work in our communities to provide prevention, intervention and treatment services aimed at breaking cycles of violence, keeping people safe and teaching skills to prevent future domestic violence and child abuse.

To help: www.standffov.org/

STAND!
For Families Free of Violence..

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



What's a fun fact that no one else knows?

They probably don't know that I like philosophy but they probably wouldn't be terribly surprised.

Bridge Service Coordinator Ben has shared his caring nature & humorous personality with Crestwood for the past two years!

TELL ME SOMETHING GOOD

New Volunteering Opportunity for Jamisha!

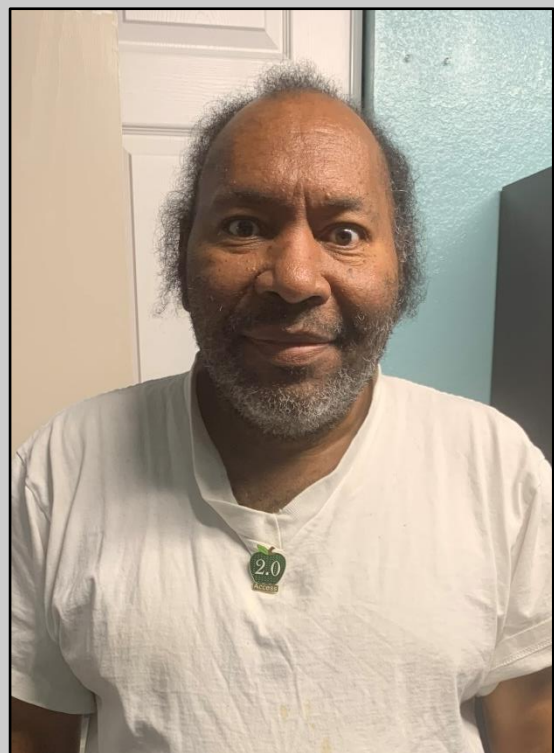


Jamisha was recently accepted for a great opportunity to volunteer with Contra Costa Regional Medical Center, gaining a wide variety of experiences working in a medical facility. Among her different upcoming responsibilities, she will be reading to children and doing activities with older adults seeking medical treatment. “I’m excited for this opportunity and hoping it leads a sense of direction and maybe even to a job.”

Congratulations, Jamisha, and thank you for giving your time for such great reasons!

Poll Worker Certification for Bernard!

Congratulations to Bernard for completing his training to be a poll worker in the upcoming election! This isn't Bernard's first rodeo – he has volunteered twice before in San Francisco and is excited to get back to work. This time around, he says things are “different and better because they're using computers and not just paper ballots,” but the training uses the same lecture that they used in San Francisco. Bernard is taking this responsibility very seriously, especially because it's his job if someone tears or messes up their ballot to make sure the ballot is correctly cast using a provisional. He says he is “feeling great because he can do the job” and also wants everyone to know that, while it's too late to register for this election, he's happy to help people get registered for 2020!



HEALTH & WELLNESS

Domestic Violence Awareness Month

Did you know that nearly 1 in 4 women and 1 in 7 men have experienced severe physical violence by an intimate partner during their lifetime? Nearly 20 people per minute are physically abused by an intimate partner in the United States. Each year, this adds up to more than 10 million people.

If this is you or someone you know, call the National Domestic Violence Hotline. **1-800-799-7233**

Myth-Domestic violence is a private family matter.

Fact-Domestic violence is everyone's business. Keeping domestic violence secret helps no one, has been shown to harm children, incurs substantial costs to society, and serves to perpetuate abuse through learned patterns of behavior.

Myth- Victims provoke their partner's violence.

Fact - Whatever problems exist in a relationship, the use of violence is never justifiable or acceptable. There is NO EXCUSE for domestic violence.

Myth- It is easy for a victim to leave their abuser, so if they doesn't leave, it means they like the abuse or are exaggerating how bad it is.

Fact- Fear, lack of safe options, and inability to survive economically prevent many people from leaving abusive relationships. Threats of

harm, including death to the victim and/or children, keep many people trapped.



Health and Wellness Tip of the Month Halloween Moderation

Have a healthy Halloween with these three tips.

1. Enjoy the candy, but pick your favorite type and give away the rest.
2. Eat a filling but healthy meal before a Halloween party and you won't eat so many sweets at once.
3. If you're trick-or-treating, start that Apple Watch or FitBit. Track your steps or even do a challenge with your friends.

Angelica's Recipe of the Month Homemade Pumpkin Spice Granola

I love fall and I love pumpkin spice. Pumpkin spiced lattes, pumpkin spiced muffins, and pumpkin spiced cookies. I even love pumpkin spiced soup. But that's not all I like! I also really enjoy granola. So if you are looking for a fun way to embrace fall and want to *spice* up your granola (bad pun intended) then try this recipe! You can add it to your cereal, oatmeal, yogurt, or just munch on it as a snack. If you're not a pumpkin fanatic (like my fiancé) but you want to give it a chance, keep your eye out for it at our upcoming Crestwood Halloween Party. You might get lucky and find it there. Happy Fall!

- 4 cups- old-fashioned oats
- 1 cup- raw pumpkin seeds
- 1 cup- canned pumpkin
- 1/2 cup- packed brown sugar
- 1/4 cup- honey
- 1/4 cup – oil (vegetable or canola is best)
- 2 tbsp - water
- 2 tsp - ground cinnamon
- 3/4 tsp - salt
- 3/4 tsp - ground ginger
- 3/4 tsp - ground nutmeg
- 1/4 tsp - ground cloves



In a large bowl, combine oats and pumpkin seeds. In a small saucepan, whisk together remaining ingredients and bring to a boil. Pour over oat mixture in the large bowl and mix well. Spread evenly onto a baking sheet. It's better to use two baking sheets so the pan isn't too packed. Bake 40-50 minutes at 325. I recommended stirring it every 10 minutes. Cool completely and then store in an airtight container. Enjoy!

2019 SUMMER PHOTO CONTEST!

CONGRATULATIONS TO OUR WINNERS!

Bay Area Weird - Sam



Sam's great shot of local art at the Albany Bulb wins the facility's first-ever Bay Area Weird category.

Nature/Choose Your Own Adventure - Susan



A recent trip to Italy helped Susan take home both the Nature and Choose Your Own Adventure categories.

Panoramic - Angelica



Angelica captures a Giants day game at Oracle Park to win our first-ever Panoramic category.

Wildlife – Tamila



Tamila's stunning shot of a butterfly wins her the Wildlife category in one of our most colorful photos yet.

ENVIRONMENT

Chloe's Eco Product of the Month: RFID Wallet

With everything there is to remember, traveling can sometimes be a teeny bit stressful. Booking your flight, packing, getting to the airport, not to mention boarding an aircraft to fly over 30,000 feet above ground. Furthermore, with the advancement of digital pickpocketing (aka RFID skimming), which allows thieves to scan and steal information from your credit cards, passports, and driver's licenses, it's important to make sure you're protected. For my latest trip, I discovered a mini RFID wallet created entirely from CyclePET, a polyester fabric made from recycled plastic bottles! It was great because my purchase not only protects my ID and cards, but it also gives a plastic bottle a new life and consumed less resources to produce! The wallets are also super cute and water-resistant. They come in a variety of colors and interior designs; I personally got the Juniper (pictured) and I love it! You might be wondering, how do you fit a passport in that tiny wallet? Well, you don't. Unfortunately I had to get a separate RFID wallet just for international air travel, but the mini wallet is perfect for everyday use, especially for those who want something that easily fits in their pockets!



<https://haikubags.com/rfid-mini-wallet-556.html>

Raising an Eco Toddler

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



Homemade Halloween

Every parent has some surprises along the way, and for me, one of the most startling things is how into baby clothes I've been. The shoes are cool, the jackets are great, and there's no one who can convince me that bright doesn't match with bright. Anyhow, my joy in what Maggie is wearing certainly stretches to her costumes on one of my favorite holidays. How does this relate to the environment, you ask? Well, pre-made costumes come with lots of packaging (generally plastic), involve shipping costs (and additional packaging if you're ordering them online) and give you limited control of what the materials are made of. The answer? Well, in Maggie's case, it involves a super creative grandmother who made her RBG costume last year, and is hard at work on her 2019 outfit (Pro Tip: if your adult storebought costume is too revealing, ask grandmothers like these to add more fabric instead of having to buy a brand new costume). What to do if you don't have such a person in your life? Repurpose parts of old clothes or costumes, hit up secondhand stores, cut torn-up jeans into jean shorts – just get creative!

Chloe's Eco Tip of the Month: Get Rid of Junk Mail

Did you know that an American household receives about 850 pieces of junk mail per year?! What does that mean in terms of resources used, you ask? Well over 100 million trees are destroyed and 28 billion gallons of water are wasted yearly to produce junk mail. And, because it is junk (of course), it then creates 1 billion pounds of landfill. But have no fear, because you can help in 4 quick and easy steps:

1. Go to catalogchoice.org, create an account, and remove yourself from specific catalog lists.
2. Go to dmachoice.org, create an account, and opt-out of unsolicited promotion mailings from Direct Marketing Association registered marketers.
3. Go to optoutprescreen.com to stop credit card offers. You can opt-out either for five years or permanently.
4. You can also contact places directly through their website.



Not only is receiving junk mail wasteful, but I find it extremely annoying as well. Why didn't Geico get the hint? Since going through these steps, in just a couple of months I went from receiving something every day to just occasionally. It's so nice! I promise, it's worth it.

CLASSIFIEDS

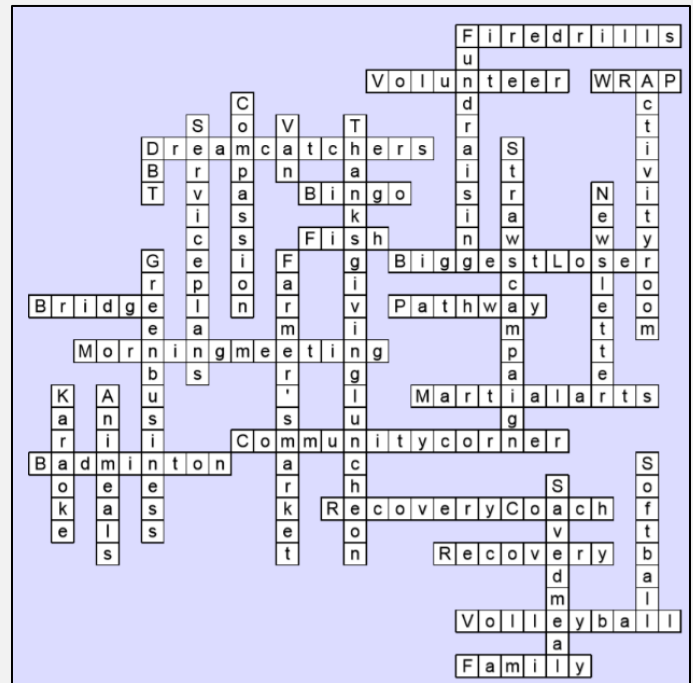
Answers from Page 3 puzzle

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 in December.**

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



DREAMCATCHERS JOB OPENINGS

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

Dishwashers: Wed/Thurs, 12-1pm

Dining Room Attendants: Saturday, 1-2pm

Receptionists: Tuesday, 11am-12:30pm
Wednesday, 11am-12pm
Thursday, 9:30-11am

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

Composters: Wed/Thurs/Fri, 8:30-9am

Housekeeping Assistants Mon/Wed/Fri: 1-hour shifts, schedule TBD

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

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!

LOCAL

Halloween Activities!

Joan's Farm and Pumpkin Patch – Through October 31

Pony rides, mazes, hay rides,
refreshments, and train rides.

What more could you ask for? See

JoansFarm.com for hours. Located at 4351 Mines Road,
Livermore.



Halloween Community Trick or Treat: Oct. 31 from 5:30 to 7
p.m. at Broadway Plaza in Walnut Creek; call 925-939-7601.

Halloween Trick-or-Treat at Somersville Towne Center Mall:
October 31st at 5:30

The city of Antioch hosts a Halloween trick or treat event in a
safe environment at Somersville Mall. The event is from 5:00pm
to 8:00pm, and stores throughout the mall will hand out candy
(while supplies last).

Concord Library Trick or Treat: October 31st (time unclear)
Concord Library, 2900 Salvio St., Concord, CA 94519

Dia de los Muertos Festivities: November 2nd
Sixth annual event takes places on Main Street in Martinez



Thanks to Darby, James, Keri, Loretta, Mia and Mike for
representing Crestwood while cleaning up Pleasant Hill!

What's Cool with Hannah



1. Creative Halloween costumes
2. Lists
3. Making your own toiletries
4. Puns
5. Holiday-themed Rice Krispy
Treats



Do You Have a Fruit Tree in Your Yard?

I recently volunteered with Urban Farmers, a Bay Area grassroots organization whose goal is to help those who suffer from lack of food. As volunteers, we went to several homes and harvested fruit (primarily apples and pears) from the yard. This food was then donated to the White Pony Express to be distributed to the hungry. As a group we harvested 1,600 pounds of fresh fruit!!

Honestly I find the concept to be quite innovative. Oftentimes fruit trees produce far more food than a household can consume, causing much of it to go to waste. So why not give it to hunger relief agencies instead? If you have any fruits or vegetables that you would like to donate, and you don't mind a small group of individuals spending a little time in your backyard, you can register your tree [here](#). And if you're interested in volunteering, you can sign up [here](#). It was an enjoyable experience and nice spending the morning in the fresh air doing something meaningful!



Travel



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

No-Jet Lag: A Miracle Remedy!

Every time I have traveled to Europe, I have dreaded the 9-hour time difference, which often results in lying awake all night, fatigue, nausea, and disorientation. After a quick Google search, I came across a homeopathic jet lag prevention medication called No-Jet-Lag. I was skeptical, to say the least, but with its 4-star rating with over 1,000 reviews, I decided to give it a shot. After all, it couldn't hurt. This New Zealand-made miracle remedy is composed of all natural, safe ingredients, including Arnica, Bellis Perennis, Chamomilla, Ipecacuanha, and Lycopodium. I diligently took the chewable tablets as recommended starting at takeoff and couldn't believe the results. Was I a little tired? Sure, I think anyone would be after over 20 hours of traveling. But I was able to sleep on and off throughout the night (which was a big improvement), and I didn't feel nauseous and disoriented like I usually do! I was also able to stay up the entire next days without having to take a nap in the afternoon. So next time you're headed to another time zone and want to minimize the effects of jet lag, I highly recommend trying this. Apparently, the company also has a homeopathic remedy called No-Shift-Lag for night shift workers.

- Chloe



The Reaka Family Trip to Lake Almanor

This month we sat down with avid camper Erin to reflect on her recent camping trip to Lake Almanor. Though she always enjoys the family time, this location unfortunately left a lot to be desired.

Q: What was the most surprising thing you saw or did?

A: The campground itself – we could see the road and hear the traffic from the campsite. And people having satellite dishes while in the outdoors!!

Q: What was your favorite meal?

A: Campfire breakfast burritos!!



Q: What was one of the most incredible sights you saw?

A: The sunset from our lakeside campsite was impressive. The clearing in the trees around our site allowed us to watch the stars that were incredibly bright. We were able to sit around the campfire, trying to count falling stars and name constellations.

Q: Would you revisit?

A: We will be checking out some other camping areas that we found around the lake and other lakes in that area. We will NOT be returning to the parking lot of RVs with their generators and "campsites" that offered zero sense of being in the wilderness.

Caught in the Acts!

Noticing each other acting out our Crestwood values.

Kurt was caught in the act...

Kurt, thank you so much for helping out with getting a resident to a far out appointment. I really appreciate you taking the time out of your schedule to make sure he got there!

From Chelsea

Mary B was caught in the act...

Thank you for making sure to fix all our laptops with the impending power outages. You are our new IT person!

From Travis

Mike was caught in the act...

Mike! Thank you so much for helping make movie night a success! I definitely wouldn't have been able to pull it off without you. Oh, and thanks for taking the heat off me when my Beetlejuice copy started out in Spanish!

From Chelsea

Chloe was caught in the act...

Thank you for helping out in the med rooms to make sure that so many people could be in PRO-ACT!

From Travis

Weimar and Marie were caught in the act...

Thank you for doing so much related to generator power and emergency lighting to make sure we were the most prepared building on the block in case of an outage!

From Travis

Kim was caught in the act...

She was brand new here, but it didn't matter. When the power outages were coming, she jumped into action and started tracking down additional generators. Thank you, Kim!

From Travis

Bernard was caught in the act...

Bernard, I really appreciate you helping me fill my vase up with water. It was very nice of you to offer!

From Chelsea

Hannah was caught in the act...

You continue to be a solid support for the Pathway, even when we are short staffed. You are always working hard and I can rely on things getting done, while you also show residents support in many ways. Thanks for all you do.

From Angelica

Ryan was caught in the act...

Thank you for rushing out to get extra propane tanks ahead of the power outages!

From Travis

Yadira, Jazzy and Tamila were caught in the act...

You all have been such wonderful additions to our team. I appreciate your willingness to jump in and connect with everyone. It's awesome!

From Chelsea

Audrey was caught in the act...

Thank you for all your extra support on the PM shifts Thursdays and Fridays. I appreciate it!

From Angelica

Kurt was caught in the act...

This feels like it could be written every month, and thank you for helping out all over, inside and outside the building, to make sure things still happened in a month of many trainings, vacations and more. We appreciate you!

From Travis