



# Crestwood SD Times

## UPCOMING EVENTS

PET THERAPY– MONDAY 9/17 AT 11AM

FIT4DRUMS– MONDAY 9/17 AT 2PM

DAY AT THE BAY OUTING– WEDNESDAY 9/19 AT 10AM

VOLUNTEERING AT RACHEL’S– FRIDAY 9/21 AT 10:30AM

ICE CREAM SOCIAL– MONDAY 9/24 AT 2PM

CRESTWOOD 50TH ANNIVERSARY PARTY– TUESDAY 9/25 AT 11:30AM

## A NOTE ABOUT OUTINGS AND SPECIAL EVENTS

If you are interested in attending outings in the community please sign up in advance. See Sharon or Jill with any questions about outings and special events.

Our latest addition to the regular special events is the return of the Monday night football and nachos! Are you ready for some football?! Get your snack on and socialize with your friends at 6:15pm every Monday as you enjoy the games.

## Extra Extra! Read all about it!

We are pleased to announce this is our very first issue of Crestwood SD Times, our very own news letter, created by residents for residents. If you would like to contribute to future issues please attend the newsletter group. You can see Sara R with any questions.

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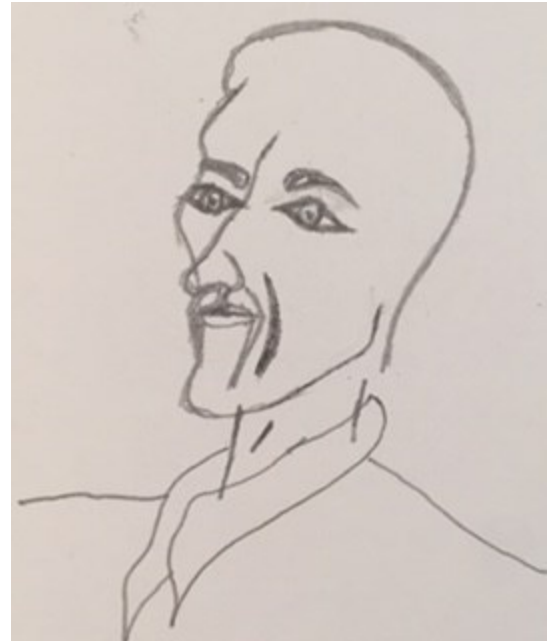
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## CREATIVE ARTS AND WRITING

We have a lot of talent here at Crestwood San Diego. Check out some of the art and writing from the residents here.



Title: "A Calm Ocean" Artist: Boriana



Untitled Artist: David H



Title: "Green Cross" Artist: Patricia

### **A Rap by Fred.....**

This is Crestwood San,  
Diego...

And, Fred L is a fan of  
legos.

Cuz I'm stackin' chips high  
like I'm playin' at casinos.

Stackin' lots of cash high  
like lego pieces my amigo.

# HEALTH AND FITNESS

Here at Crestwood San Diego we understand that health and physical fitness is very important! We provide opportunities and encourage everyone to get exercise everyday.

## Wellness Walks

Wellness walks are offered every day, three times per day. After each wellness walk we meet to discuss and process our experiences as we walked around the campus grounds. Here are what some have to say about the walks.

“I love the wellness walk. It makes me feel better every time we walk. I wouldn’t change anything about it.”

Thomas

“It helps me to relax from my anxiety and the process group is good for me to focus on the positive things.”

Ricardo



“I enjoy the daily walks. They are beneficial to me because they help me get exercise and enjoy the outdoors. I participated in a walkathon where I walked 20 laps around the parking lot, which is equivalent to 2.8 miles. Just a little shy from 3 miles. I am glad that I was able to enjoy that long walk. Usually we only walk 2 laps around the parking lot, but it was beneficial. “

Courtney

“I love the wellness walks. They are helping me with my diet and losing weight. Thank you for doing it.”

Amber

## More fitness opportunities!!!!

Zumba with Norma on Mondays at 4pm

Zumba with Anna on Fridays at 11am



Yoga with special guest Chelcy on Wednesdays at 2pm

Fit4Drums with special guest Alessandra. Next class is Monday September 17th at 2pm



# STAFF INTERVIEW

## MEET SAMMIE!

Sammie is a Service Coordinator in the Program Department.

### **How do you feel about Crestwood?**

I really like it. It is a warm and friendly environment.

### **What is your go to coping skill?**

I like to go to the beach and listen to the waves crash. It has to be at midnight, because there are less people and I get off work at 11:30.

### **What is your favorite part of your job?**

Working with the clients.

### **What is something on your bucket list?**

I want to travel to Australia and New Zealand to see the beautiful landscape.

### **What is your favorite food?**

Sushi





## DREAMCATCHERS

I work for dreamcatchers. My job is a Recreation Assistant. I work with Sharon. She is my boss for my job. We have to do things like decorate the milieu and go shopping for recreation. My job has been fun. I enjoy working with Sharon here at Crestwood. When we decorate we put up festive art and decorations that are for the holidays or events. My favorite is going shopping at the grocery store with Sharon and Kim. It ended up being a lot of fun.

**Courtney B**



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*“My job has been fun. I enjoy working with Sharon here at Crestwood.”*

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## MOTIVATION

Truthfully, I, Casey, have been struggling with finding meaning in life, and have been contemplating pressing the quit life button. However, it is not life that is valueless, but instead the way I have (or have not) been using it. Writing this piece helped me to understand how to continue on my journey.

If you had a piece of equipment, a computer for example, and you did not know how to use it, it is not wise to go around saying the computer needs to change. Rather, it is you that needs to learn how to use it so that it will be of much value to you. Now consider life as that piece of equipment. Before you reject life as a burdensome, too difficult,

or valueless, learn how to live. Consider people who have been successful, and “do not imitate evil, but what is good” as the Holy Bible says. Imitate the good actions that have been done before. Soon, you will be able to extract value from what you now consider a burdensome life.

-Casey G





# SHOUT OUTS!



Everyone here at Crestwood San Diego does an amazing job of working together as a team. Here we would like to recognize a few of our stand out people by giving them a shout out.

“Having housekeeping around makes me feel better that they clean our rooms and the hallways and leave this place clean. I really appreciate it!”

-Anonymous

“I appreciate Anna for taking me to the café for our meetings.”

-Amanda

“I love Crestwood because it’s so cool!”

-Jason R

“I love the staff, they’re so easy going.”

-Kristine

“I have a shout out for Amanda. She is a sweet, caring and loving friend. I also really appreciate Crestwood always looking for me.”

-Ben

“Crestwood has a soft bed, great staff, good food, and awesome instruction.”

Danielle

