



*it's about growth.*

# June Newsletter

*crestwood pleasant hill*

6.30.2020

## Welcome!

With our June edition, we want to update you on some of the current things happening in our building during this unbelievable time. The work we continue to do in keeping this facility is safe is only possible because our team of heroes showing up and their incredible efforts – thank you to our amazing staff. Thank you for reading, and please let us know any feedback or ideas for future issues.

## Anniversary Dates

*Celebrating their Crestwood anniversaries in June:*

- Hannah – 1 year (6/3)**
- Erin – 16 years (6/23)**
- Deirdre – 3 years (6/26)**
- Soraya – 3 years (6/26)**

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

## Remembering Cheryl



We tragically just lost part of the fabric out our community. We remember our beloved Cheryl on Page 3. Thank you to all who have reached out.

## Get Registered!

Our facility has a long history of civic engagement. COVID complicates things this year, but California’s mail-in ballot options can help you vote while staying safe! In California, you don’t need a reason for mail-in voting, anyone can do it! Still prefer to go to the polls? We get it, and we’ll help with safety tips leading up to the November election.

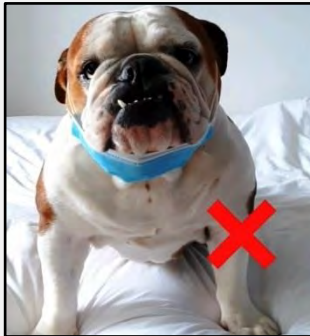
Not yet registered or not sure? Use these links to check – it’s fast and easy! ★

[Register to vote](#)

[Check your voter registration status](#)



*“There’s a humility to the randomness of tragedy that brings about a caring that cannot be faked.” –Jon Stewart*



We all know that masks don’t work when we wear them on our foreheads or chins (except maybe to give a little sun protection), so why then would we ever wear them beneath our noses? If the purpose is respiratory protection, having the mask on in any old way isn’t enough. Please wear a mask and do it properly, fully covering your mouth and nose – let’s take care of our village!

## In this Issue...

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- ✓ Tips for Surviving a Pandemic
- ✓ Netflix and Gabe
- ✓ ...and more!

## Welcome New Staff!

Searching to find the newest Crestwood Pleasant Hill heroes? Look no further! Welcome to our community!



**Dylan T**  
Recovery Coach

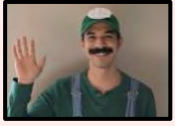


**Kayla**  
Recovery Coach



**Shelly**  
Recovery Coach

# ARTS & ENTERTAINMENT



## Netflix and Gabe

### Avatar – the Last Airbender



This month, Gabe binged the Nickelodeon cartoon from the mid-2000s, *The Last Airbender*. Centered on characters whose martial arts style is an ability to control the elements, Gabe happily dove into this animated series with a cult following. “They’re fighting all the time, but really, it’s a wholesome show and a great show for kids. It doesn’t play down to children, though, and addresses real stuff – poverty, torture, refugees, war, abandonment.” Oh, sure, that makes sense. “It’s only 3 seasons, so I got through it in a couple weeks. It’s genuinely funny, not just silly, and had me laughing out loud many times.” Gabe made sure to point out it was not to be confused with the live-action, M. Night Shyamalan-directed movie by the same name, which he described as being “highly regarded as the worst movie ever made. I tried it after this one, and made it through about 12 minutes before quitting because it was so awful.” He continued, “This one, however, was such a good show all-around. The character development, the action, the drama – I would watch it again.” Bring us home, Gabe, bring us home... “In spite of the fact that it has flying 6-legged bison and people who can shoot lightning bolts out of their fingers, it’s pretty grounded.”

**Gabe recommends *Avatar – the Last Airbender* for:** If there was a person who had never seen a television before, and they wanted to watch a show for the first time, this would be the show for them.

**Gabe does not recommend *Avatar – the Last Airbender* for:** I don’t know, probably Susan?



## Susan Explains Wearing a Mask



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 about Wearing a Mask...*

They’re killing me! Okay, about masks, what’s the difference between cloth masks and the other one? People outside are still wearing the cloth masks. Actually, I think the disposable ones are better because I don’t think people wash the other ones. Why can’t everyone just be clean and wear masks so that no one else gets sick?? Thank you again, Mr. Corona. The people who don’t wear the masks think they are Superman. Our enemy right now is visible. Or invisible. Invisible, I think. I think the masks are a good thing, but they suck. You’re breathing your own breath, I hate it. Especially after you eat fish, then it just gets stuck to your face all day long – you can tell what you ate all day. But, they are very important right now. People who go out and don’t wear a mask are a pain in the butt – they are the ones who are going to spread it. People who protest wearing masks are ridiculous. I don’t know why. Just wear a mask! Think about someone other than yourself!! Mr. Corona is real, why can’t you make a sacrifice for other people?? Don’t people get it? Even me, Travis used to tell me all the time to wear my mask, and now I understand. Just wear your mask to be safe, but not when you sleep, that isn’t safe.

*Please wear a mask to keep our communities safe!*

## Redbox and Max – Rain Man

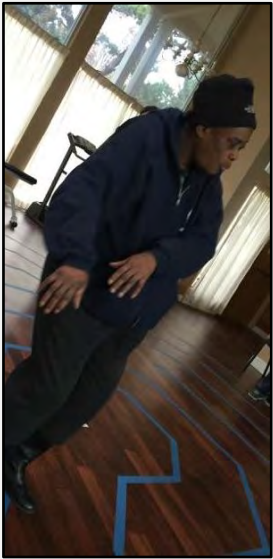


Deciding on your next movie rental? Max has you covered!



During the COVID19 Shelter in Place, I won’t be able to review movies from RedBox, so for the past two months, I have been reviewing movies from Kurt’s library on Pathway. This month’s choice was the famous Tom Cruise-Dustin Hoffman film *Rain Man*. After learning about his estranged father’s passing, Charlie (played by Cruise) hopes to cash in on his father’s millions so he can pay off a large debt. Much to his dismay, he learns that all that was left to him was an old-fashioned car, and that the millions his father had was left behind to someone else. On Charlie’s search for this mystery trustee, he learns it is actually his brother Raymond (Hoffman), a savant with autism who was sent away to live in a mental institution when Charlie was too young to remember. Charlie decides to spring Raymond from the institution in hopes of gaining custody of Raymond and his money as well. During their time together Charlie starts to see his brother more as a friend rather than just a source of money. If you like movies about brotherly love and a change of heart, then this movie’s for you. It’s a touching story of how even through a short period of time can bring two people together.

# IN MEMORIAM – CHERYL (1960–2020)



Our community lost a spiritual icon, and a pillar of our facility last week with the unexpected passing of our beloved Cheryl. A longtime fixture of our building, Cheryl was a firecracker who could take over a room at a moment's notice. With her quick wit, edgy sense of humor and unique charm, Cheryl is unforgettable. Her insightful nature led to years of stories around our building of how Cheryl often knew a person was struggling before the person themselves even knew. Cheryl looked out for people and spoke up for them, and was never afraid to hold court and share what was on her mind. She was a talented abstract artist, an amateur volleyball star, and a passionate dancer who didn't need music playing to insist on a partner. To Cheryl, every hallway was a dancefloor, and every moment of the day was the right time to tell a story and let her laughter boom across the building. She loved boots, hard candies, good friends, and beyond anything else, her daughters. Cheryl made a mark throughout the Crestwood organization, and her passing is felt by countless people whose lives she impacted over her years. She will never be forgotten, and is already tremendously missed. Rest in peace, our dear friend, thank you for sharing your journey with us.



# COMMUNITY

## Our ESSENTIAL Dreamcatchers!

"Essential" has a more nuanced and significant meaning to all of us than it did just 4 months ago. And we would be remiss if we didn't recognize the essential work, sanitizing high touch surfaces and keeping the Crestwood store running, that our Dreamcatchers, Keri, Yolanda, Grace, Lori, Loretta, Johnathan, and Vanessa have done throughout the pandemic that keeps our community safe. Thank you all for your hard work!

*"The only difference between you and the person you admire is their perspective on life."- Shannon L. Alder*

## Cheryl M. Moving Out!

Congratulations to Cheryl M. on her upcoming move! After working hard at Crestwood to build her vocational skills and prepare for her next steps, Cheryl will be moving to Minnesota to be closer to family. "Thank you everyone. Crestwood has been my home for two years and I'm going to miss you all. I'll be thinking about all of you in sunny California when it's cold and snowy in Minnesota!" We will miss having Cheryl and her dry sense of humor and professionalism around the front desk, and hope she calls us now and then so we can get a sense of her new upper Midwest accent.

Best wishes, Cheryl!



## Some Cheesy Dad Jokes to Fill Space

Doctor: What's the condition of the boy who swallowed the quarter?

Nurse: No change yet.

"I felt super exhausted after giving blood. It's such a draining procedure."

What do you call panic-buying of sausage and cheese in Germany? The wurst-kase scenario.

Did you hear the joke about the germ? Never mind, I don't want to spread it around.

What kind of jokes are allowed during quarantine?  
Inside jokes!

So many coronavirus jokes out there, it's a pundemic

## Eco Tip of the Month

Being stuck at home for months on end is not anyone's favorite thing. And yet, a silver lining of COVID-19 has emerged. More Americans are cooking at home: dusting off old cookbooks, following food instas and blogs, and "becoming one" with their kitchens like they [haven't in decades](#). With all that extra at-home production comes an uptick in food waste. Unsure what to do with all those veggie scraps? Composting is, of course, an option, and for something a bit tastier, consider creating your own vegetable stock! It's as simple as freezing scraps until you're ready to simmer them for an hour and strain out the solids. Not only are you reducing your waste, but you also avoid those hard-to-recycle cartons in which broth and stock usually come!



## Get to Know John!

**What was the last book you read?**

Sigmund Freud's The Ego and the Id

**What's your favorite holiday?**

Christmas – I've never had a bad Christmas, it always brings happy, cheerful memories.

**What was your favorite subject in school?**

Science – I love astronomy and studying stars. I love experimenting and coming to a conclusion.

**If you had to describe yourself as an animal, which one would it be?**

A dog – they're loyal and man's best friend. That's me, I'm loyal and trustworthy.

**What's your favorite type of foreign food?**

Sushi, it's delicious. Anytime my parents take me out for a special celebration, it's sushi.



# COMMUNITY

## Jason Moves Out!

Congrats to Jason on his successful move out! After thriving as one of our strongest Dreamcatcher employees and working toward greater independence, Jason has completed the Pathway program and moved out! Known for rocking out alongside Johnathan to win our last talent show, and for being his Dreamcatcher department's 2019 Employee of the Year, Jason will be missed, and we are excited for his next steps. Congratulations, Jason!



## Angelica an Aunt Again... Again!



Congrats to Angelica on becoming an aunt again for the second time this year! Her new nephew Lane Lawrence was born June 5<sup>th</sup>, measuring in at 7lbs 14oz and 19.5" – now let's get through COVID so she can go meet him!

## What's Cool with Hannah



- Marsha P. Johnson
- Wearing a mask
- Washing your hands 20+ times a day
- Pride
- Peaceful protests
- Supporting Black-owned businesses
- Social distancing
- Custom earrings

## So you think you know Patrick??

Given quarantine, what are your favorite things to do in your spare time?

Hiking at Hidden Lakes, painting miniatures and reading sci-fi and fantasy novels.

What are among your favorite snack foods?

Nori in a rice cracker for the salty snack, and a taro bun for a sweet snack.

If they named a dance after you when you are happy, what would it be called??

The Bumbling Panda

If you could have any food come out of your fingers on demand, what food would it be?

Beef jerky – high in protein, low in carbs and healthy



If you could have the head of one animal and the body of another, what would they be?

The head of a lion and the body of an eagle

Our facility's Enthusiasm award winner in 2019, Patrick goes out of his way to make sure everyone feels accepted.

## Contributing to Our Community

The Curran household makes a monthly donation to varying causes. Donations of any amount can help organizations in need, and help you feel 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 various causes:

Working in healthcare during a pandemic means not being able to participate in group protests for fear of bringing something back to work, so as our way of doing our part during Pride Month and in the essential, ongoing fight for social and racial justice, we made a range of donations to various important causes. Here are some options if you are able to contribute.

- [Trans Justice Funding Project](#)
- [Race Forward](#)
- [Black AIDS Institute](#)
- [8 Can't Wait](#)
- [LGBTQ Freedom Fund](#)
- [Youth Breakout](#)
- [Southern Poverty Law Center](#)
- [House of GG](#)
- [The Okra Project](#)
- [NAACP](#)
- [National Urban League](#)
- [SNaPCo](#)

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/)

# SPRING PHOTO CONTEST!

Thanks to all the great submissions for our COVID-inspired Spring Photo Contest, and congrats to the winners and all the finalists!

## Nature



Tamila – 1<sup>st</sup> Place



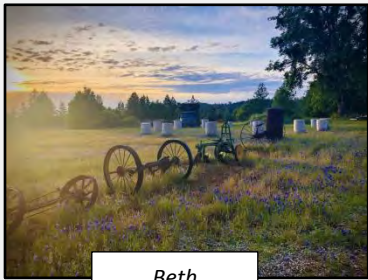
Lilly – 2<sup>nd</sup> Place



Sam – 3<sup>rd</sup> Place



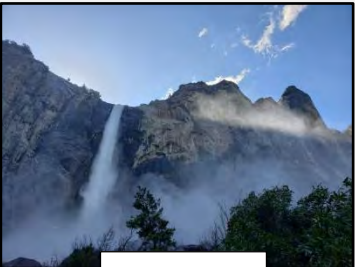
Gabe



Beth



Angelica



Lilly



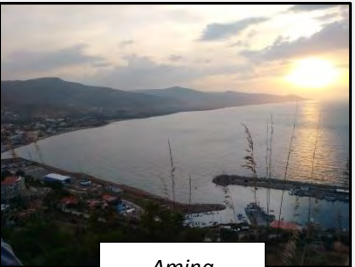
Soraya



Travis



Dylan V



Amina



Sara



Gabe



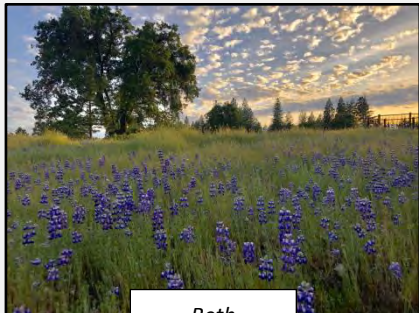
Sam



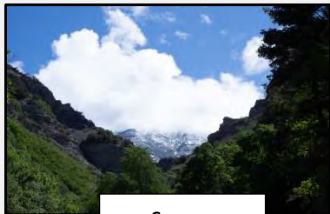
Summer



Shazia



Beth



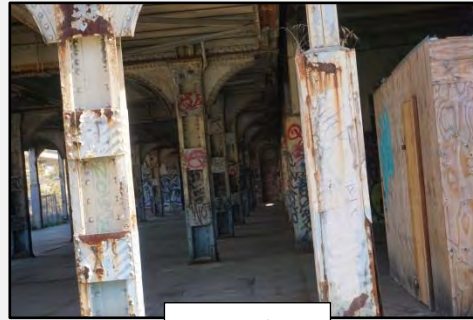
Soraya

# SPRING PHOTO CONTEST!

## Apocalypse Chic



Sam – Winner!

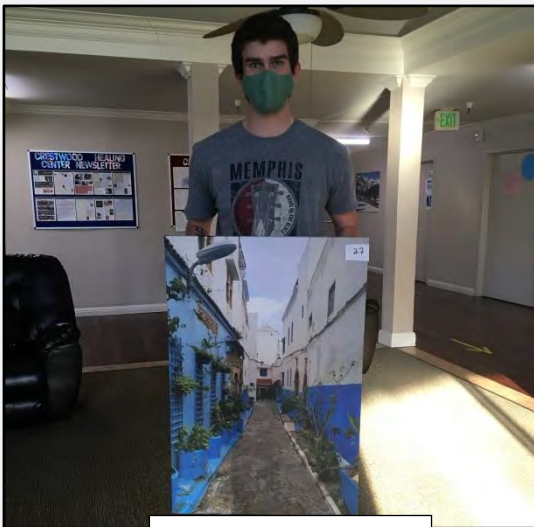


Tamila

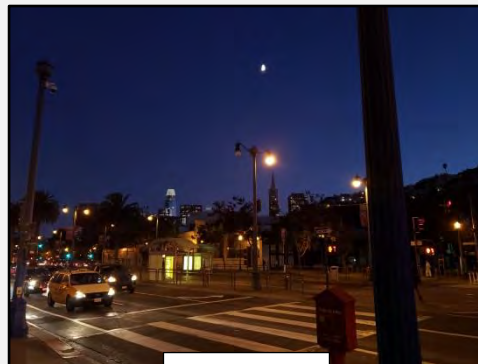


Darby

## Cityscapes



Dylan V – Winner!

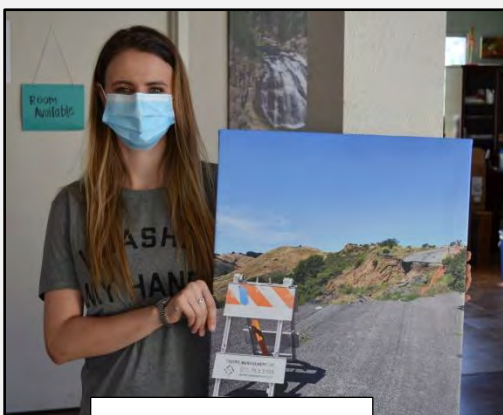


Lilly

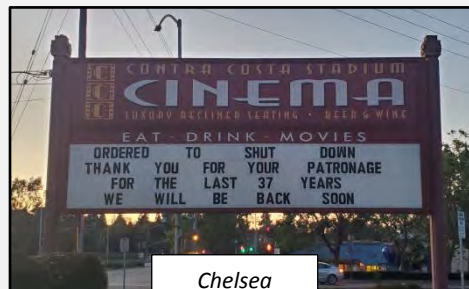


Lilly

## Quarantine Weird



Darby – Winner!



Chelsea



Gabe



Gabe



Darby



Summer

# HEALTH & WELLNESS

## Wellness Tip of the Month

COVID days can start to all feel the same, and planning fun things to look forward to can feel like a thing of the past. It's important now more than ever to make sure we're all doing what we can (safely!) to fill our cups! Consider committing to a handful of daily activities to keep yourself well creatively, intellectually, socially, physically, and emotionally. Check out the suggestions below for some help getting started!

**Creative:** Order knitting/sewing supplies online and jazz up your wardrobe, start that novel (or short story collection) you've been writing in your head, go on a virtual tour of the Louvre in Paris (<https://www.louvre.fr/en/visites-en-ligne>)

**Intellectual:** Get to work on that stack of books that's been piling up in the corner for ages, get an online newspaper subscription, check out the free online courses offered by Harvard and Coursera, try crosswords or sudokus

**Social:** Make a point to videoconference with a loved one once per week, join a virtual book club, create a social media page (if you don't have one already) and look up/send a message to old friends

**Physical:** Create mini challenges for yourself (work up to walking a long distance, avoid sodas for 14 days, etc.), find the nearest trail to your house and go on a (socially distant!) nature walk, pick a new, healthy recipe you've never made before and Instacart the ingredients to your door to give it a shot

**Emotional:** Start a journal and detail your COVID experience (or don't write about COVID at all, your call), start a meditation practice (I recommend the 10 Percent app), check out TalkSpace online therapy

*"The secret of change is to focus all of your energy, not on fighting [for the] the old, but on building the new."*

- Socrates

## Darby's Vegetarian Recipe of the Month

### Savory Oatmeal

*National meat shortages inspiring you to go veg? Give this vegetarian option a try!*

Although my mother (and most other people) thinks that this is a gross idea, the last thing I want in the morning is a bowl of sugar. Thus, savory oatmeal was born! Don't knock it until you try it; here's one of many ways to give it a shot below:

Ingredients:

1. ½ cup of quick oats
2. 1 cup of vegetable broth
3. 2 heaping spoons of plain unsweetened Greek or Icelandic yogurt
4. 1 handful of spinach
5. 1-2 tsp butter
6. Salt to taste



1. Microwave or stovetop cook oatmeal with the vegetable broth per package directions.
2. While oatmeal is cooking sauté the spinach in the butter over medium heat until wilted.
3. When oatmeal is cooked, top with cooked spinach, yoghurt, and salt to taste. Enjoy!

## Walking Group

Since COVID closed the gyms, 2020 fitness resolutions seemed all but lost. But the Crestwood community is creative and determined, and we were not going to let a pandemic get in the way of what we want! This month, groups from our community have been going out for almost daily walks and working toward walking further and further each week. It's been a great way to get out into nature, get some exercise, and enjoy time with friends for the whole community! Thanks Kurt, Chelsea, Sam, Lilly, Angelica, and Hannah for helping our people get out and get moving!





*See Chelsea or Hannah to sign up and receive updates on upcoming project planning meetings!*

# TIPS FOR SURVIVING A PANDEMIC

## A “New Normal” Tutorial – How to Come Home from Any Public Place

When coming home from a public place in this new world of ours, you must consider what is coming into your home and where it has been. Did you place your phone or keys down anywhere? Did you touch a common surface and then touch your phone or keys? These questions are usually hard to answer, since we don't track every movement we make during the day, or may forget. So, the best possible way to cover all your bases is to sanitize everything!

Step 1) Sanitize your hands with your pocket hand sanitizer before beginning this process.

Step 2) Remove or sanitize your shoes before entering your living space. Leave your shoes outside your living space or sanitize the bottoms of your shoes using disinfectant or bleach to avoid tracking germs into your home, with which your family then may make contact.

Step 3) Wash your hands for at least 20 seconds with soap and warm water.

Step 4) Using your sanitizer and a rag or disinfectant wipes, thoroughly wipe down each item. Sanitize every item that can be sanitized. If it cannot be sanitized, such as clothing, put it into a clean plastic bag to be washed, or straight into the washing machine. If it cannot be sanitized with wipes, sanitizer, a rag or washing machine, ask yourself, should I be bringing this item into my home? Germs from your hands can be transferred to anything you touch, intentionally or not. For example, if you set your phone down on a commonly used surface, and then picked it up, your hands are now carrying the germs from your phone and the commonly used surface. If you next go to grab your chapstick from your backpack or purse, without first washing your hands, you are transferring all of your phone and surface germs to every item you rifle past to find that chapstick. This is why it is best to sanitize EVERYTHING.

Step 5): Remove your clothes and place them in a plastic bag (I typically keep a few plastic garbage bags by the door to use for my clothes, since the plastic can be sanitized as well) to be thrown into the washing machine ASAP.

Step 6) Shower and then put on clean clothes.

Now you are sanitized safely and can relax at home!

## How to Get Gas in a Pandemic

How weird is it that we live in a world where the most mundane chores require a how to? Nonetheless, follow the steps below to minimize your risk for contracting COVID-19 at the gas station!

1. As with anything, minimizing how often you need to go also minimizes exposure. Luckily, some of us (ahem, me) are already masters of pulling into the station when the tank is on E. Another way to reduce how often you need to go is, naturally, minimize driving!
2. When you arrive at the station, pick a pump that's as far away from others in use as is feasible.
3. Before you get out of your car, put on your mask and get all your materials together: wipes, sanitizer, credit/debit card.
4. Use your wipes to wipe down the key pad, the pump handle, and your gas tank door and cap.
5. Follow the instructions, per usual, but after you swipe your card, wipe it down and dispose of the dirty wipe(s).
6. Once you're done, get back in your car, sanitize your hands before you touch anything (including your seatbelt!), and you're good to go!

AND, please shelter at home as much as you possibly can!