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April Newsletter

crestwood pleasant hill

4.30.2020

Welcome!

With our April edition, we want to update you on some of the current things happening in our building, in our community, and in the world. Given the current public health crisis, this issue will be especially focused on some ways that each of us can best make it through this pandemic together. Please stay safe and well, and let us know if we can help you in any way.

Our Team of Heroes

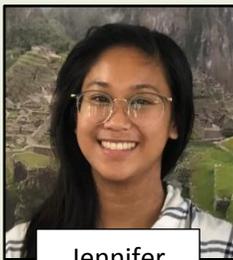
It's a small percentage of people in this world who dedicate their careers to pandemic prevention and response. For the majority of us, and probably everyone reading this newsletter, we've been thrust into a position of becoming amateur virologists and makeshift crisis workers. We are a healthcare facility, and so crisis is part of the gig. But we are not a medical facility. We don't have a medical doctor. We don't have a nursing department. We are by in large a team of compassionate people brought to this work to provide care and support to people in need. Like everyone else, our team is scared, and uncertain of what tonight will bring, let alone tomorrow. And our people continue to show up and put themselves and their families at increased risk to do the work. To my incredible team – a thank you is not enough. I just want you to know how incredibly proud I am to work with you. -Travis

Welcome to Our New Staff!

In general, it takes a special kind of person to work in healthcare. The dedication to caring for others can come at the cost of personal health and wellness, and that is no truer than in this time. We are very proud to welcome our newest employees, who chose to join our fight in the middle of this pandemic. Welcome and thank you all!



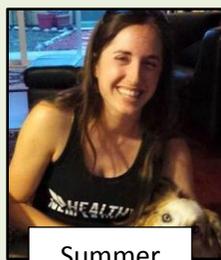
Dylan



Jennifer



Norah



Summer

Anniversary Dates

Celebrating their Crestwood anniversaries in April:

Josh – 2 years (4/2)
Kurt – 16 years (4/29)

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

"What is the cleanliness of one hand washed?"

-Ben Lundy

In this Issue...

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- ✓ Netflix and Gabe
- ✓ ...and more!

Angelica an Aunt Again!



Congratulations to Angelica and her family on the birth of her new nephew Wade Matthew! Born at the Children's Hospital in Oklahoma City on April 27th, Wade checks in at 7 lbs, 8 oz and 19¾ inches long. This puts Angelica's tally at 5 nieces and nephews. Now let's safely get ourselves through this pandemic so she can go meet Wade!

ARTS & ENTERTAINMENT



Netflix and Gabe

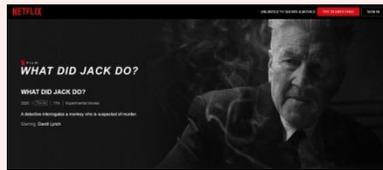
What Would Jack Do?



We've given Gabe a tough time about his commitment issues in this space in the past, but he really outdid himself this month, reviewing the 17-minute black and white short *What Would Jack Do?*, written, directed by and starring David Lynch. "This movie consists of (Lynch) in dialogue with a Capuchin monkey. In the opening line, Lynch asks the monkey 'What do you know about birds?' and the monkey responds with human lips, saying 'Why do you ask?'" We've hit bottom. Gabe continued, "The whole time Lindsay and I watched this, she just kept sighing and groaning. Because I wanted to describe the experience of watching this, I wrote down 'It's like what I assume happens when someone eats a random mushroom growing off a pile of socks, buried under their bed.'" Okay, now we've hit bottom. Gabe again continued, "It's just a strange, frightening experience... especially when the monkey starts singing." Sensing we weren't convinced, Gabe dropped one of his favorite lines to seal the deal – "Love is like a banana, sweet with a golden hue'... said the monkey." We apologize for the time you spent reading this review.

Gabe recommends *What Would Jack Do?* for: Anyone with 20 minutes who is already on Netflix. And fans of avant-garde filmmaking.

Gabe does not recommend *What Would Jack Do?* for: Probably most people. I actually didn't like it that much because it was kind of weird, but I'm still happy I watched it.



Susan Explains Shelter at Home



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 Shelter at Home...

That sucks. It makes people depressed, gain weight, bad mood. But not me. Some people don't care though, they just do whatever they want to do. These people just aren't thinking. But guess what, welcome to reality after that. Back to normal? I don't think so. What are you going to do? Get back to your routine? Not for awhile. It's like Daylight Savings – move forward, move back. It's already hard to adjust. Can you imagine for me after two months like this? It's hard for me to adjust. Get up early and go to the gym? I forgot about the gym. What is the gym?? Daaaaaaang. I don't know when it's going to be done – they say soon, but I don't think so. The purpose is so Mr. Corona can't go everywhere, spread everywhere. Thanks, Mr. Corona, for ruining my birthday, my mom's birthday, my sister's birthday, my vacation. And why did they name it Corona? Why not Bud Light? I don't get it. During shelter at home, you can just cook and eat. Or like my sister, do Zumba for hours. And after that, eat and eat. It's a good time to learn something new – that might help. Get a new hobby. Just follow the order, be obedient. Make it the best. This is not short-term, this is a long-term thing.

Thank you for sheltering at home to keep people safe!

Redbox and Max – Labyrinth



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



For all you Redbox fans, I'm sorry, this one might not be at your local station. I went with a classic this month, *Labyrinth*. If you are a David Bowie fan like me, you are in for a real treat. A teenage girl named Sarah gets stuck babysitting for her baby brother Toby. She makes a wish for him to be taken away by goblins, not knowing that her wish would come true. Jareth, the Goblin King (played by Bowie), arrives and promises to make all of Sarah's dreams come true in exchange for her baby brother. Naturally, Sarah does not want to make this trade. So in order to get Toby back, Jareth requires Sarah to solve the labyrinth that reaches his castle in just 16 hours. If that plot isn't fun enough for you, then hopefully the songs will catch your attention (especially the Bowie ones). My favorite from the soundtrack is Dance, Magic, Dance. This movie is one of those that you will want to watch over and over again, and each viewing will be as fun as your first! For all you Bowie fans, enjoy!

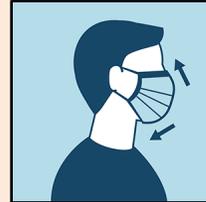
COMMUNITY

2020 Fashion Statement – Cloth Masks

You've certainly now heard by about public requirement to wear masks. While cloth masks are not perfect, the worldwide PPE shortage has forced people to find anything that gives our faces some type of coverage to limit COVID-19 spread as much as possible.

Cloth face coverings should:

- Fit snugly but comfortably against the side of the face
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for breathing without restriction
- Be able to be laundered and machine dried without damage or change to shape



Sterilizing a cloth mask should:

- Be done at least once a day
- Can be machine washed and dried
- Can be hand washed for one minute under hot water and air dried overnight.

Thank You to Our Mask Makers!

Healthcare facilities across the nation have struggled with a shortage of supplies during this pandemic. We are thankfully in a very strong place, which would not have been possible without the generosity and thoughtfulness of friends and family who volunteered their time to make masks for our employees. A huge thank you on behalf of our facility to Carla, DJ, Jan and Melody, and to Angelica and Beth for the connections!



If you're looking to support a cause like this where people are making masks for healthcare workers, visit this [Go Fund Me page!](#)

Get to Know Robert!

What makes you laugh the most?

Love, because it makes me happy, and part of happiness is laughter

Who are your heroes?

Jesus Christ, God and the Holy Spirit

What motivates you to work hard?

God, because he loves me and inspires me to do my best in life

What really makes you angry?

Fear, the fact that I get afraid

What nicknames have you had?

Rob, Robby or Bobby

Welcome Back, Juan!

Still in school at America's Greatest Public University, Juan has returned to Crestwood to help out in these challenging times. As expected, his great attitude and can-do approach are back with him. Welcome home, Juan!



New! Spring Photo Contest!

We don't want to wait until our annual end of summer photo contest, so start gathering your great pics and get ready for a soon-to-be announced Spring Photo Contest date and submission deadline!



COMMUNITY

The Bored Jar

Do you have little ones at home who are getting really restless? Is their new favorite saying “I’m bored”? Try making a Bored Jar with them, jam-packed with their favorite activities or ideas of new things to try. Find a mason jar or any type of container that works for you and popsicle sticks. Create a list of activities to do in the house or backyard. Get creative here, and come up with as many ideas as you can. This is a good time for the entire family to brainstorm together. Write one activity per popsicle stick and simply place in the jar. Next time your little one says they are bored, it’s time to pull a popsicle stick and complete a task. Here are a few ideas:

- Scavenger hunt around the house
- Learn a magic trick
- Make a paper airplane
- Find bugs outside
- Rock painting
- Read a book
- Write a superhero story



Pro-tip: You can also create an at-home date night jar for you and your partner. Consider couple activities like cooking a new recipe together, binge watching a show, or having a picnic in the living room.

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:

One Fair Wage

In addition to all those suffering the direct effects of COVID-19, so many others have been impacted by losing work – obvious from all the recent unemployment numbers. Since some service workers are able to be paid sub-minimum wage (because of the expectations of tips), many are without their primary source of income at the moment, even if they are currently working. [One Fair Wage](#) is providing cash assistance to help these folks survive and we made them our April donation.



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

What’s Cool with Hannah



- Washing your hands to the first verse of *Truth Hurts* by Lizzo
- Learning how to do your nails at home
- Three ingredient recipes
- Standing 6 feet apart from everyone
- Bunny slippers
- Bleach
- The story of Lupe Fernandez, creator of hand sanitizer

So you think you know Lilly??

What are you doing in school?

Right now I’m studying Counseling Psychology and am taking three classes

What are your pet peeves?

When people are on their phones when I’m talking to them, and when I lose a match to a sock

What’s your favorite thing about working at Crestwood?

How kind and helpful everyone is, along with how every day brings something new

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

I love to do photography and travel



What are you going to do once the shelter in place is lifted?

I’m going to my favorite restaurant, and I’m going to Target

Pathway Service Coordinator Lilly is juggling her Crestwood duties alongside grad school, and excelling at both!

HEALTH & WELLNESS

Health and Wellness DIY Homemade Disinfecting Wipes

Speaking of supply shortages, disinfectant wipes have been incredibly hard to come by, while also very useful in wiping down food deliveries, among a range of other uses. Not to worry, though, you can make your own!

Ingredients-

- 2 cups distilled water
- 1 cup isopropyl alcohol (at least 70-91% concentration)
- 1 tbsp dish soap
- 3 drops tea tree oil (optional)
- 1 paper towel roll



Instructions

1. Cut your paper towel roll through the middle with a serrated knife.
2. Flip them over and stick into a jar or previous Lysol/Clorox wipes box.
3. Mix together the water, rubbing alcohol, and dish soap.
4. Pour around the edges of the paper towel roll. Let it soak in for 2 minutes.
5. Pull the middle paper towel roll out and throw away. Now you can pull wipes from the middle.
6. Store in closed container with the lid.

Essential Worker Health Tips

We want to thank all the staff at Crestwood and all other essential workers for continuing to show up, and provide care and support for others during this time. Working in the middle of a pandemic does not just put the individual at risk, but loved ones at home as well. We wanted to share some tips for essential workers when returning home to help keep you and your household safe.

- Disinfect. When you get home from work, wash your hands, and ideally, take a shower.
- Change clothes before touching anything or sitting on any furniture – leave shoes at the door.
- Take care of yourself. Getting enough sleep, eating well and exercising are *essential* in keeping our immune systems strong. And don't neglect your mental, emotional and spiritual health!

Angelica's Recipe of the Month

Fried Apples

I'm normally not one to make fried foods at home. I think it's safe to say this Shelter-in-Place is encouraging most of us to try new things that we maybe didn't make the time for previously. With this recipe, you're likely to have all the ingredients for the batter already in your pantry. All you need to do is make sure you have apples on hand, too! This recipe had the whole house smelling like a carnival.

- ½ cup of flour
- 4 tbsp milk
- 2-3 peeled apples (I used green apples)
- 1 tsp. vanilla extract
- 1 egg
- 1 tbsp of sugar
- 1¼ cup oil (for frying)



Mix all the batter ingredients together until the batter is smooth. Slice the peeled apples into about 5 rings, discarding the core. Dip each ring into the batter and fry in hot oil until golden brown and slightly crispy. Make sure the oil is at least 350 degrees. You can eat these plain, but I highly recommend sprinkling on cinnamon sugar and powdered sugar immediately after you take them off the stove. Enjoy, and let me know what you think!

Pandemic Food Substitutions

With people frantically buying in bulk from stores, you might have had trouble finding some basic groceries. Or, you're avoiding grocery stores (as we recommend) and don't want to put yourself or others at risk simply because you needed a cup of flour. Either way, we got you! Here are a few ideas of substitutions in desperate times.

- Allspice 1 tsp - ½ tsp. cinnamon plus ½ tsp. ground cloves
- Baking Powder 1 tsp.- ¼ tsp. baking soda plus 5/8 tsp. cream of tartar
- Barbeque Sauce 1 cup - ¾ cup ketchup, 2 tbsp mustard and 2 tbsp brown sugar (or ask Travis for ideas)
- Buttermilk 1 cup - 1 tbsp lemon juice or vinegar, plus enough regular milk to make 1 cup (allow to stand 5 min)
- Flour, all-purpose white flour 1 cup - ½ cup whole wheat flour plus ½ cup all-purpose flour
- Herbs, fresh 1 tablespoon, finely cut - 1 tsp. dried leaf herbs plus ½ tsp. ground dried herbs
- Lemon Zest 1 tsp. - ½ tsp. lemon extract
- Onion 1 small, fresh onion - 1 tbsp instant minced onion
- Sugar, Confectioners' 1 cup - 1 cup granulated sugar plus 1 tbs. cornstarch

TIPS ON SURVIVING A PANDEMIC

Staying Connected in Isolation

Social distancing is very necessary at this time for all of us. This might be an easier task for those who prefer to keep to themselves during normal times. However, it can feel like a very big challenge for any extroverts out there, or anyone else who thrives on human connection. Here are few tips to decrease feelings of isolation at a time we are being asked to physically create space from others.

- Use technology
 - Text more frequently
 - Video chat such as Zoom, FaceTime, Skype
 - Send voice memos
 - Virtual book clubs, workout classes, study sessions, AA/NA meetings, etc.
 - Use social media (in a way that is healthy for you, of course)
- Get outside (just maintain physical distancing) and see your neighbors from afar.
 - Walk or bike around your neighborhood where you can still see new or familiar faces and wave. Just say hello from the other side of the street.
 - Set up a sidewalk date. Sit by the front door and have a guest park a lawn chair on the side of the street (6ft away or more) for a visit. A *physically distant* get together.

Managing Stress

It is not enough to encourage people to stay calm during very trying times where there is no sense of normalcy or predictability. The CDC lays out how many people experience stress during an infectious disease outbreak, such as:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of alcohol, tobacco, or drugs

Here are some things that we can do to better manage stress during these uncertain times.

- Know the facts about COVID-19
- Take care of your mental health
- Follow practices that protect yourself and your community
- Take care of your body
 - Exercise
 - Eat healthy
 - Get enough sleep
- Connect with others
- Create time to unwind
 - Take time away from watching the news, or anything related to COVID-19

Support Local Organizations and Businesses

Surviving the pandemic means surviving it together. If you can financially afford to do so, consider donations to charities and purchases from small businesses in your community. Here are some ways you can do so:

-Buy gift cards from your favorite restaurants (skip the chains for now, focus on those that might struggle to get by with business down). They get the money now, and you have the gift cards for once you can go out again!

-Buy from independent bookstores. Especially for those of you who have blown through Netflix, now is a great time to check out some new books. bookshop.org is a great hub-style resource!

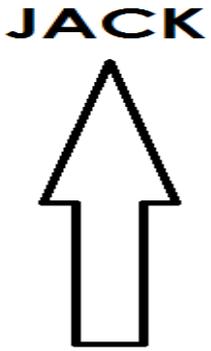
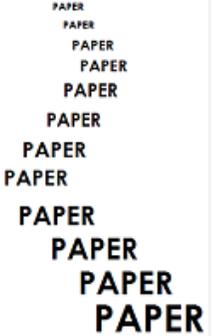
-Have food delivered from your favorite local joints. Best practice – after the food arrives, transfer it onto separate plates/bowls before bringing it into the house, and microwave the food before eating. Take the bags and boxes straight to the trash and you've hopefully avoided any unnecessary risk!

-Tip well if you can! Delivery drivers and other food service workers are putting themselves at increased risk, so up your tips wherever you can!

SOMETHING ELSE

VISUAL BRAIN TEASERS

What is the common expression shown here?

1		2		3	
4		5		6	
7		8			
9					

Answers: 1. A pair of glasses 2. A small misunderstanding 3. Green with envy 4. Heavy traffic
5. Hijack 6. Paper trail 7. Putting two and two together 8. A breakdown in communications
9. Stuck between a rock and a hard place