

it's about growth.

February Newsletter

crestwood pleasant hill

2.14.20

Welcome!

With our February edition, 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!

Third Annual Dog Show!

Calling all canines! March 27th is fast approaching, and the various pups of Crestwood Pleasant Hill are ready to show off their skills. Interested in entering your dog or being a judge? Have ideas for new categories? Contact Darby (dwitherspoon@cbhi.net), and get started with the trick training, as the 2020 competition promises to be stronger than ever!



Upcoming Events

- 2/18 at 2pm:** Community Meeting
- 2/18 at 5:30pm:** Trinity Center Volunteering
- 2/25 at 2pm:** Election Event
- 2/25 at 5:30pm:** Trinity Center Volunteering
- 3/3:** Crestwood Rocks the Vote!
- 3/3 at 5:30pm:** Trinity Center Volunteering
- 3/4:** CARF Mock Survey
- 3/27 at 2pm:** Annual Crestwood Dog Show



Prospector Pete brings his Gold Standard flavor to our first annual chili cook-off

Anniversary Dates

Celebrating their Crestwood anniversaries in February:

- Mary B – 5 years (2/20)**
- Robert – 13 years (2/27)**

Thank you for your service, we appreciate you!

“While it is February, one can taste the full joys of anticipation. Spring stands at the gate with her finger on the latch.”

-Patience Strong

In this Issue...

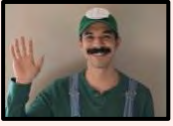
- ✓ New Staff!
- ✓ Susan Explains Leap Year
- ✓ Redbox and Max
- ✓ First Annual Chili Cook-off!
- ✓ Farewell to Danielle
- ✓ So You Think You Know Ryan
- ✓ What's Cool with Hannah
- ✓ Netflix and Gabe
- ✓ The Hill I'll Die On – Ryan Edition
- ✓ ...and much more!

Election Event!

Community involvement is one of our facility's biggest ongoing priorities, and civic engagement is a large part of that. In both 2016 and 2018, our facility voted at higher rates than the general population, because we believe that our voices and votes matter! Being an informed voter is of course essential to this, however one decides to vote. The California primary is March 3rd, so come find out what's on your ballot on February 25th at 2! And make sure to register by 2/18 to vote in the CA primary!

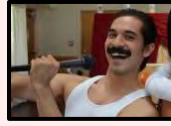


ARTS & ENTERTAINMENT



Netflix and Gabe

Dracula



By now, our readers (and Gabe's family) know he's not big on commitment, and this month he stayed in his comfort zone, reviewing Steven Moffat's three-part *Dracula* miniseries. "I used to really like (Moffat) when he did *Dr. Who*, but now he constantly writes himself into a corner where the only way out is time travel – it's getting really annoying." Gabe did like the miniseries format, in this case three 90-minute episodes, but was ultimately let down. "The first episode was absolutely amazing. The second episode was so much fun – a bottle episode where everything took place in one location. And I hated this show." Gabe went on about the final episode ruining the series, in part because Dracula and time travel "just doesn't work for me," but largely because "(Moffat) writes so extravagantly that the only solutions are divine intervention, time travel or aliens. He goes too far, to the point Lindsay and I have started calling it 'Moffating.'" There were parts of the show Gabe enjoyed, from the performance of lead actress Dolly Wells (which he called "one of the best performances in a TV show that I've seen in awhile"), to the classic Dracula themes. Ultimately, however, Gabe was let down by too much Moffating.

Gabe recommends *Dracula* for: Anyone looking for a new kind of show format. Or anyone with three hours to spare who wants to stop after the first two episodes.

Gabe does not recommend *Dracula* for: People who don't like gory stuff, and people with a long history with Steven Moffat.



Susan Explains Leap Year



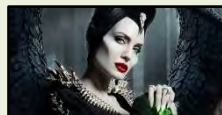
In America's favorite feature, our beloved and eccentric Director of Culinary Services gets the opportunity to give her colorful, creative, alternate explanations to otherwise agreed-upon facts.

Want to hear Susan explain something in her own unique way? Let us know!

Susan, tell us about Leap Year...

Huh? Oh I know! I think that's 28 or 29... 29!! I got it!! It's every four years, the month of February is 29 days. I don't know why. Whose idea was that? I think it has something to do with the moon and with the earth. I don't know. I don't even know why January is 31, February is 28 or 29, March is 31... you know what I know? When the month is going to be 31 or 30 days. I learned it in school with my knuckles. I don't know about Leap Year, you tell me. Nobody told me the HISTORY of that. Maybe the moon is going around the earth? Or the earth goes around the moon? Who figured out that the earth was moving? Is that why we sometimes get headaches, because the earth is moving? I'm not a scientist. YOU make it so complicated. Like I said, maybe the moon or the earth? When I was born, it was already like that, and nobody explained it to me. Maybe they did in school, but I don't remember. They said this is your birthday and this is your year, that's it. My parents were not scientists, so they did not explain to me why and how. We are all sheep and just follow our parents. If you want to know what's going on with Leap Year, call 411 and ask for a scientist. Or maybe Kurt knows – Kurt knows everything. I know salt, pepper, spaghetti and jambalaya.

Redbox and Max – Maleficent



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



With plans to cover the sequel in an upcoming issue, I reviewed *Maleficent*, the twist on the old Disney classic, *Sleeping Beauty*, starring Angelina Jolie. Living in an enchanted forest called Moors, Maleficent befriends a young man who wanders into the forest. Despite the friendship the two shared, the young man betrays Maleficent as a sign of allegiance to his king, cutting off Maleficent's wings, thus making the young man heir to the throne. Bent on revenge on this king-to-be, Maleficent puts a curse on the king's daughter, where by her fifteenth birthday, a needle's prick would plunge her into a deep sleep. As in the original, only true love's kiss could wake her if this spell came to be. To protect his daughter, the king sends his daughter to the Moors to live with three fairies, away from all sewing wheels. As she grows older, the lack of know-how of the fairies leads Maleficent to care for the child, in spite of her hatred of the father. Maleficent grows to love the child, and regrets the curse she put on her. Want to know more? Check out this enjoyable film!

Dreamcatchers Employee of the Month:
Helen

Job: Kitchen Assistant
Favorite Book: Pride and Prejudice
Favorite Music: Pop
Favorite Pastime: Reading magazines
Favorite Quote: "Never give up chasing your dreams"
Favorite Hobby: Shopping



As employees anywhere go, Helen is about as consistent and dependable as they come. Working tirelessly behind the scenes without a complaint, Helen can always be counted on to do her job thoroughly with a smile. Helen encourages new residents to apply for the Dreamcatchers program and take advantage of the many jobs available. She says, "Don't be afraid to apply. It is easy." She says being a Dreamcatcher has made her much happier in general and specifically happy to be able to buy her two children gifts with the money she makes. Helen tells us that she likes her job in the kitchen because she is comfortable working in such a friendly environment and adds that she also feels the same way about our other staff here at Crestwood, whom she sees as friendly and always willing to respond to her needs. Upon retirement, she plans to live with either her son or daughter. Thank you, Helen, for your strong work ethic and reliability. Congratulations!

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 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:

Empowerment Plan

My wife heard about this Detroit-based organization, and we are both incredibly impressed by the way they function and the impact they make. Focusing on helping people toward safe, stable housing, Empowerment Plan hires people experiencing homelessness to create jackets that double as sleeping bags for those living on the street. What an idea, right? Even better, each of their employees moved out of a shelter in their first 6 weeks of employment, and not one has returned to homelessness! Highly recommend! For more information, or to donate, go to empowermentplan.org



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

Our Newest Dreamcatchers!



Audrey



Desmine



Johnathan

So you think you know Ryan??

What's your favorite thing about working at Crestwood?

I just love being able to see the residents every day

What are your hobbies?

I like to play guitar and write my own songs, and I like to paint

What were you doing before Crestwood?

I was a chocolatier at a vegan chocolate company in New York. I would mix together the raw ingredients to make 200 pound batches of chocolate. And I used to chase Hannah around New York, and then across the country

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

I have dyslexia, and I have an eye that's half-green and half-blue



What are your pet peeves?

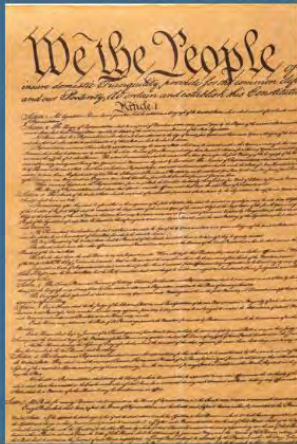
When I say "Have a good day" and people give an "Okay" or "Will do" type response and don't say it back to me. Or when Hannah yells at me for putting wet towels on the bed.

Spicing up our facility since August, Ryan cooks up great conversations in the kitchen along with his tasty meals!



ELECTION EVENT

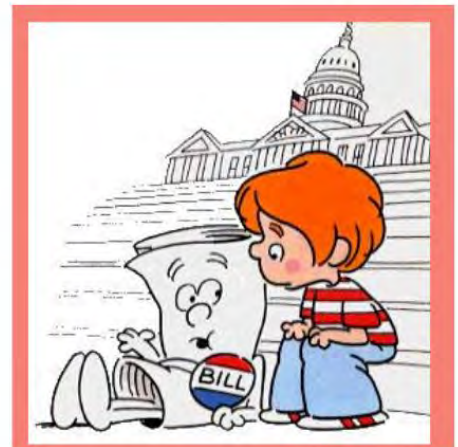
**TUESDAY
2/25 AT 2**



**REGISTER BY 2/18
TO VOTE IN THE
CALIFORNIA
PRIMARY.
TO REGISTER OR
CHECK YOUR
STATUS, GO TO**

REGISTERTOVOTE.CA.GOV

**THE CALIFORNIA PRIMARY
IS ON MARCH 3RD. COME
LEARN ABOUT EVERYTHING
ON YOUR BALLOT AND BE
AN INFORMED VOTER!**



YOUR VOTE MATTERS!

COMMUNITY

Farewell to Danielle

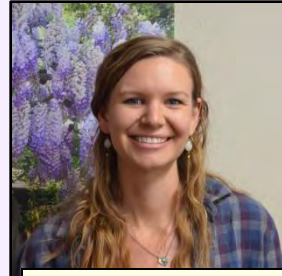
While we are excited for the positive things to come in Danielle's family's future in Texas, we are saddened to lose her as such an important part of our facility community. Beginning with us in 2016 as a Service Coordinator, Danielle has been involved in so much of the growth of this building, and the impact we've had in our community. In addition to all the great individual work Danielle did, she played a major part in community-based volunteer work and fundraising, including our initial connection to Trinity Center and raising money for numerous groups in need. As one of the founding members of our facility's Transition Team, Danielle made housing connections for



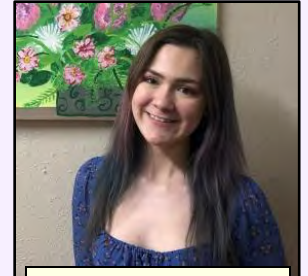
many residents and helped people in learning skills to move forward. She has always shown the Crestwood values that she exemplifies at her core as a caring, fun, genuine person. We will miss you, Danielle!

New Staff!

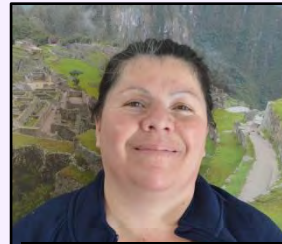
Our four newest team members just completed orientation. Welcome to the Crestwood Pleasant Hill community!



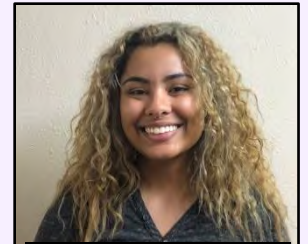
Beth
Service Coordinator



Elysa
Recovery Coach



Patricia
Housekeeper



Shazia
Service Coordinator

New Position for Kimberly!

After bringing her outgoing personality to the building since September as a Housekeeper, Kimberly is now shifting to a Recovery Coach position, working noc shift. Best wishes in the new role, Kimberly!



Get to Know Seth!

What are your hobbies?

Reading. The last books I read were 1984 and The Odyssey

What's the most daring thing you've ever done?

Got a driver's license

If you were the ruler of a country, what is the first law you'd introduce?

No pizza on Tuesdays

What are your pet peeves?

Mixing food together and waking up when still tired

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

A lion, because they rest a lot



HEALTH & WELLNESS

Wellness Tip of the Month

It's American Heart Month and it's important to pay attention to any changes we can make to contribute to a healthier heart. But this month's Wellness Tip is about helping keep someone else well. Consider taking a CPR class or update your certification this month. You never know when you'll be the first one to respond in an emergency, and you could hold the key to keeping someone alive. Find a class near you on the American Heart Association's [website](#). Do it for someone you love.

Hannah's App Review My Fitness Pal



I have used this app several times in the past, but always ended up stopping. However, I do enjoy it for how it helps me track my diet and activity. Though there is a premium option, you can use the app for free, just with fewer features. When joining, it asks basic information like weight, height, age and fitness goals specific to weight. With the free version, you can look up and log everything you eat, listed under Breakfast, Lunch, Dinner, Snacks and Water. As you track your intake, it also counts your steps while you have your phone on you. The app database contains almost every food you could think of, but if not, you have the option to add the food or to scan the barcode to find the food item. This feature allows you to track and see the progress of what you are eating, and to adjust your habits over time. At the end of each week you get a report of what you ate and your activity level, showing percentage of carbs, proteins and fats, along with recommendations. Because of the tracking, you are able to increase your activity and water intake to reach healthy daily averages. The app also features a homepage with articles and advertisements for different workout routines and healthy recipes, which can be a great resource. Also, a diary page to see food/water/activity for the current day and a page for progress, showing a graph of weight changes over time, which helps track progress. Lastly, the app features a "more" page, with a Plans tab to access different workouts, a Recipes tab to discover healthy dishes, a tab to communicate with the My Fitness Pal community and much more. This app is great for anyone wanting to get healthy and see the progress of their fitness journey in a clear way, with lots of resources and features to gear the app to fit your fitness goals.

Angelica's Recipe of the Month

Texas-Style Chili

If I said I wasn't bummed about not placing in the first annual Chili Cook-Off, I'd be lying. I looked through every chili recipe I've ever made and strategized on how mine could stand out amongst the other great chefs in Pleasant Hill. But it still wasn't enough preparation on my part. I guess there was no winning against Travis when he places adorable pictures of his daughter in front of the judges while they taste his chili. Smart move, Boss, smart move. However, when it was all said and done, I still had others requesting the recipe and asking for seconds, so I thought I'd share. And to the anonymous fan who left a note on my desk... this is especially for you.

Texas-Style Chili

- 4 pounds of beef (stew meat is easiest)
- Canola oil for cooking
- 2 onions (I use yellow)
- 6-8 garlic cloves (minced)
- 1/2 cup chili powder
- 3 chipotle peppers in adobo (minced)
- 1 tbsp cocoa powder
- 1 tbsp smoked paprika
- 2 tsp oregano
- 1 tbsp ground cumin
- 2 tbsp white miso paste
- 28 oz tomatoes (crushed)
- 4-5 cups of beef stock



Add 2-3 tbsp. of oil on high heat. I used a Dutch oven but you can probably use any pan. Cook the beef until it's brown and little toasty on the sides. Don't overcook here as it could cause the meat to get tough. Set the meat to the side and add a little oil to the pan again. On medium heat, sauté the onions until tender. Add the garlic, chili powder, chipotles, cocoa, smoked paprika, oregano, cumin, and miso. Toast in the pan for about five minutes. Add in the stock and tomatoes with the beef. Season with salt and pepper, going easy on the salt. With the lid on, place the pot in the oven and cook for about 3 hours at 325 degrees. The meat should fall apart when it's done. Shred the beef as much as possible and serve hot. Serve plain or with toppings like fresh lime, avocado and sour cream. Enjoy!

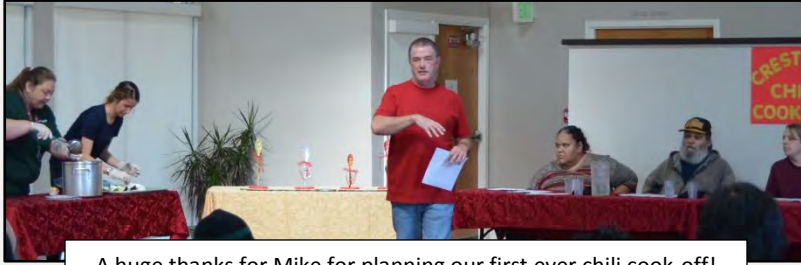
CRESTWOOD PLEASANT HILL ANNUAL DOG SHOW



FRIDAY, MARCH 27TH AT 2PM

Interested in entering or helping?
Contact Darby at dwitherspoon@cbhi.net

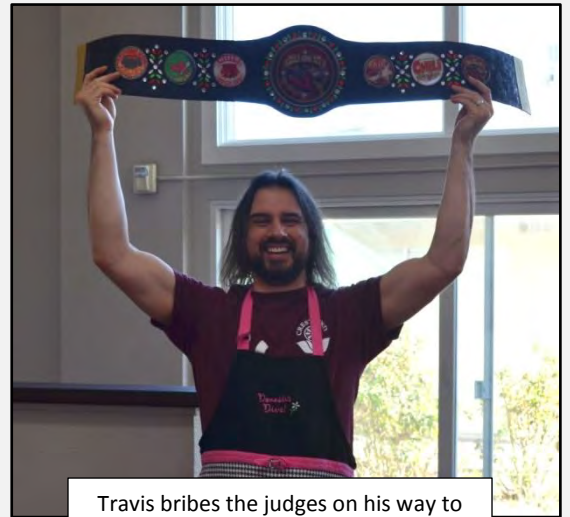
CHILI COOK-OFF!



A huge thanks for Mike for planning our first ever chili cook-off!



Sam wins for spiciest, while Prospector Pete finishes second, and Darby and Maxine place third



Travis bribes the judges on his way to being the first to wear the belt



Prospector Pete takes a break from panning for gold to steal the show



Our panel of judges works tirelessly to evaluate each option



Contestants ready their displays



CRESTWOOD PLEASANT HILL

2-ON-2 VOLLEYBALL IS BACK!

Find a partner, or sign up alone and have someone matched with you. All skill levels encouraged!



**SIGN UP WITH TRAVIS BY 3/3
SEASON STARTS 3/9!**

Team uniforms, chants, special high fives and theme songs are encouraged but not required. Let Travis know if you need plain shirts and photo iron-ons to make your jerseys!

Raising an Eco Toddler

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

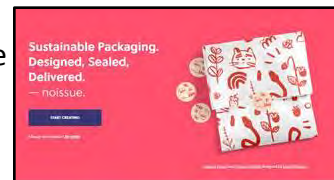


Bamboo Pull-Ups

You didn't really think you were done reading about bamboo diaper-ish products in this space, did you? There's apparently a time in a toddler's life where they yell out to their father "Daddy, I'll be right back!" then take off for the bathroom so they can remove their clothes and relieve themselves on the floor. You know, the way the big kids do it. Well it looks like this time is surprisingly now for Maggie, which means that daycare gets the delight of shouldering the midweek potty training burden. "Bring us some pull-ups" said our daycare provider, and after educating myself on what that meant, a simple search brought up pull-ups (or "training pants") made from bamboo. Now I know what you're thinking: "When will you ever stop talking to us about bamboo? Why are you so invested in bamboo?? Are you in the pocket of Big Bamboo?? Are they bankrolling this?" Yikes, bring it down a bit. I just appreciate the renewable nature of the fiber, and the soft texture it creates in clothing. If you haven't experienced bamboo apparel before, you might be understandably imagining a bunch of sticks woven together. I can assure you this is not the case – they look like any other clothing. Even if you aren't in need of diapers or pull-ups, I'd recommend trying out some bamboo socks, shirts and undergarments for yourself. In addition to the comfort, when it comes to my child, I take any opportunity I can get to prevent her from wearing anything made with plastics and potentially toxic chemicals. Bamboo's hypoallergenic nature makes it great for sensitive skin, and the pull-ups are almost entirely biodegradable! Enjoy!

Darby's Eco Product of the Month Noissue

Full disclosure: I love gift giving. I love it, without a doubt, more than gift receiving, and, for me, the best moment is the light on someone's face when they've pulled back wrapping paper to see something that makes them feel loved and/or appreciated. What I don't love? The waste, of course! So, I did some digging and happened upon eco-brand Noissue. Noissue (noissue.co), is the answer to sustainable gifting I've been searching for! Their bread and butter includes paper, tape, stickers, and mailers, and every part is Earth-friendly. The ink is made from soybeans, the paper is acid-free, and it's all FSC (Forest Stewardship Council, an organization that promotes the practice of sustainable forestry worldwide) certified. The best part? You can **customize everything!** (The best part of any good gift is in the details, naturally). AND they plant trees for every purchase! So for your next holiday (Mothers' Day is around the corner!), birthday, or I-found-the-perfect-gift-for-you-and-didn't-want-to-wait-until-the-next-celebration-to-give-it-to-you day, head on over to Noissue and use coupon code **sustainablychic** for 10% off your first purchase.



Valentine's Day Green Workshop!



Thanks to those who showed up to sustainably make candles, soaps, cards and picture frames. Next up – come celebrate with us for Earth Day!

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. **Application deadline of February 21st for this internship with a March 2nd start!**

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

Now Hiring!

Looking to join a compassionate, thoughtful, creative, fun team? We are currently looking to add great staff to our facility community. Previous experience in the field is not required, and we prioritize people with a personal connection to the work, and a desire to help people toward more fulfilling, meaningful lives.

Current open positions:

-Dietary Assistant

-Housekeeper

-On-Call Recovery Coach

-Quality Assurance, Project and Event Coordinator

To apply, send resume and cover letter to Gabe at gflores@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!

Got Stuff That Needs Recycling?

We might do it for you! We currently collect the following items for donation/repurposing:

- Batteries (for safe disposal)
- Dead pens (for an artist)
- Empty pill bottles (for donation to countries in need of safe receptacles)
- Ink cartridges (for recycling)
- Gift cards (for recycling)

DREAMCATCHERS JOB OPENINGS

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

Dishwasher: Sun, 8-9am, Mon 5-6pm, Wed 8-9am, Fri 8-9am

Kitchenette Attendant: Monday, Wednesday, Friday 1-1:30pm

Receptionists: Tuesday, 11am-Noon, Thursday, 9:30-11am, 11am-Noon, Noon-1pm

Landscaper: Wednesday 9-10am

Kitchen Assistant: Monday 10-10:45am

Composters: Monday 8:00-8:30am

Dining Room Attendants: Sun 1-2pm, Wed 1-2pm, Fri 1-2pm 6-7pm, Sat 1-2pm, 6-7pm

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

Needing Dog Show Helpers!

Want to help plan and put on our third annual dog show? Talk to Darby!





OPEN HOUSE



Tuesday, February 18th

Drop In: 3pm-7pm

Tours of the Clubhouse

Dinner Buffet

Clubhouse Rockers Perform

Raffle Prizes

RSVP to Lily: 925-691-4276



give the gift of warmth!

**Bring in warm coats (adult sizes Medium to XXXL)
Many in our community do not have a warm coat for
the winter. We will be distributing warm coats to the
Putnam Community and to the Homeless Community.**

For additional information, contact

Yan at 925-691-4276



**PUTNAM
CLUBHOUSE**
purpose | hope | recovery

3024 Willow Pass Rd, Suite 230 Concord

Have a local event, restaurant or activity you'd like us to review? Local recommendations you'd like to share? Let us know!

LOCAL

Local Events

SURJ Contra Costa – Racial Disparities in Mental Health Services – Saturday, 2/15 at 9am. Mt. Diablo Unitarian Universalist Church, 55 Eckley Lane, Walnut Creek, 94596. Join to be part of a talk on differences in mental health treatment for people of color, headlined by NAMI Contra Costa Executive Director and friend of Crestwood Pleasant Hill, Gigi Crowder!

AXL/DC (AC/DC and Axl Rose Tribute Band) – Saturday, February 15th from 9-11pm. Retro Junkie, 2112 North Main Street, Walnut Creek, 94596. Check out this tribute show FREE! Please note the weekend dress code of no baseball hats, sportswear and sports logos. More info [here](#)

Off the Grid Food Truck Market – Wednesdays 5-8pm
Downtown Pleasant Hill – great local food paired with live music!

Martinez Farmer's Market – Sundays from 10am-2pm –
Downtown Martinez. Check out the bustling marketplace of local fruits and vegetables!

Ice at the Veranda – Through February 17th – the Veranda Shopping Center. Just a few days remain before the Veranda's ice rink closes for the season. \$15-\$50 depending on day and age, don't miss it!

Contra Costa County Office of Education School Climate Symposium – Wednesday, March 4th, 8:30-12:30. 77 Santa Barbara Road Board Room, Pleasant Hill, 94523.

This second annual event will focus on learning in the context of equity, school climate and positive school culture. \$20, more information [here](#)

Concord Visitor Center Grand Opening – Saturday, March 28th from 12-4pm. 2151 Salvio Street, Concord, 94520
On the ground floor of Pacheco Square at Todos Santos Plaza, the brand-new visitor center will open, featuring interactive displays, art, culinary and historic exhibits.

Travis' Sort of Reasonable Restaurant Review Luna Ristorante

With my parents coming up to watch the child, my wife and I got a much-appreciated night out this past Saturday. We rarely eat Italian, but both love it, and so we for the first time checked out Luna Ristorante, a quaint restaurant tucked right around the corner from Todos Santos Plaza. Arriving at 5:03 because we had a 6pm movie to catch (and can anyone really stay up past 8:30 these days?), we were surprised to see how quickly the restaurant filled up at such an early time. "Best restaurant in Concord," exclaimed a woman several tables away, as if she were setting up a scene in a sitcom. It was clearly a room full of regulars, with the friendly staff greeting many of them by name – a great sign at any restaurant to have a cult following like this. Shortly after being seated, the host or owner person came over to greet us. He asked us how we were doing, if this was our first time here, where we lived – my stalker radar went up when he then asked *where* in Concord we lived, but then I reminded myself that some people are just friendly, and that maybe this is just how restaurants work. When he returned, it was with fresh baked bread and a terrific, complimentary spread of garlic, pesto and blue cheese. He began chatting with us some more – "Remember, you're trying to be more enjoyable to be around," I said to myself while doing small talk to him. The restaurant continued to fill up with patrons greeted by name, making us more and more excited about the food to come. As we waited, the conversation bounced around from what Maggie was probably doing at the moment, to things Maggie likes, to funny experiences we had with her in the past week – you know, basic parents on a date night talk. When indulging in Italian, I am a sucker for carbonara (without peas, because peas do not belong in pasta or rice dishes), and Luna did not disappoint. My wife ordered something else, and she enjoyed whatever it was (I was a little too focused on the carbonara). While the portions at first glance looked a little small, it was just the right kind of delicious, heavy Italian meal with great service we were looking for. We would definitely return – highly recommend!

What's Cool with Hannah



- Caesar salad
- Marsha P Johnson
- DIY cut and bake cookies
- Harriet Tubman
- Homemade Valentine's Day gifts from sustainable resources
- Persian cats

What is the NAMI Basics Education Program?

NAMI Basics is a free, six-session program designed for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties. No diagnosis necessary. Learn about the illnesses that are causing challenges, and the critical role families play in the treatment of those illnesses. Also red flags, communication approaches, school issues and other subjects will be discussed. The program is taught by trained teachers who are also the parents or family caregivers of individuals who experienced emotional or behavioral difficulties during childhood or adolescence.

**NAMI Basics Education six-session class will be held at 4080 Port Chicago Highway in Concord, from 7 PM to 9 PM, beginning Monday, June 1, 2020. Preregistration is required.*
NAMI CC is proud to partner with John Muir Hospital to sponsor this free class.**



Counselors, teachers, school administrators and nurses and all other professionals working with youth are also invited to attend.

Participant Perspectives

"NAMI Basics bridges the gap. It provides help that can't be found in a doctor's office."

"The course is inclusive of almost all aspects of family and child resources. I could have spent a lifetime getting all this information on my own. I feel supported, strong and ready to go forward."

About NAMI

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Contra Costa is an affiliate of NAMI California. NAMICC is a non-profit organization, #68-0209474. Dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.

***For information or required Preregistration for BASICS Education Program contact Susan at susanh@namicontracosta.org, or call 925-262-3404 or 925-942-0767**

Don't allow transportation or other barriers prevent you from attending this important course. Contact Gigi Crowder at 510-990-2670 if you need support to attend or require an accommodation.

Classes will be held on six consecutive evenings, June 1, 8, 15, 22, 29 and July 6.

OPINION

Have a really strong opinion on something most people might not care that much about? Let us know, we'd love to run it here!

The Hill I'll Die On

Modern Bathroom Problems Require Modern Bathroom Solutions

When thinking of a hill to die on my brain was immediately flooded with an endless list of things I'm excited to talk about disliking. "I dislike a lot of things, but what do I dislike more than anything?" I pondered. While I began drafting all the possibilities, I was hit with a sudden moment of realization, PUBLIC BATHROOMS! Now there are plenty of things that a person can and will dislike about public bathrooms – the smell, other people in there with you, the mind bending possibility that someone could find a way to open the stall door and expose you at your most vulnerable, but I can assure you that I dislike them for an even more obnoxious reason. There are no automatic doors to enter and exit a bathroom. Now, think about that for a second, and while you do, I'm going to hit you with some quick facts. 95% of Americans say you should wash your hands after using the bathroom, while only 66% of Americans do, and the average hand has roughly 1500 bacteria living on every square centimeter. If that information doesn't make you want to carry a utility belt of various soaps and sanitizers, I really don't know what will. You may be thinking "Ryan, I know the world is a dirty place. We are so aware of that as a society that we installed motion sense devices in every public bathroom, so you don't even have to touch anything!" That would be an awesome point if it were accurate, but unfortunately it is not. Yes most bathrooms are equipped with motion sense flushing technology, motion sense faucets, motion sense soap dispensers, and motion sense paper towel dispensers, but what is missing? In this Blade Runner-esque, super-future, dystopian, motion sense bathroom world we live in, why are we still opening the bathroom door like pilgrims on the Mayflower? As I mentioned earlier, only 66% of people are actually washing their hands, meaning only a bit more than half of us are actually using all the motion sense technology we have at our disposal to clean ourselves. But it doesn't matter whether you're part of the 66% who wash their hands or the 34% that do not, we are all united by one common denominator - the door handle to exit the bathroom. Being that you can only do so much with your elbows in attempts to keep your hands clean before you inevitably give up, you must turn the handle, then search for some hand sanitizer to re-do all that motion-sensed work you just did. As human beings we must put an end to this. 2020 is the year of automatic bathroom doors, where the 66% of hand washers do not have to submit to the archaic tradition of touching everyone's germs before leaving the bathroom. In a world where society is advancing modern technology daily, I do not see a future where this can continue to be an oversight.

-Ryan

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



TRAVEL

In January, Travis and family went to Disneyland for his niece's birthday. How did he handle the "Happiest Place on Earth?"

Hannah: **What was your favorite attraction?**

Travis: "The one with the boat with the gators and the elephants"

H: **What was a moment that brought a smile to your face?**

T: "On the few rides we could go on, Maggie would squeeze my hand when she was scared. I didn't like that she was scared but I was glad I could make her feel safe"

H: **What was one of the hardest moments?**

T: "Coordinating meals and naps, in addition to all the time of waiting in line"

H: **What are 2 interesting things about Disneyland that the average person may not know?**

T: "Disneyland prints money. Prices based on if you want to wait in lines, lots of gimmicks and millions of collector items that bleed families dry. Also, it cannot be healthy for employees of that small world ride to listen to that song in perpetuity"

H: **What was the worst part of the trip?**

T: "Pirates of the Caribbean. It's full of violence, misogyny, and greed. NOT family friendly"

H: **What was the most surprising thing you saw?**

T: "I was surprised by how many racist stereotypes there were in the rides. I hope Disney can evolve."

H: **What did you learn about yourself?**

T: "It's problematic to bring me out in public"



THE WEATHER'S GETTING NICER, TIME
TO GET SOME EXERCISE AND CHECK OUT
SOME PLACE NEW!

MONI COFFEE SHOP

**JOIN DARBY ON FEBRUARY 28TH AT
2PM FOR A 1.1 MILE WALK TO A NEW
COFFEE SHOP ON GEARY**

Bring around \$5 dollars if you'd like to get a
drink, or just yourself if you just want to
hang!



Caught in the Acts!

Noticing each other acting out our Crestwood values.

Mike was caught in the act...

Your creative ways of getting people engaged are so important for the vibrancy of our building. Thank you for always going the extra mile!

From Darby

Gena, Jasmin and Tamila were caught in the act...

Thank you for adjusting your schedules to help cover so many noc shifts! We really appreciate your flexibility.

From Travis

Amina was caught in the act...

I cannot say enough about how great Amina is. Her professionalism and dedication is so appreciated. What stands out is her follow-through and attention to the details that help us all. Thank you, Amina!

From Mike

Jen was caught in the act...

No one needs more proof that Jen cares deeply about our community, and to add to it, Jen is always brainstorming and asking about different ways that she can help support everyone, staff and residents alike. Jen, your positive attitude, compassion, and drive to learn make you invaluable here. Thank you!

From Darby

Mike was caught in the act...

Thanks for always being willing to change plans for whatever the need is – all the things you're involved in help the building, and your flexibility around what needs to get done in the moment – whether it's sitting for hours at the hospital jumping into a group last minute. I appreciate you!

From Travis

Mike was caught in the act...

Hosting a great first annual chili cook-off. It was well organized and very fun to be a part of. I can't wait for the bake-off!

From Angelica

Maja was caught in the act...

You have such a positive attitude about everything you do around here – so happy you're part of the team!

From Travis

Jazzy was caught in the act...

Coming in early to help Mike host a great first chili cook-off. You're always willing to help with facility events and I appreciate that about you.

From Angelica

Hannah was caught in the act...

She continues to work very hard every minute she is here. From meeting with people individually, studying for DBT, work towards recruiting interns, day to day duties and much more... Hannah continues to be a reliable and helpful part of the Pathway team. I appreciate all that you do!

From Angelica

Danielle was caught in the act...

All of the Crestwood values apply to Danielle. You have done so much in your time here, so many lives have been positively influenced with your work. Thank you for everything you have done and will continue to do. Thank you for teaching me so much and being a fantastic coworker and friend. We will miss you greatly.

From Mike

Hannah, Misty, Ryan and Sara were caught in the act...

Thank you all for jumping in to help us get our surveying done! Couldn't have done it without you guys!

From Travis

Ben, Mike and Weimar were caught in the act...

Thank you for helping us with our flat tire!

From Hannah

Kurt was caught in the act...

Your creativeness amazes me. Thank you for creating our Crestwood chili kickoff belt, along with your support and advice while planning the event. Now it's time to start planning the annual Crestwood bake-off for December!

From Mike

Patrick was caught in the act...

Thank you for dropping what you were doing to go help someone at the hospital. I always appreciate our willingness to help with whatever is needed!

From Travis

Jasmin was caught in the act...

Thank you for being willing to cover NOC shifts when we have last minute needs. I know that isn't easy after already working a full shift and I appreciate your willingness to help.

From Angelica

Lisette was caught in the act...

During Lisette's short time here, she's proven to be an invaluable member of our team, from the quality of her paperwork to the quality of her relationships she's built. She's so thoughtful and clearly wants to truly help people get closer to their goals. Thanks Lisette!

From Darby

Kurt was caught in the act...

Your incredible creativity struck again – thanks for all the extra work and thoughtfulness in creating our cook-off championship belt!

From Travis

Misty was caught in the act...

Thank you for volunteering to come in earlier than planned to help with an appointment. The flexibility you give to the Pathway is greatly appreciated.

From Angelica

Shazia was caught in the act...

With only a few weeks under your belt, you've jumped all in and have made yourself a part of the Pathway. I appreciate your enthusiasm and am excited to watch you grow as a member of this team.

From Angelica

Tamila, Ben, Yadira, Janet, Soraya, Gena, Cara, Amare, Susan, Patrick, Jessica, Amina, Jazzy, Keisha, Jen, Kurt, and Chelsea were caught in the act...

It is INCREDIBLE that such a large number of staff members are running groups on the Bridge! Thank you so much for bringing your interests and talents to our group schedule and providing our residents with so many different perspectives!

From Darby

Mike was caught in the act...

Thank you all the work you've put into creating our first chili cook-off, and for all the excitement you've created throughout the building. It's been quite the undertaking for this great event!

From Travis

Lilly was caught in the act...

You continue to put great thought into your Service Plans and monthlies. The work you do with our folks on an individual level does not go unnoticed. Thank you for the support you provide.

From Angelica