



*it's about growth.*

# January Newsletter

*crestwood pleasant hill*

1.15.20

## Welcome!

With our first edition of the decade, 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!

## First Annual Chili Cook-off!

A years-long dream of the facility becomes a reality on February 7<sup>th</sup>, as we host our first ever chili cook-off. Interested in entering, judging or just enjoying? Reach out to Mike at [mlynch@cbhi.net](mailto:mlynch@cbhi.net). Interested in winning the custom-made championship belt designed by facility upcycling legend Kurt? Then you better bring your best on the 7<sup>th</sup> at 1pm!



## Upcoming Events

- 1/21 at 5:30pm:** Trinity Center Volunteering
- 1/28 at 2pm:** Community Meeting
- 1/28 at 5:30pm:** Trinity Center Volunteering
- 1/28 at 6:30pm:** Pleasant Hill Library Tea Ceremony
- 2/4 at 5:30pm:** Trinity Center Volunteering
- 2/7 at 1pm:** Chili Cook-Off
- 2/13 at 2:30pm:** Green Machine Workshop
- 2/25 at 2pm:** Election Event



The gang braves the cold on the trek out to Alcatraz

## Anniversary Dates

*We don't have any employees celebrating Crestwood anniversary dates in January, but we are currently hiring and have orientation beginning January 27<sup>th</sup>. Check out available positions in the Classifieds on Page 11, and email Gabe at [gflores@cbhi.net](mailto:gflores@cbhi.net) to apply!*

*"Change does not roll in on the wheels of inevitability, but comes through continuous struggle."*

*– Dr. Martin Luther King, Jr.*

## In this Issue...

- ✓ New Year's Resolutions
- ✓ Susan Explains Ghosts
- ✓ Redbox and Max
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- ✓ Darby's Eco Tip of the Month
- ✓ So You Think You Know Yadira
- ✓ What's Cool with Hannah
- ✓ Netflix and Gabe
- ✓ The Hill I'll Die On – Darby Edition
- ✓ ...and much more!

## Green Machine Workshop – Valentine's Day Edition

Our facility's environmental team's latest upcycling workshop takes on love this February. If like us, you think Valentine's Day is a commercialized Hallmark holiday full of unrealistic expectations wonderful, but also run out of time or ideas when it comes to gifts, join us Thursday, February 13<sup>th</sup> at 2:30 for some environmentally friendly gift making! Last minute romantics: find us in the dining room to create some beautiful, handmade, upcycled gifts for the special people in your life. See you there!



# ARTS & ENTERTAINMENT



## Netflix and Gabe

### The Witcher



This month, Gabe sped through the first season of the new Netflix hit, *The Witcher*. “I enjoyed it, and can’t wait for Season 2,” said Gabe, describing what he saw as “HBO quality” acting and cinematography. Starring Henry Cavill – known for three recent Superman movies we’d never heard of – the show is based on a series of fantasy novels. “I’ll tell you what it’s about,” said Gabe, “but I know what you’re going to say – Gabe always watches the same kind of shows and movies.” We paused, waiting for a contrast that never came, “He’s a monster hunter, that’s his job. He uses magical powers and a sword to kill monsters that he’s paid to kill. Like a for-hire monster killer.” Gabe continued to describe the show as being about “destiny and the idea that you can’t escape your fate,” a concept Gabe appreciated, but doesn’t agree with. “The timeline of the show can be a little disorienting – there are different people on different tracks, but it really pays off in the end, especially since it’s just an 8 episode commitment.” Gabe added that the main character’s best friend is a horse named Roach. Okay. While Gabe is very into the series thus far, he wanted to make sure to point out that the show isn’t for everyone: “Don’t watch this show with your kids or parents. There’s a lot of nudity, and it could be pretty uncomfortable.”

**Gabe recommends *The Witcher* for:** People who liked *The Lord of the Rings* or *Game of Thrones*

**Gabe does not recommend *The Witcher* for:** Monsters, because he’s coming for you. And people with trouble organizing their lives, because it’s hard to follow these timelines.



## Susan Explains Ghosts



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 Ghosts...*

Don’t do that! Do you believe in ghosts? I do! I was so scared this morning, you don’t have any idea. It gives me goosebumps. And tomorrow I have to open the kitchen by myself. When they show up in front of my face, I get scared. I think it happened once a long time ago. If you go to some places, you can feel it on the back of your neck and you don’t know what’s going on, and the hair on the back of your neck stands up like in menopause when you’re having a hot flash. It’s so scary! You just know because you feel it. You don’t understand if you haven’t gone through menopause. All your body hair is crawling and standing up. It’s a bad feeling, I can’t describe it. My head is so heavy. It’s a ghost because I believe it, I feel it. Not all the time, but sometimes for the last 10 years, but I’m also used to it. When you see it, though, it has nasty eyes. Ghosts don’t do anything, just being lazy. The ghost I know is named Mary. Maybe she just gets bored. Ghosts have no shape. The one that I told Gabe about is not a bad ghost or a naughty ghost, more just a soft ghost like Casper. A nice ghost. Erin suggested I call Ghostbusters. When you see a ghost, don’t make eye contact, pretend you don’t see it and walk away. But when I see them, I freak out and run away.

## Redbox and Max – *Abominable*



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



For all those who are young at heart, this month I reviewed a children’s movie. *Abominable* is about a teenage girl name Yi who covers up the loss of her father by becoming a workaholic. One night she finds a yeti on the roof of her apartment building. She discovers the yeti is being hunted by a wealthy man and his team. With the help of Yi’s friends, they go on an adventure to bring the yeti home.

Through the bond she builds with the yeti and her friends, Yi finds closure with the loss of her father. The movie shows how a creature thought to be violent can surprise you and instead be a loving being. It reminds me of how important it is to not judge a person (or creature in this case) by the way they look – you may find one of the best people if you don’t. Whether you’re looking for a touching message or just a fun movie, check out *Abominable*.

## Get to Know Patricia!

**What is your favorite thing to read?**

Poems

**What makes you laugh the most?**

My granddaughter

**Do you have any nicknames?**

Patsann, short for Patsy Ann

**What are your favorite games or sports to watch or play?**

Basketball and football to watch, and I like to play volleyball

**What is your favorite movie?**

*It's a Wonderful Life*

**If you were in charge of your own country, why would be the first law you would implement?**

Equality



*"Write it on your heart that every day is the best day of the year."  
-Ralph Waldo Emerson*

## Farewell to Sonia

Part of the Pathway team since March, we now say goodbye to our Service Coordinator Sonia as she moves on. Thank you for the relationships you've built with residents and the fun, unique energy you brought to the PM shifts. Good luck in all your future endeavors.



## So you think you know Yadira??

**What's your favorite thing about working at Crestwood?**

The residents, they make my day. I like joking and laughing with everyone. They make me feel like I'm at home.

**Tell us about your baby girl:**

Amelia is 9 months old now, and she is quite the daredevil. She loves to laugh, loves the dog and likes to bite him, and likes the outdoors. Lately she's started blowing kissing and clapping.

**What are your outside interests?**

I love baking and making bows for little girls. I spend a lot of my time going to meetings, and I'm trying to get back into sports. Most people don't know this, but in 2006, I won the state championships in wrestling. It helped lead to other girls being able to wrestle. I coached wrestling after that before joining the military.



**What are your pet peeves?**

Rule breaking, which is kind of weird, because I break them all the time – not here though!

With us since August, Yadira has fit right in as part of the community. Thanks for your service to this facility and this country!

# COMMUNITY

## Contributing to Our Community

*The Curran household makes a monthly donation to varying causes. Donations of any amount can help organizations in need, and come with the side benefits of feeling empowered to aide causes of personal importance. In this feature, we highlight organizations to which you may want to donate, should you be inclined. Whether you are donating \$5 or \$100, you can make a real impact.*

This month's donation went to:

**GIVIT GIVIT**

As you're likely seen in the news, Australia has been ravaged by devastating wildfires, and due to climate change and prolonged drought, there's not a close end in sight. GIVIT is an Australian organization that is primarily focused on matching donated goods and supplies to people in need. If you're donating from the United States, sending money is probably a better solution, as it allows GIVIT to purchase the items most in need.

Unfortunately, our research hasn't found organizations working to save the Australian wildlife population, and to this point, over one million animals have died. Unfathomable. For more information on GIVIT, go to [givit.org.au](http://givit.org.au)

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/)

# **CHILLI COOK OFF**



**FEBRUARY 7<sup>TH</sup>**

**1:00 until done**

**Bridge Dining Room**

**AWARDS FOR:**

- 1. Best Overall**
- 2. Hottest / Spiciest**
- 3. Runner up awards, too...**

**(Rules will be given to contestants)**

**Let Mike know if you are interested in  
participating – [mlynch@cbhi.net](mailto:mlynch@cbhi.net)**

# HEALTH & WELLNESS

## Wellness Tip of the Month

We're a couple weeks into the new year, and this may be the time you start slipping on that New Year's Resolution. Well, here are a few suggestions on how to stay on track:

1. Create a realistic resolution.
2. Plan ahead and outline that plan.
3. Share it with others. Accountability is key.
4. Make it measurable and track your progress.
5. Don't beat yourself up over a slip. Just keep going.

*(Check out our resolutions beginning on Page 6!)*

*"Doctors won't make you healthy. Nutritionists won't make you slim. Teachers won't make you smart. Gurus won't make you calm. Mentors won't make you rich. Trainers won't make you fit. Ultimately, you have to take responsibility. Save yourself."*  
-Naval Ravikant

## Jamisha Moves Out!

After having been a big part of our community here at Crestwood through DBT, Dreamcatchers, facility events and more, Jamisha has achieved her next goal by moving out. She has utilized our program to its full effect and her hard work has paid off.

Congratulations to Jamisha for completing the Pathway program and moving to her new place! We are also excited that she will still be coming to visit and work her job in the kitchen here.

Great work, Jamisha!



## Angelica's Recipe of the Month Goat Cheese, Veggies & Chicken Skillet

This is a fast, easy and deliciously healthy meal perfect for two people. It only takes about twenty minutes and is still refreshing. I prefer to use goat cheese but feel free to get creative with it and use whatever cheese you'd like.

1/2 pound boneless skinless chicken breasts (cut into 1-inch cubes)

2 tsp. olive oil

1 cup cut asparagus (1-inch pieces)

1 garlic clove (minced)

3 plum tomatoes (chopped)

3 tbsp milk

2 tbsp herbed fresh goat cheese (crumbled)

- 1) In a large skillet, heat oil over medium-high heat
- 2) Season the chicken with a little salt and pepper.
- 3) Saute chicken for about 4-6 minutes until fully cooked. Set the chicken aside.
- 4) Using the same pan, add asparagus to skillet and cook for about 1 minute. Then add in your garlic and cook and for about 30 seconds.
- 5) Stir in tomatoes, milk and 2 tablespoons cheese. Cook until cheese begins to melt which will take about 2-3 minutes.
- 6) Stir in chicken and serve.

You can serve this with rice or pasta. For an even healthier option, use cauliflower rice or zucchini noodles. I like to add a little more goat cheese on top when serving but this is totally optional. Enjoy!



# NEW YEAR'S RESOLUTIONS

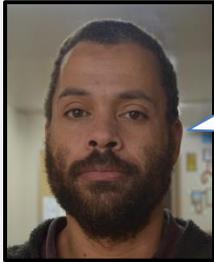
"To continue to eat better."  
-Mike



"To live an all-around healthier lifestyle with moderation."  
-Lori



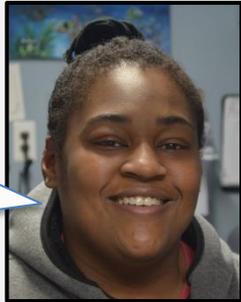
"The old fashioned one, to lose weight."  
-James



"I'M GOING TO USE A SOFT VOICE."  
-Susan



"Start using my time more wisely and do more quality things"  
-Tamila



"To get a smartphone."  
-Linda



"To make more friends and spend time with them."  
-Maxine



"To go on more vacations."  
-Gabe



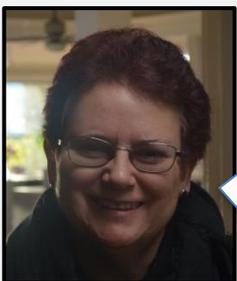
"To seek out a new life, just doing better and changing."  
-Mia



"No more shopping!"  
-Lily



"To go to bed by 11:30 and get up by 9, and to exercise 3 times a week for 30 minutes."  
-Dawn



"To get my driver's license."  
-Amina



"To cut down on Pepsi. And to be better at taking compliments."  
-Soraya



"To call a friend once a week."  
-Darby



# NEW YEAR'S RESOLUTIONS



"To keep apartment hunting."  
-Lillie



"I want to get better at boxing and drop 10 pounds."  
-Jessica



"I want to register 5 people who didn't vote last time."  
-Kurt



"I want to do more math and go to more groups."  
-Rich



"To be more financially responsible."  
-Sam



"To take better care of my health and to get a job doing yard work."  
-Joe



"To exercise at least four days a week to strengthen my torso."  
-Denise



"To be more organized."  
-Weimar



"To realize I make a choice about how I feel about something."  
-Erin



"To lose weight and continue to quit smoking."  
-Eneia



"I want to get outside more."  
-Lily



"To take care of myself."  
-Hannah



"To exercise more."  
-Latricia



"I want to lose weight."  
-Bessie

# NEW YEAR'S RESOLUTIONS

"To be better with my money – start saving and be a little more frugal!" -Yadira

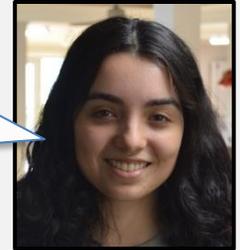


"To get a Dreamcatcher job, budget my money and exercise to AC/DC's 'Jailbreak.'" -Audrey



"To lose the weight I gained." -Vanessa

"To cook more." -Jasmin



"To call one of my siblings once a week." -Angelica



"To do my ballet class for 2 hours each time." -Karen

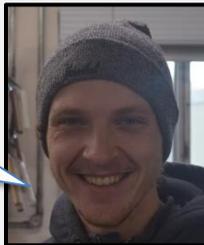


"To lose weight." -Marta

"To be happy!" -Patricia



"To establish credit." -Ryan



"To be more enjoyable to be around, and to continue working to create a religion." -Travis



"To do more for me, and to go someplace we've never been every year." -Sara

"To be a better mom." -Emily



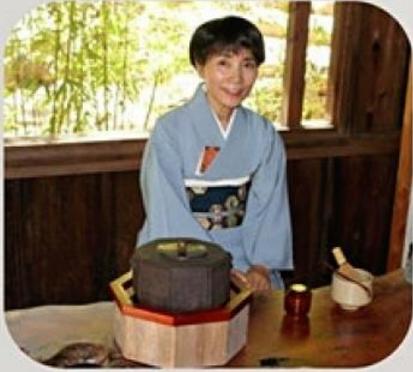
"To spend more quality time with friends." -Keri



"To compete in a martial arts tournament by the end of the year." -Patrick

## The Japanese Tea Ceremony

Tuesday, Jan 28 | 6:30 p.m.



Pleasant Hill Library

JOIN YOUR PLEASANT HILL COMMUNITY  
FOR A FREE EVENT!

# TEA CEREMONY

Ikuko Thomas (tea name Kubo Ikusen) will teach the history, mystery, and meaning of Chanoyu, the Tea Ceremony. Enjoy a short demonstration of a traditional Japanese tea service and a sample of tea.

*Sign up with Darby by January 21st at 5pm*



## Darby's Eco Product of the Month Recool

One of these days, I'll get around to buy a nicer reusable cooler, but, currently, I use one so rarely that I don't feel the pull to invest. As a result, when my boyfriend and I were in Redding last summer and, last minute, realized that if we brought our snacks to the beach without ice that our carrots would quickly be slimy and his turkey sandwich would soon be deadly, we guiltily bought a Styrofoam cooler from a gas station, filled it with ice, and went on our way. Nearly feeling nauseated at the thought of the Styrofoam sitting in a landfill for all of eternity, I kept that thing in my room for months where it became a bin for broken hangers, pencils without erasers, and generally whatever random things ended up in my room that I also felt guilty about throwing away. Want to avoid my fate? Head over to your neighborhood Safeway and pick up a Recool, "the world's first cooler made from biodegradable materials!" Not only is it compostable in your green bin, it also can be reused multiple times before it turns into dirt for your (organic, I'm sure) garden! Recool maker Igloo claims that their product can hold 75 pounds, is water proof, and keeps ice cold for 12 hours, so load up, head out, and enjoy an outside adventure guilt-free!



# ENVIRONMENT

## Raising an Eco Toddler

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



## *Corn Starch Floss Picks*

Now that Maggie is very comfortable with her teeth being brushed twice a day (even if "comfortable" includes her demanding that Springsteen's "Badlands" be sung to her during the process), it's time to introduce flossing. There are a range of eco-friendly products on the market (from biodegradable silk to natural waxing), but even if she tolerated it, there's just not much chance of my hands fitting in her mouth in order to floss in the traditional fashion. Enter The Humble Company and their corn starch floss picks. Not only are these picks made from corn starch (instead of the common plastic picks), they even come in a more eco-friendly paper bag. To top it off, they are vegan and free of any animal testing. But does Maggie tolerate it, you ask? We're getting there, and as this issue goes to press, she has just really used it for the first time without any kind of "I don't want it!" My tip for any parents wanting to try it out: let your child use it to floss your teeth first before moving on to theirs!



## **Darby's Eco Tip of the Month: Essential Oils Instead of Candles**

Looking to keep your home or office smelling sweet this month? Previously, a sure-fire method would be to hit up Bath & Body Works for a 60 hour candle, but, with reports of the environmental/health impacts (air pollution from byproducts such as carbon dioxide and polycyclic hydrocarbons – gross), what are you to do?! Check out the essential oils section of your neighborhood health food store for a great alternative. A few drops of essential oil in a water-filled diffuser will have your space smelling great in no time and won't leave you breathing in chemicals. Just be sure to buy your oils from a sustainably-run company!



# 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 14<sup>th</sup> for this internship with a March 2<sup>nd</sup> start!**

*To apply, send resume and cover letter to Darby at [dwitherspoon@cbhi.net](mailto: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*

*-Recovery Coach*

*-Quality Assurance, Project and Event Coordinator*

*To apply, send resume and cover letter to Gabe at [gflores@cbhi.net](mailto: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.

|                                 |   |
|---------------------------------|---|
| <b>Dishwasher:</b>              | Sun, 8-9am, Mon 5-6pm, Wed 8-9am, Thur 5-6pm, Fri 8-9am   |
| <b>Kitchenette Attendant:</b>   | Wednesday 1-1:30pm  |
| <b>Pill Bottle Cleaners:</b>    | Monday 8:30-9:30am<br>Tuesday, 8:30-9:30am  |
| <b>Receptionists:</b>           | Tuesday, 11am-Noon, Thursday, 9:30-11am, 11am-Noon, Noon-1pm                                      |
| <b>Landscaper(s)/ Gardeners</b> | Mon/Wed/Fri, 9-10am   |
| <b>Kitchen Assistant:</b>       | Monday 10-10:45am   |
| <b>Composters:</b>              | Wed/Fri, 8:30-9am   |
| <b>Dining Room Attendants</b>   | Sun 12:30-1:30, Mon 12:30- 1:30pm, Wed 12:30-1:30, Fri 12:30-1:30, 6-7pm, Sat 12:30-1:30pm, 6-7pm |

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

Have a local event, restaurant or activity you'd like us to review?  
Or a hill you'd die on that you'd like to share? Let us know!

# LOCAL

## The Hill I'll Die On Don't Do 2020 Without a Planner

To say I love planners might be the biggest understatement of the year (granted, we're only a couple of weeks in, but I think it'll retain that title at least until February), but I truly believe they are the answer to most of life's problems. Think you'll meet your new year's goals without a plan? Think it isn't necessary to write down the things you do on a regular basis? Quite frankly, you're wrong.

Let's start from the beginning of the life cycle of the perfect planner: The true connoisseur will scour the interwebs looking for a book that includes monthly views, weekly views with hourly slots, and pages for notetaking. Bonus points if the beginning of each month starts with a space to write birthdays and goals for the coming 4 weeks. When she (or he - I'm looking at you, convert Gabe) finds that which meets all criteria, and customizes the cover if that's her thing, that glorious day - delivery day - comes in just a matter of time.

Getting to know your new planner: my recommendation is to spend some time truly appreciating how beautiful it is. This is because, if you're doing it right, when you're done with it and 2021 is on the horizon, the cover will be peeling off, there will be coffee stains on several pages, and there will be notes in every margin. Next, the real fun begins.

Consider your new year's resolution(s): If you're planning to call a far-away friend once per week (mine), or read 30 minutes 4 days per week (also mine) or volunteer twice per month (...also mine, I may have gone a bit overboard), *write it down*. Plan it out! Pick days and specific times! Write down your back up plans in case things go awry! I promise you, you improve your chances of success by 154.6% if you include it in your planner. And how good will it feel when you've seen the significant changes you've been dreaming of when you look back on your year?

And your regular stuff? Soon you'll be relying on your planner, so you better write that down too. It does not matter that I go to DBT Consultation Team every Thursday at 1:30. Invariably, if I don't write it down, I'll schedule something else, or worse, straight up forget.

My favorite thing though about using a planner is the way that it helps me to appreciate every single day. When I've carefully decided how I want to spend my time (don't worry, I also include downtime and am not completely a robot) and can go back and see what I've been doing to fill my days, I find that time goes by slower. That I'm less likely to wake up thinking, "2020?! That can't be right..." and more like "Wow, I've done so much, and can't wait to see what's next."

So, here's to 2020, to being better than we've been before, and to appreciating each moment along the way, one planner at a time.

-Darby

## Local Hiking Review: Lands End

Though it's a bit of a journey from 550 Patterson (Take the 18 to Pleasant Hill BART, BART to Montgomery, and the 38R to Geary Blvd. & 33<sup>rd</sup>. Price is \$8.10 one way or \$4.40 with an RTC card), the views at Lands End, part of the Golden Gate National Recreation Area, are more than worth it. Expect gorgeous views of the Golden Gate Bridge and the Pacific Ocean, incredible plant life, and crashing waves as your soundtrack. The standard 3 mile loop is mostly flat and even paved in some parts, making it a great option for beginning hikers. Fair warning, it tends to get very busy on the weekends, so get there early if you want peace and quiet. But for those who also enjoy dog watching on hikes, anytime on Saturday or Sunday would be a great bet!



## What's Cool with Hannah



- Capricorns
- Beanies
- Planners/Journals
- Roller Skating
- Hit TV Show *Grey's Anatomy*
- Heated Seats in Cars
- January Birthdays

## Science Club!

Join Chelsea and Mike on 1/23 at 3:15 for a new group: Science Club! The Science Club is an intro to all things scientific with an emphasis on experimentation, along with a focus on the importance of the Scientific Method. Come for a fun, hands-on learning experience where the group is in charge of following instruction and completing their own science experiment. The Science Club will meet monthly. The hint for this month's experiment: lemons!