



*it's about growth.*

# July Newsletter

*crestwood pleasant hill*

7.24.2020

## Welcome!

With our July edition, we want to update you on some of the current things happening in our building during this public health crisis. The work our team continues to do in keeping this facility safe is tireless and honorable – thank you to all our amazing staff for their unending, selfless efforts. Thank you for reading, and please let us know any feedback or ideas for future issues, or anything you'd like to contribute.

## Big Mental Health News: 9-88!

It would be very easy these days to be fully absorbed in news of both COVID and the fight for racial and social justice, and if that's you, you may not have heard about 9-88. Just approved by congress, 9-88 will be the new, nationwide suicide prevention hotline, providing more appropriate resources for people experiencing a mental health crisis. Whereas now, 9-11 serves as a catch-all for any emergency, 9-88 (to be implemented in all states by 2022) will connect callers to trained mental health professionals first, instead of law enforcement. Much still to come, and for now, it's hopeful news!



## What it Means to Be “Essential”

We live in a country that put its willingness to sacrifice norms, wants and comforts on a timer, in the midst of a devastating event the likes of which none of us have even seen. While far too many in our society tout individual liberties as reasons to avoid acting with the wellbeing of others in mind, Crestwood employees have made countless, ongoing, heroic and life-saving sacrifices for the better part of 5 months. I have the privilege to be surrounded on a daily basis by people who have put protecting others first – over and over and over. And these kind of selfless actions have been seen in Crestwood facilities up and down the state all year, in the face of what feel like impossible challenges. I'm sorry to say it, but if you don't work in healthcare, you can't possibly understand the extent to which people are pushing themselves, how far people are willing to step outside their comfort zones and what people have given up in their lives to continue doing this work. The sleep deprivation, stress and emotional roller coaster that comes from pending test results can't even properly be put into English. To all those Crestwood employees who have canceled their own weddings, or missed those of their children, siblings and others, to all those who couldn't be at the bedside or funeral of a loved one who passed, to those of you managing your own health issues while looking out for others, to those who have risked or ended relationships by speaking up and setting boundaries, and to everyone who hasn't hugged a loved one in months on the chance that they might get one of the people we serve sick – you are true heroes. And to Mary, Rhonda, Rashmi, Lee and all the other Crestwood employees up and down the state, we know your sacrifices, we know your heroism, and we are with you in all of this. *-Travis*

*“When you see something that is not right, not just, not fair, you have a moral obligation to do something”*  
*-John Lewis*

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## Anniversary Dates

*Celebrating their Crestwood anniversaries in June:*

- Abeth – 8 years (7/16)**
- Jessica – 1 year (7/22)**
- Janet – 6 years (7/23)**
- Tamila – 1 year (7/29)**

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

## Upcoming Events!

*(Socially Distanced Events, Of Course)*

- 9/8 – Election/Registration Event
- 9/15 – Annual Art Show
- 9/21-9/25 – Spirit Week Part 2
- 10/13 – Summer Photo Contest
- 11/4 – First Annual Spelling Bee
- 12/8 – Express Yourself

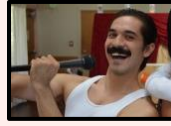
*(Some may be Zoom-friendly!)*

# ARTS & ENTERTAINMENT



## Netflix and Gabe

### Space Force



As is the case for most heroes of the pandemic, Gabe hasn't had a ton of time for new shows or movies, but he was able to catch the recently released Netflix original series *Space Force*. Gabe was very interested in trying it out, given it stars Steve Carell and was created by Carell and another of the minds behind *The Office*, "one of the best comedies" in Gabe's opinion. Gabe was left a bit underwhelmed, but not for lack of effort. "It's pretty solid, a little goofy, nice and light. I feel bad for the show, though, because they couldn't be wackier than the world already is. The whole show is based on something that was actually said and proposed." Gabe continued, "You hear something funny, you create a whole comedy bit around it, but the government beat you to it. Talk about government overreach, am I right??" Gabe did enjoy John Malkovich's work in the show, describing him as "a weirdo who was at first under-utilized, but eventually came through." Ultimately, Gabe just wasn't quite satisfied, "They didn't get it right, unfortunately. It's by no means a bad show – it's entertaining and they do a nice job of making you care about the characters, they just missed a bit."

**Gabe recommends *Space Force* for:** People who are looking for something that's pretty family friendly. Well, maybe not, but it's not gross, and there's something in it for everyone. It's lighter than what I normally watch.

**Gabe does not recommend *Space Force* for:** People who want murder or darker stuff in their Netflix commitments.



## Susan Explains COVID Testing



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 COVID Testing...*

That testing sucks. It only takes a minute, but they stick that damn long Q-Tip until... I don't know, it feels like it's touching my eyes, and it stings. Not a smell sting, it doesn't hurt, but it makes you tear up. I don't think they have anything on the Q-Tip, it's just too deep. But if you have to do it, you have to do it. Why do they make it so hard to make the tests? It doesn't cost anything, it's just a Q-Tip. I don't know, I'm not a scientist. I'm not a doctor. I'm just a lady who wants to take a test every two weeks. I've done it three times already and it doesn't get easier, I hate it. But it's okay, it's no big deal. I don't know why it takes so long to get the results, it's just from a Q-Tip. It feels like it's not many people who feel like it's necessary to take a test – and I don't know why the lab is working so slow, I don't think that many people are taking tests (*Editor's note: Susan was then told that 118,000 tests have been administered in Contra Costa County, which she believed to be a small amount*). Well, you can't control everybody. I wish I could just yell at everybody to take a test. Maybe I can do the tests – we have long Q-Tips! Then I'd take all the Q-Tips and look for the virus with all the colors – it's actually a really nice picture.

Looking to get tested? [Here's](#) one Contra Costa County testing resource!

## Redbox and Max – The Fisher King



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



A couple of months ago I found a gem in Kurt's personal movie library, and finally got to watch *The Fisher King*. The movie opens with Jack, a cocky, self-serving shock jock speaking on the air to one of his loyal listeners. After telling the listener that he is pathetic with no regard for the consequences of his words, the listener goes to a restaurant and commits a murder/suicide. This tragedy leads Jack to become very depressed, and one night while walking around drunk, he stumbles across two men looking for a fight. Luckily, a homeless man named Perry and some of his friends come to Jack's rescue. Jack later learns that before becoming homeless, Perry's wife was one of the victims of the previous murder. Jack's remorse leads him to make it his duty to help Perry, only to find Perry would be helping him in return. This movie makes me think about how sometimes the right people can be put in your life at the right time, and is a heartwarming tale of second chances. I really enjoyed this movie and hope you do as well.

# COMMUNITY

## Vanessa Moves Out!

We said goodbye and best wishes to Vanessa this month, as she decided to move up to Marysville to be closer to her father! After some major vocational accomplishments during her time at Crestwood, Vanessa said that she is excited to begin the next chapter in her life and to realize her true potential. Come back to visit us, Vanessa!



## Dad Jokes!

*(For those of you who use them as meeting ice breakers)*

Why couldn't the bicycle stand up by itself? It was two tired.

It's inappropriate to make a 'dad joke' if you're not a dad. It's a faux pa.

What do you call a mac 'n' cheese that gets all up in your face? Too close for comfort food!

Why do melons have weddings? Because they cantaloupe!

Why do you never see elephants hiding in trees? Because they're so good at it!

## Eco Tip of the Month

While our activities continue to be limited since the onset of the pandemic, one vice that has remained unchanged (except maybe to increase) has been online shopping. Unfortunately, our inability to thrift shop means that each new shirt we buy requires about 2,700 liters of water in its production! So, if you're looking to revamp your wardrobe without over-utilizing resources, check out these images to see how you can get a whole new look without spending a dime.



## Staff Polling

Ask and the people will answer - some of our favorites here:

*It is 12-31-19. With the knowledge you have now, what is your New Year's resolution?*

- “Buy stock in Clorox and Lysol”
- “Buy a protective bubble, never leave it!”
- “Stop eating gas station sushi”
- “Get a home gym setup”
- “Sell my ‘Cat Lord: The Joe Exotic Story’ documentary idea to Netflix **way** sooner”
- “Use my newfound clairvoyance to delight the young, soothe the old, and harass those who deserve it.”

## Get to Know Terri N!

### What's your favorite holiday and why?

Christmas, because it's the time of year to celebrate Jesus Christ and be with family.

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

Hydroplaning/parasailing. It was fun, I was up with the birds.

### What was the last book you read, and would you recommend it?

A Joyce Meyer fiction book – it's a religious one, and yes, I would.

### What's your favorite foreign food?

Dim sum, because it is like little appetizers.

### What's your favorite fast food chain?

Taco Bell, I like the taco salad.

## 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](#)



# Annual Summer Photo Contest!



*Categories (2 entries per person, per category):*

- Diversity and Culture
- Bodies of Water
- Plants and Animals
- Mountains and Valleys
- Don't Put Me in a Box

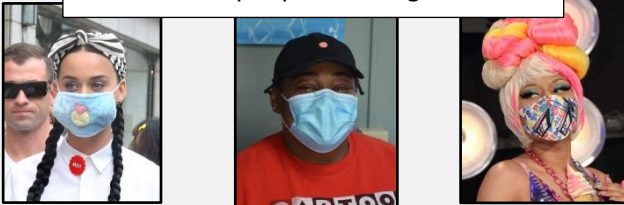
Submission Deadline: September 21st    Event: October 13th

Send high resolution images to Travis at [tcurran@cbhi.net](mailto:tcurran@cbhi.net)

# COMMUNITY



Wearing a mask is cool. Check out all these cool people wearing masks!!



## Now Hiring!

Looking to join the best behavioral health team on all of Patterson Blvd? We are currently hiring for the following positions – send your resume to Gabe ([gflores@cbhi.net](mailto:gflores@cbhi.net)) if you or someone you know is interested in applying!

- Housekeeper (full or part-time)
- Recovery Coach (on-call and temporary)

## What's Cool with Hannah



- Registering to vote
- Soft sculptures
- Small handmade jewelry companies
- Wearing your mask as instructed by the CDC
- Bunny slippers
- Learning to do your own hair and nails during a pandemic

## So you think you know O.G. Jen??

What's your favorite thing about working at Crestwood?

The support from residents and staff. Everyone really looks out for each other. It's a family environment and home away from home kind of thing.

What are your pet peeves?

I don't have many, but people not taking responsibility for their actions or inactions is one

What are your passions outside of work?

My kids and rescuing animals... all kinds of animals. I just enjoy being a mom, and enjoy watching them progress through life and seeing the choices they make.

What were you doing before Crestwood, and how did it prepare you?

Waitressing – having jobs around people my whole life has given me the tools to have better understanding and patience. I'm just always into learning people's stories

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

I'm a gamer. A hard-core, bloodthirsty gamer.

O.G. Jen, aka Jen Classic, has already been honored as an Employee of the Quarter and our 2019 Crestwood Values Award winner for Family... all in fewer than two years!



## 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:

## Equitable Giving Circle

This one was easy and personal, as a dear friend of ours is one of the founding members of Equitable Giving Circle, a Portland-based community of people dedicated to aiding communities of color through various projects, with the goal of shifting economic power. A cause perfectly timed for a moment when real, sustainable change seems achievable, this newer group's initial projects include: Community Supported Agriculture, Diversity/Equity/Inclusion Education, and Long-Term Stabilization. Give them a look, Portland could use some love right now!

For more information or to donate, go to [equitablegivingcircle.org](http://equitablegivingcircle.org)



We have continued splitting our donations between RAICES and a new cause. For more information or to help, go to [www.raicestexas.org/](http://www.raicestexas.org/)



# **Crestwood Pleasant Hill's First Annual Spelling Bee**

Wednesday, November 4th

Think you have what it takes to overcome Chelsea and all her trash talk? Looking to fuel your competitive fire in a socially distant, unbelievably intense activity?



**knaidel**

**cymotrichous**

**participation**

**koinonia**

**guetapens**

**marocain**

**words**

**trophies**

**nunatak**

- To participate, sign up with Angelica by 10/26
- If you would like to be a judge, or simply have words you want to suggest, please let Erin know

# HEALTH & WELLNESS

## Darby's Vegetarian Recipe of the Month

### Garden Pasta

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

Cheesy pasta has always been my go-to if I'm (a) tired (b) stressed (c) don't feel like going to the grocery or (d) all of the above. At some point, I was eating so much cheesy pasta that I started to feel like I should turn it into a vehicle for some greens. This one-pot dish is still perfect for nights when you don't feel like cooking but also can't remember the last time you ate a leaf!

#### Ingredients:

16 oz of spaghetti or linguine  
1 avocado, large, diced  
2-3 tbsp pesto (homemade preferred)  
2-3 handfuls of uncooked baby spinach  
Parmesan, butter, salt to taste



Cook and drain pasta per package instructions and return to the pot. Put remaining ingredients immediately in the same pot and stir vigorously until the spinach has wilted, the butter and parmesan have melted, and the pesto coats all the pasta. Enjoy!

## Wellness Tip of the Month

One great way to take care of yourself during COVID-19 is to prioritize sleep. Getting a good night's sleep is best to help improve mood and immune system. A balanced sleep schedule can help your immune system best fight infections. Sleep also helps with keeping stress in check and more manageable. The brain needs sleep to function, which can ultimately help fight irritability, emotional dysregulation, impatience and poor decision making. So in the midst of everything, get some sleep!

## Angelica's Recipe of the Month

### Chicken Sausage and Cabbage

Tyler will tell you that this has become my quick go-to mid-week meal, as I've made it several times just in the past couple weeks. It is a perfect quick but healthy dinner that can be ready to eat in just 10 minutes. A little sautéed cabbage and chicken apple sausage goes great with any of your favorite seasonings but here is how I've been normally making this dish. It's delicious, filling and the clean-up is also easy for those nights you don't want to cook or clean much after work.

#### Ingredients:

-1 Cabbage. Now, you can shred a fresh head of cabbage but I typically buy the bag of pre shredded coleslaw mix. I prefer the kind that is blended with carrots and red cabbage to add a little color to our dish.  
-3-4 chicken apple sausages, sliced. These are already precooked. I typically use about 3 sausages for one dish but feel free to use the whole pack if you'd like.  
-2 garlic cloves, minced  
-1 tsp. of ground ginger  
-1 tsp. of red pepper flakes (you can also skip this if you don't like spicy)  
-Dash of salt and pepper  
-2-3 tbsp. soy sauce (though I like to use Bragg's Amino Acid for less sodium)



Sauté the cabbage and garlic in a little olive oil for 3-4 minutes. Add in the additional seasonings and the chicken sausage for another 3 minutes or until tender to your liking. Eat and enjoy the easy cleaning up and yummy dinner!

*"A mask is now more important than your driver's license."* -Susan Junus

# TIPS FOR SURVIVING A PANDEMIC

## Pandemic Household Preparation

It's no secret by now that a pandemic can have a lot of people feel lost or scared, especially when thinking about our closest loved ones. And with the recent spike in COVID-19 numbers, what are you supposed to do if it's a loved one in your home who tests positive or has been exposed/is at risk of being exposed? To ensure a readiness plan, consider the needs and routine of everyone in your house, especially including children, pets, or elderly people. Here are some household tips to consider:

1. Practice and teach everyday preventative actions now.
2. Plan to have extra supplies of important items on hand – if you were quarantined and couldn't as much as go to the store, do you have everything you need that couldn't be delivered to you?
3. If possible, choose a room in your home that can be used to separate sick household members from those who are healthy – keep in mind that doesn't have to be a bedroom if you don't have the space. This is scary to have to consider, and it's better to plan ahead!
4. Create an emergency contact list.
5. Identify organizations in your community that can offer assistance.
6. Plan ways to care for those at greater risk for serious complications.
7. Make sure you have your health insurance information and the advice nurse number handy.
8. Don't freak out!

## “Traveling” During a Pandemic

Traveling has become a distant memory these days. However, a drive around our beautiful coast can feel just like a vacation. Ryan and I have begun driving around the coast to rid ourselves of boredom on the weekends. We've been to Stinson Beach, Dylan's Beach, Bodega Bay, Half Moon Bay, and Santa Cruz, all from the comfort of our Honda. We usually decide to go on a drive the day of, keeping some of the excitement and unpredictability of a real vacation. I always pack snacks, some drinks and some fun things to do on the ride. I bring my cooler and tote with sodas, water, cold and dry snacks. I bring my Nintendo Switch and my sketchbook as well. Then we embark. We usually do not pick a destination but a direction, usually north or south. Then, we just drive, not really going anywhere and just enjoying the ride. Once we have driven somewhere we want to see, we park up next to the location, break out the snacks and enjoy the scenery, while listening to music on the radio. Parking is the tricky part, with most places being closed, but sometimes a turnout can be the perfect place to enjoy the coastal views. If the location is mainly empty, we might go walk around, as long as we have our masks and the beach or park isn't too busy. On these walks we avoid park benches and public bathrooms and just enjoy taking pictures of the scene. If people start showing up, it's a quick, socially distant walk back to the car to finish our trip and drive home. This isn't always the most solid plan of course - just last weekend, we arrived at a place we might like to see and it was packed with people who were unmasked and not socially distant! This threw a damper on our trip with trouble finding free parking and not being able to get out of the car, but given time and resources, another scenic location (without crowds of unmasked folks) can be found.

*-Hannah*

## How to Tell People That Their Pandemic Behaviors are Problematic

In such an awful time, there has been some good. The fight for racial justice continues to gain momentum and the hope that sizeable, systemic change can take place, and the battle against COVID has brought some “we're all in it together” efforts. So it's especially frustrating for most of us when people aren't willing to see outside themselves, and take simple steps to help protect others (just wear a mask and socially distance, people!). We'll break these tips down based on the situation:

### What if it's a loved one who is problematic:

- Validate how difficult this time is, and reinforce the sacrifices they've already been making
- Use “I” statements and focus on your own concerns and risks (share experiences if you can)
- Focus on the ability to collectively make a difference
- Use Motivational Interviewing language if you know it!

### What if it's someone you know but aren't fond of:

- Have at it, Hoss

### What if it's someone you don't know:

- Stay calm (no one wants to end up in a Karen video)
- Ask politely (i.e. “can you please put a mask on” or “can you please give me more space”)
- Be firm if the person doesn't listen – staying silent isn't worth putting yourself or family at risk
- Get out of the situation if it feels dangerous or the person is unwilling to listen