



it's about growth.

March Newsletter

crestwood pleasant hill

3.31.20

Welcome!

With our March edition, we want to update you on some of the current things happening in our building, in our community, and in the world. Given the current public health crisis, this issue will be especially focused on some of the good still happening in our community at such a difficult time. Please stay safe and well.

Chelsea's Niece Arrives!

Nova Lynn Ramirez-Adair decided to make a surprise entrance into the world on March 5th at 10:15 am! She was 7 lbs 12 oz and 20 inches long. Beautiful as can be! She has blessed us with so much love and happiness in the short time she has been here. She already has big sissy wrapped around her tiny finger. Mommy, though very much in love, could use a little bit more sleep! Congratulations Chelsea!



Misty's a Grandmother!



On February 28th at 11:43pm, narrowly avoiding being a Leap Day baby, Misty became a grandmother as baby Gracelyn was born at 6 lbs 10 oz. Happy and healthy, Gracelyn has been an immediate source of so much joy. The biggest challenge thus far? Not being able to be around her nonstop. A big congrats to Misty and family!

Anniversary Dates

Celebrating their Crestwood anniversaries in March:

- Cara – 1 year (3/4)**
- Jasmin – 1 year (3/4)**
- Patrick – 1 year (3/4)**
- Marshet – 16 years (3/5)**
- Lily A – 7 years (3/6)**
- Susan Jordan – 12 years (3/11)**
- Gena – 1 year (3/13)**
- Biyabeb – 9 years (3/26)**

Thank you for your service, we appreciate you!

"Also highly contagious- Kindness, Patience, Love, Enthusiasm, and a positive attitude. Don't wait to catch it from others. Be the carrier"-

-Anonymous

In this Issue...

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- ✓ Caught in the Acts
- ✓ ...and more!

New Job... and Promotion for Vanessa!



Congratulations to Vanessa on her new Team Member job at Jamba Juice – that turned into a promotion to Shift Lead after just two weeks! Vanessa's work ethic undoubtedly contributed to the quick advancement, and she's enjoying keeping herself busy with customer service, cleaning, stocking, and smoothie making. Currently working 30 hours a week, she already has her eyes on an Assistant Manager role!

ARTS & ENTERTAINMENT



Netflix and Gabe

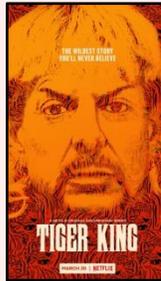
Tiger King



Gabe took a swing at pop culture this month, watching and reviewing the incredibly trendy docuseries *Tiger King*. The show investigates the issue that there are more tigers living in zoos in the United States than there are in the wild, but to Gabe it was about so much more. “Really, it’s about these clowns who discovered they could turn a camera around and be the most famous clowns. Imagine an entitled, rich, childish, arrogant, whiny person, but take away the entitled, rich parts, and then put them in a swamp with 200 tigers.” Gabe paused to give us a moment to recover before continuing. “Then you have everyone around them just worship them. And then the people fight each other!” With blinders on at this point, Gabe carried on, “These animal sanctuary heads are all cult leaders, and they all have the same personality. The main guy ran for president in 2016, and also previously ran for governor of Oklahoma. He’s a polyamorous zookeeper with bullet hole tattoos on his chest. He’s got a bleached blonde bowl-cut mullet, and he’s in a war with a rival zookeeper who’s at the center of a theory that she killed her husband and fed him to the tigers because she was sick of him. If you weren’t hooked then, you never will be!”

Gabe recommends *Tiger King* for: Young Crestwood couples who work in different departments. Fans of home-recorded country ballads. It’s the #1 show in America, and I recommend it for everyone.

Gabe does not recommend *Tiger King* for: It’s tricky, because there are people who like pretty little tiger cubs, but then it also has the people in there who are against it, so it has everything.



Susan Explains Social Distancing



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 Social Distancing...

Oh come on! Six feet away, not six inches. Same thing with you and your wife – six feet, not six inches. Does that include husband and wife? I don’t like it. I like six inches better than six feet. You do it so that when somebody sneezes, you don’t get the germs, because the germs can’t jump more than six feet. That’s as far as they can jump, I guess. When I’m in a meeting now, they make me stand in the corner because I’m the smallest one and it’s the only place that’s six feet away from everyone. Being far away from people is hard. I like hugging, I like bothering. Instead, now it’s like “Did you shower? Did you change your clothes? Stay away, because Mommy needs to strip.” And my dog knows something is wrong, because I don’t let her sleep in my room anymore. Dogs are close to the ground, so they can carry it, and I’m not going to give her a shower every time. They’re not humans, they’re dogs. Maybe I have to put shoes and a mask on my dog. I will do the six feet to keep everyone safe, but I want to be close to people. As soon as this is over, we’re all going to snuggle up in the same bed, just piling up all day.

Thank you all for making these sacrifices to keep our communities safer!

Redbox and Max – Maleficent 2 Mistress of Evil



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



After reviewing the original last month, I wanted to cover the sequel, *Maleficent: Mistress of Evil*. Where we left off at the end of the first film, Maleficent had crowned Aurora as the Queen of the Mores. The second film begins with Queen Aurora deciding to marry Prince Phillip of the Kingdom of Ulstead. Because of Maleficent’s distrust of humans, she disapproves of the pending marriage. Despite Maleficent’s feelings, she agrees to have dinner with Queen Aurora, Prince Phillip and his regal parents. Prince Phillip’s mother spends the evening taunting Maleficent with misguided half-truths about the sleeping curse she had put on Aurora in the original. Though peace had formerly been present in this land, the slights at this dinner combined with Maleficent being accused of a new sleeping curse (this time on King John) leads to a new justice crusade for our lead character. From there, the story follows the battle between Maleficent and Queen Ingrith, who is set on taking down the Mores. If you liked the original, make sure you see the sequel!

COMMUNITY

Curran Daughter #2 on the Way!

Yes, the rumors are true - the Curran family is expecting their second child in August! Thus far, everything looks great for Mom and Fetus, in spite of her propensity to spring off the sides of the womb like a frog. As for Maggie, she is fired up and already agreeing to share her parents with her sister, but she will NOT share Uncle!



Darby Accepted to Berkeley!

Fulfilling a dream from when she first moved to California, Darby was just accepted to UC Berkeley's Master's in Social Welfare program! Beginning classes in the fall, Darby will be specializing in Strengthening Organizations and Communities. And don't fear, fans of our awesome Assistant Program Director, Darby is taking night classes and isn't going anywhere!



Amina Gets Her Driver's License!

Well that didn't take long – after calling her shot in the New Year's Resolution section of our newsletter two months ago, Amina has already made it happen and has a brand-new driver's license! Congrats, Amina!



Matthew Moves Back Home!

With one year of hard work and growth, Matthew has moved back out into the community, taking all that he has learned with him. A Dreamcatchers employee, high group attender and friend to many, we will miss you and hope you'll come back to visit us soon. We wish you the best, Matthew!



Lilly Accepted to JFK!

Congrats to the Lilly on her acceptance to the MA in Counseling Psychology program at JFK University! This two year program is geared toward her becoming an LMFT with a PCC specialization. Excited while also nervous, Lilly is considering having her own practice down the road – and don't worry – like Darby, she's staying with Crestwood! Good job Lilly! We are very excited for you!



Get to Know Mia!

What makes you laugh the most?

My joy – being happy every day

What's your favorite sport to watch or play?

Basketball and football – I like to watch and play them

Is there anything you wish would come back in fashion?

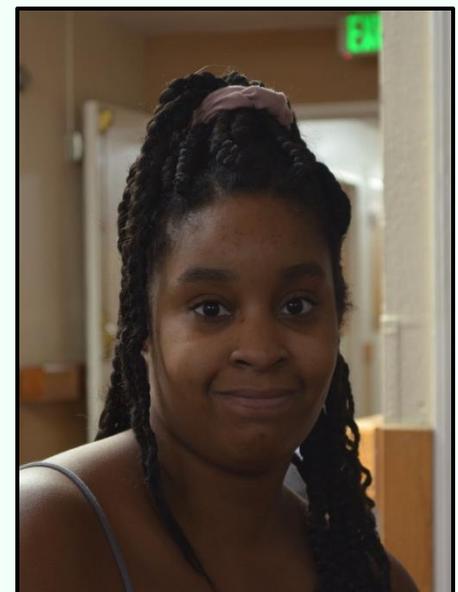
Parachute pants for women

What's your favorite fast food chain?

Burger King

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

A rabbit



COMMUNITY

Dreamcatchers Employee of the Month:

Loretta



Job: Dishwasher/Kitchen Assistant

Favorite Book: Charlotte's Web

Favorite Music: 2-Pac

Favorite Pastime: Shopping

Favorite Sport: Basketball

Favorite Hobby: Reading magazines

It is not surprising that this is the second time, Loretta has been honored as Employee of the Month in the Dreamcatchers program. Her consistent reliability and efficiency have continued throughout her time here, gaining her the appreciation of her supervisors and coworkers. Loretta states that the Dreamcatchers program has given her self-confidence and self-respect, as well as the great feeling of the respect of others, in addition to it helping her feel more independent. Loretta's future plans include obtaining her GED from Loma Vista, and continuing to study social work and child development to apply in her relationship with her son. Thank you Loretta for supporting our program and for your continued excellent work ethic. Congratulations!

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:

Alameda County Community Food Bank

In the news recently because of the involvement of Steph and Ayesha Curry's Eat, Play, Learn program, the food bank provides meals for those in need, especially during this incredibly challenging time where so many are without work. In Oakland alone, more than 18,000 children rely on two meals a day at school, and with current school closures, many are at risk of going hungry. Please consider supporting this food bank or another similar cause!



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

Our Newest Dreamcatchers!



Lillie



Yolanda

Welcome Rolando!

Joining the battle to help keep our facility safe, healthy and clean, we welcome Rolando, our newest House-keeper to the team!



So you think you know Lisette??

What are your pet peeves?

I hate it when people loudly open or shut doors. It completely ruins relaxing, quiet moments.

Who do you admire and why?

I really admire Chester Bennington from Linkin Park – his music revealed compassion and empathy for youth struggling with mental health problems

What makes UC Davis the best educational institution in the country??

It's part of the UC system for one, and people just want to be here. The programs – vet school, engineering, psychology – they're just top notch. It's so great it even attracts non-humans – a bear came onto campus last year!

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

I love fencing and powerlifting, and would really like to get back into them. And I love rock and metal music

What are your future goals?

I eventually want to go back to school, and would love to travel all over Europe and Asia. And ultimately, I just want to live a life treating others kindly and doing no harm.

Working as a Service Coordinator on the Bridge since October, Lisette pours compassion into her work.



HEALTH & WELLNESS

Wellness Tip of the Month

Wash Your Hands!

Wash Your Hands! This message is probably getting so old, and given the difficult time our world is experiencing right now, we can all use COVID-19 as a reminder that soap and water will always be one of our best defenses from illnesses. Remember, wash for 20 seconds, including your nails, between your fingers and, from time to time, up to your elbows.

Health and Wellness DIY

Homemade Hand Sanitizer

Shortages of a wide-range of supplies during this public health crisis have left many of us scared and without access to things that might keep us safe and healthy. If you can get your hands on the following items, you can make your own hand sanitizer during a period in which it can't be found in any store!

Aloe Vera Gel

Rubbing Alcohol (Isopropyl Alcohol) - 60% or higher alcohol content

Essential Oil – a few drops of an oil of your choice

Use two parts alcohol to one part aloe vera gel. Mix with a few drops of your essential oils and transfer to a squirt or pump bottle.

Shelter in Place Ideas

-Learn a new language. [Duolingo](#) is a popular program with its game-like style.

- Work on getting some supplemental income by selling used but good items on apps like [Poshmark](#). If you're creative, look into opening an Etsy account and selling your work. [Pinterest](#) is a great resource for this kind of thing.

-Get an early start on those home-made holiday gifts.

Take a shot at writing a book. Amazon has a self-published ebooks program for FREE!

-Learn to cook. Give your best shot at a creative dish with any of your food items.

-Exercise or take a dance class in your living room. Your gym might be offering virtual classes with your membership. Options are also limitless on YouTube.

-Learn to play an instrument – again YouTube has options.

Angelica's Recipe of the Month

Southwest Chicken Casserole

- 2 pounds of chicken breasts
- 1 can of black beans
- 1 can of corn
- 1 can of diced green chiles
- 1 red bell pepper
- 1/4 cup of chopped cilantro
- 1 cup of shredded cheese, I prefer cheddar or Colby jack
- Garlic powder, cumin, salt and pepper to taste



Mix spices together and sprinkle on chicken. Combine corn, beans, chilies, bell pepper, and cilantro together and spread mix over chicken in a baking dish. Add the shredded cheese on top. Bake at 350 for one hour. Serve warm with your favorite sides such as rice, tortillas, cornbread, or chips. If you're looking for low-carb ideas, try serving with cauliflower rice, roasted cauliflower, or in a salad. Enjoy!

What's Cool with Hannah



- Cabbage
- Four leaf clovers preserved in glass
- Washing your hands often
- Pen Pal 4-in-one makeup kit
- Corned beef
- Covering your mouth when you cough or sneeze

Home Cleaning Tips from the CDC

-Clean. Clean surfaces using soap and water. Practice routine cleaning of frequently touched surfaces. High touch surfaces include: Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.

-For soft surfaces such as carpet, rugs, and drapes, clean using soap and water or with cleaners appropriate for use on these surfaces.

-Electronics. For electronics, such as tablets, touch screens, keyboards, and remote controls. Consider putting a wipeable cover on electronics.

-Laundry. For clothing, towels, linens and other items: Do not shake dirty laundry. Launder items according to the manufacturer's instructions, and use the warmest appropriate water setting and dry items completely.

Thanks to the poets who contributed these works in Tamila's awesome poetry group!

POETRY

The Poems I See, by Aviana

This work we live in/The darkness we see
How it plagues across the land.
Why, we wonder. Why?

Is this our calling to head into battle?
Against our own neighbor next door.

How will we live with the color red
That stains our own hands.

The sea, the ocean. How are they
different
Do they not share the same waters
though they have different names

Does the sea look more beautiful than
the ocean

Does the ocean hold things inside of it
like secrets that the sea cannot.

Who knows. Not you or I?
But the one who has made all things/

The one same love, the one some
follow, the everlasting God.

Breaking a Heart, by Marta

Broken heart, whatever should I do. I love him so, but I know we will never be. I want to be with him so bad, and I'm feeling so sad. I love him so much but I'm out of luck. I hope and pray that I won't be all alone in my whole life. I know that it would never be with the person I don't want to write down by name. I love you so and so. The End.

The Taste of My Greens, by Patricia

As I walk through the kitchen, I hear the roar of the water pot boiling my greens. As I look in the pot, I see onions as and seasoning touching together. The smell is tempting. The sight of them lure to taste.

Greens are a part of my heritage. It reminds me of my blackness and times before my grandmother, her wood stove, her cast iron pot. The love she put into our African American meals.

Grandma, thank you for the love you put into feeding us. Your greens were mean and strong. They wake you up out of sluggishness, give strength and power for the next few hours. Ah-ha you didn't know the effect did you?

Caught in the Acts!

Noticing each other acting out our Crestwood values.

Chelsea was caught in the act...

Thank you for coordinating the whole discharge for one of our residents. Thank you for running all areas of the discharge process, event stuff outside your normal job duties!

From Erin

Sam caught in the act...

Being predictably awesome in terms of tracking down and organizing supplies to keep everyone safe – thank you, Sam!

From Travis

Amare was caught in the act...

Amare, thank you for being our in-house chaplain, your sincerity and genuinely listening to our stresses, for your guidance and gentle advice, and your much appreciated humor. Not to mention, your willingness to jump in to help with “plumbing” issues. You are appreciated, Amare! Thanks for keeping us laughing.

From Cara

Darby was caught in the act...

Chelsea has shown incredible flexibility in the last few weeks especially. Her group schedule has gotten all rearranged, yet she’s responded to requests and needs as well as helped in the medication room seamlessly. Thank you!

From Darby

Gena was caught in the act...

Gena makes everyone, staff and residents, feel heard and cared for, and has been leading walks and activities to help people to stay active while all cooped up.

From Beth

Kimberly was caught in the act...

Thank you for always coming in with a big smile and always finding a way to light up the room when you come in! Your positivity and warm heart make such a big difference and I’m so grateful we are working together.

From Patrick

Misty was caught in the act...

Thank you so much for your on-going willingness to come in early and help cover the floor when we are short staffed. I appreciate your flexibility.

From Angelica

Cara was caught in the act...

Cara has the wisdom of a leader. She is constantly making sure that everyone – be it staff or residents – is on the same page. I admire her commitment to mental health practices and

From Anonymous

Jen was caught in the act...

Jen’s character and enthusiasm make her a delight to work with. She can deliver a level-headed insight with grace and love to residents and coworkers alike. Her enthusiasm for her work shows in her positive attitude and humor in every situation.

From Susan Jordan

Lilly, Lyn, Ryan, Maria, and Susan were caught in the act...

Thank you so much to our kitchen staff for adapting to the new needs of the facility so quickly. From making tons of extra food to ensuring that our staff and their families have what they need, you all have eased the burden on everyone!

From Darby

Dawn was caught in the act...

Thank you for shifting the schedule you’ve had for years to provide more support up front in the evenings! Very, very appreciated!

From Travis

All Crestwood Pleasant Hill employees were caught in the act...

I have seen every single employee represent each one of our values in this last month. Seeing everyone come together and bust their butts to keep residents and staff safe has been an honor. Thanks team!

From Chelsea

Beth was caught in the act...

Thanks for jumping in, picking up extra days, and being such a strong part of the team so quickly, Beth! It seems like you've been here much longer than you have because of your empathic approach and how involved you've already gotten. I appreciate you!

From Darby

Amina, Ana, Ben, Beth, Darby, Gabe, Gena, Jasmin, Jen, Jessica, Kimberly, Lisette, Marie, Marshet, Mary T, Misty, Ryan, Sara, Soraya, Susan Jordan, Tamila, Weimar (and anyone I forgot – sorry!) were caught in the act...

Staying late, coming in early, adding shift on days off and doing whatever it takes to make sure we're covered on the floor. Thank you all!

From Travis

Amina was caught in the act...

Congratulations, you're driving! You are one of the hardest working people I know, and having you join the PM team has been a blast! I cannot thank you enough for being such an awesome teammate.

From Cara

Dawn was caught in the act...

Thank you Dawn for adjusting your hours to support our ever-changing environment!

From Erin

Ryan was caught in the act...

Thank you for always going out of your way to give emotional and mental support toward residents on top of making sure everyone is fed and working hard in the kitchen! It is very easy to see you are a loving and giving person with a kind heart. Whenever you are in the building, you are successful and I'm lucky that I get to work with you!

From Patrick

Ana was caught in the act...

We've been stretched, and Ana has worked so hard and been so willing to jump in, no matter the need. Thank you for your great work ethic, Ana!

From Travis

Cara, Misty and Shazia were caught in the act...

A very big thank you to these three for supporting a resident during a very challenging moment. Because your attentiveness, compassion and patience, you provided support while maintaining safety. Good Job!

From Angelica

Erin, Darby and Travis were caught in the act...

Erin, Travis and Darby have been so thoughtful to staff in providing us with toilet paper and food and supplies, and doing so much to support us. Including the new coffee maker!

From Beth

Tamila was caught in the act...

It was such a bummer that you didn't get to do your graduation for your poetry course, not only because of the effort spent planning and how cool it sounded, but also because it was clear how much you inspired our community, which deserves to be celebrated! Thank you so much for the passion you brought to your course and the compassion and calming presence you bring to the floor on every shift.

From Darby

Cara was caught in the act...

Thank you for always going above and beyond for every resident and staff. You have been nothing but a great teach, friend and guide to me since I met you and am looking forward to a great year working alongside you!

From Patrick

Chelsea and Kurt were caught in the act...

You guys have rolled with all the changes with a focus locked on supporting everyone in this facility – thank you!

From Travis

Misty was caught in the act...

Misty ensures that every resident feels cared for and heard. I have never witnessed such an authentic display of kindness.

From Anonymous

Amina was caught in the act...

Your unlimited patience and kindness you give to everyone is very powerful and inspiring! Thank you for always making such a positive difference every day you're here!

From Patrick

Sam was caught in the act...

Sam continues to fight difficult battles that are often behind the scenes. In the last two weeks, this has involved accounting for and securing safety equipment for this crisis.

From Erin

Cara, Misty and Shazia were caught in the act...

Thank you all for working together so well to keep people safe and manage an incredibly difficult situation. You did everything as you should have!

From Travis

Beth was caught in the act...

Beth always has a smile on her face and is always asking to assist in any way she can without being asked for help.

From Anonymous

Gena was caught in the act...

Gena has been coming in on her days off to support staff in the med rooms and took walks with people in their difficult times.

From Anonymous

Mary B was caught in the act...

I think I've heard "Mary has helped me with SO much today" every day for the last month. Thank you for keeping our whole team afloat, Mary!!

From Darby

Weimar and Marie were caught in the act...

Fixing absolutely everything. Thank you especially for all your work around perimeter lighting, hand sanitizer stations, shower repair and all your other constant efforts aimed at keeping this facility safe and healthy. Thank you!

From Travis

Jazzy, Shazia, Susan, Patrick, Jessica, Amare, Amina, Jen, Tamila, Misty and Jasmin were caught in the act...

I know we have been going through it, but it has been AMAZING to see each of you support and encourage each other. I have seen you guys pray together, break out in dance, Jen leading "The Wave," make one another laugh, share some tears, and a lot of hard work. Thank you PM Crew, I couldn't ask for a better work family.

From Cara

Shazia was caught in the act...

I'm grateful for the positive energy you bring every day you are here! Smiles and laughter have been hard to come by lately, and when you are here, you share them in abundance!

From Patrick

Amina, Cara and Jasmin caught in the act...

All three of them have been among the first to volunteer should we have significant extra needs in the building. Thanks for being so quick to step up!

From Erin

Gena was caught in the act...

Gena is always down to pick up extra hours when we need her, and this month has been no exception. Thank you for saving us on so many occasions, Gena, and always bringing such a positive attitude with you!

From Darby

Mike was caught in the act...

Thank you for always checking in with staff and residents to make sure everyone is doing okay. Your work ethic and your view on things is very refreshing and I'm always glad when I get to talk with you.

From Patrick

Jen was caught in the act...

Thank you for always going above and beyond helping staff and residents every day. Your constant love and support (and sense of humor!) you give to everyone makes such a big difference and I'm lucky to have met you!

From Patrick

Erin was caught in the act...

Thank you for spending a good chunk of the month trading toilet paper with other facilities for protective supplies! Way to use the new currency!

From Travis

Hannah was caught in the act...

A special shout out to Hannah who consistently works so hard to support the Pathway in anything that comes up and needs to be taken care of in the moment. I really appreciate that I can continue to count on you, even when we are short staffed and things are more chaotic then ever! You rock!

From Angelica

Sara was caught in the act...

Sara has put in so many hours to help support the floor on top of her other responsibilities. I know that we can always count on you, Sara, and that is invaluable, especially right now. Thanks!

From Darby

Sara was caught in the act...

Thank you, Sara, for consistently staying over to help the floor with a variety of needs and tasks. The extra help is greatly appreciated!

From Erin

Susan Jordan was caught in the act...

Thank you always for your calm demeanor no matter what challenge each day brings, and for always making time to help anymore no matter how busy you are.

From Patrick

Kurt and Sam were caught in the act...

Thank you both for bringing in so many movies so that people have more to do during the current moment!

From Travis

Cara was caught in the act...

Cara shows her character and compassion in every interaction I observe with our residents. She pitches in wherever she is needed on our shift. Her enthusiasm is especially evident when participating in activities with residents. Her commitment to providing excellent care is evident in the level of attention she shows toward each individual.

From Susan Jordan

Ben was caught in the act...

Your humor is always appreciated! Thanks for helping keep everyone's spirits high, and I always enjoy your writing.

From Patrick

Sam was caught in the act...

Sam has been so helpful to all staff picking up some safety checks and helping wipe tables at lunch, and just always appearing out of nowhere right when he's needed.

From Beth

Jazzy was caught in the act...

No matter what gets thrown at you, I see you come in and always give 100%. Your ambition and drive is inspiring, and I always know we're in good hands when you're on the floor!

From Patrick

Cara was caught in the act...

Thank you for using this opportunity to start your walking group competition to keep people moving and busy!

From Travis

Gena was caught in the act...

Gena has picked up additional shifts to help with additional needs during this crisis. Thank you!

From Erin