



it's about growth.

May Newsletter

crestwood pleasant hill

5.29.2020

Welcome!

With our May 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, we will continue to focus on some ways that each of us can best do our part to make it through this pandemic together. Please stay safe and well, and let us know if we can help you in any way.

Anniversary Dates

Celebrating their Crestwood anniversaries in May:

Lyn – 5 years (5/5)

Thank you for your service, we appreciate you!

Looking for new ways to educate people on pandemic best practices? Try wearing it all over your clothes like Amina!



Wacky Wednesday is only possible with social distancing! (See more from Spirit Week inside)

In this Issue...

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- ✓ ...and more!

Welcome New Staff!

Some run from a moment like this, others run to it. We're thrilled to welcome the newest heroes to our amazing team!



Corinne
Recovery Coach



David
Housekeeper



Luke
Recovery Coach

ARTS & ENTERTAINMENT



Netflix and Gabe

Waco



Before diving into the miniseries about the tragic 1993 raid of the David Koresh-led Branch Davidians cult, Gabe decided to first endear himself to his fans: “Everybody knows this story already. Just look at a history book, people. Why do you have to wait for it to be a tv show to open your minds?” Gabe continued, “That said, I didn’t know anything about it going in.” Watching the series over the course of three nights, Gabe enjoyed that as a self-contained story with a clear end, there was no need for additional seasons, and thus the opportunity to put much effort and resources into telling the story well. “The acting was really good – it featured a bunch of people normally in supporting roles now taking on lead parts, and they were all terrific.” While he advised people to be cautious taking in the series given the grave nature of the events, he also wanted to make sure that people knew about the “really practical helicopter stunts” and the “fire that looked convincing.” Not interested yet? “There was also a real guy who fell off a real roof – I could appreciate that.” Trying to capture his enjoyment of the show in typical Gabe fashion, he concluded, “The show had everything: rock star wannabe religious figures, wild desert-dwellers, all the good stuff.”

Gabe recommends *Waco* for: History buffs, fans of compelling action, people who have worked for aspiring cult leaders.

Gabe does not recommend *Waco* for: people looking for a nice, happy time, because that’s not this.



Susan Explains Hoarding



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 Hoarding...

If it’s about toilet paper, it doesn’t make sense. Why do people collect toilet paper?? Whose idea was it to start? Once someone started, then everybody does it, and then I become one of them, collecting toilet paper. What is the purpose of buying toilet paper? If you run out of toilet paper, what’s the worst that could happen? You’re not going to the bathroom? I don’t think so. Some countries don’t even use toilet paper. You don’t need toilet paper, you need food. Don’t you think it’s better to collect food than toilet paper? Right now I feel so rich with toilet paper, but what am I going to do with it? People collecting toilet paper is so ridiculous. Are you going to eat it? Right now, people say it’s getting better at the supermarket, but let’s start hoarding meat, because it’s expensive right now and limited. That one makes sense. But then there’s less for other people. People can be selfish. Did you see the video on YouTube? The two women were fighting and punching each other over toilet paper. Better to get up earlier than to just grab somebody. Ahhhh, it’s because people have to survive, that’s it. People look out for themselves. I wish I could just tell what other people were thinking, but they’re just not thinking. Please don’t hoard things.

Redbox and Max – The Dark Crystal



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

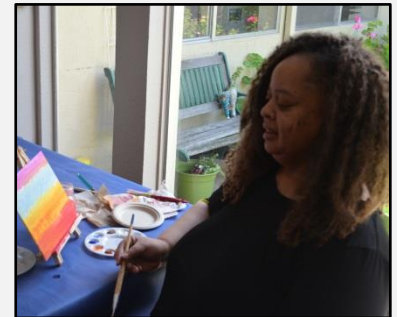


Due to the continuation of the shelter in place caused by COVID 19, I won’t be able to review a RedBox movie. So after reviewing the Jim Henson classic *The Labyrinth* last month, I’ll have the same privilege of reviewing another Henson film, *The Dark Crystal*. This fantasy movie centers around a young Gelfling boy named Jen, who is raised by a clan known as the Mystics, after the Skeksis wiped out his native clan. Before Jen’s master dies, he tells him about a prophecy in which he is to recover and restore the missing shard belonging to the Dark Crystal, but he passes before he is able to finish explaining the prophecy. Though he does not know the full prophecy, Jen goes on the quest to return the missing shard, later learning that the completed crystal will restore the balance between the Skeksis and the Mystics. On a trip to the Skeksis castle, Jen meets another Gelfling named Kira. Together they go on the quest to restore Dark Crystal to its natural form, creating a lasting bond in the process. And I wouldn’t be writing all this if I wouldn’t recommend the movie!

ARTS & ENTERTAINMENT



Looking for ways to do things together safely? Get Bob Ross involved and have your own paint night!



Travis' Miniseries Review – The Last Dance

So I'll start right away with what I'm not going to do. I'm not going to help you decide whether or not to watch *The Last Dance*, because that's not even a question. What I do hope to do is start a discussion over whether it was simply the best sports documentary of all time, or the best television series of all time. Perfectly timed for when sports fans are missing their evening doses of basketball and baseball, *The Last Dance* takes us on a behind the scenes journey with the 1990s Chicago Bulls, culminating in their incredible final season together in 1998. If you aren't a sports fan, I get if this doesn't immediately strike your fancy. But this is about so much more. Are you a fan of cultural intersections? Are you a fan of atrocious 90s fashion? Beyond anything else, are you a fan of petty, glorious, manufactured grievances that manifest themselves as rageful motivation and ultimately unprecedented successes? Who isn't?? Isn't that a darker version of the American Dream?? With family ties in Chicago, I've been a Bulls fan since I got into basketball, but my own bias aside, I promise that this series was simply incredible television. From Head Coach Phil Jackson's Zen Buddhism-infused leadership style and emphasis on players being themselves, to Dennis Rodman's WWF wrestling cameo in the middle of the 1998 Finals, this story is way more about people than it is about sports. My only gripe? That this 10-part series wasn't longer. So buckle up and enjoy the interviews, the on-court action, and more than anything, all the resentful Michael Jordan gripes that fueled his dominance. But ultimately, you're going to make your own decision, so if you don't want to play that way, don't play that way.



COMMUNITY

Norah Accepted to Nursing School!

Congratulations to Norah on her acceptance to DePaul University School of Nursing in Chicago! Starting an entry-level master's in nursing program this June, Norah has been working toward this goal since she completed her undergraduate degree in 2014. "I am absolutely thrilled about this opportunity as it brings me one step closer to my dream career as a Psychiatric Mental Health Nurse Practitioner. My long term goal is to continue to promote mental health and wellbeing. I want to normalize and destigmatize conversations surrounding mental health, and the seeking of mental health services." Congrats, Norah, you will keep doing great things!



Soraya's Son Married!

Those who know Soraya know that she's a mother before anything else. So it was a bittersweet moment when her son got married in Utah in the middle of this pandemic, limiting her ability to travel to the wedding. "Happiest and saddest day of my life was the day my son got married April 15 and I wasn't able to be there. I'm grateful that I at least had the chance to FaceTime part of the ceremony and can't wait for COVID to be over so I can go see him." Congratulations to Gavin and we can't wait until you all can be together again!



Staying Safe on Public Transportation

While a necessary tool, public transportation can also be more risky during the pandemic. Here are some tips to keep in mind should you need it!

1. Maintain at least 6 feet distance from the driver and all other passengers
2. Don't touch your eyes, nose or mouth!
3. In fact, avoid touching things at all!
4. Keep your mask on over your nose and mouth
5. Wash your hands for 20 seconds BEFORE and AFTER using public transportation
6. Carry hand sanitizer with you. Use it. Often.
7. Only take public transportation for essential trips
8. Stay home and contact your doctor if you are feeling ill – it's about keeping everyone safe!

Eco Tip of the Month

If you have been collecting disinfecting wipes for daily sanitizing of items that come into your home (highly recommended), here are few ideas for reusing the containers once they are empty. After all, we can still be environmentally friendly during a pandemic!

1. Store paint brushes, pens, markers and colored pencils
2. A (reusable) mini trash can in your car
3. Storage for your kids' car toys
4. Plastic bag storage
5. A change piggy bank
6. Toilet brush stand
7. Travel dog food storage
8. Storage for your reusable straws
9. To hold homemade DIY wipes (see last newsletter)



Get to Know Bo!

What's your favorite movie?

Chicago, because I like musicals

What's your favorite holiday?

Halloween, because I like to dress up

Would you rather ride a bike, ride a horse or drive a car?

Ride a bike, because I like being in the wilderness

Would you rather vacation in Alaska or Hawaii?

Hawaii, because of the weather and the nature

What is your favorite sport?

Tennis – I like to watch and play it



Returning to Work During COVID-19

While working in person during a pandemic is not new for our Crestwood heroes, we know many of our loved ones and friends of Crestwood might be preparing to return to work soon. If you are worried, scared or unsure of how to keep yourself safe in the workplace, don't worry, we got you!

Some things to keep in mind:

1. Make the workplace safe. Deep clean as much as you were able, and increase daily standards of cleanliness while keeping a focus on any high traffic areas.
2. Practice good hygiene. Think cough/sneeze etiquette (into a tissue or elbow pit), hand washing practices, not coming into work when you feel ill, etc.
3. Stock up on necessary items. Disinfecting wipes and/or spray, hand sanitizer, hand soap, paper towels, tissues, and masks
4. Update policy and procedures. If this is up to the higher-ups, then ask. Encourage management to put policies in place specific to COVID-19 and what to do if there is potentially a positive case.
5. Don't ignore your mental health. Think of ways to take care of yourself and your employees' well-being as you all return to work after self-isolation and quarantine.
6. Find ways to restore productivity.

What's Cool with Hannah



- Your mom
- Juliet Gilden's art
- Spirit Weeks
- Wearing your mask correctly
- Lady Gaga's new album "Chromatica" (out 5/29)
- Headbands
- Online shopping for factory-sealed items

So you think you know Tamila??

What's your favorite thing about working at Crestwood?

Feeling like I have a place to work where I'm accepted – it's so hard to find in this world. Here at Crestwood, I feel like I can be myself.

What are your pet peeves?

I don't like being tailgated on the road. And technology – when you really need it and it freezes up and doesn't work.

What are your passions outside of work?

Music. I spend about 75% of my time on it, so maybe an obsession more than a passion.

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

I love skateboarding. I skateboard often, and also design them. I'm helping fund a business with my little sister where we revamp old skateboards and sell them super low or give them away to kids for free.



What makes you good at this work?

My ability to just be neutral and come from a place of understanding on all sides

Since joining us in July, Tamila has brought a supportive, non-judgmental approach, and lots of artistic creativity!

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:

Color of Change

COVID-19 and election year politics dominates the airwaves these days, and if you're at all connected to the news, you know that social justice and equality/safety issues for people of color don't just go away during a pandemic. Shocking, I know. Color of Change is a racial justice organization that has worked on a range of community-based initiatives since they formed in 2005 following Hurricane Katrina. For more information or to help, go to colorofchange.org



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

SPIRIT WEEK! (THE CURE FOR QUARANTINE MONOTONY)



HEALTH & WELLNESS

Emotional CPR

Emotional CPR to revive inner strength in tough times: a reading meditation to bring new life and reset.

Calm - Calm comes at a slow speed and is felt most strongly after experiences of hastiness, intensity or chaos. You know that feeling of fresh air and *calm* outside following an intense storm full of rain and wind? During the storm, perhaps you were soaked and left shivering in the cold and feeling so uncomfortable, experiencing feelings that you wanted to go away. Now imagine those feels *have* gone away... the sun has come out and started to provide warmth on your skin. The birds start to sing, the colors look vivid, and all the stale air has left with the storm. A sense of "new life" surrounds you, and the world outside feels so calm, slow and fresh. Without the storm, this moment of calm would not be as sweet. You can remember this feeling and revisit it, even as you endure the next storm.

Positivity - The easiest way to shift from getting wrapped up in problems and negative feelings and thoughts is through cultivating gratitude and appreciation. As journalist Melody Beattie wrote, "Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend." It is also helpful to understand that being outwardly "positive" has more power to transform our lives when we believe it from the inside out. By showing kindness and patience with ourselves *first* and acknowledging that we are doing the best we can amidst our circumstances, that's when we will have the foundation to spread this positivity outward.

Resilience - There is nothing pretty about falling to your knees, feeling shattered, hopeless and empty. There is nothing empowering about feeling overwhelmed, alone or heartbroken. We humans try to avoid these feelings, yet sometimes they find us. Yet, as we exist in these uncomfortable places there is a part of us that never breaks or bends. There is a stream of wellness that is always running through us. Sometimes it is nearly impossible to see, but knowing that it is there allows you to take the first step back to it. As we take one small step after another towards wellness, we are reminded that we are strong, and we know this because we have felt what it is like to feel weak. And we are reminded that falling to our knees can be beautiful after all. Because to be human means to experience the contrast of breaking and mending and becoming whole, over and over and over.

In summary, to perform emotional CPR on yourself:

Slow down (calm),

Be kind to yourself (positivity), and

Trust the process (resilience)

Darby's Vegetarian Recipe of the Month

House Salad

National meat shortages inspiring you to go veg? This (very ingredient-heavy) vegetarian salad is adapted from my favorite healthy to-go meal in college, and it's hearty, warm, and satisfying. Feel free to omit any ingredients that aren't to your liking except for the tofu – it's essential!

Ingredients:

- 1 bunch kale, stems removed, ripped into bite sized pieces
- 1 15 oz can of sliced beets
- 1 head broccoli, cut into bite sized florets
- ½ cup prepared bulgar
- 1 sweet potato, cut into half inch rounds and quartered
- 1 avocado, cut into cubes
- As much goat cheese as your heart desires
- 1-2 tbsp pesto

Tofu & Sauce (Adapted from a NYT Recipe):

- 14 oz tofu, cut into cubes or flat bricks
- 2 + 1 tbsp peanut oil - 2 tbsp soy sauce
- 1 tsp rice vinegar - 2 tbsp miso
- 1 tsp maple syrup - 1 tsp sesame oil
- Olive oil - Salt

1) Preheat the oven to 425 degrees. Once preheated, lay the prepared broccoli and sweet potatoes on a cookie sheet in a single layer. Drizzle with olive oil and sprinkle with salt. Bake for 25 minutes, flip once.

2) While the potatoes and broccoli are cooking, prepare the tofu sauce. Mix the peanut oil, soy sauce, rice vinegar, maple syrup, and miso in a small bowl and set aside.

3) Heat a pan to medium heat. Once hot, add 1 tbsp peanut oil. Put tofu cubes into the pan (dodging hot oil if necessary). Flip every 5-10 minutes to create a golden crust on 3-5 sides.

4) While the tofu is cooking, put kale and salt into a large bowl. Massage kale until it's bright green and soft. Add the beets, bulgar, and avocado and mix.

5) When the tofu is golden, pour the sauce over it while still in the pan. Let it heat for 2-3 minutes.

6) Remove the broccoli and sweet potatoes from the oven and immediately add them to the salad bowl.

7) Once the tofu is coated and the sauce is warm, using tongs put the tofu in the bowl. (Don't pour it with all the sauce or it'll overwhelm the other ingredients!)

8) Add the goat cheese and pesto and a dash of lemon juice if you're feeling citrusy and enjoy!

HEALTH & WELLNESS

Angelica's Recipe of the Month

Vanilla Cheesecake Pops

If you're looking for a sweet and refreshing treat during the start of this summer heat but you don't want to worry about all the unnecessary calories, try these guilt-free popsicles!

- 8 oz. cream cheese
- ½ cup vanilla Greek yogurt
- ½ cup low-fat milk
- 2/3 cup powdered sugar
- 1 tsp. vanilla extract



In a food processor, blend all ingredients together. Divide mixture between 6-8 popsicle molds and add sticks. Freeze until solid.

If you don't have popsicle molds then you can separate into other freezer safe containers for "ice cream." Enjoy!

Wellness Tip of the Month

While we know people are itching for things to open back up, please consider things you can do to minimize the risk of spreading COVID and keep yourself well in the process of defining a new normal.

1. Cut down on grocery trips
2. Meal plan smart and healthy
3. Strengthen your immune system
4. Get outside
5. Limit exposure to large groups of people as much as possible
6. Use this time for an opportunity of change
7. Don't share food or drinks with people
8. Wash. Wash. Wash. Wash your hands!



The inspiration for Darby's salad recipe (the Mayweather), from Roots Natural Kitchen in Charlottesville, VA

CONGRATULATIONS CLASS OF 2020!



Congratulations to Sara's daughter Adrianna on graduating high school! She will be going to Solano College and was the first freshman picked by Solano's softball coach. To quote her very proud, loving (and sarcastic) mother, "She has no clue what she want to do in life, so she is winging it on her parents dime for as long as she can." Helping out at Thanksgiving since she was a kid, Adrianna has been part of the Crestwood family for most of her life, and we are so excited for her!



It is a huge year for Biyabeb and family, with his three children *all* graduating from college! Both Tigist and Fikir have earned their Bachelor's Degrees in Nursing from Samuel Merritt University, and Tegbar earned his Bachelor's in Sociology from Cal State East Bay. As a former Crestwood Pleasant Hill employee, Fikir previously spread her compassion and warmth throughout our building, and we are so happy for her and her siblings. Congratulations to this incredible family!

Congratulations to Erin's son Aiden on graduating high school! Similar to Adrianna, Aiden has been a part of Crestwood Pleasant Hill for more than a decade, and we have seen him grow into the adult his mother can't believe he actually is. Aiden is a gentle, caring person, and with two parents who work for Crestwood, do we smell a legacy hire in the future? With some college courses already under his belt, he is all set for classes in the fall! We are so happy for you, Aiden – congratulations!



In Other Big News for Soraya's Family in 2020, congratulations to her son Ryan on graduating from high school! "I couldn't be more proud of my baby boy," says his loving mom. Ryan, you may not know us, but we've heard PLENTY about you. Congratulations and best wishes for all that's to come!



Congratulations to Gena's daughter Julia on graduating from high school! After years of lacrosse, water polo, riding horses and lots of time with friends, Julia is off to Boise State in the fall and leaving her very proud parents as empty nesters. Congratulations, Julia, and go Broncos!

TIPS ON SURVIVING A PANDEMIC

Grocery Delivery Options

Most of us have at least some anxiety heading into a grocery store these days. From narrow aisles, to unaware or apathetic behavior from other customers, shopping for food during COVID is an activity that at minimum *feels* unsafe. But people gotta eat, am I right??? If you've yet to try online grocery shopping, we're here to help break it down for you. Keep in mind that while the CDC is currently saying it is unlikely to contract COVID-19 directly from packages/bags delivered to your home, best practices can still include spraying and wiping down all boxes and packages before opening them, or if nothing else, washing your hands immediately after handling packages.

Safeway Delivery: you'll find the majority of Safeway's products through their delivery option, though whether it's all in stock and ends up at your door is another question. The app is easy to use, including the convenient one-click button to increase quantities in your cart. Enter your Club Card for additional savings, and pick from a range of delivery times (you can pay for a narrower delivery window). Minimum order of \$30 for delivery, plus a fee. Please keep in mind that this app has no option to include a tip, so please leave cash for your shopper if you can!

Whole Foods via Amazon: incredibly easy system thanks to the Amazon interface, and you can use your existing Amazon app without downloading anything new. One major benefit is that the shopper will text you with potential replacement options that you can accept or decline right through the app if something is out of stock. We had the best luck with getting the most of our order through Amazon compared to other options, but it is more expensive, and delivery times can be tighter. Pro Tip: order at the beginning of your weekend to ensure a delivery window that will work for you!

Instacart: With an easy and intuitive platform, this hub allows you to choose from a wide variety of stores, depending on what's available in your area (including small, local stores), and drivers are thankfully wearing masks. The interactive chat feature allows you to ask questions and potentially make needed changes, and drivers are generally very responsive. Keep in mind, you might not get your order in your given delivery window, and there is a lot of bag waste involved. Keep your eyes out for the possibility of rotten fruits or vegetables, which has been an unfortunate experience of ours, and hopefully you don't randomly end up with 36 turnips!

Target: Huh? Target? Yes, Target. While they won't have all the selection of a primary grocery store, they have way more than you'd probably expect, along with the benefit of being able to add to your cart from everything else that Target sells.

Have a recommendation you'd like to make for grocery delivery? Let us know and we'll run it in our next edition!

Hannah's Food Delivery Review – Uber Eats

Do not order from Uber Eats! Before quarantine I was a lover of online food ordering from my favorite places like Del Taco, Jack in the Box and others. At first, I figured ordering prepared food online would be perfect for quarantine, since I was unable to go eat at these restaurants. However, in my experience, ordering prepared food during the quarantine is not practical or safe, especially with Uber Eats. First, once the food arrived, I realized I had no way of sanitizing the packaging! How am I supposed to wipe down food wrapped in paper?! Without it getting wet or touched by chemicals?! At this point I knew this was a bad idea. Then, once we sanitized to our best ability and began unwrapping the food, I began to realize that I did not know the cleanliness practices being performed at these restaurants, if any was being practiced at all. All I could think was the only thing standing between me and COVID-19 was whether someone had decided to wash their hands or wear gloves to make my food, and that was a bet too dangerous to make. To top it all off, the order was missing items! Uber Eats really failed on this one, and so did I. Not only did they forget several items of my order, but I failed to think about the details involved in ordering prepared food from Uber Eats or any other prepared food delivery service, with the dangers of the pandemic.