



it's about growth.

October Newsletter

crestwood pleasant hill

10.29.2020

Welcome!

With our October 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.

Anniversary Dates

Celebrating their Crestwood anniversaries in October:

- Ben – 3 years (10/3)**
- Maria – 3 years (10/3)**
- Misty – 3 years (10/3)**
- Ana – 4 years (10/10)**
- Lilly – 1 year (10/15)**
- Lisette – 1 year (10/15)**

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



Check out more from our Annual Summer Photo Contest beginning on Page 3!

Be a Voter!

The final days to vote in the United States election are suddenly upon us! At Crestwood Pleasant Hill, we have encouraged mail voting as a COVID safety precaution, and if you've yet to send in your ballot, you could understandably be worried about USPS overload. If you're still planning to vote (we hope you are!), we suggest using a ballot drop-box – find one close to you [here!](#)



Lysol Wipes, the Los Angeles Dodgers and COVID Fatigue

These days, when the older girl is in the shower with mom in the evenings, I might be able to sneak in a little sports or news on TV if the baby is resting on me. I caught part of the World Series as it wrapped up this week, and within the first five minutes, an in-game advertisement highlighting how Major League Baseball had partnered with Lysol for their wipes sparked my ire. As congregate care facilities across the country continue to struggle to obtain these types of products, the celebration of such a partnership felt incredibly tone deaf. To top it off, Dodgers third baseman Justin Turner, having been pulled in the middle of Game 6 due to a positive COVID test, celebrated on the field after that game, infecting who knows how many people, with it being explained away with comments such as "He just really wanted to be out there with the team, and who was going to stop him?" How about any responsible adult? Look, I should mention that I'm a lifelong Giants fan. I was *born* to ruin the Dodgers first moments of joy since Rick Astley was topping the charts in an unironic way. But that isn't even my point. The problem here is how much of this country has decided that they are tired of COVID practices, especially when it interferes with something they want. Baseball should have been a luxury during these times, and no luxury should get priority of PPE or test kits, and certainly shouldn't lead to increased spread that will just prolong the pandemic and endanger countless others. Those of us working in healthcare – we're still in the thick of it. Yet we continue to show up, strap on PPE and do the work to keep our communities safe. We sacrifice seeing loved ones, doing the things that keep us whole and really having any kind of a social life. But these sacrifices by healthcare workers alone are not enough. Getting through a public health crisis as a society means no one gets to be selfish. It means everyone misses out to protect those who are most vulnerable. If you're tired of it all, trust me, we get it, you have no idea how much we get it. And as counties continue to open up for financial reasons, and as the greater population seeks normalcy as we approach the holidays, please remember your actions still affect others – and thank a frontline healthcare worker, because our lives haven't gotten easier.

-Travis

In this Issue...

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- ✓ New Pathway Program Director
- ✓ What's Cool With Hannah
- ✓ Netflix and Gabe
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ARTS & ENTERTAINMENT



Netflix and Gabe

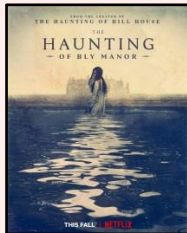
The Haunting of Bly Manor



Getting into the Halloween spirit, Gabe reviewed the Netflix miniseries *The Haunting of Bly Manor* after binging his way through it in two nights with his fiancé. “Now I’ve long said that ghosts are the hardest monster to portray in film – anyone who knows me knows this.” Umm, then is it even possible to know you? Gabe continued, “You’ve got *Ghost*, but that’s a romance. There’s *Casper*, but that’s a family adventure film. The only ghost movie to really pull it off is *Poltergeist*.” Having started there, Gabe shared his belief that both *Bly Manor* and *The Haunting of Hill House* (made by the same people last year) did a great job of pulling off ghosts in a horror movie. “If you can watch the way we watched, in a couple of days, I’d recommend it, because there’s a time travel element and it can get complicated.” Again with the time travel themes, Gabe?? “The show was beautifully shot, the acting is good, but there’s some weirdness with the accents, especially with American actors trying to show authentic British accents.” Gabe concluded, “Something I don’t say often, the kid actors were good. If you’re into creepy kids, it’s a good show for you. And if you do want to commit the time, it’s worth watching a second time around and just focusing on the background.”

Gabe recommends *The Haunting of Bly Manor* for: “People who like creepy kid characters. People who like emotional roller coasters where you’re sad, then you’re scared, then you’re nervous... those are the only emotions I know.”

Gabe does not recommend *The Haunting of Bly Manor* for: “People with two kids under the age of 3.”



Susan Explains Pandemic Trick or Treating



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 Pandemic Trick or Treating...

Don’t trick or treat this year, are you kidding me?? Just buy the candy and eat it at home. What are people thinking? Why are parents still doing this? How are kids supposed to do it without six feet of distance? What, do you ring the doorbell and then run away? The people in the house have to throw the candy and the kid has to catch it? Are the kids wearing gloves when they touch the doorbell and changing them between each house? I don’t think so. And what, are these kids going to use hand sanitizer right? And that’s the easy part. The hardest part is when you get home, are you going to wipe the candy one by one before the kid eats it? Especially small kids, do you think they want to wait? Give me a break. And how about the people who put a bowl of candy out? Even if the kid is wearing gloves, what about all the other kids who had their disgusting little kid hands in that bowl? And again, the problem is your kid can’t wait for you to sanitize before they eat it. Your kid isn’t that patient, come on. I know my kids weren’t. Everybody’s touching everything, no thank you. The problem isn’t the kids, it’s the parents. You can’t trust your kids to do what they’re supposed to be doing this time. Just eat it at home, it’s not as fun anymore, but don’t be gross.

Redbox and Max – Interview with a Vampire

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



The Halloween season has come upon us, and now is the time to scare the crap out of ourselves watching all our favorite horror movies. So this month I’m going to review one of my favorites, *Interview with a Vampire*. The title speaks for itself, with vampire Louie being interviewed by journalist Daniel. Sounds kind of boring, right? Don’t give up on it yet – it’s a beautiful tale of a vampire’s life as he struggles with his lingering compassion for humanity. Louie speaks of the death wish he had as a result of the loss of his wife and the vampire Lestat, who gave him a new one. With this new life, however, comes lots of regret for Louie, as he just can’t shake the idea that being a vampire comes hand in hand with being a killer. But when he takes the life of a child who becomes part of his vampire family, he gets a glimpse of what peace can be. I love the paradox of a vampire living with human emotions while struggling with vampire compulsions – the duality of knowing what is right, and the desire to do what is wrong. I hope this movie brings you thrills and chills this Halloween season!

ANNUAL SUMMER PHOTO CONTEST

Congratulations to Our Winners!

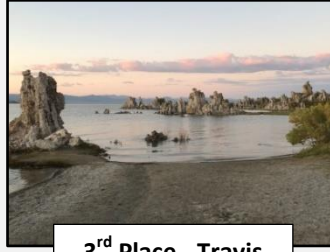
Bodies of Water



1st Place - Gabe



2nd Place - Gabe



3rd Place - Travis



4th Place - Sam

Diversity and Culture



1st Place - Amina



2nd Place - Lilly

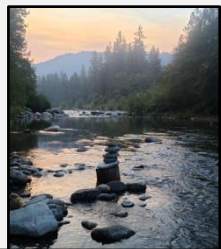


3rd Place - Amina

Don't Put Me in a Box



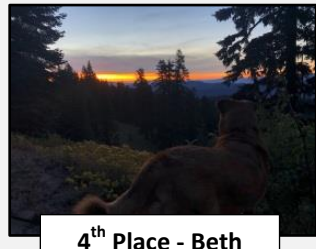
1st Place - Lilly



2nd Place - Erin

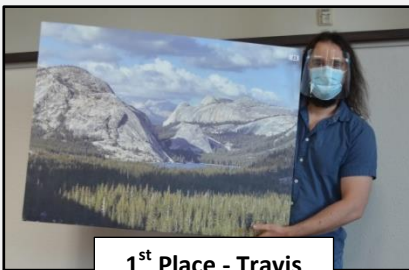


3rd Place - Gabe



4th Place - Beth

Mountains and Valleys



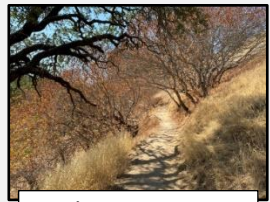
1st Place - Travis



2nd Place (tie) - Beth



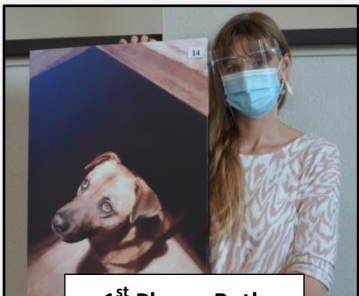
2nd Place (tie) - Angelica



4th Place (tie) - Travis & Gabe



Plants and Animals



1st Place - Beth



2nd Place - Gabe



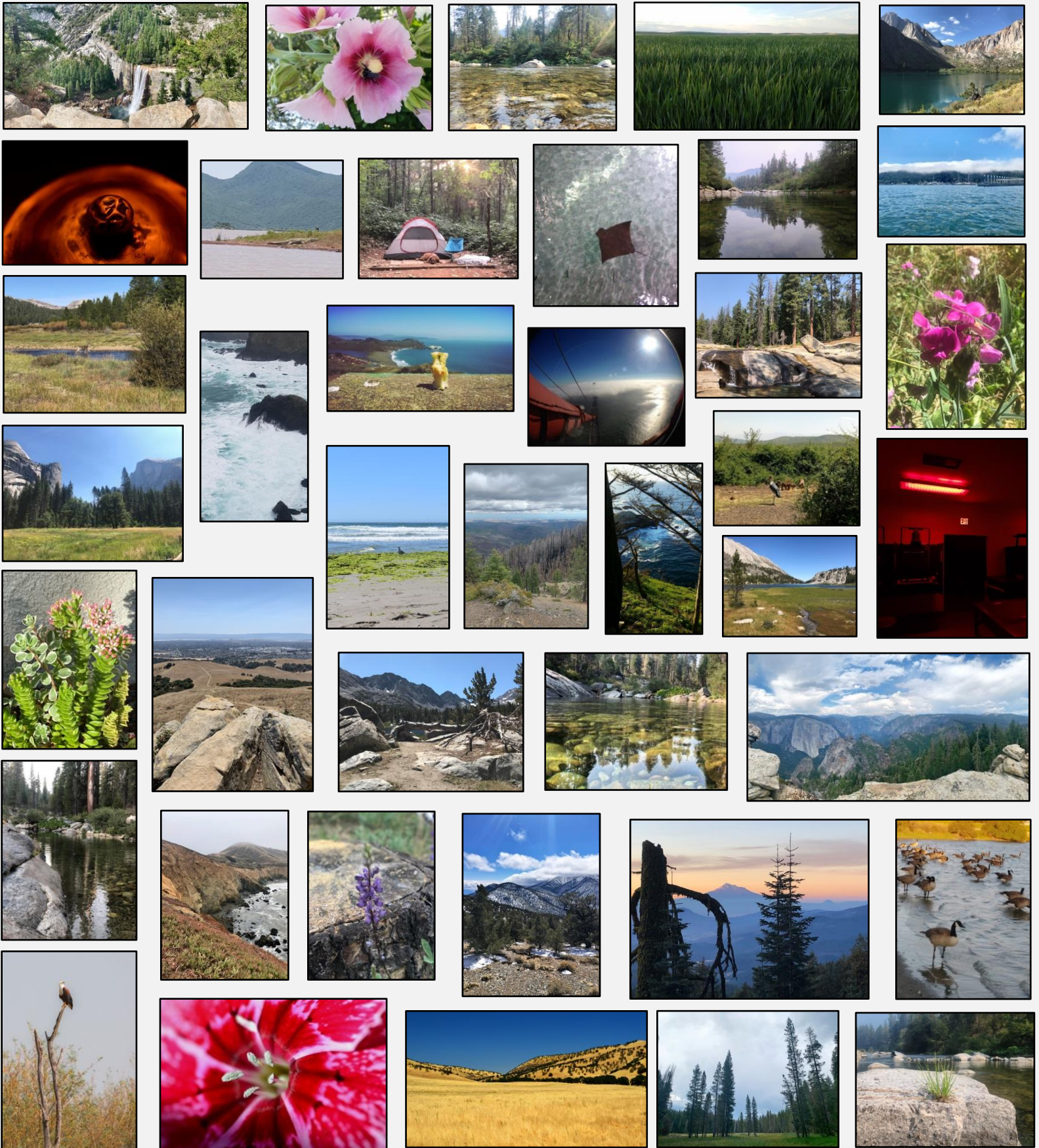
3rd Place - Beth



4th Place - Sam

ANNUAL SUMMER PHOTO CONTEST

Thank you to all our participants for the outstanding submissions!



TELL ME SOMETHING GOOD

Loretta Moves Out!

This month, we said “See you later!” and “Good luck!” to Loretta as she begins the next chapter of her life living with her family. Over the course of Loretta’s five and a half years at the facility, she’s been involved in so much, from Dreamcatchers to volunteer work to Adult School classes, and successfully and excitedly moved out last week. We’ll miss you Loretta, and we wish you the best!



Lori Moving Out!



Lori is leaving our community after a busy and successful two years at the Bridge! She reflects fondly on her time here saying, “I feel blessed that I was able to come to Crestwood when I was in times that were dark. I was put at ease and felt serene here. My co-clients and staff helped through hard times. I’m glad that I was able to stay honest, clean, and sober. I think that there should be more Crestwoods.” About her move, she says, “I’m ecstatic about leaving. I feel like I’m getting my identity back.” We are so happy for you Lori, congratulations on this exciting new chapter, and we hope you’ll visit soon!

Marie Moving Out!

After 3 years of residency at the Bridge, Marie is fulfilling her dream from day one – moving on to more independent living with her longtime partner, Jerry! Marie put in the work during her time here, including as a dedicated employee in our Dreamcatchers vocational program. About the move, Marie says, “I feel really good about it and am excited!” Best of luck to the two of you, and don’t be strangers (post-pandemic)!



COMMUNITY

Gabe – Our New Pathway Program Director

Though the facility is still recovering from Oregon stealing away Angelica, we are thrilled to announce Gabriel Flores as the new Pathway Program Director. In his seven-plus years with Crestwood, Gabe has consistently epitomized the Crestwood values, setting an example for our community about what it means to be part of this organization. After beginning his Crestwood career as a Dietary Aide at Crestwood American River, he began working overnight shifts at their PHF program, bringing a calm and engaging demeanor to people most in need. When life circumstances changed six years back, Gabe transferred to Pleasant Hill, and quickly became an incredibly skillful Service Coordinator on the Pathway. He later became a founding member of our facility's transition program, was a guiding voice in creating our community agreement and facility mission statement through our Strategic Planning Committee, and drove our efforts to shift energy toward community service and partnership. As his tenure here rolled on, he joined our leadership team as our Director of Staff Education, in charge of hiring and training all employees, and later added responsibilities for leading our Dreamcatchers vocational program. Through it all, Gabe has led and provided services with integrity and enthusiasm. He has treated everyone in our community as an equal, and has inspired growth for so many. Gabe has led community volunteer efforts, helped us develop partnerships, and has been one of the true faces of our facility. He is a four-time Crestwood Wildcats softball champion, and was overwhelmingly voted as our 2016 Employee of the Year – his stamp on this building is already significant before he even set foot in this role. While continuing much of what Angelica and others have built on the Pathway, Gabe plans to weave together work readiness, skill building and personal responsibility toward best assisting our residents to greater independence. Says Gabe, "I'm excited to be stepping into this role and back on Pathway, where it all started for me in this facility. I've been honored to be a part of this community for so long, as it has shaped how I see this work, and the obligation we all have to one another. I look forward to leading this team, and to accomplishing great things together. And to first continuing to safely get us through the pandemic!" Congratulations, Gabe!



Get to Know Emily!

What's your favorite thing about Crestwood?

The staff, because they're encouraging and cool, like family.

Do you have any special talents?

Coloring. I like it because it's peaceful, especially when also listening to music.

When you were young, what did you want to be when you grew up?

A preschool teacher, because I love kids.

What's something people would be surprised to know about you?

I like country music.

What do you do in your free time?

Watch TV and movies. *High School Musical* is my favorite – I'm a kid at heart!



Welcome New Staff!

We continue to have the great fortune of finding high-character people who choose to work in residential healthcare during a pandemic. Welcome to the team, Isabel and Johni!



Isabel
Service Coordinator



Johni
Recovery Coach

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) 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



- Dressing up for Halloween
- The new Jason Freeny collection
- Kim Petra's cover of Hunger Magazine
- Virtual concepts and events
- Adopting a pet
- Dia De Los Muertos makeup
- The Medusa statue in Manhattan
- Voting

So you think you know Dylan V??

What's your favorite thing about working at Crestwood?

I have an opportunity here to directly impact people's lives. Sometimes you can't see it, but when you do see progress, it just feels great. Also, it's really nice to have a job and just feel accepted here.

What do you like to do in your outside time?

I play a lot of video games, I'm kind of a nerd. I also play guitar and just got a keyboard – I've been getting into making my own music.

What are your future goals?

That's the thing about living with a disability – I try to live in the moment now. I could pursue a doctorate or I could need to have surgery next week. Working here has had a big impact on me because I want to have the ability to directly impact people's lives for the better.

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:

The American Civil Liberties Union

Following the tragic passing of Supreme Court Justice and civil rights icon Ruth Bader Ginsburg, we wanted to make this month's donation in her honor. We chose the ACLU, as RBG was the founder and director of their Women's Rights Project nearly 50 years ago in the fight for gender equality. As RBG did throughout her career, the ACLU continues to fight for human rights and equality. For more information on the ACLU's wide-ranging battle for civil liberties in their 100th year of service, or to donate, go to aclu.org



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



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

I smile a lot, but people don't necessarily see it because of the mask

Originally connected through our college internship program, Dylan was the first new employee to join us once the pandemic hit!

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

nunatak

trophies

GABE

11/2

-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 & FUN

Darby's Vegetarian Recipe of the Month

Egg Scramble

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

Among the many things that I miss about the pre-pandemic world is going out for breakfast. Because of that and because meal prep boxes have changed my dinner time routine completely, check out this easy but hearty weekday or weekend breakfast!

Ingredients:

- 2 eggs
- Splash of milk (optional)
- 1-2 tbs butter
- 5-6 cherry tomatoes, cut in half
- 3-5 baby bella mushrooms, broken into bite-sized pieces
- 2-3 pinches of goat cheese
- Handful of spinach
- Salt and pepper to taste

Egg Scramble

1. Heat butter in a skillet until melted.
2. Sauté tomatoes and mushrooms until tomatoes are soft and mushrooms have browned (5-6 minutes), stirring occasionally
3. In the meantime, beat the eggs in a bowl. Add milk if desired.
4. Stir goat cheese into eggs.
5. Pour egg mixture over the tomatoes and mushrooms
6. Top with handful of spinach
7. Mix egg scramble until desired texture is reached.

Eco Tip of the Month

Electronics Charging

An upside to spending more time at home these days is the reduced risk of finding yourself out and about with a dead phone or computer. That said, don't give in to the temptation to keep your devices plugged in 24/7! By simply unplugging when they've fully charged, you'll save electricity and improve the battery life – win-win!

Halloween-Themed Dad Jokes!

Why do ghosts speak Latin?

Because it's a dead language

What does a ghost do when he gets in the car?

Puts on his sheet belt

Why are ghosts great cheerleaders?

Because they have spirit

Travis' Children's Book Review

Lady and the Tramp

(Back by popular demand, Contra Costa's favorite book review!)

So I'll start with a disclaimer, as I often seem to do: I don't believe I've ever seen *Lady and the Tramp*, the movie. As with *Snow White*, I also have no clue how this horrific book ended up in my daughter's library. What I did know before cracking this thing open is that it is one of those classically-romanticized stories that end up in random montages. Thankfully for you and your kids, I'm here to let you know this book is actually just anti-poor propaganda!

Like the Boss in hour four of a concert in Ocean City, let's play the hits:

-The human mother of Lady the dog is named Darling Dear. Disney really laying it on thick with their misogyny, as usual. Would a name like "Obedient Wife" have been too on the nose for this character?

-As Jim and Darling Dear prepare to have a baby, Lady meets Tramp, a dog she immediately snubs for not having a home or a collar. Cool message. Do you have any clue what the housing market is like, Lady??

-Jim and Darling go on vacation by themselves like right after the baby is born, leaving the baby behind with their cruel aunt. No parent wants to hear this!

-After the aunt kicks Lady out and she is forced to the mean streets, she is reacquainted with Tramp after he fights off a group of dogs that were about to violently attack her or worse! This is supposed to be for children!

-Lady gets nabbed by the dog catcher and taken to the pound. There, the story shames all the other dogs for their looks and for living in poverty. The message to the reader is clear – be a rich, purebred dog or have no value in life.

-A rat crawls into the baby's room and is about to kill the baby until Tramp intervenes. Again, this is what kids need to worry about??

Verdict: This book is currently hidden under a couch.