



*it's about growth.*

# September Newsletter

*crestwood pleasant hill*

9.30.2020

## Welcome!

With our September 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.

## Amina Expecting!

Who says good things can't happen in a pandemic?? Voted by the people as our undisputed QuarQueen this summer, Amina is looking to extend her reign, as she and her husband are now expecting their first child – congratulations, Amina!



## Angelica Married!

For those scoring at home, Angelica's long-planned April dream wedding was one of the early COVID casualties. With all the uncertainty around when groups will be safe again, Angelica and Tyler decided they didn't want to wait any longer, and got hitched in front of just their immediate families on 8/30! Congratulations to the happy couple!

*(See Page 4 for more on Angelica's rapidly changing world)*



COVID may have canceled softball season, but that doesn't mean people can't show their spirit on Wildcat Wednesday!

## In this Issue...

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- ✓ Farewell to Angelica
- ✓ What's Cool With Hannah
- ✓ Annual Art Show
- ✓ Emotional Health and Snow White
- ✓ Netflix and Gabe
- ✓ ...and more!

## Anniversary Dates

*Celebrating their Crestwood anniversaries in June:*

- Clare – 2 years (9/17)**
- Sam – 2 years (9/17)**
- Travis – 14 years (9/18)**
- Dawn – 16 years (9/27)**

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

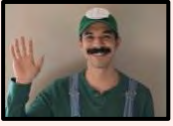
## Upcoming Events!

*(Socially Distanced Events, Of Course)*

- 10/6 – Election/Registration Event
- 10/13 – Election/Registration Event
- 10/20 – Summer Photo Contest
- 10/23 – Oktober Fall Festival
- 11/4 – First Annual Spelling Bee
- 12/8 – Express Yourself

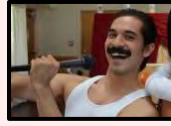
*(Some may be Zoom-friendly!)*

# ARTS & ENTERTAINMENT



## Netflix and Gabe

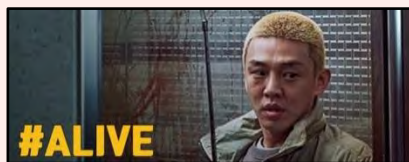
**#Alive**



Shifting back to movies this month, Gabe checked out the 2020 Korean zombie film *#Alive*. “It doesn’t do anything special we haven’t seen in zombie movies before,” Gabe began, “Fast zombies, people stuck in a big city... nothing new. It hits all the normal zombie beats, but it does it well – it’s a competent film.” Gabe went on to reference the similarities to George A. Romero movies (“The Godfather of Zombie Movies” according to Gabe), pointing out that though you likely know what’s going to happen, *#Alive* is still captivating because the characters are great, it was shot well, and the zombies “looked cool” with “great makeup.” Gabe continued his pitch, “The fact that it’s in another language, if you’re worried about that, you could even watch it as a silent movie. OR READ A LITTLE.” Uh oh, here he goes... “That’s the problem with America’s youth these days,” (*Editor eye roll*) “they’re more afraid of reading subtitles than they are of the actual zombies!” There was no stopping Gabe at this point, “If waking up to an orange sun and cross-continental Zoom calls has taught us anything, it’s that we should learn a little more language and be a little more scared of zombies. All that to say, I did watch the dubbed version with American English subtitles.”

**Gabe recommends #Alive for:** Lovers of zombie movies, people getting ready for Halloween, people with werewolf personas who are already in costume a month early.

**Gabe does not recommend #Alive for:** People who understandably aren’t in the mood for an end of the world movie.



## Susan Explains Magnets



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 Magnets...*

Like the ones you stick that stay? The metal things? That one I kind of know. They say the magnet has to have a negative point and a positive point to be connected and happy. I don’t know who made it, but they make it negative, positive and then they stick together. I think they’re made of stainless steel. Or metal. No, stainless steel. Yeah, metal. Metal. I don’t know what makes it negative and who decides – maybe metal has a negative side and a positive side? I don’t know, I’m not a scientist. I think people dig to find metal – it’s like a stone – and then they bring it to a facility and the scientists just make it one part negative and one part positive. They dig in the mountain, but not in volcanos, no. Maybe in the cave – something somewhere in a cave? (*Editor’s Note from an editor with a toddler: Would you, could you in a cave?*) It’s like when you find gold, I think the process is pretty much the same. Yeah, metal is not liquid, nope. You can melt the metal, though, like gold, and then you make it into something. You can’t have liquid magnets, though, you just melt it and then you make it negative or positive and then you solid it again. You can use magnets on anything. Maybe they could use big magnets on [match.com](https://www.match.com) and connect them to me so I can trap a man.

## Redbox and Max – Freedom Writers



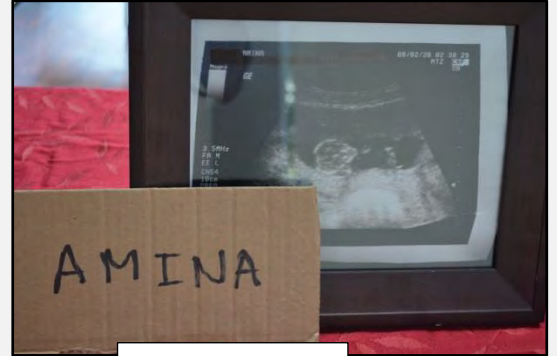
Deciding on your next movie rental? Max has you covered!



This month I’m reviewing a powerful movie starring Hillary Swank called *Freedom Writers*. It is based on the true story of a Freshman English teacher named Erin Grunwell, and the group of students she so desperately wants to educate. The challenge comes in that most teachers don’t expect much from their students in this inner-city school, but that doesn’t stop Ms. Grunwell, who makes it her mission to give her students the education they so rightfully deserve. As she fights against the other teachers about her kids’ potential, she takes on two other jobs to make sure her students have all the materials they need. With her efforts, Ms. Grunwell reaches her students to the extent that they insist on keeping her as their teacher through their senior years. The story shows exactly how strongly the belief a teacher has in their students can positively impact them. I have myself had these teachers who believed in me and made me want to be a better person. Thanks to all the Ms. Grunwells out there!

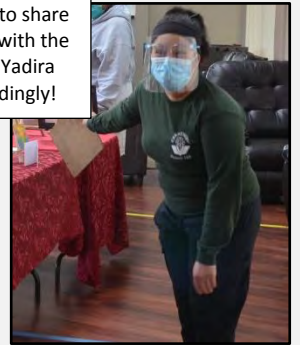


# ARTS & ENTERTAINMENT

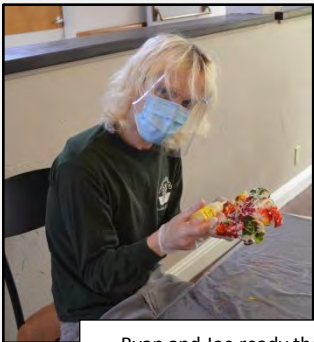


**Annual Art Show!**  
 COVID made this year's version a beautiful touchless art gallery. Thanks to all our artists, and to Chelsea, Hannah and Kurt for putting in on!

Amina chooses an amazing way to share her big news with the facility, and Yadira reacts accordingly!



Paintings, sketches, clothing, jewelry... anything goes at our art show!



Ryan and Joe ready their tie-dye during Art Week



## Annual Summer Photo Contest – Vote Soon!

After the success of our special-edition COVID-themed Spring Photo Contest, it's time for our annual summer version! Thanks to everyone who submitted photos for our Summer Photo Contest. Voting begins October 20<sup>th</sup>, so if you'd like to vote remotely, reach out to Travis!



# COMMUNITY

## Farewell to Angelica

As she embarks on the next step of her life, moving with her now husband Tyler to take an Administrator job in the greater Portland area, we will do our best to capture the tremendous impact that Angelica made in her 6 years with Crestwood Pleasant Hill. From the initial days of her time with us beginning October of 2014, Angelica sought out ways she could learn more, get involved in extra projects and behaviorally exemplify the Crestwood values. She was originally slated to start as a Recovery Coach, but it was a matter of moments before she was a Service Coordinator. In her first week, she requested to join (and catch up to) the DBT consultation team that had already begun its training. By Thanksgiving, she was someone the facility was already relying on, and she was part of the group hosting our annual event. In 2015, she became our facility's first Admission-Discharge Coordinator, and that year was voted as the facility's Crestwood Values Award winner for Family (as well as our facility's Green Award). In 2016, she added the role of Director of Staff Education, and after completely revamping the facility's employee orientation process, she became the Pathway Program Director in 2018. Her progression through these roles came from her outstanding character and work ethic, and she threw herself into everything the facility was doing to try to improve our community and the lives of the people we serve. She helped create our Health and Fitness Project, was a founding member of our Strategic Planning Committee and participated in countless community service and awareness activities. She created new groups and systems, numerous new trainings for employees, and made an immeasurable difference for so many of our people. She

was a Crestwood Wildcat softball champion, and a trash-talking veteran of every internal sports league we've put on. The resume is jam-packed, and this obituary covers a piece of it, but what most of us are left with is not all the titles and specific things she was involved in, but instead what it meant to actually work alongside Angelica. Every day of her time with Crestwood, she carried herself with grace, integrity and deep compassion for the people we serve. To work with Angelica was to know that you had someone you could rely on and trust, someone who would look out for you as an individual, and someone who would work whatever hours it took to get the job done. Angelica's creativity and thoughtfulness led to a range of lasting growth around the building, and the absence of her humor and enthusiasm will leave a gap in our community. She is survived by leaves a facility that is so much better because of the time she spent in it, and so grateful for the time we all shared together. Thank you, Angelica, for your incredible service to this community you will always be part of.



## Get to Know Rosaria!

**Who is your favorite author?**

James Patterson is one of them.

**Do you have anything you collect? If so, what?**

Clocks – not cuckoo clocks, just small clocks, I have 6 of them.

**What song would you sing at a karaoke night?**

“Sweet Caroline” by Neil Diamond.

**Do you have any nicknames?**

Yes, Rozzy. I liked it because I had a friend nicknamed “Denny,” so we were Rozzy and Denny.

**Do you like surprises?**

I like the good kind! It shows people's support for me.

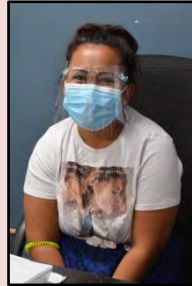




# COMMUNITY

## Welcome Astrid!

We continue to luck into finding outstanding people who want to join the pandemic fight in the healthcare field. And we now welcome our newest employee, Astrid, as she joins the Pathway as a Service Coordinator. Welcome to our team and community!



## Eco Tip of the Month – Mask Disposal

The science is in that disposable masks are the safest option these days, much to our chagrin of environmentalists. Although we have to prioritize safety, we can make one small difference with these masks: remove the ear loops before you throw them away! Conservationists are finding birds entangled in masks, so do your part to protect them by separating them from the masks themselves. Every little choice makes a difference!



## Get Registered and Vote!

The 2020 election is just 34 days away, which means Crestwood Pleasant Hill has just over 1 month to reach our 80% turnout goal! Not sure what's on the ballot? Want to know more about the issues before you make your picks? Join us for two upcoming election events in October on Tuesday the 6<sup>th</sup> at 2:30 and Thursday the 15<sup>th</sup> at 2:00! Voting by mail or drop box to maximize your COVID safety (let's hear a resounding yes!)? Make sure you are counted in our tally and get your "I'm a voter" sticker by letting staff know in your med room! Make sure your voice gets heard!

Not yet registered or not sure and don't want our help? Use these links to check – it's fast, safe and easy!

[Register to vote](#)

[Check your voter registration status](#)



## Fall-Themed Dad Jokes!

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

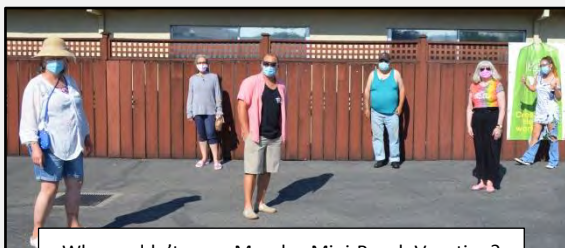
Why are trees very forgiving? Because in the fall they let it go, and in the spring they turn over a new leaf.

What's the ratio of a pumpkin's circumference to its diameter? Pumpkin Pi.

What do you call a large colorful pile of leaves? The Great Barrier Leaf.

What did one autumn leaf say to another? I'm falling for you!

# Spirit Week Returns!



Who couldn't use a Monday Mini-Beach Vacation?



It's a Rootin' Tootin' Western... Thursday!



Twin Tuesday!



We may be casual, but we can also nail Fancy Friday

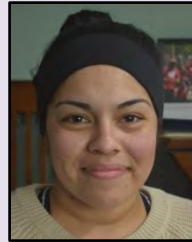
## Farewell to Tamila

Coming aboard as a Recovery Coach over a year ago, Tamila brought her artistic creativity and skillfulness at relationship building to the facility from the start. After sharing her gifts with our community, she is now moving on. Take care, Tamila, and thank you!



## Farewell to Yadira

Since joining us as a Recovery Coach a mere days after Tamila, Yadira has brought enthusiasm, fire and a great sense of humor to her time at Crestwood. As she and her family now move on, we are grateful for her contributions and wish her all the best moving forward!



# 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 Loveland Foundation

With no justice for Breonna Taylor, we wanted to find an organization that helped to empower and assist Black women. The mission of the Loveland Foundation fits with that, as they seek to provide opportunities, access, validation and healing, with their primary focus on Black women and girls. They prioritize healing for communities of color through access to therapy, and your donation can directly provide therapeutic services for those in need. For more information, or to donate, go to [Loveland Foundation](http://Loveland Foundation)



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/)



## Now Hiring!

Looking to join the best behavioral health team on all of Patterson Blvd? We are currently hiring for the following positions – send you 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



- 90s teen sitcoms recently added to streaming services
- Vintage shoes
- The strawberry dress
- Multiswag Sneakers by Team Wardrobe
- Statement mugs
- Sculptures by Jason Freeny
- Ordering your Halloween costume online

## So you think you know Biyabeb??

What's your favorite thing about working at Crestwood?

Helping people. Crestwood is my other family.

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

I have a degree in Education from Addis Ababa University, the oldest university in Ethiopia, and I used to be a principal at an elementary school.

What brings you joy?

When I get to help people. I used to organize a charity club that helped orphans by getting them school supplies (uniforms, workbooks, pens, etc.) and that made me feel happy. And, spending time around children. Kids are "white paper" and not influenced by greed or power. Being around children re-energizes me.

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

Seeing wounded people or people who are bleeding breaks my heart.

One of the kindest, hardest working people you'll meet, Biyabeb brings integrity to his work and will be celebrating 10 years with Crestwood come March!





# **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**

-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

### Classic Caprese

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

Tomatoes are nearing the end of their season, so they are in my InstaCart order every week. Though a recent Blue Apron subscription has me eating dinner 30 minutes after I get home, I can't resist munching on this classic and simple appetizer while cooking! Heirloom tomatoes have the best flavor and texture in my opinion and are thus worthy of center stage (as opposed to beefsteak or roma).

Ingredients:

1 Heirloom tomato (per person)  
1 ball of fresh mozzarella  
3-4 basil leaves

Optional: avocado (if you're feeling decadent and don't have dinner lined up for after)

Olive oil

Balsamic vinegar

Seasoning of choice (use your own savory spice blend or go simple with salt and pepper)



1. Cut tomato and mozzarella (and avocado if using) into bite sized pieces and put in bowl.
2. Tear basil with your hands and put in bowl (cutting basil will bruise it).
3. Drizzle as much olive oil and balsamic as you see fit.
4. Season to taste.

## Wellness Tip of the Month

September is Suicide Prevention Month - be sure to recognize the signs of suicidal risk. It could be your loved one and your attention to the signs could save a life. The following signs require immediate attention:

- Thinking about hurting or killing yourself
- Looking for ways to hurt yourself
- Talking about death, dying, or suicide
- Self-destructive behavior such as drug abuse, weapons, etc.

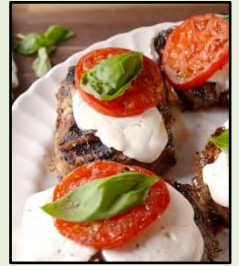
The 24/7 National Suicide Hotline number is 800-273-8255.

## Angelica's Recipe of the Month

### Caprese Grilled Steak or Chicken

I'm sticking with Darby's fall caprese theme, but this version adds a meat option of your choice!

- 4 six ounce steaks or chicken breasts
- 8 slices of tomato
- 4 slices of fresh mozzarella
- Olive oil
- Balsamic vinegar
- 8 fresh basil leaves



Season your steak or chicken with salt and pepper and then lightly brush the meat with olive oil. Heat grill to high until hot. Reduce to medium and place meat on the grill. Cook meat to your desired cooking, flipping sides at least once. Once meat is cooked, stack with tomatoes, mozzarella and basil on top. Drizzle balsamic vinegar and serve. Enjoy!

## Emotional Health and Snow White

Let's start with a disclaimer: I don't know that I've ever seen the movie, and if I did, it was a long, long time ago. But having seen the abbreviated children's book that somehow ended up in my two year-old daughter's library, I can say with some level of expertise that this story is terrible! Let's walk through the hits:

1. The full title is Snow White and the Seven Dwarves. Really?? And one of them is named Dopey??? Maybe "Grumpy" is always grumpy because you keep calling him a dwarf!
2. The story begins - like right off the bat - with Snow White's father dying. You're just going to spring this on my kids with no warning of the needed conversations to come?
3. The "evil" stepmother has Snow White dress in work clothes and do... work, as if manual labor should somehow be beneath us and doesn't inherently come with dignity.
4. Snow White dreams of being rescued by a handsome prince. Cool, Disney, keep helping young women reach for the stars.
5. The stepmother sends a hunter out to find Snow White in the woods and come back with her heart as a trophy! What is this, *Dexter*?? And why a trophy that will decompose??
6. The "Dwarves" learn to love Snow White because she cleans up their house for them. Again, very cool, Disney.
7. After the stepmother casts a spell on Snow White with some kind of weird apple, the "Dwarves" chase her down until she falls off a cliff and dies. And this is celebrated!
8. Snow White is "saved" from her death spell by the kiss of the handsome prince. Spoiler alert, the prince isn't even that hot.

The good news is, my daughter can't read, so I've been making up a different story about strength, intelligence and independence. Do yourself a favor, don't show your kids Snow White. -Travis