



THE



COMPASS

GIVING DIRECTION TO RECOVERY

DEC. 2011

WELLNESS & RECOVERY

“It’s beginning to look a lot like Christmas.” We sing Christmas carols and songs. The weather’s turning cold for the holiday. Frosts is in the air. It reminds me of Michigan without the snow on the ground. I love the Christmas holidays. I have very good memories of the holidays when I was in school. As I’ve gotten

older, I’ve started to celebrate Chanukah. It’s a Jewish holiday about the same time; it has twelve days too. It’s a custom to give small gifts to kids- dreidels (tops) and chocolate candy. The candy is in the form of gelt (money)-gold foil wrapped. It’s a good holiday.”.....Linda

“I get all excited here during Christmas because of all the celebrating we do here. I can hardly wait to hear the Christmas music. The Christmas tree is beautiful, I remember all the fun we have had for the last two Christmas. My Rosie and Chuck and my family are all super. The food is great here.”.....Diane



SPECIAL POINTS OF INTEREST:

- *Wellness & Recovery*
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MEMORIES OF CHRISTMAS

“When I was a kid in elementary school, I got a quarter a week allowance for dusting the baseboards. We lived in an old Victorian house with beautiful grooved baseboards. It took a long time to dust them. I saved my allowance at the bank in a Christmas club. It took all year to

get enough money to buy Christmas presents for my family. Things were cheaper then. I loved to give things I thought the recipient would love. My favorite Christmas was in kindergarten. I told him I still believe in Santa Claus. I got more toys that way. (cont pg 2)...

Memories of Christmas cont..

(Cont pg 1) Parents gave clothes. Frankie was a disbeliever. I was older & dumber. Frankie wanted the jumbo size Etch-a-Sketch for Christmas. It was a pricey toy. It took all the money I had in the Christmas club. I decided not to give gifts to the rest of the family. I knew they'd understand what a five year old kid wanted. When I gave Frankie the Etch-a-Sketch, he said it was his bestest Christmas ever. That year (1956) was my best Christmas too. Frankie still has the Etch-a-Sketch, and he still doodles with it to make his designs. It still has the "Love Dinny" gift tag. I have a feeling Frankie could have taken the tag off years ago.".....Linda

Stories Of Life

"My biggest problem is being here. I began to have low self- esteem and shoulder pain which no one is able to help me with. I missed my beautiful blond dolly and nobody's able to help me with that either. Then my biggest fear here is that the conservator Marge White wont ever release me to a board and care home. That I have been working on since my discharge transfer from Crestwood Vallejo. The staff at this place doesn't even recognize my good behavior. Other facilities have seen my improvements. I hope to get discharged to a board and care home before December. Please note that I've been good here and don't ignore me cuz I've gotten two years older already.".....Kimberly

"What would make my life more meaningful: 1) be more patient. 2) read a good book or magazine. 3) contact my friend Maureen.".....Susan

"This time of year reminds me of walking into the hospital to have my second daughter. It was December 9, 1989. I had been two weeks overdue and finally went into labor while sitting in my parents house. My mom was watching my contractions and told me to go to the hospital. I had her three hours after arriving at the hospital. I love this time of the year for that reason. She is going to have my first grandbaby in July. She will always be the best Christmas present I ever received so far. I don't think anything can top that year.".....Teresa

"My favorite memory of Christmas was being with my mom and my grandma opening gifts and throwing the wrapping paper all over the place and also eating waffles or some years pancakes for breakfast.".....John

ARTIST OF THE MONTH



Memories of Christmas (cont'd)

“My favorite memory of Christmas is when my daughter was about two years old. We were surprised to find a new wooden rocking horse. She had asked for a horse to ride and a yard to keep it in. Even though the one she got from Santa was not the real thing. She adored it. Sarah screamed with joy, it was a sight to see. We all enjoyed a great day. She played on that horse for a long time. I even took a picture of her dressed in her Wrangler jeans, Cowboy boots and her grandfathers cowboy hat on her new rocking horse. It is something that I can still cherish today.”.....Teresa

“It starts to snow and it has snow flakes. Sliding on a sled and making snowmen is lots of fun. Sometimes it is too cold to build him. Everybody singing, dancing, enjoying themselves. Laughing and exchanging presents. May god bless every man. Peace, Love, Hope.”.....Mandy

“I like Christmas because I get my whole family and have eggnog.”.....John

Christmas Story

“Christmas and the elite way my parents celebrate their anniversary on Christmas. My father dresses in a Santa Clause suit the whole month of December up until Christmas. We cut down a Christmas tree far away and I had to drive home a

long way in the fog because my mother said I was a good driver. We made it home and had a lot of fun decorating the Christmas tree that was big and tall. My mother puts many beautiful Christmas decorations. The living room had high ceilings and a fireplace. We celebrated my par-

ents anniversary in early morning with pink champagne. We were dressed beautifully. My parents make a beautiful couple.”.....Diane



CRESTWOOD IN THE NAPA VALLEY

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GOT RECOVERY!



Christmas Bridge

Crestwood Center in the Napa Valley

Crestwood Center in the Napa Valley, a mental health rehabilitation center licensed by the California Dept. of Mental Health, delivers treatment and care based on the premise that mental health recovery is not only possible, it is the Goal of our programs. The primary goal of this facility is to focus on stabilizing consumers and initiating their recovery process so that they may quickly move to a less intense level of care and expedite their return to their communities.



SPIRITUALITY

“Eggnog; bright twinkling lights, cool conversations, Christmas carols, nostalgia. These are a simple list of why I love this season so much. Warm beverages shared with family, warm, cozy clothes, the hope for romance. The season’s party invites wine, perks at work, glorious clothing. All this splendor and warmth keeps my heart open to embrace the glory of god.”.....Lynn
“This time of year I miss home and I think of friends

and family. Things keeping me away from friends and family have to be dispelled because nobody wants it either; neither do I. I think others want this for me more than I can believe and more than I know. I know there is love, I know there is hope, and I know there is a real Christmas. This time of year we have to remember the new year. We have to remember to cast away the sins of the past and start a new year. Today I am grateful for my higher

power.”.....Rachael
“Remember O Lord, what happened to us? Look and see our disgrace. Our inheritance has been turned over to sinners, our homes to others. We have become orphans to God, fatherless, our mothers like widowers. We must buy the water we drink, our wood to build our own can be had only at a price. God forgive us of our trespasses.”.....Carl