



THE



COMPASS

GIVING DIRECTION TO RECOVERY

SEPT. 2011

WELLNESS & RECOVERY

“The time in my life I remember being the happiest was when I was living with my grandma. We did everything together. She took me for walks, bike rides, played cards, went out to lunch. She stopped all that stuff when she got sick with Alzheimer's. I took care of her when she didn't know who I was.

I sat next to her in the nursing home. Holding her hand, she looked up and said, “I love you Anna, “Don't let the voices and visions take over and be strong where you go.” Then she passed away.”.....Anna
“My family loves me but they have busy live. Though I have lots of friends, I want to be more involved

in the life of my son, two daughters and my menacing brother. I feel very lonely here but think the staff here and many friends feel very comfortable here but I am leery about the outside because I can't count on my family. They don't realize how far I've come from the depths of my past.”.....John

SPECIAL POINTS OF INTEREST:

- *Wellness & Recovery*
- *Stories of Life*
- *Pic of the Month*
- *Poetry Corner*
- *Spirituality*

STORIES OF LIFE

“In the time of my life when I remember being the happiest was when I was 16 years old in high school living with my family in the suburbs of Contra Costa County in the East Bay. I had my own room and 3 brothers. We had a back yard and a front yard and the weather

was nice. I was in the 1960's and 70's and I watched a lot of good T.V. and I was a good student. We had a private swimming pool in the neighborhood called the Moraga Ranch Swim Club.”.....Deborah

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Stories of Life cont..

“My very favorite summer experience: One warm evening in Santa Cruz my two daughters that I love so much and I took a spatula and a pan to make pancakes together. We went to the barbeque at Twin Lakes beach and the harbor where the ducks were at.”Diane

“When I was with my 2 children and husband I played happily with the children and the dog and the cat. We lived in an apartment in Vallejo. I don’t remember how old I was then.”Miriam

“My summer experience is going to the ocean and the beach. I take my vacation in the summer every year with my family and friends. We bring food, drink and we play volleyball and swam in the ocean.”Tou

“I like to start to be a better person; make right choices, learn to ride a bike again, stay away from drinking beer and have better relations with family and peers.”Carlos

“What I like about myself is my interest in contemporary art. I study Andy Warhol and Pablo Picasso. His blue period is my favorite. Their art form is Pop, Surrealism and Cubism. The favorite thing I ever learned was that the whole thing to do is to think about nothing. It was written by Andy Warhol in his The Philosophy of Andy Warhol.”Michael

“Well, I would have said run away but yesterday that didn’t really work out. Some other things I’ve never done and am afraid to try are: cliff diving, swimming or wind-surfing in the bay and petting animals at the zoo. On second thought, petting animals might be another runaway dream; could go badly quickly.”Kat

“I would like to go fishing with my brother. In May of 2000, my brother and I went fishing in the Sacramento river. We caught some strippers and catfish. We had a nice day. The strippers were big about 30 inches. We brought the fish home. I cooked the fish and we ate joyfully.”Tou

“I would like to return to making my nail polish POP art paintings. I use comic book pages that I glue to the canvas. Then glue Polaroid photos on the top of the mat and then I splash nail polish on top of them. I showed two of them at an art gallery and five more at art galleries at different times. My favorite comic book pages I like to use are “The Joker”. My favorite nail polish colors are purple, electric blue and orange.”Michael

ARTIST OF THE MONTH

“I have always wanted to get a hunting license but I’m scared to use a gun and I’m scared to hunt in the forest and get lost.”.....Tou

“I experienced neglect as a child in the form of my father never showing up for anything due to alcohol. He didn't even come to my wedding. Today I show up for everything my family, who has abandon me, will allow. I treasure the activities of my family.”.....John

“People don’t understand what they say, when they verbally state through judgment, “you’re a freak” or a “looser”. People don’t have a conscience thinking by emotional expression because how they feel inside. They see your outside, your personality and your set of comfort through what you do or what you look like that sounds different. Saying sticks and stones break my bones can on the emotional side and cause a mind set. Also it can bring them down and have less balance and if believing in a good mood. I like to be less negative and more positive.”.....Ryan

POETRY CORNER

The Waterfalls of Courage

“The waterfall is flowing,

To see your crystal,

Flowing peacefully among the rocks, the bubbling brook is flowing.

A little girl found pebbles

in the brook to find a way through, finding courage through life.”.....Marina

“Roses are red,

Peaches are green,

It is for you to understand that you are mean,

But if you are in trouble,

For that you will be comforted by wind and summer breeze.

Look at the clouds, sunny and blue,

Stay good,

Stay true and familiar for me and who?.....Ryan



CRESTWOOD IN THE NAPA VALLEY

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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.

GOT RECOVERY!



Bridge to recovery



SPIRITUALITY

The most often overlooked Blessings.

Answered prayers. The kindness of strangers. The warmth and security of home. Crossing the threshold and closing the door after a hard day. Expressions of unconditional love and support. Your health. The health of those you love. That moment of relief when you realize that the pain has subsided. A job that provides steady income

while you pursue your dreams. Feeling the presence of Spirit in your life. Sinking into a warm, softly scented bath after a stressful day. The aroma of something delicious wafting from the kitchen. Not having to cook tonight. Your boundless imagination. When hope is restored. Following your intuition and being delighted that you did. Daydreams. Reveries. Textured, Technicolor nightscapes of happi-

ness and good fortune that have you awakening with a smile. Twelve hours uninterrupted sleep. Breakfast in bed. Serenity as you pay bills. Acceptance after struggle. Doing a great job and having it and your efforts appreciated. The fragrance of a vacation day. Completely and utterly surrendering to what is and then waiting expectantly for the good that is to come. An afternoon to do as you please.....