



OWL in the Workplace

Organizational Wellness Landscape

A Newsletter Supporting Staff Wellness at Crestwood

Jul
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Getting to Know Ralph the ALF!

Role - Advanced Level Facilitator (ALF), Social Service Designee

Hello! It's "Ralph the ALF." I have been working at Crestwood Stockton for about 15 years now. I started as an Activity Assistant and have mostly worked as an Activity Director for over 10 years and have been in Social Services for the past few years. I became a WRAP facilitator about 6 years ago and have been loving it since.

Wellness Tools

- 1. Cars and Motorcycles** - I love fixing up and working on my cars and motorcycle. It's been a hobby since high school and being able to get hands-on has been very fun.
- 2. Coffee with friends** - I love hanging out at my local coffee shop with my friends just like they do on the TV show FRIENDS.
- 3. Traveling** - I love traveling to different places. I love different cultures and foods. Whether I travel alone or with a group, I love spending money on plane tickets.

Where does WRAP show up for you?

WRAP shows up a lot for me at home and family issues. I'm very family oriented and having WRAP has helped me through a lot of things that had to deal with my family.

How it shows up for you at work? Personal life? Others?

WRAP shows up for me at work when I facilitate WRAP groups with the residents. When I'm not facilitating, I'm still using wellness tools to keep me stress free on my busy days. I do my best to not "take work home" and vice versa. WRAP also shows up with all my relationships outside of work. I use a lot of "action plans" to cope with difficult people and situations.

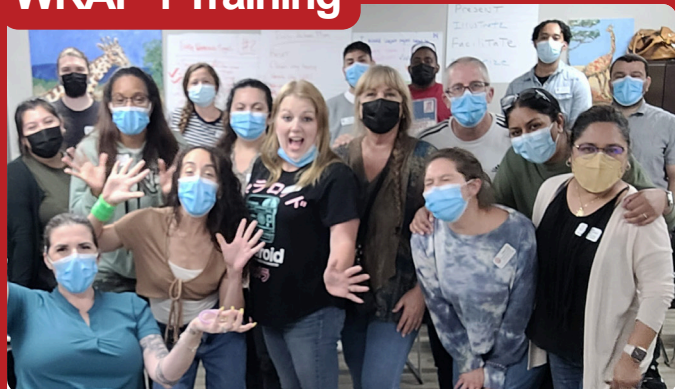


ALF Training



June ALF Training - It finally happened! First time in years that we were able to hold an ALF Training. It was a wonderful time connecting with familiar faces and new first time ALFs. Congratulations to those who participated!

WRAP 1 Training



WRAP 1 Training @ Fallbrook
Welcome to the WRAP family!



OWL in the Workplace

San Diego Staff Wellness Fair



Upcoming WRAP Events

Seminar II

August 8-12 - Kingsburg

November 14-18 - Tentatively Fairfield

Seminar III

October 9-14 - San Juan Bautista

*Dates are subject to change. If your campus is interested in signing up for a Seminar I or II, please contact Sam via email: samantha.tatro@cbhi.net



ALF Regional Support

Northern California – Greg, Robert, Vanny
Eureka, Angwin, Napa CSS, Redding and Sonoma PHF

Vallejo/Sacramento – Maritza, Greg, Robert
Vallejo, Solano, Fairfield CSS, Pleasant Hill, Sacramento and American River

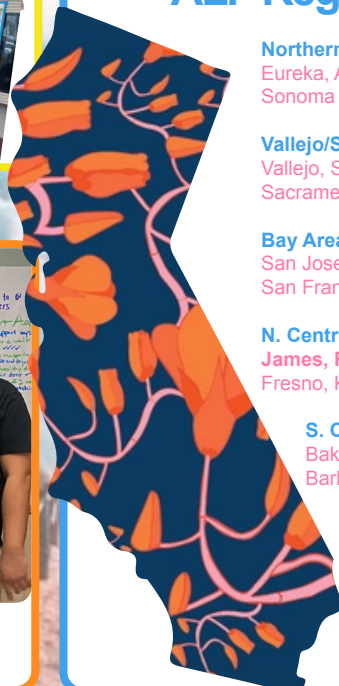
Bay Area/East Bay – Anna, Vanny, Robert
San Jose, Idylwood, Fremont, Alameda and San Francisco

N. Central Valley/Fresno – Martha, Elliot, James, Ralph, Robert
Fresno, Kingsburg, Modesto and Stockton

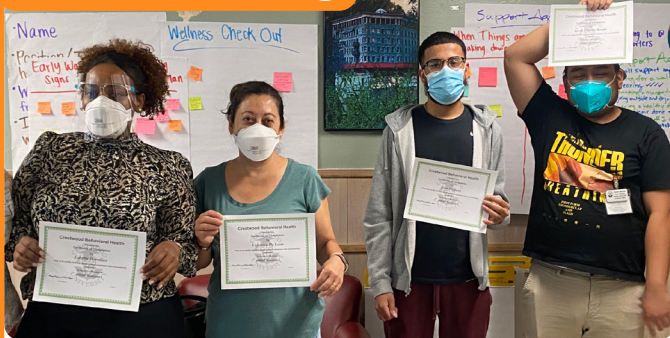
S. Central Valley/Coast – Tina, Sarah
Bakersfield, Freise, Lompoc and Santa Barbara

Southern California – Amber, Shanel
San Diego, Chula Vista and Fallbrook

Note: Home Office ALFs Greg, Robert, Shanel, Vanny, and Sarah support where needed (Greg is first priority)



WRAP 1 Training



WRAP 1 Training @ Alameda
Welcome to the WRAP family!

"A PERFECT SUMMER DAY IS WHEN THE SUN IS SHINING, THE BREEZE IS BLOWING, THE BITDS ARE SINGING, AND THE LAWNMOWER IS BROKE."
-JAMES DENT

