

Union Station Clubhouse

Newsletter



Clubhouse Christmas Party 2018

By: Rebekah M.



For our Clubhouse annual Christmas party members and staff helped cook lunch and set tables. We had mac and cheese, ham, sweet potatoes, pasta salad, green bean casserole, rolls and lots of good desserts. Members and staff had a good time interacting with everyone.

Around 2:00 p.m., Jolly Old Saint Nick AKA Santa Claus arrived to the Union station clubhouse to see all the members and take pictures. He gave us a \$5.00 gift card for Walmart and a sack filled with candy. Afterwards, we listened to music and danced. It was a wonderful day!

We would like to give thanks to all the staff and members at the Clubhouse.



Member Spotlight: April B.

By: George H.

April B. has been at Clubhouse for over ten years on and off. She appreciates the fact that Clubhouse guarantees her a place to go.

Over the course of her time at the program, she has learned to cook as well as to post updates to social media such as Facebook. This has increased her learning capabilities significantly from what they have been in previous years.

She hopes that the cooking skills she has acquired will eventually enable her to live independently, which we all have come to know as "The American Dream."



Eat Out Night at El Patron

By: Krysta C.

On January 9th 2019, Clubhouse members went on an evening out to El Patron Mexican Grill. We have attended El Patron in the past and this time was no different. We really enjoyed ourselves with our Clubhouse family and we always have a good time together. As a community of individuals, we love being around each other everyday.



Making Your New Years Resolution Stick

By: Dustin M.

Source: <https://www.realsimple.com/work-life/life-strategies/inspiration-motivation/new-years-resolutions>

You've made a New Year's resolution? Congratulations: Research says you're 10 times more likely to successfully alter a behavior than you would if you didn't make a start-of-the-year vow. And maybe that's why some 45 percent of American adults ring in the New Year with a resolution.

But will they keep it? According to statistics, almost half will give up on their goals within six months. Avoid being one of them. No matter what you've vowed—to lose weight? get fit? save money?—these four tips will help you achieve your goal.

Be Specific

Vague goals won't work. "You've got to develop a specific action plan for change," says John Norcross, Ph.D., coauthor of *Changeology: 5 Steps to Realizing Your Goals and Resolutions* (\$25, amazon.com). Map out your strategy before New Year's arrives. If you want to lose weight, target a precise number of pounds to shed, then set concrete mini-goals and the dates on which you aim to accomplish each of them. Want to save money? Determine the amount you will put aside each month and identify explicit changes in behavior you'll make to get there, whether that means skipping your afternoon latte or carpooling to work to save on fuel costs.

Make Your Goal Public

Share your decision to change with friends and family who can offer support when you're wavering and encouragement when you're doing well at sticking to your resolution. "Public commitments are generally more successful than private decisions," says Norcross.

Substitute Good Behaviors for "Bad"

Don't rely on willpower alone to help you change, advises Norcross. That approach won't work. Instead, build in a healthy behavior that's incompatible with the one you want to change. So if eating your usual midafternoon treat runs contrary to your goal of dropping a few pounds, put together a small like-minded group and commit to taking a quick, brisk walk at your normal snack time. Each time you put the brakes on "bad" behavior, you'll increase your confidence in your ability to make the change.

Track Your Progress

Record or chart your changed behavior. "Research indicates that such 'self-monitoring' increases the probability of keeping your resolution," says Norcross.



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