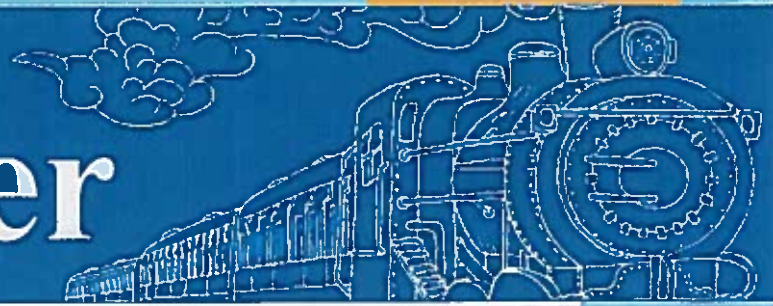


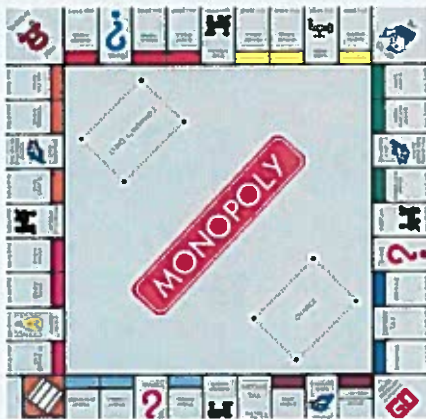
Union Station Clubhouse

Newsletter



Game Day

By: Krysta C.



On Saturday April 27, 2019 some members and staff came to the Clubhouse for an in-house-function. We spent time socializing and playing games. In addition we were served pizza and soda.

The day was filled with so much fun! I really enjoyed myself! It was a good change for a lot of members because it gave them the ability to come out of their houses and enjoy the weekend. It is my hope that Clubhouse will continue to hold in-house-functions over the weekend such as this.

Member Spotlight: Annie C.

By: George H.

Annie has been a member of Union Station for approximately 3 years and enjoys the company of her fellow Clubhouse members and staff. This empowers her to learn how to communicate as well as basic computer skills.

Attending the Clubhouse has led to the fact that she has gained the ability to build friendships and relationships as well as the ability to complete basic clerical tasks involving computer work such as typing announcements. She hopes that one day these new skills will help in gainful employment, which is one of the ultimate goals one can achieve in life.



Eat-Out Night

By: Krysta C.

On May 8th, 2019, we went to Two Brothers and Hutchinson Park for Eat-Out-Night. We had fun and we enjoyed being around on another. We had delicious meals and spent time socializing.

The wait staff at Two Brothers were very friendly, warm welcoming, and understanding of our needs. We hope to visit again someday soon!

Kudos!

By: Dustin M.



- Another TE has been secured at the Goodwill on Connellsville Street and is different from any of the other types of TE placements we have had in the near 15 year history of the employment program. Chris Z. landed the placement where he recycles cartridges. Good luck, Chris!
- At the Connellsville Street Goodwill, Joe R. Secured a Supported (SE) placement on the daytime janitorial crew. Way to go, Joe!

- Coty D. was awarded by his employer, TJ Maxx recently for three years of service with a plaque of recognition. He currently has a Supported Employment (SE) placement through the Clubhouse program. Keep up the good work, Coty!
- Henry B. recently started working at Nemaolin Woodlands in the Laundry Facility. This is one of two new Transitional Employment (TE) placements that has been secured for the Clubhouse program. Best wishes, Henry!



Reasons for Attending the Union Station Clubhouse

By: Krysta C.

The Clubhouse is a place where you can find acceptance no matter what your level of functioning is. It is a place that assists its members with achieving their goals whether that is housing, employment, or education. The Clubhouse is a place where you are empowered to take the lead, and it is a place where you can make many friends. In essence, the Clubhouse is a wonderful place and program to go to!



Goodwill
Southwestern Pennsylvania



www.goodwillswpa.org

Upcoming Events

May 25 Saturday
in-house

May 27 Social Day

May 28 Speaker

May 29 E&E Dinner

May 30 Health and
Wellness Demonstration

May 31 Paint & Dip

Helpful Ways to Deal With Depression

By: Rebekah M.

Some 16 million Americans a year struggle with depression, an illness that comes in many forms—from major depression to dysthymia and seasonal affective disorder. Depression is an illness that increasingly afflicts people worldwide, interfering with concentration, motivation, and many other aspects of everyday functioning. It disrupts sleep and it interferes with appetite, in some cases causing weight loss, in others weight gain. Some of the signs and symptoms are as follow:

- Persistent sad, anxious, or “empty” mood
- Feelings of hopelessness, or pessimism
- Irritability
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy or fatigue
- Moving or talking more slowly
- Feeling restless or having trouble sitting still
- Difficulty concentrating, remembering, or making decisions
- Difficulty sleeping, early-morning awakening, or oversleeping
- Appetite and/or weight changes

- Thoughts of death or suicide, or suicide attempts
- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause and/or that do not ease even with treatment

Although Depression can interfere with everyday function, there are many ways to manage this disorder as listed below:

- Don't Isolate Yourself
- Take Responsibility
- Indulge in Journal Writing
- Remain Active
- Divide Tasks into Manageable Sized Pieces
Keep Learning
- Meditate
- Think Positive
- Enjoy Life
- Eat Better to Feel Better

Living With Depression

By: Krysta C.

At the age of 14, I was diagnosed with a form of depression. Living with depression has not always been easy and at times, the people around you are not always understanding.

Due to having lost so many individuals in my life that I was very close to, I fell into depression because I had a difficult time coping with their loss. For those who are unclear about depressive disorders, I wanted to say that depression is real and is a treatable condition. With the love and support that I have received from my family and the Clubhouse community I am able to continue my journey of recovery each day.

