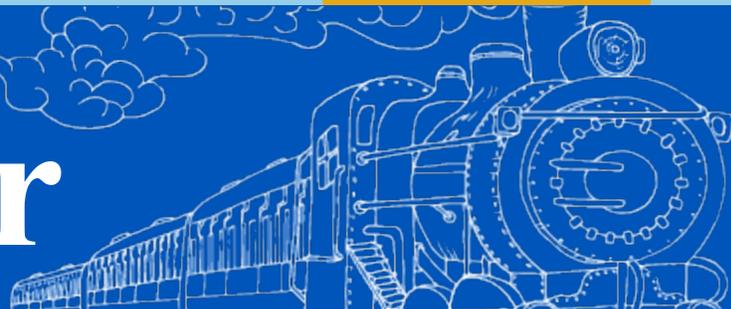


Union Station Clubhouse

Newsletter



Union Station Clubhouse Gains Presence On National Road

By: Dustin M.

With funds from a Staunton Farms grant, the Clubhouse was able to purchase a sign at the entrance to Corporate Crossing Road at West Main Street, otherwise known as the National Road.

This durable sign includes the name and new logo chosen by the members of the Clubhouse. Goodwill of Southwestern Pennsylvania's marketing department was pivotal in securing the sign, including creating the design, and negotiating zoning agreements to have the sign placed in a location where traffic heading westbound on Main Street can see it.

Cutting across the southwest corner of Pennsylvania, the Historic National Road Corridor connects some of the most important revolutionary events in U.S. history. The 90-mile corridor has not only hosted America's most important political revolutions, but has been the stage for many of the country's most influential social, industrial and cultural revolutions, as well.



Clubhouse International Accreditation

By: Dustin M.

January 21 - 23, 2020 marked an accreditation visit from two members of the Clubhouse International faculty.

We were pleased to host Lisa Soucie from High Hopes Clubhouse in Waterville, Maine and Paula Fisher who is employed at Neponset River Clubhouse in Norwood, Massachusetts. Paula is also a member of Crossroads Clubhouse in Hopedale, Massachusetts.

The accreditation process is two and a half days in length. The first day and part of the second day was spent in the units of the Clubhouse with the members and staff.

The second day was spent touring employment sites as well as spending an afternoon visiting the Operations Unit Development Meeting and attending the Employment & Education Dinner.

On the final day our guests presented their findings to the membership, staff, advisory council and county mental health office delegates. The faculty was pleased overall

Karaoke

By: Krysta C.

On January 31, 2020 we had food and drinks and sang songs on the karaoke machine. We sang our favorite songs and had a good time with each other. I hope we will get to do it again!



Saturday Outing

By: Henry B. and Ra-Mel

On January 18, 2020 staff and members went to Bud Murphy's to eat. We all shared a pepperoni pizza and enjoyed the conversations that we shared. After we ate, we went bowling and had a blast. We played three games.



Ra-Mel's highest score was 101 and Henry's highest score was 118. Ra-Mel and Henry had a friendly competition where Henry had 3 strikes and 2 spares. Ra-Mel had 2 strikes and 2 spares. We are looking forward to next month's Saturday outing!

Saving A Life

By: Krysta C.

When you save somebody's life in a car accident, you become a real hero. Heroes mean a lot to somebody who has been in an accident.

If you are driving down the road and see a car accident, please make sure to stop and help. Take the time to make sure they are alright. That is being a real hero. Many people get in car accidents. Every day goes by and many people die. Make sure you stop and help them as much as you can.

become more health conscious in its offerings. Nutritional information is provided upon request and is readily available. Salads are available every day for lunch if one chooses. In fact, I and a handful of members and staff partake of that option regularly! The main lunch option each Wednesday is also salad.

The Operations Unit leads the Weight Loss Challenge. Every Wednesday before morning unit meetings, any member or staff can have a private weigh-in to see how they are doing on their weight loss journey.

The current challenge has been going since January and will run until April 8. The member or staff who loses the most weight in a week gets a complimentary salad. A larger gift is awarded at the end of the challenge to the biggest loser.

Wellness Update

By: Dustin M.

Standard #28 of the Clubhouse International Standards states "*The Clubhouse provides assistance, activities and opportunities designed to help members develop and maintain healthy lifestyles.*"

The Food Service Unit has been at the forefront of this quality standard. Our meals are made with healthier products and the snack bar has

Our Weight Loss Group meets Wednesday afternoons. As it is winter and the weather prohibits many from walking outdoors, this group is where we share our exercise struggles. Each week we have a topic to discuss in regard to weight loss.

As always, the Clubhouse wellness center is available to anyone who would like to use it.

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Lastly, the Food Service Unit researches and presents a different wellness topic each week. Topics include a combination of physical and mental health issues and these are discussed weekly at the house meetings on Mondays.

The Union Station Clubhouse is combatting the dynamic of mental health and obesity head-on and is pleased to announce we will host a representative from the American Heart Association to speak as part of our monthly speaker series in February.

In March, the Crime Victims Center will be visiting to discuss Cyberbullying, something that can hurt a healthy lifestyle.

Medication Independence

By: Dustin M.

The freedom of living independently is a wonderful feeling. You make your own decisions on many things. However one of those decisions that should involve the advisement of your medical professionals is that of your medication regimen. Regardless of what type of medication or therapy you are currently prescribed, you should always listen to the medical professionals involved in prescribing you those treatments as they know the proper uses and understand the side effects that missing doses can have on your system. For me, this was a lesson I learned the hard way.

A little over a year ago, I had the bright idea that, while I had been prescribed the same medication regimen for almost twenty years, I had matured in life and could manage without it. For several months, I skipped doses of my medication. As this behavior became more and more frequent, I had several interventions by those close to me. I was in denial. I kept pushing ahead and was not following my prescribed medication regime. Not following a healthy diet didn't help matters either! While I know this process helped define who I was as an independent adult, it all became a little too much.

Several parties within my support network became concerned with my behavior. Symptoms of my mental illness were increasing and I became overly manic, obsessive and compulsive. I noticed that I was losing a significant amount of weight without trying. My therapist, with whom I have had a close relationship for almost two decades, sat me down and made me realize that medication was the key to being successful in my recovery.

Immediately I began to seek the advice of my doctors and get back on track. Little by little, I got better and it has now been several months.

You should be active in your recovery. A routine visit with a doctor can range from fifteen to thirty minutes. Share your thoughts and concerns during your visit! Follow any and all considerations, advice and suggestions you receive from your doctor. Remember that the person prescribing you the medication is doing so because they believe it can help you but you have to hold up your end of the bargain! Taking your medications and following doctor's orders as closely as possible is key to preventing relapses.



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