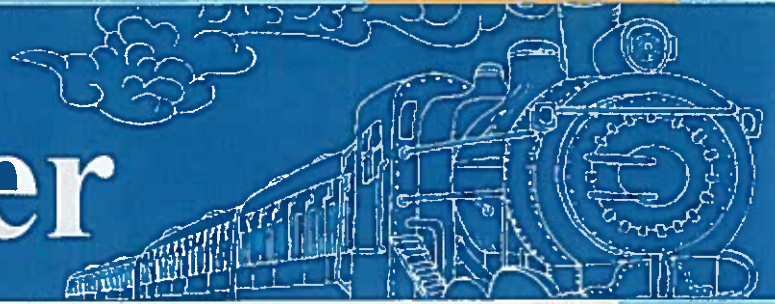


Union Station Clubhouse

Newsletter



National Disability Employment Awareness Month

The U.S. Department of Labor has announced "The Right Talent, Right Now" as the theme for the 2019 National Disability Employment Awareness Month (NDEAM).

The 2019 theme emphasizes the essential role that people with disabilities play in America's economic success, especially in an era when historically low unemployment and global competition are creating a high demand for skilled talent. The Department's Office of Disability Employment Policy (ODEP) administers NDEAM.

"Every day, individuals with disabilities add significant value and talent to our workforce and economy," said U.S. Secretary of Labor Alexander Acosta. "Individuals with disabilities offer employers diverse perspectives on how to tackle challenges and achieve success. Individuals with disabilities have the right talent, right now."

Observed annually in October, NDEAM celebrates America's workers with disabilities both past and present, and emphasizes the importance of inclusive policies and practices to ensure that all Americans who want to work can work, and have access to services and supports to enable them to do so.

With continued advances in such supports, including accessible technology, it is easier than ever before for America's employers to hire people with disabilities in high-demand jobs.

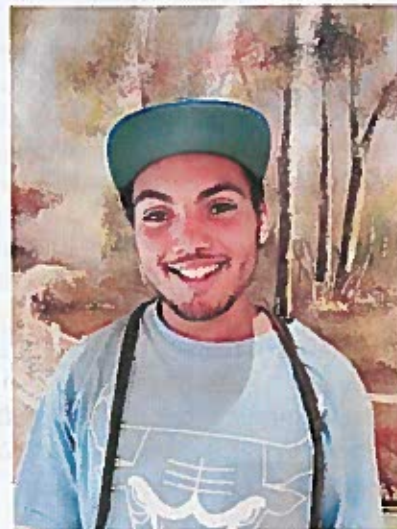
NDEAM traces its beginnings to 1945, when Congress declared the first week in October "National Employ the Physically Handicapped Week."

Member Spotlight: Ra-Mel H.

By: George H.

Ra-Mel has only been in the Clubhouse program for a couple months, but likes that everyone is "down-to-earth." He hopes that he can learn cooking and budgeting skills from the program as well as how to interact appropriately with his peers.

So far he has excelled in doing so and is striving for independence. If he puts his mind to it, the members and staff can guarantee that he will conquer any and all hindrances that may come his way!



Eat Out Night - September

By: Krysta C.

September 18 was our eat out night this month. We went to Applebees. We had a good time socially interacting with one another. The food and atmosphere was great! We really enjoyed hang out and being in the presence of one another. We hope to do it again sometime soon.

Saturday Outing

By: Krysta C.

On September 23, the Clubhouse took us on a trip to Jumonville to see the cross. Before going our adventure, we had lunch at Subway and then we took a little walk around Jumonville. We had a great time, and we enjoyed exploring the areas around us. We do hope to do this again!

Pizza And Movie Night - September

By: Krysta C.

September 27 was our monthly Pizza and Movie Night at the Clubhouse. During this event, we had the pizza and pop. The movie that we watched was "Bad Boys" starring Will Smith & Martin Lawrence. It was packed with a lot of action and excitement. Although it was not my favorite, I do enjoy attending pizza and movie night. I can only hope for a comedy for our next flick.



How Do I Keep My Wellness While Working?

By: Dustin M.

Maintaining your wellness at work can take some work! Work can be meaningful, fun, and interesting. Work can also bring stresses. Developing resilience to those stresses, and some stress hardiness (Maddi, et al., 2013) will be helpful as you work. There are lots of ways that people keep their wellness while working. You may want to experiment and see which strategies work best for you.

The Copeland Center and colleagues at the Appalachian Consulting Group have created a Wellness Recovery Action Plan (WRAP) for Work, and provides a way for people to add to their personal WRAP Plan by thinking through and documenting elements of what things are like when you are feeling good at work, how you can keep work going well (maintenance), identify triggers and warning signs that things aren't going as well, know and manage when things are starting to break down, and recovering from the crisis and learning from the experience. Working through the questions and prompts in a WRAP for Work may help some people think through how to stay well at work, and how to manage if things get harder, or even very difficult to manage at work.

Part of maintaining wellness at work is thinking through how to keep up your healthy habits while adding in a new life activity like working. When adding in new, and potentially stressful activities, people and places, it may be important to keep doing the things that keep us well, and to add some more (Copeland Center). Remember, our stress may be going up, not down, so don't reduce your wellness strategies, increase them if you can. For people who are working in shifts, maintaining wellness can be challenging, but not impossible. There are different challenges for people trying to maintain wellness in office settings. But wellness isn't only up to you – your workplace may be unhealthy, or may need a wellness program.