


ARROWHEAD CLUBHOUSE SANDWICH



“WHAT THE NEW
YEAR BRINGS TO
YOU WILL DEPEND
A GREAT DEAL ON
WHAT YOU BRING
TO THE NEW
YEAR.”

-Vern McLellan

New Year

January 2023

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Arrowhead Clubhouse, one of 36 services run by SCCSS, is a place where people living with mental illness can come to learn skills, get support and build relationships in a safe, stigma-free environment. <https://arrowclub.org/>

New Years Note From Co-Editor Jill Stones

When I was tasked with putting together these magazines, I was feeling challenged and intimidated by that challenge. I do not consider myself a creative writer. I am eternally thankful to Melanie, my co- editor for continually giving me each month's themes, and the direction in which to go.

I am also eternally grateful to the internet, which provides me with material that is cohesive with each months theme! As the months have passed, I have found myself looking forward to each new idea Melanie is going to come up with.

I hope you all find something new to look forward to this year as well! The following piece is a fine example of material picked up from the internet. I thought was also a perfect example of the importance of why we look at every New Year as the opportunity for a fresh start.

-- Jill Stones



What Is a Fresh Start & Why Do You Need One?

Published on LinkedIn.com by John L. Howard, MD

No matter what your age, your career, or your stage in life, a fresh start may be the only thing standing between you and a new life. Finding a new way to do routine tasks or leaving something that is no longer working is a great way to begin again.

What is a fresh start?

A fresh start is a do-over or a start of something new. For whatever reason, sometimes people lose their way. They forget their dreams, or they turn into nightmares. Sadly, this is particularly prevalent in medicine. We all entered it with such high hopes and aspirations, but what looked like a shiny tower from the outside, ended up being an abandoned collapsing warehouse.



The good news is life opens up anew, and opportunities appear again. You begin to reimagine yourself. Life should be lived to its fullest potential. Life will nudge you until you recognize who you have always wanted to be and what goals you want to achieve.

A fresh start is a clearing of the mind, body, and soul, making way for new things.

Yes, your entire being can undergo this fresh start, for although I typically address careers and business, even when the focus of the fresh start is centered in your career, it can and should involve every area of your life.

A new career can lead to a fresh start when it comes to your health, well-being, finances, relationships, and even what you may personally do and enjoy; your unique, personal style.

Often the change in career or your business will lead you to reinvent yourself and reclaim the version of yourself you always imagined.

Why might you need a fresh start?

Life may have started just fine, but somewhere along the way, the lemons became more prevalent than the lemonade. Can you relate to any of these scenarios?

- You settled for an unfulfilling career
- Your career started great, but with more and more regulation and lack of freedom and autonomy, you feel helpless to create change

- You never developed or pursued your passions
- You fell into debt and have not climbed out
- Your health has suffered because you are exhausted and overwhelmed
- You might even have health issues that are/were preventable

A fresh start makes it possible for any of these scenarios to turn around. There is not as much as you may think holding you back. I hope if you continue to follow my work that you will see the light at the end of the tunnel and get you racing towards it.

When Should You Consider a Fresh Start

Now is the time! You deserve the new beginning that will restore you, make life fun again, and get you excited about each day!

In 1991, Reba McEntire released the hit song *Is There Life Out There?*

The song speaks to women reluctant to leave the life they have - marriage, children, and all that comes with it - but knowing there was more to life.

This song is meant for anyone looking for a fresh start. You know there is more to life than what you are settling for, but aren't necessarily sure how to begin your path toward a fresh start.

She thought she'd done some living

But now she's just wonderin'

What she's living for

Now she is feeling that there's something more

Is there life out there?

Is there life beyond?

If you are experiencing the pangs of what might have been or longed for something you know will make your life complete, it may be time to think about reinvention. Reinvention is not something to feel guilty about but rather is the letting go of what is not working and saying hello to every option in the universe.



Reinvention does not require changing the things you love; it calls for changing whatever no longer suits you or beginning a new journey that better expresses who you are now.

The right time is now if:

- Your heart has a longing for something new.
- You know that you need to start or stop a behavior for your good
- You find a renewed determination towards a purpose in life.

No matter the reason that sparks your reinvention, the key is to embrace that urge and get started towards the changes you want. You deserve all good things, and nothing has to stay the same. You can make dramatic changes in your life without threatening the most important things - family, friendships, and community.

The Art Department Needs You

HEY, I AM MELANIE. Do you know me?

I used to be at the Clubhouse every day until we closed down in February 2020 because of the Covid pandemic. I have been struggling to get back on a regular basis since then.

Although my Life has changed so much, and The Clubhouse has also gone through a lot of changes, I still want to be a part of Arrowhead. It has been on my mind throughout these three years and I have received great satisfaction knowing my ideas, and contribute have benefited the other members.

The Art Program and The Clubhouse Sandwich are very important to me. I spend a lot of time planning for both, even though I haven't been able to participate like I want to. It has been very hard for me having to miss so many events that I have planned, and I am afraid that I have become forgotten.

If you don't know me, I am the woman who plans and supplies The Art Program. I have been waiting for approval of my Handy-dart application, as I am unable to get to Arrowhead in the winter. I have plans for 2023, and I hope I can accomplish some of them.

We will be starting the New Year with workshops planning a mural for the outside of our Clubhouse. This will be over a 5-week period. Then I would like to do a 4–6-week activity, using our new wide inkjet printer. I have learned, through trial and error, and consultation with others, quite a lot of things that can improve our Art Program.

Anyway, I will be sticking sign-up sheets for the digital Art and Printing Workshops. Please let me know what other things you are interested in.

I hope I am missed and that the bit I am able to contribute is appreciated.

ALSO, IF ANYONE WOULD LIKE TO HELP ME WITH COORDINATING ART PLEASE LET ME KNOW. I CAN BE AVAILABLE TUESDAY-FRIDAY AFTERNOONS.

This is a perfect segue into the following pages of members art.

-- Melanie Peters
Creative Director

Member Artwork



<https://www.deviantart.com/kravdorn/gallery>

This is an example of the amazing freehand artwork produced by Thomas Hempstock. Please watch for a featured piece each month.

And something from Nan



Happy New Year!



AULD LANG SYNE
BABY
BALL
BALLOONS
CALENDAR
CELEBRATION
CHAMPAGNE
CLOCK
CONFETTI
COUNTDOWN
DANCING
DECEMBER
EVE

FATHER TIME
FIRECRACKER
FIRST
FLUTE
GAMES
GOWN
HAPPY
HAT
HOURGLASS
INVITATION
JANUARY
KISS
MIDNIGHT

MUSIC
NOISE MAKER
PARTY
RESOLUTION
SPARKLER
STREAMER
TIMES SQUARE
TOAST
TRADITION
TUXEDO
VOW
YEAR

Spot the Differences

Find the ten differences between the two pictures.



January 2023 Capricorn Horoscope

According to February Monthly Horoscope 2023, your health will improve in January 2023, and you'll find a balance between your physical and emotional well-being. You might be at the height of your energy. You can see that nature inspires optimism in you. So, if you enjoy having pets, go ahead and get one. Wear whatever gives you a sense of comfort and confidence.

It's a good time. Respect and reputation will rise. Success will continue to be precarious. You'll begin a brand-new job. Higher education will be prioritized. Better follow the routine. Become more time conscious. There will be unforeseen benefits. Be aware of opportunities. A favorable environment will exist. Give everyone your best effort. Pay attention to the elderly. You'll learn helpful knowledge. Faith levels will rise.

Your love life will be made more exciting by your playful approach. This month could be the finest for singles, and you might find a good match in an old friend.

At the beginning of this month, there are hopes for a better future and a chance for you to establish your value. In all facets of your life, you will earn experience that will prove fruitful and worthwhile. With your mind fortified, you will be able to overcome every obstacle and, of course, do it to the best of your ability.

Career

As you've long anticipated, you'll have the chance to demonstrate your worth and creativity while also pleasing those closest to you. Simply have faith in yourself and accept whatever life throws at you. Your new beginning will be released thanks to the hopeful outlook that will serve as its cornerstone.

Numerous obstacles in your way to success are foreseen in January, and you will make the most of your skills to overcome them. It would be challenging to manage your authority and power over all the tasks and endeavors.

An employee may run into conflict with co-workers and workplace politics, but by the second half of the month, that person may be in a strong position and be able to manage any issues with grace.



Finance

You could find it challenging to take frequent vacations if your job is in business or manufacturing. The second half of the month will present you with the opportunity to organize your firm. This month, you'll need to give considerable thought to your interactions with your co-worker.

Your financial situation might experience nothing less than a blessing in January Mars is aspecting the eleventh house. There are numerous chances to increase your income this month. Additionally, the compatibility of the planets here suggests that you might be willing to put in extra effort to improve the amount of money coming your way, and you might have opportunities to try out some novel ways to make money.

Health

Your health will improve in January 2023, and you'll find a balance between your physical and emotional well-being. You might be at the height of your energy. You can see that nature inspires optimism in you. So, if things like having pets give you joy, go ahead and get one; wear whatever gives you a sense of comfort and confidence.

It's a good time. Respect and reputation will rise. Success will continue to be precarious. You'll begin a brand-new job. Higher education will be prioritized. Better follow the routine. There will be unforeseen benefits. A favorable environment will exist. All these aspects will affect your health in a positive way.

Love/Marriage/Personal Relations

You'll be able to maintain your marital facades through the fourth week of the month. You will locate the ideal fit for yourself if you look for it. You'll get the chance to define who you are and formalize your core ties this month, with Jupiter aspecting the seventh house. Now is the time for young people who are in love to focus on their education. Some of you might have several related hobbies. You may hurt the feelings of a lot of people if you ignore this. Your romantic life is probably going to take some unexpected turns this month. You should talk to each other a lot if you're in a romantic relationship.

Family & Friends

Thanks to some pleasant news, a happy home environment will be maintained in the first half of the month. A scheduled trip at the end of the month will benefit you and strengthen your relationship with your family.

Those looking for a life companion should also consider this month. Your partner might be helpful and will find you through a variety of channels. For instance, you might run across your partner during a gathering of relatives or friends, which would start a relationship. You could sometimes become so emotional that you stop loving and appreciating the permitted luxuries. If your family thinks you are not on the same page as them, there is no reason to be concerned.

December's Most Popular Morning Question

What is your favorite holiday tradition?

Christmas Chocolates

- Foye

None! Well, I like food, so I guess dinners.

- Crystal Slaght Silvermane

Wife Saver for Brunch, after stockings but before presents.

- Jill

AGREE WITH JILL

- Nan

(Jill: Shouldn't everybody?)

Baking cookies after lunch and handing them out to friends and family!

- Connie

A stress-free Boxing Day get together with friends.

- Susan T