




GOODWILL
Grapevine

JANUARY
2011

a monthly publication for employees of
goodwill industries of the columbia willamette

Maximizing Your New Year

by Celeste Roberts, Employee Career Enhancement Program Assistant



Thinking back to last year, I realize that I can't remember a single one of my New Year's resolutions. One likely had to do with healthy eating, another with exercise. However, as soon as cookies were left in the break room or the weather was a bit too rainy, my resolutions went out the window. So how do we create goals that we actually accomplish? Here are some ideas:

- 1. Start small** - Planning to run a marathon by the end of the year when you are having a hard time fitting a walk into your schedule is setting yourself up for disappointment. Instead, pick something small and attainable. For example, if you want to exercise, try, "I will go on a 15 minute walk three times a week." Then, when you accomplish this, work up to a larger goal.
- 2. Write it down** - The best of intentions can be gone with the wind if you just say your resolution. Write it down in a journal, on a piece of paper that you tape to your fridge, on a business card in your wallet, or anywhere you'll see it and remember your goal.

- 3. Tell someone** - Use peer pressure to your advantage. If you're trying to quit smoking, tell people that you're quitting. Their expectations will help push you to keep your resolution. However, only tell people you know will be supportive. The last thing you need is negative comments.

- 4. Be specific** - Unspecific resolutions leave you too much room to evade your goal. Instead of, "I'll lose some weight," how about "I'll lose 10 pounds by June 1st?" Instead of, "I'll try to talk to my sister more," try, "I will call or email my sister once every other week." The more specific the goal, the more likely you'll stick to it.

- 5. Set a deadline** - Give your goals a due date. Otherwise, when you get to December 31st, 2011, you might not have accomplished your goal. Remember to give yourself realistic time frames to actually accomplish what you want to do.

Take some time to appreciate what you have and set your sights on what you can accomplish. Good luck in the New Year.

For many, the New Year brings fresh beginnings. Portland Superstore participants share 2011 resolutions that are not only attainable, but celebrate the spirit.



Elden Dyck:
"To have a better vacation than ever before!"

HAPPY NEW YEAR 2011



Lona Anderson:
"To be happy and healthy and get a massage."



Sabrina Bryant:
"Go to more movies, preferably comedies."



Your BRIGHT ideas CAN make you MONEY.

NEW Reader Board Messages Wanted

\$50 for each entry selected.

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Ask your manager for a reader board form.

A Perfect Fit: The Story of Greg Stinson

His extensive retail and management experience didn't seem to be making a difference in his job hunt. Like thousands of out-of-work people in the Pacific Northwest, Greg Stinson was reliant on unemployment benefits. His joblessness began as a result of downsizing due to a business failure. Greg had submitted resumes over and over again. Despite his many years of work experience, the 63-year-old couldn't find a way back into the game. He says while the rocky economy caused his unemployment, he believes age discrimination kept him there for 24 months. "Being older is like being disabled; most companies choose to hire younger than older."

It wasn't until Greg answered an on-line job posting for Goodwill Job Connection that a paycheck became possible. He says not only did his employment specialist, Vanessa Brown, treat him with respect, but she took the time to listen. "She was an unbiased and non-judgmental listener and added light to a dark time."

Today Greg brings his best each day to the new Wilsonville store. He says the fit is just what he wanted for the next page of his career. "I have always



been involved in visual merchandising, marketing and sales. Now I have crossed over from the for-profit retail business to a non-profit charity that is making the world a better place."

Wilsonville assistant store manager, Christina Hernandez, says Greg works hard to keep the popular book section priced and stocked. He also has come up with merchandising ideas that have increased sales in his area. "He is really great – always full of ideas. Greg has truly made a measurable difference in store revenue with his marketing ability." When Greg isn't at Goodwill, he is busy helping to mitigate life issues with his seven grown children. He also has five grandchildren ages 3 to 19, "I am often wearing the hat of family counselor!" Greg and his wife Cherry now share their home with pets, two dogs and a cat that have big personalities.

When it's really time to relax, the couple of 13 years choose to enjoy a great meal (*Greg and his wife are confessed 'foodies'*) and watch a home movie that suits their mood of the moment.

Sometimes long roads, despite steep hills, lead us to our best destination. Welcome aboard, Greg!

about grapevine

Michael M. Miller, *President*

Michelle Glaser Jackson and Sylvia Schmidt, *Editors*

Dale Emanuel, *Staff Writer*

Gilbert Vizon, *Designer*

For a copy in Braille, contact Dale Emanuel at 503.238.6138

www.meetgoodwill.org



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