

# PHD.ABUZZ

Where something is always abuzz.

## Resolution and Goal Making

We are now a few months into the year 2015. Let's talk about goals and resolutions. Plenty of people make resolutions for the New Year. Almost unbelievably, 90% of people make the resolution about eating healthy and losing weight, although almost 80% of that population fails at their resolution by the middle of January. Personally, I believe that you should make goals for the year instead of resolutions because you can always modify your goal to make it attainable. With resolutions I feel like you are setting yourself up to fail. A stepping stone goal seems more attainable than complete resolve. At the same time, it is for you to choose what will be best for you to follow. Some people might benefit more from a strict regiment, where others may be more successful with something they can change from time to time.

Let's look at what a goal is and what a resolution is (this way you can choose what is the better choice for you). A **GOAL** is a result or achievement which effort is directed. By comparison, a **RESOLUTION** is a firm decision or determination to do something.

I would be curious to know how many of you have maintained your New Year's resolution at this point in the year. If you have been unsuccessful, do not worry! Create a goal for yourself to get back on track.

PHD ABIS makes use of the goal mentality in the development of the Individual Service Plan using the SMART Method (Specific, Measurable, Attainable, Relevant and Time-Sensitive). Talk to staff about revamping or changing your goals if there is something important you would like to accomplish and could benefit from the support.



### Upcoming Events (Mississauga)

- \*May 23 - Spring Fling  
Head Office, Mississauga
- \*June 6 - Bingo - Delta Bingo  
Dundas St., Mississauga
- \*June 11 J.J.Q. Billiards Lounge  
Dundas St., Mississauga
- \*June 19 - Father's Day Dinner  
Head Office, Mississauga

### Upcoming Events (Orangeville)

- \*May 25 - PHD ABIS Night Out  
Pizza Hut, Orangeville
- \*June 19 - Father's Day BBQ  
Central West, Orangeville
- \*June 22 - PHD ABIS Night Out  
Kelsey's, Orangeville



“Be strong enough to stand alone,  
smart enough to know when you need help  
and brave enough to ask for it.”

Ziad K. Abdelour

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## The Moffitt Movie Critique - “American Sniper”

An obviously well-made Clint Eastwood vehicle that stars an underappreciated Bradley Cooper.

Of course, everything about this film is well done, but it left me wanting to know more about Post-Traumatic Stress Disorder (PTSD). Does the original Chris Kyle (the soldier which the movie is based on) only experience outward PTSD symptoms near the end of his remarkable life?

I suppose the film succeeds by leading us with more questions than it answers, but I couldn't help but feel that there is something more. Something ineffable that wasn't dealt with, something left out for the people like me and the general public, therefore, is it missing something? Maybe.

Hopefully not his last film, but I really do await his next film if only for surprise sake. American Sniper never lacks for suspense. The old “What is going to happen next?” element is very strong, which is one sign of good editing.

Also, the idea of “Suspension of Disbelief” is very solid here. Suspension of disbelief happens with any well-made film where you almost forget you are in a theatre watching a film. You can tell a good film when at the end of it, you suddenly wake up and say to yourself “Oh yeah, I am in a theatre!”

This film was well done in every conceivable way, but I still felt something was missing. It could be as simple as going to the theatre on a poor night's sleep. In the end, one asks oneself “Are there any answers?” No, unfortunately not.



**Taya Renae Kyle:** “If you think that this war isn't changing you you're wrong. You can only circle the flames so long.”

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### **Joke of the Month:**

**Why did the scarecrow earn an award???**  
**Because he was outstanding in his field!**