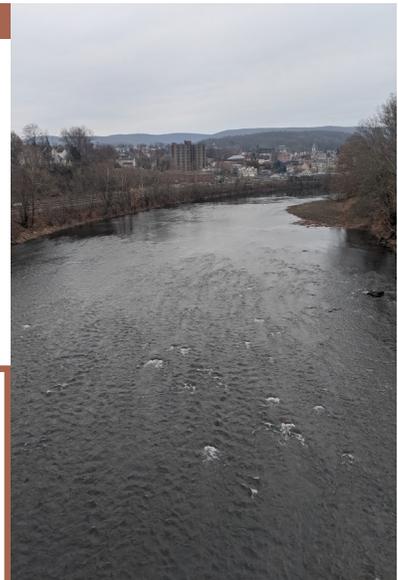


Union Station News

The Newsletter of the Members and Staff of Union Station Clubhouse
Members Share their New Year's Resolutions for 2022.



My New Year's Resolution for 2022 is to start attending Planet Fitness. I want to start walking on the treadmill, work on the row machine, and do chest presses. My first goal is to lose 15 pounds and then slowly lose more weight once I achieve my first goal. I would also like to obtain employment within the community and work on my mental health issues that have been challenging to me in a social setting. With that being said, I cannot wait to ring in the new year with my fellow peers at the Clubhouse, friends, and family. I'm looking forward to the new me!

~Donald M.

I'm most thankful for the next new year and the presence of my physical and mental health. I want to make the most of the fact that my health and happiness are still alive and well.

My main goal for 2022 will be to refocus my attention to connecting my vitals to the lord Jesus Christ. In a way that offers me the opportunity to return to the house of the lord and re-adjust my efforts to support the sense of meaning in my life.

Another goal in 2022 will be for me to fight off the "wiles of the enemy" to resurrect my intentions and align with the righteous path and create a new beginning for the new year.

In closing, I Charles J, will attest to working towards my goals for 2022, and inspire others to walk in my path of graciousness.

I usually start off the new year with several resolutions. However, I am going to focus on the one that is important for me: to continue to focus on my mental health more by realizing when I need to take time to recharge my batteries and work on remembering to follow my medication regimen more stringently. If I somehow happen to miss a dose, I must recognize my need to get some rest and take care of myself and not over prioritize it over the needs of my other responsibilities. Losing weight is always a resolution for me too with plans for a 5K in my town on April 16th. Finally, the need to be more spiritual is another plan I have to better myself this year and I hope I continue to do all these things while remaining as healthy and remaining cognizant of the COVID-19 pandemic.

~Dustin M.

My New Year's Resolutions are trying to see my family more and spending time with them. I am going to stop smoking so I can live longer for my family and so I can be stronger to see them family grow up. I already have health issues, but I am taking care of it. It's hard to do when it is on your mind all the time and it gets me upset because I am not feeling good sometimes. ~Krysta C.

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Meetings on Zoom

- House Meeting:
Mon @ 2 PM
- Other meetings
as announced in
the Daily An-
nouncements in
the Morning
Meeting.

Standard of the Issue:

30. On a regular basis the Clubhouse conducts an objective evaluation of its effectiveness, including Clubhouse International Accreditation.

Community Support Program Updates

- Western Region CSP has returned to In-Person meetings in New Castle, Reimburse-ments options are available. More information 866-400-0620
- Fayette County's CSP, Partners For Recovery will meet on January 31, 2022 at 10:30 AM via [Zoom](#)

RECIPE CORNER

Crock Pot Easy Tomato Soup

Ingredients

- 24 oz jar spaghetti sauce (I used traditional spaghetti sauce that I got from the food pantry.)
- 12 oz can evaporated milk
- 2 tablespoons grated parmesan cheese (The kind in the shaker can, not fresh grated parmesan.)

Instructions

- 1) Combine all your ingredients in a 2.5 quart slow cooker and stir until completely combined.
- 2) Cover and cook on low for 1-2 hours until soup is heated through, stirring halfway through cooking time.
- 3) I topped it with mozzarella cheese..

~Dustin M.



Soup is good on a cold wintry day to warm up.

Eating Away from Home

*Restaurant meals are usually cooked with more fat and salt to enhance flavor, and are served in larger portions, resulting in more calories. However, there are ways to order healthier food items with lower calories when eating out. Here's a few tips to *Eating Away from Home!*

Consider Your Drink

Choose water, unsweetened tea and other drinks without added sugars to complement your meal. Keep in mind that many coffee drinks may be high in saturated fat and added sugar.

Savor Your Salad

Start your meal with a salad packed with vegetables to help you feel satisfied sooner. Ask for dressing on the side and use a small amount of it.

Share a Dish

Share a dish with a friend or family member.

Customize Your Meal

Order a side dish or an appetizer-sized portion instead of a regular entrée. They're usually served on smaller plates and in smaller amounts.

Pack Your Snack

Pack fruit, sliced vegetables, low-fat string cheese or unsalted nuts to eat during road trips or long commutes. No need to stop for other food when these snacks are ready-to-eat.

Quit the "Clean Your Plate Club"

You don't have to eat everything on your plate. Take leftovers home and refrigerate within 2 hours. Leftovers in the refrigerator are safe to eat for about 3 to 4 days.

Fill Your Plate with Vegetables and Fruit/Get Your Whole Grains

Stir-fries, kabobs or vegetarian menu items usually have more vegetables. Select fruit as a side dish or dessert. Request 100% whole-wheat breads, rolls and pasta when choosing sandwiches, burgers or main dishes.

Compare the Calories, Fat and Sodium/Pass on the Buffet

Many menus now include nutrition information. Look for items that are lower in calories, saturated fat and sodium. Check with your server if you don't see them on the menu. Have an item from the menu and avoid the "all-you-can-eat" buffet. Steamed, grilled or broiled dishes have fewer calories than foods that are fried in oil or cooked in butter.

**Eating Away from Home is taken from the SNAP-Ed funded, New York State Department of Health's Just Say Yes Curriculum.*

You Can't Get There By Staying Here

2022 has been an exciting year. I feel in a really good place mentally and seem to be grounded really well in many ways that I haven't been since my first independence experience. Now that I worked out many of the kinks that I had to discover on my own, it is now time to get real and grow from where I left off over three years ago.

Besides the world being in a pandemic state, I had to hit rock bottom and learn a lot over the past three years and while I am still not in a totally perfect place, I have been pretty grounded and in a good place mentally for the past two months. In those past two months, I had to do some discovering of who I really wanted to be and to learn that I cannot change who I am. I must learn that I have to be me and that I have the capability to grow even more.

Part of that is accepting the responsibility that I can no longer hide what is out in the open. My weight has been an issue for some time, while it is in part caused by my medication side effects that I cannot change, I have had bad habits for some time that have contributed to my massive weight gain over the past two decades. While I made a good faith attempt to work on this last year, I wasn't sincere in the effort of doing so. I refrained from addressing my food triggers of the why and how that I do it. I never acknowledged how bad it really is. I know I need to work on addressing them or I will never get anywhere. Sometimes it can be an automatic reaction because I think that I deserve that treat or it is a good thing, but I can no longer reward the efforts when I know I am trying to fight the obesity battle by turning around and crushing my work with unhealthy food and drink. I have the tools I need to fight the struggles that I face, yet I choose to ignore them and make an ill effort to replace them with bad behavior.

Sometimes we refrain from doing things we know we need to do because it produces anxiety or fear that it will cause us some pain. While that may very well be true to some degree, I know if I want to combat my goals of what I want to do in life, I can't live in total fear of the challenges that they present for me. If I continue to remain in my comfort zone, I cannot get to the ultimate dreams I have in life. I hope someday to be able to be more independent than I am now. If not for me, but because I will need to eventually. I must accept the fact that my parents are not getting any younger and that someday they will be unable to support me in my independence in the way that they do presently. Other family members are unable to support me in that manner, so while I know that with the proper assurance and skillset, I will excel at the things I stopped working on before becoming unwell. I think I in part became unwell because I had to learn some of the reasons why I needed certain things, but also because I thought that I had to catastrophize and end up at the end. Then I became unwell, I had to leave my home, and COVID hit. I had to rebuild my life and finish discovering myself and get back in a good place mentally. I'm not 100% there, but I am pretty close at this point. I have accepted that I don't have to get to point Z overnight and that things will have to be taken in slow steps to taper the anxiety, but it can be done and should be done so I am not as miserable or sheltered as I am now.

I know for a fact that I want to grow and be a member of my community. Working on the things that I need to do opens doors and the world to so many possibilities. The things that I have in my life are not guaranteed forever, but I know that for now they are here at the present moment. My external activities fulfill my need to be occupied with engaging activity and purposeful work to have a delicate balance of mental stability. While every entity has its frustrations, I have been able to leave mine at the door recently and not let them boil into the after-hours. Doing this makes me more relaxed and able to work on things that I need to work on personally like my wellness, mentally, physically, and spiritually.

I know that the aforementioned three things in the last sentence are big goals, however to start 2022, I know they are essential from starting where I left off over three years prior. They are by no means easy to do, but they are necessary to maintain my life on the earth and not end it prematurely. As such I have been doing things to combat the meeting of these needs daily and progress is being made, slowly. It makes me want to pursue new things in 2022 that I know that I've needed to adjust in my life and may open up some smaller doors before they open the bigger ones down the road. It all takes time and will all work out in the end.

~Dustin M.

Beacon Member and Family Zoom Meeting Calls Continue Into 2022

Beacon Health Options Prevention, Education, and Outreach Department invites you to join us on a Zoom meeting. The purpose of the call is to share information, updates and provide opportunities to network with other Beacon members and family members. The meeting will be hosted by Beacon's Prevention, Education and Outreach staff. We welcome Beacon members and families to join us. All calls are from 1:00 pm - 2:00 pm on the following dates:

- February 28, 2022

One can join via the videoconferencing app Zoom by following the [link](#)
Meeting ID: 963 6668 5245
Passcode: 773174

If unable to join by the Zoom link above, please dial in on the specific date at 1:00pm EST 1-646-876-9923 to join by phone. The Meeting ID and Passcode are listed above.

NEED HELP ??

- ⇒ Fayette County Crisis Line
724-437-1003
- ⇒ National Suicide Prevention Lifeline
1-800-273-TALK (8255)
Veterans Press 1
- ⇒ Crisis Text Line: Text "PA" to 741-741
- ⇒ Pennsylvania Sexual Assault Helpline – 1-888-772-7227
- ⇒ National Domestic Violence Helpline – 1-800-799-7233
- ⇒ Persevere PA (COVID-19 Crisis Counseling Program) - 1-855-284-2494

More Helplines are at:

<http://www.unionstationclubhouse.com/hotlines.html>



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A program of Goodwill Southwestern Pennsylvania
www.goodwillswpa.org



Virtual Support Groups through MHA of SW Penna.

Contact Heather Mclean
@ hmclean@mhaswpa.org or (724) 433-1359
for further info.

- **Aging Up Support Group (Transitional Ages 18-26)** Every 2nd and 4th Monday of every month
Time: 4:00PM-5:00PM
- **MH Support Group (Mental Health)** Every 2nd and 4th Tuesday of every month
Time: 1:00PM-2:00PM
- **LGBTQ+ Support Group** Every 2nd and 4th Tuesday of every month
Time: 6:00PM-7:00PM
- **The "Anyone" Support Group (For anyone wanting to talk)** Every 1st and 3rd Wednesday of each month
Time: 6:00PM-7:00PM

Current COVID-19 Information & Resources

- ⇒ Federal Government Response:
www.coronavirus.gov
- ⇒ PA Department of Health Information
<https://www.health.pa.gov/topics/disease/Pages/Coronavirus.aspx>
- ⇒ Fayette Area Coronavirus Needs / Availability Group:
<https://www.facebook.com/groups/211053520110419/>
- ⇒ Clubhouse Calendars:
 - ⇒ [Public Events](#)
 - ⇒ [Stakeholder/Webinar](#)
 - ⇒ [Food Distributions](#)

Lonely, Try a Warmline

A Warmline is a peer-run hotline that offers callers emotional support and is staffed by volunteers who are in recovery themselves.

- Allegheny County Warmline (866) 661-9276
Daily, 9am – 1am (EST)
- Community Behavioral Health (855) 507-9276
M-F 4 – 7 pm (EST)
- Community Behavioral Health Philadelphia Warmline
1-855-507-9276 or 1-855-507-3945
Mon-Fri, 10am-12pm, 1-3pm, 4-7pm (EST)
- [Contact Altoona](#)
(814) 946-9050
Daily, 7am-11pm (EST)
- [Contact Helpline \(211\)](#)
(800) 932-4616,
press 8; 24/7
- Valley Creek Crisis Center Warm Line
(866) 846-2722
M-F 8am – 10pm; Sat-Sun 10am-10pm (EST)
- Persevere PA
COVID-19 Crisis Counseling Program,
1-855-284-2494; 24/7