

# Union Station News

Fall , 2022  
Volume 2, Issue 6

The Newsletter of the Members and Staff of Union Station Clubhouse

## Favorite Thanksgiving Activity

I, Charles J. can remember vividly the good times and a most prosperous Thanksgiving I had as a child. I remember the warm and friendly meals with family and friends. We would all gather at a relative's residence and eat turkey, ham, potato salad, gravy, greens, and all the treats for a glorious and festival of Thanksgiving.

During this time the family was able to be a thoughtful and cheerful and celebratory group who always appreciated the small things we were able to offer each other. I enjoyed the times of a clean house and a connected atmosphere. And, many thanks to the Lord thy God who allowed us to be thankful for the wonderful times.

Another fond Thanksgiving was the season I went to my step-mother's house and she cooked a wonderful multiple course meal the included turkey, ham, potato salad, yams, greens, sweet bread, and the glorious deserts consisting of sweet potato pie, pumpkin pie, pecan rolls, and butter bean soufflé.

So many great Thanksgivings!

## Member Spotlight

Union Station welcomes Joe R. Back after some time away from the Clubhouse. He enjoys being involved in the work and activities of the Clubhouse and is learning the ways Clubhouse has changed since he left. Joe wants to take the skills he learns at the clubhouse and use them in his everyday life by obtaining goals in these areas.



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Photo:

Dustin M. took this photo from his front yard after the clocks changed this month at the close of the Beaver Moon and a colder season ahead.

## Standard of the Issue:

36. The Clubhouse has the support of appropriate mental health authorities and all necessary licenses and accreditations. The Clubhouse collaborates with people and organizations that can increase its effectiveness in the broader community.

### Upcoming Holiday Social Days

- Thursday, November 24 (Thanksgiving); Check Ins Only
- Friday, November 25th (Day After Thanksgiving)
- Friday, December 23 (Observance for Christmas Eve)
- Monday, December 26 (Observance for Christmas Day)
- Monday, January 2, 2023 (Observance for New Years Day)
- Monday, January 16, 2023 (Martin Luther King Jr, Day)

# While I Can

There are many activities that I do in the fall, especially in the month of October with my family that I know I need to do because I know that they may not be promised to me in the future. In my life, I was thankful to have my maternal grandparents into my early thirties and that I have both my parents in my life and that they do what they need to do in order to remain active. They constantly remind me of others that are not as well as them and while it is not meant to shame others

for their struggles, it is to remind me that we are not always not promised the ability to always do what we want to in our lives.

One tradition in my family every fall is to visit Pumpkinfest in Confluence. For nearly three decades we have collected t-shirts for the event and always have a good time there. It is the last thing I did with my grandfather as he started to decline due to his physical health condition and I will always relate that memory in my life when I visit that small community each fall.



Another activity that my mother and I specifically do in the fall is participate in a quilt hop where we visit various quilt shops and take in other attractions along the way. It was our fifth year because it was challenging to hear my mother say that she doesn't know how long she can keep it up. An unplanned detour took us to the World Famous Horseshoe Curve near Altoona, PA that we have visited the past few years. This particular attraction currently requires the ascent and descent of 194 steps to see the focal point due to the other means of access being unavailable. I can remember the struggles we shared over the years of making the climb to the top. It has gotten better over the years and was more rewarding this year than it ever was. It is that memory that I continually treasure because I am not certain that I will be able to do it again.

November comes the thing that put me in the newspaper in 2019, the Connellsville Chili Fest. My mother and I visited 11 restaurants, sampling various home-made chili that the restaurateurs make. I was unable to go last year due to the extreme cold, but this year does not plan to disappoint with temperatures in the 70s and sunny. There are other smaller fall activities.

Lastly, I like to go to a place in the state game lands above my hometown of South Connellsville called Casparis, specifically a place called Lookout Point where you can see the S-Bend in the Youghiogheny River above Connellsville. It brings its fall glory. Then there is also the bike trail walking that I persistently do to try to stay active as I plan to walk in the YRTC spring races this upcoming spring.



~Dustin M

# FALL CANDY CORN POPCORN

YIELD 10 CUPS

PREP TIME 5 MINUTES

COOK TIME 5 MINUTES

TOTAL TIME 10 MINUTES

*Fall Candy Corn Popcorn combines Candy Corn and Popcorn in one perfectly sweet and salty dessert that is so easy to make and will be very popular with kids and adults at your Halloween party.*

## INGREDIENTS

- 10 Cups of Popped Popcorn
- 3 tablespoons Butter (Sweet Cream, Salted)
- 3 cups Mini Marshmallows
- Candy Corn Sprinkles or Orange Jimmies and Yellow Jimmies
- Regular M&M's - Yellow and Orange
- Candy Corn

## INSTRUCTIONS

1. Pop 10 cups of popcorn and remove all of the un-popped kernels. Salt it liberally and set it aside in a large bowl.
2. Add 3 tablespoons of butter to a medium saucepan. Melt the butter on medium heat, stirring occasionally until the butter is completely melted.
3. Add 3 cups of mini marshmallows to the melted butter.
4. Stir until the marshmallows are covered in the butter, and then continue to stir until the marshmallows are completely melted.
5. Take the marshmallow mixture off of the heat as soon as the last marshmallow has

melted.

6. Slowly pour about a third of the marshmallow mixture over the salted popcorn.

7. Gently fold the marshmallow mixture in with the popcorn. Continue to add the marshmallow mixture a bit at a time, stirring between each addition. The popcorn should be completely covered in the warm marshmallow mixture.

8. Now pour the popcorn onto a cookie sheet covered with parchment paper, foil, or a Silpat liner. Use the spatula to even the popcorn out on the cookie sheet.

9. Once the popcorn is covered in marshmallow mixture it is time to add the candy. But don't wait too long. You want the marshmallow mixture to still be warm and sticky so the candy and sprinkles will stick to it. Sprinkle the candy onto the popcorn. We decorated our popcorn with Candy Corn, Yellow and Orange M&M's, and a liberal sprinkling of Sprinkles.

10. Allow the Candy Corn Popcorn to cool. Break apart into pieces and serve

~Quinn P.



# Country Chicken and Biscuits

## Ingredients

- ◆ 6 cups cut-up cooked chicken
- ◆ 1 1/4 cups chopped onions
- ◆ 1 1/4 cups chopped celery stalks
- ◆ 1 bag (12 oz) frozen mixed vegetables
- ◆ 3 1/2 cups Progresso™ chicken broth (from 32-oz carton)
- ◆ 1/3 cup cornstarch
- ◆ 3/4 cup cold water
- ◆ 2 tablespoons chopped fresh parsley
- ◆ 3 1/3 cups Original Bisquick™ mix
- ◆ 1 cup milk

## Steps

1. Heat oven to 400°F. Heat chicken, onions, celery, mixed vegetables and chicken broth to boiling in 5-quart Dutch oven. Stir cornstarch into cold water until dissolved; stir into chicken mixture. Heat to boil-

ing, stirring constantly. Boil and stir 1 minute; remove from heat. Stir in parsley. Pour into ungreased rectangular pan, 13x9x2 inches.

2. Stir Bisquick mix and milk until soft dough forms. Drop by 30 teaspoonfuls onto chicken mixture.
3. Bake 25 to 30 minutes or until biscuits are golden brown.

~Jesse B.



## USDA National Hunger Clearinghouse

Welcome to the USDA National Hunger Clearinghouse. The clearinghouse aides low-income individuals or communities by providing food assistance and other nutrition and social services information, serving as an important tool in combating hunger and promoting economic mobility. The clearinghouse is accessible two ways:

- By Phone: Call the USDA National Hunger Hotline, which operates from 7:00 AM – 10:00 PM Eastern Time. If you need food assistance, call 1-866-3-HUNGRY or 1-877-8-HAMBRE to speak with a representative who will find food resources such as meal sites, food banks, and other social services available near your location.
- By Text: Text to the automated service at 914-342-7744. with a question that may contain a keyword such as “food,” “summer,” “meals,” etc. to receive an automated response to resources located near an address and/or zip code.

The USDA National Hunger Clearinghouse is currently operated by [Hunger Free America](#)



Union Station Clubhouse

Mission Statement

Union Station Clubhouse provides job skills training, job placement opportunities, and educational services to Clubhouse members who are Fayette County residents.



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A program of Goodwill Southwestern Pennsylvania

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Uniontown, PA  
15401-3347  
Tel: (724) 439-9311

[Website](#) | [Email](#)

Current COVID-19 Information & Resources

- ⇒ [Federal Government Response:](#)
- ⇒ [PA Department of Health Information](#)
- ⇒ [Fayette Area Coronavirus Needs / Availability Group:](#)
- ⇒ Clubhouse Calendars:
  - ⇒ [Public Events](#)
  - ⇒ [Stakeholder/ Webinar](#)
  - ⇒ [Food Distributions](#)

Support Groups (Virtual & In-Person)

- ⇒ [PA Mental Health Consumers Assn. \(PMHCA\) Virtual Drop-In's](#)
- ⇒ [MHA SWPA In-Person & Virtual Support Groups](#)
- ⇒ [NAMI Virtual Support Groups in Pennsylvania](#)
- ⇒ [Advocacy & Support Webpage on our Website](#)

Need Help?

- ⇒ Fayette County Crisis Line: 724-437-1003 **OR 988**
- ⇒ [Suicide & Crisis Lifeline: 988](#)
- ⇒ [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**
- ⇒ Clubhouse Helps: [Warmlines](#) and [Helplines](#)