

Union Station News

The Newsletter of the Members and Staff of Union Station Clubhouse

May Is Mental Health Month

My Mental Health

I have been battling mental health issues since I was a little kid. I have been dealing with challenges concerning schizophrenia, bipolar, and major depressive disorder. I say all this to make a point and that it hasn't stopped me from being a most prosperous, jovial, and law-abiding citizen. In the wake of the mental health issues I have overcome some obstacles and succeeded in the Navy, with post-secondary education, and community-based employment.

A bible scripture that helped me stay the course was Philippians. It stated that "I can do all things in Christ which strengthens me". Even though I have experienced the test of time and the rigors of the common element, for which I have persevered, I still request that people pray for me. I hope the prayers support my decisions to do well and maintain my mental health. I hope I can continue to do well in life. This is because the bible states that Jesus had compassion on all his children. And because I trust in Jesus.

As I struggle to write this journal, I envision the trials and tribulations of the time when I was in the boot camp. I was stationed at Paris Island and had to conjure the awakenings of Jesus to support my mental health endeavors.

~Charles J.

Mental Health Is Imperative to Wellness

Over the past few years, I have discovered the importance of mental health maintenance and following necessary regimens exactly as prescribed. Electing to go off course can result in less desirable behavior occurring that can cause havoc on your life. In concert with taking care of your mental health is the need to align it with your personal wellness goals and maintain all dimensions of wellness including your physical, spiritual, emotional, etc.

Having everything in perfect harmony will make you feel so good about yourself and while you may have the urge to not stay on course because everything seems fine, it must be remembered that maintenance is imperative to making sure your mental health stays in place.

~Dustin M..



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Meetings on Zoom

- House Meeting:
Mondays @ 2
PM

Bacon, Cheddar & Chive Omelet

Ingredients

- 2 large eggs
- 1 teaspoon reduced-fat milk or water
- ½ teaspoon ground pepper, plus more for garnish
- Pinch of salt
- 1 teaspoon butter
- 1 slice bacon, cooked and crumbled
- 1 tablespoon shredded Cheddar cheese
- 1 tablespoon finely chopped fresh chives, plus more for garnish

Directions

Whisk eggs, milk (or water), pepper and salt in a small bowl.

Melt butter in a small nonstick skillet over medium-low heat, tilting the pan to make sure the entire bottom is coated. Add the egg mixture and cook for 1 minute without stirring. Sprinkle bacon, cheese and chives over one half of the eggs.

Cook for 1 minute. Using a flexible spatula, lift the bare side to let raw egg from the middle flow underneath; you may need to tilt the pan slightly. Continue lifting in different spots until there's almost no raw egg on top. Cook 2 minutes more.

Using the spatula, flip the bare side over the filling, folding the omelet in half, and cook for 1 minute. (If the eggs are starting to brown, lower the heat.) Carefully flip the omelet over and cook 1 minute more. Serve immediately, garnished with more chives and pepper, if desired.

Nutrition Facts

Per Serving: 244 calories; protein 16.9g; carbohydrates 1.5g; dietary fiber 0.2g; sugars 0.7g; fat 18.5g; saturated fat 7.9g; cholesterol 396.8mg; vitamin A 1IU 872.7IU; vitamin C 1.8mg; folate 52.6mcg; calcium 115.7mg; iron 1.9mg; magnesium 18.4mg; potassium 200.1mg; sodium 444.6mg; thiamin 0.1mg.

~Amanda C.



Wellness Selections

Making New Habits

It has been another month since I have written on the wellness front and it has been the target of many conversations during my time here at the Clubhouse the last few weeks. The weight loss / exercise conversation took place during my last medication management (psychiatrist) appointment and hearing that I need to take care of myself was something that struck very deeply within me.

The first thing I tackled was my soda addiction, which grew to 4 liters in consumption daily. I sought the help of my therapist who also has early experience in addictive techniques to be used in order to curb the need for caffeine and sugar. It surely is getting better. I am presently consuming around 1.5 to 2 liters a day while combining both regular and diet soda and sometimes caffeine and sometimes not caffeine.

With that in mind, I also had to be aware of the daily calories I am consuming so I do not exceed my calorie limit so I can start to lose weight routinely, which in my state of health, is an ultimate necessity. The weight has started to decline in the past month as a result of my being calorie conscious of what I am eating and drinking. When choosing foods to eat and drink, it was imperative to me that I expand my food palate to make it more inclusive of healthier foods and always have a plan of what I am doing, which also helps in tracking nutrients (and saving calories too!)

In recent weeks, for the first time since living on my own, I have begun purchasing natural products from the exterior of the grocery store, (the area surrounding the aisles.) This has provided me with a bountiful diet that has proven well at scale and in the end isn't really as bad as I thought.

Personally, I don't know what or where I want to end up on the weight loss journey. The overall goal is to improve overall health. It isn't about the number on the scale, it's about making those small changes and making small improvements as time moves on.

~Dustin M.

Mental, Physical, Emotional, and Spiritual strategy. 8 ways to prosper towards making a better mind set.

1. Do not procrastinate do not put things off until later just do it.
2. Have more control believe in yourself take your time when possible.
3. Forgive yourself think about what you can change and actually change it.
4. Stay away from people, places, and things that can trigger a crisis.
5. Find hobbies and stick to them use them to cope with stress etc.
6. Find value and characteristics you like about yourself.
7. Keep your mind active so use it or lose it.
8. Believe in a higher power and stand up for what you believe.

These are just ways I came up with to try to explain how I relate to building a better well-being.

~Quinn P.

Digital skills Class

I started Microsoft Excel office In March 2022 with Sean from Goodwill of Southwestern Pennsylvania.

It started out rough, but working with my staff Brent, it got easier. I would have class on Tuesday through virtual classes. Sean would send a work sheet to practice what I learned in class. I would work on the work sheet with Brent and he would communicate with me on the steps needed to complete the sheet. It made things much easier. On May 3, 2022 I took a test on Microsoft Excel office North Star Digital Literacy and I passed 96.7%! Then I was asked what I wanted to work on next, and I chose Microsoft office. I started a North Star test for Microsoft office on May 3 2022 and I passed that with a 94.1%! I am very proud of myself. My goal one day is to take what I learned and use it in a job as a receptionist

~Rebekah M..

Welcome New Member

My name is Christopher. I just started Clubhouse about a month ago. While at the Clubhouse, I like cooking, cleaning, washing dishes, and detailing floors. I have learned to use a cleaning checklist to sanitize restrooms and how to cook on the grill. Union Station has taught me the skills with helping me find a job, which having one and making money is my goal.

Keeping your Medical Assistance Benefits Active

Have you received an application renewal or request to provide information from the Department of Human Services to renew Medical Assistance benefits? If so, please complete and return these before the due date on the forms sent to you. For some members, they did not need to reapply due to the pandemic. The automatic reapplication process is coming to an end. Beacon recommends you contact your local county assistance office to see when you need to reapply so you do not lose your benefits. With possible changes in certain programs, we want to make sure you are reapplying and provide you with the resources below. If you are not sure if you have received a renewal, or want to check your case, you may contact your county assistance office at the numbers listed below. You may also call the Statewide Customer Service Center (CSC) toll-free at 1-877-395- 8930. Call this number if you have questions about physical or behavioral health renewals, eligibility, benefits, ACCESS/ EBT cards or billing. You can also make changes online for Medical Assistance, Cash Assistance, SNAP, LIHEAP (energy assistance), or other Department of Human Services programs by logging into your COMPASS account at <https://www.compass.state.pa.us/compass.web/Public/CMPHome/> You can also use the myCOMPASS PA mobile app. Individuals who prefer to send their paper documents can still mail them in to the address listed on their renewal paperwork. If you need to contact your local county assistance office at 1-877-832-7545

Beacon Member/Family Training Schedule

- ⇒ On May 26, 2022, from 2:30 PM until 3:45 PM Maximus will be explaining the **Enrollment Process for Medical Assistance along with changes to the Medicaid System.**
[Registration Link](#)
- ⇒ On Friday, June 6 from 1:00 PM to 2:00 PM Dr. Mahmood Usman, the Medical Director from Beacon Health Options will be presenting **Enough Is Enough: Fatigue and Burnout in the Third Year of the Pandemic**
[Registration Link](#)
- ⇒ On Friday, July 8, 2022 from 1:00 PM to 2:15 PM, Kathy Quick, the Executive Director of PHMCA will be explaining **Mental Health Advance Directives**
[Registration Link](#)

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:

- June 27, 2022
- August 22nd, 2022
- October 24th, 2022

One can join via the videoconferencing app Zoom by following the [link](#)
Meeting ID: 944 1973 2463
Passcode: 052147

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.

Member trainings will be virtual again this year with plans to hold them on the First Friday of the month at 1:00 PM and the last Thursday of the month at 2:30, beginning in March.

Need Help in Finding Food?

Have you had to choose between buying food and paying a bill? Have you or members of your household gone to bed hungry? Food insecurity means that you do not have access to consistent and nutritious meals.

It's OK to ask for help
There is help.

Food banks and pantries are available in many areas of Fayette County. You can search by visiting <https://www.dhs.pa.gov/about/EndingHunger/Pages/FoodPantries.aspx>

You can apply for food benefits called SNAP (Supplemental Nutrition Assistance Program) by visiting your local county assistance office, applying online at COMPASS <https://www.compass.state.pa.us/compass.web/Public/CMPHome> or by calling the state-wide customer service center at 1-877-395-8930 to see if you are eligible for SNAP benefits.

Call PA 211. Helping you to locate a food pantry/distribution near you. Dial 211 from your phone.

Affordable Connectivity Program

The Affordable Connectivity Program is an FCC program that helps connect families and households struggling to afford internet service.

The Affordable Connectivity Program provides:

- ◆ Up to \$30/month discount for broadband service;
- ◆ Up to \$75/month discount for households on qualifying Tribal lands; and
- ◆ A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider if the household contributes more than \$10 but less than \$50 toward the purchase price.

The Affordable Connectivity Program is limited to one monthly service discount and one device discount per household.

Who Is Eligible?

A household is eligible for the Affordable Connectivity Program if the household income is at or below 200% of the Federal Poverty Guidelines, or if a member of the household meets at least one of the criteria below:

- Received a Federal Pell Grant during the current award year;
- Meets the eligibility criteria for a participating provider's existing low-income internet program;
- Participates in one of these assistance programs:

- SNAP
- Medicaid
- Federal Public Housing Assistance
- Supplemental Security Income (SSI)
- WIC
- Veterans Pension or Survivor Benefits
- or Lifeline;
- Participates in one of these assistance programs and lives on Qualifying Tribal lands:
- Bureau of Indian Affairs General Assistance
- Tribal TANF
- Food Distribution Program on Indian Reservations
- Tribal Head Start (income based)

Check out [fcc.gov/ACP](https://www.fcc.gov/ACP) for a Consumer FAQ and other program resources.

Two-Steps to Enroll

1. Go to [AffordableConnectivity.gov](https://www.AffordableConnectivity.gov) to submit an application or print out a mail-in application; and
2. Contact your preferred participating provider to select a plan and have the discount applied to your bill.

Some providers may have an alternative application that they will ask you to complete.

Eligible households must both apply for the program and contact a participating provider to select a service plan.



Slow Cooker Italian Beef Stew

Ingredients

- ⇒ ¼ cup all-purpose flour, or as needed
- ⇒ ¼ teaspoon onion powder, or more to taste
- ⇒ ¼ teaspoon garlic powder, or to taste
- ⇒ salt and ground black pepper to taste
- ⇒ 1 ½ pounds cubed beef stew meat
- ⇒ 1 tablespoon vegetable oil
- ⇒ ½ (16 ounce) package baby carrots, quartered
- ⇒ ½ yellow onion, quartered and sliced
- ⇒ 4 red potatoes, quartered
- ⇒ 2 stalks celery, roughly chopped
- ⇒ 2 cloves garlic, chopped ¾ cup red wine
- ⇒ ¼ cup beef broth ¼ cup tomato paste
- ⇒ 1 teaspoon dried rosemary



Directions

1. Whisk flour, onion powder, garlic powder, salt, and pepper together in a shallow bowl. Add beef to seasoned flour and toss to evenly coat; shake off any excess flour.
2. Heat oil in a skillet over medium heat. Cook beef in hot oil until browned on all sides, 5 to 10 minutes.
3. Transfer beef to slow cooker; add carrots, onion, potatoes, celery, and garlic.
4. Whisk red wine, beef broth, tomato paste, and rosemary together in a bowl until smooth; pour over beef and vegetables.
5. Cook on Low until beef and vegetables are tender, 4 to 6 hours.

Nutrition Facts

Per Serving: 398 calories; protein 25.9g; carbohydrates 26.8g; fat 18.8g; cholesterol 74mg; sodium 178.4mg.
~ Amanda C. (& Buddy)

Sage and Garlic Grilled Chicken Breasts

Ingredients

- 1 teaspoon dried sage leaves
- 1 ½ teaspoon seasoned salt
- 1 ½ teaspoon dried marjoram leaves
- 1 ¼ teaspoon coarse ground black pepper
- 2 garlic cloves, minced
- 2 tablespoons olive oil
- 4 boneless skinless chicken breast halves

Directions

Heat closed contact grill for 5 minutes.

Meanwhile, in small bowl, combine all ingredients except chicken breast halves; mix well. Place chicken on sheet of waxed paper. Brush or rub mixture onto all sides of chicken.

When grill is heated, place chicken on bottom grill surface. Close grill; cook 5 to 7 minutes or

until chicken is fork-tender and juices run clear.



~Jesse B

Nutrition Facts

Yield	1/4 Recipe
Calories	210
Calories From Fat	100
Total Fat	11g
Saturated Fat	2g
Cholesterol	75mg
Sodium	240mg
Total Carbohydrates	1g
Protein	27g

Chipotle Pepper Jack Spicy Chicken Salad

Mix together each per instructions:

- ⇒ Dole Chipotle Cheddar salad
- ⇒ 2 Tyson Spicy Chicken patties
- ⇒ 2 Slices Pepper Jack Cheese
- ⇒ Great Value Southwestern Hot Mustard

Nutrition Facts Yield: 3

Calories	347
Fat	25g
Fiber	2g
Carbs	18g
Sodium	708mg
Protein	13



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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@usc15401
(Follow Us on Twitter)

Goodwill
Southwestern Pennsylvania



A program of Goodwill
Southwestern Pennsylvania
www.goodwillswpa.org

100 Corporate Crossing Road
Uniontown, PA 15401-3347
Tel: (724) 439-9311
www.unionstationclubhouse.com
info@unionstationclubhouse.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/>
- ⇒ Need a listening ear, Try A warm line: <https://www.unionstationclubhouse.com/warmlines/>
- ⇒ Clubhouse Calendars:
 - ⇒ [Public Events](#)
 - ⇒ [Stakeholder/ Webinar](#)
 - ⇒ [Food Distributions](#)

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
- ⇒ Warmline: (Daily 9:00 AM—1:00 AM)
Provides Understanding, Respectful, Supportive Conversation (866) 661-9276

More Helplines are at:

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