

Union Station News

February , 2023
Volume 2, Issue 9

The Newsletter of the Members and Staff of Union Station Clubhouse

Amanda's 12th Anniversary

My name is Amanda, and I started coming to the Clubhouse Program 12 years ago. In the beginning, I set goals and I obtained them rather quickly. One goal was to transition into independent living and purchase a service animal for emotional support. I now live mostly on my own, with only small support from my family. Plus, I purchased a service dog, his name is BUD-DY. He is a mixed small hound. Since I achieved my early goals, I decided to make new friends at the clubhouse.

Moving forward, I will need to work more independently with my cleaning goal and develop new skills. This is because I need to create a better role for myself at the clubhouse and within my home. Additionally, I need to work and will need help to become a better listener and effective communicator. I want to build these skills and work on related tasks at the Clubhouse, because I like this place.

Lastly, I really love the members, staff, and all the support I get at the Clubhouse. I want to come more days and work with staff and socialize with members. Eventually, I would like to come to the clubhouse on more days, but for now I must watch Buddy, at home.

~Amanda C.

Three Years Since Crisis

In February 2020, due to unforeseen issues beyond control at my first apartment, I was forced what was known as temporarily leave it and eventually forgo it months later.

While this was happening, the world entered a state of pandemic due to the evolving COVID-19 outbreak that was plaguing the country at the time. Clubhouse was closed as we knew it. There would be uncertainty as to whether work for me would be a thing for me. Other services and places looked completely different.

All while the aforementioned was occurring, my mental health was taking a toll by the personal freedoms I had being uprooted. This was also compromised by having to manage the situation with the first apartment and struggling to get some grounding.

There were really rough times that nearly resulted in Mobile Crisis or the Police being involved. Luckily, my therapist was able to intervene and de-escalate me to a sense of calm and start to get me back on track.

After I forgone my first apartment, I began the search for what eventually would become my present home, which was by solely pure luck. Then more COVID resurgences became present and as it waned to more manageable levels, so did my ability to need to grasp reality and work on the skills needed to get my life back.

Slowly I made small milestones in my mental health by seeing the value of it and how sometimes the way I acted was perceived by others around me, and I did not want to feel that again. It also took building boundaries that I have too far not had built up. Honestly, that was the building block that made me move forward in my mental health recovery.

It has been making my mental health treatment and natural supports a priority in my life that made it turn around to the better in 2023 to the point that I was successfully discharged from Mobile Psychiatric Rehabilitation and while still working and keeping treatment with my Outpatient therapist weekly, I am working on more skills and the horizon looks better every day!

~Dustin M.



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Photo:

This photo was shared by Dustin as he visited the Picnic Park along the South Union Township Segment of the Sheepskin Trail this month. The beautiful skies shined through this piece of stained glass art that was installed there a few years ago, thus bringing the hope of spring on the horizon.

RECIPE CORNER

By Jesse B.

Coney Island Hot Dogs

Prep Time: 15 mins

Cook Time: 1 hrs 10 mins

Total Time: 1 hrs 25 mins

Ingredients

- 1 ½ pounds lean ground beef
- 2 cups water, or as needed
- ¾ cup diced onion, divided
- ⅓ cup ketchup
- 2 tablespoons butter
- 2 cloves garlic, crushed
- 2 tablespoons chili powder, or more to taste
- 1 ½ teaspoons salt, or to taste
- 1 teaspoon freshly ground black pepper, or to taste
- 1 teaspoon ground cumin, or to taste
- ½ teaspoon celery salt, or to taste
- 1 pinch cayenne pepper, or to taste
- 8 all-beef hot dogs
- 8 hot dog buns
- ¼ cup prepared yellow mustard, or to taste

Directions

1. Combine ground beef, water, 1/2 cup diced onion, ketchup, butter, garlic, chili powder, salt, black pepper, cumin, celery salt, and cayenne pepper together in a pot. Mix with a potato masher or spatula over medium-high heat until mixture has a finely ground consistency and begins to bubble, about 10 minutes.
2. Bring beef mixture to a simmer, reduce heat to medium-low, and cook, stirring occasionally, until sauce thickens and reduces, about 1 hour. Season with salt and pepper to taste.
3. Bring a large pot of water to a boil. Cook hot dogs in boiling water until heated through, 5 to 7 minutes.
4. Preheat the oven to 350 degrees F (175 degrees C). Arrange hot dog buns on a baking sheet.
5. Cook buns in the preheated oven until soft and warm, 2 to 3 minutes.
6. Place 1 bun on a plate. Place a hot dog in the bun and top with meat sauce. Drizzle yellow mustard and a portion of remaining diced onion over the meat sauce. Repeat with remaining hot dogs.



Nutrition Facts

Calories	528
total fat	32g
saturated fat	13g
cholesterol	99mg
sodium	1684mg
carbohydrate	30g
dietary fiber	2g
total sugars	8g
protein	29g
vitamin c	4mg
calcium	91mg
iron	3mg
potassium	252mg

The story of how the Coney Island hog dog got to the Midwest is pretty straightforward, but no one really knows exactly how the wiener first came to be topped with what is basically a hot meat relish. I have no idea how authentic this is and have never been to Detroit or even Flint. I have had Nathan's version, which I enjoyed, but the word on the street is that it's not nearly as good as the relatives it spawned.

RECIPE CORNER

Red Velvet Whoopie Pies

By Quinn P.

Ingredients

- 3/4 cup butter, softened
- 1 cup sugar
- 2 large eggs, room temperature
- 1/2 cup sour cream
- 1 tablespoon red food coloring
- 1-1/2 teaspoons white vinegar
- 1 teaspoon clear vanilla extract
- 2-1/4 cups all-purpose flour
- 1/4 cup baking cocoa
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon baking soda
- 2 ounces semisweet chocolate, melted and cooled

FILLING:

- 1 package (8 ounces) cream cheese, softened
- 1/2 cup butter, softened
- 2-1/2 cups confectioners' sugar
- 2 teaspoons clear vanilla extract

TOPPINGS:

- White baking chips, melted
- Finely chopped pecans

TOTAL TIME:

Prep: 40 min.

Bake: 10 min./batch + cooling

YIELD: 2 dozen.

Directions

1. Preheat oven to 375°. In a large bowl, cream butter and sugar until light and fluffy. Beat in eggs, sour cream, food coloring, vinegar and vanilla. In another bowl, whisk flour, cocoa, baking powder, salt and baking soda; gradually beat into creamed mixture. Stir in cooled chocolate.

2. Drop dough by tablespoonful's 2 in. apart onto parchment-lined baking sheets. Bake 8-10 minutes or until edges are set. Cool on pans 2 minutes. Remove to wire racks to cool completely.

3. For filling, in a large bowl, beat cream cheese and butter until fluffy. Beat in confectioners' sugar and vanilla until smooth. Spread filling on bottom of half of the cookies; cover with remaining cookies.

4. Drizzle with melted baking chips; sprinkle with pecans. Refrigerate until serving.

~By Quinn P.

Standard of the Issue:

11. Responsibility for the operation of the Clubhouse lies with the members and staff and ultimately with the Clubhouse director. Central to this responsibility is the engagement of members and staff in all aspects of Clubhouse operation.

Finding Additional Help

⇒ [PA 211 Top Food Resources](#)

⇒ [Feeding Pennsylvania](#)

⇒ [PA DHS Ending Hunger](#)

⇒ [Food Security Resources](#)

On Our Website

* [Community meals & food distributions](#)

* [Local Food Pantries](#)

* [Community Pantries](#)

* [Other Necessities & Helps](#)

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RECIPE CORNER

Buffalo Chicken Salad

By Jesse B.

Ingredients

- 2 cups cubed, cooked chicken
- 3 stalks celery, diced
- 2 green onions, chopped
- ½ cup ranch dressing
- ¼ cup hot buffalo wing sauce (such as Frank's® REDHOT Buffalo Wing Sauce), or to taste
- salt and freshly ground black pepper to taste

Directions

1. Combine chicken, celery, green onions, ranch dressing, Buffalo wing sauce, salt, and pepper in a bowl.



Nutrition Facts

calories	323
saturated fat	25g
Cholesterol	63mg
sodium	774mg
total carbohydrate	5g
dietary fiber	1g
total sugars	2g
protein	19g
vitamin c	2mg
calcium	35mg
iron	1mg

Country Fried Steak

By Christan F.

Ingredients

- 1 egg
- ¼ cup milk
- 1 cup all-purpose flour
- 1 (4 ounce) packet saltine crackers, crushed
- 1 ½ teaspoons seasoned salt
- 1 ½ teaspoons onion powder
- 1 ½ teaspoons garlic powder
- 1 ½ teaspoons Montreal steak seasoning
- 4 (4 ounce) cube steaks
- 2 tablespoons vegetable oil

Directions

1. Whisk together the egg and milk in a shallow bowl; set aside.
 2. Whisk together the flour, crushed saltines, seasoned salt, onion powder, garlic powder, and steak seasoning. Dip the steaks in the egg mixture, then press each steak in the flour mixture. Pat the flour mixture into the steaks to coat them completely.
 3. Heat oil in a large skillet over medium-high heat, and fry the steaks until they are golden brown, firm, hot in the center, and just turning from pink to grey, about 4 minutes per side. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C).

Nutrition Facts

Calories	468
Saturated Fat	4g
Cholesterol	76mg
Sodium	1109mg
Carbohydrated	51mg
Dietary Fiber	2g
Total Sugars	2g
Protein	23g
Vitamin C	1mg
Calcium	73mg
Iron	5mg
Potassium	359mg



Mission Statement

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



@unionstation15401
(Like Us On Facebook)

@usc15401 (Follow Us on Twitter)



A program of Goodwill Southwestern Pennsylvania

100 Corporate Crossing Road
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)

- ⇒ 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**