

Union Station News

The Newsletter of the Members and Staff of Union Station Clubhouse

Fun In the Summer Sun!

My Summer's in the Past, as to the One's I Spend Now
By Charles E J.

In the past, I used to spend Summer's swimming in the pool at Highland Park, in the Pittsburgh region of pool systems. As a young child, I basically spent most of the Summer days swimming and hanging out at the pools. I learned the basics from my swimming instructor at Peabody high school. His name was Mr. Silipo. He was my coach when I swam on Peabody's swim team for three years, during my high school years. I would say the summers I spent learning basic swimming skills and hanging with my friends was a great time in my life.

During the summers from the time I was 14 until I was 17. I was talented with swimming and I was cocky and belligerent. I am happy to have strong role models in my life. They proved able to support me in my swimming and life endeavors. I had a lot of friends on those summer days, as compared to the very few I have now.

My summers now are very spontaneous. Unfortunately, I am unable to access a community pool and therefore not as likely to swim like I did in my youthful summers living in Pittsburgh. Even though I am a different person on these days. I still have a desire to return to those wonderful summers and swim.

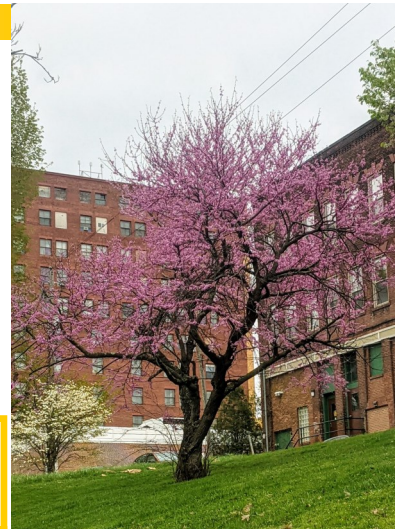
Union Station Clubhouse Cheers on the Washington Wild Things

On Tuesday, May 23rd, a group of members and staff from the Union Station Clubhouse attended the "Mental Health Awareness Night" hosted by the Washington Wild Things, a minor league baseball team.

The evening started with a stop at the Washington Crown Center Mall, where we went to visit some of the various shops. I decided to go to a video game store to look for games for my system. After that we all chose to eat at a nearby Wendy's. We arrived at the Washington Wild Things Park in plenty of time to find a place to park and enter the gates before the rush. When we got into the ballpark, mental health service providers from all over the region had informational booths and activities. I checked out some of the booths, then went to the team store to look at some t-shirts and hats.

We got to our seats, which were 4 rows from the first baseline! We had excellent seats and the weather was clear and perfect. That night, the Wild Things played the Tri-City Valley Cats. The 1st inning started with a three-run homer for the Wild Things, and it just kept going from there! By the end of the night, the Wild Things won the game by a score of 11-1. We enjoyed plenty of baseball action, music, and entertainment from the Wild Thing mascot.

Donald M.



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Meetings on Zoom

- House Meeting:
Mondays @ 2 PM
- Unit Development Meeting: Tuesday, 6/29/22 @ 2:00 PM

Upcoming Social Days

- Independence Day: Mon 7/4

Choosing The Change

There has to be a time in one's recovery journey that it is understood what is necessary to establish a standard way of living. It can be hard to accept that it has to be the way that it is, but you manage and move forward. Living in a cycle that continually repeats itself and develops a negative outcome does not only affect you, but those around you and sometimes it might be difficult to save yourself from the damage caused by your actions.

It can take years for you to finally understand that what is necessary to live as close to a normal life can be simple, yet so hard to grasp as a part of reality.

However, when you can see that you only have issues with things or you are less vulnerable to reacting to something, and it could have been prevented by doing what is necessary, then you have learned what is necessary to succeed in your journey.

Yes, there are times you are going to want to throw a pity party for yourself and think life isn't fair. But, it is the truth, sometimes we are dealt the hands we are

dealt in life to make sure we know what we need to do to live and be successful at what we do. One lesson I can give is that if it works, don't change it or go off course unless you really have to, I have learned that the hard way but I have also learned that it has made me stronger and that I need to give myself grace from the things I have did in the past to learn those mistakes I made.

All these things are a part of being well that are crucial to overall wellness, not just mental or physical, but everything needs to work in sync and be in harmony to live life despite the many challenges it presents us.

~Dustin M.

Getting Back into Routine

Over my birthday weekend, my parents gave me the gift of going for a ride into the magnificent Laurel Highlands to see many of the great state parks and the surrounding state forest that makes the great Laurel Ridge.

It was nice to once again leave what I have been so accustomed to for many years because of the pandemic and not being totally able to do the things that I had been used to doing.

Yes, I have done some things like going on quilting hops and such with my mother, but those were trips where we mostly remained self-contained eating at only trusted places that take the proper precautions to ensure we did not contract the virus.

Although the virus has not been totally eradicated from the world, I have found that remaining at home or being very selective is not a viable option to protect my mental health and as a result can be very damaging if a

normal routine is not maintained.

This includes keeping a regimen of all things prescribed both mental and physical along with steady attendance of programming and work.

~Dustin M.



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 receive your paperwork in the mail to reapply, you will see a logo such as this one below



at the top of the letter. If you are not sure if you have received a renewal, or want to check your case, you may con-

tact your County Assistance Office at the numbers 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 and behavioral health benefit renewals, eligibility, 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 in their renewal paperwork. If you need to contact your local County Assistance Office by calling 1-877-832-7545.

Beacon Member/Family Training Schedule

- ⇒ On Thursday, June 30th from 1:00 PM to 2:30 PM Joe Powell, LCD C, PRS, PSS President /CEO of Association of Persons Affected By Addiction - APAA will be presenting **Health Disparities in Peer Supports and Services**
[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](#)
- ⇒ On Thursday, July 28, 2022 from 2:30 PM to 4:00 PM Rachel Shuster (Highmark Wholecare), Kim Hay (AMI), James Smith (AMI) and Michelle Donahue, Peerstar, LLC will be sharing **Stories of Hope and Recovery**
[Registration Link](#)
- ⇒ On Friday, August 5th 2022 from 1:00 PM to 2:00 PM Kathleen D Zamperini, MA, LPC Catholic Charities of the Diocese of Pittsburgh will be presenting **The Role of Nutrition in Mental Health**
- ⇒ On Friday, September 9, 2022 Heather J. McLean, Outreach Coordinator from MHA SWPA will be leading a **Question, Persuade, and Refer Training**
[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.

Grilled Asian Turkey Patties

Prep: 20 MIN

Total: 20 MIN

Servings: 6

Ingredients

- 1lb lean ground turkey breast
- 1/2cup chopped fresh mushrooms
- 1/4cup chopped green onions (4 medium)
- 1/4cup finely chopped red bell pepper (1/4 medium)
- 2tablespoons reduced-sodium soy sauce
- 1teaspoon chopped garlic in water (from 4.5-oz jar)
- 1tablespoon teriyaki baste and glaze (from 12-oz bottle)

Directions

1. Heat closed contact grill for 5 minutes.
2. Meanwhile, in large bowl, mix all ingredients except teriyaki baste and glaze. Shape mixture into 6 patties, 1/2 inch thick.

3. When grill is heated, place patties on bottom grill surface. Close grill; cook 8 to 10 minutes or until patties are no longer pink in center.
4. Spread 1/2 teaspoon teriyaki baste and glaze on each patty.

Nutrition Information

Calories: 110

Calories from Fat: 40

Saturated

Total Fat: 4g

Saturated Fat: 1g

Cholesterol: 50mg

Total Carbs: 340 mg

Dietary Fiber: 2g

Sugars: 0g

Protein: 1g

~Jesse B.

Classic Chocolate Walnut Brownies

Prep Time: 10 Minutes

Cook Time: 20 Minutes

Total Time: 30 Minutes

Serves: 8 Brownies

Ingredients

- 4 Tablespoons butter at room temperature
- 3/4 cup coconut sugar
- 2 large eggs
- 1 1/2 teaspoons pure vanilla extract
- 1/4 teaspoon instant espresso powder, dissolved in 1 teaspoon hot water
- 2 ounces good-quality unsweetened chocolate, melted in a double boiler or microwave and cooled slightly.
- 4 tablespoons unsweetened cocoa powder
- 1/8 teaspoon salt
- 1/2 cup chopped walnuts

Instructions

1. Preheat the oven to 350 F; line a 9 by 5 inch loaf pan with 2 pieces of parchment paper so the paper hangs over all 4 sides (and you can lift the brownies out later)
2. Cream together the butter and sugar in a large bowl, and then beat in the eggs, vanilla, dissolved espresso and melted chocolate.
3. Sift in the cocoa powder, baking soda and salt, stir to combine. Fold in the walnuts.
4. Bake for 20 minutes

~Quinn P.



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

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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>