

Union Station News

September , 2022
Volume 2, Issue 5

The Newsletter of the Members and Staff of Union Station Clubhouse

Union Station's Value Shopping Trip

On Saturday, September 17th, I went with 4 of my fellow members on a value shopping trip and we had a great time! It gave us an opportunity to spend time together and practice responsible budgeting and spending skills. Our first stop was at the Dollar Tree in Dunbar. After we left there, we went to the nearby Burger King for lunch. I had a chocolate milkshake, a double bacon cheeseburger, and fries. After we left there, our next stop was at Five Below, then Big Lots, and finally Dollar General. During my trip I bought body spray and a cherry Pepsi. I really enjoyed myself and look forward to our next outing.

Donald M.



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Photo:

For Recovery Month, the Fayette County Courthouse was lighted purple to reflect Recovery Month and Suicide Prevention Week.

Clubhouse Flatwoods Picnic

In late August, members and staff on a good summer day had a picnic in a rented pavilion at the Franklin Township (Flatwoods) Community Park and Pool. The members and staff played cornhole while having food and enjoying music played out of a boom box. Some members went to the pool while others took advantage of the new walking trails in the park. It was a summer day to remember as I did! Many thanks to the staff who transported the members and the members and staff who worked together in arranging a good day!
~David D.



Standard of the Issue:

2. The Clubhouse has control over its acceptance of new members. Membership is open to anyone with a history of mental illness, unless that person poses a significant and current threat to the general safety of the Clubhouse community.

Member Spotlight

Brandon heard of the Clubhouse through Crosskeys Human Services and likes the program because it is a place for all us to come together and do things. Since being at the Clubhouse, Brandon has secured one of our Transitional Employment Placements and hopes to maintain employment in the future.

How I have Learned from My Recovery Journey

I have been on this Journey since the inception of Mental Health Recovery almost two decades ago from becoming an adult. I haven't always been serious about what I need to do or that focusing on my recovery as often as I should.

I can think of countless therapy sessions where I just made up excuses or small talk of what I was doing but in reality I never listened to what I was being told or that I thought the things that I have now such as employment or even independence and or that there are more dreams to come down the road should I choose to think it.

Without a doubt it has had its setbacks particularly in the last few years but I have bounced back and been more resilient that I did to start the journey.

It can be hard to recognize that I am ding OK despite all the challenges that I have been through even many do not know of them all as I have kept some of them to myself. That is what accessing the multitude of services is for and the Imperativeness of being attentive and working on improving yourself is necessary for having your best life possible.

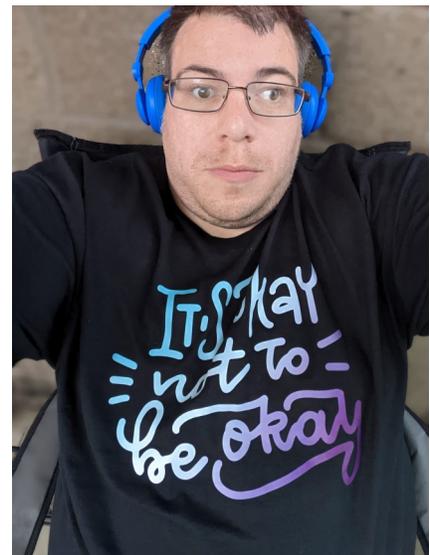
I am also a prime example of the fact that Recovery is not perfect and doesn't always go to plan. There are going to be bumps in the road, but the key fact to remember is that you cannot keep taking the wrong path and get back on the right one so you can bounce back, it can be done if you want it to happen for you.

Life will always throw us challenges and unexpected stops on the road of our recovery journey, but as I have done in recent years, you must learn to pick up the pieces and move forward, that includes believing in whatever you believe in because if you don't you are setting yourself up to be something that you are going to be miserable doing or the life you don't want to live.

Sometimes, the answer you get isn't the one that you really want, but as when I got my current home almost two years ago after being in a really bad situation, it is better than having nothing or eventually continuing down a path from disaster when something is meant to save you when someone is extending themselves out to help you.

You can take whatever is handed to you, but you as the individual must do whatever work that is needed for you to learn and grow and reach the true state that you want to be in your recovery journey.

~Dustin M.



Buffalo Chicken Pizza

Ingredients

- 1 tube (13.8 ounces) refrigerated pizza crust
- 1 cup Buffalo wing sauce, divided
- 1-1/2 cups shredded cheddar cheese
- 1-1/2 cups part-skim shredded mozzarella cheese
- 2 pounds boneless skinless chicken breasts, cubed
- 1/2 teaspoon each garlic salt, pepper and chili powder
- 2 tablespoons butter
- 1/2 teaspoon dried oregano
- Celery sticks and blue cheese salad dressing



Directions

1. Unroll pizza crust into a lightly greased 15x10x1-in. baking pan; flatten dough and build up edges slightly. Bake at 400° for 7 minutes. Brush dough with 3 tablespoons Buffalo wing sauce. Combine cheddar and mozzarella cheeses; sprinkle a third over the crust. Set aside.
2. In a large skillet, cook the chicken, garlic salt, pepper and chili powder in butter until chicken is no longer pink. Add the remaining wing sauce; cook and stir over medium heat 5 minutes longer.
3. Spoon over pizza. Sprinkle with oregano and remaining cheese.
4. Bake until crust is golden brown and cheese is melted, 18-20 minutes. Serve with celery and blue cheese dressing. ~Jesse B.

Nutrition Facts

Serving Size: 1 Piece

Calories	427
Fat	19g
Saturated Fat	9g
Cholesterol	105mg
Sodium	1675mg
Carbohydrates	27mg
Sugars	4g
Fiber	1g
Protien	37g

Turkey BLT

Prep: 10 mins

Total: 10 mins

Yield: 1 serving

Ingredients

- 2 Whole wheat bread
- 2 tablespoons Mayonnaise
- 1 Lettuce leaf
- 2 Tomato slices
- 2 Thin Sliced Oven Roasted Turkey Breast
- 2 Fully Cooked Jimmy Dean® Bacon, crisply cooked
- 3 Thin slices avocado

Directions

Step 1 Spread both bread slices with mayonnaise.

Step 2 Top one bread slice mayonnaise side up with lettuce, tomato, turkey, bacon, avocado and second slice of bread. Serve immediately.

~Quinn P.



Doggy Yogurt Treat

- 32 Oz Plain Yogurt
 - 3 Teaspoon Peanut Butter
 - 1 Banana
 - 1 Tablespoon Honey]
- Mix together and freeze**

Chicken Stir Fry Recipe

Ingredients

- 1 lb boneless, skinless chicken breast cut into 1 inch cubes
- salt and pepper to taste
- 2 tbsp olive oil divided
- 2 cups broccoli florets
- 1/2 yellow bell pepper cut into 1 inch pieces
- 1/2 red bell pepper cut into 1 inch pieces
- 1/2 cup baby carrots sliced
- 2 tsp minced ginger
- 2 garlic cloves minced

Stir Fry Sauce

- 1 tbsp corn starch
- 2 tbsp cold water
- 1/4 cup low sodium chicken broth
- 3 tbsp low sodium soy sauce
- 1/4 cup honey
- 1 tbsp toasted sesame oil
- 1/2 tsp crushed red pepper flakes

Instructions

Stir Fry Sauce

1. In a medium size bowl, whisk together corn starch and water. Add remaining ingredients (chicken broth, soy sauce, honey, and toasted sesame oil, red pepper flakes) and whisk to combine. Set aside.

2. Add one table-spoon of olive oil to a large skillet or wok and heat over medium high heat.
3. Add chicken (in batches if necessary) and season with salt and pepper. Cook for 3 to 5 minutes or until cooked through. Remove from skillet.
4. Reduce heat to medium and add remaining table-spoon of oil to the skillet.
5. Add broccoli, bell pepper, and carrots and cook, stirring occasionally, just until crisp tender. Add ginger and garlic and cook for an additional minute.
6. Add chicken back into the skillet and stir to combine.
7. Whisk stir fry sauce and pour over chicken and vegetables and stir gently to combine.
8. Bring to a boil, stirring occasionally, and let boil for one minute.
9. Serve with rice and/or chow mein if desired..

~Toni F.



Clubhouse Decorates for Halloween & Harvest



In the later half of the month, Members and Staff decorated the Clubhouse for Halloween and the Harvest Season.

BH-MCO News

Click the flyer to be linked to Beacon Health Options' Official Flyer

Beacon Health Options Awards Ceremony
11-County Leadership in Recovery and
Exceptional Individual & Family/Parent/Caregiver Awards
Armstrong, Beaver, Butler, Crawford, Fayette, Indiana, Lawrence, Mercer
Venango, Washington and Westmoreland Counties.



YOU ARE INVITED TO ATTEND
Friday, November 4, 2022

11-County Leadership in Recovery and Exceptional Individual & Family/Parent/Caregiver Virtual Awards Ceremony

Please join Beacon as we acknowledge HealthChoices members' journeys in the mental health/substance use disorder service system. Beacon will host virtual awards ceremony through a zoom platform for both Family/Parent/Caregivers of adults, children and adolescent HealthChoices members and Adults who are HealthChoices members. Attend and be inspired by the individual stories of success to wellness that is found on the recovery journey.

Please join in these award ceremonies via zoom by clicking their links:

Family/Parent Ceremony 10:00-12:00 click here:	Adult Ceremony 1:00-3:00 click here:
https://beaconhealthoptions.zoom.us/j/96250789298?pwd=Ym9ZWdJXSIRVS2s3VVJtUEEvmZUQT09	https://beaconhealthoptions.zoom.us/j/93458591786?pwd=TUNkb25CYnFwbVdDY3VoS1RaNHBGQT09
Meeting ID: 962 5078 9298 Passcode: 183943	Meeting ID: 934 5859 1786 Passcode: 270387

You may also attend by phone on November 4, 2022 at 10:00 or 1:00 at 1-646-876-9923 to listen to the event using the numbers above. If you have any questions or need accommodations, please contact Sue Klaus at suzanne.klaus@beaconhealthoptions.com or 724-744-6501.

We look forward to having you join us!



Beacon Member and Family Zoom Meeting Calls Continue through October 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:

- Monday, October 24, 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.

Upcoming Member/Family Trainings

- PA-211**
Friday, October 7, 2022 from 1:00 PM to 2:15 PM
Presenter, Cinda Watkins from the United Way will talk about what 211 is and the role in getting help paying bills, finding food, and locating other resources near you, all confidential help from a caring expert.
[Registration Link](#)

Beacon Health Options is the Behavioral Health Managed Care Organization for Fayette and 10 other counties throughout Western Pennsylvania. Visit [Beacon Health Options of Pennsylvania on the Web](#) for more info.



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.



@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)

- ⇒ [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](#)