

Union Station News

December , 2022
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The Newsletter of the Members and Staff of Union Station Clubhouse

Member Spotlight

Milton started here at Union Station this month. He really enjoys coming to the Clubhouse where everyone is nice and has a sense of belonging. Everyone is helpful and likes to have fun. Milton likes to work in both units, but most of all he enjoys cleaning tasks within the Clubhouse. He lived at Crosskeys and they have chores to do , by helping in the units, he is getting better stronger cleaning skills. Eventually, Milton would like to get a job.

New job at Fayette Friends of Animals



Hello, my name is Rebekah M, I have been a Clubhouse member for many years. On October 25th of 2022, I started a new Transitional Employment position through Union Station Clubhouse. I tried out for the job for about two weeks and I liked it, did a good job, then I was hired. I work on Tuesdays and Thursday from 9am to 1pm. My job is to clean the adult cat room, feed

the cats, process the laundry, and keep the cat area clean and neat.

After the first jobs are completed, I sweep and mop the adult cat room, put the rugs back down, offer the cats toys, and give the cats the food bowls. Then, I clean the kitten room scoop the litter, sweep, mop, and remove items from the floor

On Thursdays, the cleaning and cat attendance routine is the same, but after I clean, I wipe down the walls in both rooms. Next, I clean the cat dishes and place all the materials in the original location. Lastly, I use the washer and dryer to process all the cat laundry (i.e., blankets, etc.)

I love my job because I am an animal person and it gives me a purpose and meaning in life, to care for the animals. It also cheers me up when playing with the cats and kittens, which I get to do at the end of my shift. Finally, I get to reward the cats with treats before I leave.



Rebekah M.



Inside this issue

Member Stories 1-3

PA Mental Health News 3

Recipes 4

PA Safeline Program .. 4

Support Info 5

Photo:

Dustin M. shared this photo of the municipal Christmas Lights Display at South Connellsville, his hometown. He has memories since childhood of riding up and down Pittsburgh Street looking at these in awe.

It should also be noted that his father was on the street crew there for over 30 years and had the task of putting these up and down during the holidays.

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.

Upcoming Holiday Social Days

- Monday, January 2, 2023 (Observance for New Years Day)
- Monday, January 16, 2023 (Martin Luther King Jr, Day)

Christmas Past and Present

Throughout the nearly the first three decades of my life, I had celebrated Christmas mostly in the same way. Opening gifts on Christmas morning at my home until a few years ago at my parents house. I spent 32 Christmas mornings with my parents and while I did sometimes give them and my sister a run for their money, as I came of age, I melted out and Christmas became routine. Most of my life had my maternal grandparents in the celebrations and sometimes my dad's side of the family on Christmas Eve in early years. 2016 was a bleak year as my Grandmother died suddenly at the start of Holy Week, and by Christmas that year, my Grandfather's health declined severely with him entering Eternal rest a few days after Christmas.

After that, Christmas remained in our family unit and just in two years, I would be waking up on Christmas morning alone in my own apartment.

When I moved to my current home two years ago, it was the first Christmas that I was not connected to any human being because of the resurgence of the COVID-19 Pandemic at the time. Presents were dropped at my front door and we opened gifts on Facebook Live that year. It was a sad and unique experience that many were deprived of in the world that year. I also made the decision to no longer visit with my dad's family because of initially the Pandemic, additional generations being added and too much sensory overload

We started the traditions last year with my sister and sister sharing the cooking load. However, Christmas Eve and Day to some degree will be spent watching Worship Services on YouTube in spirit.

It is time to move on with my life as an independent adult with new traditions and directions

Merry Christmas Buddy

My dog buddy and I are spending the holiday together. This is his second Christmas with me. He gets very excited around this time and lick's my face in anticipation. Santa will probably bring him treats and a Steeler outfit. Buddy will probably bring me a lot of hugs and kisses. He likes to snuggle and play with me under the Christmas tree. Also, Buddy likes to take naps with me and eat all the treats I give him.

Overall, I am glad to spend another Christmas with buddy. He has brought me a lot of joy throughout the two years of Christmases I have owned him. He takes care of me, likes to lay upside down beside me, and tries to eat my food.

~Amanda C.



Wolf Administration Reminds Pennsylvanians Of Mental Health Resources During The Holiday Season

Members of the Wolf Administration reminds Pennsylvanians of available resources during the holiday season for individuals and families affected by mental health disorders. Pennsylvania's [Mental Health](#) guide offers information related to mental health screenings, finding a mental health or SUD treatment professional, resources for housing insecurity, help with trauma due to racism, and assistance with contacting your county assistance offices and county drug and alcohol offices, and applying for benefits.

This year saw the launch of the new, shortened number – 988 – for the national Suicide and Crisis Lifeline. 988 serves as a direct link for suicide prevention and mental health crisis support. Anyone can call, text, or chat with 988 and will be directly connected to trained, compassionate mental health crisis response counselors, the same that were accessible through the 10-digit National Suicide Prevention Lifeline.

The 988 lifeline's services are available 24 hours a day, seven days a week at no cost to the caller. Additional free [resources are available](#) to assist Pennsylvanians with mental health needs and connect to longer term support in their community.

"The holidays can be a joyous time as we gather with our loved ones to celebrate the season, but we also understand that the responsibilities and expectations of the season can cause stress and lead to feelings of anxiety or depression. If you are going through hard times, please know that you are not alone and it is okay to reach out for help if you need an extra hand," said DHS Executive Deputy Secretary Andrew Barnes. "DHS is here to help no matter the time of year – we administer and oversee programs and resources that provide support. We can all do our part during this season to help make the holidays better and brighter for our families, friends, and fellow Pennsylvanians. If you need help, please reach out, and if you can provide help, please do so."

DHS' Office of Developmental Programs has resources developed by self-advocates to provide helpful tips and suggestions for people with intellectual disabilities & autism to manage stress during the holidays. These tips include:

- Being aware of your sensory issues and trying your best to explain them to other people,
- Talking to a trusted friend or family member about expectations for the gathering,
- Using coping skills and having an exit plan if you need to excuse yourself,
- Making sure you have a safe, comfortable place when you come home to decompress, and
- Understanding self-care and knowing what works best for you in holiday situations.

Additional information and resources can be found at www.myodp.org or www.paautism.org

DHS encourages Pennsylvanians struggling to meet basic needs to apply for programs that can help them meet essential needs through the winter months. Programs including the Supplemental Nutrition Assistance Program (SNAP), cash assistance, Medical Assistance, the Children's Health Insurance Program (CHIP), the Low Income Home Energy Assistance Program (LIHEAP), and the Emergency Rental Assistance Program (ERAP) and other programs can be applied for at any time at www.compass.state.pa.us. For more information assistance programs available to help Pennsylvanians, visit www.dhs.pa.gov.

For more information on mental health and SUD treatment options in Pennsylvania, county-based resources, and the Wolf Administration's efforts to connect individuals with mental and emotional support and to local resources, visit pa.gov/mental-health.

MORE MEMBER CHRISTMAS ST

A Christmas Miracle By Joe R

I really like Christmas; it is one of my favorite holidays. I really like to spend the time with friends and family. One of the most fun things I liked to do was to eat candy canes, go sled riding and make snowballs for fights.

I can remember one Christmas in particular, when I made snow igloos and slept overnight inside of it. That was a cold night, but I kept warm by using a double blanket and sleeping bag. I woke the next morning with frosted eyebrows and cold fingers and toes.

Lastly, I can remember many Christmas dinners. When I ate these dinners, I liked the turkey, ham, mashed potatoes, stuffing, and collard greens. I would eat many plates of food. Finally, I can remember going to the North Pole and watching Santa's elves make toys in the workshop.

Brownie Mix:

- 1 (18.25 ounce) package brownie mix
- 3 tablespoons water
- ½ cup vegetable oil
- 2 large egg

Cheesecake Topping:

- 1 (8 ounce) package cream cheese
- 1 large egg
- ½ cup white sugar

Directions

1. Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13-inch pan.
2. Prepare brownie mix: Stir brownie mix, water, oil, and eggs in a medium bowl until well blended. Spread evenly into the prepared pan.
3. Prepare cheesecake topping: Beat together cream

Memories of Christmas with my Mom By Jen M.

I can remember many nice memories of Christmases with my mom. I liked to wake up early on days before Christmas and make baked goods. We made pumpkin pies, assorted cookies, and cinnamon bread. We used many ingredients and baked all the items in the oven and on the stovetop.

I can also remember many fond memories of spending holidays with my grandmother. She would always have a nice and kind word for me. My grandmother would sit and tell me stories of Christmases past and the "good old days".

Lastly, I can remember my favorite gift of all time. It was when I was nine. I got a little stuffed teddy bear, that was able to stand and sit. I still have the teddy bear, to this day. Since I am 43, that makes the teddy bear 34 years old this

Cheesecake Brownies



Nutrition Facts:

Calories: 187
Total Fat: 12g
Saturated Fat: 3g
Cholesterol: 34 mg
Sodium: 102mg
Total Carbohydrates: 20g
Dietary Fiber: 1g
Protein: 2g
Calcium: 15mg
Iron 1mg Potassium: 67mg

cheese, egg, and sugar using an electric mixer until smooth. Dollop the cream cheese mixture on top of the brownie batter. Swirl together using a knife or skewer.

4. Bake in the preheated oven for 22 to 25 minutes. Brownies will be done when a toothpick inserted comes out clean. Cool in the pan, then cut into 24 squares and serve.

Note:

The directions for making the brownies are based on a Betty Crocker Fudge Brownie Mix. Follow instructions on the box regarding oven temperature, added ingredients, and cooking time if using a different brand.

By Milton F.

Peanut Butter and Jelly Cheesecake

Nutrition

calories 276
total fat 16g
saturated fat 8g
cholesterol 82mg
sodium 173mg
total carbohydrate 29g
dietary fiber 1g
total sugars 22g
protein 6g
vitamin c 1mg
calcium 44mg
iron 1mg



By Jesse B.

Prep Time: 15 mins

Cook Time: 50 mins

Total Time: 1 hrs 5 mins

Ingredients

- 1 cup graham cracker crumbs
- 3 tablespoons white sugar
- 2 tablespoons melted butter
- 2 (8 ounce) packages cream cheese, softened
- 1 cup white sugar
- $\frac{1}{3}$ cup crunchy peanut butter
- 3 tablespoons all-purpose flour
- 4 eggs
- $\frac{1}{2}$ cup milk
- $\frac{1}{2}$ cup any flavor fruit jam

Directions

1. Preheat oven to 325 degrees F (165 degrees C). In a medium bowl, combine graham cracker crumbs, 3 tablespoons sugar and melted

butter. Mix well and press into the bottom of a 9 inch springform pan. Bake in preheated oven for 10 minutes. Remove from oven and allow to cool.

2. In a large bowl, beat cream cheese, sugar, peanut butter and flour together until smooth. Mix in eggs one at a time. Blend in milk. Pour batter into prepared crust.
- Bake in preheated oven for 10 minutes. Reduce temperature to 250 degrees F (120 degrees C) and continue to bake for 40 minutes. Let cool to room temperature, then refrigerate for at least 4 hours before removing from pan. Stir jelly until smooth and drizzle over cake in a lattice design.

Free Cell Phone Services - PA SafeLine Phone Programs

Beacon Health Options and your county want you to be able to reach out when you need help and to stay in touch with doctors, counselors, friends and loved ones. The PA SafeLine Phone program can help you do that.

The SafeLine phone program provides free smartphone, data, minutes and messaging services for those on medical assistance. With a smartphone, you can have easy access to reach someone in an emergency or just when you need to talk. The Lifeline program is a federal government benefit. Individuals who are eligible for Pennsylvania Medicaid can apply for a phone.

HOW DO I ENROLL IN THE PROGRAM?

Contact one of the following programs:

- ◇ SafeLink - <https://www.safelinkwireless.com/> or call 1-800-723-3546
- ◇ QLINK - <https://qlinkwireless.com/> or call 1-855-754-6543
- ◇ Assurance - <https://www.assurancewireless.com/> or call 1-888-321-5880



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)



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](#)