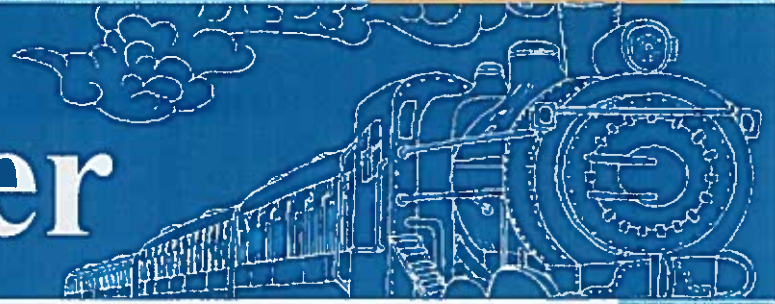


Union Station Clubhouse

Newsletter



Employment Position At The Fayette County YMCA

By: Rebekah M.

I was looking for a job so I started to look on Monster and Indeed job sites.

One of the staff, Crystal K., found a job at the YMCA and helped me get an application. Another staff helped me fill it out then I returned it to the YMCA.

I got the job and I am now working in the Child Watch Center watching babies and kids on Mondays, Wednesdays, and Fridays from 8am to 12 pm. I like it a lot. I really want to be working at the front desk which is called the Welcome Center. My boss is looking at the schedule to see if this is possible. I have to work around my schedule of only 20 hours but I love what I do and hope I can do it for a long time!

2019 Autism Speaks Walk

By: Dustin M.

Fall has circled its way around once again and with it brings the Laurel Highlands Autism Speaks Walk at Idlewild & Soak Zone in Ligonier. I presented the walk to my local TOPS Chapter and in turn their treasurer, who is employed at Somerset Trust Company, arranged to have an fundraiser "dress-down day" among the branch. By doing this members and employees, from both TOPS and Somerset Trust, provided the majority of donations for the walk this year.

Again for this year, I reached T-Shirt Status because of the courtesy of the donors. There were pretty insightful resources, including those in transition to adulthood, which I was pleased to see.

There was face painting at the walk, which my niece participated in. The walk around Story Book Forest had delightful weather and when we returned back to the pavilion we were served hot dogs, cake, ice cream by Valley Dairy and a plethora of snacks and drinks. Following the lunch, we enjoyed a handful of rides before heading home!



E&E Dinner

By: Krysta C.

On August 27, 2019, we had our monthly employment and education dinner provided by the Clubhouse for individuals who are currently attending school or working in the community. During these dinners, we spend time discussing how everyone is doing on the job/school and what resources are available to them.

Ohiopyle

By: Krysta C.

On August 24, 2019, Clubhouse members took a trip to Ohiopyle. We spent a lot of our time walking and exploring the scenery.

In addition, we had lunch together and socialized about many things. We really enjoyed our time together and had so much fun! We are truly blessed to have one another.

Goodwill 100th Anniversary

By: Rebekah M.

This year Goodwill is celebrating it's 100th anniversary. Part of that celebration was to cookout at many Goodwill locations, including the Clubhouse on September 4.

Goodwill employee Jason Ralph, associate vice president of operations, Michelle Zajac, director of human resources, and Ella Holsinger, vice president of human services, came to the Clubhouse and cooked hot dogs and hamburgers for us. We also had potatoes salad, cole slaw, macaroni salad, dessert and soda. It was a nice time and food was really good. Thank you Goodwill Team!

Pizza And Movie Night

By: Krysta C.

On August 30, 2019, Clubhouse members had their Pizza & Movie Night Social. We helped ourselves to pizza and drinks. Afterwards, we sat down to watch the movie called "Stuart Little". We really had a good time and very much enjoyed ourselves. It is our hope to do this again!

A Year Of Progress

By: Dustin M.

Last September, I joined a wellness program at the Highlands Hospital called FOCUS that included weekly weigh-ins for six months.

Half of these sessions contained 15-minute wellness lessons that are taught by the hospital's dietician. I got several handouts full of information and also got to visit the hospital's wellness center, where I met the director. All participants got a trial pass to the wellness center.

While I didn't meet my inclined goal of 7% of my body weight, I was pretty close. At the program's "graduation" breakfast, I was introduced to the hospital cafeteria where meals are served certain hours to the public. Furthermore, we were invited to continue to weigh-in weekly on Thursdays.

I continued to weigh-in weekly through the summer, as well as taking advantage of the wellness center through a special offer. After being really successful at becoming more active, I took an approach to eat healthier in my home as well. As a result, I weighed in at the year anniversary and lost almost 40 pounds, a third of the way to my overall goal! I plan on returning to the gym in the near future as the wellness center accepts my insurance for a discounted rate.

