

Union Station News

July 2023
Volume 3, Issue 1

The Newsletter of the Members and Staff of Union Station Clubhouse

Charles vs the Zoo

On Saturday July 15th the clubhouse members and staff visited the Pittsburgh Zoo. We traveled for an hour and a half by van to enjoy the animal exhibits. It was a warm and sunny morning and the group was ready and set.

At the arrival, we made groups and set on the self-guided tour of the zoo, which was scheduled to take approximately 3 hours. When the tour started, we saw many animals. These included the Komodo dragon, the rhinoceros, and the plains animals. The plains animals were my favorite, the elephants, gazelles', and the ostrich.

At the end of the toured day, we ended the with the water's edge and the aquarium exhibits. They were good and valued parts of this experience. Overall, I really liked the Pittsburgh Zoo experience. I would return in the future. Specially to see the elephants and the leopard enclosures.

~Charles J.

The Zoo

On Saturday, July 15th, members and staff of the Clubhouse visited the Pittsburgh Zoo and Aquarium. It took us approximately three hours to encircle the Zoo where we saw all the exhibits and partook of our pre packaged meals. There was a wide array of animals from different habitats to see. It was packed but we made the best of it along with very high temperatures, all in all it was quite a success.

~Dustin M..



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About the Photo

Dustin M. took this still photo from a video he took of the Fireworks at Red White and Boom in Connellsville on July 1.

Standard of the Issue:

36. The Clubhouse has the support of appropriate mental health authorities and all necessary licenses and accreditations. The Clubhouse collaborates with people and organizations that can increase its effectiveness in the broader community.

Sensory Friendly Zoo
Zoo has partnered with KultureCity to improve our ability to assist and accommodate guests with sensory needs. Our objective is to provide an inclusive and seamless experience for all guests for all events including those with sensory needs. We strive to raise awareness of the needs and challenges faced by individuals with sensory processing disorders by supplying our Team Members with continuous training and by offering the resources and accommodations below to our guests.

[KultureCity](https://www.kulturecity.com/)

Photos from Our Zoo Trip



Recipe Corner

Beefy Lasagna Roll-Ups **Researched by Jesse B.**

Ingredients

- 6 lasagna noodles
- 1 pound extra-lean ground beef
- 1 small onion, finely diced
- 1 (28 ounce) jar pasta sauce
- 1 tablespoon garlic powder
- ½ teaspoon dried basil
- ½ teaspoon dried parsley
- ½ teaspoon dried chives
- ⅛ teaspoon dried oregano
- 1 pinch ground nutmeg
- 2 cups shredded yellow and white marbled Cheddar cheese, divided
- ◆ 1 (8 ounce) package light cream cheese, softened

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Bring a large pot of lightly salted water to a boil. Cook lasagna noodles in the boiling water, stirring occasionally until cooked through, about 8 minutes. Drain and pat noodles dry with paper towels.
3. Brown ground beef and onion in a large skillet over medium heat, breaking the meat into crumbles as it cooks, about 10 minutes. Pour pasta sauce into beef mixture and stir garlic powder, basil, parsley, chives, oregano, and nutmeg into beef and sauce.
4. Spread half of the beef sauce into a 2-quart casserole dish and sprinkle with 1 cup Cheddar cheese.
5. Lay a lasagna noodle out onto a lightly floured work surface and spread with 2 tablespoons cream cheese. Spread 2 tablespoons ground beef sauce onto noodle; roll noodle and place with seam side down atop cheese in casserole dish. Repeat with remaining noodles. Sprinkle remaining beef sauce and 1 cup Cheddar cheese over noodle rolls.
6. Bake in the preheated oven until cheese and sauce bubble, 10 to 15 minutes.

White Cheese Chicken Lasagna **Researched by Joe R.**

Ingredients

- 9 lasagna noodles
- ½ cup butter
- 1 onion, chopped
- 1 clove garlic, minced
- ½ cup all-purpose flour
- 2 cups chicken broth
- 1 ½ cups milk
- 1 teaspoon salt
- 4 cups shredded mozzarella cheese, divided
- 1 cup grated Parmesan cheese, divided
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- ½ teaspoon ground black pepper
- 2 cups ricotta cheese
- 2 cups cubed, cooked chicken meat
- 2 (10 ounce) packages frozen chopped spinach, thawed and drained
- ◆ 1 tablespoon chopped fresh parsley

Directions

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Bring a large pot of lightly salted water to a boil. Add lasagna noodles and cook for 8 to 10 minutes or until al dente; drain and rinse with cold water.
3. Meanwhile, melt butter in a large saucepan over medium heat; stir in onion and garlic. Whisk in flour until lightly browned and onion is tender, about 2 minutes. Add chicken broth, milk, and salt; cook, whisking continuously, for 1 minute.
4. Stir in 2 cups mozzarella and 1/4 cup Parmesan until well combined. Season with basil, oregano, and black pepper; remove from heat and set aside.
5. Spread 1/3 of the sauce mixture in the bottom of a 9x13-inch baking dish. Layer with 3 lasagna noodles, ricotta, and chicken. Arrange 3 lasagna noodles over the chicken and layer with 1/3 of the sauce mixture, spinach, remaining 2 cups mozzarella, and 1/2 cup Parmesan. Arrange remaining noodles over cheese and spread remaining sauce evenly over noodles. Sprinkle with parsley and remaining 1/4 cup Parmesan.
6. Bake in the preheated oven for 35 to 40 minutes.

Museums For All

Through Museums for All, those receiving food assistance (SNAP benefits) can gain free or reduced admission to more than 1,000 museums throughout the United States simply by presenting their SNAP EBT (Supplemental Nutrition Assistance Program Electronic Benefit Transfer) card. [Find a participating museum near you](#) or browse our full list of [participating museums](#). Museums for All is a national, branded access program that encourages individuals of all backgrounds to visit museums regularly and build lifelong museum habits. It is open to participation by any type of museum — including art, history, natural history/anthropology, and general museums, children's museums, science centers, planetariums, nature centers, historic houses/sites, zoos, aquariums, botanical gardens, and arboretums. The cost of museum admission can be a barrier for many low-income families. Participating museums provide reduced admission, ranging from free to \$3.00, to visitors presenting their EBT card. This reduced rate is available during all normal operating hours to up to four individuals per EBT card. With a year-round open door policy, Museums for All invites low-income visitors to feel welcome at cultural institutions. Since the launch of the initiative in 2014/2015, Museums for All has served more than 5 million visitors nationwide at more than 1,000 museums of all varieties, representing all 50 states, the District of Columbia, and the U.S. Virgin Islands. Museums for All is the only nationally coordinated financial accessibility program in the museum field, providing an easy-to-implement structure and the ability for participating museums to customize their implementation. [Learn more about Museums for All](#). Museums for All is an initiative of the Institute of Museum and Library Services (IMLS), a federal agency based in Washington, DC. The initiative is administered by the Association of Children's Museums through a cooperative agreement with IMLS.

Nutrition Facts

Calories	368
Total fat	21g
Saturated fat	12g
Cholesterol	77mg
Sodium	671mg
Dietary fiber	2g
Total sugars	3g
Protein	24g
Vitamin c	4 mg
Calcium	395mg
Iron	2mg
Potassium	368mg



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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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 County, PA COVID-19 Information](#)
- ⇒ [COVID-19 Information on our website](#)
- ⇒ Clubhouse Calendars:
 - ⇒ [Public Events](#)
 - ⇒ [Food Distributions](#)

Support Groups (Virtual & In-Person)

- ⇒ [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](#)