

# Union Station News

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The Newsletter of the Members and Staff of Union Station Clubhouse

## September Is National Recovery Month

While September is defined as Recovery Month, it is imperative to be cognizant of anyone in recovery from either a mental health or substance use challenge of their mental state. Here are some important things to know, specifically when one is working on their mental health challenges from my many years of lived experience. These come from the [Making the most of your time with your doctor tip sheet on Carelon Health of PA's Website](#) (<http://pa.carelon.com>).

- ⇒ **Come prepared (AKA Document, Document, Document):** Note your symptoms, including when you have them. Write questions you want to ask, and either list all medications and dosages you take (including over-the-counter drugs, herbal supplements, vitamins, etc.), or bring your medications with you.
- ⇒ **Ask questions.** Raise all your concerns. You have a right to information about your diagnosis and treatment. Make sure you understand what your doctor says and how the treatment works. Ask what you should do if you have problems between visits.

- ⇒ **Be honest.** Telling the truth about how you're feeling — even if it seems unimportant or embarrassing — helps your doctor treat your problem and provide you with the care you need.
- ⇒ **Discuss side effects.** If you're being prescribed an antipsychotic or other medication, it is important to discuss with your doctor the benefits and side effects you may be experiencing.
- ⇒ **Follow up.** If you have concerns about your treatment, side effects, or your recovery, talk to your doctor. Your doctor may refer you to another mental healthcare provider.
- ⇒ **Prepare instructions for your care.** If you have instructions, or "advanced directives," about what to do if you become so sick you can't give directions, give a copy to your doctor. If you have a crisis plan or a [Wellness Recovery Action Plan \(WRAP\)](#), you may want to share it with your doctor.

**Talk about your recovery.** Let your doctor know what else is going on in your life that may be helping or hurting you in your recovery. Talk about where you want to be in your recovery.



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### About the Photo

The Fayette County Courthouse is lighted in purple at night for National Recovery Month.

## Mount Pleasant Glass & Ethnic Festival

On a rainy Saturday in late September, Scott and Garyn along with a few members went to the Glass & Ethnic Festival in Mount Pleasant. They caught the Shuttle at the Mount Pleasant as parking is very limited in the festival area. The festival showcases the area's heritage and its glass industry.

Members got food and visited the booths in the rain. I had chicken tenders. While I was there, I met a sweet lady named Linda. Despite the rain, it was a good time.

~Amanda C.

## Standard of the Issue:

28. The Clubhouse provides assistance, activities and opportunities designed to help members develop and maintain healthy lifestyles.

## Related Resources

- [Suicide & Crisis Lifeline](#)
- [Hope for Pennsylvania](#) (PDF, FCBHA)
- [PA Emergency Preparedness Guide](#) (PDF)
- [WAGGIN Library System](#) (Fayette, Greene, Washington)
- [PA Power Library](#)
- [Find a US Library](#)

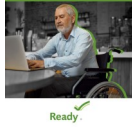
# Dare to Be Aware in September

In addition to September being National Recovery Month, many other awareness months occur in September, including:

### Suicide Prevention Awareness Month

According to the Center for Disease Control (CDC) in 2021 the suicide rate of the Commonwealth of Pennsylvania ranked 13th in the nation with a reported 1,885 deaths (CDC, 2021). These deaths could have been prevented if resources and treatment options were spoken about more commonly.

Learn More by visiting <https://preventsuicidepa.org/>  
**National Preparedness Month**



The Ready Campaign's 2023 National Preparedness Month theme is "Take Control in 1, 2, 3". The campaign will focus on preparing older adults for disasters, specifically older adults from communities that are disproportionately impacted by the all-hazard events, which continue to threaten the nation.

FEMA knows older adults can face greater risks when it comes to the multitude of extreme weather events and emergencies we now face, especially if they are living alone, are low-income, have a disability, or live in rural areas.

Find out more about National Preparedness Month at

<https://www.ready.gov/september#2023>  
**National Service Dog Awareness Month**

September is National Service Dog Awareness Month. Most people do not know the difference between a service animal and other types of working animals, such as comfort and emotional support animals. Comfort and emotional support animals provide companionship, relieve loneliness, and sometimes help with depression or anxiety for a specific owner. Whereas a service animal is identified as any guide dog, signal dog, or other animal individually trained to aid an individual with a disability.

[Learn more](#) from Philadelphia Coordinated Health Care online at [www.pchc.org](http://www.pchc.org).



### Hunger Action Month

Hunger Action Month is a time for everyone across the country to collectively act against hunger. You can choose to donate or advocate. You can choose to volunteer or raise awareness. You can choose to help end hunger. Learn more about how you can take

action by visiting [HungerActionMonth.org](http://HungerActionMonth.org).



## September is National Library Card Sign-Up Month

I honored National Library Card Sign-Up Month by deciding to visit my local library in person for the first time since the pandemic. It's more flexible and digitized than it once was. There's more than just what's inside the library that your library can provide. I encourage you to find out what options you have and I do know even in 2023 not everyone can access a "free" library of this magnitude. Librarians are declining, however, they are a valuable resource to those who need it.

~Dustin M.



# Overall Wellness Matters

When recovering from a Setback on Your Recovery Journey:

It's been four weeks since I had my episode after not taking care of myself this summer.

Over two months, while I was losing weight, my mental health was declining rapidly.

When I was at my worst, to get better, I immediately realized that to make things right I had to be honest with everyone and be out in the open to the degrees I needed to with those that needed to know.

It made me see that so many people cared about me and only wanted to see the best in me, and that was getting well again.

That meant facing reality. Doing what was needed once and for all.

Adhering to the medication regimen, because at that juncture, I realized for me it is a necessity.

Part of that was accepting that I had to forgo caffeine. Something I tried before "cold turkey."

Having to take some time away from things to take care of myself, there was no better time to do it.

For two days, I had headaches. Not being able to leave my home and taking Tylenol at the allottable doses made it able to be managed.

Being at home got me cooking in the kitchen more than I ever have. Using devices like toaster oven, George Foreman Grill and Air Fryer in addition to the stove.

And after all it wasn't bad. Eventually, within a few weeks, I got back to my old self.

I got back out in the community, taking advantage of resources that were very helpful.

One of those was a community lunch at a church in town.

It got me out of the house and on my feet. It also gave me the segway to expand my

food palate.

There I added Vegetable Beef soup to my palate for the first time in 38 years. This week at day program, I added Candied Carrots, something that once seemed impossible. Now it is.

Common folklore is that it takes 21 days to make a habit.

My home is the cleanest it has been in the three years since I've been in it.

While my physical wellness is getting better. In a month's time, it has not shown up on the scale at my weekly weight loss support group.

Because I am doing so much better than I was overall, I don't let something like a number on the scale get to me. It will happen within time.

At the past meeting, I was awarded. "Mr. Inspiration" (the best weight loss) for the previous month, before my episode.

A moment like this, I could be disgusted, but I took it in stride because I know there will be better days on the horizon, and I needed the recognition as a confidence booster to know that better days are ahead.

Things are and will get better, day by day and over time. This much I know!

I am in a much better position than I was nearly a month ago and that is what matters!

~Dustin M.



- Be patient. Work on things that need improvement.
- Getting back to "normal" is going to take time. Rushing into things isn't ideal especially when elements and the environment are ripe for challenging, uncertain or uncomfortable situations.
- Perfection is near uncertain in the beginning. Be patient and understand one's needs.
- Give them grace.
- Give them their space.
- Don't ignore them when they say they can't or are unready to return to work, programming or schooling. Easing in is the best practice for getting a "feel" to know how they react to things.
- Embrace your support system and treatment team, especially if they are supportive, caring and compassionate about helping you. Listen to feedback, heed their advice, consider their suggestions, but appropriately communicate your concerns with those who know you best.
- Lastly, take care of yourself, enjoy life to the fullest and breathe. It will be okay.

~Dustin M.

## Recipe Corner

### Pumpkin Crumb Cake By Jesse B.

#### Ingredients

##### Crust:

- 1 (15.25 ounce) package yellow cake mix, divided
- 1 large egg, beaten
- ½ cup unsalted butter, melted

##### Pumpkin Layer:

- 1 (15 ounce) can pumpkin puree
- ½ cup white sugar
- ¼ cup packed brown sugar
- 3 large eggs, beaten
- 1 ½ teaspoons ground cinnamon

##### Topping:

- ½ cup white sugar
- 3 tablespoons unsalted butter, softened
- ½ cup chopped walnuts (Optional)

#### Directions

1. Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking pan.
2. Make crust: Measure 1 cup cake mix into a medium bowl; set aside for topping. Combine remaining cake mix, melted butter, and egg in a large bowl; mix until well combined. Pat mixture into the bottom of the prepared pan.
3. Make pumpkin layer: Mix pumpkin puree, white sugar, brown sugar, eggs, and cinnamon in a large bowl until well combined. Pour over crust.
4. Make topping: Add sugar and softened butter to the reserved cake mix and stir until crumbly. Sprinkle topping over pumpkin layer, then scatter walnuts over top.
5. Bake in the preheated oven until a toothpick inserted in the center comes out clean, 40 to 45 minutes.



### Simple Tangy Macaroni Salad By Dustin M,

#### Ingredients

- ◆ 1/2 Lb., Elbow Macaroni
- ◆ 1 C. Mayonnaise
- ◆ 1/4 C. Spicy Brown Mustard
- ◆ Salt to taste
- ◆ Pepper to taste



#### Directions

1. Cook pasta on stovetop as directed.
2. Drain and Rinse Pasta under cold water.
3. Mix in Mayonnaise
4. Drizzle over mustard.
5. Mix together.
6. Add salt and pepper.
7. Chill at least two hours before serving. You may need to add some more mayonnaise before serving,

## Food Insecurity Resources

- [PA 211](#)
- [PA DHS Ending Hunger](#)
- [Why Hunger](#)
- [Hunger Free America Find Food](#)
- [Greater Pittsburgh Community Food Bank Find Food Resources](#)
- [Fayette County Community Action Agency \(Food Bank\)](#)
- [Fayette County Little Free Libraries and Pantries](#)
- [Connellsville Little Free Pantries and Blessing Boxes](#)





#### 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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(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 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](#)