

Union Station News

The Newsletter of the Members and Staff of Union Station Clubhouse

Spring Reflections



I am going to start making changes in my life and moving on with my life doing what I need to do by working on myself to be a better person for myself and other people. I am changing my ways of doing things better and be there for my family and friends more and see my family grow up and see them live their life.

~Krysta C.

The birds of the air are going chirp, chirp, as we get up early and go off to work, college, or some place to rest, rule, and abide the Spring. The spring air is delicate and delivers the kids off to school in a charismatic exuberance of excitement with their lunches packed and their cell phones beeping for communications from one party to another, in the wonderful Spring air. In the city, the slickers are out in abundance, using skills and language to breathe life into the mundane air.

Next, we transcend into the county and devour the sweet air of the meadows and streams. In this environment, the wildlife is new and their prosperity bountiful. A baby deer gazes into the eyes of its surroundings and clips the soft grass for munching and sustenance.

Lastly, in the hills the men are walking on trails with their best friend, old rover. They look fondly upon the streams and creeks that are abundant with aquatic life and vegetation. A small brook trout is seen, it emerges from behind a lush green plant and crests the water's edge searching for it's next meal. The wind is quiet and majestic, it is pungent with the breath of new life. The spring is truly for new beginnings.

~By Midshipmen Charles E.J.

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Meetings on Zoom

- House Meeting:
Mondays @ 2 PM

Photo:

Flag over the Fayette County Health Center as spring weather abounds

This Spring is the Time For Change

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.

Community Pantries

- Highlands Hospital, Connellsville
- The Christian Church of Connellsville
- Pleasant View Presbyterian Church, Smock
- Fayette Resources ATF, Lemont Furnace
- Areford Park, Uniontown*
- Hutchinson Park, Uniontown*
- Smithfield United Methodist Church
- Tyrone Presbyterian Church, Dawson
- Dawson Volunteer Fire Company Grounds
- Connellsville Area Community Ministries Care & Share*
- New Haven Hose Fire Company, Connellsville
- Connellsville Township VFD

*Denotes accessible during hours of operation only

- More Information: bit.ly/fayettelittlefree

Spring is my second favorite season, behind the change to fall. I appreciate when The calendar changes to March because it brings more daylight and some glimpses of warmer weather which means I can go outdoors more and take advantage of opportunities in my community along with giving back when I can because I take pride in my community and like to see it flourish from where it was when I grew up.

I enjoy the hike/bike trail and seeing the wonderful sights along the way. The first few days brought me there and has driven me to improve all facets of my physical health.

For too long this past winter, I have remained within the confines of my home and have not focused on taking care of many facets of my overall health. I have realized that through the past several months that I am long overdue to work on many facets improving myself. I am given the tools in my arsenal to better myself, learn and grow.

Spring brings a time of change, and that is what I plan to do. I continually place the blame of things that are my fault on others because I do not want to make the change, but it hasn't been. I have been making slow changes and doing what has been long overdue to get myself back on track so I do not falter and continue the vicious

cycle I have been struggling with.

I also have to realize that I need to be an example to others as they look up to me as someone who exemplifies who someone who faces challenges such as they do. When I do not do that, it sets the tone for others that because I did those things that it is OK for them to do so. That being said, I do not want to be the cause of someone else's actions because I was not mindful that I was not doing what was expected.

While spring has a host of changes mentally as well, making sure that one is at a optimum point where they can hold their demeanor so you can navigate the changes, the weather, the lost hour of sleep, the air, all elements are susceptible to wreak havoc if mixed in with other factors that could hamper your ability to manage the changes that spring brings.

Keeping that in mind, being well can be a be a driver towards making those necessary changes for the better so that live can be easier to move on from the things that are stagnant and unhealthy for me. They may not be my top choices of things to do, but having the end result will make me happier and pay off in dividends in the long run.

~Dustin M.

Slow Cooker Italian Beef Stew From Amanda C.

Best beef stew I've ever made! I apologize for the vague instructions; the ingredient amounts are approximate as well as I did this over the weekend but did not note amounts. It turned out so good I wanted to save what I did so I could make again! Chicken broth can be used instead of beef broth if desired.

Prep:

20 mins

Cook:

4 hrs 5 mins

Total:

4 hrs 25 mins

Servings:

8

Yield:

8 servings

Ingredients

- ¼ cup all-purpose flour, or as needed
- ¼ teaspoon onion powder, or more to taste
- ¼ teaspoon garlic powder, or to taste
- salt and ground black pepper to taste
- 1 ½ pounds cubed beef stew meat
- 1 tablespoon vegetable oil
- ½ (16 ounce) package baby carrots, quartered
- ½ yellow onion, quartered and sliced
- 4 red potatoes, quartered
- 2 stalks celery, roughly

chopped

- 2 cloves garlic, chopped
- ¼ cup beef broth
- ¼ cup tomato paste
- 1 teaspoon dried rosemary

Directions

Step 1

Whisk flour, onion powder, garlic powder, salt, and pepper together in a shallow bowl. Add beef to seasoned flour and toss to evenly coat; shake off any excess flour.

Step 2

Heat oil in a skillet over medium heat. Cook beef in hot oil until browned on all sides, 5 to 10 minutes. Transfer beef to slow cooker; add carrots, onion, potatoes, celery, and garlic.

Step 3

Whisk red wine, beef broth, tomato paste, and rosemary together in a bowl until smooth; pour over beef and vegetables.

Step 4

Cook on Low until beef and vegetables are tender, 4 to 6 hours.



Little Free Libraries

- 107 Laughlin St., Dawson
- Comfort Inn, Connellsville
- Lion's Square, Connellsville
- Laurel Mall
- LaFayette School
- Fayette County Courthouse
- Old Central School, Uniontown
- Fay-Penn Business Center, Uniontown
- Hutchinson Park
- Jumonville Christian Camp and Retreat Center
- Fairchance Borough Building
- Water Street, Smithfield
- Keisterville Community Center
- The Inn at Lenora's, Perryopolis
- Benner's Meadow Run Campground, Farmington
- 25 Sherman Street, Ohiopele
- Newell United Methodist Church
- Springfield / Clifford N. Pritts School, Normalville
- Fayette County CYS, Uniontown
- Jacob's Creek Park
- Cove Run Church, Lemont Furnace
- Downtown Dunbar
- C.W Resh Park

Beef Enchiladas By Quinn P.

Ingredients

- 1 lb. lean (at least 80%) ground beef
- 2 cans (10 oz. ea.) Enchilada Sauce
- 1 can chopped green chilies.
- 1 package flour tortillas for soft tacos and fajitas (6")
- 1 1/2 cups shredded cheese

Steps

1. Heat oven to 375, Spray 13x9 inch baking dish or pan with cooking spray
2. In 10" nonstick skillet, cook beef over medium-high heat for 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain. Stir in 1/2 cup

of the enchilada sauce and the chilies.

3. Spread 1/2 cup of the enchilada sauce evenly in the baking dish. Spread 1/4 cup beef mixture down center of each tortilla; sprinkle with 1 tablespoon cheese. Wrap tortillas tightly around filling, placing seam side down in baking dish. Top with remaining enchilada sauce. Sprinkle with remaining cheese.
4. Bake 20 to 25 minutes or until hot and bubbly. Let stand 5 minutes before serving.

Beacon Member/Family Trainings Schedule

⇒ Thursday, March 24 2022 from 2:30 PM to 3:45 PM
Rachel Bowden and Sydney Starr from Adagio Health
Tobacco Cessation
[Registration Link](#)

⇒ Friday, April 1, 2022 from 1:00 PM to 2:15 PM
Shelbi-lynn Moonley from the Blackburn Center
When Staying Home Isn't Safe – Understanding Domestic Violence and Supporting Survivors through the Pandemic
[Registration Link](#)

⇒ Thursday, April 28, 2022 from 2:45 PM to 3:45 PM
Dr. Matthew B. Wintersteen, PhD from the Thomas Jefferson University, Department of Psychiatry & Human Behavior will be

sharing **What is 988?**
[Registration Link](#)

⇒ On May 26, 2022, from 2:30 PM until 3:45 be explaining the Enrollment Process for Medical Assistance. Registration Information will be available soon

⇒ On Friday, June 3, 2022 from 1:00 PM to 2:00 PM. Dr. Mahmood Usman from Beacon Health Options will be giving some history and a update on COVID, registration on that training will be also available soon.

⇒ On Friday, July 8, 2022 from 1:00 PM to 2:15 PM, Kathy Quick, the Executive Director of PHMCA will be explaining **Advance Directives**
[Registration Link](#)

Beacon Member and Family Zoom Meeting Calls Continue Into 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:

- April 25,, 2022
- June 27, 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.

Member trainings will be virtual again this year with plans to hold them on the First Friday of the month at 1:00 PM and the last Thursday of the month at 2:30, beginning in March.

Pasta Salad By Jesse B.

PASTA SALAD

- 1 pound dried pasta like fusilli, penne, rotini or farfalle (bow tie)
- 1 cup sliced bell pepper (1 medium)
- 1 cup thinly sliced zucchini (1/2 medium)
- 1 cup halved cherry tomatoes
- 1/3 cup thinly sliced scallions (5 to 6)
- 1/4 cup sliced pepperoncini or banana peppers, optional
- 1 cup (4 ounces) halved mixed olives
- 1 cup (2 ounces) grated parmesan cheese or hard cheese
- 1 cup (6 ounces) fresh mozzarella balls, chopped
- 1/3 cup fresh parsley or basil, optional

HOMEMADE DRESSING

- 1/3 cup red wine vinegar, white wine vinegar or champagne vinegar
- 1/2 teaspoon fine sea salt, plus more to taste
- 1/2 teaspoon fresh ground black pepper
- 1/2 teaspoon dried oregano
- 2 to 3 tablespoons juice from pepperoncini

jar, optional

- 1/2 cup extra-virgin olive oil

DIRECTIONS

1. Bring a large pot of salted water to a boil. Add pasta and cook until tender, 6 to 10 minutes (check the package for recommended cook time). Drain and rinse well under cold water.
2. While the pasta cooks, in the bottom of a large bowl, make the dressing. Whisk the red wine vinegar, salt, pepper, oregano, pepperoncini juice (if using), and the olive oil until blended. Add the drained and rinsed pasta to the dressing and mix well.
3. Stir in the bell pepper, zucchini, tomatoes, scallions, pepperoncini (if using), olives, parmesan, mozzarella, and the herbs (if using). Taste for seasoning and adjust with salt and pepper as needed. Serve or for the best results, cover and refrigerate at least 30 minutes and up to 5 days.



Spring Is
Coming!



Chicken Spinach Pizza by Jesse B. and Quinn P.

Ingredients

For the bacon

- 6 oz bacon about 6 slices

For the pizza crust

- 1 ball pizza dough 16 oz
- 1/2 tbsp. flour all purpose
- 2 tsp olive oil
- 1/4 tbsp. salt



For the chicken spinach pizza toppings

- 1 cup tomato sauce canned, plain
- 1 tsp Italian seasoning blend any
- 1/4 tbsp. salt
- 1/4 tbsp. pepper
- 1 cup chicken breast cooked, diced into 1" chunks, divided
- 1 cup mozzarella cheese divided
- 1/2 cup spinach fresh
- 6 cherry tomatoes halved lengthwise
- 2 tsp parsley fresh chopped
- 1 tsp balsamic glaze optional

Instructions

1. Help the pizza dough rise. Ideally, take your pizza dough out of the fridge a few hours before, or the morning of, making this chicken and spinach pizza. It will stretch really easily if it's at room temperature. If you have a window with sun that shines in, place the bag of dough there to watch it rise very quickly. If you're short on time, allowing at least 30-60 minutes for fresh ready made pizza dough to rise ahead of time is ideal. And if you're reading this 5 minutes before making the pizza, know you can make the pizza from cold dough, it just won't stretch as easily or be as large of a pizza.
2. Cook the bacon. Preheat the oven to 400 degrees F. Line a rimmed baking sheet with parchment paper, then add the bacon. Bake bacon in the oven for 10 minutes, then flip it over and bake for another 5-10 minutes to your desired level of crispness. Pat dry, let it cool, then dice into 1" chunks.
3. Prep for baking the pizza. Preheat the oven to 450 degrees F. Set out a large rimmed baking sheet lined with parchment paper. Brush half of the olive oil on the parchment paper. Add half the flour to the center of a large butchers block or flat surface. Put the other half off to the side.
4. Stretch the pizza dough. Roll the raw premade pizza dough in the flour in the center of your work surface. Coat it all over in a light dusting of the flour. Begin stretching the ready made pizza dough by pinching the outside in a circular motion to spread out the crust. Then you can alternate between pinching the center of the dough with your fingers, pressing it out on your work surface, and using your knuckles to pull the dough from underneath in an outward motion. You'll want to pick up some extra flour as you stretch the dough - which will help it hold a larger size. I don't aim for a perfect square or circle - the most beautiful pizzas are au naturel.
5. Par bake pizza dough. When it's large enough, use both arms (up to your elbows) to transfer the stretched pizza dough to the baking sheet pan. Brush the remaining 1 tsp of olive oil around the outside of the pizza dough which will help give it a golden crust. Sprinkle the crust with a pinch of salt. DO NOT add toppings at this time! Bake the naked pizza dough in the oven for 7 minutes at 450 degrees F. While it cooks, set out pizza toppings.
6. Prep oven for the second bake. Once it's done baking, remove the parbaked pizza from the oven and preheat the oven to 500.
7. Add pizza toppings. Add the tomato sauce, dried Italian herbs, salt and pepper. You can add the rest of the main pizza topping ingredients in whichever order you'd like. In the Sip Bite Go demonstration video, I added most of the diced chicken breast, mozzarella cheese, and bacon. Then all of the fresh spinach, then the remaining chicken, cheese, and bacon. Followed with a final topping of halved cherry tomatoes, insides facing down.
8. Bake pizza with toppings. Add prebaked pizza with toppings to the oven and bake at 500 degrees F for 7-10 minutes, until the cheese has completely melted.
9. Finish and plate pizza. Remove baked chicken spinach pizza from the oven and transfer to a butchers block. Sprinkle with fresh chopped parsley and a drizzle of balsamic glaze. Slice and serve.

NEED HELP ??

- ⇒ Fayette County Crisis Line
724-437-1003
- ⇒ National Suicide Prevention Lifeline
1-800-273-TALK (8255)
Veterans Press 1
- ⇒ Crisis Text Line:
Text "PA" to 741-741
- ⇒ Pennsylvania Sexual Assault Help-
line – 1-888-772-7227
- ⇒ National Domestic Violence Help-
line – 1-800-799-7233
- ⇒ Persevere PA (COVID-19 Crisis
Counseling Program) -
1-855-284-2494

More Helplines are at:

<http://www.unionstationclubhouse.com/hotlines.html>



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A program of Goodwill South-
western Pennsylvania
www.goodwillswpa.org

Goodwill
Southwestern Pennsylvania 

Virtual Support Groups through MHA of SW Penna.

Contact Heather Mclean
@ hmclean@mhaswpa.org or (724) 433-1359
for further info.

- **Aging Up Support Group (Transitional
Ages 18-26)** Every 2nd and 4th Monday of
every month
Time: 4:00PM-5:00PM
- **MH Support Group (Mental Health)**
Every 2nd and 4th Tuesday of every month
Time: 1:00PM-2:00PM
- **LGBTQ+ Support Group**
Every 2nd and 4th Tuesday of every month
Time: 6:00PM-7:00PM
- **The "Anyone" Support Group (For any-
one wanting to talk)**
Every 1st and 3rd Wednesday of each
month
Time: 6:00PM-7:00PM

Current COVID-19 Information & Resources

- ⇒ Federal Government Re-
sponse:
www.coronavirus.gov
- ⇒ PA Department of Health In-
formation
[https://www.health.pa.gov/
topics/disease/Pages/
Coronavirus.aspx](https://www.health.pa.gov/topics/disease/Pages/Coronavirus.aspx)
- ⇒ Fayette Area Coronavirus
Needs / Availability Group:
[https://www.facebook.com/
groups/211053520110419/](https://www.facebook.com/groups/211053520110419/)
- ⇒ Clubhouse Calendars:
 - ⇒ Public Events
 - ⇒ Stakeholder/Webinar
 - ⇒ Food Distributions

Lonely? Try a Warmline!

A Warmline is a peer-run hotline that offers callers emotional sup-
port and is staffed by volunteers who are in recovery themselves.

- Allegheny County Warm line
(866) 661-9276
Daily, 9am – 1am (EST)
- Community Behavioral Health
(855) 507-9276
M-F 4 – 7 pm (EST)
- Community Behavioral Health
Philadelphia Warmline
1-855-507-9276 or 1-855-507-
3945
Mon-Fri, 10am-12pm, 1-3pm, 4
- 7pm (EST)
- Contact Altoona
(814) 946-9050
Daily, 7am-11pm (EST)
- Contact Helpline (211)
(800) 932-4616,
press 8; 24/7
- Valley Creek Crisis Center
Warm Line
(866) 846-2722
M-F 8am – 10pm; Sat-Sun
10am-10pm (EST)
- Persevere PA
COVID-19 Crisis Counseling Pro-
gram,
1-855-284-2494; 24/7