

Union Station News

August 2023
Volume 3, Issue 2

The Newsletter of the Members and Staff of Union Station Clubhouse

Fayette County Fair

On July 29, 2023, staff, other members, and I attended the Fayette County Fair. There was so much to do and see. I had a wonderful time. I walked around and saw many attractions such as cars, balloons, a tattoo place, and the animals. There were many rides available, but I did not ride any. The food was great! I had fried chicken wings and a cool drink. I had such a good time that I am looking forward to returning next year!

~Milton F

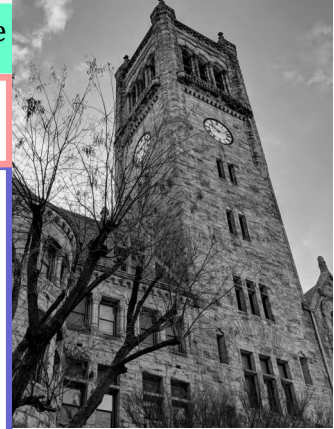


PCC Visit

On Wednesday, August 9th, Union Station Clubhouse received a visit from Sarah Hurst, the president of the Pennsylvania Clubhouse Coalition (PCC). Sarah is also the Program Director at the Tempo Clubhouse in Lancaster, PA.

The purpose of Sarah's visit was to meet with Clubhouse members and staff to discuss current challenges and to offer technical support. Some of the issues discussed was member attendance and exploring funding options.

We enjoyed our visit with Sarah and look forward to coordinating with her and the rest of the coalition to develop and strengthen the Pennsylvania Clubhouses.



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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:

23. The Clubhouse offers its own Supported and Independent Employment Programs to assist members to secure, sustain, and better their employment. As a defining characteristic of Clubhouse Supported Employment, the Clubhouse maintains a relationship with the working member and the employer. Members and staff in partnership determine the type, frequency and location of desired supports.

Accreditation

In March of this year, Union Station Clubhouse had an accreditation visit from 2 faculty members from Clubhouse International.

The purpose of the visit was to determine how well our Clubhouse adheres to the Clubhouse International Quality Standards. This visit was very comprehensive and lasted 3 days. Following the visit, the faculty members compile a report that was reviewed by the accreditation board of Clubhouse International. The results of that report was received on August 10th, and we are pleased to announce that we were found mostly compliant and were awarded a full three-year accreditation! Congratulations to the members and staff of Union Station Clubhouse on such an impressive achievement.

Scott B.

Favorite Zoo Activity

My favorite thing to do in the Summertime is going to Atlanta to visit our caretaker’s daughter. I like to shop at the local city malls, involve myself in the local arts and craft store’s, and pursue the fine dining and eateries. The trip to Atlanta typically lasts about nine days. Additionally, while we are in Atlanta, I like to take long walks and people watch. I enjoy seeing people act and dress differently than people in Pennsylvania.

On the way to return home, we often visit a Pop-eye’s fast food restaurant. We typically order several types of chicken, side dishes, and bread. While being involved in these trips we can see parts of the country and experience foods and activities that we normally would not.

Lastly, I really enjoy receiving a fresh haircut in the Summer. I go to a specific boutique in Uniontown. The lady that cuts my hair does a really nice job and I get a high fade in the Summer. Overall, the Summer months are some of my most favorite times of the year.

~Charles J.

Member Spotlight: David P.

Recently, David P. has returned back to the Clubhouse. He enjoys the friendly environment of the program and likes that has a family-style atmosphere. He is doing the best of his ability to get acclimated to the ways of the program and has acquired the knowledge to move around more and be a more active person.



Advocacy Work: Sensory Friendly Justice System

As many know, I am as staunch advocate for the sensory-friendly community as I experience sensory challenges in my life. I had recently been asked to join the Fayette County Autism Taskforce where many facets of the Fayette County Legal System are partnering together including the systems and those with lived experience in making the experience of the court system in Fayette County more sensitive to those with sensory-and other related challenges.

A big part of this was undertaking utilizing the lived experiences of myself, family members and those of the educational system by assessing the Fayette County Courthouse for challenges and suggestions to make the facility more sensory inclusive.

We explored all public areas of the four floors and basement of the County Courthouse. While not that large in size, many suggestions were noted by all involved with the process. It is indeed a big undertaking that hopefully will provide the betterment of they court system by making it more sensory inclusive.

~Dustin M



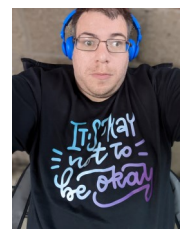
Dustin's Wellness Update

In my wellness pursuits, there has been so much going on. For over the last two months I have been more adamant on my weight loss desires and to this point I have lost 19.5 since June, 18.5 for the year (I backslid some) and 29.25 since my after my highest weight in the midst of the pandemic.

I know what I have to do and this proves that, plus it is such an amazing way to end a jam packed week! Next week is the Fall Rally for TOPS and I am so looking forward to having at least some potential towards winning something for weight loss at the event.

It does not stop there and I know I have some ways to go. But this little bookmark wants me to keep going and fight the challenges I face in my way.

~Dustin M.



Advocacy Work: CSP Separation Committee

As many know, I facilitate our county's CSP (Community Support Program), Fayette County Partners For Recovery. There is a CSP in most counties in the Commonwealth of Pennsylvania. It is overseen by the Pennsylvania Mental Health Consumers' Association (PMHCA), of which I am a member. Recently government funding for CSP has been earmarked for six regional CSP's from the current four regions. I have provided valuable input by sharing maps and other valuable information to aid in this endeavor.. ~Dustin M.



Recipe Corner

Baked Coconut Chicken

Ingredients

- 1½ pounds chicken breast tenders
- 1 (13.5 ounce) can coconut milk
- ½ cup plain breadcrumbs
- 15 gingersnap cookies, crushed
- ¼ cup shredded coconut
- 1 egg, beaten
- ◆ 1 tablespoon butter, cut into small pieces



Directions

1. Place the chicken in a large bowl. Pour enough of the coconut milk over the chicken to completely cover; refrigerate 3 hours.
2. Preheat oven to 375 degrees F (190 degrees C).
3. Combine the breadcrumbs, gingersnap cookies, and coconut in a bowl. Dip each chicken piece in the beaten egg and then cover with the breadcrumb mixture. Arrange coated chicken pieces in the bottom of a 9x13 casserole dish. Scatter the butter pieces over the chicken. Pour enough coconut milk into the dish to cover the bottom of the dish.
4. Bake in the preheated oven until the chicken is no longer pink, about 40 minutes.

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](#)

Quick and Yummy Omelets Researched by Dustin M.

Ingredients

- 1 teaspoon canola oil, divided
- 1/2 cup filling, such as shredded cheese, onions, spinach, or other vegetables, chopped
- 2 egg(s)
- 2 tablespoons 1% milk
- 1/8 teaspoon ground black pepper
- ◆ 1/8 teaspoon salt

Directions

1. Heat ½ teaspoon canola oil in a skillet over medium heat. Cook vegetables until tender. Remove from pan and set aside.
2. Whisk eggs, milk, salt, and pepper in a bowl until blended.
3. Heat remaining canola oil in skillet over medium-high heat. Pour in egg mixture. Gently push cooked portions from the edges toward the center with the spatula so uncooked eggs can reach the pan's hot surface. Continue cooking, tilting pan, and gently moving cooked portions as needed.
4. When the top surface of eggs has thickened and no visible liquid remains, place filling on half of the omelet. Fold omelet in half with spatula, covering the filling, and slide onto a plate.

Nutrition Facts

2 servings per container	
Serving size	1 serving (91.77g)
Amount per serving	
Calories	110
<small>% Daily Value*</small>	
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 185mg	62%
Sodium 230mg	10%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes g of Added Sugars	
Protein 7g	
Vitamin D 1mcg	6%
Calcium 55mg	4%
Iron 1mg	6%
Potassium 138mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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](#)