

Union Station News

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The Newsletter of the Members and Staff of Union Station Clubhouse

Amanda's Health and Wellness Journey to the Promised Land

I am proud to announce a re-connection to a previous health and wellness journey. I recently decided to work with a certified nutritionist to support health and wellness goals. These include reducing overall weight, developing healthy nutrition, and improving my physical activity.

During my first session with the nutritionist, I hope to accomplish understanding more about how to create a healthy grocery list, complete portion control sizing, and ingredient coordination to develop better nutrient intake.

I plan to establish a reduction in overall weight to support healthier medical conditions. I desire to lose multiple pounds to effectively improve my health and the evident conditions. Overall, I want to reduce my medicine intake and live a happier and healthier lifestyle.

~Amanda C.

Health and Wellness

I am going to talk a little about mental health and weight loss health. For me, my mental health has gone up and down my whole life. Recently, things have started to click in my brain about what people have been saying to me my whole life. Slow down, take your time, and think before reacting. Do not get upset because it takes you a little more time to do things, its OK. I also realize everything does everything in different ways. I am learning healthy boundaries with family, friends, and partner.

For my weight loss part of health and wellness, I am more active. I have lost 36 pounds since February 2022. I can breathe better, tie my shoes and put on my socks with no problem.

~Rebekah M.



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Photo:

Showing off colorful stained-glass panes from the Youghiogheny Opalescent Glass Factory located on the Northern edge of Connellsville along the Great Allegheny Passage above the Yough River Park, this 14 ft-high arch is your gateway to Connellsville. Commissioned in 2008 by the Connellsville Redevelopment Authority to celebrate this Trail Town, this arch is a favorite landmark of many along the Great Allegheny Passage. It is a wonderful sight when coming to an end of a vigorous walk on the passage

Standard of the Issue:

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

Food Resources

- [Fayette County Community Action Agency \(Food Bank & Pantry Network\)](#)
- [Fayette County Community Action Agency \(SNAP-ED\)](#)
- [Department of Aging – Congregate and Home Delivered meals = Meals \(pa.gov\)](#)
- [Department of Agriculture – Food Assistance = Food Assistance \(pa.gov\)](#)
- [Department of Human Services – SNAP, formerly known as Food Stamps = SNAP \(pa.gov\)](#)
- [Senior Food Box Program \(pa.gov\)](#)

Understanding My Body

I have had issues with my weight for decades due to the necessity of psychotropic medications. Knowing that I need to be mindful of my health needs, I haven't always taken it as seriously until the past few weeks when I gained an excessive amount of weight in a very short time and then I knew I needed to get serious about losing weight.

I have a weight management goal at the Clubhouse until next year.. I am learning to cook healthy things and learning better techniques in the kitchen that I was reluctant to learn for several decades because I did not make it a priority.

I am now realizing that by eliminating the constant stream of things that I have been consuming for decades like the endless "bladder-busting" sodas that are have been more affordable than other things in restaurants and grocery stores, I am easily beginning to see that by making small changes that I am having better outcomes in not only my physical health but my emotional health as well. Those that have cared for me have always preached this to me but I didn't want to hear no parts of this because I personally felt that it was a way of controlling me, but by reducing the amount of soda that I bring into the house and only drinking it at certain intervals, I am seeing the fruits of my labor pay off in not only lower physical health numbers, but also in the effects of being easily able to manage my feelings and thoughts, something I had to discover for myself.

Being at Clubhouse for two days now has helped as well. I have been staying in the Food Service Unit more and if I am in the operations unit, I am likely performing more physical activity like mopping, janitorial work or other housekeeping duties. I am a regular on the Wellness Walks and enjoy using my personal FitBit (when it cooperates) to aid in tracking it and other tools like my daily weigh ins and food intake. While one may not be able to afford a fitness tracker, there are many smartphone apps and websites online

along with mapping tools that can track your activity. For me having a wellness goal at Clubhouse, it provides proof of what I am doing other than what staff are relying on my word alone.

I still go to my weekly weight-loss support groups on Monday night but I also keep track of stats daily on my own such as temperature, blood pressure, pulse, and body temperature as they are imperative for improving my physical health as well. Getting back into the Wellness Walks again has given me the stamina to want to go to the last Fayette Walks of the year at Mt. St. Macrina. I did this last year and enjoyed it very much. I plan on getting back into the 5K circuit in 2023.

Lastly, I have realized that I have to want to lose weight, no one else can do it for me. Having a goal to manage my weight at the Clubhouse, along with other supports I know will hopefully help me go in a direction forward. I realize by being accountable as it is essential for the day program that I have to be an example for my peers and those staff so that they can show to others who may have wellness intentions that they can do it, just as I will achieve someday too,

As for the current moment, I have lost over 20 pounds and plan to lose 20 more by Columbus Day so I can fit into a T-Shirt for the annual Fall road trip my mother and I go on. It is a doable goal and is a small one in the journey of setting many goals until the ultimate goal is reached of my desirable weight.

~Dustin M.



Honey Glazed Chicken

Ingredients

- ⇒ 1/4 C. Honey
- ⇒ 2 Tablespoons Soy Sauce
- ⇒ 1/8 Tablespoon Red Pepper Flakes
- ⇒ 1-1/2 Tablespoons Olive Oil
- ⇒ 2 Skinless, boneless chicken halves, cut into bite-size pieces



Nutrition Facts

Servings Per Recipe	4
Calories	179
Protein	12.8g
Carbohydrates	18.1g
Fat	6.5g
Cholesterol	33.6mg
Sodium	481.2mg

Directions

1. Whisk honey, soy sauce and red pepper flakes in a bowl; set aside.
2. Heat olive oil in a skillet over medium heat; cook and stir chicken in hot oil until lightly brown, about 5 minutes.
3. Pour honey mixture into skillet continue to cook and stir until chicken is no longer pink in the center and sauce is thickened, about 5 minutes more. ~Jesse B.

Steak Stir-Fry

Ingredients

- ⇒ 1 teaspoon beef bouillon granule
- ⇒ 1 cup boiling water
- ⇒ 2 tablespoons cornstarch
- ⇒ 1/3 cup soy sauce
- ⇒ 1 pound beef top sirloin steak, cut into thin strips
- ⇒ 1 garlic clove, minced
- ⇒ 1 teaspoon ground ginger
- ⇒ 1/4 teaspoon pepper
- ⇒ 2 tablespoons canola oil, divided
- ⇒ 1 large green pepper, julienned
- ⇒ 1 cup julienned carrots or sliced celery
- ⇒ 5 green onions, cut into 1-inch pieces
- ⇒ Hot cooked rice

Directions

1. Dissolve bouillon in water. Combine the cornstarch and soy sauce until smooth; add to the bouillon. Set aside. Toss beef with garlic, ginger and pepper. In a large skillet or wok over medium-high heat, stir-fry beef in 1 tablespoon oil until meat is no longer pink; remove and keep warm.
2. Heat remaining 1 tablespoon oil; stir-fry vegetables until crisp-tender. Stir soy sauce mixture and add to the skillet; bring to a boil. Cook and stir for 2 minutes. Return meat to the pan and heat through. Serve with rice. ~Quinn P.



Nutrition Facts:

Serving Size: 1 Cup

Calories	266
Fat	13g
Saturated Fat	3g
Cholesterol	63mg
Sodium	1484mg
Carbohydrates	12g
Sugars	4g
Fiber	2g
Protein	25g

Chocolate Covered Strawberry Brownies

Prep Time: 25 mins

Cook Time: 45 mins

Total Time: 1 hr 35 mins

Chocolate Covered Strawberry Brownies are a delicious, chocolatey dessert recipe. If you like rich, chocolate brownies, then you will love these chocolate ganache strawberry covered brownies!

Ingredients

- 1 Brownie Mix (for an 8"x8" baking dish)
- 1 lb Strawberries, stems removed, cut in half

Chocolate Ganache

- 1½ cups Semi Sweet Chocolate Chips (or use part dark chocolate)
- ¾ cup Heavy Cream (up to 1 cup if more is needed)

Instructions

- In an 8"x8" baking dish, prepare brownies according to package directions. Let them cool completely.
- Remove the stems from the strawberries and cut them in half lengthwise.
- Arrange the strawberries in a single layer on top of the brownie layer, seed side up.
- Prepare the Chocolate Ganache
- In a microwave safe bowl, add the chocolate chips and the heavy cream. Microwave for 25 seconds. Then start stirring slowly.

- Microwave again for 20 seconds. Stir again, for at least 20 seconds. The heat will keep melting the chocolate as you stir. It is important to heat the mixture gradually, and not to get it too hot! Stir, stir, stir!
- If the chocolate chips are still chunky, microwave again for another 15 seconds. Then stir again. Repeat if necessary. Keep stirring until the ganache becomes smooth, and turns dark and shiny/glossy. Then it is ready.

Finish

- Pour the chocolate ganache over the strawberries evenly, covering all of them.
- Chill the brownies in the fridge for 20-30 minutes, or until ganache has set. It will not be solid, but will firm up.
- Slice and serve within a day. These won't last more than a day as the berries release moisture that will make the brownies wet

~Toni F.



Nutritional Information

Servings	9
Calories	467

BH-MCO News

Keeping Your Medical Assistance Benefits Active

Have you received an application renewal or request to provide information from the Department of Human Services to renew Medical Assistance benefits? If so, please complete and return these before the due date on the forms sent to you. For some members they did not need to reapply due to the pandemic. The automatic reapplication process is coming to an end. Beacon recommends you contact your local County Assistance Office to see when you need to reapply so you do not lose your benefits. With possible changes in certain programs, we want to make sure you are reapplying and provide you with the resources below. If you receive your paperwork in the mail to reapply, you will see a logo such as this one below at the top of the letter.

If you are not sure if you have received a renewal, or want to check your case, you may contact your County Assistance Office at the numbers below. You may also call the Statewide Customer Service Center (CSC) toll-free at 1-877-395-8930. Call this number



pennsylvania

DEPARTMENT OF HUMAN SERVICES
OFFICE OF INCOME MAINTENANCE

if you have questions about physical and behavioral health benefit renewals, eligibility, ACCESS/EBT cards or billing. You can also make changes online for Medical Assistance, Cash Assistance, SNAP, LIHEAP (energy assistance), or other Department of Human Services programs by logging into your COMPASS account at <https://www.compass.state.pa.us/compass.web/Public/CMPHome/>

You can also use the myCOMPASS PA mobile app. Individuals who prefer to send their paper documents can still mail them in to the address in their renewal paperwork.

Upcoming Member/Family Trainings

On Friday, September 9, 2022 from 1:00 PM to 2:00 PM Heather J. McLean, Outreach Coordinator from MHA SWPA will be leading a **Question, Persuade, and Refer Training** [Registration Link](#)

Beacon Health Options is the Behavioral Health Managed Care Organization for Fayette and 10 other counties throughout Western Pennsylvania. Visit [Beacon Health Options of Pennsylvania on the Web](#) for more info.

Beacon Member and Family Zoom Meeting Calls Continue through October 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:

- Monday, August 27, 2022
- Monday, October 24, 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.



Union
Station
Clubhouse

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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Goodwill
Southwestern Pennsylvania

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 Area Coronavirus Needs / Availability Group:](#)
- ⇒ Clubhouse Calendars:
 - ⇒ [Public Events](#)
 - ⇒ [Stakeholder/ Webinar](#)
 - ⇒ [Food Distributions](#)

Support Groups (Virtual & In-Person)

- ⇒ [PA Mental Health Consumers Assn. \(PMHCA\) Virtual Drop-In's](#)
- ⇒ [MHA SWPA In-Person & Virtual Support Groups](#)
- ⇒ [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](#)

