

Union Station News

July, 2022
Volume 2, Issue 3

The Newsletter of the Members and Staff of Union Station Clubhouse

Independence Day

The 4th of July is an Important part of signing of the Declaration of Independence in 1776.

This was the beginning of the modern day and successful country of the United States of America. Originally, there were 13 colonies, but good things come with time. Recently, we celebrated this holiday with large amounts of food, beverages, and fireworks alongside spending time with friends and family doing things like outside activities, entertainment, etc.

~Quinn P.

I Like My Freedom

What I like about my freedom is that it lets me be able to live my life in a way that is best from me. Thanks to my freedom, I get to do the things that I enjoy to do like spend time with friends, come to the Union Station Clubhouse, go to local sporting events, and eat at my favorite restaurants. I am also free to improve myself by learning how to do things such as cooking, cleaning, and using a computer.

Above all, I like being free to learn and experience the things that make my life better and make me a better person.

-Donald M



Inside this issue

Member Stories.....	1-2
988 Lifeline.....	2
Recipes	3-4
MCO News	5
Support Info	6

Meetings on Zoom

- House Meeting: Mondays @ 2 PM

Photo:

As all income-based housing in the United States in in some indirect way overseen by the Federal Office of Housing and Urban Development (HUD), a requirement on any Income-Based Housing Community is to have a Flagpole with the United States Flag prominently displayed in a centralized location on the property.

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.

988 Suicide & Crisis Lifeline Launches

988 offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress. That could be:

- ⇒ Thoughts of suicide
- ⇒ Mental health or substance use crisis, or
- ⇒ Any other kind of emotion distress

People can call or text 988 or chat 988lifeline.org for themselves or if they are worried about a loved one who may need crisis support.

988 serves as a universal entry point so that no matter where you live in the United States, you can reach a trained crisis counselor who can help.



What the 4th of July Means to Me

By Charles "Midshipmen" J.

When I was a child, I fondly remember the history I learned about our fore fathers immigrating to Ellis Island to take up residence in a new America, they were free and ready for freedom. This freedom was greatly appreciated because we were held in captivity and couldn't change. It was a time for men to be free and do their just will. It is the freedom of the man that means "4th of July" to me.

I can recall a time when freedom was not guaranteed, it was not a right of all men. A history viewpoint that was near and dear to my history was the African American movement during the Civil War. Many of my relatives were slaved in bondage. They were not free. I can recall learning about the oppression, the struggle, and the desire to become equal and involved with the man's rights. It was during that time that I reflected upon how great of a holiday the 4th of July was.

It provided us as a people, hope, development, and opportunity. We could once again live in a community with pride and passion. We had the chance to succeed with only our own barriers to conflict. I fell this joyous noise surfacing with the fireworks on the 4th of July, called FREEDOM.

Personal Freedoms

What I want to share about Freedom in July is PERSONAL freedom. While everyone may not have the opportunity to experience personal freedom. Once you gain your "wings" and earn it, it can be hard to manage once those metaphorical wings are clipped.

I experienced that in early 2020 just before the start of the COVID-19 Pandemic. I did, through the powers at be, get into a new home by the end of that year just before another resurgence resulted in me working from home for five weeks over Christmas, which having my own space was a blessing for sure.

As the pandemic has waned to some degree in recent months, while being vigilant, I am beginning to slowly gain more of my wings back that I lost in combination from both all the moves and the COVID-19 crisis as a result of regressive behavior that has been commonly discovered among individuals with the challenges I experience. I am ready to get slowly back into more of what life was prior to when things crashed over two years ago and gaining some new activity to my skillset and nuances as well ~Dustin M.

Seasoned Chicken Caesar Salad

Prep: 10 Minutes Total Time: 10 Minutes Yield: 3 Servings

Ingredients

- 1 (9-oz.) pkg. frozen southwestern-flavored cooked chicken breast strips
- 4 cups lightly packed torn romaine lettuce
- 1/3 cup purchased creamy Caesar salad dressing
- 2 oz. (1/2 cup) crumbled basil and tomato feta cheese
- 1/4 cup crushed tortilla chips



Nutrition

Serving Size 1-2/3 Cups

Calories	310
Calories from Fat	180
Total Fat	20g
Saturated Fat	6g
Cholesterol	60mg
Sodium	910mg
Total Carbohydrates	9g
Dietary Fiber	2g
Sugars	3g
Protein	24g

Steps

1. Heat chicken as directed on package using microwave.
2. In large bowl, combine all ingredients except tortilla chips; toss gently. Top with tortilla chips.

~Jesse B.

Pineapple Pork

"Savory and sweet, delicious pineapple pork chops are a fast and flavorful meal. Enjoy over brown rice or quinoa."

Makes: 4 servings

Serving Size: 3 oz. prepared pork, 1/4 of recipe

Ingredients

- 1 green pepper (medium)
- 4 pork chops (boneless, about 1 pound)
- 1/8 teaspoon salt
- 1 tablespoon vegetable oil
- 1 cup pineapple chunks (8-ounce, undrained)
- 1/4 teaspoon ginger
- 1/4 teaspoon cinnamon

Directions

1. Wash hands with soap and water.
2. Cut the green pepper into strips.
3. Heat the oil in a large skillet.
4. Place pork chops on the heated skillet. Sprinkle the salt on top.
5. Cook the pork for 5 minutes on low heat on each side.
6. The pork should lose its pink color when it's

cooked enough.

7. Remove the cooked pork from the skillet.

Place it in a serving dish.

8. Put the green pepper slices in the skillet.

9. Stir in the pineapple chunks with their juice.

10. Stir in the ginger and cinnamon.

11. Simmer for about 3-5 minutes.

12. Spoon the pineapple mixture over cooked



pork.

Source: [Pennsylvania Nutrition Education Program](#), [Pennsylvania Nutrition Education Network](#) & Fayette County SNAP-Ed Nutrition Education Program [newsletter](#)

Nutrition

Serving Size: 3 oz. Prepared Pork
1/4 of a Recipe

Calories	285
Total Fat	9g
Saturated Fat	3g
Cholesterol	88mg
Sodium	157mg
Total Carbohydrates	11g
Dietary Fiber	1g
Sugars	10g
Added Sugars Included	0g
Protein	38g

Baked Macaroni and Cheese With Ham

Prep: 10 mins Cook: 35 mins Total: 45 mi

Servings:6 servings

Ingredients

- ◆ 3 tablespoons unsalted butter, melted and divided
- ◆ 2 cups elbow macaroni, uncooked
- ◆ 2 cups milk
- ◆ 1/4 cup all-purpose flour
- ◆ 3/4 teaspoon salt
- ◆ 1/2 teaspoon onion powder
- ◆ 1/4 teaspoon freshly ground black pepper
- ◆ 8 ounces cooked ham, chopped
- ◆ 4 green onions, thinly sliced, optional
- ◆ 3 cups shredded cheddar cheese, divided
- ◆ 1 cup soft breadcrumbs

Steps to Make It

1. Gather the ingredients.
2. Heat the oven to 350 F.
3. Lightly butter a 2-quart baking dish with 1 tablespoon of the melted butter or spray the dish with cooking spray.
4. Cook the macaroni in boiling salted water following the package directions. Drain in a colander and rinse with hot water. Set aside while you prepare the sauce.

5. In a large saucepan over medium heat, combine the milk and flour, and whisk to blend thoroughly. Stir in the salt, onion powder, and pepper. Cook, stirring, until thickened and bubbly. Stir in the chopped ham, green onions, if using, and 2 cups of the shredded cheese. Cook until the cheese has melted; remove from the heat.
6. Add the drained macaroni to the sauce; stir until well blended.
7. In a small bowl, combine the breadcrumbs with the remaining 2 tablespoons of melted butter. Stir until all of the breadcrumbs are thoroughly moistened.
8. Spoon the macaroni mixture into the prepared baking dish. Sprinkle with the remaining 1 cup of shredded cheese and then sprinkle the buttered breadcrumbs over the cheese layer.
9. Bake for 25 to 30 minutes or until the topping is browned and the casserole is hot and bubbling around the edges.

~Quinn P.

Nutrition Per Serving

Yield: 6

Calories	537
Total Fat	31g
Total Carbohydrates	37g
Protein	27g

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



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 Thursday, July 28, 2022 from 2:30 PM to 4:00 PM Rachel Shuster (Highmark Wholecare), Kim Hay (AMI), James Smith (AMI) and Michelle Donahue, Peerstar, LLC will be sharing **Stories of Hope and Recovery** [Registration Link](#)

On Friday, August 5th 2022 from 1:00 PM to 2:00 PM Kathleen D Zamperini, MA, LPC Catholic Charities of the Diocese of Pittsburgh will be presenting **The Role of Nutrition in Mental Health** [Registration Link](#)

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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[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](#)

