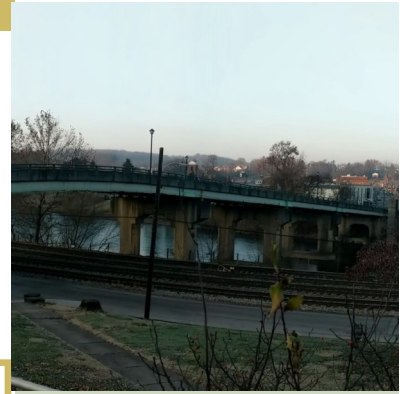


# Union Station News

The Newsletter of the Members and Staff of Union Station Clubhouse  
Members Share their New Year's Resolutions for 2024.



## A New Year, A New Place

The New Year comes with many resolutions and changes in people's lives. I rang in 2024 by moving to Meridian Point into a new apartment. My dog Buddy and I have been getting acquainted with the new atmosphere and new neighbors. Buddy follows me throughout the apartment and hallways of Meridian Point. One change for Buddy is the elevator which he isn't a fan of but he will adjust. There is a lot of people to talk to and activities to attend in my new apartment building.

~Amanda C.

For my New Year's resolution I choose to not get so caught up and upset in what other's feel think or say about me. For all my life and I am 43 years old now I have been really sensitive to what other's felt think and said about me. I know it takes some time and practice to not get so upset. I know what kind of person I am. It doesn't matter what others think about me say about me or feel about me. What matters is how I feel about me and only me I don't need people to tell me. Yes I make mistakes and I know that. But it's up to me to fix them work on them and to really take I look at them. Then do something about them. No one is perfect.

~Becky M.

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This is a 2019 Photo of the McCray Robb (Crawford Ave.) Bridge in Connellsville. It closed on January 9th of this year for a \$13 Million dollar replacement. It is set to open around Christmas 2024

## My 2024 Word: Wellness

Other than New Years Resolutions, some choose a word of the year. I choose WELLNESS. This word is something that resonates so much with something that I need to work on this year. It is having all dimensions of WELLNESS and working on them together. Emotional, Environmental, Financial, Intellectual, Occupational, Physical, Social and Spiritual. I am grounding myself in my faith more, being more social, getting to the gym more, making sure I am healthy enough to navigate life, be intellectually cognizant, making my house more a home, and most of all caring about myself and my emotions.

It at times is a struggle, but I know that I have to do it because it is what makes me a better person



Dustin at one of his many Gym Visits in 2024.

and focuses on what I need to do to avoid getting in the cycle that I have been the past five years.

We ARE moving forward and doing new things in 2024, creating a HEALTHY life, and a Better WELL-BEING.

~Dustin M.

## Member Spotlight

Josh has been a member of the Clubhouse for a few months now. He likes the food and the games during the celebrations, including the Christmas Party. He also enjoys the people and making friends. While at the Clubhouse, Josh has learned to cook, count money, and work the Snack Bar along with the Front Desk. He uses the cooking skills he has learned at home. The Clubhouse has helped him to better budget his money. In the future, he would like to get a part-time job in the janitorial field.

**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.

**Community Support Program Updates**

- Fayette County's CSP, Partners For Recovery will meet on January 26, 2024 at 10:30 AM via [Teams](#). At the meeting, Christine Rosinski-Stone from FCBHA (Fayette County Behavioral Health will explain the Community Based Care Management (CBCM) Program.

# RECIPE CORNER

## Chicken Fried Chicken

By Erica P.

### Ingredients

- 30 saltine crackers
- 2 tablespoons all-purpose flour
- 2 tablespoons dry potato flakes
- 1 teaspoon seasoned salt
- ½ teaspoon ground black pepper
- 1 egg
- 6 skinless, boneless chicken breast halves
- 2 cups vegetable oil for frying



### Directions

1. Place crackers in a large resealable plastic bag; seal bag and crush crackers with a rolling pin until they are coarse crumbs. Add the flour, potato flakes, seasoned salt, and pepper and mix well.
2. Beat egg in a shallow dish or bowl. One by one, dredge chicken pieces in egg, then place in bag with crumb mixture.
3. Seal bag and shake to coat.
4. Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).
5. Fry chicken, turning frequently, until golden brown and juices run clear, 15 to 20 minutes.

## Healthier Creamy Rice Pudding By Jesse B.

### Ingredients

- 1 ½ cups water
- ¾ cup uncooked brown rice
- 2 cups low-fat milk, divided
- ⅓ cup white sugar
- ¼ teaspoon salt
- 1 large egg, beaten
- ⅔ cup raisins
- 1 tablespoon butter
- ½ teaspoon vanilla extract



### Directions

1. Combine water and rice over high heat in a saucepan and bring to a boil. Reduce heat to medium-low, cover, and simmer until tender, about 45 minutes.
2. Combine cooked rice, 1 1/2 cups milk, sugar, and salt in a clean saucepan. Cook over medium heat until thick and creamy, 15 to 20 minutes.
3. Stir in remaining 1/2 cup milk, beaten egg, and raisins. Cook 2 minutes more, stirring constantly. Remove from heat and stir in butter and vanilla. Serve warm.

## 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  
[www.goodwillswpa.org](http://www.goodwillswpa.org)

**Goodwill**  
Southwestern Pennsylvania 

## 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](#)