

Union Station News

Members Share their working experiences

St Patrick's Day Party

On March 15, the Union Station Clubhouse members and had a St Patrick's day party. They had a lunch with popcorn chicken, sandwich sliders, mac & cheese, and St Patrick's day donuts. They played St. Patrick's Day theme Bingo and won prizes. They had St Patrick's day accessories like sun glasses, bracelets, tattoos, and beads.

R.M

Easter Luncheon

On March 27th Union Station Clubhouse had our Easter lunch. The members and staff helped make deviled eggs, ham, scalloped potatoes, sweet potatoes, green beans, and dirt dessert with peeps on top as well as green fruit punch. The staff hid Easter eggs with candy in them and the members found them. They played guess the cotton balls in a jar and Tony, one of our members, won that. They played pass the Easter egg and George won that. They also played pin the tail on the rabbit and Max won that. All the members received Easter baskets with candy in it. It was a good day all around.

R.M

Inside this issue

- Member Stories1
- Pictures of holidays2
- Member Spotlight and a member story3
- A member Drawing4
- Union station Clubhouse Health fair5
- Inform6

Easter lunch picture



St Patrick's day party pictures



April is Autism Awareness Month

Growing up, I always knew I was “different” from everyone else. I learned and thought differently than others. I was the shy one that tried to connect with my peers growing up but was oftentimes bullied for the way that I acted towards them. I had shared the acronym alphabet of diagnoses and taken a share of medications since the age of six to find that I had my autism and the right cocktail of medication to make myself manageable.

Since I was diagnosed under the Autism Spectrum in 1998, Fayette County that did not have a plethora of educated experience on the subject, it was hard to get quantitative support that I needed. I was diagnosed when puberty was raging through me, creating the perfect storm to where I became unmanageable and spent one summer in and out of the psychiatric hospital. I learned how to deceit myself by making a destructive decision to sign myself out of the hospital when it was not best to do so and eventually after a long summer and landing in what would be my last psychiatric hospitalization, my parents and trusted professionals sought placement in a residential facility, even fighting systems to ensure I was placed in the one that was close to home and a good fit for me.

Through all that, things were still not perfect. There was for many years not a lot of education on my level of autism and as such, there were services that were not appropriate, or evidence based for autistic. It was something that my parents thought was good and was pressured upon into making me a better person, yet it caused me some childhood PTSD, while undiagnosed has become a reality.

As I came of age, programming and eventually trade school was sought out. Yet, while the world was not adequate on what autism is today, I made it through things and learned and grew increasingly into the person I was. Eventually autism came increasingly to light as it has today. It has allowed me to be able to learn all the things about being autistic and I continue to learn increasingly every day.

I have forgiven my family that had put me through my past experiences as they only did what was best with the information they had at the time. Eventually, I accepted myself as being autistic and asked for and got support when I needed to do so. It was also accepting that I am a person that has special needs and a disability and that there is no shame in having the many classifications and comorbidities that I have because of my challenges.

Autism is nothing to be ashamed or afraid of. Despite its challenges, there are many remarkable things about being autistic that can be quite beneficial to one’s daily life and nowadays autistic challenges can be managed in many ways.

D.M.

Member Spotlight

Damek S. Has been a member of Union Station Clubhouse For Two weeks. What he likes about Union Station Clubhouse is that he gets to see all his friends and meet new people. What he has learned at Clubhouse is how to cook and always keeping himself busy cleaning. The skills he learned at Clubhouse have helped him be able to cook at home. What he hopes to accomplish at clubhouse is to be a biologist and specialize in Sharks. His first step is to look up about biology and research colleges

Milton F drawing



RECIPE CORNER

Standard of the Issue:

Standard number 10:

Clubhouse Staff have generalist roles. All Staff share employment housing evenings and weekend holiday and unit responsibilities.

Clubhouse Staff do not divide their time between Clubhouse and other major work responsibilities that conflict with the unique nature of member/Staff relationships.

Banana Split Cake

By Jesse B.

Ingredients

- 1 (16 ounce) package vanilla wafers, crushed
- 1 cup margarine, melted
- 1 (20 ounce) can crushed pineapple, drained
- 6 bananas
- 1 (8 ounce) package cream cheese
- 2 cups confectioners' sugar
- 1 (12 ounce) container frozen whipped topping, thawed
- ¼ cup chopped walnuts
- 8 maraschino cherries

Directions

Combine crushed vanilla wafers and melted margarine. Pat into the bottom of a 9x13-inch pan.
Beat cream cheese and confectioners'

sugar together until light and fluffy; spread on top of vanilla wafer crust. Spoon crushed pineapple over cream cheese layer, then layer sliced bananas over pineapple. Cover with whipped topping and sprinkle with chopped walnuts and maraschino cherries.

Chill for at least 4 hours before serving.

Easy Buckeye Recipe

By J.C

Ingredients

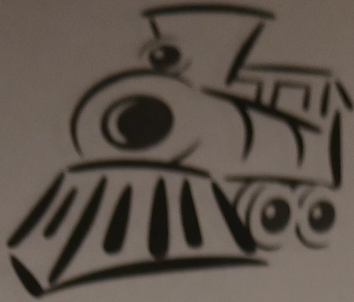
- 2 cups (475 g) creamy peanut butter (not "natural" peanut butter)
- ½ cup (113 g) [unsalted butter](#) softened
- 2 Tablespoons light brown sugar firmly packed (see note)
- ¼ teaspoon salt
- 1 ¼ teaspoon [vanilla extract](#)
- 3 ¼ cups (405 g) powdered sugar
- 2 cups (340 g) semisweet chocolate chips
- 1 teaspoon coconut oil or vegetable shortening

Instructions

Combine peanut butter and butter in the bowl of a stand mixer and beat until well-combined.

2 cups (475 g) creamy peanut butter (not "natural" peanut butter), ½ cup (113 g) unsalted butter
Add brown sugar, vanilla extract, and salt. Stir well.
2 Tablespoons light brown sugar, ¼ teaspoon salt, 1 ¼ teaspoon vanilla extract
Gradually add powdered sugar until completely combined. Scoop into Tablespoon-sized balls and roll with the palms of your hand until smooth and round.**
3 ¼ cups (405 g) powdered sugar
Place on wax-paper lined cookie sheet and freeze for 15-20 minutes.

While peanut butter balls are chilling, combine chocolate chips and coconut oil (or vegetable shortening) and heat in the microwave in 25-second intervals (stirring well in between) until chocolate is smooth and completely melted. Pour into a deep dish (I use a wide cup).
2 cups (340 g) semisweet chocolate chips, 1 teaspoon coconut oil or vegetable shortening
Remove peanut butter balls from freezer, spear the top of each peanut butter ball with a toothpick and, holding the toothpick, dip each buckeye ball into the melted chocolate.
Return to cookie sheet and remove toothpick. Use the pads of your



Union Station Clubhouse

Union Station Clubhouse Wellness Fair and Fun Walk

Saturday, May 4, 2024, 10:00 AM – 3:00 PM EDT

Uniontown Mall, 1368 Mall Run Road, Uniontown, PA

Union Station Clubhouse, an affiliate of Goodwill of Southwestern Pennsylvania, will be hosting a fun walk and informational fair featuring human services agencies, providers, and support groups. The goal of the event is to provide information to the public regarding services and supports that are available in their communities.

Vendors can reserve a table free of charge. A raffle item valued at least \$25.00 is strongly encouraged. The tables are provided by the venue. Vendors will need to bring their own table skirts, signage, information, and promotional items.

Registration: Union Station Clubhouse — Union Station Clubhouse Wellness Fair and Fun Walk
(corsizio.com)

Union Station Clubhouse
100 Corporate Crossing Road
Uniontown, PA 15401
412-730-3240
www.unionstationclubhouse.com

Mission Statement

Union Station Clubhouse provides job skills training, job placement opportunities, and educational services to Clubhouse members who are Fayette County residents.



Union
Station
Clubhouse

100 Corporate Crossing Road
Uniontown, PA 15401-3347
Tel: (724) 439-9311
FAX: (724) 439-9334
www.unionstationclubhouse.com
info@unionstationclubhouse.org
[@unionstation15401](https://www.facebook.com/unionstation15401)



@unionstation15401



@usc15401

A program of Goodwill Southwestern Pennsylvania
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](#)