

Union Station News

May 2023
Volume 2, Issue 11

The Newsletter of the Members and Staff of Union Station Clubhouse

Eat Out at Kacie's

On Friday May 12th the Clubhouse members and I selected to attend a eat out at Kacie's Diner, located on S. Mount Vernon Avenue. During this eat out process, Kacie's was a unanimous consensus for the activity location. When we arrived at Kacie's the diner was busy. Good thing we called ahead for seating.

After I read the menu, I decided to order six BBQ wings, a small French fry and a small Italian hoagie. I really enjoyed the food. I even had some left over to take home for a late-night snack. I noticed that most of the other members enjoyed their food as well. Overall, the food and experience at Kacie's was pretty good.

At the end of the diner, we packed up the van and went home. I would recommend Kacie's diner for all who were interested in a good meal.

~Charles J.

Masontown CROP Walk

On May 21st Joe R, participated in the annual CROP walk held in Masontown by the Klondike Clergy Association.

The walk started at the Masontown Brethren Church and headed for the distance of a 5K (3.2 miles). One person decided to go for the 10K (6.4 Miles).

This annual event raised money for the hungry people around Masontown and the World and has been a staple in many communities in the world since the end of World War II



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About the Photo

Dustin M. took this photo on a wellness walk of the Rotary Walk Extension in Downton Uniontown on a May Afternoon.

Standard of the Issue:

6. Members have a right to immediate re-entry into the Clubhouse community after any length of absence, unless their return poses a significant and current threat to the Clubhouse community.

Links & Resources

- [Mental Health in PA](#)
- [PA Mental Health Consumers Association](#)
- [PA Mental Health Guide](#)
- [PA Recovery](#)
- [PA Health Law Project](#)
- [PA 211 Southwest Hotline](#)
- [Carelon Health Fayette County](#)
- [The Coalition for Community Living](#)
- [Wellness Recovery Action Plan](#)
- [Fayette County Behavioral Health Administration](#)
- [Mental Health Association in Fayette County](#)

Dustin's Mental Health Journey

With the onset of the COVID-19 Pandemic over the past few years, mental health has been brought to the forefront of society. It is nothing new for me as I have experienced it in some form all my life. Growing up, it was always seen as a "problem" when having to go and do activities that required social interaction and in fact there were times where my mental health did not bring out my best. Even in this current age, I still face challenges, but one thing is that I never give up!

I must accredit my parents for seeking treatment at an early age and in fact we went to Pittsburgh to seek treatment and at times it was not best, and this portrayed challenges in the educational system but I got through it with my parents help and the numerous professionals, some of which I still interact with every week. I must express my gratitude to them as I have always had a great respect for their knowledge and experience and value them as equally as the diagnosis that I bestow.

It is through them that I have garnered the many skills needed to co-manage my mental health challenges and function as an independent adult in society with minimal incident. It has been through accepting the challenges set forth by them and understanding with their guidance that I would be able to accomplish the goals that they helped me to set for myself to be the man I am.

If I had not been provided many of the not only professionals but also the services that I have been offered in the past two and half decades I would not have been able to accomplish the things that I have done like finish high school, vocational rehabilitation, community college, obtain part-time employment, independent living, and a driver's license to name a few.

There are also the soft skills that come with being autistic that require me as a member of the community to function in society such as being financially independent, communicating effectively and making sound decisions in all my matters. Many of these factors were or are made with the guidance in some cases of esteemed mental health professionals who oftentimes are undervalued or undercompensated for many times going the extra mile when they do not have to.

It is always understanding that your mental health must be valued when being able to live the life that you want and that if you do not hide and seek the proper treatment and services that you can in order to thrive as an individual, that there is no shame in seeking whatever you need to be mentally well and just be satisfied with your well-being. For too long there has been a great deal of stigma of seeking treatment for mental health challenges, but I see it as a routine part of life that is just a part of the motions because life can be so much better if you do the right thing and fight the challenges that you are facing rather than keep them a secret or hiding the reality of what you are facing. As they say, there is no health without mental health!

When can you call 988?

People can call, chat or text with 988.

⇒ 7 days a week

⇒ 24 hours a day

⇒ No cost to the caller

To chat or text, visit:

<https://988lifeline.org>

For deaf and hard of hearing, please dial 711, then 988.

Who can use the new number?

988 can be used by anyone who needs support for a suicidal, mental health or substance use crisis – no matter where they are or where they live.

What Happens when you call 988?

First, you'll hear a message featuring more options while your call is routed.

A little music will play while you are being transferred to the trained crisis worker.

The trained crisis worker will answer the phone. This person will listen to you, understand how your problem is affecting you, provide support, and get you the help you need.

988 A Direct Link for Suicide Prevention and Crisis Support

Pennsylvanians now have a new, easier way to connect to mental or behavioral health crisis services. Dialing 988 will connect callers directly to the National Suicide Prevention Lifeline.

How will 988 help? Trained Professionals are waiting to Listen – Trained 988 counselors are located at 13 PA crisis call centers. They can immediately provide help over the phone.

They can connect individuals to local resources. If needed, the counselor can:

Send a mobile mental health crisis team that will arrive on site.

⇒ Provide therapeutic help.

⇒ Make referrals for outpatient services.

⇒ They can make referrals for transportation for further evaluation.

Phone call assistance is working – 80- 90% of calls are worked out through conversations with call center staff. 988 keeps lines open for anyone experiencing a crisis – 988 can be called even when a mental or behavioral health crisis is not life threatening. This way, our first responders can help during times where lives are endangered.

Sources: PA Department of Human Services

<https://988lifeline.org>

RECIPE CORNER

Asian Turkey

Jesse B,

- ◆ ¼ c lemon juice
- ◆ 2 TBSP Red wine vinegar
- ◆ 2 TBSP reduced sodium soy sauce
- ◆ 1 TBSP olive oil or vegetable oil
- ◆ 1 clove garlic finely chopped
- ◆ 1 ½ lbs Turkey breast tenderloin
- ◆ Red onion salsa:
- ◆ 1 ½ c medium red onions finely chopped
- ◆ 1 medium tomato finely chopped
- ◆ ¾ c medium green onions chopped
- ◆ ¼ c 4 cloves garlic minced
- ◆ 2 TBSP chopped fresh cilantro
- ◆ 2 TBSP Balsamic or red wine vinegar
- ◆ 1 TBSP reduced sodium soy sauce
- ◆ ¼ tsp ground red cayenne pepper

Mix all ingredients except turkey and red onion salsa in a shallow glass bowl or plastic dish.

Add turkey and turn to coat with marinade.

Cover and refrigerate.

Turn once at least every 2 hours but no longer than 24 hours.

Prepare red onion salsa.

Heat oven 350 degrees Fahrenheit.

Spray 9x13 pan with cooking spray.

Remove turkey from marinade and discard remaining marinade.

Place turkey in baking pan.

Cover with foil and bake for 35 minutes. Brush with drippings after 10 minutes until juice of the turkey is no longer pink.

Cut center thickness pieces and serve with red onion salsa.

Mix red onion salsa in a bowl cover and refrigerate at least 2 hours if you have time to make salsa day before do so in order for the flavors to develop and blend.

Dustin's Wellness Update

For the month of May, things have been status quo for the most part. I continue to allow time to walk when the weather allows along with managing what I consume food and drink wise. I am focusing more on my mental health by practicing radical acceptance and understanding that I need to be happy with the way things are in my life and accepting things for what they are. There is no reason for me to be miserable or have disregard for caring for myself because I do not have all the things that I wish to have in this world. They will come in due time. I am continuing to lose weight gradually and in concentration focusing on my needs more than those that are sought for me. In the month of May I attended the Mind Your Health event at the Uniontown YMCA, the Carelon Mental Health Awareness Walk at Twin Lakes Park and the Crosskeys Health Fair at Central Christian Church, so by far I am taking care of my mental and physical health as they go hand in hand to overall wellness.

~Dustin M.



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](#)