

The Newsletter of the Members and Staff of Union Station Clubhouse

Goodwill Power of Work Awards



I was nominated for the power of work awards for the work I do at Fayette friends of animal and on Friday April 21 2023, Scott B. the director of the Union Station Clubhouse and I went to the Sheraton hotel in Pittsburgh for an award ceremony. We got to the Sheraton Hotel registered our names and got our table number. We went to our table and my boss Roger from Fayette friends

of animal and the marketing director Erica M were there for the awards ceremony too. We had salad, chicken, little potatoes, vegetables and dessert I had a chocolate that was really good. At the 12pm the awards ceremony started. It was really nice hearing the different story's individuals shared how Goodwill referred them to their jobs. I am extremely proud of myself for how far I have come in life. On April 25 2023, it will be 6 months at Fayette Friends of Animals.

Rebekah M



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Standard of the Issue:

8. All Clubhouse meetings are open to both members and staff. There are no formal member only meetings or formal staff only meetings where program decisions and member issues are discussed.

NUTRITION FACTS

CALORIES	82
TOTAL FAT	5g
SATURATED FAT	2g
CHOLESTEROL	187mg
SODIUM	77mg
TOTAL CARBOHYDRATE	2g
DIETARY FIBER	0g
TOTAL SUGARS	1g
PROTEIN	7g
VITAMIN C	0mg
CALCIUM	49mg
IRON	1mg
POTASSIUM	103mg

Scrambled Eggs in a Mug By Brent

Ingredients

- 1 large egg
- 1 tablespoon milk

1 pinch ground black pepper (Optional)

Directions

1. Gather all ingredients.
2. Crack egg into a microwave-safe mug; beat until even in color.
3. Pour in milk and beat until light yellow in color. Microwave on high until cooked through and fluffy, about 90 seconds. Season with pepper and serve.

Fayette Friends of Animals Social Event



On Saturday, April 22nd, Union Station Clubhouse members and staff attended

the Kitten and Puppy Shower held by Fayette Friends of Animals. The event was open to the public and functioned as a fund raiser and pet supply drive.

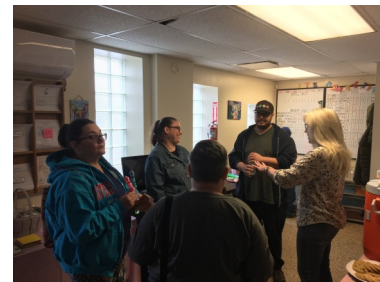
The members were given a tour of the facility and had a chance to interact with the adult cats, kittens, and the dogs. All of which were available for adoption.

Fayette Friends of animals is a transitional employment site for the



Union Station Clubhouse, and it was a great opportunity to provide collaborative support to a great community organization. We would like to thank the Executive Director, Roger, and the Director of marketing, Erika for providing us with a wonderful experience for our members.

Scott B.



Donald's Big Game

On Friday, April 14th at 1:30PM, I participated in an exhibition game at Laurel Highlands Middle School for Special Olympics. All of the students spectated the event as part of an assembly. We played against the student basketball team for two 12-minute periods. I played as a guard. We won the game 36-17!

It was a wonderful experience as the students cheered for us and had our pictures up in the student cheering section. The crowd was cheering my name and erupted every time I came off the bench! We had a good time because everyone on our team got to play and the coaches, players, and students were very kind and respectful.

What Easter and Passover Mean to Me

By the Reverenced
Charles J.

All my life the Easter and Passover season have been a wonderful time of year. To me, the Easter season means Bunnies being represented in the form of chocolate. And, the classic tales of the bunny rabbit running, or should I say a rabbit laying an egg. I rather enjoy the tales of the hopping and the bopping of the bunnies, chicks, and the eggs rolling down the grass laden hills of jubilee.

Additionally, on the flip side the Passover season represents the death & resurrection of the lord Jesus Christ. After he resurrection, he ascended into heaven. I firmly believe he died for our sins and was crucified.

Lastly, I liked the process for the movie The Passion and the Ten Commandments , starring Charlton Heston as Moses. They both are the religious articles that provide the spiritual guidance for blessing the Easter season.

Dustin's Wellness Update

Last month, I shared with readers of the Union Station News how I have been taking better steps in the right direction towards being more active, fit and well. I have been continuing that process in time and have lost some more weight as a result of putting in the hard work that is necessary for being well. I have been both in the gym and on the streets walking more than 2 miles on days that I can. I always strive for two miles and as such, I am seeing clothes fit better and I am getting back into clothes that over a year ago that I was unable to wear. I have to say it isn't always easy to make the right choices, but after I make them, I am so glad that I did and as the progress comes, it makes me even more proud of myself. The sky is the limit!

~Dustin M.

Autism Resources

- [Autism Speaks](#)
- [Autism Connection](#)
- [Centers for Disease Control and Prevention](#)
- [Highlands Hospital Center for Autism](#)
- [National Autism Association](#)
- [Pennsylvania Department of Human Services Bureau of Autism Services](#)

Greatness is Autism Acceptance

April is Autism Awareness / Acceptance Month. In the last few years, there has been a shift from the term of *awareness to acceptance* as autism is a widely-known neurological condition that impacts 1 in 36 people in the United States and as such a focus needs to be shifted to accepting the autistic community. I have written this post in my Autism Blog, Dustin's S Dynasty a few weeks ago to show how important and much needed Autism Acceptance is in the world.

Acceptance, that is sometimes as autistic people all we want, as to be accepted.

For whom we are and what we want in life.

It can be the smallest thing in life just to be accepted as the whole package deal.

That it we don't have to jump through any extra hoops to prove ourselves.

Just to be ourselves, in our element and not have to be corrected, ridiculed, or have any other negative effect.

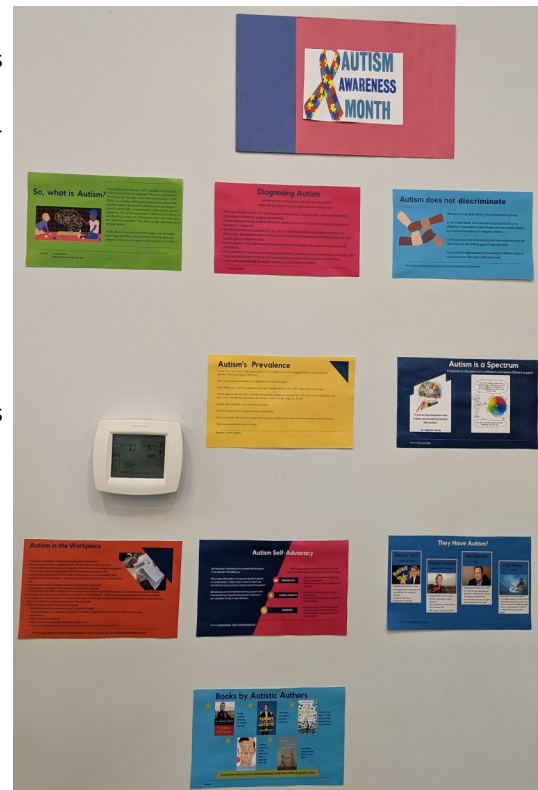
To be treated just the same as any other human being out there that just wants what we all want.

To be able to do or be in the same things as our neurotypical peers and not have and be welcomed and accepted for our needs, quirks or whatever may come down the life just because we have autism.

Just having to be ourselves in the world that is not made for us already takes a lot of us, so why does it have to be harder than it already is, just accept us for who we are and meet us the best ways that you can.

For all we want is to just be accepted for being uniquely different than others and our needs met.

~Dustin M.



Clubhouse Display for Autism Awareness / Acceptance Month

RECIPE CORNER

Steak Fajitas

By Jesse B.

Prep Time: 20 mins
Cook Time: 30 mins
Total Time: 50 mins

Ingredients

- 1 pound lean steak, cut into strips
- ½ cup fresh lime juice
- ½ tablespoon ground black pepper
- 1 tablespoon chopped fresh cilantro
- 2 tablespoons vegetable oil
- 1 large onion, cut into thin strips
- 1 julienned green bell pepper
- 2 lemons, quartered
- salt and pepper to taste
- 6 (12 inch) flour tortillas

Directions

1. Combine the lime juice, ground pepper and cilantro in a shallow dish. Place steak strips into the marinade and refrigerate for two to four hours.
2. Heat 1 tablespoon vegetable oil in a large skillet over medium-high heat. Add steak strips, and fry until cooked to your liking. Remove meat and set aside.
3. Add remaining oil and onions to the skillet. Cook over medium low heat, until translucent, stir in green peppers and steak. Squeeze the juice of 1 lemon over the top and stir. When the green bell peppers are just tender remove the pan from the heat. Season with salt and pepper to taste. Serve the steak fajitas with tortillas and lemon wedges on the side.

NUTRITION FACTS

CALORIES	896
TOTAL FAT	38g
SATURATED FAT	11g
CHOLESTEROL	76mg
SODIUM	1182mg
TOTAL CARBOHYDRATE	104g
DIETARY FIBER	10g
TOTAL SUGARS	6g
PROTEIN	38g
VITAMIN C	78mg
CALCIUM	287mg
IRON	9mg
POTASSIUM	863mg

Reuben Sandwich

By Quinn P.

Ingredients

- 8 slices rye bread
- ½ cup Thousand Island dressing
- 8 slices Swiss cheese
- 8 slices deli sliced corned beef
- 1 cup sauerkraut, drained
- 2 tablespoons butter, softened

Directions

1. Preheat a large griddle or skillet over medium heat.
2. Spread one side of bread slices evenly with Thousand Island dressing. On four bread slices, layer one slice Swiss cheese, 2 slices corned beef, 1/4 cup sauerkraut, and a second slice of Swiss cheese. Top with remaining bread slices, dressing-side down. Butter the top of each sandwich.
3. Place sandwiches, butter-side down on the preheated griddle; butter the top of each sandwich with remaining butter. Grill until both sides are golden brown, about 5 minutes per side. Serve hot., and sprinkle with chopped parsley and grated Romano cheese to serve.

NUTRITION FACTS

TOTAL FAT	40G
CALORIES	657
TOTAL FAT	40g
SATURATED FAT	18g
CHOLESTEROL	115mg
SODIUM	1930mg
TOTAL CARBOHYDRATE	44g
DIETARY FIBER	5g
TOTAL SUGARS	10g
PROTEIN	32g
VITAMIN C	6mg
CALCIUM	517mg
IRON	4mg
POTASSIUM	412mg



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

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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)

- ⇒ [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](#)