

Union Station News

March , 2023
Volume 2, Issue 10

The Newsletter of the Members and Staff of Union Station Clubhouse

Clubhouse International Accreditation

From March 6th-9th we had an accreditation visit from representatives of Clubhouse International. Clubhouse International Accreditation™ is a symbol of quality – a clear demonstration of a Clubhouse’s commitment to excellence. Today, 80% of our Clubhouses are Accredited, compared to just 46% in 2014. These Clubhouses proudly display this icon and are universally recognized as operating with a high level of compliance with the International Standards for Clubhouse Programs.™ The team included Michelle Rodriguez from Fountain House Bronx and Audrey Levine from Fountain House New York. With a prepared self-study by our Clubhouse in hand, they spent the better part of two and a half days interviewing stakeholders, visiting job sites, and spending time in the units. On the last morning of their visit, they gave a findings report to our Clubhouse community . We will find our outcome of the visit in the future from Clubhouse International about the accreditation that we receive.

Amanda’s St. Patrick Day Thrills

I like St. Patrick’s Day because of the colors that accompany it. I feel like green is my favorite color. It is a very pretty color and it reminds me of cut grass. During the St. Patrick holiday I like to have a party and play bingo, crochet, and color pictures of grass and the countryside.

Also, I have a dog, his name is Buddy. He is a very energetic and friendly. On St. Patrick’s Day, I will take Buddy for a walk and dress him in green. I will also give Buddy a bath and clean his crate.

Lastly, because I like green, I enjoy things that are green. These include grass, money, and four-leaf clovers. Overall, I like St. Patrick’s Day and plan to eat festive food and play bingo.

#Connellsville Recycles

On March 18th, I was privileged to be able to purchase a bin recycling bin at a very reduced cost to participate in my city’s recycling program. This program was made available to the city for the first time in nearly thirty years and I advocated in part to make sure that the city housing complexes were allowed to participate as well .
~Dustin M.



Inside this issue

Clubhouse Accreditation	1
Member Stories	1
Be Prepared: Power Outages	2
DHS News	3-4
Wellness Update	3
Food Resources	4
Recipe Corner	5
Supports	6
Photo:	

Dustin shared this photo of the vantage point of the Starting Line of the Yough River Trail Council race that is to take place April 8th in Connellsville.

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.

Emergency Preparedness Resources

- [Power Outages](#)
- [Individuals with Disabilities](#)
- [Make a Plan Form](#)
- [Pennsylvania Emergency Preparedness Guide](#)
- [Hope for Pennsylvanians \(Healthy Planning to Stay Calm in a emergency and coping tips\)](#)
- [Fayette County Emergency Management / 911](#)

Being Prepared for A Power Outage

As the old Scout's saying goes, "Be Prepared." Many times, people take things like electricity for granted, however there are times such as the evening of March 3rd into March 4th.

I have a weather radio in my home. It is something that announces the weather forecast and sounds off when there is a warning issued for the area. On March 2nd, I received a warning while I was home on my day off saying that a High Wind Warning was issued Fayette County and that wind gusts in excess of 60 miles were predicted Friday afternoon and into the night,

Traditionally, you think you will be unscathed from the fury of the storm and things will go on as usual. However, this time this was not the case as a little before dark the electricity flicked on and off doe some time. Eventually, it would go completely out.

I am lucky to have family close by and they check on me and vice versa. Them having more issues when there is no electricity and being advised by government officials to stay put, that was the decision that we mutually agreed upon for the evening and that I would check in the next day.

The only thing I knew that I could do was to try to get some sleep as it was dark and that would limit my time that I would need to occupy myself without daylight to see. Thankfully plumbing systems worked in my home so I was able to prepare myself by taking my medicine earlier than normal and going to bed.

As I awoke later on after getting some sleep, I learned that 81% of the City of Connellsville was without power and that it would be into the weekend that power would be restored due to the high winds continuing throughout the night, thus making it unable for power crews to do their job to restore power to the citizens.

It is imperative in times that it is known that power outages are possible to be prepared. If you have a cell phone, try to keep it plugged in as much as possible and apply a battery saver once you are able to do so in order to save power. Another inexpensive tool to have is portable power banks so that in the event of prolonged power outages such as this, you are able to recharge your devices as needed.

Having some sort of battery operated lights is another essential. I have a set of battery operated candles for decorative purposes. They came in handy to illuminate areas that I needed light such as the bathroom and having multiple ones, I was able to produce more light than normal.

Another piece of sound advice that we have been told when we used to have educational sessions on power outages is to limit trips to the refrigerator/freezer as much as you can in order to preserve the food that you have as much as you can. Food nowadays is hard to come by and therefore you need to be able to preserve it as much as you can so it does not go to waste.

~Dustin M.

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



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. If you need to contact your local county assistance office at 1-877-832-7545 or Beacon Health Options at 877-688-5972

Dustin's Wellness Update
In the past few weeks, I have been taking better steps towards making better decisions to being more active, fit and well. I have been planning, measuring, and documenting my food intake routinely, which has kickstarted my weight loss by 10 more pounds. I also switched my gym membership to the gym closer to my home, SNAP Fitness. This club is accessible around the clock. With it being very close to my home, it gives me an initiative towards being more dedicated and accountable towards the long journey of building more of a healthier lifestyle.

~Dustin M.



Food Resources

- [211-PA Food Resources](#)
- [Feeding Pennsylvania](#)
- [DHS Ending Hunger](#)
- [Food Security Resources](#)

On Our Website

- [Community Meals & Food Distributions](#)
- [Local Food Pantry Information](#)
- [Community Pantries](#)
- [Other Needs & Helps](#)

End of SNAP Extra Payments

SNAP Emergency Allotments (EAs) are an additional SNAP payment that has been paid during the second half of each month since the pandemic started in 2020. These payments were authorized under the Coronavirus Aid, Relief, and Economic Security (CARES) Act. Due to a recent change in federal law, SNAP households will no longer receive SNAP EA payments in the second half of the month. Starting in March 2023, SNAP households will only receive their regular SNAP payment.

We want to be sure that all SNAP recipients are receiving the maximum benefits for their household size and individual circumstances.

Your SNAP may go up if you tell us about:

- Medical costs over \$35 per month for anyone age 60 or older or disabled that you did not have before;
- Increased housing costs since you last contacted us;
- Child or disabled adult care costs that have changed since you last told us about what you had to pay.

SNAP recipients who know they have had changes to the number of people in their household, income, or expenses should report any changes at:

dhs.pa.gov/COMPASS,
the [myCOMPASS PA mobile app](#), or

- by calling **DHS's Customer Service Center at 1- 877-395-8930** (or 215-560-7226 for Philadelphia residents).

This will help ensure households are receiving the most SNAP benefit they are eligible to receive.

RECIPE CORNER

Sausage Gnocchi

By Jesse B.

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

Ingredients

- 1 tablespoon olive oil
- 1 pound Italian sausage links
- 1 tablespoon olive oil
- ½ cup onion, chopped
- 1 tablespoon minced garlic
- 1 ½ teaspoons Italian seasoning
- 1 (14 ounce) can crushed tomatoes
- 2 tablespoons water
- ¼ teaspoon salt
- 1 teaspoon white sugar
- 1 tablespoon Italian seasoning
- 1 (1 pound) package fresh gnocchi
- chopped fresh flat-leaf parsley, for garnish
- grated Romano or Parmesan cheese

Directions

1. Heat 1 tablespoon olive oil in a skillet over medium heat. Add sausages and cook until browned and firm, about 10 minutes. Cut sausages into 1/2 inch slices, return to the skillet, and continue cooking until no longer pink. Drain sausage.
2. Meanwhile, heat 1 tablespoon olive oil in a saucepan over medium heat; stir in onion and cook until the onion softens and turns translucent, about 5 minutes. Add garlic and 1 1/2 teaspoons Italian seasoning; cook until the garlic softens, about 2 minutes. Pour in crushed tomatoes, water, salt, sugar, and remaining 1 tablespoon Italian seasoning. Bring to a simmer, then reduce heat to medium-low, cover, and simmer for 20 minutes.
3. Bring a large pot of lightly salted water to a boil. Add gnocchi and cook for 2 to 3 minutes until pasta floats; drain. Meanwhile, stir Italian sausage slices into sauce to rewarm. Toss pasta with sauce, and sprinkle with chopped parsley and grated Romano cheese to serve.

Turkey and Cheese BLT Sandwich

By Quinn P.

Ingredients

- 2 slices of Sara Lee® Butter Bread, lightly toasted
- 2 thick slices turkey deli meat
- 4 cooked slices of bacon, crispy
- 1-2 thin slices of cheddar cheese
- 4 thin tomato slices
- 1 handful baby arugula
- 1 tablespoon mayonnaise
- 1/4 teaspoon minced garlic
- 1/4 teaspoon finely chopped basil

This turkey BLT sandwich with cheese combines lightly toasted bread with a homemade garlic basil mayonnaise, sliced turkey, sharp cheddar cheese, crispy bacon, sliced tomato and baby arugula. It's flavorful, easy to make, and a step above your everyday bagged lunch sandwich.



Directions

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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 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](#)