

Union Station Clubhouse

Newsletter



Union Station Clubhouse Yard Sale



By: Krysta C.

On Saturday May 18, 2019, we had our annual yard sale. We had a lot of stuff for sale and we served hot dogs, BBQ ham, drinks, coffee, chips and donuts.

Helping at the yard sale gave members an opportunity to raise funds for future activities. We are very proud to announce that we raised more than \$600. We'd like to give a big thanks to all the Clubhouse members and staff who contributed to the overall success of the yard sale.

Member Spotlight: Adam G.

By: George H.

Adam G has been a member of Union Station Clubhouse since August of last year. He enjoys that there is plenty for him to do while at the program. One thing he has developed are cooking skills, which have helped him in various aspects of his life.

Adam would eventually like to acquire a job in the janitorial field. As we all know, cooking and janitorial work can go together in ways we usually take for granted. This is the case with Adam due to the fact that while he is building the necessary culinary skills, the janitorial skills he is about to learn will come in very handy when it is time to generate some personal revenue.

Clubhouse members and staff will continue to root for Adam as he continues his endeavors.



Appalachian Wagon Train Celebrates 50th Trek This Year



By: Dustin M.

The Appalachian Wagon Train will make its 50th annual trek in 2019 - this year traveling nearly 90 miles on the roads of Westmoreland and Fayette Counties in Pennsylvania. The Wagon Train consists of horse or mule drawn steel wheeled wagons, and harkens back to the days when pioneers traveled west through Western Pennsylvania in the 17-1800's. Observers of the train can expect to see horse or mule drawn covered wagons, outriders on horseback, and participants clad in period appropriate garb.

It is expected that up to 25 wagons and upwards of 150 participants will be present for this year's special anniversary trek.

The first trek took place in 1970 to commemorate the 175th anniversary of the founding of Somerset County, PA, and has taken place every year since. The Appalachian Wagon Train typically travels in Western Pennsylvania starting on Father's Day in June. The train travels with their own support including a chuck wagon, souvenir wagon, port-a-johns and water.

On-site mail delivery is a popular favorite of the wagon train and at one time had special postal service the whole week.

I have been a member of this organization since 2008 and have been on six treks. It puts your mind in perspective as, for the most part, you forgo modern conveniences and spend time with family and friends. It's not about just getting out and driving your horse and buggy. It's about building relationships with other members and the visitors at the campsites. I have expanded these relationships on Facebook and by contributing to the Appalachian Wagon Train Facebook group when I can by collecting memorabilia from the organization and putting it on my blog. I hope that the organization exists for years to come.

Upcoming Events

July 2nd

Cleanup Day

July 4th

Fourth of July Social

July 5th

Wal-Mart Shopping Trip

July 13th

Kennywood Day

July 19th

Game Day

July 24th

Celebration Day

July 29th

Partners

July 31st

Employment and Education Dinner

Memorial Day Social

By: Krysta C.

On May 27, 2019 we had our Memorial Day Social. During our time at the Clubhouse, both members and staff worked together and watched T.V. For lunch, members helped to prepare hamburgers and hot dogs. In addition, we had cake, cookies and pop. The Clubhouse membership enjoys this annual event because we get to spend time with one another, casually talk, and have lots of fun!



www.goodwillswpa.org

Members Attend PA Recovery and Wellness Summit

By: Rebekah M. and Dustin M.

Rebekah and Dustin, along with Scott and Suzanne from Goodwill of Southwestern Pennsylvania Leadership, attended the PA Recovery and Wellness Summit hosted by the Pennsylvania Clubhouse Coalition in State College from June 3-5. We spent the first day traveling there and checked in the hotel in time for the opening session. We had dinner and Rebekah told her recovery story, which made her nervous. She did great! Then we played an ice breaker game, "Press Your Luck". The next morning, we got up and had breakfast, which was really good.

To start the day, we heard Lee Kellogg from Clubhouse International speak. Afterwards, we separated into various workshops. The first session Rebekah attended was "No Staff - Only Work". Dustin attended a two-session workshop regarding Social Security and working.

For her second session, Rebekah went on a tour of Opportunity Centre Clubhouse, which is located nearby. She enjoyed the tour and the Clubhouse was very nice. Following the morning breakout sessions, we had a really good lunch.

After lunch was the awards ceremony with an OVR counselor as the individual award recipient and a business in Lancaster called Mr. Sticky's taking home the employer award. Later that day, a comedian named Gabby Bonesso took the stage for some laughs. She said that the world can mean and judgmental but we shouldn't let it get to us. Following dinner and dancing for a

bit, we all went to Berkey Creamery on the Penn State Campus. It was good, but was too much for one sitting.

The final morning, after breakfast, we attended another session detailing a gentleman's story - who is currently living a fulfilling life after struggling with anxiety. His story proves that recovery is possible.

Again, we had breakout sessions for the final morning. Rebekah attended "Unit Meetings, Keeping It Fresh." where she learned some really good information, and can't wait to bring it back to our Clubhouse.

Dustin attended Digital Ethics, followed by Tech Tools. To close the conference, lunch was had and the raffles were drawn.

All and all we enjoyed ourselves and learned a lot. We both brought a lot of information to improve our Clubhouse. We both have a common goal: help our clubhouse become better. Union Station Clubhouse is our clubhouse and we all need to step up and help run and do things as members.



Summer Vacation Poem

By: Krysta C.

It's summer vacation

It's time for fun

It's time for sun

It's time for swimming

It's time for going on long car rides

It's time to spend with family and friends.

It's time for being outside and enjoying the nice weather.

It's time to enjoy many adventures.

We love summer and you should too!