

Union Station Clubhouse Weekly

Members Share Their Future Plans

This Pandemic has changed a lot of things. For one thing without it I'm sure President Trump would have been re-elected by a landside. Because of the Pandemic people got confused a lot of priorities got changed.

With Biden in the White House, things will be business as usual, maybe not all good, but it will be what we are use to from a leader.

I am both good and bad looking toward the changes that are coming.

I am trusting Jesus to help me through this time of change.

In closing, no matter who is in charge in the White House, God will take care of us.

~Yvonne S.

For 2021, I cannot wait for Daylight Savings Time and warmer temperatures to occur, so I can explore the community I reside in more. Prior to having to leave my last apartment suddenly this time last year, I would enjoy going on long walks and enjoying what my community had to offer. Once COVID-19 settles, I want to work on that along with becoming a contributing member to the community I live in.

~Dustin M.

I am Looking ahead to living a wonderful life and living life to the fullest. I look forward to seeing my family grow and see what they have planned for their life when they grow up and seeing their kids and I will love them each and everyday go by.

~Krysta C.

In the future, I would like to have a part-time job, have my own apartment, and be more independent. I would love the learn how to pay my own bills, get my driver's license, and one day have a family of my own. Most importantly, I want to continue to work and improve my behavior patterns that are holding me back from being successful in my life.

~Ra-Mel H.



William Balsley Pavilion at the Connellsville Historical Society Grounds along the Youghiogheny River in Connellsville.



A depiction of shift change at Anchor Closure (Cap) in South Connellsville, now known as Crown Cork and Seal

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Meeting Schedule on Zoom

- Daily 8:30 AM Meeting
- M, T, W, F 10:30 AM Information Station
- Thursday 12:00 PM: Information Station
- Daily 12:30 PM PM Meeting
- Monday 2:00 PM House Meeting
- Tuesday: 2:00 PM Activity
- Wednesday: 2:00 PM Wellness Activity
- Thursday 2:00 PM Activity
- Friday: 2:00 PM Friday Night Live

Goodwill's Virtual Career Services

Looking for a new job but unsure of where to start? Or maybe you aren't actively looking but have extra time at home to learn new skills? Goodwill's Career Services offers a wide selection of virtual services to help jobseekers build the necessary skills crucial to achieving their career goals. More Information: <https://www.goodwillswpa.org/career-service-online>

Standard of the Week:

29. The Clubhouse is committed to securing a range of choices of safe, decent and affordable housing including independent living opportunities for all members. The Clubhouse has access to opportunities that meet these criteria, or if unavailable, the Clubhouse develops its own housing program

Resources Compiled

As a part of the "virtual" Work-Ordered Day of the Clubhouse. One of those tasks over the last week was compiling a comprehensive list of resources for our community of businesses such as banks, pharmacies, grocery, take-out etc. that is open and what operations are within them during this difficult time. Also compiled was a listing of entertainment series such as tour series provided by our National Parks in the region and other virtual opportunities. For more information on all resources, visit: www.coronavirus.unionstationclubhouse.com

Current COVID-19 Information

- ⇒ Federal Government Response: www.coronavirus.gov
- ⇒ PA Department of Health Information <https://www.health.pa.gov/topics/disease/Pages/Coronavirus.aspx>
- ⇒ Fayette County Fights COVID-19 Facebook Group: <https://www.facebook.com/groups/206439277088716/>
- ⇒ Fayette Area Coronavirus Needs / Availability Group: <https://www.facebook.com/groups/211053520110419/>
- ⇒ Embedded State/ World Case Maps <http://coronavirus.unionstationclubhouse.com/resources/maps.html>

CSP Updates

- ⇒ Western Region CSP will be meeting virtually until further notice with the January meeting being held on Friday January 8. The Next one will be on February 12, 2021 and will feature Lauren Berman from SWPA Legal Services where Fair Housing will be the topic.
 - ⇒ [Meeting Link](#)
 - ⇒ 888 788 0099 US Toll-free
 - ⇒ 877 853 5247 US Toll-free
 - ⇒ Meeting ID: 934 6249 8705
 - ⇒ Passcode: 948800
- ⇒ Our CSP, Partners for Recovery will be also meeting via Zoom until Further notice with the next meeting being held at 10:30 AM on Monday, February 22nd.
 - ⇒ [Meeting Link](#)
 - ⇒ Meeting ID: 836 6421 5963
 - ⇒ Passcode: 747703

Beacon Health Options Member and Family Zoom Meetings

Beacon Health Options Prevention, Education, and Outreach Department invites you to join us on a Zoom meeting. The purpose of the call is to share information, updates and provide opportunities to net-work with other Beacon members and family members. The call will be hosted by Beacon's Prevention, Education and Outreach staff. We welcome Beacon members and families to join us. All calls are from 1:00 pm - 2:00 pm every other Monday.

Dates of calls are:

- ⇒ February 1, 2021
- ⇒ February 15, 2021
- ⇒ March 1, 2021
- ⇒ March 15, 2021
- ⇒ March 29, 2021
- ⇒ April 12, 2021
- ⇒ April 26, 2021

To Join the Zoom Meeting [CLICK HERE](#)

If unable to join by the Zoom link above, please dial in on the specific date at 1:00pm EST 1-646-876-9923 to join by phone: Meeting ID: 963 6668 5245 Passcode: 773174



Food Pantries Next Week

- ⇒ Berean Seventh Day Adventists, 110 Searight Avenue, Uniontown; Tuesday, 12:00 Noon—4:00 PM; Lower East End of the City of Uniontown
- ⇒ Connellsville Community Ministries, 110 W. Crawford Ave., Connellsville; Tuesday and Thursday 9:00 AM to 2:00 PM; Connellsville, South Connellsville, and Connellsville Township
- ⇒ McClellandtown Presbyterian Church, 292 Springer Road, McClellandtown; Wednesday, 10:30 AM to 1:00 PM; German Township
- ⇒ YWBA, 624 Duck Hollow Road, Uniontown; Wednesday 11:00 AM to 1:00 PM; South Union Township areas west of US 119 and south of US 40
- ⇒ Indian Creek Valley at the Christian Service Center, 3330 Springfield Pike, Normalville; Wednesday 8:00 AM to 12:00 AM; Springfield and Saltlick Townships
- ⇒ Samsom Chapel, 4 Marker Road, Farmington; Thursday @10:00; Henry Clay, Stewart, Wharton Townships and Markleysburg and Ohopyle Boroughs.

WEBINARS

⇒ [Free Online Information Sessions: GED and HiSet Classes at Goodwill](#)

Thursday, February 4: 6:00-7:00 p.m.

Friday, February 5: 11:00 a.m.-12:00 p.m.

Join Goodwill of Southwestern Pennsylvania for a free online information session to learn how our online adult education classes work and what to expect. This session is open to potential students, family members, service providers, and more.

[Registration Link](#)

⇒ [Property Tax Rent Rebate Program](#)

Date: Tuesday, February 9, 2021

Time: 10:00am - 12:00pm

Presenter: Alicia

Gonse; Department of Revenue

[Link](#)

⇒ [Black Mental Health Matters](#)

Black Mental Health Matters is a webinar facilitated by Dr. Eunice Peterson, a board-certified Adult and Child & Adolescent Psychiatrist. The webinar is an interactive presentation with a Q&A session designed to provide participants with an understanding of how racism impacts mental health.

Dates:

PART I: Thursday, February 11, 2021 from 2:30 to 4 p.m. ET

<https://bit.ly/3nicz8F>

PART II: Thursday, February 25, 2021 from 2:30 to 4 p.m. ET

<https://bit.ly/3s12Kzs>

COVID-19 Impact Survey for the PA Mental Health Planning Council by PMHCA

In response to a discussion during the most recent Mental Health Planning Council (MHPC) meeting which identified the need for real-time information regarding the impact COVID-19 has had on behavioral health services and persons-in-recovery in Pennsylvania, a group of MHPC participants and the PA Advocates for Whole Health and Wellness developed the attached surveys. We are interested in understanding the needs of mental and behavioral health and substance use providers, individuals in recovery, and families in Pennsylvania during the COVID-19 pandemic.

Either survey should take approximately 10 minutes to complete. If you would like more information about these surveys, or if you are interested in providing a testimonial of your experiences, please contact pmhca@pmhca.org

PLEASE distribute these links wherever you can include all listservs, all individuals accessing treatment services, all county agencies, and all service providers. We would appreciate every effort to capture as many persons-in-recovery, county agencies, and

service providers as possible in order for us to be able to provide generalizable results. The information from these surveys will be compiled into a report which will be available to government agencies, providers, county agencies, respondents, and any others who are interested in ensuring that responses to the ongoing COVID-19 pandemic meet the current needs. Anyone wishing to obtain a copy of the report can make a request

at: pmhca@pmhca.org. Please keep in mind that all survey collectors will be closed on February 12, 2021 at the close of business. The completed report will be distributed at the Mental Health Planning Council meeting on February 23, 2021 and will be available for wider distribution after that date.

There are two different survey links below:

[Person-In-Recovery/Peer/Family Member/Support Person Survey](#)

<https://www.surveymonkey.com/r/3JDGFVV>

[Provider/County Agency Survey](#)

<https://www.surveymonkey.com/r/3QTC3L>

Getting Help With Food

- ⇒ Find a Food Pantry (PA.gov)
<https://www.dhs.pa.gov/about/Ending-Hunger/Pages/Food-Pantries.aspx>
- ⇒ Fayette County Community Action is modifying some Food Pantry Operations due to the Coronavirus
- ⇒ Website: <http://fccaa.org/>
- ⇒ Facebook (Most Current):
<https://www.facebook.com/FCCAA.org/>
- ⇒ Our Map of Food Pantries in Fayette County / Other Grocery Resources
<http://corona-virus.unionstationclubhouse.com/resources/grocery.html>
- ⇒ Honey's Helping Hand Mondays and Thursdays at Biererwood Acres at 1pm! Curbside service!
Info: <https://www.facebook.com/Honeys-helping-hand-108365237359113>
- ⇒ Uniontown Salvation Army has a Pickup Soup Kitchen daily at the Service Center on Fayette Street from 11 AM to Noon During the Week
- ⇒ Hands of Hope Provides meals to the homeless Every Sunday at 2 PM by the Old parking garage in Downtown Uniontown
- ⇒ Christian Church of Connellsville holds free community lunches from 11:30 a.m. to 1 pm. every Monday. It is takeout only.
- ⇒ Central Fellowship Church, 316 N. Arch St., Connellsville, will hold a free community lunch Jan. 30. To-go meals of meatloaf and potatoes can be picked up from 11 a.m. to 12:30 p.m.
- ⇒ Trinity United Presbyterian Church has a food pantry open solely to residents of Uniontown with proper verification of ID. Food is dispersed in relation to the number of people in the household. You will be asked to provide the number of adults and the number of children. The food comes in pre-packaged grocery bags. The Food Pantry pickup is located in the front

This N' That in the Area

- ⇒ Connellsville Area Community Ministries is having a FREE coat giveaway at the Connellsville Community Center (201 E. Fairview Avenue, Connellsville) for residents of the Connellsville Area School District on Tuesdays and Thursdays from 9:00 AM to 3:00 PM
- ⇒ Connellsville Township VFD will hold a hoagie sale Jan. 30. Hoagies will be sold at Dr. Ellis's office, Scottdale Bank, Martin's, Cash Saver, Bullskin Elementary School, Rob Roy's, the fire station, and other locations around town.
- ⇒ The next free soup distribution at Indian Head Church of God. 691 Indian Creek Valley Road, Indian Head will be 11 a.m. to 1 p.m. Feb. 10.
- ⇒ A Soup Sale will be held at the Albright United Methodist Church, 1626 Pittsburgh Street on Saturday, February 13 from 11:00 AM to 1:00 PM

Spotlight On: FCCAA Food Bank

The FCCAA Food Bank is Fayette County's designated warehouse for the collection and storage of food for individuals in need of food assistance. Each year, the Food Bank collects and distributes over 2 million pounds of food to approximately 10,000 individuals. The food is distributed through a network of volunteer food pantries, congregate feeding sites, and soup kitchens. Through the network of area agencies and food pantries, the FCCAA Food Bank continues its mission of providing proper food and nourishment to the community.

Food Bank programs include emergency food assistance for anyone who is in need, the Commodity Supplemental Food Program for seniors, and the Weekend Snack Pack Program, which provides children with a backpack filled with food to help fill a nutritional void.

[Food Pantry Schedule 2020](#)
[More Information](#)

Little Free Pantries

Little Free Pantries are available around the clock at the following locations

- ◆ Highlands Hospital, 401 E. Murphy Ave. Connellsville
 - ◆ Connellsville Christian Church, 212 S. Pittsburgh St.
 - ◆ Fayette Resources ATF, 1300 Connellsville Road, Lemont Furnace
 - ◆ Pleasant View Presbyterian Church, 533 Royal Road. Smock
 - ◆ Hutchinson Park Pavilion #4—Uniontown, PA*
 - ◆ Areford Park—Frank Hoover Street, Uniontown PA*
- * Denotes During Park Hours Only

These boxes operate under a take what you need, give what you can basis..

For more information on the Little Free Pantry Movement, visit: <https://www.littlefreepantry.org/>

FAYETTE COVID-19 VACCINE PLANNING TASKFORCE MOVING FORWARD

Uniontown, PA – The Fayette County COVID-19 Vaccine Planning Taskforce met again this week to discuss ongoing vaccine distribution, future plans and the importance of its highly collaborative efforts.

Undertaking an organized, comprehensive, countywide distribution plan is a monumental challenge, but one that Fayette County officials are more than prepared for. Task force membership has grown to include additional local, state and federal government officials, as well as new partner providers.

Directed by Fayette County EMA, members are working with local providers in accordance with Centers for Disease Control and Prevention (CDC) and Pennsylvania Department of Health guidelines to organize agencies, businesses and individuals into required groups, so that vaccines may be accessible to all who wish to receive them.

As Phase 1A citizens are continually administered the vaccine, planning is under way for distribution to groups and individuals in Phase 1B.

In an effort to keep Fayette County residents informed of the latest developments, a COVID-19 Vaccine Information Line has been established, and its messaging is updated regularly. Citizens may call 724-466-4142 at any time, for the most up-to-date vaccination information.

Details about Fayette County's vaccination plan can also be obtained by emailing covidinfo@fcema.org or visiting www.PA.gov and selecting "Getting the COVID Vaccine" from the menu options.

The task force will continue to meet weekly, as plans for future phases of vaccine distribution are developed. To that end, its membership has provided the following information for citizens:

- Vaccines will eventually be available to all groups and individuals who desire to receive it. As this process will take time, the task force is asking for patience. Please understand that a comprehensive plan is in development and no one will be overlooked.
- Some vaccinations will be done in a large group or community setting; some will be done at pharmacies; and some will be done at specific locations. Please be aware that, in accordance with CDC/Pennsylvania Department of Health guidelines, all vaccinations will require an appointment.
- Please do not go to a location without an appointment, as the vaccine will not be administered.
- All further inquiries should be directed to the Fayette County EMA at covidinfo@fcema.org.

To learn more about Fayette County, visit www.FayetteCountyPA.org.

Pennsylvanians Can Now File Property Tax/ Rent Rebate Program Applications Online

Harrisburg, PA — Older and disabled Pennsylvanians can now apply for rebates on property taxes or rent paid in 2020, the Wolf Administration announced today. This assistance is available through the Property Tax/Rent Rebate Program, which has delivered more than \$6.8 billion to eligible Pennsylvanians since the program's inception in 1971. Officials with the departments of Revenue and Aging are encouraging applicants of the program to take advantage of a new online filing option that will allow them to submit their applications electronically. Applicants should visit myPATH.pa.gov to electronically submit their applications. The Department of Revenue launched this online portal to make it easier for those who benefit from the program to submit their applications. Previously, all applicants were required to submit a paper application. "Offering an online filing option gives us a new, user-friendly tool that helps us ensure everyone who is eligible for the Property Tax/Rent Rebate Program has a simple way to submit their applications," Revenue Secretary Dan Hassell said. "This online option will be especially helpful this year during the COVID-19 pandemic because it will provide applicants with a way to file their applications from the comfort of their homes. This will help us deliver needed support to more than half a million Pennsylvanians who benefit from this program each year." "Most seniors want to age in place by staying in their homes for as long as they are able. Every year, the Property Tax/Rent Rebate program offers older adults a great opportunity to get some money back on what they have paid out. Many of them live on fixed incomes, so they benefit from the financial assistance provided by this program. The Department of Revenue's new online option is a convenient way for older Pennsylvanians to apply for their rebate," Secretary of Aging Robert Torres said.

A New Way to Apply for Your Rebate

Pennsylvanians can visit myPATH.pa.gov to file their 2020 Property Tax/Rent Rebate Program applications. Submitting your application online is easy and does not require you to sign up for an account. Applicants will be asked to provide specific information on their income and rent/property taxes. Applicants should check the [Property Tax/Rent Rebate Program instruction booklet](#) to learn which information they will need to input/upload to complete the process.

Using the electronic option available through myPATH.pa.gov offers many benefits, including:

- Fast processing and direct deposit options
- The [Where's My Rebate?](#) tool to track the status of a claim online
- Error-reducing automatic calculators
- Instant confirmation that your application has been filed
- Security features to ensure your sensitive information is safe

Applicants who still wish to file a paper application form may obtain [Property Tax/Rent Rebate claim forms \(PA-1000\)](#) and related information on the [Department of Revenue's website](#) or by calling 1-888-222-9190.

It's free to apply for a rebate, and applicants are reminded that free assistance is available at hundreds of locations across the state, including [Department of Revenue district offices](#), [local Area Agencies on Aging](#), senior centers and state legislators' offices. The department encourages applicants to call ahead to their preferred location to confirm whether an appointment is required.

Applicants must reapply for rebates every year because rebates are based on annual income and property taxes or rent paid in each year. Spouses, personal representatives or estates may file rebate claims on behalf of claimants who lived at least one day in 2020 and meet all other eligibility criteria.

Visit the [Property Tax/Rent Rebate page](#) on the Department of Revenue's website for further information on the program and how to apply for a rebate.

When Can You Expect Your Rebate?

Rebates will be distributed beginning July 1, as required by law. Here is additional information to keep in mind:

If you provide your phone number on your Property Tax/Rent Rebate application form or in the [myPATH](#) electronic application, you will receive an automated call from the Department of Revenue when your claim posts to the department's processing system. You will also receive another automated call when your claim is approved.

The easiest way to check the status of your rebate is to use the [Where's My Rebate?](#) tool. To check on the status of your claim, you will need your:

- Social Security number
- Claim year
- Date of birth

About the Property Tax/Rent Rebate Program

The rebate program benefits eligible Pennsylvanians age 65 and older; widows and widowers age 50 and older; and people with disabilities age 18 and older. The income limit is \$35,000 a year for homeowners and \$15,000 annually for renters, and half of Social Security income is excluded.

The maximum standard rebate is \$650, but supplemental rebates for certain qualifying homeowners can boost rebates to \$975. The Department of Revenue automatically calculates supplemental rebates for qualifying homeowners. The Property Tax/Rent Rebate Program is funded by the Pennsylvania Lottery and revenue from slots gaming.

Little Free Libraries in Fayette County

Little Free Library is a nonprofit that builds community, inspires readers, and expands book access for all through a global network of volunteer-led little libraries.

Through Little Free Library book exchanges, millions of books are exchanged each year, profoundly increasing access to books for readers of all ages and backgrounds.

We are facing a growing literacy crisis. Today in the United States, more than 30 million adults cannot read or write above a third-grade level. Studies have repeatedly shown that books in the hands of children have a meaningful impact on improving literacy. The more books in or near the home, the more likely a child will learn and love to read. But two out of three children living in poverty have no books to call their own.

Little Free Library book-sharing boxes play an essential role by providing 24/7 access to books (and encouraging a love of reading!) in areas where books are scarce. At the Little Free Library nonprofit, we're working to fill book deserts and place libraries where they can make a big impact through our [Impact Library Program](#) and other initiatives.

For more information on a national level visit: <https://littlefreelibrary.org/>

For more information about the local movement visit: <https://fayettelittlefree.wordpress.com/>

⇒ Charter #9665 107 Laughlin St. P.O. Box 403 Dawson PA 15428 40.046688, -79.658996	⇒ Charter #49931 Fairchance Borough 125 West Church Street Fairchance PA 15436 39.82042, -79.75774
⇒ Charter #49905 325 North First Street Connellsville PA 15425 40.020359, -79.596026	⇒ Charter #49893 Water Street Smithfield PA 15478 39.7982, -79.80812
⇒ Charter #49904 144 West Crawford Avenue Connellsville PA 15425 40.017721, -79.590424	⇒ Charter #50394 2nd Street Keisterville PA 15449 39.964981, -79.783369
⇒ Charter #49892 1952 University Drive Connellsville, PA 15425 39.959204, -79.648325	⇒ Charter #49902 103 Main Street Smock PA 15480 39.9976303, -79.7860845
⇒ Charter #52008 300 Connellsville Street Uniontown PA 15401 39.900859, -79.7057584	⇒ Charter #49903 301 Liberty Street Perryopolis PA 15473 40.08559, -79.75109
⇒ Charter #49896 72 East Main Street Uniontown PA 15401 39.900859, -79.7057584	⇒ Charter #49898 Benner's Meadow Run Campgrounds 315 Nelson Rd Farmington, PA 15437
⇒ Charter #49891 23 E. Church Street Uniontown PA 15401 39.900418, -79.724574	⇒ Charter #49899 25 Sherman Street Ohiopyle PA 15470 39.86948, -79.49252
⇒ Charter #49895 142 West Main Street Uniontown PA 15401 39.90105, -79.7303	⇒ Charter #91572 Newell United Methodist Church 204 Miller Street Newell PA 15466 40.0753976, -79.8994887
⇒ Charter #49894 Hutchinson Rec. Area Stadium Drive Uniontown PA 15401 39.86891, -79.71584	⇒ Charter #107974 Springfield / Clifford N. Pritts Elementary School 14 School House Lane Normalville, Pennsylvania 15469 39.99942, -79.44791
⇒ Charter #49901 Jumonville Christian Camp and Retreat Center 887 Jumonville Road Hopwood PA 15445 39.8874088, -79.6493818	

Pennsylvania voters to get final say on limiting governor disaster powers

HARRISBURG (AP) — Pennsylvania voters will likely soon get the final say about whether to limit the governor's powers during a disaster emergency after a divided state House of Representatives endorsed a proposed constitutional amendment Wednesday.

House members voted 116 to 85 in the latest legislative approval vote. One more vote in either the House or Senate is needed before the constitutional amendment can be considered in a statewide referendum, as early as the May 18 primary election.

The amendment would cap disaster declarations at 21 days unless lawmakers extend them. It would also give lawmakers the ability to end a disaster declaration with a two-thirds vote.

House Democratic Leader Joanna McClinton said the amendment was a case of "politricks."

"There are people who are hurting, they're depending on us to stand up and be leaders," she said. "But all we want to do is strip away the powers of another institution."

Republican lawmakers have repeatedly tried to overturn pandemic response policies undertaken by Democratic Gov. Tom Wolf over the past year.

Lives have been destroyed, said Rep. Seth Grove, R-York, "either through the virus itself or through the actions of the government, eviscerating entire industries."

Wolf's actions have saved lives, said Minority Whip Jordan Harris, D-Philadelphia.

"Let's call a spade, a spade, today. This is highly political. It's very political," Harris said, noting the national death toll from COVID-19.

"I wonder what would have happened had our governor not had those emergency powers," Harris said.

The people of Pennsylvania will decide if the amendment is warranted, said Rep. Russ Diamond, R-Lebanon.

"This is not political at all. You can laugh all you want, but this is practical," Diamond said. "This is in response to the businesses we've heard from all year who are now bankrupt and closed."

The House vote came less than 24 hours after the Senate, 28-20, approved an identical measure with just one Democrat crossing party lines. A House Republican spokesman said it's likely that the House will vote on the Senate bill as the final OK, possibly as early as Tuesday.

The Wolf administration argues that lifting the emergency disaster declaration will not affect powers the governor has exercised under Pennsylvania's Disease Prevention and Control Act.

Wolf's first pandemic emergency order was issued in March for 90 days and has since been repeatedly extended.

Under state law, an emergency disaster declaration gives governors the authority to issue or rescind executive orders and regulations, access stockpiles of emergency supplies and equipment and suspend laws or regulations that govern state agencies.

Executive orders have the force of law, under emergency disaster law.

Recipe Corner

Help with Applying for SNAP

The SNAP Outreach Coordinator travels to various locations throughout Fayette County to assist eligible families with the SNAP application. The SNAP Outreach Coordinator is able to complete the application at an individual's home if they are 60 years and older.

For more info: Call 724-437-6050 ext. 3252.

Raspberry Chicken

Ingredients

- 1 broiler-fryer (2-1/2 Pounds), skinned and cut into serving pieces
- 1/4 teaspoon salt and black pepper
- 1 tablespoon olive oil
- 1 medium-size yellow onion, finely chopped (1 cup)
- 1 medium-size stalk celery, diced (1/2 cup)
- 1 medium-size carrot, peeled and diced (3/4 cup)
- 6 cloves garlic, peeled
- 1/4 Cup raspberry or balsamic vinegar
- 1 cup Chicken Stock or low-sodium chicken broth
- 1 tablespoon tomato paste
- 1/2 teaspoon each dried rosemary and basil, crumbled.

Directions

1. Sprinkle the chicken with 1/8 teaspoon each of salt and pepper. In a 12-inch nonstick skillet, heat the oil over moderate heat. Add the chicken and saute for 2 minutes on each side or until lightly browned. Transfer the chicken to a 5-quart Dutch Oven
2. Add the onion, celery, carrot, garlic, and remaining 1/8 teaspoon each of the salt and pepper to the skillet and saute over moderate heat, stirring occasionally for 5 minutes or until the onion is softened. Add the vinegar and cook, stirring 1 minute longer
3. Transfer the onion mixture to the Dutch oven and stir in the stock, tomatoes, tomato paste, rosemary, and basil. Bring the liquid to a boil over high heat and simmer, covered, for 10 minutes or until the breast meat is tender and no longer pink inside. Remove the breast pieces to a serving platter and cover to keep warm. Cook the remaining chicken 20 minutes more or until the juices run clear when the meat is pricked with a fork. Transfer chicken to the serving platter
4. Skim any fat from the surface of the sauce. Cook the sauce over moderately high for 2 to 3 minutes or until slightly thickened, then pour it over the chicken. Serve with orzo and steamed summer squash. Serves 4.

~Erica P.

Oatmeal Drop Cookies

Contents

- 1 Very Large Bowl
- 1 Smaller Bowl
- Lightly Greased Cookie Sheets
- Oven Preheated to 400 Degrees
- 1/2 Cup Shortening
- 1-1/4 Cup Sugar
- 2 eggs
- 6 tbsp molasses
- 1 3/4 Cups Flour
- 1 tsp. soda
- 1 tsp. salt
- 1 tsp. cinnamon
- 2 Cups Rolled Oats
- 1/2 Cup Chopped Oats
- 1 Cup Cut-up Raisins (Optional)

Directions

1. Mix shortening, sugar, eggs, molasses.
2. Then in a second bowl mix flour, soda, salt, and cinnamon.
3. Then add the second bowl to the first bowl, gradually stirring them in together.
4. Stir in your oats, nuts and raisins if using them,
5. Mix Thoroughly
6. Prep the cookie sheets by placing the mixture on the cookie sheet about 2 inches apart
7. Put the cookie sheets in the oven on the middle racks.
8. Bake until lightly brown for about 9 to 10 minutes.

~Yvonne S.



Union Station Clubhouse

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NEED HELP ??

- ⇒ Fayette County Crisis Line
724-437-1003
- ⇒ National Suicide Prevention
Lifeline
1-800-273-TALK (8255)
Veterans Press 1
- ⇒ Crisis Text Line: Text "PA" to
741-741
- ⇒ Disaster Distress Helpline:
1-800-985-5990
- ⇒ Get Help Now Hotline (for
substance use disorders):
1-800-662-4357
- ⇒ 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

More Helplines are at:

[http://
www.unionstationclubhouse.com/
hotlines.html](http://www.unionstationclubhouse.com/hotlines.html)

Goodwill 
Southwestern Pennsylvania

<http://goodwillswpa.org>

UNION STATION PLANNING FUTURE EVENTS

After meetings with our Advisory Council and our Clubhouse members and staff, we have some events "in the works" that give us all something to look forward to:

1. Virtual Speaker Series– Prior to the pandemic, Union Station Clubhouse held a variety of speaking events that were often open to the public and featured speakers from surrounding organizations. We had representatives from Penn State Fayette, Uniontown Hospital, and the Crimes Victims Center just to name a few. We are happy to announce that we will be offering those again, but through the Zoom online meeting platform. We are working to line up speakers and dates and will announce those in the near future.
2. Annual Yard Sale Fundraiser– Although the pandemic forced us to postpone our annual fundraising event from May until August last year, we were still able to host an incredibly successful event. Currently, we are planning for May of this year and we are accepting donations at this time.
3. Expanding our social events/outings- As statewide restrictions begin to relax and businesses reopen, the members and staff of the Union Station Clubhouse are preparing to increase our evening and weekend social events to their pre-pandemic status.

These are just a few things we are working on with our eyes on additional events, services, and opportunities in the near future. The Union Station train doesn't stop!

~Scott B.

Online Support Groups Offered During the COVID-19 Pandemic

⇒ Several NAMI Affiliates in Pennsylvania offer Virtual Support Groups, mostly through ZOOM, including

⇒ NAMI Bucks County, PA
<https://namibuckspa.org/>

⇒ NAMI Philadelphia
<https://namiphilly.org/>

⇒ PMHCA Virtual Drop In's
[https://pmhca.wildapricot.org/
resources/Documents/Virtual%20Drop-
In%20\(w.%20Meeting%20Info\)%20
\(1\).pdf](https://pmhca.wildapricot.org/resources/Documents/Virtual%20Drop-In%20(w.%20Meeting%20Info)%20(1).pdf)

⇒ Depression and Bipolar Support Alliance (DBSA)
<https://www.dbsalliance.org/>

⇒ Turn 2 Me
<https://www.turn2me.ie/>

⇒ 7 Cups

<https://www.7cups.com/connect/>

⇒ Daily Strength

<https://www.dailystrength.org/>

⇒ In the Rooms

<https://www.intherooms.com/home/>

⇒ Sanvello

<https://www.sanvello.com/>

