

Union Station Clubhouse Weekly

Members Share : It's Recovery Month, what do you do to maintain Recovery?



S recovered from my family deaths over the years. I have been suffering from health issues all my life. I continue to recover from all my family's death and my health issues just taking it day by day and doing what I need to do to get better.

~Krysta C.

S stay well by taking my meds, having family and friends to help me on my recovery, and with the support of Doctors and my therapist as well as the staff at the clubhouse. I am also healthy and I rely on God to help me all the way.

~April B.



Courthouse Clock lit purple For Recovery Month, Story Page 3

Recovery has been a long but good journey for me the past few decades. It is a essential piece of my lifestyle and is something that I take very seriously. I am active in my goals here at the Clubhouse and exemplify what I learned throughout my journey. I apply it in my life as well as in my career by showing others that no matter how much you need to progress in your journey, recovery is possible, probable, and likely in each and every individual. You just have to put forth the effort and work on the skills that are modeled little by little. I didn't get to the point I am now overnight as it took two decades to get this far and we are still growing as I am still discovering myself as time goes on.

~Dustin M.

Keeping on track for my recovery is a never ending job. For just when I think I have it right another different and usually harder situation pops up in my life. Certainly a never ending battle. That said, I try to stay on track by not missing my meds too often. But sometimes things pop up (like being sick, or the sickness of someone close to me) or even a death. Then sometimes I miss doses, which is not good to do, because nothing gets back the lost good days that I miss out on. That said I also need to take care of my spiritual life too. Because taking my meds right and not missing doses does me little good, if I take my eyes off my (our) Savior, Jesus. Keeping my eyes on Jesus looks like studying God's Word (the Bible), Praying (talking to God aloud or silently). And then relating it to my everyday life. A tall order when your (my) world gets all turned upside down. So in closing Recovery is the goal even if not always reached completely.

~Yvonne S.

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Meeting Schedule on Zoom

- Daily 8:30 AM Virtual Meeting
- Daily 12: 00 NOON Information Station / Lunch & Learn
- Daily 12:30 PM Virtual Meeting
- Monday 2:30 PM House Meeting
- Wednesday 2:30 PM Outdoors N' At
- Fridays at 2:30 PM Friday Night Live
- Tues. & Thurs @ 2:30 PM Cooking With Demonstration.



DR. LEVINE'S DAILY REMINDERS

- Wash your hands with soap and water for 20 seconds — the time it takes to sing "Happy Birthday" twice
- Use hand sanitizer if soap and water are not available
- Cover any coughs or sneezes with your elbow, not with your hands
- Try not to touch your face, especially after touching surfaces
- Clean surfaces frequently
- If you are going out for life-sustaining activities, wear a mask

STAY CALM. STAY HOME. STAY SAFE.

Credit: PA Department of Health

Standard of the Week:

17. The Clubhouse is open at least five days a week. The work-ordered day parallels typical working hours.

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

Money Talks Webinars to begin in September

Money Talks, a free webinar series on financial empowerment for people with disabilities. Starting in September, we'll host a webinar one Wednesday of every month from 1:00 – 1:45 p.m. — 30 minutes of interactive learning, 15 minutes for questions — focusing on a different topic each time.

What exactly is Financial Empowerment? Last year we asked some of our conference attendees to tell us what Financial Empowerment means to them. Roc described it as "being able to make my own decisions about my life; being in control of my own future; being able to manage my very own finances for myself."

If you are a person with a disability, a family member of someone who has a disability, an advocate, an educator, or a service provider, **Money Talks is for you**. Each session will be fully accessible, and recordings and slides will be made available.

More Info: <https://patf.us/money-talks/>

Kicking off Money Talks with...
Speak Up and Be Counted!
Wednesday, September 16th from 1:00–1:45 p.m.

With the census and elections coming up, learn why your voice is important and how to ensure that you are heard and counted. Decisions made by our representatives in Harrisburg and Washington have a huge impact on us, including prioritizing how our moneys are spent on things like healthcare, services, and education.

Join us to learn how you can participate in the 2020 Census and how you can cast your vote this fall — and why it matters now more than ever. Presenters from The Arc of Pennsylvania and Disability Rights Pennsylvania will guide a discussion on voting rights laws for people with disabilities, assistance with voting, polling places, mail-in and absentee ballots, new voter registrations, and what to do if you run into problems before or on Election Day.

Your Perspective Matters – Make It Count!

Register at [patf.us/Money Talks](https://patf.us/MoneyTalks) !

Money Talks

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>

Focus On: Fayette County Recycling

This past May, Goodwill ended an over 30 year legacy of recycling collection in Fayette County. So the question Lies, where does Fayette County Recycle?

The answer is CAP Glass in South Connellsville Borough at the former Anchor Glass Addition (2032 Baldrige Avenue). Recycling is still conducted in many cases as it was before Goodwill closed, although schedules changed, however it is hauled down to Connellsville and makes the three mile journey down Pittsburgh Street to CAP Glass in South Connellsville where it is now processed.

If you want to drop off your recyclables, you can do so from 8-4 Monday through Friday and from 8-1 on Saturdays. There are also 20 Haul-all bins throughout the county and some municipalities have curbside collections and monthly drop-off programs.

For more information visit: <https://www.fayettecountypa.org/242/Solid-Waste-Recycling-Stormwater> or call the Fayette County Recycling Hotline at (724) 430-4884.

Construction Update

Construction Patterns for the bridge near the Clubhouse on West Main Street (SR 2040) remain the same with the detour in place. Construction is expected to conclude in October. Mill Street (Between White Swan and Meloni's is now no parking except for loading and deliveries, other than that traffic must be always moving.

Fayette County Courthouse Clock goes Purple for Recovery Month

UNIONTOWN, PA - Fayette County citizens might notice a colorful change to downtown Uniontown's skyline this month. As part of a joint initiative between the Fayette County Commissioners and Axiom Family Counseling Services Inc. of Uniontown, the Fayette County Courthouse's historic clock tower on East Main Street in Uniontown has turned purple in honor of National Recovery Month. Sponsored by the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA), National Recovery Month is an annual observance held every September, aimed at educating Americans that support and treatment can enable those with mental and substance use disorders to live healthy and rewarding lives.

Axiom Drug and Alcohol Supervisor Brian Reese, who previously worked for the Fayette County Drug and Alcohol Commission, said September is something he's always looked forward to during his 26 years in the industry. "During this time, Axiom would like to emphasize that recovery is possible. We recognize all of those that have battled and recovered, and all of those still struggling today," Reese said. "Purple combines the calm stability of blue and the fierce energy of red. It symbolizes the acceptance of the battle and the power to recover. Recovery is courage, dignity and integrity on a daily basis."

Reese, a Fayette County resident, said Axiom traditionally works with local drug and alcohol organizations to host various events during Recovery Month, such as awareness walks and balloon releases. "In years past, we've always done things directly involving our clients. Unfortunately, because of the Coronavirus, we had to change our approach this year," he said. "There's excellent treatment available in Fayette County, and recovery is happening. Our goal is for people to see the clock tower shining bright purple at night and take it as a beacon of hope."

In addition to turning the faces of the tower's four clocks purple, Axiom officials will visit the courthouse at 10 a.m. Sept. 14, to place purple banners and ribbons on its grounds. At that time, Fayette County Commissioners Dave Lohr, Chairman; Vince Vicites and Scott Dunn will present the visitors with a National Recovery Month proclamation on the courthouse steps, doubling down on their commitment to helping citizens recover from addiction and other health issues. Commissioner Vicites said he's excited to take the lead on turning the courthouse purple, signifying Fayette County's continued and unwavering support for National Recovery Month. "Fayette County has one of the strongest recovery programs in Southwestern Pennsylvania, and we must continue to raise awareness of this effort,"

Vicites said. "Organizations like Axiom, the Drug and Alcohol Commission and so many more are fighting day in and day out to ensure all our citizens have the best chance possible to lead happy, healthy and productive lives. We should support them in all endeavors."

Commissioner Dunn said his goal has always been to make Fayette County a better place to live, play, work and raise a family - and having a drug-free community and environment is important to achieving that goal for many reasons. "First, it's a severe health risk to the individual addicted. Second, it tears families apart. Many local families now find themselves having the unexpected task of supporting their grandchildren or other family members," Dunn said. "Some of these families are not in the financial position to absorb these added expenses. Third, it improves the wellbeing of families, friends, coworkers, employers and communities."

Dunn said he hopes citizens see the purple display and take away the message that "addiction affects everybody, either directly or indirectly. Many of the societal ills, including crime, blight and poverty, can be directly tied to addiction" he said. "We need to continue our efforts in the areas of education and recovery to help improve our communities and develop healthier lifestyles." Commissioner Lohr said, in order to keep Fayette County growing, we must "intentionally focus on encouraging healthy, drug-free citizens. Recovery Month is all about helping achieve that goal," Lohr said. "Our partnership with Axiom will help to remind our residents that substance use treatment and mental health services can help them to live healthy and rewarding lives. I'm proud that Fayette County is helping to celebrate recovery."

To learn more about National Recovery Month and how you can get involved, visit www.recoverymonth.gov



Fayette County Courthouse Clock is Purple

This n' That in the Area

- ◆ The Friday night car cruises at the Uniontown Shopping Center have resumed and will run until the end of September. Time is 5:30 p.m. til 8:30 p.m. The cruises will have oldies music, door prizes, a 50/50 and will be hosted by WMBS Radio DJ Arnie Amber.
- ◆ Fayette County Community Action Agency, Inc. can provide assistance to Fayette County residents for rental and mortgage problems due to COVID-19. If you are experiencing difficulty making your rent or mortgage payments due to loss of income because of COVID-19, please call 724-437-6050 ext. 501 to see if you qualify for assistance.
- ◆ The countywide recycling initiative returns Saturday, Sept. 19, 2020. Fayette County has partnered with the Wharton Township Supervisors to host the Fall Hard-to-Recycle event Saturday, Sept. 19 at 114 Eliotsville Road in Farmington. In accordance with the Centers for Disease Control and Prevention's guidelines for mitigating the spread of COVID-19, all citizens must remain in their vehicles when dropping off recyclables. Event staff will unload your vehicles for you. No exceptions. Our capacity for accepting televisions and other electronics is limited. No hazardous waste will be accepted. Fees do apply to some items. For more information, please call the Fayette County Recycling Hotline at 724-430-4884.
- ◆ A craft and vendor show benefiting Connellsville Township VFD will be held noon to 7 p.m. Sept. 13, rain or shine. It will be held at the Connellsville Township Fire Hall, 905 Fireman St., Connellsville.
- ◆ St. Rita Christian Mothers will hold a drive-thru Italian Day Sale from 3-7 p.m. Sept. 25 in the St. Rita Church parking lot, First Street, Connellsville. Featured will be three Italian dinners (spaghetti, manicotti and eggplant parmigiana) with all the trimmings. Cost is \$10 per dinner.
- ◆ Brownsville Historical Society is offering tours of Nemaacolin Castle in Brownsville's historic Northside, on Saturdays and Sundays from 11 a.m. to 3 p.m. CDC guidelines will be in effect and tours are limited in size. Tickets and times can be secured by calling 724-322-2422.

Operations of Local Stores, Agencies, and Attractions

- ⇒ Walmart stores will be open from 7 a.m. to 10 p.m. with the 6-7 a.m. hour reserved for customers 60 years and older to shop on Tuesdays only. **Masks are Required.**
- ⇒ Martins stores will be open 6 a.m.-10 p.m. with the 6-7 a.m. hour reserved for customers ages 60 years and older to shop. All will be open seven days a week. **Masks Required.**
- ⇒ All local Social Security offices are closed to the public indefinitely. Due to COVID-19, you must have a scheduled appointment to enter an office. Only you may enter the facility unless you have made additional arrangements when you scheduled your appointment. Effective July 20, 2020, everyone must complete a self-assessment checklist before allowed entry.
- ⇒ Dollar tree and Family Dollar have reserved their first hour for seniors and the immunocompromised. **Masks are required.**
- ⇒ Rite Aid understands that the elderly population and those with underlying medical conditions are particularly susceptible to COVID-19. We have set aside special daily shopping hours between 9 am and 10 am to serve senior citizens and those with a weakened immune system.
- ⇒ Dollar General has reserved their first hour of business for the seniors, disabled and immunocompromised. Additionally, they are closing their stores an hour earlier than normal closing time in order to sanitize. **Masks are required.**
- ⇒ CVS has reserved the 9-10 hour on Wednesdays for vulnerable guests and their caregivers. **Masks are required.**
- ⇒ Eat'n Park restaurants are open for dine-in service from 7 a.m. to 11 p.m.
- ⇒ Effective July 27, **face coverings will be required** to enter ALDI stores. We continue to monitor safety protocols from the CDC as well as state and local health officials. Most recently, the CDC stated that cloth face coverings are a critical tool in the fight against COVID-19 and could reduce the spread of the virus. Our new face covering policy is an enhanced safety measure intended to help limit the spread of COVID-19. All ALDI employees will continue to wear face coverings, as they have for months. We encourage any customer that is unable or unwilling to wear a face covering, to visit shop.aldi.us for grocery delivery.
- ⇒ The gates are open at Patsy Hillman Park in Luzerne Township. The park is open from dawn to dusk. The Brownsville-Luzerne Park Board is reminding users to follow CDC guidelines for wearing masks and staying 6 feet apart in all areas. Restrooms and pavilions are closed at this time. The park is open for fishing, walking and jogging.
- ⇒ Sheetz has reserved the 2-3 PM Hour on Sundays for vulnerable guests. **Masks are required.** Sheetz is asking customers to donate their change, whether it's a handful or a large amount that's neatly rolled, to the Sheetz for the Kids program. If you wish not to, a Sheetz gift card will be issued to you with the funds owed to you for a future purchase. It can be applied to the Schan & Go App for your phone that can be used for pick-up orders or cashless payment that can be used in the store either in the checkout or you can skip the line with the app.
- ⇒ St. Vincent de Paul, 70 N. Mount Vernon Ave., Uniontown has reopened its thrift/retail and furniture stores from Wednesday through Saturday, 10 a.m. to 2 p.m. Those who come to the stores **must wear a mask** and observe social distancing guidelines. Donations are not being accepted at this time.
- ⇒ The Salvation Army Family store on 54 N. Mount Vernon Avenue is open from 11AM-6PM. PLEASE BE ADVISED the hour of 11AM to 12PM is for high risk people ONLY. The store will only be doing a capacity of 80 people at a time. **Face masks will be required** to enter the store. Donations will be accepted if it is sell able merchandise.
- ⇒ PA Career Link launched an employment page to connect those who may have lost jobs with employers looking for help. For more information, visit www.pacareerlink.pa.gov.
- ⇒ Riverside Family Market, 6047 National Pike, Grindstone, now has curbside pickup on Tuesdays and Wednesdays. Call the store to set up a pick-up day and time at least 24 hours in advance. Orders can be e-mailed to info@riversidefamilymarket.com. Include if substitutions will be accepted. Orders, including receipts, will be delivered to vehicles.
- ⇒ The Fayette County Courthouse has reopened on a limited capacity, therefore all other methods of communications should be utilized before visiting the Courthouse and other county buildings.

Memorials and Dedication Ceremonies this Weekend

- There will be a dedication ceremony for an Eagle Scout service project at the gravesite of Zachariah Connell, founder of Connellsville and a Revolutionary War soldier, at noon Sept. 12. Zachary Coughenour, a member of Scout Troop 101, has cleared the site, installed 28 steps, and raised a 20-foot flagpole, in addition to refurbishing the grave marker. The cemetery is located on a hill overlooking Connellsville at 714 E. Francis Ave. The public is invited to attend the ceremony. Parking is limited.
- Fayette County Firefighters Association will be having a Memorial Service at the Courthouse Plaza Sunday, September 13 at 1:00 PM at the Courthouse Plaza. Rain Date will be Sunday, September 20th.

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 Bierer-wood 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
- ⇒ Fresh Fire Church, 171 Connellsville St., Uniontown, will hold food distributions Sept. 24 from 10 a.m. to noon. Distributions will be held twice monthly moving forward.
- ⇒ For those residents in need of food, Thursdays at 10:00 AM at Perry Township Fire Hall, 206 South Liberty Street in Perryopolis (in the back parking lot) a big box of fruits and vegetables will be handed out to those in need.
- ⇒ The emergency food pantry at Saint Vincent DePaul (70 North Mount Vernon Ave. is open Wednesday through Friday from 10:30 a.m. to 1:30 p.m. Assistance, by phone appointment, has also started. For information on the food pantry, call 724-439-9188, ext. 208. Volunteers are also needed to assist in operations. Call 724-439-9188, ext. 205 for details.
- ⇒ FREE Whole Milk Distributions will be held on Saturday, September 12, 2020 from 9:00 AM until depleted at the Masontown Brethren Church (112 W. Church Ave., Masontown and on Saturday, September 19, 2020 from 9:00 AM until 11:00 AM in the Connellsville Area High School Parking Lot from 9:00 AM to 11:00 AM or the supply is depleted. These distributions are offered to anyone and is Donated by Schneider's Dairy and American Dairy Farmers of the Northeast. Thanks to the Diamond Farms, Masontown Brethren Church and Connellsville Lions Club for assisting in distribution.

FCCAA Food Pantries Next Week

The Food Pantries for the Second Week of September 2020 are as follows. They are listed as the Place (Address); Day and Time; And Geographical Area they serve.

- ◆ Hopwood Free Methodist (118 Hopwood-Coolspring Road, Hopwood); Tuesday 11-1; North Union Twp. Areas north of US 40 and East of US 119
- ◆ Connellsville Community Ministries (110 W. Crawford Ave., Connellsville); Tuesday and Thursday from 9:00 –2:30; Connellsville, South Connellsville and Connellsville Township
- ◆ Saint Peters Catholic Church (118 Church St. Brownsville); Wednesday 11:00 AM to 12:30 PM; Brownsville Area
- ◆ Leisenring Presbyterian Church (1004 Church Street, Leisenring); Wednesday 8:30 AM to 10:00 AM; Dunbar Borough and Dunbar Township
- ◆ Liberty Baptist (183 Oliver Road, Uniontown); Friday 3-5 PM; North Union Township areas north of US 40 and west of US 119.
- ◆ Fayette City United Methodist (4th Street, Fayette City); Friday, 9-12; Belle Vernon Borough, Fayette City Borough, Washington Township
- ◆ Pleasant View Presbyterian Church (533 Royal Road, Smock); Saturday 10-11 AM; Menallen and Redstone Townships East of US 40
- ◆ New Salem Presbyterian Church (27 S. Mill St., New Salem); Saturday, 9-10; Menallen and Redstone Townships West of US 40

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

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/>

Where were you on that September Day?

Today, as this newsletter is being published is the 19th Anniversary of the September 11th Terrorist Attacks and the start of the War on Terror. Many will remember where they were on that September day.

Recently, I had the opportunity to visit one of these sites where one of those acts occurred. It is located a little over an hour's drive from here in neighboring Somerset County.

But leading up to that event there were three others events on that Clear Septem-



ber Day that lead up those events.

Almost 19 years this week, at 8:46:30 American

Airlines Flight 11 from New York would crash into 1 World Trade Center. Little did Americans know, that this would be the first of four actions on the day that would change American lives forever.



Over twenty minutes later, United Airlines Flight 175 would crash into the skyscraper adjoining WTC 1, 2

WTC. From that moment, I, among many other Americans knew that these events were no accident and was an act of terror. Multiple emotions sunk in the hearts in Americans at that moment nearly 19 years ago.

Terror would strike our nation's capital 34 minutes later as United Airlines Flight 77



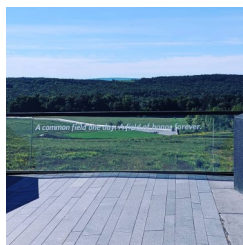
would strike the Pentagon. All this was occurring while United Airlines Flight 93 was being hijacked with the

terrorists plans to end their mission at the White House in Washington, DC. Little did they know, 40 passengers and crew would give the ultimate sacrifice and thwart the terrorists plans in the middle of Pennsylvania Farmland near Shanksville in Stonycreek Township, Somerset County.

For several years following the attack, a temporary memorial was there. It was dedicated as a National Memorial by the National Park Service in 2002. The memorial plaza in the field was dedicated in 2011. The visitor center was completed in 2015 and the final piece, the Tower of Voices is planned for completion this anniversary.

This week to commemorate the anniversary, both President Donald J. Trump and former Vice President and current Presidential Candidate Joe Biden are scheduled to appear at the memorial to participate in ceremonies remembering the 40 passengers and crew of Flight 93.

~Dustin M.



Beacon Health Options Member Education Events

- ⇒ **Friday, September 25, 2020 @ 1:00 PM**
Clarion Psychiatric Center
Suicide Prevention and Awareness
[Registration Link](#)
- ⇒ **Friday, October 9, 2020 @ 1:00 PM**
Clarion Psychiatric Center
Stress & Anxiety Management
[Registration Link](#)
- ⇒ **Friday, October 23, 2020 @ 1:00 PM**
Beacon Health Options Staff
The Journey to Trauma Informed Recovery
[Registration Link](#)
- ⇒ **Friday, November 6, 2020 @ 1:00 PM**
Beacon Health Options and PA Systems of Care Partnership
Stigma and Implicit Bias
[Meeting Link](#)
- ⇒ **Friday, November 20, 2020 @ 1:00 PM**
Axiom Family Counseling
Modern Day Addiction Treatment
[Meeting Link](#)
- ⇒ **Friday, December 4, 2020 @ 1:00 PM**
To Be Determined
- ⇒ **Friday, December 18, 2020 @ 1:00 PM**
Nick Orlando, LGBTQI+ and Behavioral Health
[Meeting Link](#)

These events are being held this year in place of the annual Adult Recovery, Family and Northwest 3 Forums due to the COVID-19 Pandemic. Beacon is the behavioral health managed care organization that serves Health Choices members in Fayette and 12 other Western Pennsylvania Counties

[More information](#)



BURSTING WITH BERRIES COBBLER

Recipe Corner

For the Filling

- 8 cups of mixed berries
- 2 Tablespoons lemon juice
- 1/3 Cup dry sweetener
- 3 tablespoons cornstarch
- Pinch salt

For the Biscuit topping

- 1/2 cup plant-based milk
- 1 teaspoon apple cider vinegar
- 1 teaspoon pure vanilla extract
- 1 1/2 cups oat flour
- 1 tablespoon baking powder
- 1/4 teaspoon salt
- 3 tablespoons unsweetened applesauce
- 2 teaspoons almond butter

For Sprinkling

- 1 Tablespoon dry sweetener

Directions

1. Preheat the oven to 425 F. Line an 8x8-inch pan with parchment paper, making sure that the parchment goes all the way up the sides of the pan, or have ready an 8 x 8 inch nonstick or silicone baking pan
2. In a large bowl, mix together the berries, lemon juice, dry sweetener, cornstarch and salt until well combined. Place the mixture in the prepared pan. Cover the pan with aluminum foil and bake for 25 minutes.
3. In a large measuring cup, whisk together the milk and apple ci-

der vinegar. Set aside to let curdle for a few minutes and then add the vanilla extract

4. In a large bowl, sift together the oat flour, baking powder, dry sweetener, and salt
 5. In a small bowl, mix together the applesauce and almond butter
 6. Cut up the applesauce mixture into the flour mixture with a fork, until crumbly. Add the milk mixture and stir until just moistened.
- Do not Over-mix.

~April B.



Easy Pumpkin Cheesecake Bars

Ingredients

Cheesecake "Topping"

- 8 oz. cream cheese
- ¾ cup sour cream
- 2 tbsp. all purpose flour
- 2 tbsp. sugar
- ½ tsp vanilla extract
- ½ tsp salt

Bars

- 2 ½ cups all-purpose flour
- 1 ½ tsp pumpkin pie spice
- 1 tsp salt
- 1 ¼ cup brown sugar
- 1 cup unsalted butter
- 1 egg

- 1 tsp vanilla extract
- 15 oz. pumpkin puree

Instructions

1. Preheat the oven to 350 degrees. Grease a 9x13 inch baking pan with non-stick cooking spray, set aside.
2. Start by making the cheesecake mix.
3. Microwave 8 oz. cream cheese in a microwave-safe bowl on 15-second intervals until smooth. This only took 30 seconds total in my microwave, so (2) 15-second intervals, stirring between. In a medium bowl, whisk together cream cheese, sour cream, flour, sugar, vanilla, and salt. Set aside.
4. In a large bowl, whisk together flour, pumpkin pie spice, and salt. Set aside. In another large bowl, mix together butter and brown sugar, until smooth. Add in the egg and vanilla extract, mix again. Stir in pumpkin puree. Slowly add the flour mixture to the wet ingredients, until just combined. Reserve about ½ cup of the pumpkin mixture set aside.
5. Pour the remaining pumpkin bar mixture into the 9x13 pan, spreading it out evenly. Take the cheesecake mixture and drop by spoonful's into the pumpkin. Gently spread the cheesecake mixture over top. Drop the remaining pumpkin mixture by spoonful's over the cheesecake. Take a toothpick or a butter knife and gently swirl the cheesecake mixture and the pumpkin, careful not to over mix the two.
6. Bake for 45-50 minutes, until the pumpkin is cakey and the cheesecake mixture has set. Allow to cool, and enjoy!



~Amanda C.

Help with Food Stamps

Pennsylvania (PA) Supplemental Nutrition Assistance Program Education (SNAP-Ed) is administered by the PA Department of Human Services (DHS) through a Management Entity at Penn State. PA SNAP-Ed is funded by USDA's Food and Nutrition Service (FNS) and operates according to FNS SNAP-Ed Guidance.

The Supplemental Nutrition Assistance Program (SNAP) better known by its former name of Food Stamps, helps individual and families make ends meet. More Information on SNAP is available. Call the Fayette County Community Action Agency for help applying. 724-430-6452



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info@unionstationclubhouse.org

Web:

www.unionstationclubhouse.com



NEED HELP ??

- ⇒ Department of Human Services
Support & Referral Hotline:
1-855-284-2494
- ⇒ 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

More Helplines are at:

<http://www.unionstationclubhouse.com/hotlines.html>

Honoring National Suicide Prevention Week

Suicide claims the lives of over 2,000 Pennsylvanians each year (according to the latest statistics) —an average of five (5) lives each day. It is estimated that each suicide directly and intimately affects six people. Therefore, at least 12,000 Pennsylvanians become survivors of suicide each year who have lost a loved one, friend, co-worker, or classmate, or someone in the community to suicide. National Statistics – According to the latest statistics by the Center for Disease Control and Prevention (CDC), over 47,000 died by suicide in the United States. Suicide is currently the 10th leading cause of death. A suicide happens every 11.1 minutes which is the equivalent of 129 people who die every day. There are over 1,000,000 attempts each year. What we do know is that suicide affects ALL ages, races, genders, sexuality, denominations, incomes and educational levels...suicide can affect anyone and everyone. We also know that ONE SUICIDE IS TOO MANY. Experts agree that clinical depression is one of the biggest risk factors for suicidal thoughts. Depression can be treated with medicine, counseling, or a combination of the two. Approximately 80% of the people who seek help for their depression improve with treatment. Therapies such as cognitive behavioral and interpersonal (talk) therapy can help with depression. There are many medications now available, or a combination of both medication and therapy can prove to be very effective in treating depression. Remember that if

one medication doesn't work, it doesn't mean they all won't work. Often times a person has to go through a period of trial and error to find the treatment that works best for them.

Suicide may feel like a scary topic, and can be terrifying to think that you or a loved one may be considering it. Follow the below steps to assist in helping yourself or a friend or loved one. Call 1-800-273-TALK (8255) For immediate help, anytime, day or night! The National Suicide Prevention Lifeline, funded by the Federal Government, provides immediate assistance to individuals in suicidal crisis by connecting them to the nearest crisis center in their area. The hotline also provides help and assistance if you are suicidal or are concerned about a friend or loved one. For more information about the lifeline, click [here](http://suicidepreventionlifeline.org).



Online Support Groups Offered During the COVID-19 Outbreak

- ⇒ Several NAMI Affiliates in Pennsylvania offer Virtual Support Groups, mostly through ZOOM, Including
 - ⇒ NAMI Bucks County, PA
<https://namibuckscounty.org/>
 - ⇒ NAMI Erie County, PA
<https://www.namierie.org/>
 - ⇒ NAMI Keystone BPD Support Group:
<https://www.namikeystonepa.org/discover-nami/find-your-local-nami/nami-pa-borderline-personality-disorder-family-support/>
- ⇒ NAMI Lehigh Valley
<https://www.namilehighvalley.org/>
- ⇒ NAMI Main Line
<https://namimainlinepa.org/>
- ⇒ NAMI of Montgomery County: <https://namimontgomery.org/>
- ⇒ NAMI Philadelphia
<https://namiphilly.org/>
- ⇒ NAMI Scranton / NE:
<https://www.naminepa.org/>
- ⇒ NAMI York-Adams
<https://namiyorkadams.org/>
- ⇒ PMHCA Virtual Drop In's
[https://pmhca.wildapricot.org/resources/Documents/Virtual%20Drop-Ins%20\(w.%20Meeting%20Info\)%20\(1\).pdf](https://pmhca.wildapricot.org/resources/Documents/Virtual%20Drop-Ins%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/>