

Union Station Clubhouse Weekly

Members Share : Cherished Memories of their lost loved ones



F

irst, I lost my husband in 2015 then I lost my dad on Easter about three years ago. It was a great loss because it was too fast and we didn't expect it. I feel so sorry for my mom and my sister too, because he passed away on her birthday. The whole family is very sad about the loss of my dad.

~Rose S.

M

y Grandmother passed in October 2018. I loved her so much. She told me never to care what people say about me, to always be positive, and know that I am a good person. She would also say "you dirty a dish, clean it" and "there is plenty of fish in the sea." She also knew I had a hard time with my mental illness, saying "you can do this Rebekah, don't let anything or anyone get in your way."

~Rebekah M.

I

his is in loving memory of my aunt Kathy and my grandpop James W. Smith and my little sister: I am always with you when I am gone, release me, let me go. I have so many things to see and do you mustn't tie yourself to me with too

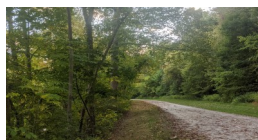
I

hinking of loved ones in memories I always think about my mother and my grandmother and my brothers and the rest of my family. I cherish all the memories I had with them in my life. We had good memories together over the years of living my life here on earth. It's been a great life with my loved ones before they passed away. However, it was so hard to lose loved ones in my life. I have been heartbroken and hurt from losing them. Nonetheless, I enjoy having time with my loved ones when they was living.

~Krysta C.

many tears, but be thankful we had so many good years. I gave you my love and you have given me so much happiness. I thank you for the love that you have shown, but now you I travel on alone. So, grieve for me while you must then let your grief be comforted by trust that it is only for a while that we must part. Treasure the memories within your heart. I won't be far away for life goes on and if you need me, call and I will come. Though you can't see or touch me, I will be near. If you listen with your heart, you'll hear all my love around you soft and clear. When you come this way alone, I'll greet you with a smile and a welcome home until the day comes we're together again.

~April B.



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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.

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:

9. Clubhouse staff are sufficient to engage the membership, yet few enough to make carrying out their responsibilities impossible without member involvement.

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

A free webinar series on Financial Empowerment for People with Disabilities

Hosted by:  PENNSYLVANIA ASSISTIVE TECHNOLOGY FOUNDATION

This Month's Money Talks Webinar

Time: Wednesday 10/14 @ 1:00 PM

Topic: This Is Not A Game: Protecting Your Benefits and Money by Protecting Your Identity.

Description: With scams and identity theft on the rise, learn how to protect your identity and your money. Becky MacDicken, Outreach Specialist for the Pennsylvania Department of Banking and Securities will guide a discussion on what identity theft is, how it happens, how to prevent it, what to do if it happens to you, red flags, and other scams that are out there, especially in the era of COVID-19.

The program is part of Money Talks, a free webinar series on financial empowerment for people with disabilities hosted by Pennsylvania Assistive Technology Foundation (PATF). Learn more at patf.us/MoneyTalks

If you have any questions or need assistance with registering, please contact Megan Bolin at 888-744-1938 or mbolin@patf.us.

FREE Webinar



Webinar Starts at 1:00 PM

[Zoom Link](#)

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: Connellsville Community Ministries Care & Share Boutique

The Care and Share Boutique is a clothing, housewares, and furniture thrift shop. They accept donations of all clean, usable clothing, household items and furniture. The Boutique currently only accepts cash. All proceeds from the sale of items help support all of the ministries and overhead expenses. The items may also be used in our Crisis program and given to families in need who have experienced a loss beyond their control such as a fire, flood or theft. If you are in need of assistance to purchase clothing, please click here. After donation, all clothing items are inspected for stains and tears. Electrical items are all tested and checked to be sure that they are in working order before being sold. In an effort to be as "green" as possible, items that cannot be sold in the shop are bagged and sold to be re-purposed. For more information visit www.connmin.org or call 724-626-1120. The boutique is located at 110 West Crawford Avenue in Downtown Connellsville

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. Additionally, utility work is occurring on other streets in the downtown area, thus making coming to and from the clubhouse more difficult at times.

This n' That in the Area Beacon Health Options Member Education Events

- ◆ 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.
- ◆ Brownsville Historical Society is offering tours of Nemaquin 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.
- ◆ The Fort Burd United Presbyterian Church at 200 Thornton Road (Route 166) in Brownsville will be having a Fall Church Rummage Sale Friday, October 9th from 9-4 and Saturday October 10 from 9-2. The Church will be also having a Winter Coat Giveaway on October 17 from 9-2.
- ◆ Norma's Closet, a FREE Clothing Bank will be held on Tuesday, October 13th at the Fresh Fire Church, 171 Connells-ville Street, Uniontown from 10:00 AM to 2 PM. There is no need for proof of income or residency.
- ◆ Albright United Methodist Church, 1626 S. Pittsburgh St., Connells-ville, will hold a takeout-only chicken and biscuit dinner from 4-7 p.m. Oct. 10. Cost is \$9 for adults and \$5 for children ages 12 and younger. On the menu are chicken and gravy over mashed potatoes and biscuit; green beans; and dessert.
- ◆ A carryout chicken and biscuit dinner will be held from noon to 5 p.m. Oct. 17 at Trinity Lutheran Church, 126 E. Fairview Ave., Connells-ville. Cost is \$9 for adults and \$4 for kids 12 and younger. All proceeds benefit the back-to-school clothing giveaway.
- ◆ Christian Church of Connells-ville, 212 S. Pittsburgh St., will hold its annual chicken and biscuit dinner from 4-7 p.m. Oct. 17. The event will be takeout

- ⇒ October 23, 2020-1:00 p.m. (Friday)
Beacon Health Options
The Journey to Trauma Informed Recovery
[Registration Link](#)
- ⇒ November 6, 2020-1:00 p.m. (Friday)
Beacon Health Options and PA System of Care Partnership
Part 1 Stigma and Implicit Bias – "Starting the Conversation"
[Registration Link](#)
- ⇒ November 20, 2020-1:00 p.m. (Friday)
Axiom Family Counseling
Modern Day Addiction Treatment
[Registration Link](#)
- ⇒ December 4, 2020-1:00 p.m. (Friday)
Beacon Health Options and PA System of Care Partnership
Part 2 Stigma and Implicit Bias "Continuing the Conversation"
[Registration Link](#)
- ⇒ December 18, 2020 -1:00 p.m. (Friday)
Nick Orlando

LGBTQI+ and Behavioral Health

[Registration Link](#)

- ⇒ January 8, 2021-1:00 p.m. (Friday)

Beacon Health Options and PA Care Partnership

Part 3 Stigma and Implicit Bias "Wrap it Up"

[Registration Link](#)

For Training Conference telephonic Dial In Codes and visit this [document](#) on the Beacon Health Options Website.

Beacon Health Options, formerly known as Value Behavioral Health of Pennsylvania, is the Behavioral Health-Managed Care Organization (BH-MCO) that provides Mental Health and Substance Abuse benefits to Health Choices



This N' That (Continued)

- only. Cost is \$8 for adults and \$5 for children 6-12. Homemade desserts will be served. For more information, call 724-628-3802.
- ◆ There will be a Sunday Funday at Saint George Maronite Church, 6 Lebanon Terrace Uniontown from 11:30 to 3:30. There you will find Pull Tabs, Gourmet Funnel Cakes and a variety of other food for sale.
- ◆ There will be a Take Out Chicken Dinner at Saint John the Evangelist Church, 908 West Crawford Avenue, Connells-ville from 12:30 PM until sold out. Cost is \$12 for adults and \$6 for children under 12.
- ◆ Downtown Connells-ville will sponsor its Chili Fest from 11 a.m. to 2 p.m. Nov. 7. Sample chili from a variety of local restaurants while exploring downtown. Tickets cost \$10 and are available at participating locations. Proceeds benefit Downtown Connells-ville Initiative. Go to [down-](#)

townconnells-ville.org or call 724-603-2093 for information.



Getting Help With Food

FCCAA Food Pantries Next Week

- Point Marion United Methodist, 502 Morgantown Street, Point Marion; Tuesday 12 Noon –1 PM; Point Maron, Springhill Township
- Saint Paul's Lutheran Church, 71 North Gallatin Avenue, Uniontown; Tuesday from 5-6 PM; Streets off of Gallatin Avenue in the City of Uniontown
- Masontown Presbyterian Church, 102 W. Church Ave., Masontown; Wednesday from 1-2 PM; Masontown, Adah, Hibbs and Ronco
- Connellsville Community Ministries, 110 W. Crawford Avenue, Connellsville; Tuesday and Thursday, 9:00 AM to 2:30 PM; Connellsville, South Connellsville, Connellsville Township
- Liberty Baptist Church, 183 Oliver Road, Uniontown; Friday from 3-5 PM; Areas of North Union Township North of US 40 and West of US 119
- Fayette City United Methodist Church, 4th Street, Fayette City; Friday 9 AM to Noon; Belle Vernon Borough, Fayette City, Washington Township
- Pleasant View Presbyterian, 533 Royal Road, Smock; Saturday 10 AM to 11 AM; Areas of Menallen and Redstone Townships North Of US 40
- New Salem Presbyterian Church, 27 S. Mill St., New Salem; Saturday 9 AM to 10 AM; Areas of Menallen and Redstone Township South of US 40

Other Needs

- ⇒ 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://coronavirus.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
- ⇒ 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.

- ⇒ 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 of Connellsville will have Free Community Lunch on Saturday, October 30, 2020 from 11:30 AM to 1:00 PM at the church at 316 North Arch Street, It is takeout only.
- ⇒ 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 narthex. Enter through the front doors on Morgantown or Fayette Street. Pickup is the second and last Mondays of the month at NOON.

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/>

- ⇒ FOOD DISTRIBUTION! Fresh Fire Church located at 171 Connellsville Street in Uniontown will hold a food distribution THURSDAY, OCTOBER 15th 10am - 12pm or until we are out of food. We plan to serve over 950 families. This is a drive-thru distribution, please have your trunk open or back seat unlocked. Please do not cut line, if you do, you will not be served and sent to the back of the line. Also, please be careful not to block driveways or streets while you wait. Follow the direction of traffic control and our volunteers.

- ⇒ There will be a USDA Farmers to Families Food Box Distribution on Saturday October 17 and Saturday, October 31 at the Connellsville High School Complex. 201 Falcon Drive Connellsville from 9 AM—Noon or until the Supply is depleted. There are no income guidelines, each car will get one food kit per car. The product is donated by Sysco and organized and donated by the Connellsville Lions Club.

Department Of Human Services Provides Update On Latest Medicaid, SNAP Enrollment Data, Provides Information On New SNAP Income Limits

Harrisburg, PA - Today, Department of Human Services (DHS) Secretary Teresa Miller reminded Pennsylvanians that safety-net programs like the Supplemental Nutrition Assistance Program (SNAP) and Medicaid are available to individuals and families who are struggling to afford food or access health care.

Overall, enrollment in SNAP and Medicaid is growing – but not as dramatically as many expected when this crisis began. However, DHS continues to anticipate potential surges in applications because of decreased unemployment benefits and impacts from housing insecurity.

Enrollment statewide for Medicaid has increased by 210,576 people since February, for a total enrollment of 3,042,139 people in August -- a 7.4 percent increase.

Enrollment for SNAP statewide has increased by 105,624 people since February, for a total enrollment of about 1,843,083 in August -- a 6 percent increase.

DHS also relayed changes to SNAP made by the United States Department of Agriculture's (USDA) Food and Nutrition Service (FNS). FNS annually evaluates the income eligibility standards, the maximum thrifty food plan, and the minimum benefit amount.

Below are the SNAP income limits beginning October 1, 2020 through September 30, 2021:

Factors that contribute to higher SNAP allowances and income limits in Pennsylvania include household size, monthly income, and if a member of your household is 60-years-old or older, or has a disability.

Additionally, below are the changes to the Maxi-

Household Size	Maximum Gross Monthly Income
1	\$1,383
2	\$1,868
3	\$2,353
4	\$2,839
5	\$3,324
6	\$3,809
7	\$4,295
8	\$4,780
Each Additional Member	+ \$486

imum Thrifty Food Plan effective October 1, 2020 through September 30, 2021. The Maximum Thrifty Food Plan is the maximum number of benefits a household can receive.

There are no changes to the minimum benefit amount; it will remain at \$16 through September 30, 2021.

SNAP currently helps more than 1.9 million

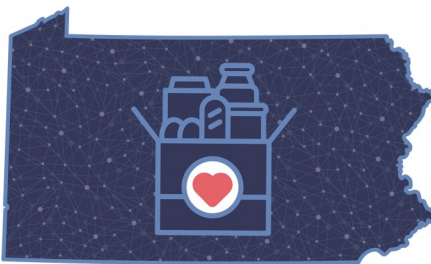
Pennsylvanians, including children, people with disabilities, older adults, and working adults expand purchasing power to ensure their house-

Household Size	Maximum Thrifty Food Plan
1	\$204
2	\$374
3	\$535
4	\$680
5	\$807
6	\$969
7	\$1,071
8	\$1,224
9	\$1,377
10	\$1,530
Each Additional Member	\$153

hold has food. Inadequate food and chronic nutrient deficiencies have profound effects on a person's life and health, including increased risks for chronic diseases, higher chances of hospitalization, poorer overall health, and increased health care costs. Children who have enough to eat go on to have higher graduation rates, increased adult earnings, and improved health outcomes in their adult life. Older adults who are enrolled in SNAP are healthier, hospitalized less and are less likely to go to a nursing home. As the nation faces the COVID-19 pandemic, access to essential needs like food is more important than ever to help keep people healthy and mitigate co-occurring health risks. Additionally, receiving SNAP can help free up money usually allocated to groceries that can be used to pay other necessary household expenses.

Pennsylvanians who need more immediate help feeding themselves or their family should find and contact their local food bank or pantry through [Feeding Pennsylvania](#) and Hunger-Free Pennsylvania.

Applications for the Supplemental Nutrition Assistance Program (SNAP) and Medicaid can be submitted online at www.compass.state.pa.us. Applications are processed within six days on average for SNAP and 11 days on average for Medicaid. Once a benefit is approved, it can be immediately accessed. Pennsylvanians who need immediate help feeding themselves or their family can also find more information about food assistance resources for people around Pennsylvania impacted by COVID-19 and the accompanying economic insecurity [here](#).



Taking Extra Precautions this Cough & Cold Season

As I am writing this, it is the first full week of October, which is unofficially the start of cough and cold season.

While I can usually bounce back from a cough or cold as in years past, I have learned that prevention is the best ounce of prevention, especially with COVID 19 around us this year. With that being said, I am washing my hands more along with applying hand sanitizer and wearing a mask (and keeping them clean as well.) I feel that these are good general defenses in being well this winter.

Additionally, I am doing something for the first time in 35 years of my life, and that is getting a flu shot. In years past I would have vehemently denied this and I almost did this year, but I took into consideration that my parents are both senior citizens and my exposure to the public. I am exposed to exotic elements where flu-like symptoms can be contracted. Therefore, I made the decision at my doctor visit this week to get the flu shot.

Furthermore, if I do have the signs such as a cough or cold, I will take notice and will call off from the Clubhouse and work as suggested as a precautionary measure. That way I can take care of myself and be back up and running at normal speed should something occur. However, I do pray for a less infective season this year.

~Dustin M.

Mail-in ballots being sent out; *Fayette Election Officials say application requests being processed*

Fayette County Election Bureau Director Larry Blosser said his office has been inundated with calls hindering the office's work in processing the unprecedented number of mail-in ballot applications it is receiving.

"We're expecting upwards of 20,000 mail-in ballots this election, which is the most the county has ever seen. Our office is processing the applications for those ballots right now, so we are not always able to answer phone calls as they come in," Blosser said. "Anyone who needs to reach us should please leave a message, rather than calling multiple times, and someone will get back to you as soon as possible."

Mail-in ballots are being sent out early this month.

Blosser said in a press release the increase in phone calls is because of confusion regarding spam mail citizens are receiving from third parties not associated with the Fayette County Election Bureau.

"There are seven different political groups that are sending political mailers to constituents," Blosser said.

"These are not coming from the county. The only thing this office will mail to you is your official ballot, once you request it."

Election officials said applications which third-party political groups are sending are valid and can be used, however, only one mail-in ballot application is needed. Officials urged voters not to send in multiple applications.

Election officials said the bureau has no control over the mailing lists from third-party groups.

The Fayette County Election Bureau will only mail you your official ballot once your application is processed via mail or online. The county will not send any other election-related cor-

respondence, but the Pennsylvania Department of State may send notices.

If you voted via mail during the 2020 primary election, you might have already requested a permanent mail-in ballot application for the remaining elections in this calendar year. Whether you applied to vote via mail-in ballot online or through a physical application, you would have been given the choice to sign up for the permanent option.

If you have already applied for a permanent mail-in ballot, election officials said you do not need to apply to vote via mail for any future elections. Your information is on file through Jan. 31, 2021, and your ballot will be mailed to you.

When applying to vote through the Pennsylvania Department of State's website, you will not receive notification if you have already opted for a permanent mail-in ballot. Therefore, you might be submitting a duplicate application, which will be declined.

If you are unsure if you opted for a permanent mail-in ballot during the primary, call the county election bureau and leave a message and someone will return your call as soon as possible.

Once you receive your ballot, only you may deliver your ballot, election officials said. You may not hand-deliver someone else's ballot.

Ballots must be submitted by 8 p.m. Nov. 3 when the polls close.

Ballots not containing the federally mandated, internal secrecy envelopes will be considered "naked ballots" and will be invalidated.

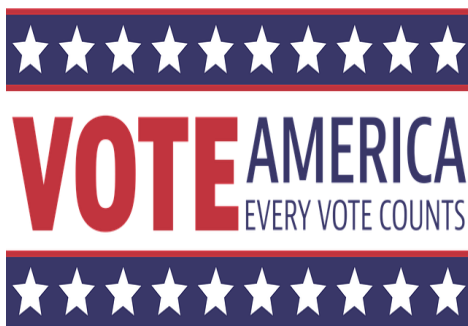
If you apply for a mail-in ballot but later decide to vote in person, contact the Fayette County Election Bureau to request a cancellation form. Otherwise, you must surrender your mail-in ballot at the polls to be allowed to vote in person.

You can also cancel your mail-in ballot application online at www.fayettecountypa.org/230/electionbureau.

State and federal COVID-19 safety requirements will be enforced at all Fayette County polling places on election day.

Blosser said the election bureau is seeking face mask donations in an effort to help protect poll workers.

For information or to reach an election official, call 724-430-1289.



20 Minute Broccoli Cheese Soup

Ingredients

- 1 tablespoon butter1 tablespoon butter
- 1 small onion diced1 small onion *diced*
- 1 cup carrots diced1 cup carrots *diced*
- 3 cups fresh broccoli3 cups fresh broccoli
- 2 cups chicken broth2 cups chicken broth
- ½ teaspoon each thyme and garlic powder½ teaspoon each thyme and garlic powder
- salt & pepper to taste salt & pepper *to taste*
- 2 tablespoons flour2 tablespoons flour
- 1 ½ cups light cream1 ½ cups light cream
- 1 cup sharp cheddar cheese shredded1 cup sharp cheddar cheese *shredded*
- ½ cup parmesan cheese fresh½ cup parmesan cheese *fresh*

Instructions

1. In a large saucepan, cook butter, onion and carrots over medium heat until onion softens (about 3 minutes). Add broccoli, chicken broth, and seasonings. Simmer until broccoli is softened, about 8 minutes.
2. Remove 1 cup of vegetables, coarsely chop and set aside. Using an immersion blender, blend remaining vegetables and broth
3. Place flour in a small bowl. Add in cream a little at a time stirring until smooth. Bring blended vegetable mixture to a boil and whisk in cream mixture. Continue whisking until thick and bubbly, about 3-4 minutes.
4. Remove from heat, stir in cheeses & reserved chopped vegetables and serve immediately.

~Quinn P.

Tatertot Casserole

Ingredients

- Ingredient Checklist
- 1 pound ground beef
- 1 pinch salt and ground black pepper to taste
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 2 cups shredded Cheddar cheese
- 1 (16 ounce) package frozen tater tots

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Cook and stir ground beef in a large skillet over medium heat until no longer pink and completely browned, 7 to 10 minutes; season with salt and black pepper. Stir cream of mushroom soup into the cooked ground beef; pour the mixture into a 9x13-inch baking dish. Layer tater tots evenly over the ground beef mixture; top with Cheddar cheese.
3. Bake until tater tots are golden brown and hot, 30 to 45 minutes.

~April B.



Recipe Corner

Cauliflower-Olive Salad

Ingredients

- 1/2 head cauliflower, broken into small florets
- 1/2 cup dried red onion
- 1 can (2 1/4 ounces) sliced, ripe olive, drained
- 1/2 cup chopped fresh parsley
- 1/4 cup lemon juice
- 1/4 cup olive oil
- 1/4 cup mayonnaise
- 1.2 teaspoon salt or Vege-Sal
- About a dozen cherry tomatoes
- Lettuce (Optional)



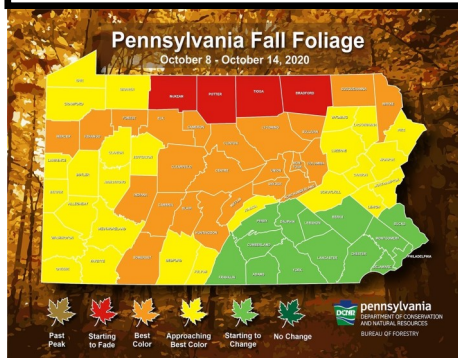
Directions

1. Combine the cauliflower, onion, olives, and parsley in a bowl
2. Combine the lemon juice, olive oil, mayonnaise, and salt in a separate bowl. Pour over the veggies and toss well
3. Chill for at least an hour—a whole day wouldn't hurt a bit. When you're ready to serve the salad, cut the cherry tomatoes in half and add them to the salad. Serve on a bed of lettuce if you wish, but it's wonderful alone too.

~Rose S.

Fall Foliage Report...This is the best weekend!

Forbes State Forest staff reported that maples will show peak color this weekend in the Laurel Highlands. Red and sugar maples are perennial fall color favorites, but this year they are especially bright and colorful. The northern hardwood forest containing black cherry, maples, birches, and American beech will show great color this week. There has been a noticeable transition of color in species that turn later in fall, like oaks, beech, and poplar. A few white and red oaks are showing splashes of yellow, but most remain green. Yellow poplars and beeches are beginning to show their bright yellow. Sassafras is displaying bright shades of red, orange, and yellow. Ferns, common in many forests throughout Pennsylvania, are beginning their dormancy and are showing beautiful browns and yellows.





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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>

Cherished Memories

Since this week's theme is remembering our loved ones that have passed, I definitely felt the need to share. Over my 40+ years, I have experienced the grief and loss of many friends and loved ones. But, none compared to the loss of my father.

My Dad was the definition of a traditional blue collar working man. He was raised as a carpenter, a machinist by trade, and a mechanic at heart. In his youth, he raced stock cars on dirt tracks! Eventually, he came to own and operate several businesses. One of which was a small-engine repair shop and the other was a full service garage and gas station.

Dad was a jokester and liked to tease everyone he held dear. Although he wasn't the affectionate type, he was always there when you needed him. He was brutally honest, but everything he told you was fact and he told it to you as sage advice.

When I was a child, I went with my Dad everywhere. We often went hunting, fishing, and camping. When I hit my young adult years, we drifted apart (mostly my doing), but became close again after I became a Dad myself. Fatherhood gave me a whole other level of perspective and respect for him.

therhood gave me a whole other level of perspective and respect for him.

In August of 2017, my Dad lost his brief battle with pancreatic cancer. I miss him everyday, and I try to live my life in a way that honors his memory. I carry the wisdom he shared with me and likewise share it with my children and the members of our Clubhouse as a way of keeping his spirit alive.

~ 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://namibucks.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.nami-lv.org/>
- ⇒ NAMI Main Line
<https://namimain-line.org/>
- ⇒ NAMI of Montgomery County: <https://namimontcopa.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/>