

Union Station Clubhouse Weekly

Members Share What they plan to do
for this summer.



For the summer, I will be taking more days off and staying at home and attending Clubhouse virtually, while doing something that I enjoy because sometimes attending Clubhouse or work on-site, from all the extra precautions and changes, it becomes extremely difficult to prevent burnout. I would like to go somewhere, however with the increase of COVID cases with restrictions imposed by the state government, it will be likely that a "staycation" will be the norm for this summer. There's no county fair, no other large festivals that have been cancelled into the fall and beyond for 2021. Many of the things that I have been used to doing each year have either been modified or cancelled altogether for 2020 with things being planned for 2021. Sometimes, I have to wish for the simple things like staying with my parents at their house on South Connellsville farmland and the ability to have my own space to enjoy the summer. I have been through so much this year, I just want to relax once and for all.. I need to put all my worries and think about my self-care once and for all.
~Dustin M.

My plans for the summer are to spend time with those close to me such as my family and girlfriend and staying in the community I live , I also want to enjoy all the nice weather we have been having so far this summer. I don't like the fact of social distancing and masking and that some popular gatherings in our community, like the Fayette County Fair has ben cancelled due to COVID-19.
~Ra-Mel H.

For my summer, I plan to come to the Clubhouse as much as I can and spend time with my family and friends.
~April B.

What am I going to this summer I have been working a lot but I do get days off from work on my days off I sleep or walk around and go fishing, but mostly I am at work. I love my job and my coworkers. It amazing that I have been working a month now I think this job is the one for me so far for now.
~Krysta C.

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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.

Members: Please be sure to check the Facebook Group and your email prior to the session you wish to join as the meeting code is different depending on which staff is hosting.



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

Online Ordering Options for SNAP

Pennsylvanians now have the ability to use Supplemental Nutrition Assistance Program (SNAP) funds to purchase groceries online through select retailers. This flexibility allows SNAP recipients to purchase groceries from home, which can help limit trips out of the home as Pennsylvania sees rising cases of COVID-19. Last month, DHS launched the pilot program overseen by the United States Department of Agriculture (USDA) that allows SNAP recipients to purchase groceries online through participating retailers approved by the USDA. Only eligible food items normally paid for by SNAP may be purchased from these retailers online with SNAP benefits. Delivery fees, driver tips, and other associated charges may not be paid for with SNAP benefits. This initiative does not include the ability to transact Cash Assistance benefits using the EBT card; therefore, individuals will need to use another method of payment, such as a pre-paid debit card, to cover non-allowable fees. More information on the online program, including a list of locations of participating retailers, can be found [here](#).

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>

Standard of the Week

6. Members have a right to immediate re-entry into the Clubhouse community after any length of absence, unless their return poses a significant and current threat to the Clubhouse community.

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

Festivals Cancelled in 2020

The following is not a comprehensive listing of cancelled festivals, rather it is a list that is local to Fayette County, for further updates you can visit the source from where it is derived <https://ohiofestivals.net/pennsylvania-festivals/>

- ⇒ Fayette County Fair
- ⇒ Laurel Hill Bluegrass Festival
- ⇒ St. Joseph Fair in Everson
- ⇒ National Pike Steam, Gas & Horse Assn Show
- ⇒ Bullskin Twp. Fair
- ⇒ California Riverfest
- ⇒ New Centerville Jubilee
- ⇒ 2020 Mountain Craft Days
- ⇒ Covered Bridge Festival
- ⇒ Flax Schutching Festival
- ⇒ Scottdale Fall Festival
- ⇒ Mt. Pleasant Glass & Ethnic Festival
- ⇒ Dunbar Community Fest
- ⇒ Confluence Pumpkinfest
- ⇒ Springs Folk Festival
- ⇒ Fort Ligonier Days

Yard Sale Rescheduled for Saturday, August 22nd

Due to COVID-19, Our annual Yard Sale will tentatively be Saturday, August 22, 2020 dependent on regulations set forth at that time by the CDC and the Local and PA Department of health. Keep an eye on the event page and discussion for further updates!

<https://www.facebook.com/events/1444083582426824/>

The Yard Sale will also coincide with the 17th Annual Historic National Road Yard Sale. The yard sale extends for 824 miles from St. Louis to Baltimore along the National Road, known locally as Route 40.

Construction Update

The SR 2040 (Main Street) over Coal Lick Run City of Uniontown, Fayette County Bridge Replacement is still occurring with present detours in place. According to PENN DOT's website, the bridge is planned to be completed by October 30 of this fall.

A Teaching Moment

I can remember growing up going anywhere as a child and having a pick at the menu. Many times it was a cheese related food simply because I couldn't get enough of it. That was then and this is now. Almost 30 years later those obsessions still hinder back but have become more eminent. I hit pubescence, I have been on too appetite causing medicines for just over 20 years. In essence I am over 300 pounds and growing. With COVID-19 in our lives, among personal earlier circumstances, it has become harder to step away from the screen and move about. Nonetheless,

It is a God-Given miracle that in my 35 years of living and my almost half decade without dental care that my teeth haven't presented me with any issues as a result of my excess soda drinking. I guess not eating really any other sweetened items other than that has been the saving grace in that arena and for the most part other than a few minor health issues other than my weight, I manage to do well.

Since COVID-19 I have had several bouts of inactivity due to being in front of a computer or phone most of my work time, however in those occasions, a sweet drink, usually tea would occupy the occasion at the moment in time. In any given week, I would purchase and consume 3 gallons of sweet tea, let alone any sodas or any other sugary drinks. In the end, it all catches up to you as the experts suggest.

It is getting better though within the past two days, only one big drink today, and its diet and no more pop or tea today. Why? Because there's none in the house! My mother has increasingly become worried about my health and of my size of the simple fact that I might die.

In reality, I like food and the way it tastes, although I don't really take time to taste it. I also don't do what is needed to be done in order to help my health my eating less and doing more, the pillars of any method of losing weight. Each week, my day program has a wellness Wednesday segment that I usually lead on our virtual platform, The past two weeks we have been talking about the mental and physical affects on sugar and mental this week, we talked about calories, and planned for next week is Weight and BMI. My central thought is this, how when they ask me questions, can I be honest looking when I myself am way morbidly obese. How can I be respected to the fact that I preach health, yet all I do is the opposite. It makes me look like a fool and like I do as I say and not as I do.

I know I need to do it and not having a complete meltdown about making a trip to the store to get some nourishment was the first step, and it will be likely that because I am working virtually tomorrow, that I will go without and that will be OK, because I do need to replace the tea and soda drinking for a more healthier drink like water. I have to do it, because I fear that I won't be able to go to the day program, work or the store. It's hard now in the larger stores, I don't like it since they removed the benches. I know its no ones fault just these draconian mandates to prevent COVID-19 from spreading.

~Dustin M.

Virtual Festivals

- 7/29 (W): [Rain Day Festival](#)
- 8/25 (T): [Virtual Banana Split Celebration](#)

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.
- ◆ The Uniontown Sons of Italy will resume monthly pasta dinners on a take-out basis beginning July 8. The Giuseppe sandwich will also be available on the third Wednesday of every month beginning July 15. Call 724-439-2290 to place an order and set up a pick-up time.
- ◆ Otterbein United Methodist Church, 201 Lincoln Ave., Connellsville, will hold a peach social from 4-6:30 p.m. Saturday, Aug. 8. The meal will include a pulled chicken sandwich with barbecue sauce on the side and a serving of pound cake with peaches and ice cream. It will be takeout only, with orders taken and delivered to your car. Workers will wear masks and gloves. Cost is \$9 for adults and \$4.50 for children 3-12. Kids younger than 3 will eat free. Tickets may be purchased the day of the social.
- ◆ The Dunbar Community library will hold a BBQ Take-Out Fundraiser Kickoff from 11 a.m. to 3 p.m. Sunday at its 60 Connellsville St. location. Doss Boys BBQ will serve an array of barbecue items, including pulled pork and pulled brisket, pulled pork nachos and the ever-popular ribs. Also on the menu will be baked beans and smoked macaroni and cheese, as well as fresh-squeezed lemonade.

Fireworks in Fayette County Schedule

Brownsville / Hiller / Merrittstown

The Brownsville-Luzerne Park Board has rescheduled the community's annual fireworks to Sept. 5 at Patsy Hillman Park, 100 Telegraph Road.

Operations of Local Stores, Agencies, and Attractions

- ⇒ Walmart stores will be open from 7 a.m. to 8:30 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, though local offices will continue to provide services by phone. Online services will remain available at www.socialsecurity.gov. Those who already had an in-office appointment scheduled will be contacted to handle the matter over the phone. The phone number for local offices is 1-800-772-1213.
- ⇒ The 82nd annual Fayette County Firefighters Association Convention, set to be held in July in Brownsville, has been canceled. The association will hold an 82nd/83rd combined convention July 11-17, 2021.
- ⇒ Dollar tree and Family Dollar have reserved their first hour for seniors and the immunocompromised. **Masks are suggested.**
- ⇒ 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.
- ⇒ Churches in the Dioceses of Greensburg and Pittsburgh have resumed in-person worship services. That includes all Roman Catholic churches in Fayette, Westmoreland, Washington and Greene counties. See individual church websites for Mass times and restrictions.
- ⇒ CVS has reserved the 9-10 hour on Wednesdays for vulnerable guests and their caregivers. **Masks are required.**
- ⇒ Fiddles Diner, 101 Water St., Brownsville has reopened on a reduced operating schedule.
- The eatery will be open Wednesday through Sunday from 7:30 a.m. to 3 p.m. and closed Monday and Tuesday.
- ⇒ Eat'n Park restaurants are open for dine-in service from 7 a.m. to 11 p.m.
- ⇒ 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 Brownsville Borough Building, 200 Second St., remains closed to the public.
- ⇒ 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.
- ⇒ Due to COVID-19, the County of Fayette/ Dunbar Township has extended its face period for the payment of real estate taxes until July 31. Mailed payments are strongly advised during this pandemic. Payments also can be made online at www.GovPay.Now.com.

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 Corona-virus
 - ⇒ 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
- ⇒ There will be a food distribution Thursday, June 4 and every Thursday through August at Fresh Fire Church, 171 Connellsville St., Uniontown at 10 a.m. to 1p.m. The distribution will take place in the back of the building. The church plans to serve 800 families. This is a drive-thru distribution. Please do not line up before 9am, have your trunk or backseat open and follow the directions of the volunteers. For more information call 724.580.7027
- ⇒ Brownsville Borough Council are continuing to distribute food to those in need on Saturdays from noon to 2 p.m. Contact any council member via email about donations, private message them on their Facebook pages, or call Paul Synuria at 724-970-4501. Emails for council members are listed on the borough's website.
- ⇒ The Connellsville Lions Club will distribute free gallon jugs of whole milk from 9 a.m. to noon Saturday, July 25, at the Connellsville Area High School parking lot. It is free to anyone; there are no income restrictions. The Lions will unload the milk from the truck and place it in your car, carefully following all CDC guidelines to protect everyone from COVID-19.
- ⇒ 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.
- ⇒ There will be a food bank at Pleasant View Presbyterian Church, 533 Royal Road, Smock, on Saturday, July 18 at 10 a.m.
- ⇒ Calvin United Presbyterian Church, 307 Spring St., Brownsville will hold its regular food distribution on Saturday, July 25 at 10 a.m. Recertification will be done at this time and a valid ID is needed.
- ⇒ The Christian Church of Connellsville, 212 S. Pittsburgh St., will hold a free community lunch from 11:30 a.m. to 1 p.m. Monday, July 27. The lunches will be takeout only.
- ⇒ There is a community Pantry at the Pleasant View Presbyterian Church, 533 Royal Road, Smock that is available to those in need around the clock. "Give what you can, Take what You Need"
- ⇒ There is a little free pantry near the Emergency Room Entrance to Highlands Hospital, 401 E. Murphy Avenue, Connellsville that is available around the clock. Share with others or take what you need.
- ⇒ Central Fellowship Church will hold a free community lunch from 11 a.m. to 12:30 p.m. Saturday, July 25. A bag lunch will be provided for takeout only. All are welcome. The Church is located at 316 North Arch Street in Connellsville, across from the AMTRAK station.

COVID-19 Food Distributions

- ⇒ Monday, July 27
Perry Auto Auction
3447 Pittsburgh Road
Perryopolis, PA 15473
1:00pm-2:30pm
Please don't arrive before noon.

This is a food distribution sites for anyone in need of food assistance as a result of COVID-19. There are no income eligibility requirements. You do not need proof of income.

Please have your trunk open as you come through the drive-through line so volunteers can place boxes in the trunks and keep the line of cars moving. There is no need for you to get out of your vehicle.

Local businesses, banks confront national coin shortage

Amid the ongoing crisis sparked by the coronavirus, the United States is experiencing a coin shortage. While it may not be as worrying as running out of toilet paper, there are fewer coins to be had across the country today than there were in March. There are a couple of different reasons for this: First, the volume of cash transactions has plummeted as many Americans have been shopping online and keeping their distance from brick-and-mortar retailers during the pandemic; and the manufacture of coins has slowed as mints have placed social distancing and other measures in place to slow the spread of COVID-19. In April, coin production fell by 10%, and tumbled by 20% in May.

Jerome Powell, the chairman of the Federal Reserve Board of Governors, told the House Financial Services Committee last month that “the flow of coins, it’s kind of stopped.”

Powell added, “The places where you go to give your coins and get credit, cash – these have not been working. Stores have been closed, so the whole system of flow has kind of come to a stop.”

As a result, many retailers, both large and small, have been pinching pennies and telling customers they have to use exact change if they are paying in cash.

“It’s been trying,” said Andrew Corfont, the marketing director for Community Bank, which has area locations in Fayette, Westmoreland and Washington counties. “There are some merchants that use a lot of coins.” For example, banks like Community Bank have only been allowed to order \$1,000 in quarters per week, when they would typically use three to four times that amount on any given day, according to Jennifer George, Community Bank’s chief operations officer. They have been spreading coins around to branches that have the greatest need.

“It’s been a headache for (businesses) and for us,” George said.

The businesses that have been most affected by the shortage are large retailers like grocers and those that rely heavily on coins, such as laundromats and car washes. Dick Roberts, a spokesman for Giant Eagle, said in an email message that the region’s largest grocer, “has been impacted by the temporary shortage of coins.” He continued, “While we are hopeful that this national

issue will be short-lived, we are nevertheless actively working to make as much change as possible available to our guests.” Retailers such as Sheetz, which has over 600 stores across six states and headquartered in Pennsylvania, have been particularly impacted by the coin shortage.

“We are experiencing the coin shortage first-hand at almost all of our locations,” said Nick Ruffner, the public relations manager with Sheetz. “We are alerting our customers before they purchase items with cash that they must have exact change ready.”

Ruffner added, to help overcome the coin shortage, Sheetz is also encouraging customers to order and purchase items through their “SHcan & Go” app or through debit and credit card transactions.

“Additionally, when checking out, customers can donate their extra change to Sheetz For the Kidz, an employee-driven charity supporting underprivileged children,” Ruffner said. “Stores can ring these donations through the register for the charity so the funds go to an important cause and then use the coins as change for customers.”

Some observers have suggested that the widespread use of credit and debit cards during the coronavirus pandemic is pulling us more quickly toward the long-predicted cashless society, where the coins and paper bills in our wallets and purses will become a thing of the past and be replaced entirely by credit or debit cards. But cash is still used in about 30% of all transactions, and is particularly popular for transactions under \$10, according to a 2018 report by the Diary of Consumer Choice.

The problems caused by the coin shortage demonstrate that we’re not prepared to leap into a cashless world anytime in the near-term, according to George.

“I don’t think everybody’s ready for it yet,” she said.

This article was blended from the Federal Reserve, Community Bank’s and Sheetz’s Websites.



Pumpkin Cheesecake: By the Low Carb Cookbook, shared by Rose S.

Ingredients

- Butter
- 1/2 Cup Pecans, coarsely chopped
- 2 packages (8-ounces each) cream cheese, softened
- 1/2 to 3/4 cup Splenda sweetner
- 2 teaspoons vanilla extract
- 1-1/2 cups canned pumpkin
- 1/2 cup sour cream
- 4 eggs
- 1-1/2 teaspoons cinnamon
- 1 teaspoon ginger
- 1/2 teaspoon nutmeg

- 1/4 teaspoon ground cloves

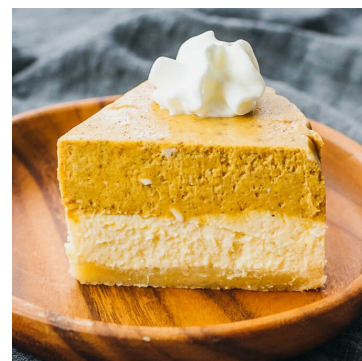
- 1/4 teaspoon salt

Directions

1. Preheat the oven to 350 F.
2. Butter the bottom and sides of a 9-1/2" springform cheesecake pan. Sprinkle the bottom of the pan with chopped pecans, distributed evenly.
3. In a huge mixing bowl, use an electric mixer to beat the cream cheese, Splenda, and vanilla until fluffy, stopping occasionally to scrape the sides of the bowl and beaters.
4. Add the pumpkin and sour cream, mixing thoroughly on medium speed. Add the eggs one at a time, mixing thoroughly between each one. Mix in the cinnamon, ginger, nut-

meg, cloves, and salt.

5. Pour the batter over the nuts in the pan. Bake for 60 to 70 minutes, or until a knife placed in the center comes out clean. Cool for 20 minutes before removing from the pan, and chill for at least 2 hours before serving.



Perfect No Bake Cheesecake: By: Sally's Addiction Kitchen, shared by Amanda C.

Ingredients

Graham Cracker Crust

- 2 cups (200g) **graham cracker crumbs** (about 12-14 full sheet graham crackers)
- 1/3 cup (67g) packed light or dark **brown sugar**
- 1/2 cup (8 Tablespoons; 115g) **unsalted butter**, melted

Cheesecake

- 1 and 1/4 cups (300ml) heavy cream or heavy whipping cream
- three 8-ounce blocks (680g) full-fat cream cheese, softened to room temperature
- 1/2 cup (100g) granulated sugar
- 2 Tablespoons (15g) confectioners' sugar
- 1/4 cup (60g) sour cream, at room temperature
- 2 teaspoons lemon juice
- 1 teaspoon pure vanilla extract

Directions

1. Make the crust: Stir the graham cracker crust ingredients together. Pour into a 9-inch or 10-inch springform pan and pack in very tightly. The tighter it's packed, the less likely it will fall apart when cutting the cheesecake. I recommend using the bottom of a measuring

cup to pack it into the bottom and up the sides. You can watch me do this in the video above. Freeze for 10-20 minutes as you prepare the filling.

2. Make the filling: Using a hand mixer or a stand mixer fitted with a whisk attachment, whip the cold heavy cream into stiff peaks on medium-high speed, about 4-5 minutes. Set aside.
3. Using a hand mixer or a stand mixer fitted with a whisk or paddle attachment, beat the cream cheese and granulated sugar together on medium speed until perfectly smooth and creamy. Scrape down the sides and up the bottom of the bowl with a rubber spatula as needed. Add the confectioners' sugar, sour cream, lemon juice, and vanilla extract. Beat for 2-3 minutes on medium-high speed until smooth and combined. Make sure there are no large lumps of cream cheese. If there are lumps, keep beating until smooth.
4. Using your mixer on low speed or a rubber spatula, fold the whipped cream into the cheesecake filling until combined. This takes several turns of your rubber spatula. Combine slowly as you don't want to deflate all the air in the whipped cream.
5. Remove crust from the freezer and spread

filling into crust. Use an offset spatula to smooth down the top.

6. Cover tightly with plastic wrap or aluminum foil and refrigerate for at least 6-8 hours and up to 2 days. For best results, 12 hours is best. I chill mine overnight. The longer refrigerated, the nicer the no-bake cheesecake will set up.
7. Use a knife to loosen the chilled cheesecake from the rim of the springform pan, then remove the rim. Using a clean sharp knife, cut into slices for serving. For neat slices, wipe the knife clean between each slice.
8. Serve cheesecake with desired toppings (see note). Cover and store leftover cheesecake in the refrigerator for up to 5 days.





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Beacon to Offer Member Educational Events in 2020

As most of you may already be aware, Beacon cancelled all member and family forums for the remainder of 2020 due to COVID 19. The health and safety of our members, family members, vendors and providers is of utmost importance. We have reached out to our forum planning committees, Family Advisory Committee and others to develop a list of trainings. Thanks to such an overwhelming response from our members and families, we have developed an extensive list of possible trainings. We are working through that list and have been scheduling with presenters.

The first training in the series will be on Friday, August 14, 2020 from 1:00 PM to 2:00 PM on Zoom. and it will feature a

panel presentation from Self Advocates United as 1, Inc. They will talk about ***Safely Stepping Back into the Community*** as they feature the *Self Advocate Transition Guide During Pandemic of 2020*. If you cannot make it, that's OK. It will be recorded and posted to Beacon's website (<http://pa.beaconhealthoptions.com>) after the event. Registration is required before each session and information for each session will be posted on the website as well.



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

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://namibuckspa.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://namimainlinepa.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/>

