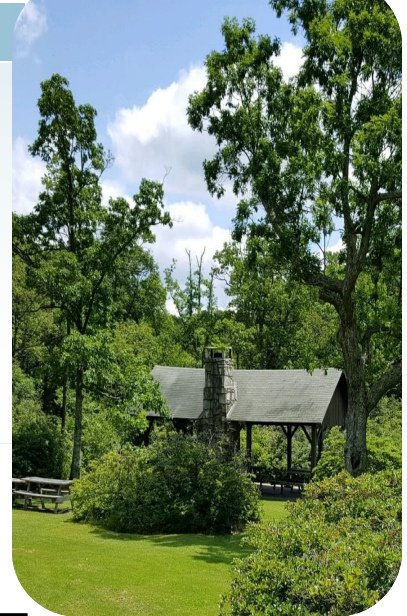


Union Station Clubhouse Weekly

Members Share : What are you doing to be healthy in these trying times?



Well, for me to stay healthy I get up everyday and do my morning things like shower, dress, eat, take my meds, and do something like go to the Clubhouse, see my Peer Support/doctors, or just spend time with my boyfriend and my dog. Also I stay productive at the Clubhouse doing things I know how to do and that I like. But, I have learned how to let go of things I do by letting someone else learn things too, which is hard, but I am trying. I also started a new medication for anxiety which seems to be helping. The anxiety was really scaring me, but I am taking medication and getting through it.

~Becky M.

For me, It has taken me a while through these trying times to know that I need to stay healthy. In order to protect my health and safety, I have not dined in at a restaurant since the pandemic, and have limited my footprint to where I go. As for physical health I try to move at every opportunity and as the weather is fit to do so. For mental health, I continually keep in contact with Clubhouse members and my Facebook community, and work on my hobbies and blogs. I am also in constant contact with my therapist and MPR worker to make sure everything is in check.

~Dustin M.

What am I doing to be healthy includes eating salads and healthier food rather than sweet and sugary foods that are bad for you. I make sure I am staying away from bad food that I use to eat before and I am starting to eat healthier. Also, I am drinking water more than anything else and I am watching how much pop I drink now as well.

~Krysta C.

@s for me, I am watching what I eat and drinking a lot of water, taking my meds and trying to stay on track ~April B.

"Healthy living" to most people means both physical and mental health are in balance or functioning well together in a person. In many instances, physical and mental health are closely linked, so that a change (good or bad) in one directly affects the other.

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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



SNAP Extra Payments

DHS received additional approval for a waiver extension to issue the extra payments for July and August 2020.

Payments for August will begin on August 18 for those who have a payday digit of "1" and will conclude on August 29th.

For more information, visit: <https://www.dhs.pa.gov/Services/Assistance/Pages/SNAP-CARES-Act.aspx>

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:

14. All Clubhouse space is member and staff accessible. There are no staff only or member only spaces.

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/>

- ⇒ Mason Dixon Outlaw Festival
- ⇒ Mountain Springs Pow Wow
- ⇒ California Riverfest
- ⇒ Music in the Mountains Ohiopyle
- ⇒ New Centerville Jubilee
- ⇒ 2020 Mountain Craft Days
- ⇒ Covered Bridge Festival
- ⇒ Flax Schutching Festival
- ⇒ Scottdale Fall Festival
- ⇒ Ligonier Highland Games
- ⇒ Festival at Friendship Hill
- ⇒ Mt. Pleasant Glass & Ethnic Festival
- ⇒ Dunbar Community Fest
- ⇒ Confluence Pumpkinfest
- ⇒ Springs Folk Festival
- ⇒ Idlewild's Hallowbooi
- ⇒ Fort Ligonier Days
- ⇒ Penna. Farm Show 2021

Yard Sale Rescheduled for this Saturday

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

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.

Beacon offering Virtual Member Education Events in 2020.

As many large gatherings has been cancelled due to the COVID-19 Pandemic, Beacon Health Options' Recovery, Family and Northwest 3 Forums have too fell victim to this pandemic.

To remedy this, the planning committees for each of these three events have unified and will be having a series of one-hour Zoom Webinars on specific topics at the Health Choices Members' choosing.

Like the forums, they are free of charge and as always, registration is required

The trainings confirmed this far are as follows:

⇒ **Friday, August 28 @ 1:00 PM**

Peer Panel - Previous Leadership In Recovery award winners : Thriving and Surviving Change

[Registration Link](#)

⇒ **Tuesday, September 1, 2020 @ 1:00 PM**

PATTAN

Returning to School in 2020

[Registration Link](#)

⇒ **Friday, September 11, 2020 @ 1:00 PM**

Southwest PA Human Services Human Trafficking

[Registration Link](#)

⇒ **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](#)

More Webinars are being planned for November and December. For more information, please visit Beacon's website at

www.pa.beaconhealthoptions.com

As a reminder, Beacon Health Options, formerly known as Value Behavioral Health of Pennsylvania is the Behavioral Health Managed Care Organization (BH-MCO) of Health Choices Mental Health and Substance Use services in Fayette and 12 other Western Pennsylvania counties.

If you have any questions about your services, or you would like to find out more information of the services provided to you, there is a member line that answers 24/7/365 and that is 1-877-688-5972. There is also a plethora of information on their website:

<https://pa.beaconhealthoptions.com/>



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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.
- ◆ Connellsville will host its next farmers market from 8 a.m. to 1 p.m. Aug. 22 in front of the East Side Fire Station.
- ◆ Albright United Methodist Church, 1626 S. Pittsburgh St., South Connellsville, will have "A Fair to Remember" drive-through event from 11a.m. to 6pm. Saturday, Aug. 22. If you are missing the foods you get at a fair, come and order and pick up. Hot dogs, hot sausage sandwiches, nachos Grande, potato patch fries with a variety of toppings, popcorn, funnel cakes, and more will be available. Prices will be posted, so you will pay for each item you order.
- ◆ Amish Donuts will be sold on Saturday, August 29th at the H & R Block Parking Lot, 129 West Crawford Avenue, Connellsville from 8:00 AM until sold out.

Virtual Festivals

- 8/25 (T): [Virtual Banana Split Celebration](#)

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. 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.
- ⇒ 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 required.**
- ⇒ 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.**
- ⇒ 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.
- ⇒ 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 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.
- ⇒ 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 emailed to info@riversidefamilymarket.com. Include if substitutions will be accepted. Orders, including receipts, will be delivered to vehicles.

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://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
- ⇒ Christian Church of Connellsville (212 South Pittsburgh Street) will have a free community lunch (takeout only) from 11:30 a.m. to 1 p.m. every Monday in August. Everyone is welcome
- ⇒ 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.
- ⇒ 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 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.
- ⇒ There will be a food bank at Pleasant View Presbyterian Church, 533 Royal Road, Smock, on Saturday, Aug. 15, at 10 a.m.
- ⇒ American Dairy Association North East (ADANE) is working with milk processor Schneider's Dairy and Masontown Brethren Church and the borough to facilitate the distribution of over 1,000 gallons of milk at the church, 112 W. Church Ave., Masontown, from 9 a.m. to noon on Saturday, Aug. 22. Each vehicle will receive two gallons of milk while supplies last.
- ⇒ 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
- ⇒ 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.
- ⇒ St. Vincent de Paul is holding a food bank on Wednesday, Aug. 19 in the parking lot of St. Mary's Hall, 118 Church St., Brownsville. Food can be picked up from 10 to 11 a.m.

COVID-19 Food Distributions

There are mass food distributions scheduled for:

Tuesday, August 25

Uniontown Mall

1368 Mall Run Road

Uniontown, PA 15401

10:00am to 11:30am

Please don't arrive before 9:00am.

Monday, August 31

Springfield Elementary School

14 School House Road

Normalville, PA 15469

10:00am to 11:30am

Please don't arrive before 9:00am.

These are food distributions 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. These are drive-through distributions. 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.

Home Utility Assistance is Available, Pennsylvanians Need to Apply by August 31

Harrisburg, PA - Department of Human Services (DHS) Secretary Teresa Miller today reminded Pennsylvanians of the availability of assistance in paying certain utility bills through the Low-Income Home Energy Assistance Program (LIHEAP) Recovery Crisis program ahead of the program's end on August 31.

"We know that the COVID-19 public health crisis and subsequent economic insecurity have led to trouble balancing essentials such as home energy bills. Any Pennsylvanian who is struggling to pay utilities should know that they are not alone during this time," said Secretary Miller. "DHS administers safety-net programs to support families across the commonwealth and help them get through times like these. LIHEAP Recovery Crisis is available through the end of the month, and any Pennsylvanian having trouble paying home energy bills should apply and see if they qualify for a little extra help."

LIHEAP helps with home energy bills, ensuring continuity of utility and other energy services for low-income Pennsylvanians. LIHEAP normally runs from November through April, but the Recovery Crisis program, running through August, can help with Pennsylvanians' home energy bills, ensuring continuity of utility and other energy services for low-income Pennsylvanians. Assistance is available for both renters and homeowners.

The LIHEAP Recovery Crisis Program will offer a crisis benefit made directly to utility companies or fuel providers to help offset costs for home utilities.

LIHEAP Recovery Crisis benefits may be available if a household:

- ⇒ Has their main or secondary energy source completely shut-off;
- ⇒ Is notified that their utility service will be shut off in the next 60 days;
- ⇒ Has broken energy equipment or leaking lines that must be fixed or replace;
- ⇒ Is in danger of being without fuel in 15 days or less; or,

⇒ Owes funds to a utility provider that would constitute a service termination if not for the Public Utility Commission's moratorium on terminations.

LIHEAP Recovery Crisis program will run through August 31.

Applications for LIHEAP Recovery Crisis are available online at www.compass.state.pa.us. Those who prefer to submit paper applications can print from the website or request an application by phone at 1-800-692-7462 and mail it to their local [County Assistance Office](#) (CAO) or place it in a CAO's secure drop box, if available. Dropping applications off at a CAO using the drop box can help avoid an application delay due to ongoing postal service delays. Pennsylvanians do not need to know their own eligibility in order to apply for these programs. While CAOs remain closed, work processing applications, determining eligibility, and issuing benefits continues. If you applied and were denied previously and your financial circumstances have changed, you can reapply.

Once an application for LIHEAP Crisis Recovery is approved, DHS will work with utility companies and deliverable fuel vendors to help Pennsylvanians pay utility bills and maintain access to home energy services.

"There should be no shame or stigma associated with asking for assistance, and no one should be afraid to ask for help," said Secretary Miller. "These are incredibly challenging times, but that's why DHS and programs like LIHEAP Recovery Crisis exist – to make difficult times a little easier so we have what we need to get by and emerge stronger on the other side."

More information about the LIHEAP Recovery Crisis Program, including income limits, can be found [here](#).

Visit DHS' blog, [For All Of Us](#), to learn more about how the LIHEAP Recovery Crisis Program has helped Pennsylvanians.

Safely Stepping into the Community

Last Friday, I had the pleasure of opportunity through my employment to attend the first Beacon member virtual education event on Zoom. In this session, there was a presentation by a Self-Advocates United as One, a self-advocacy organization.

The presentation opened with discussion on advocating for yourself and getting what you need, then it was tied into being safe and comfortable in Stepping Safely back into the Community.

For many, as was shared in the training, stepping in to the community amongst many new rules and other anxieties heightens everyone's anxiety and sense of safety.

To combat this, a great Pennsylvania resource, AID in PA, A joint effort between ASERT (Autism Services, Education, Resources, and Training) and the statewide HCQUs (Health Care Quality Units), this site is designed to connect individuals with disabilities, families, professionals, and community members with resources that can best serve them in emergency situations. Current resources focus on the ongoing COVID-19 crisis; however, this site can be adapted to for other challenges facing the community.

As part of that resource highlighted, the guide describes and asks questions regarding one's feelings about returning to the community, physical health, staying healthy, their mental health, changes in routine, and services and supports. It also lists supports organizations and resources that can be helpful. This was a very insightful and makes you think about things. There are no right or wrong answers and each and every person is entitled to their opinion and feeling on everything at their own comfort level.

The guide can be found at: <https://aidinpa.org/wp-content/uploads/sites/2/2020/06/Self-Advocate-Roadmap-and-Guide-v.9.pdf> It is a fillable PDF and can be printed out as well.

The next Beacon training will be on Friday, August 28, 2020 and will feature four past Leadership in Recovery Award Winners as they share their experiences on how things are presently. Myself, being a former Leadership In Recovery Awardee am curious to hear from another perspective on how things are for others.

For more information and all Beacon Member Educational Events for 2020, visit Page 3 of this newsletter ~Dustin M.



West Yough Bridge Provides Scenic View near Connellsville Caramel-Walnut Brownies

Regional Trail Corp. and Yough River Trail Council volunteers continually work to maintain and improve the Great Allegheny Passage.

A handful of volunteers recently worked for 12 days (two days a week) to re-deck the West Yough Bridge, located about a mile from the Trail Council's headquarters behind Martin's supermarket in Connellsville.

It's been years since the West Yough Bridge has been used by the P&LE and B&O railroads.

John Irwin, vice president, Fayette County, of the Regional Trail Corp, said the bridge is owned by the Regional Trail Corp. Officials were concerned with safety and considered a plan to demolish the bridge, but it proved to be too costly.



Re-decking was more cost effective.

Volunteers decked half the bridge, 210 feet, and blocked off the span by creating a scenic overlook. It includes benches for visitors to rest and enjoy the scenic

Youghiogheny River.

Malcom Sias, RTC president, designed the site, which is handicap accessible.

Irwin said a ribbon-cutting ceremony will take place in the future. Officials plan to have signs installed to inform visitors about the bridge and its scenic overlook.

The Yough River Trail Council is responsible for a 23-mile section of the Great Allegheny Passage from Layton, through Connellsville, to Bruner Run, just outside of Ohiopyle.

The Regional Trail Corp. was formed in 1991 and largely comprises volunteers.

The trail corporation helped to build the Youghiogheny River Trail North as well as helped to develop and maintain the Five Star Trail, the Coal and Coke Trail, The Westmoreland Heritage Trail, and The Steel Valley Trail has completed the final link in the Great Allegheny Passage. The Great Allegheny Passage runs 150 miles from Pittsburgh to Cumberland, Md., where it connects with the C&O Canal Towpath and continues another 184 miles to Washington, D.C.

~ Dustin M.

PayDay® Bars

Ingredients

- 1 serving cooking spray
- 1 (16 ounce) jar dry-roasted peanuts, divided
- 1 (14 ounce) can sweetened condensed milk
- 1 (12 ounce) package peanut butter chips
- 3 tablespoons butter
- 3 cups miniature marshmallows



Directions

1. Grease 9x13 pan.
2. Pour 1/2 peanuts on bottom of pan.
3. Melt margarine and chips.
4. Add milk and then marshmallows (do not melt marshmallows).
5. Pour over peanuts, pat down.
6. Put rest of peanuts in and pat down.
7. Chill.

~April B.

1 box (16 oz) Betty Crocker™ Supreme original brownie mix

3/4 cup chopped nuts

3/4 cup semisweet chocolate chips

15 caramels, unwrapped (from 14 oz bag)

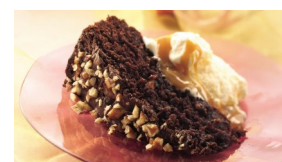
1 tablespoon milk

1. Heat oven to 350°F (325°F for dark or non-stick pan). Grease bottom of 8-inch square pan with shortening or cooking spray. Make brownie batter as directed on box for cake-like brownies. Spread in pan. In small bowl, combine nuts and chocolate chips; sprinkle half of mixture over batter in pan. Set remaining nut mixture aside.

2. Bake 35 to 38 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean. Meanwhile, place caramels and milk in small microwavable bowl, microwave uncovered on High 30 seconds to 1 minute, stirring every 30 seconds until caramels are melted.

3. After removing pan from oven, immediately spoon caramel mixture over brownie; sprinkle with remaining nut mixture. Return to oven and bake an additional 7 to 10 minutes or until caramel is bubbly around edge of brownie. Cool completely on cooling rack, about 2 hours. Before cutting, run knife around edge of pan to loosen. Cut into 4 rows by 4 rows. Store covered at room temperature.

~Featured on Cook With Me this week. As a reminder, members can tune in to Zoom on Tuesdays and Thursdays at 2:30 PM to see what members are cooking. Members, check your email or our Facebook group for log in information.





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Spotlight on Resources: Fayette County Food Pantry System

The FCCAA Food Bank is Fayette County's designated warehouse for collection and storage of food for the needy. Last year, more than 1.8 million pounds of food were collected and distributed to approximately 9,000 persons. Distribution takes place through a network of 49 volunteer food pantries and congregate feeding sites.

Maintaining an adequate level of nutrition within the County is extremely important to the FCCAA Food Bank. Through the network of area agencies, food pantries, and soup kitchens, the FCCAA Food Bank continues its mission of providing proper food and nourishment for the community.

The Commodity Supplemental Food Program (CSFP) provides county residents aged 60 and over as well as breast feeding postpartum women, and children ages 5-6 food boxes

filled with healthy and nutritious foods such as fresh fruits and vegetables, canned foods and cheese once a month. The goal of CSFP is to supplement diets and to improve the overall health of the participants.

An individual can receive up to \$1,458 in income to qualify. For each additional person in the household, add \$553. This would sum up to \$2,003 for 2 persons or \$3,038 for a total of four persons in a household.

FCCAA recently published a listing of the food pantry network, it can be found as a PDF file [here](#). It is also on our Coronavirus Resources [page](#) if you cannot download PDF Reader.

For more information on the Food Bank, please contact (724) 580-7001.

Source: FCCAA.org

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/>

