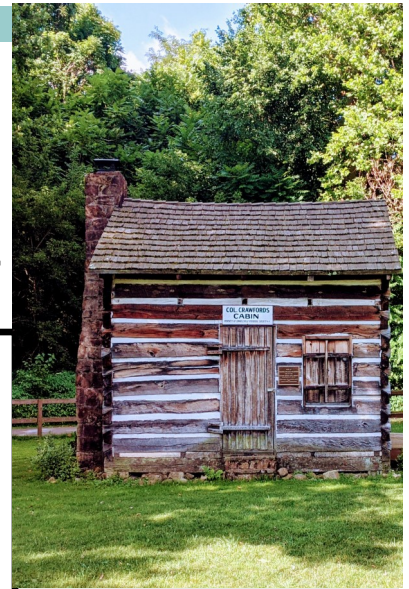


# Union Station News

## Members Share What They Did Over the Summer



### Hobbies During the Summer

By Ra-Mel H.

This Summer I hung out with friends and family in Connellsville. We toured the local areas and went to stores, shopped, and ate at local restaurants. One restaurant in my hometown that I enjoyed visiting and eating at was Bud Murphy's. When I go to Bud's I order pasta and meatballs.

This Summer at the Union Station Clubhouse I participated in the Fourth of July social celebration. I enjoyed games, food, and fun at this event. Additionally, we ate out at Texas Roadhouse and went to Fort Necessity and Ohio Pyle.

This Summer is not over yet. I look forward to attending the Union Station social day on Saturday July 31<sup>st</sup> and going to the Fair in August. All in all, I have had a good Summer and look forward to more action.

### Idle Summer

By Dustin M.

2021 was probably one of the most idle summers I ever spent. I would say that It was better than last year because we are at a point right now that we don't have to wear masks, plus the world is more open than it was last year. However, there are many issues with supply and demand in getting what people need to get from point A to point B along the things necessary to make the summer go smoothly.

For me, I still experience anxiety in doing things out of my comfort zone that I did before the pandemic I feel as if I have regressed with my outward expression of being in the community, but I am certain I will once again build up the comfort level necessary to get out of my normal spaces without assistance.

~Dustin M.

### How I spent my summer

Krysta C.

I spent it with my friends and my family having cookouts and going swimming . I love being with my friends and my family, walking , seeing sunny days, and sitting outside every day and night. I talk to everybody around my place.

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### Meetings on Zoom

- House Meeting: Mon @ 2 PM
- Other meetings as announced in the Daily Announcements in the Morning Meeting.

### Standard of the Issue:

16. The work done in the Clubhouse is exclusively the work generated by the Clubhouse in the operation and enhancement of the Clubhouse community. No work for outside individuals or agencies, whether for pay or not, is acceptable work in the Clubhouse. Members are not paid for any Clubhouse work, nor are there any artificial reward systems.

## Current COVID-19 Information & Resources

⇒Federal Government Response:

[www.coronavirus.gov](http://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/>

[groups/206439277088716/](https://www.facebook.com/groups/206439277088716/)

⇒Fayette Area Coronavirus Needs / Availability Group:

<https://www.facebook.com/groups/211053520110419/>

⇒Clubhouse Calendars:

⇒[Public Events](#)

⇒[Stakeholder/Webinar](#)

⇒[Food Distributions](#)

### Community Support Program Updates

- Western Region CSP ahs returned to In-Person meetings for a time until a hybrid format can be developed
- Our CSP, Partners for Recovery will be also meeting via Zoom until Further notice with the next meeting being held at 10:30 AM on Monday, August 30, 2021. Details will be released soon.

### Clubhouse Works if You Work It!

I have been a member of the Clubhouse for over a decade. In that time, I have accomplished many things, however, many of them I did without much effort or with the help of others. There was very little that I could honestly say that the Clubhouse has not fully-assisted me in. I have had many goals at the Clubhouse, but nothing has proved well as the last two goals because they are what is key to having independence.

For as long as I can remember, I struggled with being in the Clubhouse kitchen for one reason or another. Maybe it was the level of attention and communication I needed to have to be successful. Maybe it was in having a good mix of peers to work alongside with, something I didn't excel well with until after being here for over a decade. Or maybe it was the ability for my one-on-one to understand how much support and a calculated process I need in order to make a success.

Getting in a commercial kitchen with little knowledge is scary. However, moving into my new home last year during a COVID resurgence taught me how to read directions on product and cook simple things so I could eat as a lot of things have changed since my last independent experience.

Getting into the Clubhouse kitchen and honing in on my cooking skills has transferred well at home. I am now cooking meals instead of pre-packaged items or dining out. I am feeling confident with several kitchen appliances and tools and leaning how to use them with the assis-

tance of staff working alongside me, at my level so I can understand the directions given to me in the manner I need so the food is cooked successfully.

I am grateful for the Clubhouse staff and fellow members we have now as many have helped me in making the transition from being someone who feared cooking to someone that is easing into eating healthier. I know this isn't over for me, but I am proud of the ability of what I have done this far and how successful I have been. Don't let anyone tell you that you can't do something. Just last year I didn't think I could learn to use a broom until my new home has an all-tile floor and sweeping with a broom became necessary to be independent. Likewise, with cooking, in today's world if you want tasty and healthy food, you have to learn how to make it and for it to be completely cooked so you can thoroughly enjoy it.

Don't be afraid to ask for help! That is what the staff at the Clubhouse are there for. They also want you to succeed in life as well as I have. Be active in your goals and notes at the Clubhouse because as I always say, as with any mental health treatment, you are in the driver's seat of where you want to go in life. Don't stop fighting for what you want or know what you can do, the possibilities are endless. You have to be that one that makes the decision of what you want to do in life.

~Dusttin M.

## 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: <https://www.unionstationclubhouse.com/local-food-pantries>

• 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.

• Christian Church of Connellsville holds

free community lunches from 11:30 a.m. to 1 pm. every Monday. 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.

• FOOD DISTRIBUTION: Fresh Fire Church located at 171 Connellsville Street In Uniontown will hold a food distribution August 26th. from 10am-12pm or until we are out of food. This is a drive-thru distribution. Please have your trunk open or back seat unlocked and have space available for the food to be placed in your car. For more information call 724.580.7027 or visit [www.freshfirechurch.net](http://www.freshfirechurch.net)

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

- ♦ Highlands Hospital, 401 E. Murphy Ave. Connellsville
- ♦ Connellsville Christian Church, 212 S. Pittsburgh St.
- ♦ Fayette Resources ATF, 1300 Connellsville Road, Lemont Furnace
- ♦ Pleasant View Presbyterian Church, 533 Royal Road. Smock
- ♦ Hutchinson Park Pavilion #4—Uniontown, PA\*
- ♦ Areford Park—Frank Hoover Street, Uniontown PA\*
- ♦ Smithfield United Methodist Church—20 Church Street, Smithfield
- ♦ Tyrone Presbyterian Church—402 Jintown Road, Dawson (Pavilion)
- ♦ Dawson Volunteer Fire Co. —211 Galley Street, Dawson

\* Denotes During Park Hours Only

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

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

For Local Information on Little Free Libraries and Little Free Pantries, visit: <https://fayettelittle-free.wordpress.com/> & Their Facebook [Page](#) and [Group](#)

## Fayette County State Historical Marker of the Issue



### Col. William Crawford

This marker is located on US Route 119 at North Seventh Street and was installed by the Pennsylvania Historic and Museum Commission in 1966. The Marker Text Reads: " Hero of Indian wars, made his home about a half mile from Connellsville after 1766, and was Washington's land agent. During the Revolution, he led a campaign against Ohio Indians; he was captured and killed near Upper Sandusky in 1782. "

# STATE PROGRAM CONTINUES AIDING FAYETTE COUNTY RESIDENTS

Uniontown, PA – As the federal eviction moratorium deadline looms, the Fayette County Community Action Agency is still offering financial relief for eligible citizens.

In March, Pennsylvania Gov. Tom Wolf introduced the Emergency Rental Assistance Program (ERAP), which uses federal funds allocated through the U.S. Consolidated Appropriations Act of 2021 for distribution to families facing risk of eviction or loss of utility service as a result of hardships during the ongoing COVID-19 pandemic.

Fayette County received an \$8.5 million ERAP grant to directly assist its citizens, with the Community Action Agency, Fayette County Board of Commissioners and Fayette County Housing Authority working in partnership to administer the funds.

As of Friday, July 16, Community Action had received nearly 1,000 applications and processed nearly 300 approvals, awarding nearly \$1 million in funding to local families. More than 500 applications are still being processed.

Community Action Agency Director of Customer Service Rita Masi said the program is running smoothly but has picked up considerably, with an average of 13 new applications now being submitted daily.

“The eviction moratorium is scheduled to expire at the end of July, so our residents need to get their applications in if they’re behind on rent,” Masi said. “Everything is so time sensitive, so if someone wants to guarantee receipt of funds, we need to ensure they have a complete application - not just the online portion, but all the documents we need to go with it.”

Community Action Agency Project Manager Heather Pirl said Community Action’s primary goal is to keep people in their homes and prevent potential homelessness.

“We’ve been able to help so many so far, and that’s been amazing, but we know there are still others out there that haven’t applied,” Pirl said. “Our fear is that, as July 31 gets closer, people will realize the seriousness of getting that rent caught up and we’ll be flooded with applications all at once. There’s also the potential for an increase in people calling to say they’re

homeless because they’ve already been evicted, so we want to avoid that all together.”

The state legislature recently extended ERAP through Sept. 30, 2022, in its most recent budget session - a move Masi said her office is grateful for.

“The project being extended is phenomenal, but - I hate to say it - the early bird gets the worm. We’ve already processed hundreds of applications, and folks need to know assistance is limited,” Masi said. “It’s about reaching the people we’re missing. Lots of people know about us, but there are still so many that don’t, and we’re really trying to get the word out to them.”

“We’re happy it was extended, so we’ll continue to process applications as we receive them and hope we can reach as many folks in need as possible,” Pirl said.

Some key things to remember when applying for ERAP are:

- ◆ Funding can be used for both outstanding rent and utility bills. Households may be eligible for up to 12 months of assistance to cover past-due or future rental and/or utility payments.
- ◆ The program is only available for renters at this time. The state is slated to launch a program for homeowners this September.
- ◆ Residents can begin the application process on the state’s website, [www.compass.state.pa.us](http://www.compass.state.pa.us).
- ◆ Landlords can contact Community Action on behalf of their tenants, but those tenants must be willing to participate and currently occupy the rental unit.
- ◆ Community Action staff members are striving to contact all those who submit applications within one business day to advance the process quickly.
- ◆ Applicants should provide an accurate

email and phone number at the time of submission.

- ◆ Landlords do not have to agree to participate in the program for tenants to receive assistance.

Fayette County Commissioner Chairman Dave Lohr said tenants and landlords alike have been impacted by the pandemic, and ERAP is making a difference in helping both sides.

“It is a means of ensuring that tenants do not fall further behind and that landlords are able to pay their bills. Thanks to the hard work of the excellent team at Community Action, hundreds of applications have been approved to date, with hundreds more in progress,” Lohr said. “With the eviction moratorium set to expire, I encourage any tenant who is behind in rent or utilities to contact Community Action immediately.”

Commissioner Vince Vicites said Community Action has done an excellent job overseeing the ERAP funding distribution. “By working cooperatively with the Fayette County Housing Authority, Community Action has expanded the outreach at the grassroots level to further extend the distribution of these funds to the community,” Vicites said. “It was a necessary partnership that has been extremely successful, and both offices are to be commended for their dedication to helping our Fayette County residents in need.” Commissioner Scott Dunn said the Community Action team is outstanding at providing - not only ERAP funds - but all services to our citizens.

“They took on the task of administering the Emergency Rental Assistance Program with open arms and have already processed countless applications. Substantial funding has been approved to assist renters and landlords who would otherwise be scrimping and scrambling to avoid eviction,” Dunn said. “It’s overwhelming to think about, and much gratitude goes out to everyone at Community Action.” For more information about ERAP, including a full list of requirements, visit [www.dhs.pa.gov](http://www.dhs.pa.gov) or contact the Fayette County Community Action Agency at 724-437-6050. To learn more about Fayette County, visit [www.FayetteCountyPA.org](http://www.FayetteCountyPA.org).



## Mental Health Helps—No Health Without Mental Health

### Persevere PA Support and Referral Helpline

Pennsylvanians struggling with anxiety and other challenging emotions due to COVID-19 and the accompanying economic insecurity can contact the Persevere PA Support & Referral Helpline toll-free, 24/7 at 1-855-284-2494. For TTY, dial 724-631-5600. Center for Community Resources (CCR) staff are trained to be accessible, culturally competent, and skilled at assisting people with mental illness, intellectual disabilities, co-occurring disorders, other special needs, or someone just looking for a supportive, empathetic person to listen. Staff are trained in trauma-informed care to listen, assess needs, triage calls, and provide appropriate referral to community resources to children, teens, adults and special populations. Since its launch in April 2020, the helpline has received nearly 25,000 calls.

### Get Help Now Hotline

Individuals seeking substance use treatment or recovery resources for themselves or a loved one can call the toll-free PA Get Help Now helpline at 1-800-662-HELP (4357). This helpline is confidential, available 24 hours a day, 365 days a year and staffed by trained professionals with interpretation services available in more than 200 languages. Callers can also be connected with funding if they need help paying for treatment. A [live chat option](#) [Opens In A New Window](#) is also available online or via text message at 717-216-0905 for those seeking help who may not be comfortable speaking to a helpline operator.

### National Suicide Prevention Lifeline

The National Suicide Prevention Lifeline is a national network of local crisis centers that provide free and confidential emotional support, in English and Spanish, to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. A localized text option is also available via the Crisis Text Line, offering free 24/7 support by texting "PA" to 741741. For assistance in Spanish, contact the Línea Nacional de Prevención del Suicidio at 1-888-628-9454.

### Pennsylvania Mental Health Guide

This [online guide](#) [Opens In A New Window](#) contains information related to mental health screenings, finding a mental health professional, resources for housing insecurity, help with trauma due to racism, and assistance with contacting your county assistance offices and applying for benefits.

### Public Assistance Programs

DHS encourages Pennsylvanians struggling to meet basic needs to apply for programs including the Supplemental Nutrition Assistance Program (SNAP), cash assistance, Medical Assistance, the Children's Health Insurance Program (CHIP), the Emergency Rental Assistance Program (ERAP) and other programs, any time at [www.compass.state.pa.us](#) [Opens In A New Window](#). For more information assistance programs available to help Pennsylvanians, visit [www.dhs.pa.gov](#) [Opens In A New Window](#).

## Eat-Out Night Return to Union Station

After a 17-month absence due to COVID-19 and staff changes, we at Union Station Clubhouse have returned to having monthly eat-out night. What has changed has we now had them on a Friday Evening. Our destination was Texas Roadhouse. It felt so great to be able to back out in the community in the atmosphere talking with others, something a lot of members have been missing for some time.

The food was good! I had a sirloin steak and a baked potato along



with a salad and a side of a blooming onion. The staff at Texas Roadhouse were very polite and kind and did a very excellent job to assure that our needs were met. We cant wait to have another eat-out again soon.

~Jesse B.

## Beacon Health Options to Have Award Ceremonies Virtually in 2021

With the ongoing COVID-19 Pandemic, our Behavioral Health-Managed Care Organization (BH-MCO) Beacon Health Options will be having their annual award ceremonies in two separate virtual ceremonies this year on Tuesday, September 21, 2021. The ceremony for Families will be held in the morning (10:00 AM to 12:00 PM) and the Adult Leadership in Recovery Awards (1:00 PM to 3:00 PM) will be held in the afternoon. Nominations for awardees Beacon's 12-county Pennsylvania service system are still be accepted until August 6th. More information is available at

[www.pa.beaconhealthoptions.com](http://www.pa.beaconhealthoptions.com)

## Bananas for Bikes / What in the World?

This summer, the Downtown Connellsville initiative is sponsoring two walking tours their downtown district.

**Bananas for Bikes** is A self guided tour begins and ends with the Great Allegheny Passage in Connellsville's West side. Follow the route or visit the sites in any way that is convenient for you. Descriptions of the bikes are available at each location.

### What in the World

"What in the World"

4 Prizes will be awarded to those who can guess correctly what all the items are in the list of addresses. Prizes are:

- John Woodruff Connellsville Historical Society Christmas Ornament
- One year free membership to the Connellsville Historical Society
- Historic 1872 map of Connellsville/New Haven (Reproduction)
- One year subscription to the Connellsville Crossroads Magazine

Personally, I did this tour and was amazed at the different bikes and historical items that I saw. .  
~Dustin M.



## Union Station Members and Staff Enjoy Summer Outing at Cross of Christ, Fayette Fair

The Union Station Clubhouse crew has been doing it's best to get out and enjoy the summer weather over the last several weeks. First, on July 17<sup>th</sup> a group of members and staff went to Jumonville to walk the steep trails to view the iconic cross at the top of the mountain. While at the summit, the crew hiked through some of the obstacle courses and took a rest at a pavilion in the woods. The foreboding skies rumbled with the sound of the



great time.

thunder, and the group had to hurry up and quickly make their way to the van. Luckily, just as everyone got on the van, the rain-storm hit! But all, in all the everyone had a

On August 7<sup>th</sup>, the Union Station Clubhouse made its way to the Fayette County Fair. The group enjoyed a variety of rides such as the Farris wheel, bumper cars, the whip, and a The Pirate Ship. Some of the folks took the opportunity to ride those rides to overcome their fear of heights! The crew also enjoyed a local band that played on the outdoor stage and a show featuring animals from the amazon jungle. The Union Station Clubhouse gang enjoyed some of the great food booths there with delicious food such a gyros, pizza, hot sausage, hamburgers, and funnel cakes. The weather was perfect that day, slightly overcast but not too hot. The Union Station Clubhouse members and staff are looking forward to going next year!



Union Station Clubhouse Speaker Series

# You're Invited!

**FREE Information Session:  
How to balance Employment and  
SSA benefits and other supports**

**Wednesday, August 25, 2021  
2:00 - 3:00 p.m.**



**This presentation will give you an accurate overview regarding Social Security and Supplemental Security Income (SSI) and employment. It will include an overview of your benefits and how they are impacted by your life decisions. We will also cover where/who to contact to receive continued support as you transition to work!**

*About the Presenter: Ms. Joy Smith serves as the WIPA Project Director/Area Manager/CWIC. Ms. Smith has been a CWIC with AHEDD since program's inception in 2001. Ms. Smith received a bachelor's degree in Rehabilitation Counseling from Indiana University of Pennsylvania (IUP). Her previous experience includes: Supports Coordinator for Westmoreland County Office of Intellectual Disabilities, and Employment Specialist for AHEDD. Ms. Smith has served on a Transition Task Force coordinated by the PA Department of Health developing best practices for youth with disabilities. Ms. Smith also serves on the Employment Coalition in Westmoreland County. Ms. Smith has presented on the topic of WIPA services at numerous statewide events, including a yearly presentation at the Pennsylvania Transition Conference and has conducted numerous trainings on WIPA services to various stakeholders.*

## **Where:**

This digital event will be held over Zoom. Register here: <https://rb.gy/4kdkln>  
You will receive a link to the zoom session in your email on the day of the event.

**Register online at <https://rb.gy/4kdkln>**



Union  
Station  
Clubhouse





## LIVING WELL COALITION SEEKS TO GET FAYETTE MOVING, BUILD A HEALTHIER COMMUNITY

**Uniontown, PA** – As the name implies, the goal of the Fayette Living Well Coalition is building a healthy community. The coalition has put together a multi-faceted effort to achieve that goal, including a series of “Walk Your Way to Wellness” events that began on Wednesday evenings earlier this summer.

Nuttall also is executive director of the Fayette Chamber of Commerce, which along with the Redstone Foundation, is involved with the administration and organization of the Fayette Living Well Coalition.

Nuttall said the Community Health Improvement Partnership eventually became the Fayette Living Well Coalition.

This year’s walks kicked off June 2 at Connelville’s Yough River Park, with the second event held June 23 at Mt. Macrina. A July 14 walk was slated for Uniontown’s Main Street, where walkers would be regaled with stories of some of the buildings listed on the National Register of Historic Places. The walk began and ended at Storey Square.

Nuttall said though the walks have previously been limited to the summer months, plans are in the works to continue them into September and October.

“We’re actually in the process of doing the expansion,” she said.

The walks generally are educational, with participants learning about the areas through which they are walking. But the coalition has gotten requests to make the events more fitness-oriented.

“In September and October, we will be adding that component,” she said.

Nuttall said all walkers will begin together, but then those interested in fitness can separate from the participants who are interested in the educational aspect and a more leisurely pace.

Nuttall said the walks have drawn about 100 people each time, both repeat and new participants.

“Many local partners are working hard to build a healthier community – both from the standpoints of economic vitality and physical wellness, Nuttall said. “It all comes together in making Fayette County a great place to live, work and do business.”

To learn more about Fayette County, visit [www.FayetteCountyPA.org](http://www.FayetteCountyPA.org).

## Creamy Vegan One Pot Pasta

### Ingredients

- **Cashews** – ideally soaked to get the best creamy texture
- **Vegetable broth**
- **Tomato paste**

### FOR THE PASTA

- **Olive oil**
  - **Yellow onion**
  - **Garlic**
  - **Vegetable broth**
  - **Penne pasta**
  - **Roasted red peppers** – thinly sliced. I use jarred to save time.
  - **Nutritional yeast** – adds “cheesiness” and depth of flavour to the sauce and is a source of Vitamin B12, which is important in a vegan diet. You can skip this ingredient and still have a tasty result, but I highly recommend it!
  - **Seasoning** – sea salt, oregano, red pepper flakes
  - **Baby spinach**
- Fresh basil** – julienned for garnish, optional

### Directions

First, prep the sauce. I like to have this ready to go before I start the pasta, otherwise I might be scrambling to blend it while I’m simmering and stirring the pasta. Using a high speed blender, blend 1 cup of vegetable broth, the soaked cashews (that have been drained and rinsed), and the tomato paste, until smooth and

creamy. Set aside.

Next, heat olive oil over medium heat in a dutch oven or large sauce pan. Sauté the diced onion until softened, then add the minced garlic and continue to sauté for about a minute. You want to smell that beautiful garlic aroma!

Next, add 3 cups of broth along with the penne, sliced roasted red peppers, nutritional yeast, sea salt, oregano and red pepper flakes. Give it a stir until all the ingredients are distributed evenly. Cover and bring to a strong simmer (you want to make sure it’s really going so the noodles will cook!), then turn the heat down to medium-low.

Simmer covered for about 15 minutes, *stirring occasionally to prevent the noodles from sticking to the pan*. You may need to simmer up to 5 more minutes, depending on how al dente you like your pasta.

Once the noodles are just about cooked to your desired texture, uncover and add the cream sauce. Be sure that every noodle gets some delicious creaminess! Then add the spinach and stir it in. It might be a bit awkward to stir before it wilts, but you’ve got this. Cover to let the spinach wilt, warm the cream sauce and finish cooking the noodles. Stir in a bit more broth if you find the sauce is getting too dry for your liking.

Be sure to taste it before serving and season with additional salt. We only added 1/2 a teaspoon given that some broth varieties are quite salty. You will likely need more salt if you used a low-sodium variety. Serve with julienned fresh basil, if desired.

~Ra-Mel H.



## Easy Cherry Pie

### Ingredients

- 1 box refrigerated Pillsbury Pie Crusts , softened as directed on the box.
- 2 Cans (21 oz. Each) cherry pie filling
- 1 teaspoon milk
- 1 Teaspoon sugar

### Steps

1. Heat oven to 425 degrees. Make pie crusts as directed on box for Two-Crust Pie, using 9-inch Pie Plate.
2. Spoon pie filling into crust-lined plate. Top with second crust; seal

edge and flute. Brush top crust with milk; sprinkle with sugar. Cut several pieces in top crust.

3. Bake 40 to 45 minutes or until crust is golden brown. After 15 to 20 minutes of baking, cover crust edge with strips of fil to prevent excessive browning. Cool at least 1 hour before serving.

~Donald M.



#### NEED HELP ??

- ⇒ Fayette County Crisis Line  
724-437-1003
- ⇒ National Suicide Prevention Lifeline  
1-800-273-TALK (8255)  
Veterans Press 1
- ⇒ Crisis Text Line: Text "PA" to 741-741
- ⇒ Pennsylvania Sexual Assault Helpline – 1-888-772-7227
- ⇒ National Domestic Violence Helpline – 1-800-799-7233
- ⇒ Persevere PA (COVID-19 Crisis Counseling Program) - 1-855-284-2494

More Helplines are at:

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



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A program of Goodwill Southwestern Pennsylvania

[www.goodwillswpa.org](http://www.goodwillswpa.org)

**Goodwill**  
Southwestern Pennsylvania



## Southwestern Beef Stew

### Ingredients

- ◆ 1 tablespoon plus 1 teaspoon BERTOLLI Olive Oil, divided
- ◆ 1 1/2 pounds boneless beef chuck, cut into one inch cubes.
- ◆ 1 can (4 ounces-) chopped green chilies, drained
- ◆ 2 large cloves garlic, finely chopped
- ◆ 1 teaspoon ground cumin (optional)
- ◆ 1 can (14-16 ounces) whole or plum tomatoes, undrained and chopped.
- ◆ 1 envelope LIPTON RECIPE SECRETS Onion Soup Mix
- ◆ 1 Cup water
- ◆ 1 Package (10 ounces) frozen cut okra or green beans, thawed and cut into one inch pieces.
- ◆ 4 frozen half-ears corn-on-the-cob., thawed and cut into 3 round pieces.
- ◆ Fresh Cilantro

### Directions

In 5-quart Dutch oven or heavy saucepot, heat 1 teaspoon oil medium-high heat and brown. 1/2 of the beef; re-

move and set aside.

Repeat with remaining beef. In same Dutch oven, heat remaining 1 teaspoon oil over medium heat and cook chilies, garlic and cumin, stirring constantly, 3 minutes. Return beef to Dutch Oven, heat. Stir in tomatoes and soup mix blended with water. Bring to a boil over high heat. Reduce heat to low and simmer covered, stirring occasionally, 1 hour. Stir in okra, red pepper and corn. Bring to a boil over high heat. Reduce heat to low and simmer covered, stirring occasionally, 30 minutes, or until meat is tender. Garnish with cilantro.

~Erica P.



## Virtual Support Groups through MHA of SW Penna.

Contact Heather Mclean  
@ [hmclean@mhaswpa.org](mailto:hmclean@mhaswpa.org)  
or (724) 433-1359 for further info.

- **Aging Up Support Group (Transitional Ages 18-26)**  
Every 2<sup>nd</sup> and 4<sup>th</sup> Monday of every month  
Time: 4:00PM-5:00PM
- **MH Support Group (Mental Health)**  
Every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of

every month  
Time: 1:00PM-2:00PM

- **LGBTQ+ Support Group**  
Every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of every month  
Time: 6:00PM-7:00PM
- **The "Anyone" Support Group (For anyone wanting to talk)**  
Every 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month  
Time: 6:00PM-7:00PM