

Union Station News

The Newsletter of the Members and Staff of Union Station Clubhouse

A Christmas Article

At Christmas, I will always remember as a child the year we had nothing. However, our mom made a nice Christmas for my sister and me.

She was able to be thoughtful and used resources around the home to create gifts for me and my sister. She used two cardboard matchboxes to place presents into. In each box, she put a quarter, dime, nickel, and penny.

During Christmas morning we opened the cardboard boxes. My sister kept her presents and box. I, however, returned the gift to my mother and placed a bobby pin, and a button into the box and gave the present back to our mom. She was so happy she cried. To me that was the best Christmas.

~Jackie C

Christmas Story

My Christmas story is spending time with our loved ones. It has changed since their passing and we all miss them. We loved eating Christmas dinner together and giving gifts to each other along with watching the kids open gifts on Christmas Day. We enjoyed that and still miss our loved ones on Christmas.

~Krysta C.

I'm Thankful for this Christmas, as I've always been Thankful for Those in the Past

I remember vividly, my past Christmases were with joy and fanfare. My father and mother, including my sister's and brother's brought joy to my life. Although, we were disadvantaged we were able to persevere. Nobody went hungry or thirsty, and we were blessed with the joys and presents at all holiday seasons. All advantages we experiences were far greater than I imagined.

I continue to be thankful for Christmas's past because both of my parents wanted me to be happy with mutual concerns for my development. My parents were just as concerned with blessing my siblings during the holiday season.

To conclude, if at point during the Holiday season there was a problem, my brother would help me through the hard times at Christmas by offering me toys and joyous sentiments.

Last but not least all my other siblings were content with the Christmas Holiday's.

~Charles J.



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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:

27. Community support services are provided by members and staff of the Clubhouse. Community support activities are centered in the work unit structure of the Clubhouse. They include helping with entitlements, housing and advocacy, promoting healthy lifestyles, as well as assistance in accessing quality medical, psychological, pharmacological and substance abuse services in the community.

Community Support Program Updates

- Western Region CSP has returned to In-Person meetings in New Castle, Reimbursements options are available. More information 866-400-0620
- Fayette County's CSP, Partners For Recovery will meet in January 2022. How we meet will be further decided upon MHA's discretion in January.

My First Christmas with Buddy



My name is Amanda and this is Buddy, my pet dog. I am writing this article about the first Christmas I am spending with Buddy. I look forward to celebrating the Holiday with family and friends, as well as, Buddy. My family and friends will be hanging out in the dining room, while Buddy sleeps under the tree.

For Christmas, I hope Santa brings Buddy lots of dog treats. I look forward to taking pictures of Buddy using his paws and teeth to pry open the gifts. Then, Buddy will take his stocking, and hopefully take a nap.

Because this is my first Christmas with Buddy, I want to see how he reacts to the fun, family, and gifts, that are provided. Overall, I am excited to be with Buddy on his wonderful Christmas day.

A Christmas Message

As we celebrate a festive and remember gifts of gatherings for the various holiday traditions are preemptive in a nation flowing in milk & honey. I, David remember of work and play along with the benefits of the remembrance of these traditions closely. Oh the various cookies including saltwater taffy from Boston, Massachusetts. In particular. I also remember soft pretzels and iced cookies. I celebrate by true options of the multiple choices and learn to formulate and justification the food of the spurring among nations. I find it that democrats work of the four seasons. One at a time. Please use the season of the Nativity, Jesus and the mission of gift giving, finding what your heart desires of reaching the dominion of time spent in life believing in the one everlasting Emanuel, Light of God, Rooted in comfort zones. Let the season where your hearts show giving gifts of love, life, living, and learning—The Four L's. Jot down a simple gift of foods. Today's, Tomorrows, Yesterdays are Today!
~David D.

Stop & Think

I have many Christmas memories I could share, but if I could, I would like everyone reading this to take a moment to think of our peers that are in the State Hospital system this Holiday season. For some years of my employment at the MHA, a handful of employees would go to Torrance State Hospital near Blairsville to decorate cookies with the patients that could leave the wards. While we have stopped doing that for some time because of numerous factors, I want to remind readers that patients in State Hospitals have a very limited connection to the outside world and COVID has limited that even more. So please, during this holiday season think of a thought or two about those spending the holidays in the State Hospital system.
~Dustin. 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://fcca.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 Soup Kitchen daily at the Service Center on Fayette Street from 11 AM to Noon During the Week.

- The Uniontown Salvation Army Service and Worship Center also has a Food Pantry on Tuesday and Thursday Mornings to serve residents of the Uniontown Area

- Christian Church of Connellsville holds free community lunches from 11:30 a.m. to 1 p.m. every Monday. It is eat in or grab n' go.

- Central Fellowship Church, 316 N. Arch Street has a take-out only community lunch the last Saturday of the month from 11:00 AM to 12:30 PM.

- 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 on Thursday December 23rd 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

- East End United Community Center will now hold its food pantry on the first Wednesday of every month at noon. The pantry is located at 150 Cool-spring St., Uniontown. For additional information, call 724-437-1660

- The Mahoney Family 14th Annual Christmas Dinner will be held on December 25th, 2021 from 12:00 Noon - 3:00 PM at The New Uniontown Diner, 58 E. Fayette Street, Uniontown. All meals will be pre-packaged and will be available for grab and go and/or delivery. There will be no Eat-In Service. Please call 724.550.0957 to reserve your dinner.

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 Jimtown Road, Dawson (Pavilion)
- ◆ Dawson Volunteer Fire Co.—211 Galley Street, Dawson
- ◆ Connellsville Community Ministries - 110 W. Crawford Ave., Connellsville.
M-F: 9 AM to 3 PM
Saturday: 9 AM to 1 PM
- ◆ New Haven Hose—South Seventh Street, Connellsville
- ◆ Connellsville Township VFD—Fireman Street, Connellsville

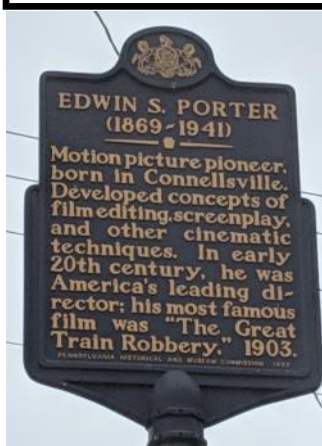
* Denotes During Park Hours Only

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://fayettelittlefree.wordpress.com/> & Their Facebook [Page](#) and [Group](#)

Fayette County State Historical Marker of the Issue



Edwin S. Porter

This marker was dedicated on Saturday, May 2, 1992 by the Pennsylvania Historical & Museum Commission with sponsorship from the Connellsville Historical Society. It is located at the intersection of South Pittsburgh and East Fairview Avenue in the City of Connellsville on the site for the former Cameron School, now a parklet. The Marker Reads: "Motion picture pioneer, born in Connellsville. Developed concepts of film editing, screenplay, and other cinematic techniques. In early 20th century, he was America's leading director; his most famous film was "The Great Train Robbery," 1903. "

Department Of Human Services Reminds Pennsylvanians Help Is Available Through Public Assistance, Emotional Support Resources

Harrisburg, PA - Pennsylvania Department of Human Services today reminded Pennsylvanians that help is available for those who need it during the winter months and year-round, including resources to help pay rent and utility bills, provide food for their families, or get health coverage or help for mental health and emotional issues they may face through the holiday season.

"The holidays are a joyous time, but they can also be a stressful time for those who are worried about not being able to pay their bills, go to the doctor, or put food on the table," said Acting Secretary Snead. "It is important for Pennsylvanians who may be experiencing hard times to know that they are not alone, and help is available through a variety of state and federal resources. DHS is here to help, and I urge anyone who needs it to contact us and find out if they are eligible for heating assistance, food assistance, rental and utility payment assistance, and much more."

The following programs are available to help Pennsylvanians:

- **Low-Income Home Energy Assistance Program (LIHEAP)** provides assistance to renters and homeowners by helping eligible individuals and families with low incomes to pay their heating bills. The 2021-2022 LIHEAP season has been extended for this year and is open to cover expenses from October 18, 2021, to May 6, 2022. Thanks to additional funds from the American Rescue Plan, Pennsylvanians will receive more funds this year to help them cover heating utility costs. LIHEAP cash grants range from \$500-\$1,500 and LIHEAP crisis grants were increased to \$1,200 for this season. LIHEAP is distributed directly to a household's utility company or home heating fuel provider. Assistance does not have to be repaid.
- **Emergency Rental Assistance Program (ERAP)** is available in all of Pennsylvania's 67 counties to help eligible tenants receive up to 18 months of assistance for overdue or upcoming rental and utility payments. Either tenants or landlords can apply for this assistance, but a tenant does not need a landlord's permission to apply and use ERAP funds. This program is an opportunity to help ease circumstances for both parties, so landlords and tenants are strongly encouraged to work cooperatively to secure this stabilizing assistance. ERAP is overseen by DHS at the state level but administered locally by county and municipal partners. Pennsylvanians can learn how to apply in their county of residence online at www.dhs.pa.gov/erap.
- **Supplemental Nutrition Assistance Program (SNAP)** formerly known as food stamps, helps Pennsylvanians by providing money each month for groceries. SNAP is our country's most important and most impactful anti-hunger program. For every meal provided by a Feeding Pennsylvania food bank, SNAP provides nine. SNAP's critical role in helping low-income individuals and families goes beyond dollars to support Pennsylvanians in need. SNAP also supports businesses in the communities where recipients live and shop. According to [research by the USDA](#), during an economic downturn, a \$1 billion increase in SNAP benefits could increase Gross Domestic Product (GDP) by as much as \$1.54 billion – stabilizing a critical segment of the economy and supporting approximately 13,560 jobs, including farmers and other agriculture workers.
- **Medical Assistance** and the **Children's Health Insurance Program** help Pennsylvanians access quality, affordable health coverage, ensuring that they do not have to forego necessary routine, preventive, or critical physical and mental health care due to being uninsured, especially during cold and flu season or during the ongoing pandemic. Pennsylvanians who have lost health coverage or are currently uninsured and need coverage for themselves or their children may qualify for coverage through Medical Assistance or the Children's Health Insurance Program (CHIP). Medical Assistance and CHIP provide coverage for routine and emergency health services, tests and screenings, and prescriptions, and COVID-19 testing and treatment are covered by both Medical Assistance and CHIP. Medical Assistance and CHIP enroll individuals throughout the year and do not have a limited or special enrollment period, so people needing health coverage can apply for these programs at any time. There are income limits for Medical Assistance, but all children qualify for comprehensive health, vision, and dental coverage through CHIP regardless of their parents' income as long as they do not qualify for Medical Assistance.

All Pennsylvanians experiencing financial hardships due to the pandemic, a lost job, or a change in income are strongly encouraged to apply and see if they qualify for assistance with food, health care, and other essential needs.

"In addition to meeting our basic needs like food and shelter, sometimes we need emotional and mental health support, too. This time of year is often about gathering together, but there are those of us who still may be separated from loved ones, whose celebrations may not look the same as they did a few years ago, or who are grieving the loss of loved ones or the changes to our lives that have been happening for almost two years," said Acting Secretary Snead. "You do not have to go through these feelings alone. If you or a loved one need someone to talk to, we can help."

Mental Health resources are available 24/7 through Pennsylvania's Support and Referral Helpline by calling 1-855-284-2494, or for TTY, dialing 724-631-5600. The helpline is staffed by skilled and compassionate caseworkers who will be available to counsel struggling Pennsylvanians and refer them to resources in their community that can further help to meet individual needs. Help is also available via text through the Crisis Text Line by texting PA to 741-741.

To learn more about all DHS programs, visit dhs.pa.gov

Setting Expectations

Growing up, getting through each day was many times a struggle. There was many times I struggled with knowing who I really was and whether I was being who I truly wanted to be, Life and societal norms program what is kind of expected of us and what we growing up were expected to do. So I did just that and seemed to manage, I spent a lot of time as a teenager masking who I really was and how I wanted to be because it wasn't what was normal. In the beginning of the iconic movie *Forrest Gump*, Forrest's mother, played by Sally Field asks the school superintendent just "What does normal mean anyway?" when her son doesn't meet the normal IQ score for public school. While what she did to get her son into school was unethical by all means, it shows that she made her son know not to let anyone tell him that he was no different than anyone else.

When we fall into what is expected for us, it can be hard because we are given expectations to live by that can at times seem scary and very unreal for us. I remember the day of my high school graduation, my mother took me around town to look for jobs, many of them I knew that I wouldn't have a chance of getting and would never be able to perform to the expected standard that was required. Even beating the odds of going to trade school and while during the evaluation process, I didn't qualify for the program that I wanted, I got into a program that I excelled at. I was a minority because I was a male in the program, but I did well and graduated with honors. After that, the state office of vocational rehabilitation tried to set me up with various interviews, I think I succeeded at them, but I feel that for one reason or another, I didn't meet the expectations that were expected for the jobs.

While I am nearing 12 years at my present place of employment, I think that it is the place that meets the expectations that I need in order to be successful. My coworkers accept and understand my needs and when I am well and not well. They know what I need to be successful and get through the workday. They understand the holidays are rough and I may need extra support to get through them and to take a break every so often. I think this has been all made possible because of my ability to use the skills I used in all my post-secondary training and education and while the level and capacity of work isn't what a "normal" workload is, it is what is needed for me to be successful and a productive member of society.

The same can be said for what society thinks we as adults are expected to do in our personal lives as well. We as beings are expected to do things that are outside of our comfort zone and make us feel uncomfortable, like go to parties, have families, be in relationships, own a house, have children and a career for ourselves. While many have one or all of these factors in their lives, we must simply accept that we cannot expect all adults, including those with mental health challenges to have these benchmarks in their lives to be valued for who they are. In fact, many can be satisfied doing what they have done all their lives because it is what they only know and have the ability to understand. We as a society must have the ability to not set our expectations when individuals with mental health and other related challenges come of age into adulthood and expect them to do things that we know that without the proper skills and training will set them up for failure and possible regression, While we often recognize the individual for their challenges, we must see their abilities and craft their abilities with their talents so they can be a member of society that is acceptable for them and those that care for them.

~Dustin M.

Beacon Member and Family Zoom Meeting Calls Continue Into 2022

Beacon Health Options Prevention, Education, and Outreach Department invites you to join us on a Zoom meeting. The purpose of the call is to share information, updates and provide opportunities to network with other Beacon members and family members. The meeting will be hosted by Beacon's Prevention, Education and Outreach staff. We welcome Beacon members and families to join us. All calls are from 1:00 pm - 2:00 pm on the following dates:

- December 20, 2021
- February 28, 2022

One can join via the videoconferencing app Zoom by following the [link](#)
Meeting ID: 963 6668 5245
Passcode: 773174

If unable to join by the Zoom link above, please dial in on the specific date at 1:00pm EST 1-646-876-9923 to join by phone. The Meeting ID and Passcode are listed above.

NEWS FROM THE SOCIAL SECURITY ADMINISTRATION

Social Security benefits increase

Approximately 70 million Americans will see a 5.9% increase in their Social Security benefits and Supplemental Security Income payments in 2022. Federal benefit rates increase when the cost-of-living rises, as measured by the Department of Labor's Consumer Price Index.

The CPI-W rises when inflation increases, leading to a higher cost-of-living. This change means prices for goods and services, on average, are a little more expensive, so the cost-of-living adjustment helps to offset these costs.

We will mail COLA notices throughout the month of December to retirement, survivors, and disability beneficiaries, SSI recipients, and representative payees. But, if you want to know your new benefit amount sooner, you can securely obtain your Social Security COLA notice online using the Message Center in your my Social Security account at www.ssa.gov/myaccount. You can access this information in early December prior to the mailed notice.

If you prefer to access your COLA notice online and not receive the mailed notice, you can log in to your personal my Social Security account at www.ssa.gov/myaccount to opt out of a mailed COLA notice and any other notices that are available online by updating your Preferences in the Message Center. Did you know you can receive a text or email alert when there is a new message waiting for you? That way, you always know when we have something important for you – like your COLA notice. If you don't have an account yet, you must create one to receive the 2022 COLA notice online.

January 2022 marks other changes that will happen based on the increase in the national average wage index. For example, the maximum amount of earnings subject to Social Security payroll tax in 2022 will be higher. The retirement earnings test exempt amount will also change in 2022 and you can view that at www.ssa.gov/news/press/factsheets/colafacts2022.pdf.

Be among the first to know! Sign up for or log in to your personal my Social Security account today. Choose email or text under "Message Center Preferences" to receive courtesy notifications.

You can find more information about the 2022 COLA at www.ssa.gov/cola

Current COVID-19 Information & Resources

- ⇒Federal Government Response:
www.coronavirus.gov
- ⇒PA Department of Health Information
<https://www.health.pa.gov/topics/disease/Pages/Coronavirus.aspx>
- ⇒Fayette Area Coronavirus Needs / Availability Group:
<https://www.facebook.com/groups/211053520110419/>
- ⇒Clubhouse Calendars:
 - ⇒[Public Events](#)
 - ⇒[Stakeholder/ Webinar](#)
 - ⇒[Food Distributions](#)

Virtual Support Groups through MHA of SW Penna.

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

- **Aging Up Support Group (Transitional Ages 18-26)** Every 2nd and 4th Monday of every month
Time: 4:00PM-5:00PM
- **MH Support Group (Mental Health)** Every 2nd and 4th Tuesday of every month
Time: 1:00PM-2:00PM
- **LGBTQ+ Support Group** Every 2nd and 4th Tuesday of every month
Time: 6:00PM-7:00PM
- **The "Anyone" Support Group (For anyone wanting to talk)** Every 1st and 3rd Wednesday of each month
Time: 6:00PM-7:00PM

Food Access in Fayette County

The FCCAA Food Bank is Fayette County's designated warehouse for the collection and storage of food for individuals in need of food assistance. Each year, the Food Bank collects and distributes over 2 million pounds of food to approximately 10,000 individuals. The food is distributed through a network of volunteer food pantries, congregate feeding sites, and soup kitchens. Through the network of area agencies and food pantries, the FCCAA Food Bank continues its mission of providing proper food and nourishment to the community.

Food Bank programs include emergency food assistance for anyone who is in need, the [PA Senior Food Box Program](#) for seniors, and the Weekend Snack Pack Program, which provides children with a backpack filled with food to help fill a nutritional void.

Questions?

724-580-7001

The Nutrition Education Program (NEP) conducts nutrition classes, offers food tastings, and provides monthly nutrition newsletters to individuals at various sites throughout Fayette County. Through classes and educational materials, NEP ensures recipients obtain the knowledge necessary to maximize the benefit of the food they receive from food assistance programs.

Questions?

724-430-6428

Peanut Butter Chocolate Chip Bars

INGREDIENTS

- 1/2 cup unsalted butter (1 stick), melted
- 1/3 heaping cup peanut butter*
- 1 large egg
- 1 cup light brown sugar, packed
- 1 tablespoon vanilla extract
- 1 cup all-purpose flour
- 1 cup semi-sweet chocolate chips + 2 tablespoons, for sprinkling

INSTRUCTIONS

1. Preheat oven to 350F. Line an 8-by-8-inch baking pan with aluminum foil, spray with cooking spray; set aside.
2. In a large, microwave-safe bowl melt the butter, about 1 minute on high power.
3. Wait momentarily before adding the egg so you don't scramble it. Add the peanut butter, egg, brown sugar, va-

- nilla, and whisk until smooth.
4. Add the flour and stir until just combined, don't overmix.
5. Stir in 1 cup chocolate chips.
6. Turn batter out into prepared pan, smoothing the top lightly with a spatula.
7. Sprinkle evenly with 2 tablespoons chocolate chips, smoothly the top lightly with a spatula.
8. Bake for about 20 to 25 minutes, or until done. A toothpick inserted in the center should come out clean, or with a few moist crumbs, but no batter. Allow bars to cool in pan for at least 30 minutes before slicing and serving.

Bars will keep airtight at room temperature for up to 1 week, or in the freezer for up to 6 months.

~Erica P,



Leftover Instant Macaroni Salad

Very recently, it was later in the evening and I had a hunger pang, but didn't want the same old same old. Crusing the kitchen and later the refrigerator to find some leftover sauceless rotini that I had prepared the day before. I decided to add Miracle Whip to it and mix it up in a bowl. I would suggest adding enough per your judgement to acquire the desired taste that you

would like. While not a complete macaroni salad, this can be a quick way to remedy that late-night hunger pang you may be experiencing. You could always top with Parmesan Cheese for a added zest.

~Dustin M.

No-Bake Cheesecake

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**

Instructions

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.

Notes

- **Make Ahead Instructions:** This cheesecake can be made 1-2 days in advance. It can be refrigerated in step 6 for up to 2 days before serving. You can also make the crust 1-2 days ahead of time. Freeze for up to 1 hour in step 1, then cover tightly and refrigerate for 1-2 days before adding the filling. Another way to make this cheesecake ahead of time is to freeze it. Cheesecake can be frozen up to 3 months. See instructions in blog post above.
- **Lemon Juice:** Lemon juice brightens up the flavor. This cheesecake does not taste like lemon. For lemon flavored no-bake cheesecake, remove the sour cream from the recipe and add 2 Tablespoons lemon juice and 1 Tablespoon lemon zest.
- **Room Temperature Ingredients:** Bring the cream cheese and sour cream to room temperature before beginning. Room temperature ingredients guarantee a smooth cheesecake filling. Beating cold ingredients together will result in a chunky cheesecake filling. (The heavy cream, however, **MUST** be cold in order to whip into stiff peaks.)
- **Toppings:** Before serving, decorate with whipped cream, lemon curd, strawberry sauce, fresh berries, salted caramel, or your favorite cheesecake toppings. I used Ateco 849 piping tip for the whipped cream in the pictured cheesecake.
- **Can I Make Mini No-Bake Cheesecakes?** Yes, see my mini no bake cheesecakes, which are made in a standard muffin pan.



~Jesse B.

DIRT PUDDING RECIPE



INGREDIENTS

- 1 1/2 (14 ounce) packages Oreos
- 6 Tablespoons melted butter
- 3 1/2 cups milk
- 2 small boxes instant pudding (use all chocolate, all vanilla, or a mix of two. I prefer all French vanilla pudding)
- 8 oz. cream cheese, softened to room temperature
- 1 cup powdered sugar
- 12 ounces whipped topping, thawed
- Gummy worms (optional)

INSTRUCTIONS

Place oreos in a large ziplock bag and seal. Use a rolling pin to crush oreos. Pour melted butter in the bag and shake to combine.

Whisk the milk and pudding mix together in a bowl until starting to thicken, about 2 minutes. Set aside.

Place the cream cheese and sugar in the bowl of an electric mixer. Beat on medium high speed until the mixture is smooth and no lumps remain.

Fold the pudding in, beating on low speed until well combined. Stir in whipped topping.

If you're using a large play pail to serve the pudding, you might want to place the whipped topping lid upside down in the bottom. This shortens the pail and makes it so the pudding will go all the way up to the top. Place a layer of Oreos at the bottom. Put a layer of the pudding mixture over top. Repeat until both are gone, beginning and ending with the Oreos. Arrange gummy worms on top. Refrigerate for at least 3 hours or overnight.

~Donald M.

Combating Food Insecurity In Connellsville & Beyond

In Connellsville, we are blessed to have a network of Little Free Pantries and Blessing Boxes.

Little Free Pantries, otherwise known as the mini pantry movement is a grassroots, crowdsourced solution to immediate and local need. Whether a need for food or a need to give, mini pantries help feed neighbors, nourishing neighborhoods. This can also be considered as a "blessing box" of need for giving blessings and receiving them as well.

The movement in Connellsville started in 2019 when an employee at Highlands Hospital saw a need for this partly because of needs generated via the emergency room visitors there. Therefore, a pantry was installed outside the ER Entrance by the facilities department at the hospital.

That same person took the idea to her Church, The Christian Church of Connellsville and they installed a plastic pantry at their parking lot entrance the following year. It should also be noted that they serve a community lunch on Mondays to anyone who comes to the church in need of a meal.

Over time this has been duplicated by other entities. Churches in Smock and Smithfield put sharing boxes up in their parking lots. Fayette Resources has one in the parking lot of their ATF in North Union. Even a girl and her father worked with South Union Supervisors on having boxes placed at Hutchinson and Areford Parks during park hours.

More so in 2021 A Boy Scout Troop placed a blessing box at a church in Lower Tyrone Township to get the rural areas of the county. The concept was duplicated to Dawson where a joint effort between the Fire Company and one of the churches placed a pantry on the front lawn of the fire department, easing food insecurity in a very small community that only has a very small convenience store.

This past month, through the courageous efforts of an Eagle Scout in Connellsville, three Blessing Boxes at central supervised points were installed and have been indeed a blessing

to the community. This brings the total places where there's a point to access a community food sharing box to five.

Hopefully, with these additional boxes from the initial ones in 2019, we can combat food insecurity in Fayette County and make sure that Fayette Countians do not go hungry and get the help and resources they need to live. Fayette County often does a good job of taking care of their citizens to ensure that they get what they need to get food, clothing and shelter. While this is a rather new concept, hopes is that it can be well utilized and expanded more all over Fayette County in order to combat issues related to food insecurity, access and cost along with providing resources for individuals to get things they need to get what they need in life with ease.

Please, during this Holiday season, while there is so much to think about, please consider the less fortunate that may not have the ability to have the same things many of us take credit of having. The onset of winter is fast approaching and we need to be aware of that too. Many times it doesn't matter what you give to a cause, what matters is the fact that you give to a cause something that can be intended for use to someone else in need. The true meaning is that, when something is given, it comes from the heart because you care and it is meant to help someone in some way.



~Dustin M.

(For a full listing of Community Pantries, see Page 3 of this newsletter.)

Little Free Libraries in Fayette County

- 107 Laughlin Street, Dawson
- Comfort Inn, 325 N. 1st St., Connellsville
- Lion's Square, 144 W. Crawford Ave., Connellsville
- Laurel Mall, Route 119
- LaFayette School, 303 Connellsville St, Uniontown
- Nemcolin Woodlands Courtyard, 72 E. Main Street, Uniontown
- Old Central School, 23 E. Church St., Uniontown
- Fay-Penn Business Center, 142 W. Main St., Uniontown
- Hutchinson Park. 65 Stadium Drive, Uniontown
- Jumonville Christian Camp and Retreat Center, 887 Jumonville Road, Hopwood
- Fairchance Borough, 125 West Church Street, Fairchance
- Smithfield Borough, Water Street, Smithfield
- Keisterville Community Center, Ballfield Road, Keisterville
- Smock Community Center, 103 Main Street, Smock
- The Inn at Lenora's, 301 Liberty St., Perryopolis
- Benner's Meadow Run Campgrounds, 315 Nelson Road, Farmington
- 25 Sherman St., Ohiopyle
- Newell United Methodist Church, 204 Miller St., Newell
- Springfield -Clifford N. Pritts Elementary School, Normalville
- Fayette County Children & Youth Services, Old New Salem Rd., Uniontown
- Jacobs Creek Park, Mudd School Rd. Mt. Pleasant (Bullskin Twp.)
- Cove Run Free Methodist Church 345 Yauger Hollow Road. Lemont Furnace

More Information:

<https://fayettelittlefree.wordpress.com/>

Facebook @FayettePALFLsandLFPs and

@ConnellsvilleLFPsandBBS

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>

Union Station Nation to Celebrate Week of Cheer

For those in attendance at Union Station as in years past, we will be having a week of cheer. This year, with the Holiday schedule, we will have a modified schedule compared to years past.

On Monday December 20th, we will be having a Hot Chocolate bar and the dress theme of the day will be flannel.

Tuesday, December 21st will feature Cheese and Pepperoni and the dress theme of the day is Red and Green.

Wednesday, December 22nd, the day of

our Holiday Party as in years past will be the traditional theme of Ugly Christmas T-Shirts.

Lastly, Thursday, December 23rd will feature a Milk and Cookie bar and the theme is pajamas (in modest taste. To close the week.

As always, participation in all of these events are optional and members should be considerate when choosing to dress to consider, if working, the dress code of their employer.

Coverage of these festivities will be in our January 2022 newsletter



**Union
Station
Clubhouse**

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@unionstation15401



@usc15401

A program of Goodwill Southwestern Pennsylvania
www.goodwillswpa.org



Holiday Schedule for Active members

- 12/22 (Wed.):
Holiday Party
- 12/24 (Fri.):
Social Day
- 12/27 (Mon.):
Social Day
(Virtual)
- 1/3/22 (Mon.)
Social Day
- 1/17/2022 (Mon.)
Social Day

Lonely, Try a Warmline

A Warmline is a peer-run hotline that offers callers emotional support and is staffed by volunteers who are in recovery themselves.

- Allegheny County Warmline
(866) 661-9276
Daily, 9am – 1am (EST)
- Community Behavioral Health
(855) 507-9276
M-F 4 – 7 pm (EST)
- Community Behavioral Health Philadelphia Warmline
1-855-507-9276 or 1-855-507- 3945
Mon-Fri, 10am-12pm, 1-3pm, 4- 7pm (EST)
- Contact Altoona
(814) 946-9050
Daily, 7am-11pm (EST)
- Contact Helpline (211)
(800) 932-4616,
press 8; 24/7
- Valley Creek Crisis Center Warm Line
(866) 846-2722
M-F 8am – 10pm; Sat-Sun 10am10pm (EST)
- Persevere PA
COVID-19 Crisis Counseling Program,
1-855-284-2494; 24/7