

Union Station Clubhouse Weekly

Be Prepared for Power Outages

Power outages can occur at any time, so it is important to prepare for them **before** they happen: Keep a flashlight, portable radio, and extra batteries handy.

Know where your electric service panel is located. They are commonly found in the basement, in an attached garage, or other interior locations near the exterior electric meter.

- If you have a water well and pump, keep an emergency supply of bottled water on hand.
- If you use an electric range for cooking, keep an emergency supply of convenience foods that do not require cooking.
- If you have a backup generator, be sure you know how to [use it safely](#).
- Keep a plain, hard-wired telephone handy; you may need it to report your electricity is out. Many cordless or feature-laden telephones require a plug-in power source to operate, and may not work if a power outage occurs. A cell phone will work as long as its battery is charged (you may want to keep an extra charged battery handy) and the nearest cell tower has power or battery backup power. However, a plain, hard-wired phone can operate on power delivered through the phone line.

Winter Storms

With high winds and heavy accumulations of ice and snow, winter storms can cause outages. To be prepared, experts suggest you should be ready to meet your family's basic needs for up to three days. Make sure you are ready with:

- **Light.** Keep a flashlight and extra batteries handy. Use care when burning candles; open flames are a dangerous fire hazard.
- **Warmth.** Have extra blankets or a sleeping bag for each person. Do not use gas stoves, grills or other open-flame appliances as a heat source. They could cause deadly carbon monoxide gas could build up in your home.
- **Water.** If you have a water well and pump, keep an emergency supply of bottled water.
- **Food.** If your home has an electric range, stock an emergency supply of convenience foods that do not require cooking.
- **News and information.** Keep a battery-powered radio with extra batteries on hand.
- **Means of communication.** While a cell phone will work as long as its battery is charged and the nearest cell tower has power or backup power, many cordless land-line telephones require a plug-in power source to operate, and may not work if a power outage occurs. You may want to keep a plain, hard-wired telephone handy to report your power outage (888-544-4877) or to call for help in an emergency. These phones operate on power delivered through the phone line. For more information, check the [National Weather Service Severe Weather Information*](#) site.

~Information derived from [West Penn Power, a First Energy Company](#)



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Meeting Schedule on Zoom

- Daily 8:30 AM Meeting
- Daily 12:30 PM Meeting
- Monday 2:00 PM House Meeting
UDM as Needed

Goodwill's Virtual Career Services

Looking for a new job but unsure of where to start? Or maybe you aren't actively looking but have extra time at home to learn new skills? Goodwill's Career Services offers a wide selection of virtual services to help jobseekers build the necessary skills crucial to achieving their career goals. More Information: <https://www.goodwillswpa.org/career-service-online>

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>
- ⇒ Is it your turn for the COVID-19 Vaccine? <https://covidportal.health.pa.gov/s/Your-Turn>

Standard of the Week:

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

Resources Compiled

As a part of the "virtual" Work-Ordered Day of the Clubhouse. One of those tasks over the last week was compiling a comprehensive list of resources for our community of businesses such as banks, pharmacies, grocery, take-out etc. that is open and what operations are within them during this difficult time. Also compiled was a listing of entertainment series such as tour series provided by our National Parks in the region and other virtual opportunities. For more information on all resources, visit: www.coronavirus.unionstationclubhouse.com

Community Support Program Updates

- ⇒ Western Region CSP will be meeting virtually until further notice with the February meeting being held today, February 12, 2021 The Next one will be on March 12, 2021 and will feature Dawn Davoli and Food and Brain Health.
 - ⇒ [Meeting Link](#)
 - ⇒ 888 788 0099 US Toll-free
 - ⇒ 877 853 5247 US Toll-free
 - ⇒ Meeting ID: 934 6249 8705
 - ⇒ Passcode: 948800
- ⇒ 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, February 22nd.
 - ⇒ [Meeting Link](#)
 - ⇒ Meeting ID: 836 6421 5963
 - ⇒ Passcode: 747703

Beacon Health Options Member and Family Zoom Meetings

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 net-work with other Beacon members and family members. The call 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 every other Monday.

Dates of calls are:

- ⇒ March 1, 2021
- ⇒ March 15, 2021
- ⇒ March 29, 2021
- ⇒ April 12, 2021
- ⇒ April 26, 2021

To Join the Zoom Meeting [CLICK HERE](#)

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: Meeting ID: 963 6668 5245

Passcode: 773174



Food Pantries Next Week	Self-Determination Housing Partnership Webinars for Pennsylvanians
<p>⇒ Calvin United Presbyterian Church, 307 Spring Street, Brownsville; Saturday 9:30 AM to 11:00 AM; Brownsville Area School District</p>	<p>February & March 2021:</p> <ul style="list-style-type: none"> o Eviction Prevention and Process-es, Tue, Feb 16, 2021, 10am – 11:30am o Navigating Income-Based Housing Options, Thurs, Feb 18, 2021, 1pm – 2pm o Addressing a Housing Crisis, Thur, Mar 18, 2021, 1pm – 2pm o Eviction Prevention and Process-es, Thurs, Mar 25, 1pm – 2pm o Home Modifications, Tues, Mar 30, 1pm – 2pm <p>Prepared Renter Education Program Series:</p> <ul style="list-style-type: none"> o Prepared Renter Education Program (PREP) Part 1, Tue, Mar 2, 2021, 1pm – 2pm o Prepared Renter Education Program (PREP) Part 2, Tue, Mar 9, 2021, 1pm – 2pm o Prepared Renter Education Program (PREP) Part 3, Tue, Mar 6, 2021, 1pm – 2pm <p>More Info: https://www.sdhp.org/</p>
<p>Spotlight On: FCCAA Nurse-Family Partnership</p>	
<p>The Nurse-Family Partnership Program aims to improve pregnancy outcomes by having specially trained nurses regularly visit first-time moms-to-be and help them engage in good preventative health practices such as:</p> <ul style="list-style-type: none"> • obtaining thorough prenatal care from their healthcare providers • improving child health and development by helping parents provide responsible and competent care <p>improving the economic self-sufficiency of the family by helping parents develop a vision for their own future such as planning future pregnancies, continuing their education, and finding work.</p> <p>Eligibility:</p> <ul style="list-style-type: none"> • first-time moms who are pregnant 28 weeks or less • Fayette County or Greene County resident • meet income requirements of 235% of the federal poverty level <p>For More Information: Call 724-430-6401 or 724-430-6418, or e-mail kmcknight@fccaa.org.</p>	<p>This N' That Around The Area</p> <ul style="list-style-type: none"> • Connellsville Area Community Ministries is having a FREE coat giveaway at the Connellsville Community Center (201 E. Fairview Avenue, Connellsville) for residents of the Connellsville Area School District on Tuesdays and Thursdays from 9:00 AM to 3:00 PM • Through Feb. 21, Pappy's Pizza & Subs will be donating 5% of purchases to support the CAHS Patriots project of sending packages to those deployed. Pappy's is located at 1915 W Crawford Ave., Connellsville. Call 724-628-1660. • South Connellsville Volunteer Fire Company will host a fish fry from 11 a.m. to 5 p.m. today and each Friday during Lent at the Firemen's Club. Dinners will include fish, French fries, macaroni and cheese, and coleslaw for \$10. All other sides are \$1 each. • The Clinton Church of God, 406 Buchanan Road, Normalville will hold a takeout-only Lenten fish fry 4 -7 p.m. Feb. 19 and March 5 and 19. Dinners are \$9 and will include fish, macaroni and cheese, coleslaw and cake. For more information, call the church at 724-455-2017 • Through Feb. 21, Pappy's Pizza & Subs will be donating 5% of purchases to support the CAHS Patriots project of sending packages to those deployed. Pappy's is located at 1915 W Crawford Ave., Connellsville. Call 724-628-1660. • Norma's Closet Clothing and Houseware Bank opens at the Fresh Fire Church at 171 Connellsville Street in Uniontown on Tuesday March 2nd and March 16th 10am-2pm. Clothing for all sizes and lots of items for your home! Park in the back of the church and use our rear entrance.

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://corona-virus.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
- ⇒ Christian Church of Connellsville holds free community lunches from 11:30 a.m. to 1 pm. every Monday. It is takeout only.
- ⇒ Farmers to Families Food Distribution

on Fridays until April starting at 10:30 a.m. This is located at 286 East Fayette Street in Uniontown, lineup begins there and continues down Fayette Street, not blocking intersections or the bus lane at Uniontown High School.. It is imperative to follow the directions of the distribution team.

- ⇒ Fresh Fire Church located at 171 Connellsville Street In Uniontown will hold a food distribution THURSDAY FEBRUARY 25th from 10am-12pm or until we are out of food. We plan to serve 1,080 families. 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. This is a contactless distribution, we cannot rearrange items in your vehicle for the food in an effort to protect our volunteers and you.
- ⇒ Trinity United Presbyterian Church has a food pantry open solely to residents of Uniontown with proper verification of ID. Food is dispersed in relation to the number of people in the household. You will be asked to provide the number of adults and the number of children. The food comes in pre-packaged grocery bags. The Food Pantry pickup is located in the front narthex. Enter through the front doors on Morgantown or Fayette Street. Pickup is the second and last Mondays of the month at NOON.

Little Free Pantries

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

- ◆ Highlands Hospital, 401 E. Murphy Ave. Connellsville
- ◆ Connellsville Christian Church, 212 S. Pittsburgh St.
- ◆ Fayette Resources ATF, 1300 Connellsville Road, Lemont Furnace
- ◆ Pleasant View Presbyterian Church, 533 Royal Road. Smock
- ◆ Hutchinson Park Pavilion #4—Uniontown, PA*
- ◆ Areford Park—Frank Hoover Street, Uniontown PA*

* 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/>



Pennsylvanians encouraged to use myPATH for taxes

With the tax filing season now open, the Department of Revenue is encouraging taxpayers to electronically file their Pennsylvania personal income tax returns with the department's new, state-only filing system available at mypath.pa.gov. myPATH is a free, user-friendly option that allows most taxpayers to seamlessly file the Pennsylvania Income Tax Return (PA-40) and make income tax payments, as well as offering other services.

The deadline to submit 2020 personal income tax returns is April 15.

Taxpayers do not need to create a username or password to perform many functions in myPATH.

That includes filing a PA-40 or making a payment, responding to department requests for information, and checking the status of a refund.

In order to file the PA-40, taxpayers will need to provide their Social Security number and either: the tax liability for a previous tax year; or their birth date, Pennsylvania driver's license/photo ID number and the expiration date for the license/photo ID.

If you choose to create a username and password in myPATH, you'll have the ability to update/view detailed account information and notices.

You can also manage third-party access to your account, meaning you can give a tax professional or another person access to file your return and make payments on your behalf.

A detailed list of instructions is available in the myPATH User Guide. myPATH replaced the department's previous personal income tax e-Services applications, including PA Direct File.

Webinars / Stakeholder Meetings

⇒ [Black Mental Health Matters](#)

Black Mental Health Matters is a webinar facilitated by Dr. Eunice Peterson, a board-certified Adult and Child & Adolescent Psychiatrist. The webinar is an interactive presentation with a Q&A session designed to provide participants with an understanding of how racism impacts mental health.

Dates:

PART II: Thursday, February 25, 2021 from 2:30 to 4 p.m. ET

<https://bit.ly/3s12Kzt>

⇒ [A Story of Hope](#)

In this presentation, Sociologist, best-selling author, and mother of five Bertice Berry, Ph.D. argues that how we tell our story is how we are living our lives. "If we can tell better stories, we can live more productive, harmonious, and peaceful lives," Berry says. Sociological Story Telling, or using story as a means of understanding, connecting, and belonging is finding a new place among scholars and business leaders. However, Berry points out that it is also an effective tool for empowering its users to present the self they want and need others to see. Using her unique blend of storytelling and humor, Berry will make you think and feel

Thursday, March 25, 2021, 2:30 pm to 4 pm EST

<http://bit.ly/2MmZxtK>

⇒ [Health Choices Advisory Committee Meeting](#)

Date: Thursday, April 15, 2021

Time: 10:00am - 12:30pm

The meeting will involve the discussion of telehealth services.

[Registration Link](#)

⇒ [Moral Injury: Invisible Wounds and Unspoken Words](#)

This presentation will focus on the effects of moral injury from trauma (causal mechanisms, symptoms, behavior manifestation, psychosocial effects, and interventions). The demographic focus will be veterans with military sexual trauma, children of veterans, and family systems. It will address the gap in services as well as barriers faced. It will end with methods and current programs to address this void in interventions.

Date: Thursday, April 8, 2021, 2:30 pm to 4:00 pm EST

<http://bit.ly/39fgdWj>

Public Library Statues

- ⇒ **Brownsville Free Public Library** is open for curbside services. Request books, get your faxes and copies as well. Monday & Tuesday 9am-2:30, Wednesday 10-5, Thursday & Friday 10-2:30
- ⇒ Only Curbside Services are available at the **Carnegie Free Library of Connellsville**. Appointments must be made prior to pickup. For more information, dial 724-628-1380.
- ⇒ The **Dunbar Community Library** will be open to patrons beginning Tuesday February 2nd. We encourage patrons to please call before coming. All CDC guidelines currently in place must be followed. Revised hours of operation are Tuesday and Thursday 10:30 AM - 5:00 PM.
- ⇒ The **German-Masontown Public Library** is open 10-4 Mondays-Thursdays. Due to Coronavirus concerns, we are limiting the amount of patrons inside at one time, so you may have to wait your turn. Just knock for service!
- ⇒ **Frazier Community Library** is offering curbside service to patrons. The library lobby will be open to the public only on Wednesdays from 5:00 p.m. - 7:00 p.m. Saturdays from 10:00 a.m. - 11:30 a.m.
- ⇒ At the **Point Marion Public Library**, The library will be continuing limited computer usage on Monday and Wednesday evenings during library hours of 6-9pm. One person can use the computer for a limit of one hour. Please call the library at 724-725-9553 to schedule your computer time. Limited patrons are allowed in the library at a time to check out books. MASKS must be worn at all times in the library. CCFC's Front Line Mask Initiative provided us with masks for employees and patrons use. For your convenience our library collection is available to browse on the library website. Requests can be made by calling the library at 724-725-9553 either during library hours or anytime by leaving a message. Return books in the outside drop box. For patron safety, all books will have a 4 day waiting period before being available for check out again.
- ⇒ **Brownfield, Republic and Smithfield Public Libraries** remain CLOSED
- ⇒ **The Uniontown Public Library** is Back to Curbside Pickup only. Call or email to Reserve Your Items and Schedule A Pickup Time. They will return to browsing and public computer use as soon as possible. Please contact us 724-437-1165 or upl@uniontownlib.org to let us know what you need. We're here to help!

FAYETTE COUNTY COVID-19 VACCINE TASKFORCE REACHING THOUSANDS

Uniontown, PA – The Fayette County COVID-19 Vaccine Taskforce successfully vaccinated approximately 3,600 citizens in its first week of clinics.

Following a press conference launch last week, clinics were hosted across Fayette by WVU Medicine Uniontown Hospital, Highlands Hospital, Fayette County Veterans Affairs and the Centerville Clinics.

Fayette County Commissioner Scott Dunn, who attended several clinics in Uniontown and Connellsville last week, said he's "very happy" with the task force's "continued endeavors." "Everybody's putting egos aside for the common good here, ensuring we're able to get as many shots into arms as possible. There's a lot of work that goes into hosting one of these vaccination clinics, and everyone is stepping up to make sure it all gets done," Dunn said. "Whether it's registering citizens; scheduling them for vaccines; or volunteering their time at one of the clinics, there's so much work taking place behind the scenes by people not only in county government, but by our partner providers - hospitals, pharmacies and other organizations. Working together is what allows us to pull this all off."

Last week, the task force began utilizing an online registration system, allowing all citizens who wish to receive the vaccine to be added to the list to do so.

"This is a marathon, not a sprint," said WVU Medicine Uniontown Hospital Vice President of Operations Mark Dillon. Currently, more than 15,000 citizens are registered and being scheduled for future clinics, and that number continues to grow. This week, approximately 3,300 additional citizens are expected to be vaccinated through clinics hosted by the Uniontown and Connellsville hospitals alone. Fayette Chamber of Commerce Executive Director and COVID-19 Vaccine Taskforce Co-chair Muriel Nuttall said the vaccination clinic process has been working through a "learning curve" since the registration database went live last week. "We had some challenges at the begin-

ning of the week, but we've been working through them consistently and adapting along the way. Despite the number of people waiting, the task force is pulling big numbers off the list for clinics each day," Nuttall said. "Registering online is still the fastest way to get on the list. Citizens can still call the phone number, but we highly recommend accessing the internet to be added to the database, if at all possible."

Registration to receive the vaccine can be completed at www.fayettecountypa.org. Task force officials are asking that all registrants be extremely careful with their data entry, ensuring phone numbers and email addresses are correct for scheduling purposes.

Completing the registration form takes about two minutes and you will receive an email response upon submission. All clinics are by appointment only. Anyone can register for the vaccine. However, citizens classified as Phase 1A and 1A+ will be given priority at this time. Fayette County Emergency Management Agency (EMA) Director and COVID-19 Vaccine Taskforce Co-chair Roy Shipley said those who have left their registration information via the task force hotline are being contacted and added to the registry this week.

"If you called and left a message last week, we're just asking for patience, as the hotline was overwhelmed, and we want to reach everyone as soon as possible," he said.

Task force officials are reminding citizens that, once registered, they will receive a phone call to schedule their vaccination appointments. Those phone calls are primarily coming from WVU Medicine Uniontown Hospital and Highlands Hospital at this time.

Citizens are urged to check their phone settings to ensure any calls received from unknown numbers are not being automatically ignored.

"People are missing their calls, and it's very important for them to answer their phones. If they miss it, they'll be added

back onto the list and have to wait for another call," Shipley said. "We hope to have a centralized call center in place by the end of this week."

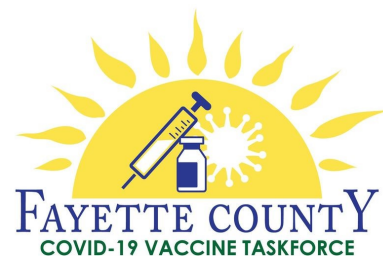
Task force officials are also reminding citizens that you will never be asked to provide insurance, credit card or other financial information when contacted to schedule your appointment.

"If someone asks you for money when scheduling your vaccine, you should consider that to be fraud and hang up," Shipley said.

Directed by Fayette EMA and the Fayette Chamber of Commerce, the task force was created in January to ensure Fayette County residents have organized access to the COVID-19 vaccine as it becomes available. Members are working with partner providers, in accordance with Pennsylvania Department of Health (PA-DOH) and the Centers for Disease Control (CDC) guidelines to organize agencies, businesses and individuals into required groups.

"Overall, we're very excited. The process has been good, and our clinics have done really well thus far," Nuttall said. "We've gotten a great response from the public, and our wait times are currently next-to-nothing for those getting vaccinated. We anticipate for the process to become even smoother and easier for everyone moving forward."

For more information about the Fayette County COVID-19 Vaccination Task Force, access the latest official fact sheet at www.fayettecountypa.org. Vaccine details are also available at www.PA.gov. Additionally, citizens may call the task force hotline at 724-466-4142, or email covidinfo@fcema.org to receive the most up-to-date vaccination information.



Help with Applying for SNAP

The SNAP Outreach Coordinator travels to various locations throughout Fayette County to assist eligible families with the SNAP application. The SNAP Outreach Coordinator is able to complete the application at an individual's home if they are 60 years and older.

For more info: Call 724-437-6050 ext. 3252.



Recipe Corner

CINNAMON SUGAR COOKIES

Prep Time: 20 minutes
Cook Time: 9 minutes
Total Time: 29 minutes
Servings: 32 Cookies
Calories: 139kcal

ingredients

- ⇒ 2 3/4 cups flour
- ⇒ 1 tablespoon, plus 2 teaspoons ground cinnamon divided
- ⇒ 2 teaspoons cream of tartar
- ⇒ 1 teaspoon baking soda
- ⇒ 1/2 teaspoon salt
- ⇒ 1 3/4 cups sugar divided
- ⇒ 1 cup butter, softened
- ⇒ 2 eggs
- ⇒ 2 teaspoons vanilla

Instructions

1. In a medium bowl, whisk together flour, 2 teaspoons cinnamon, cream of tartar, baking soda and salt in a bowl; set aside.
2. In a large mixing bowl, cream together sugar and butter with electric

3. mixer on medium speed, until mixture is light and fluffy, about 2 minutes. Add eggs and vanilla and mix until combined. Gradually add flour mixture to butter mixture on low speed. Refrigerate 2 hours or until firm.
4. When ready to bake, preheat oven to 400°F. In a small bowl, stir together remaining 1/4 cup sugar and remaining 1 tablespoon cinnamon. Using a small cookie scoop shape dough into 1-inch balls. Roll in cinnamon-sugar mixture to coat. Place 2 inches apart on ungreased baking sheets.
5. Bake 9 minutes or until lightly golden. Cool on baking sheets 5 minutes. Remove to wire racks and cool completely.

~By Toni F.



Sausage Beef Bake

- 1 pound sweet Italian sausage
- 3/4 pound lean ground beef
- 1/2 cup minced onion
- 2 cloves garlic, crushed
- 1 (28 ounce) can crushed tomatoes
- 2 (6 ounce) cans tomato paste
- 2 (6.5 ounce) cans canned tomato sauce
- 1/2 cup water
- 2 tablespoons white sugar
- 1 1/2 teaspoons dried basil leaves
- 1/2 teaspoon fennel seeds
- 1 teaspoon Italian seasoning
- 1 1/2 teaspoons salt, divided, or to taste
- 1/4 teaspoon ground black pepper
- 4 tablespoons chopped fresh parsley
- 12 lasagna noodles
- 16 ounces ricotta cheese
- 1 egg
- 3/4 pound mozzarella cheese, sliced
- 3/4 cup grated Parmesan

and rinse with cold water. In a mixing bowl, combine ricotta cheese with egg, remaining parsley, and 1/2 teaspoon salt.

Step 3

Preheat oven to 375 degrees F (190 degrees C).

Step 4

To assemble, spread 1 1/2 cups of meat sauce in the bottom of a 9x13-inch baking dish. Arrange 6 noodles lengthwise over meat sauce. Spread with one half of the ricotta cheese mixture. Top with a third of mozzarella cheese slices. Spoon 1 1/2 cups meat sauce over mozzarella, and sprinkle with 1/4 cup Parmesan cheese. Repeat layers, and top with remaining mozzarella and Parmesan cheese. Cover with foil: to prevent sticking, either spray foil with cooking spray, or make sure the foil does not touch the cheese.

Step 5

Bake in preheated oven for 25 minutes. Remove foil, and bake an additional 25 minutes. Cool for 15 minutes before serving

Directions

~Angie F.

Step 1

In a Dutch oven, cook sausage, ground beef, onion, and garlic over medium heat until well browned. Stir in crushed tomatoes, tomato paste, tomato sauce, and water. Season with sugar, basil, fennel seeds, Italian seasoning, 1 teaspoon salt, pepper, and 2 tablespoons parsley. Simmer, covered, for about 1 1/2 hours, stirring occasionally.

Step 2

Bring a large pot of lightly salted water to a boil. Cook lasagna noodles in boiling water for 8 to 10 minutes. Drain noodles,





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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
- ⇒ 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
- ⇒ Persevere PA (COVID-19 Crisis
Counseling Program) - 1-855-
284-2494

More Helplines are at:

[http://
www.unionstationclubhouse.com/
hotlines.html](http://www.unionstationclubhouse.com/hotlines.html)



<http://goodwillswpa.org>

THE FUTURE VISION OF OUR CLUBHOUSE

Since Union Station Clubhouse reopened from the COVID-19 closures, we have had to make many changes to adapt to the required restrictions in order to continue to serve our members. Since this was unprecedented, we had to improvise and adapt "on the fly."

As the community-at-large is working toward getting back to some semblance of normalcy, we are also looking at not only getting back to where we were, but also what we need to do to be better.

One of the key components to our future vision is our increased focus on community based employment and doing everything we can to support our members in those endeavors. Union Station Clubhouse has begun collaborating with other employment programs in our area such as Goodwill of Southwestern PA, Transitional Employment Consultants (TEC), and the local Office of Vocational Rehabilitation (OVR) to serve as a work skills development site as well as an on-the-job support. We are excited about this partnership as we hope that it will increase opportunities for our members as well as increase our new membership base.

Another new partnership we are developing is with our local Veteran's Association. Once again, we are looking forward to serving a broader population of members.

Although we continue to sort through the issues that the pandemic has levied on us, we are excited about the opportunities it has provided us with as well.

~Scott B.

Online Support Groups Offered During the COVID-19 Pandemic

- ⇒ Several NAMI Affiliates in Pennsylvania offer Virtual Support Groups, mostly through ZOOM, including
 - ⇒ NAMI Bucks County, PA
<https://namibuckspa.org/>
 - ⇒ NAMI Philadelphia
<https://namiphilly.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/>

