

# Union Station Clubhouse Weekly

Members Share : What they like  
about the change of fall



**I** enjoy the fall because it's not too hot and it's not too cold. I also enjoy the change of the color of the leaves on the trees. When my kids were little, they used to like to pile up the leaves and jump in them.  
~Rose S.

**M**y favorite things about fall is the colors of the leaves changing and falling on the ground along with the cooler weather. It's also my birthday as well!  
~Krysta C.

**W**hat I like about Fall is the cooler weather and the changing of the leaves. When the leaves turn, my family and I go onto the State Game lands outside of South Connells-ville and go to a overlook called Look Out Point near the Cas-paris Caves. Its about 3/4 miles from the parking lot but the view of the S-Bend of the Youghiogheny River Gorge is fantas-tic. If COVID-19 wasn't occurring, we would go to some fall festivals such as Pumpkinfest in Confluence, Somerset County along with Hallowboos at Idlewild Park. However, that will have to wait until next year when the state of the country's health improves.  
~Dustin M.



**T**here are many things I love about fall. Some of them include: different colors on the leaves, the smell of fall when you wake up in the morning , and the joy of gathering up leaves to jump into them. I enjoy the smell of pumpkin pie. I also like to help my grandma passing out candy to the trick-or-theaters.  
~Ra-Mel H.

**I** like when the leaves changes colors and I love to play in Them. However, my favorite time is winter and summer. I love the pretty flowers. Soon it will be winter time, my favorite time of the year. I like to spend time with all my fami-ly and friends and play in the snow by making snow men and snow angels.  
~April B.

This year 2020 is different, I didn't really do a whole lot because of COVID-19. But here are some of the things I did do this year...

- Haunted Hills
- Bonfire
- Shopping
- Went to Philly

If we didn't have to go through this COVID-19 I would love to...

- Go to the beach
- Riding rollercoaster park

**FALL** From Toni F.

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## Meeting Schedule on Zoom

- Daily 8:30 AM Virtual Meeting
- Daily 12: 00 NOON Information Station / Lunch & Learn
- Daily 12:30 PM Virtual Meeting
- Monday 2:30 PM House Meeting
- Wednesday 2:30 PM Outdoors N' At
- Fridays at 2:30 PM Friday Night Live
- Tues. & Thurs @ 2:30 PM Cooking With Demonstration.

## From Page 1

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hat I lie about fall is when you can go to the mountains and see the leaves and stuff and spend time when they have Autumn programs. I love to look at the river with the leaves turning color in places such as Jumboville Cross and Ohiopyle. You can enjoy it with your family and friends. That's mostly the favorite thing about fall.

~Tammy G,

### Standard of the Week:

31. The Clubhouse director, members, staff and other appropriate persons participate in a comprehensive two or three week training program in the Clubhouse Model at a certified training base.

#### 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](http://www.coronavirus.unionstationclubhouse.com)

## PMHCA Presents Rockin' Your Recovery

Rockin' Your Recovery, hosted by PMHCA, will be held the week of October 4th in honor of Mental Illness Awareness week. Originally scheduled for March at the Farm Show Conference Center, we decided to continue to honor peer recovery and the role that artwork plays in recovery by making this a virtual week-long celebration. There are several ways to participate such as performing, raffles, sponsorships and more. Registration is not required; all events are free and are available and open to all age groups.



**Internet & Financial**

**EMPOWERMENT**

developing strong supports with people who have disabilities

**October 8, 2020**

**6:30 - 8:00 PM**

**Join us on ZOOM**

<https://us02web.zoom.us/j/9405445944?pwd=MFpuZHpScjZvYW5XMmtMc1puQlNBZz09>

**Register at:**

<https://www.surveymonkey.com/r/J8MMFBL>

**All Are Welcome to Join!**

## 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](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/>
- ⇒ Fayette Area Coronavirus Needs / Availability Group: <https://www.facebook.com/groups/211053520110419/>
- ⇒ Embedded State/ World Case Maps <http://coronavirus.unionstationclubhouse.com/resources/maps.html>

## Focus On: Trinity Presbyterian Church of Uniontown Food Pantry

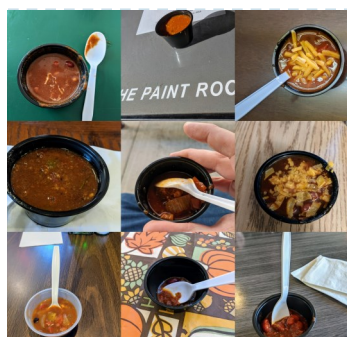
The Trinity United Presbyterian Church Food Pantry is open to Uniontown area residents only. Participants must register. They will need your name and address. You will also be asked to produce an ID to verify. Food is dispersed in relation to the number of people in the household. You will be asked to provide the number of adults and the number of children. The grocery bags are pre-packed. The Food Pantry pickup is located in the front narthex. Enter through the front doors on Morgantown or Fayette Street. The Food Pantry is available on the Second and Last Monday of every month at 12:00pm. More information can be found by calling the church at 724-437-2709

## Construction Update

Construction Patterns for the bridge near the Clubhouse on West Main Street (SR 2040) remain the same with the detour in place. Construction is expected to conclude in October. Mill Street (Between White Swan and Meloni's is now no parking except for loading and deliveries, other than that traffic must be always moving. Additionally, utility work is occurring on other streets in the downtown area, thus making coming to and from the clubhouse more difficult at times.

# This n' That in the Area Beacon Health Options Member Education Events

- ♦ The Friday night car cruises at the Uniontown Shopping Center have resumed and will run until the end of September. Time is 5:30 p.m. til 8:30 p.m. The cruises will have oldies music, door prizes, a 50/50 and will be hosted by WMBS Radio DJ Arnie Amber.
- ♦ Fayette County Community Action Agency, Inc. can provide assistance to Fayette County residents for rental and mortgage problems due to COVID-19. If you are experiencing difficulty making your rent or mortgage payments due to loss of income because of COVID-19, please call 724-437-6050 ext. 501 to see if you qualify for assistance.
- ♦ Brownsville Historical Society is offering tours of Nemacolin Castle in Brownsville's historic Northside, on Saturdays and Sundays from 11 a.m. to 3 p.m. CDC guidelines will be in effect and tours are limited in size. Tickets and times can be secured by calling 724-322-2422.
- ♦ A Little Free Library has been placed in front of the Springfield/Clifford N. Pritts Elementary School in Normalville. The idea is to "take a book" or "leave a book". The Little Free Library has books available for anyone.
- ♦ South Connellsville Borough will hold its fall community yard sale at 8am. Oct. 3, with a rain date set for Oct. 10.
- ♦ A carryout chicken and biscuit dinner will be held from noon to 5 p.m. Oct. 17 at Trinity Lutheran Church, 126 E. Fairview Ave., Connellsville. Cost is \$9 for adults and \$4 for kids 12 and younger. All proceeds benefit the back-to-school clothing giveaway.
- ♦ Downtown Connellsville will sponsor its Chili Fest from 11 a.m. to 2 p.m. Nov. 7. Sample chili from a variety of local restaurants while exploring downtown. Tickets cost \$10 and are available at participating locations. Proceeds benefit Downtown Connellsville Initiative. Go to [downtownconnellsville.org](https://downtownconnellsville.org) or call 724-603-2093 for information.



- ⇒ September 29, 2020-1:00 p.m. (Tuesday)  
AMI, Inc.  
WRAP Wellness and Recovery Action Plan  
[Meeting Link](#)
- ⇒ October 9, 2020-1:00 p.m. (Friday)  
Clarion Psychiatric Center  
Stress & Anxiety Management  
[Registration Link](#)
- ⇒ October 23, 2020-1:00 p.m. (Friday)  
Beacon Health Options  
The Journey to Trauma Informed Recovery  
[Registration Link](#)
- ⇒ November 6, 2020-1:00 p.m. (Friday)  
Beacon Health Options and PA System of Care Partnership  
Part 1 Stigma and Implicit Bias – "Starting the Conversation"  
[Registration Link](#)
- ⇒ November 20, 2020-1:00 p.m. (Friday)  
Axiom Family Counseling  
Modern Day Addiction Treatment  
[Registration Link](#)
- ⇒ December 4, 2020-1:00 p.m. (Friday)  
Beacon Health Options and PA System of Care Partnership  
Part 2 Stigma and Implicit Bias "Continuing the Conversation"  
[Registration Link](#)

- ⇒ December 18, 2020 -1:00 p.m. (Friday)  
Nick Orlando  
LBGTQI+ and Behavioral Health  
[Registration Link](#)
- ⇒ January 8, 2021-1:00 p.m. (Friday)  
Beacon Health Options and PA Care Partnership  
Part 3 Stigma and Implicit Bias "Wrap it Up"  
[Registration Link](#)

For Training Conference telephonic Dial In Codes and visit this [document](#) on the Beacon Health Options Website.

Beacon Health Options, formerly known as Value Behavioral Health of Pennsylvania, is the Behavioral Health-Managed Care Organization (BH-MCO) that provides Mental Health and Substance Abuse benefits to Health Choices members in Fayette and 12 other counties in Western Pennsylvania.

For more information on Beacon Health Options, visit [www.pa.beaconhealthoptions.com](http://www.pa.beaconhealthoptions.com)



## SNAP recipients warned of potential scams

The state Department of Human Services (DHS) has issued a warning about a potential text messaging scam telling people they are selected to receive assistance through the Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps.

The DHS and other government agencies do not and will not solicit participation in SNAP or any other public assistance programs via text, and Pennsylvanians should not reply or share any personal information if they are contacted in this manner.

not get caught in an identity theft scam."

The U.S. Department of Agriculture publishes information about potential SNAP scams, but Pennsylvanians should always be aware of the threat of phishing schemes through unsolicited calls and text messages.

Pennsylvanians who have questions about whether a call, text, letter or other communication is legitimate should contact the statewide customer service center at 1-877-395-8930.

SNAP helps nearly 1.9 million Pennsylvanians by providing assistance each month for groceries, helping households purchase enough food to avoid going hungry.

Applications for SNAP and other public assistance programs can be submitted online at [www.compass.state.pa.us](http://www.compass.state.pa.us).

# Getting Help With Food

## Mass Food Distribution Schedule

- ⇒ Wednesday, September 30  
Oak Hill Baptist Church  
264 Old Frame Road  
Smithfield, PA 15478  
10:00am to 11:30am  
Please don't arrive before 9:00am.

These are food distributions for anyone in need of food assistance as a result of COVID-19. There are no income eligibility requirements. You do not need proof of income. These are drive-through distributions. Please have your trunk open as you come through the drive-through line so volunteers can place boxes in the trunks and keep the line of cars moving. There is no need for you to get out of your vehicle.

## Other Needs

- ⇒ Find a Food Pantry (PA.gov) <https://www.dhs.pa.gov/about/Ending-Hunger/Pages/Food-Pantries.aspx>
- ⇒ Fayette County Community Action is modifying some Food Pantry Operations due to the Coronavirus
- ⇒ Website: <http://fccaa.org/>
- ⇒ Facebook (Most Current): <https://www.facebook.com/FCCAA.org/>
- ⇒ Our Map of Food Pantries in Fayette County / Other Grocery Resources <http://coronavirus.unionstationclubhouse.com/resources/grocery.html>
- ⇒ Honey's Helping Hand Mondays and Thursdays at Biererwood Acres at 1pm! Curbside service! Info: <https://www.facebook.com/Honeys-helping-hand-108365237359113>
- ⇒ Uniontown Salvation Army has a Pickup Soup Kitchen daily at the Service Center on Fayette Street from 11 AM to Noon During the Week
- ⇒ Hands of Hope Provides meals to the homeless Every Sunday at 2 PM by the Old parking garage in Downtown Uniontown
- ⇒ The emergency food pantry at Saint Vincent DePaul (70 North Mount Vernon Ave.

is open Wednesday through Friday from 10:30 a.m. to 1:30 p.m. Assistance, by phone appointment, has also started. For information on the food pantry, call 724-439-9188, ext. 208. Volunteers are also needed to assist in operations. Call 724-439-9188, ext. 205 for details.

- ⇒ Christian Church of Connellsville holds free community lunches from 11:30 a.m. to 1 pm. every Monday. It is takeout only.
- ⇒ Central Fellowship Church of Connellsville will have Free Community Lunch on Saturday, September 26, 2020 from 11:30 AM to 1:00 PM at the church at 316 North Arch Street, 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.

## 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

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/>

## FCCAA Food Pantries Next Week

- Sansom Chapel, 4 Marker Road, Farmington; Thursday 10/1 at 10:00 AM; Henry Clay, Stewart, and Wharton Townships and Makleysburg and Ohiopyle Boroughs (All Ages)
- Caring People @ Mountain Fellowship Center—5034 National Pike, Markleysburg; Thursday 10/1 @ 10:00 AM; SENIOR CITIZENS of Henry Clay, Stewart, and Wharton Townships and Markleysburg and Ohiopyle Boroughs

## Help with Food Stamps

Pennsylvania (PA) Supplemental Nutrition Assistance Program Education (SNAP-Ed) is administered by the PA Department of Human Services (DHS) through a Management Entity at Penn State. PA SNAP-Ed is funded by USDA's Food and Nutrition Service (FNS) and operates according to FNS SNAP-Ed Guidance. The Supplemental Nutrition Assistance Program (SNAP) better known by its former name of Food Stamps, helps individual and families make ends meet. More Information on SNAP is available. Call the Fayette County Community Action Agency for help applying. 724-430-6452



## Know You Are Not the Only One with these feelings

We've been in this COVID state for over six months now. The over stimulated, over sensualized media reports, the big deals made out of the small things. However, many, including myself have a hard time realizing that we are not the only ones facing the daily struggles of daunting the PPE and heading out to a modified normal routine. We don't share tables with our colleagues anymore and for some we don't see them in months, and it's a struggle. Then come the added protocols of exhausting cleaning and sanitization. We don't want to do it, but in order to keep doing the things we need to stay normal we do it.

While others are experiencing other mental health symptoms because of the multitude of changes of COVID, often we think about the me, me, me of it and how it affects us, but we don't think of the other hundreds of thousands in this country that constantly also manage to hold the glue together for themselves and sometimes the families they need to care for.

Yes, everyone is struggling mentally due the affects of COVID, however when it comes to the autism community, this is magnified severely than neurotypicals and should be taken into consideration. With the mandates by government results in changes in things are conducted, with that sometimes comes the cancellation or modification of things we normally are used to, thus causing anxiety to us and making us sometimes act out. Take into consideration something routine as a visit to the doctor's office, now with being mandated to wear a mask, this will unlikely occur and with many waivers annual physical examinations are required for services to be rendered. Furthermore, I've seen this being an issue when an individual becomes ill and needs to visit the office and refuses to wear a mask, they are not able to get the care they need and they are now suffering.

Now I want to close about thinking of those autistics in group homes as in many states visitation has been limited as a

result of COVID. I as one who has been away from family several times, hear you. I know its tough and not easy seeing your loved ones. But think about you and how much you have pioneered though this, I think about those in group homes often and how they must have to live day in and day out without family or friend visits nor community activity, This, by far has to be the worst victim of COVID by far.

However, while we are in or realist mind know that we are not the only ones suffering from enhanced mental health symptoms due to the affects of prevention of COVID, we just ask that others understand where we come from that while other neurotypicals are indeed having mental health issues, out issues are mostly enhanced and are ever hard for us to manage getting by.

~Dustin M.

Note: I wrote this for my weekly blog series Concentrating on COVID, featured on my [blog](#), shining a light into Autism Awareness

## A call for better care for individuals in Crisis by Law Enforcement

In the past few months, we have seen in the media several incidences with individuals of all ages that have a mental health or neurological diagnosis be mistreated by members of law enforcement who are only dispatched to de-escalate a crisis and get the individual the help they need.

For some of those individuals, such as a man from Lancaster, PA; an 13-year old Autistic boy; and a man from Rochester, their help did not get answered properly. Instead, they were victims of police shootings, some fatal.

This has to change, we need to help of fellow persons in the community, not make them feel like a criminal.

There needs to be change at the federal, state and local levels for better reforms such as including persons to respond to these calls that have the proper educational background and expertise for properly managing individuals with mental health, developmental, neurological, and intellectual disabilities de-escalate and get the help that they need safely and correctly.

We need to be proactive instead of reactive in making sure that individuals in need along with law enforcement are given the proper educational tools and skillsets to be knowledgeable in interacting with each other, especially in times of need and despair so there is no friction. Be aware

of each other is key to this process!

Additionally, I personally feel while the National Suicide Prevention Lifeline will have a nationwide 3-digit number by 2022 in the US, there needs to be an emphasis on early crisis intervention such as more availability of warmlines to serve all areas of the country and better care from local crisis hotlines and better rapport of Crisis Intervention Teams as to not to have such an overpowering look as a "tactical" person who is "here for you" There needs to be a more warmer front to the delivery of this services that I could feel would ease the person in need so that they will feel comfortable with being up front with needing help. ~Dustin M.

## Planning For Your Trip

- Check the Laurel Highlands Visitor Bureau website at: [www.laurelhighlands.org](http://www.laurelhighlands.org), Greater Johnstown Convention and Visitors Bureau website at: [www.visitjohnstownpa.com](http://www.visitjohnstownpa.com) and the state parks and forests website at: [www.dcnr.state.pa.us](http://www.dcnr.state.pa.us) for maps and updated information.
- Dress for the weather and activities. The Laurel Highlands can be eight to ten degrees cooler than other areas.
- Check the October Fall Events section for dates of local events and note that traffic will be heavy in these areas at this time.
- Note that there is limited cell service in some areas.
- Be aware that some GPS software programs do not display coordinates accurately in this region.
- Bring maps of the driving tour, the local towns and the Laurel Highlands area.
- Bring a camera to capture the beauty of fall.



## Laurel Highlands named Readers' Choice winner

LIGONIER — USA Today announced that Pennsylvania's Laurel Highlands has been named as Readers' Choice winner for the best destination for fall foliage category in the 2020 USA Today 10 Best Travel Award Contest.

"We are extremely honored to have been nominated and now recognized as a Top 10 destination by the readers of USA Today," said Ann Nemanic, executive director of the Laurel Highlands Visitors Bureau.

"We embrace all four seasons here in the Laurel Highlands, but there is something very special about experiencing the colors of fall along our scenic byways and historic routes. Toss in clear streams, covered bridges, and a corn maze or two, and you've just mapped out one of many scenic drives in the region."

The Laurel Highlands placed third overall in voting amid a field of 20 nominees that included Pocono Mountains, PA, Asheville, NC, and Ozark Mountain Region, Ark.

Winners were selected by readers' choice via a month long online contest that encouraged travelers to vote daily for their favorite place to explore for fall.

"It's time to roll down the windows, pull back the convertible top and soak in the fresh air and abso-

lutely splendid scenery of the Laurel Highlands," said Nemanic.

"Autumn is a season of change and it is time for all of us to move forward into a new chapter and embrace travel and tourism once again. A fall foliage excursion is just what everyone needs to recharge and reenergize his or her spirit."

The Readers' Choice designation comes at an important time for the region as the tourism industry looks to rebound from the COVID-19 pandemic that halted many guests' travel plans earlier in the year.

Laurel Highlands' outdoor attractions, which include Frank Lloyd Wright's Fallingwater, Ohiopyle State Park, and the Flight 93 National Memorial, gives travelers the room to explore safely while they social distance.

The Best Destination for Fall Foliage award is one of several USA Today 10 Best honors recently won by the Laurel Highlands.

The region previously won one of the top Best New Destinations in 2018 for Flight 93 National Memorial's Tower of Voices and Best Pennsylvania Attractions for Ohiopyle State Park.

## Planning For Your Trip:

The Laurel Ridge seen on your right is known geologically as the Laurel Hill Anticline. It spans more than 70 miles and runs in a northeast to southwest direction extending from Cambria County in the northeast to beyond Ohiopyle in the south. When the earth's continents collided 300-220 million years ago, the layers of rock folded into alternating ridges and troughs called anticlines and synclines. This folding produced the area we call the Laurel Highlands with its prominent anticline ridges – Laurel Ridge, Chestnut Ridge (to the west), and Allegheny Ridge (to the east), with rock layers at the top that are resistant to erosion. Due to the steep slopes of the Laurel Ridge and the difficulty of reaching some areas, it is primarily heavily forested. Seven state parks and a state forest along this ridge ensure its continued conservation. Laurel Ridge State Park, with its main feature of the 70-mile Laurel Highlands Hiking Trail, runs the length of the ridge taking advantage

of the flat crest of the ridge providing backpackers and day hikers a wilderness experience with the reward of stunning views. The elevation and the ridges provide an ideal location for ski resorts that rely on the climate for winter recreation.

### For More Information:

To learn more about why leaves change color download a fact sheet at: [http://www.dcnr.state.pa.us/cs/groups/public/documents/document/dcnr\\_013184.pdf](http://www.dcnr.state.pa.us/cs/groups/public/documents/document/dcnr_013184.pdf)

[Click Here for the Fall Foliage Information](#)

# APPLE PIE CHEESECAKE TACOS

## Recipe Corner

### Ingredients

- 6 8 inch Tortillas makes about 24-30 rounds
- 1 cup graham cracker crumbs
- 1/2 teaspoon Cinnamon
- 1/4 cup butter melted
- for the cheesecake filling
- 1 cup heavy cream
- 1 cup cream cheese softened
- 1 teaspoon lemon zest
- 1 teaspoon vanilla
- 1/4 cup powdered sugar

### for the homemade Apple Filling Option

- 2 Tablespoons butter
- 3-4 medium apples peeled, cored and diced in to 1/4-inch cubes
- 1/3 cup brown sugar
- 3 Tablespoons water
- 1 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1 Tablespoon + 1 teaspoon cornstarch
- 2 Tablespoons water

### for the canned apple filling option

- 1 can apple pie filling

### Instructions

1. Pre-heat oven to 400 F. Combine graham cracker crumbs and cinnamon in a bowl and set aside.
2. Cut 4-5 rounds out of each tortilla shell with a cookie cutter to get about 24-30 shells. Dip each into melted butter then coat in graham mixture crumbs.
3. Flip a muffin tin upside down. Place the tortilla pieces in between muffin cups. Bake 10 minutes until just golden brown. Let cool in pan.
4. In a medium size pan, melt butter, add apples, spices, brown sugar and 3 Tablespoons water. Cook over medium-high heat, for 4-6 minutes or until apples very slightly softened.
5. In a small dish combine cornstarch and 2 Tablespoons water. Add to pan while stirring and continue to cook until apples are tender, and filling is thickened, about 4-5 minutes. Cool.
6. Beat cream cheese, heavy cream, powdered sugar, lemon zest and vanilla for 2 minutes, using medium speed, until it thickens. Chill in the fridge for 30 minutes. Transfer to a piping bag.

Pipe the taco shells with cream cheese filling and top with 1/2 tsp apple pie filling. Sprinkle with additional graham cracker crumbs, optional! Enjoy!

~April B.



### Ingredients

By Toni F.

- Pork loin
- Salt
- Paprika
- Onion powder
- Fresh ground black pepper
- Chicken broth
- Olive Oil
- Balsamic Vinegar
- Garlic
- Italian Seasoning

### How to Make it

### Crock Pot

### Balsamic

### Pork Loin



- Prep: start out by patting your pork loin dry with paper towels. Combine salt, paprika, onion powder, ad black pepper in a small bowl and whisk it to combine. Take the rub and sprinkle it all over the pork.
- Sear: Add 1 tablespoon olive oil in a large skillet and sear it over medium heat. Add the pork and sear it for a couple minutes on each side or until it is golden brown.
- Cook: Add the chicken broth to the insert of your slow cooker then place the loin, fat side up, in the slow cooker and set aside.
- In the blender or food processor combine the remaining olive oil, balsamic vinegar, and garlic; and process until its combined and thickened. Add your Italian seasoning and wait for just a couple seconds to combine. Using a pastry brush brush the prepared balsamic mixture all over the pork loin.
- Cover the slow cooker with the lid and cook on LOW for 4-5 hours, or on HIGH for 3 hours.

## RICE SALAD PRIMAVERA

You can be as creative as you like with this recipe — substitute snow peas, corn, yellow squash, or green beans for any of the vegetables, or use a combination of wild and brown rice.

- 2 cups Chicken Stock (page 62), low-sodium chicken broth, or water
- 1 cup long-grain brown rice
- 2 cups broccoli florets (5 ounces)
- 2 medium-size carrots, peeled and thinly sliced (1 1/2 cups)
- 2 small zucchini, halved lengthwise and sliced 1/2 inch thick (2 cups)
- 8 ounces firm-textured tofu, cut into 3/4-inch cubes
- 1 medium-size sweet green pepper, cored, seeded, and chopped (3/4 cup)

- 3 green onions, including tops, finely chopped (about 1/2 cup)
- 1/2 cup chopped walnuts (optional garnish)

### For the dressing:

- 1/4 cup lemon juice
- 1 teaspoon grated lemon rind
- 2 teaspoons Dijon mustard
- 1/4 teaspoon each salt and black pepper, or to taste
- 3 tablespoons walnut or olive oil
- 2 tablespoons olive or vegetable oil
- 2 tablespoons snipped fresh dill or 2 teaspoons dill weed, crumbled

1 In a medium-size saucepan, bring the stock to a boil. Add the rice, cover, and simmer over low heat for 40 minutes or until the rice is tender. Let stand for 5 minutes.

2 Meanwhile, bring a large saucepan of water to a boil. Add the broccoli and carrots and cook for 2 minutes. Add the zucchini and cook 1 minute more or until the vegetables are crisp-tender. Drain the vegetables, rinse under cold running water, and pat dry.

3 To make the dressing: In a large bowl, combine the lemon juice, rind, mustard, salt, and black pepper. Add the oils in a thin stream, whisking constantly until the dressing is blended and slightly thickened. Stir in the dill, rice, vegetables, tofu, green pepper, and green onions and toss to coat. Sprinkle with the walnuts if desired. Serves 6.

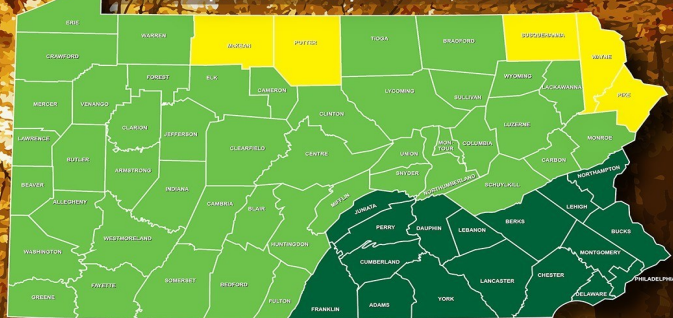
PREPARATION TIME: 15 MIN COOKING TIME: 40 MIN

Per serving: Calories 309, Saturated Fat 2g, Total Fat 16g, Protein 11g, Carbohydrate 55g, Fiber 5g, Sodium 156mg, Cholesterol 0mg

Submitted By Rose S.

## Pennsylvania Fall Foliage

September 24 - September 30, 2020



Best Color



Approaching Best Color



Starting to Change



No Change



pennsylvania  
DEPARTMENT OF CONSERVATION  
AND NATURAL RESOURCES  
BUREAU OF FORESTRY

According to the Fall Foliage Report for this weekend, the leaves are starting to change in the majority of the state.





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[info@unionstationclubhouse.org](mailto:info@unionstationclubhouse.org)

Web:

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



#### NEED HELP ??

- ⇒ Department of Human Services  
Support & Referral Hotline:  
1-855-284-2494
- ⇒ Fayette County Crisis Line  
724-437-1003
- ⇒ National Suicide Prevention  
Lifeline  
1-800-273-TALK (8255)  
Veterans Press 1
- ⇒ Crisis Text Line: Text "PA" to 741-741
- ⇒ Disaster Distress Helpline:  
1-800-985-5990
- ⇒ Get Help Now Hotline (for substance use disorders):  
1-800-662-4357
- ⇒ Pennsylvania Sexual Assault  
Helpline – 1-888-772-7227
- ⇒ National Domestic Violence  
Helpline – 1-800-799-7233

More Helplines are at:

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

## My Favorite Thing About Fall

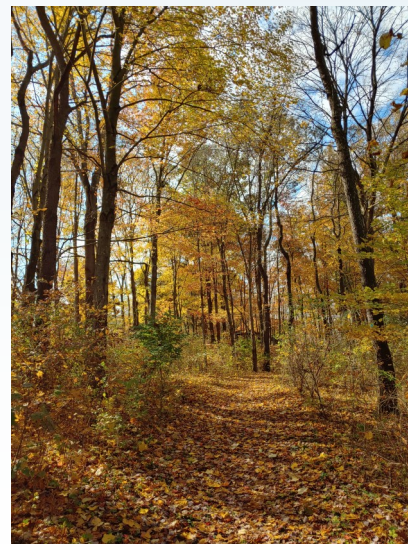
I normally use this space in our newsletter to report on important happenings at our Union Station Clubhouse. However, this week, I want to get in on all the fun with everyone else and mention some of the things I enjoy about my favorite time of year!

First and foremost, I love all the beautiful colors of the leaves. I typically go to Dunlap Creek Park and walk the trails along the lake to see the color of the leaves and their reflection in the water. The pictures included in this article were taken there last year.

The other thing I enjoy about this time of year is the briskness of the air in the morning and the smell in the air at night. It harkens me back to my childhood of going to the local haunted houses and trick-or-treating.

This year, I hope to get the opportunity to travel to Linn Run and Ohiopyle state parks to view the beauty of our local fall foliage.

~Scott B.



## Online Support Groups Offered During the COVID-19 Outbreak

- ⇒ Several NAMI Affiliates in Pennsylvania offer Virtual Support Groups, mostly through ZOOM, Including
  - ⇒ NAMI Bucks County, PA  
<https://namibucks.org/>
  - ⇒ NAMI Erie County, PA  
<https://www.namierie.org/>
  - ⇒ NAMI Keystone BPD Support Group:  
<https://www.namikeystonepa.org/discover-nami/find-your-local-nami/nami-pa-borderline-personality-disorder-family-support/>
- ⇒ NAMI Lehigh Valley  
<https://www.namilev.org/>
- ⇒ NAMI Main Line  
<https://namimainlinepa.org/>
- ⇒ NAMI of Montgomery County: <https://namimontcopa.org/>
- ⇒ NAMI Philadelphia  
<https://namiphilly.org/>
- ⇒ NAMI Scranton / NE:  
<https://www.naminepa.org/>
- ⇒ NAMI York-Adams  
<https://namiyorkadams.org/>
- ⇒ PMHCA Virtual Drop In's  
[https://pmhca.wildapricot.org/resources/Documents/Virtual%20Drop-Ins%20\(w.%20Meeting%20Info\)%20\(1\).pdf](https://pmhca.wildapricot.org/resources/Documents/Virtual%20Drop-Ins%20(w.%20Meeting%20Info)%20(1).pdf)
- ⇒ Depression and Bipolar Support Alliance (DBSA)  
<https://www.dbsalliance.org/>
- ⇒ Turn 2 Me  
<https://www.turn2me.ie/>
- ⇒ 7 Cups  
<https://www.7cups.com/connect/>
- ⇒ Daily Strength  
<https://www.dailystrength.org/>
- ⇒ In the Rooms  
<https://www.intherooms.com/home/>
- ⇒ Sanvello  
<https://www.sanvello.com/>