

Union Station Clubhouse Weekly

Members Share : What do you do For Self-Care?

W

hen I think of self-care, I think of having good hygiene (shower, clean clothes, etc.). I feel that when I shower, typically in the morning, it helps to get my day started. It gives me motivation to carry on with the day. I also enjoy watching the Pittsburgh Pirates. It helps to relax my mind and if it's an evening game, helps prepare me for a good night's rest.

~T.J. B

F

or me, I listen to music, hangout with friends, exercise, stay moving, eat healthy, and stay positive

~Ra-Mel H.

S

take care of myself by getting enough sleep, eating regularly, and budgeting my time (not always well, but I try). Mostly though, I talk to Jesus and he talks back. Let me explain, it's not an audible voice, but in thoughts that don't come from me. Also, he talks with me with just peace in my spirit when I hit on an idea that coincides with the Bible and his will. During the times in my life when I didn't speak to Jesus, my life would go all haywire. So now that Jesus comes first and center in my life, I know that it works out fine in the end, not so in the beginning or the middle, but all works out in the end.

~Yvonne S.

S

elf Care for me is knowing that I have to keep busy, but not too busy that I am overwhelmed. This is done by making time to do interests that I enjoy and not by doing things like excessive work that irritates me excessively. I also know that by focusing on my interests, keeping in touch with family, friends and supports on a regular basis, as well as using tools in my recovery toolbox (such as maintaining my WRAP- Wellness Recovery Action Plan [See Page 6]. I would also include taking care of my body, blogging, sleeping and medicating regularly, reading the Bible, and watching things that humor me are a part of what I need to practice healthy self-care for my mental health .

~Dustin M.

S

always take my meds and shower every day. Sometimes I don't think before I do stuff, but my family and staff at the Clubhouse is very good to me, and I love being at the Clubhouse. Someday, I would like to live on my own, get my driver's license, and have a family. I love it when I am with my mom and dad they treat me with all their love. I love the church I am going to and I thank God every day for waking me up and for keeping me and my family in good health. I really miss my Aunt Kathy and my Grandpap James and all the other family that I lost. I love being a good aunt to Mercadys Brooks and someday I would like to be a mom. I think I would be a good mom to my kids. I would like to live in a big house and have everything in it.

~April B.

S

take a shower everyday and I make sure I am clean and wearing clothes that smell good. I make sure my hair is clean everyday. ~Krysta C.

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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.





DR. LEVINE'S DAILY REMINDERS

- Wash your hands with soap and water for 20 seconds — the time it takes to sing "Happy Birthday" twice
- Use hand sanitizer if soap and water are not available
- Cover any coughs or sneezes with your elbow, not with your hands
- Try not to touch your face, especially after touching surfaces
- Clean surfaces frequently
- If you are going out for life-sustaining activities, wear a mask

STAY CALM. STAY HOME. STAY SAFE.

Credit: PA Department of Health

Standard of the Week:

21. The Clubhouse enables its members to return to paid work through Transitional Employment, Supported Employment and Independent Employment; therefore, the Clubhouse does not provide employment to members through in-house businesses, segregated Clubhouse enterprises or sheltered workshops.

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

Money Talks Webinars to begin in September

Money Talks, a free webinar series on financial empowerment for people with disabilities. Starting in September, we'll host a webinar one Wednesday of every month from 1:00 – 1:45 p.m. — 30 minutes of interactive learning, 15 minutes for questions — focusing on a different topic each time.

What exactly is Financial Empowerment? Last year we asked some of our conference attendees to tell us what Financial Empowerment means to them. Roc described it as "being able to make my own decisions about my life; being in control of my own future; being able to manage my very own finances for myself."

If you are a person with a disability, a family member of someone who has a disability, an advocate, an educator, or a service provider, **Money Talks is for you.** Each session will be fully accessible, and recordings and slides will be made available.

More Info:
<https://patf.us/money-talks/>

Kicking off Money Talks with...
Speak Up and Be Counted!
Wednesday, September 16th from 1:00–1:45 p.m.

With the census and elections coming up, learn why your voice is important and how to ensure that you are heard and counted. Decisions made by our representatives in Harrisburg and Washington have a huge impact on us, including prioritizing how our moneys are spent on things like healthcare, services, and education.

Join us to learn how you can participate in the 2020 Census and how you can cast your vote this fall — and why it matters now more than ever. Presenters from The Arc of Pennsylvania and Disability Rights Pennsylvania will guide a discussion on voting rights laws for people with disabilities, assistance with voting, polling places, mail-in and absentee ballots, new voter registrations, and what to do if you run into problems before or on Election Day.

Your Perspective Matters – Make It Count!

Register at patf.us/MoneyTalks !

Money
Talks



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>

Focus On: Norma's Closet

Norma's Closet is Fresh Fire Church's free clothing and housewares bank. Community members can attend monthly and receive free clothing for all sizes and ages. Additionally household items such as sheets, dishes, comforters, silverware, home decorations and furniture and many other items. Limits do apply so that they may serve as many as possible in our community. They do accept donations of clothing and housewares. They do ask that the clothes not be stained or torn and that they are clean. You must pre-register by calling the church to schedule at time to come in. You can call the church at 724.580.7027 or 724.550.4599. The Church is located at 171 Connellsville Street in Uniontown.

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.

PennDOT extends expiration of commercial license, permit renewals until Sept. 30

While the state Department of Transportation extended expiration dates for commercial driver licenses and commercial learner's permits to Sept. 30, those with regular licenses that have expired are out of time.

The extension for renewing non-commercial licenses and non-commercial permits expired Monday. PennDOT had extended the expirations for both types of licenses several times since March in response to the COVID-19 pandemic.

For a list of open driver license and photo license centers, the services provided and hours of operation, visit www.dmv.pa.gov.



Customers can also complete various transactions and access multiple resources online at www.dmv.pa.gov. Driver and vehicle online services are available 24 hours a day, seven days a week and include driver's license, photo ID and vehicle registration renewals; driver-history services; changes of address; driver license and vehicle registration restoration letters; ability to pay driver license or vehicle insurance restoration fee; driver license and photo ID duplicates; and schedule a driver's exam. There are no additional fees for using online services.



PROGRAMS HELP SAVE LIVES WHEN VICTIMS CANNOT SPEAK FOR THEMSELVES

Pennsylvanians can take advantage of two voluntary, potentially life-saving programs designed to aid in emergency situations – the Yellow Dot and Emergency Contact Information programs.

Participants in the Yellow Dot program enter their emergency contact, medical contact and medical information on forms inside a Yellow Dot folder and then place the folder in their vehicle's glove compartment. Participants then place a Yellow Dot sticker on their vehicle's rear window. This sticker alerts emergency responders to check a vehicle's glove compartment for the folder, helping emergency responders provide specific care to participants after a crash.

The Emergency Contact Information program offers Pennsylvania driver's license and PennDOT-issued ID holders the opportunity to log into a secure database and list two emergency contacts. Customers can update the information as needed, but only law enforcement officials can view their information in the system. In the event of an emergency, law enforcement can use the partici-

pant's ID to find their emergency contact information.

While the Yellow Dot program is utilized only in vehicle crashes, the Emergency Contact Information program is usable in other emergencies as well as crashes.

To learn more about the Yellow Dot program, to sign up for a program folder or to find locations where program materials can be picked up, visit www.YellowDot.pa.gov.

To sign up for [the Emergency Contact Information](http://www.dmv.pa.gov) program, visit www.dmv.pa.gov, scroll to the bottom of the page and click on "Update Emergency Contact Information" under "Other Services."

**GET HELP IN THE
GOLDEN
HOUR
OF AN
EMERGENCY**

WWW.YELLOWDOT.PA.GOV



This n' That in the Area

- ◆ The Friday night car cruises at the Uniontown Shopping Center have resumed and will run until the end of September. Time is 5:30 p.m. til 8:30 p.m. The cruises will have oldies music, door prizes, a 50/50 and will be hosted by WMBS Radio DJ Arnie Amber.
- ◆ Fayette County Community Action Agency, Inc. can provide assistance to Fayette County residents for rental and mortgage problems due to COVID-19. If you are experiencing difficulty making your rent or mortgage payments due to loss of income because of COVID-19, please call 724-437-6050 ext. 501 to see if you qualify for assistance.
- ◆ The countywide recycling initiative returns Saturday, Sept. 19, 2020. Fayette County has partnered with the Wharton Township Supervisors to host the Fall Hard-to-Recycle event Saturday, Sept. 19 at 114 Elliotsville Road in Farmington. In accordance with the Centers for Disease Control and Prevention's guidelines for mitigating the spread of COVID-19, all citizens must remain in their vehicles when dropping off recyclables. Event staff will unload your vehicles for you. No exceptions. Our capacity for accepting televisions and other electronics is limited. No hazardous waste will be accepted. Fees do apply to some items. For more information, please call the Fayette County Recycling Hotline at 724-430-4884.
- ◆ A craft and vendor show benefiting Connellsville Township VFD will be held noon to 7 p.m. Sept. 13, rain or shine. It will be held at the Connellsville Township Fire Hall, 905 Fireman St., Connellsville.

Fireworks in Fayette County Schedule

Brownsville / Hiller / Merrittstown

The Brownsville-Luzerne Park Board has rescheduled the community's annual fireworks to Sept. 5 at Patsy Hillman Park, 100 Telegraph Road.

Operations of Local Stores, Agencies, and Attractions

- ⇒ Walmart stores will be open from 7 a.m. to 10 p.m. with the 6-7 a.m. hour reserved for customers 60 years and older to shop on Tuesdays only. **Masks are Required.**
- ⇒ Martins stores will be open 6 a.m.-10 p.m. with the 6-7 a.m. hour reserved for customers ages 60 years and older to shop. All will be open seven days a week. **Masks Required.**
- ⇒ All local Social Security offices are closed to the public indefinitely. Due to COVID-19, you must have a scheduled appointment to enter an office. Only you may enter the facility unless you have made additional arrangements when you scheduled your appointment. Effective July 20, 2020, everyone must complete a self-assessment checklist before allowed entry.
- ⇒ The 82nd annual Fayette County Firefighters Association Convention, set to be held in July in Brownsville, has been canceled. The association will hold an 82nd/83rd combined convention July 11-17, 2021.
- ⇒ Dollar tree and Family Dollar have reserved their first hour for seniors and the immunocompromised. **Masks are required.**
- ⇒ Rite Aid understands that the elderly population and those with underlying medical conditions are particularly susceptible to COVID-19. We have set aside special daily shopping hours between 9 am and 10 am to serve senior citizens and those with a weakened immune system.
- ⇒ Dollar General has reserved their first hour of business for the seniors, disabled and immunocompromised. Additionally, they are closing their stores an hour earlier than normal closing time in order to sanitize. **Masks are required.**
- ⇒ Churches in the Dioceses of Greensburg and Pittsburgh have resumed in-person worship services. That includes all Roman Catholic churches in Fayette, Westmoreland, Washington and Greene counties. See individual church websites for Mass times and restrictions.
- ⇒ CVS has reserved the 9-10 hour on Wednesdays for vulnerable guests and their caregivers. **Masks are required.**
- ⇒ Fiddles Diner, 101 Water St., Brownsville has reopened on a reduced operating schedule. The eatery will be open Wednesday through Sunday from 7:30 a.m. to 3 p.m. and closed Monday and Tuesday.
- ⇒ Eat'n Park restaurants are open for dine-in service from 7 a.m. to 11 p.m.
- ⇒ Effective July 27, **face coverings will be required** to enter ALDI stores. We continue to monitor safety protocols from the CDC as well as state and local health officials. Most recently, the CDC stated that cloth face coverings are a critical tool in the fight against COVID-19 and could reduce the spread of the virus. Our new face covering policy is an enhanced safety measure intended to help limit the spread of COVID-19. All ALDI employees will continue to wear face coverings, as they have for months. We encourage any customer that is unable or unwilling to wear a face covering, to visit shop.aldi.us for grocery delivery.
- ⇒ The gates are open at Patsy Hillman Park in Luzerne Township. The park is open from dawn to dusk. The Brownsville-Luzerne Park Board is reminding users to follow CDC guidelines for wearing masks and staying 6 feet apart in all areas. Restrooms and pavilions are closed at this time. The park is open for fishing, walking and jogging.
- ⇒ Sheetz has reserved the 2-3 PM Hour on Sundays for vulnerable guests. **Masks are required.** Sheetz is asking customers to donate their change, whether it's a handful or a large amount that's neatly rolled, to the Sheetz for the Kids program. If you wish not to, a Sheetz gift card will be issued to you with the funds owed to you for a future purchase. It can be applied to the Schan & Go App for your phone that can be used for pick-up orders or cashless payment that can be used in the store either in the checkout or you can skip the line with the app.
- ⇒ St. Vincent de Paul, 70 N. Mount Vernon Ave., Uniontown has reopened its thrift/retail and furniture stores from Wednesday through Saturday, 10 a.m. to 2 p.m. Those who come to the stores **must wear a mask** and observe social distancing guidelines. Donations are not being accepted at this time.
- ⇒ The Salvation Army Family store on 54 N. Mount Vernon Avenue is open from 11AM-6PM. PLEASE BE ADVISED the hour of 11AM to 12PM is for high risk people ONLY. The store will only be doing a capacity of 80 people at a time. Face masks will be required to enter the store. Donations will be accepted if it is sell able merchandise.
- ⇒ The Brownsville Borough Building, 200 Second St., remains closed to the public.
- ⇒ PA Career Link launched an employment page to connect those who may have lost jobs with employers looking for help. For more information, visit www.pacareerlink.pa.gov.
- ⇒ Riverside Family Market, 6047 National Pike, Grindstone, now has curbside pickup on Tuesdays and Wednesdays. Call the store to set up a pick-up day and time at least 24 hours in advance. Orders can be e-mailed to info@riversidefamilymarket.com. Include if substitutions will be accepted. Orders, including receipts, will be delivered to vehicles.
- ⇒ The Fayette County Courthouse has reopened on a limited capacity, therefore all other methods of communications should be utilized before visiting the Courthouse and other county buildings.

Getting Help With Food

FCCAA Food Pantries Next Week

The Food Pantries for the Second Week of September 2020 are as follows. They are listed as the Place (Address); Day and Time; And Geographical Area they serve.

- ◆ Connellsville Community Ministries (110 W. Crawford Ave); Tuesday and Thursday 9-2:30; Connellsville, South Connellsville and Connellsville Township
- ◆ Point Marion UMC (502 Morgantown St.); Tuesday 12-1; Point Marion, and Springhill Twp.
- ◆ St. Paul's; (67 N. Gallatin Avenue Uniontown) ; 5-6 pm; Streets off of Gallatin Avenue in Uniontown
- ◆ Masontown Presbyterian Church (102 W. Church Ave.); Wednesday 1-2; Masontown, Adah and Ronco
- ◆ Perryopolis UMC (203 Independence St.); Thursday 10:00-11:30; Frazier School District
- ◆ Oak Hill Baptist (100 Old Frame Road, Smithfield); Thursday 4-5; Smithfield and Nicholson Twp.
- ◆ East Liberty Presbyterian Church (709 Main Street, Vanderbilt); Thursday 9-12; Dawson, Dickerson Run, Vanderbilt and sections of Dunbar Lower Tyrone, and Franklin Twps. With those towns as mailing addresses
- ◆ Paradise UMC (105 Hoke Rd., Mt. Pleasant); Friday 9-12; Bullsken Township
- ◆ Mt. Calvary Baptist (Route 857 Fairchance); Saturday 10-12; Fairchance Area
- ◆ Calvary United Methodist (34 Clark Street, Uniontown); Saturday 9-10; Upper East End of Uniontown

- ⇒ 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
- ⇒ Fresh Fire Church, 171 Connellsville St., Uniontown, will hold food distributions Sept. 10 and 24 from 10 a.m. to noon. Distributions will be held twice monthly moving forward.
- ⇒ For those residents in need of food, Thursdays at 10:00 AM at Perry Township Fire Hall, 206 South Liberty Street in Perryopolis (in the back parking lot) a big box of fruits and vegetables will be handed out to those in need.
- ⇒ 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 opera-

tions. Call 724-439-9188, ext. 205 for details.

- ⇒ A FREE Whole Milk Distribution will be held on Saturday, September 19, 2020 from 9:00 AM until 11:00 AM in the Connellsville Area High School Parking Lot from 9:00 AM to 11:00 AM or the supply is depleted. This is offered to anyone and is Donated by Schnider's Dairy and distributed by the Connellsville Lions Club.

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..

SNAP Assistance

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 our agency for help applying. 724-430-6452

Or Visit www.fccaa.org

The importance of a WRAP During the Pandemic

Last Friday I had the opportunity to attend another Member Educational Webinar Event through my employer and Beacon Health Options, our behavioral health managed care organization.

During the training, we heard the stories of three individuals that became certified peer specialists before advancing on to other positions in the mental health field. For most of them one of the key points I took from the training was the practice of a Wellness, Recovery and Action Plan, Or WRAP.

WRAP is a self-designed prevention and wellness process that anyone can use to get well, stay well, and make their life the way they want it to be. It was developed in 1997 by a group of people who were searching for ways to overcome their own mental health issues and move on to fulfilling their life dreams and goals. It is now used extensively by people in all kinds of circumstances, as well as health care and mental health systems all over the world to address all kinds of physical, mental health, and life issues.

WRAP has been studied extensively in rigorous research projects and is listed in the National Registry of Evidence-based Programs and Practices.

WRAP Will Help You:

- ◆ Discover your own simple, safe wellness tools
- ◆ Develop a list of things to do every day to stay as well as possible
- ◆ Identify upsetting events, early warning signs and signs that things have gotten much worse, using wellness tools, and developing action plans for responding at these times
- ◆ Create a crisis plan
- ◆ Create a post-crisis plan

Through the advancements of technology, there is a FREE app where you can develop your own WRAP available at the WRAP Website: www.mentalhealthrecovery.com

Also, the site I prefer, the Fayette County Network of Care Website, provided me with

one of the first trainings my supervisor gave me when I started my job 10 years ago.

That is accessed at the following address: <https://fayette.pa.networkofcare.org/mh/>

From the latter, you can create a secure Personal Health Record (PHR) that can be secured with something as simple as an email address and password and is stored on a secure server.

The WRAP Process is something that needs a lot of time and care and should be taken seriously. It is intended to help you develop tools to use out of your toolbox that keep you well and put them into plan should symptoms return at any given time. If for any some reason an individual can develop a plan of care with support from others. This plan can be assured in a time of mental health crisis.

Guidance on this plan is given in video instruction on both the WRAP and Network of Care Websites by the founder, Dr. Mary Ellen Copeland. She speaks of the tools that she uses as an example to inspire others.

Additionally, the Fayette County Network of Care, provided by the Fayette County Behavioral Health Administration, is a resource for individuals, families, and agencies concerned with behavioral health. It provides information about behavioral health services, laws and related news, as well as communication tools and other features. Regardless of where you begin your search for assistance with behavioral health issues, the Network of Care helps you find what you need - it helps ensure that there is "No Wrong Door" for those who need services. This Web site can greatly assist in our efforts to protect our greatest human asset - our beautiful minds.

Within the Recovery Learning Center website there are a series of wellness and recovery trainings that are free to all Network of Care visitors as well as a host of pre-recorded Lunch and Learn Seminars by OMHSAS that were recorded from some time ago.

~Dustin M.

Beacon Health Options Member Education Events

- ⇒ **Friday, September 11, 2020 @ 1:00 PM**
Southwest PA Human Services
Human Trafficking
[Registration Link](#)
- ⇒ **Friday, September 25, 2020 @ 1:00 PM**
Clarion Psychiatric Center
Suicide Prevention and Awareness
[Registration Link](#)
- ⇒ **Friday, October 9, 2020 @ 1:00 PM**
Clarion Psychiatric Center
Stress & Anxiety Management
[Registration Link](#)
- ⇒ **Friday, October 23, 2020 @ 1:00 PM**
Beacon Health Options Staff
The Journey to Trauma Informed Recovery
[Registration Link](#)
- ⇒ **Friday, November 6, 2020 @ 1:00 PM**
Beacon Health Options and PA Systems of Care Partnership
Stigma and Implicit Bias
[Meeting Link](#)
- ⇒ **Friday, November 20, 2020 @ 1:00 PM**
Axiom Family Counseling
Modern Day Addiction Treatment
[Meeting Link](#)
- ⇒ **Friday, December 4, 2020 @ 1:00 PM**
To Be Determined
- ⇒ **Friday, December 18, 2020 @ 1:00 PM**
Nick Orlando, LGBTQI+ and Behavioral Health
[Meeting Link](#)

These events are being held this year in place of the annual Adult Recovery, Family and Northwest 3 Forums due to the COVID -19 Pandemic. Beacon is the behavioral health managed care organization that serves Health Choices members in Fayette and 12 other Western Pennsylvania Counties

[More information](#)



RIBBON PUDDING PIE

Ingredients

- ◆ 4 cups cold fat-free milk, divided
- ◆ 1 package (1 ounces) sugar-free instant vanilla pudding mix
- ◆ 1 reduced-fat graham cracker crust (6 ounces)
- ◆ 1 package (1 ounces) sugar-free instant butterscotch pudding mix
- ◆ 1 package (1.4 ounces) sugar-free instant chocolate pudding mix
- ◆ Whipped topping and finely chopped pecans, optional

Directions

- 1) Whisk 1-1/3 cups milk and vanilla pudding mix 2 minutes. Spread into crust.
- 2) In another bowl, whisk 1-1/3 cups milk and butterscotch pudding mix 2 minutes.

- 3) Carefully spoon over vanilla layer, spreading evenly.
- 4) In a third bowl, whisk remaining 1-1/3 cups milk and chocolate pudding mix 2 minutes. Carefully spread over top. Refrigerate until set, at least 30 minutes. If desired, serve with whipped topping and pecans.

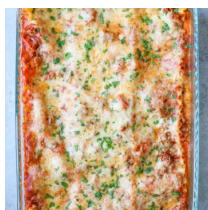
~April B.



EASIEST LASAGNA EVER

INGREDIENTS:

- 9 lasagna noodles
- 1 tablespoon olive oil
- 1 pound ground beef*
- 1 onion, diced
- Kosher salt and freshly ground black pepper, to taste
- 1 (28-ounce) can crushed tomatoes
- 1 tablespoon Italian seasoning
- 1 (15-ounce) package whole milk ricotta
- 3 1/2 cups shredded mozzarella, divided
- 1 large egg, beaten
- 1/4 cup freshly grated Parmesan
- 2 tablespoons chopped fresh parsley leaves



DIRECTIONS:

1. Preheat oven to 350 degrees F. Lightly oil a 9x13 baking dish or coat with nonstick spray.
2. In a large pot of boiling salted water, cook lasagna noodles according to package instructions.
3. Heat olive oil in a large skillet over medium high heat. Add ground beef and onion and cook until beef has browned, about 3-5 minutes, making sure to crumble the beef as it cooks; season with salt and pepper, to taste. Drain excess fat. Stir in tomatoes and Italian seasoning until well combined.
4. In a medium bowl, combine ricotta, 1/2 cup mozzarella and egg; set aside.
5. Spread 1 cup tomato mixture onto the bottom of a 9x13 baking dish; top with 3 lasagna noodles, 1/2 of the ricotta cheese mixture and 1 cup mozzarella cheese. Repeat with a second layer. Top with remaining noodles, tomato mixture, 1 cup mozzarella cheese and Parmesan.*
6. Place into oven and bake for 35-45 minutes, or until bubbling. Then broil for 2-3 minutes, or until top is browned in spots.
7. Let cool 15 minutes. Serve, garnished with parsley, if

Little Free Libraries

Little Free Library book-sharing boxes play an essential role by providing 24/7 access to books (and encouraging a love of reading!) in areas where books are scarce. Through Little Free Library book exchanges, millions of books are exchanged each year, profoundly increasing access to books for readers of all ages and backgrounds.

[Little Free Library Website](http://www.littlefreelibrary.org/)

- ⇒ Charter #9665 107 Laughlin St. Dawson PA 15428
- ⇒ Charter #49902 103 Main Street, Smock, PA 15480
- ⇒ Charter #50394 2nd Street Keister-ville PA 15449
- ⇒ Charter #49895 142 West Main Street, Uniontown PA 15401
- ⇒ Charter #49891 23 E. Main Street Uniontown PA 15401
- ⇒ Charter #49896 61 East Main Street Uniontown PA 15401
- ⇒ Charter #52008 300 Connellsville Street Uniontown PA 15401
- ⇒ Charter #49892 1952 University Drive Connellsville PA 15425
- ⇒ Charter #49901 887 Jumonville Road Hopwood PA 15445
- ⇒ Charter #49894 Stadium Drive, Uniontown PA 15401
- ⇒ Charter #49931 125 West Church Street Fairchance PA 15436
- ⇒ Charter #49893 Water Street Smithfield PA 15478
- ⇒ Charter #49898 315 Nelson Road Farmington PA 15437
- ⇒ Charter #49899 25 Sherman

Street
Ohio-
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PA
15470





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Getting Our Clubhouse Back Into the Community

Since our facility reopening on June 3rd, the members and staff of the Union Station Clubhouse have continued to work on rebuilding our connections to the community of Fayette County.

The first step in this effort was committing to our annual yard sale fundraiser. Due to COVID-19 related cancellations of public events, we rescheduled it from May to August. The event was heavily pushed on our social media pages and was well attended. I am happy to report that the amount raised exceeded any of our previous events to date!

Our next planned community based event will be our participation in the Fayette County Chamber of Commerce Business After Hours Event at Storey Square in Uniontown next week. This is an outdoor event, so social distancing restrictions will not be quite so heavy.

This will give us a great opportunity to connect with chamber members and the community at large.

Yet another component (and probably the most important) is getting our members back to work! All of our supported employment placements are back to work and our transitional employment placement with Eat N' Park started back two weeks ago. We are currently in development with 2 employers for TE placements. Let's keep our fingers crossed!

Lastly, the members and staff of our Clubhouse have started discussing social events and outings. We will hold in-house socials for the month of September, but hope to do some community based outings in the near future.

-Scott B.

NEED HELP ??

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

Online Support Groups Offered During the COVID-19 Outbreak

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

