

# Union Station Clubhouse Weekly

## Members Share : What are you doing to combat fatigue?



**I** do a lot of reading and puzzle books. I also watch my DVD's on my portable DVD player. I come to Clubhouse 5 days a week, on Saturdays I go to Archives Drop-In Center in Brownsville, and I go to church on Sundays.  
~Rose S.

**I** tackle not sleeping by going for a walk, listening to music, and going to the park. I also stay active by exercising and hanging out with friends  
~Ra-Mel H.

**I** do not let people walk all over me anymore. I used to let them walk all over me and let them tell me what to do, but I don't anymore. I started to "put my foot down" and tell them how I feel about it. I feel so much better because I am not stressed out anymore. ~Krysta C.

**I**n order to combat fatigue, which I suffered from immensely when the pandemic began is a plethora of tasks, I began to regenerate my blog by keeping a publishing regimen. I also decided to stray from mainstream media and focus more on the pertinent news and stories of the autism world. I also try to keep track of the daily COVID cases of the day and whatever collections I like to have at the present time. I text my family and friends as well as reach out to and interact to the autism community on social media. Particularly, Facebook groups as I have time to. I like to go for rides with my mom in her car to distress and listen to music as I have time.  
~Dustin M.

**W**hat I do is get up and take a shower, take my meds, eat breakfast, read my bible, listen to music, watch TV and do a lot of stuff around the house such as clean and do some stuff outside too  
~April B.



### Inside this issue

Resources Compiled.....	2
COVID-19 Information.....	2
Money Talks! Webinars .....	2
Yard Sale Report .....	3
Voter Registration Information ...	3
Operations Updates .....	4
Help with Food .....	5
Little Free Pantries .....	6
Beacon Webinar Updates .....	6
Recipe Corner / SNAP Info .....	7
Help & Support .....	8

### 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:

1. Membership is voluntary and without time limits.

#### 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)

## 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](https://patf.us/MoneyTalks) !

Money Talks



## 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 SNAP

SNAP helps more than 1.9 million Pennsylvanians expand purchasing power by providing money each month to spend on groceries, helping households have resources to purchase enough food to avoid going hungry. Inadequate food and chronic nutrient deficiencies have profound effects on a person's life and health, including increased risks for chronic diseases, higher chances of hospitalization, poorer overall health, and increased health care costs. Families struggling to afford food should consider applying for SNAP, formerly known as food stamps. Pennsylvanians can apply any time at [www.compass.state.pa.us](http://www.compass.state.pa.us)

## 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.

# Yard Sale Another Great Success

When the COVID-19 pandemic hit our little corner of the world, we were faced with all sort of uncertainties. We had to close our doors temporarily from March 17th to June 3rd, which meant we had to cancel our annual yard sale fundraiser that is typically held in May.

Once we reopened, we were resolute in that one way or another, this fundraiser was going to happen. When we learned about the National Pike event occurring on August 22nd, we knew that was our opportunity!

With some great social media push by members and staff, our yard sale was well attended. We also had some wonderful donated items this year. With the combination of social media and attractive sale items, we successfully raised more funds than we did last year!



## Voter Registration in Pennsylvania

Pennsylvania offers [online voter registration](#). You can register by mail to vote in Pennsylvania by printing a voter registration form, filling it out, and mailing it to your local election office. You can also register to vote in person if you prefer.

To register in Pennsylvania you must:

- be a citizen of the United States at least one month before the next election
- be a resident of Pennsylvania and your election district at least 30 days before the election
- be at least 18 years of age on the day of the next election
- You may also register if you:
- are a pretrial detainee, confined in a penal institution awaiting trial on charges of a felony or a misdemeanor
- got released or will get released by the date of the next election from a correctional facility or halfway house (this must be upon completion of the term of incarceration for

conviction of a misdemeanor or a felony)

- are on probation or released on parole
- are under house arrest (home confinement)

*\*find more information on voting rights restoration [here](#)*

You can look up your voter registration record and verify that your information is correct using [Pennsylvania's voter registration lookup tool](#).

### Deadlines

Election day is Tuesday, November 3, 2020.

The deadline to register online to vote is Monday, October 19, 2020.

The deadline for registering by mail to vote is (postmarked by) Monday, October 19, 2020.

The deadline to register in person to vote is Monday, October 19, 2020.

The deadline to request a ballot by mail is (received by) Tuesday, October 27, 2020.

For more information, contact the Fayette County Election Bureau at (724) 430-1289.

## 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.
- ◆ Amish Donuts will be sold on Saturday, August 29th at the H&R Block Parking Lot, 129 West Crawford Avenue, Connellsville from 8:00 AM until sold out.
- ◆ 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 Elliottsville 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.

### 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](https://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](https://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](mailto: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

- ⇒ 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 Corona-virus
  - ⇒ 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
- ⇒ There will be a food distribution Thursday, June 4 and every Thursday through August at Fresh Fire Church, 171 Connellsville St., Uniontown at 10 a.m. to 1p.m. The distribution will take place in the back of the building. The church plans to serve 800 families. This is a drive-thru distribution. Please do not line up before 9am, have your trunk or backseat open and follow the directions of the volunteers. For more information call 724.580.7027
- ⇒ Christian Church of Connellsville (212 South Pittsburgh Street) will have a free community lunch (takeout only) from 11:30 a.m. to 1 p.m. every Monday in August. Everyone is welcome
- ⇒ Brownsville Borough Council are continuing to distribute food to those in need on Saturdays from noon to 2 p.m. Contact any council member via email about donations, private message them on their Facebook pages, or call Paul Synuria at 724-970-4501. Emails for council members are listed on the borough's website.
- ⇒ 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 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
- ⇒ 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.
- ⇒ Central Fellowship Church, 316 N. Arch St., Connellsville, will hold a free, takeout only community lunch from 11 a.m. to 12:30 p.m. Aug. 29.
- ⇒ 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. SmockThese boxes operate under a take what you need, give what you can basis..
- ⇒ For a listing of Fayette County Food Pantries operated by the Fayette County Food Bank of Community Action, please visit the [PDF Web Document](#)

## COVID-19 Food Distributions

There are mass food distributions scheduled for:

Monday, August 31  
Springfield Elementary School  
14 School House Road  
Normalville, PA 15469  
11:00am to 12:30 pm  
Please don't arrive before 10:00am.

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.

## Little Free Pantries...Take what you need, give what you can.

The economic fallout from the Covid-19 pandemic, which has now left at least 20 million Americans unemployed, has pushed the nation's network of food banks to the brink. Food pantries and other nonprofits are still seeing lines of cars with families waiting for hours to pick up food.

Jessica McClard launched the grassroots mini pantry movement on May 2016 in Fayetteville, AR, when she planted the Little Free Pantry Pilot, a wooden box on a post containing food, personal care, and paper items accessible to everyone all the time no questions asked. She hoped her spin on the Little Free Library concept would pique local awareness of food insecurity while creating a space for neighbors to help meet neighborhood food needs.

A little over a month later, Crystal Rock Cathedral Women's Ministries planted Blessing Box in Ardmore, OK. By August 2016, the movement was global. Throughout the US and internationally, the grassroots mini pantry movement continues growing and moving..

14.2% of Fayette County residents face food insecurity. While 64% of residents live below the SNAP (Supplemental Nutritional Assistance Program) threshold or cutoff.. This sums up to a little under 19,000 residents, not counting the uncounted. The counties surrounding Fayette have a way less rate of food insecurity.

However, Fayette County is not the only in the nation or the world with a food insecurity issue. As such there is a dense network of food pantries to serve the public .

That is where the Little Free Pantries come in. Presently In Fayette County, there's only four Little Free Pantries to serve several residents,. They are spread few and far between, but more than anything, we need to combat the issue.

Let's take a tour of the Little Free Pantries of Fayette county.

Connellsville is fortunate to have two little free pantries. The first one was placed last year outside the Emergency Room of Highlands Hospital because caseworkers realized that persons exiting the Amtrak Train did not have anything



and would come to the hospital for what they would need.

Within the past few months, members at the Christian Church across from the Cameron Court on Pittsburgh Street have



also installed a pantry at their entrance. They see the issue firsthand as two years ago they started community meals twice a month, however due to the pandemic,

they have made it to go and just this month have begun to distribute these meals every Monday.

Heading west between Smock and Royal at the Pleasant View Presbyterian



Church, they have a plastic cupboard of a pantry of food and hygiene items with the take what you need share what you can theory.

The newest pantry is at the Fayette Resources ATF on Connellsville Road in Lemont Furnace where staff have placed



a pantry there with Food and hygiene items for caring and sharing..

We as community members in my humble opinion must combat the issue of food insecurity in Fayette County by advocating and assisting with the education installation of more food devices so our populace is nourished to their fullest extent.

~Dustin M..

## Beacon Health Options Member Education Events

⇒ **Tuesday, September 1, 2020 @ 1:00 PM**  
PATTAN

Returning to School in 2020

[Registration Link](#)

⇒ **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](#)



### Ingredients

- 1 cup coarsely chopped pecans
- 1 cup (2 sticks) Challenge unsalted butter
- 1 cup granulated sugar
- 1/2 tsp kosher salt
- 1 tsp vanilla extract
- 1 cup milk chocolate chips

### Instructions

1. Spray a 9-inch square baking dish with cooking spray and line with parchment paper.
2. Spread the chopped pecans in a single layer on top of the parchment.
3. Add butter, sugar, and salt to a heavy bottomed 3 quart pot
4. Bring to a boil over medium low heat, stirring frequently to dissolve the sugar.
5. Once the candy is boiling, stir occasionally, slowly and evenly, until the candy has reached 290F to 300F, or "hard crack" on a candy thermometer.
6. Once the candy has reached 290F-300F, remove from heat and gently stir in the vanilla extract.

7. Carefully pour the mixture over the chopped pecans.
8. Let the candy sit for a few minutes, undisturbed, before sprinkling the chocolate chips over the top.
9. Cover the baking dish with foil and let sit for 5 minutes or until the chocolate has softened.
10. Remove the foil and gently spread the softened chocolate into an even layer. An offset spatula works best for this.
11. Place the candy in the refrigerator and let cool completely. Give it at least 2 hours.
12. Lift the parchment out of the baking dish and place the toffee on a cutting board or solid surface.
13. Use a knife to gently break it into smaller pieces.
14. Store in an airtight container in a cool place.



## JUICY OVEN BAKED CHICKEN BREAST

By Rose S.

### INGREDIENTS

- 1 tablespoon brown sugar, packed -- FOR KETO: use brown sugar substitute
- 1 1/2 teaspoons paprika
- 1 teaspoon dried oregano, (or thyme, parsley, rosemary)
- 1 teaspoon salt, (use seasoned salt, Adobo or chicken salt for extra flavor)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon cracked black pepper, to taste
- 1 teaspoon chili powder, (or 1/2 teaspoon cayenne pepper) -- optional for a kick of heat
- 4 large chicken breasts (7oz | 200g each)
- 1 tablespoon olive oil

### OPTIONAL:

- 3 tablespoons butter
- 2 cloves garlic, minced or finely chopped

- 2 teaspoons fresh chopped parsley

### INSTRUCTIONS

Preheat oven to 425°F | 220°C (standard ovens) or 390°F | 200°C (fan forced or convection ovens).

Using a meat mallet or rolling pin, pound each chicken breast to 0.8-inch | 2cm at the thickest part. Make sure your fillets are all the same thickness to ensure even cooking.

Combine sugar, paprika, oregano, salt, powders, pepper and chili (if using).

Line a baking pan with parchment (or baking) paper. Transfer chicken to the pan and toss chicken in the seasoning. Drizzle with the oil and rub seasoning all over to evenly coat.

Bake chicken in preheated oven for 16-18 minutes, or until internal temperature is 165°F (75°C) using a meat thermometer. It should be golden with crisp edges.\*

### SNAP Application Assistance / FCCAA Nutrition Assistance Program

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 Nutrition Education Program works in conjunction with the Fayette County Community Action Agency Food Bank Program to ensure that food recipients obtain the knowledge necessary to maximize the benefit they will receive from the food provided. This collaboration is an important way to reach individuals in need throughout the County.

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](http://www.fccaa.org)

Broil (grill) on high heat during the last 2-3 minutes of cooking until golden and crisp.

Remove pan from oven, transfer chicken to serving plates and let rest for 5 minutes before serving.

OPTIONAL STEP: While chicken is in the oven, melt butter in a small skillet. Sauté garlic until fragrant (30 seconds), and remove pan from heat. Stir in parsley, then pour butter mixture into pan juices, stirring well to combine all of the flavors together.





100 Corporate Crossing Road  
Uniontown, PA 15401-3347

Phone: 724.439.9311

FAX: 724.439.9334

E-Mail:

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

Web:

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



## Spotlight on Resources: Honey's Helping Hands

Ms. Edna Brown, President and Founder of Honey's Helping Hand, has just formed a wonderful nonprofit organization.

The organization is run completely by volunteers who are eager to serve the community by helping families through the county with basic needs such as food and clothing.

Their mission is "To provide support throughout the community by supplying food/ clothing to those who financially need additional monthly help to maintain their household and families. Our food ministry provides to all that come to receive the Blessing that was given to us at Honey's Helping Hand by donations and the kind and compassionate individuals who donate and volunteer."

Their efforts have not gone unnoticed. Community Action has recently partnered with them by donating food to their cause. Food

giveaways are open to the public with no income requirements. They are held at Biere-wood Acres community hall every Monday and Thursday at 1:00 PM.

Like many other distributions due to the COVID-19 Pandemic, Honey's Helping Hands is no different. Until the pandemic is over, they have switched to a drive-thru component and have seen an increase in traffic.

For more information on Honey's Helping Hands, [Visit their Facebook Page](#)

*Note: This article was adapted from the April/May 2019 Fayette County Family Council Newsletter and was edited to reflect the updated changes.*



### 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/>

