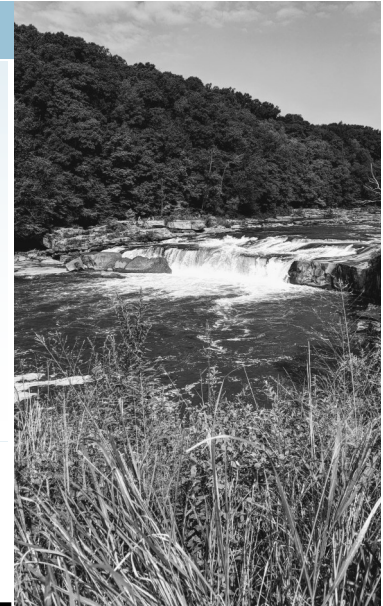


Union Station Clubhouse Weekly

Members Share : How does one implement their recovery into their life?



W

hat do I do to stay well is I get up in the morning, take a shower, take my meds, eat breakfast, and come to Union Station Clubhouse. The Clubhouse really helps me with everything that I need as well as my family and friends. They are all good to me and help me. I love being at the Clubhouse! My therapist and my Doctor help me too, and if it was not for everyone in my life and God, I will not be where I am at today. Someday I want to have my own apartment and live with my family. I love being me!
~April B.

F

or me, one part of implementation for me is self-care. While this has taken me years to establish what it is and that I need it. In essence, it has helped my recovery to a degree. Part of that is the simple fact that I do not need to micromanage every concept of work or Clubhouse tasks. This was a big realization of me. Another part of implementation is the need of having a WRAP, or Wellness Recovery Action Plan, along with my blog, Dustin's Dynasty, that helps me express my story in a public format and not using any names or personal references. This way other people with my diagnosis validates that I am not the only one feeling the way I am feeling. Furthermore, sometimes I realize the need to have music into my life by maxing up the headphones and kicking out the jams when necessary to self-stimulate when things get rough.
~Dustin M.

S

maintain my recovery by being around my family and the Clubhouse. It helps me in my recovery. A key point for me is to stay busy by watching TV, especially sports. ~TJ B.

T

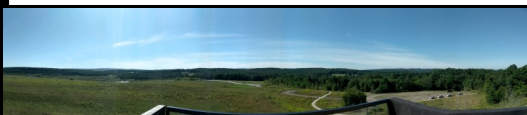
o Stay well, I go for walks, talk to my parents, enjoy the weather with nature, and spend time with family and friends
~Ra-Mel H..

S

wake up every morning thinking about my family and how good they are in my life. I take my meds everyday and take showers everyday also. I make sure I eat everyday along with talking to my doctors about my meds to make sure the meds are ok with me. I talk to my family and friends everyday when I can. I go out for walks and listen to music and play games on my phone. ~Krysta C

K

eeping my mental health in check, I work puzzle books, Watch DVD's, Read, including the Bible and attending Church.
~Rose S.



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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.



Credit: PA Department of Health

Standard of the Week:

37. The Clubhouse holds open forums and has procedures which enable members and staff to actively participate in decision making, generally by consensus, regarding governance, policy making, and the future direction and development of the Clubhouse.

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

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.

[More Information Click Here](#)

Goodwill's Virtual Career Services

Looking for a new job but unsure of where to start? Or maybe you aren't actively looking but have extra time at home to learn new skills? Goodwill's Career Services offers a wide selection of virtual services to help jobseekers build the necessary skills crucial to achieving their career goals.

More Information: <https://www.goodwillswpa.org/career-service-online>

Current COVID-19 Information

- ⇒ Federal Government Response: www.coronavirus.gov
- ⇒ PA Department of Health Information <https://www.health.pa.gov/topics/disease/Pages/Coronavirus.aspx>
- ⇒ Fayette County Fights COVID-19 Facebook Group: <https://www.facebook.com/groups/206439277088716/>
- ⇒ Fayette Area Coronavirus Needs / Availability Group: <https://www.facebook.com/groups/211053520110419/>
- ⇒ Embedded State/ World Case Maps <http://coronavirus.unionstationclubhouse.com/resources/maps.html>

Focus On: Crisis Text Line

Crisis Text Line is free, 24/7 support for those in crisis. Text 741741 from anywhere in the US to text with a trained Crisis Counselor. Crisis Text Line trains volunteers to support people in crisis. With over 100 million messages processed to date, we're growing quickly, but so is the need.

CRISIS TEXT LINE |

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.

This n' That in the Area Applications still available for Seniors Farmers Market Nutrition Program

- ◆ The Friday night car cruises at the Union-town 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 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.
- ◆ St. Rita Christian Mothers will hold a drive-thru Italian Day Sale from 3-7 p.m. Sept. 25 in the St. Rita Church parking lot, First Street, Connellsville. Featured will be three Italian dinners (spaghetti, manicotti and eggplant parmigiana) with all the trimmings. Cost is \$10 per dinner.
- ◆ 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.
- ◆ St. Francis of Assisi Parish, 528 Footedale Road, Footedale is sponsoring a take-out only pasta dinner on Sunday, Sept. 20, in the social center from 11 a.m. to 4 p.m. The dinner includes choice of pasta with red sauce and meatballs, chicken alfredo or aioli sauce, a tossed salad and Italian bread and butter. Cost is \$8 for adults and \$4 for children under 12.

Applications for Senior Farmers Market Nutrition Program (SFMNP) checks will be accepted by mail or email through Sept. 23.

All checks must be distributed by Sept. 30, and used by Nov. 30.

The SFMNP applications, eligibility verification and check distributions typically occurred at a senior center, provider agency or office of Southwestern Pa Area Agency on Aging (AAA). The process changed this year due to COVID-19 concerns.

An application can be procured at a local senior center or AAA office, and checks will be mailed to those who are eligible. Each person is eligible for one set of four, \$6 checks.

Checks must be used for fruits or vegetables grown in the state. The SFMNP app has a list of farmers markets or farm stands; a list is where to purchase approved food is also available at www.pafmnp.org under the farmers market and farm stands database. For more information, please contact the local senior center or in Fayette County, call 724-430-4603 or 1-888-300-2704.

Household income eligibility is \$23,606 for one person; \$31,894 for two people and \$40,182 for three people. Income includes private pensions, interest, Social Security, wages, Black Lung, etc.

Warner hosts shredding event to help prevent identity theft

Working to help area residents protect themselves against identity theft, state Rep. Ryan Warner, R-Perryopolis, will host a free community shredder event on Saturday, Sept. 19, from 10 a.m. to noon in the Connellsville Area High School parking lot, 201 Falcon Drive, Connellsville.

"One of the best ways we can combat identity theft is by making sure documents with personal identifying information, such as Social Security, bank account or credit card numbers, do not fall into the wrong hands," Warner said. "This event will allow residents to have these items shredded easily and at no cost to them."

Working to help area residents protect themselves against identity theft, state Rep. Ryan Warner, R-Perryopolis, will host a free community shredder event on Saturday, Sept. 19, from 10 a.m. to noon in the Connellsville Area High School parking lot, 201 Falcon Drive, Connellsville.

A local shredding company, Ashcraft Records Management, will be on-site to collect unwanted documents from individuals to safely dispose of their sensitive information. Documents will be shredded at the company facility and recycled, and participants will be mailed a certificate of destruction.

For additional information, contact Warner's office at 724-437-1105 or via his website at www.RepWarner.com.



Getting Help With Food

Mass Food Distribution Schedule

- ⇒ Wednesday, September 23
Republic Social Hall/
Recreation Center
Route 166
Republic, PA 15475
10:00am to 11:30am
Please don't arrive before 9:00am.
- ⇒ 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.

UPCOMING MASS FOOD DISTRIBUTIONS

These drive-through distributions are for anyone in need of food assistance as a result of COVID-19. There are no eligibility requirements. You do not need a proof of income. If you have questions, you can contact the FCCAA Food Bank at 724-580-7001.



September 23

Republic Social Hall -
Recreation Center
Route 166
Republic, PA 15475

10:00AM to
11:30AM

September 30

Oak Hill Baptist Church
264 Old Frame Road
Smithfield, PA 15478

10:00AM to
11:30AM

Please do not arrive earlier than one hour before the start of the distribution.

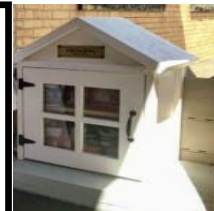


- ⇒ Find a Food Pantry (PA.gov) <https://www.dhs.pa.gov/about/Ending-Hunger/Pages/Food-Pantries.aspx>
- ⇒ Fayette County Community Action is modifying some Food Pantry Operations due to the Coronavirus
- ⇒ Website: <http://fccaa.org/>
- ⇒ Facebook (Most Current): <https://www.facebook.com/FCCAA.org/>
- ⇒ 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. 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 operations. Call 724-439-9188, ext. 205 for

details.

- ⇒ FREE Whole Milk Distribution 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. These distributions are offered to anyone and is Donated by Schneider's Dairy and American Dairy Farmers of the Northeast. Thanks to the Connellsville Lions Club for assisting in distribution.
- ⇒ 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/>

Beacon Health Options Member Education Events

⇒ September 25, 2020-1:00 p.m. (Friday) Clarion Psychiatric Center Suicide Prevention and Awareness Registration Link	⇒ November 20, 2020-1:00 p.m. (Friday) Axiom Family Counseling Modern Day Addiction Treatment Registration Link	Part 3 Stigma and Implicit Bias "Wrap it Up" Registration Link
⇒ September 29, 2020-1:00 p.m. (Tuesday) AMI, Inc. WRAP Wellness and Recovery Action Plan Meeting 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	For Training Conference telephonic Dial In Codes and visit this document on the Beacon Health Options Website.
⇒ October 9, 2020-1:00 p.m. (Friday) Clarion Psychiatric Center Stress & Anxiety Management Registration Link	⇒ December 18, 2020 -1:00 p.m. (Friday) Nick Orlando LGBTQI+ and Behavioral Health Registration Link	Beacon Health Options, formerly known as Value Behavioral Health of Pennsylva- nia, is the Behavioral Health-Managed Care Organization (BH-MCO) that pro- vides Mental Health and Substance Abuse benefits to Health Choices mem- bers in Fayette and 12 other counties in Western Pennsylvania.
⇒ October 23, 2020-1:00 p.m. (Friday) Beacon Health Options The Journey to Trauma Informed Recovery Registration Link		For more information on Beacon Health Options, visit www.pa.beaconhealthoptions.com
⇒ November 6, 2020-1:00 p.m. (Friday) Beacon Health Options and PA System of Care Partnership	⇒ January 8, 2021-1:00 p.m. (Friday) Beacon Health Options and PA Care Partnership	



Recovery Month Celebrated on Courthouse Steps this Week

On September 14, 2020, Fayette County turned the Courthouse Purple for National Recovery Month. Commissioners along with Axiom Family Counseling Services, spoke on behalf of the community by having a ceremony, hanging a banner, ribbons, and turning the courthouse clock purple.

Fayette County Commissioners Dave Lohr, Vince Vicites, and Scott Dunn will present the visitors with a National Recovery Month proclamation on the courthouse steps, doubling down on their commitment to helping citizens recover from addiction and other health issues.

Commissioner Vicites said he's excited to take the lead on turning the courthouse purple, signifying Fayette County's continued and unwavering support for National Recovery Month. "Fayette County has one of the strongest recovery programs in Southwestern Pennsylvania, and we must continue to raise awareness of this effort," Vicites said.

Commissioner Dunn said his goal has always been to make Fayette County a better place to live, play, work and raise a family - and having a drug-free community and environment is important to achieving that goal for many reasons. "

Commissioner Lohr said, in order to keep Fayette County growing, we must "intentionally focus on encouraging healthy, drug-free citizens. Recovery Month is all about helping achieve that goal," Lohr said. "Our partnership with Axiom will help to remind our residents that substance use treatment and mental health services can help them to live healthy and rewarding lives. I'm proud that Fayette County is helping to celebrate recovery."

To learn more about National Recovery Month and how you can get involved, visit www.recoverymonth.gov. To learn more about Fayette County, visit www.fayettecountypa.info.

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.

- ◆ Pleasant View Presbyterian Church (533 Royal Road, Smock); Saturday, September 19th from 10-11 AM; Menallen and Redstone Townships East of US 40
- ◆ New Salem Presbyterian Church (27 S. Mill St., New Salem); Saturday September 19th from, 9-10; Menallen and Redstone Townships West of US 40
- ◆ Calvin United Presbyterian Church (307 Spring Street, Brownsville); Saturday, September 23rd from 9:30 AM to 11 AM; Brownsville Area

Operations Changes

- Masontown Helping Hands Ministry is opening its Thrift Store at 14 South Main St., Masontown on Fridays and Saturdays from 10 a.m. to 2 p.m. All patrons must wear a mask and social distance according to state mandates. Volunteers are also needed to assist in daily operations. Call 724-583-1101 for more information.
- 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.

What Is the 2020 Census?

The 2020 Census counts every person living in the United States and five U.S. territories.

The count is mandated by the Constitution and conducted by the U.S. Census Bureau, a nonpartisan government agency. The 2020 Census counts the population in the United States and five U.S. territories (Puerto Rico, American Samoa, the Commonwealth of the Northern Mariana Islands, Guam, and the U.S. Virgin Islands). Each home will receive an invitation to respond to a short questionnaire—online, by phone, or by mail—between March 12-20.

The results of the census also determine the number of seats each state will have in the U.S. House of Representatives, and they are used to draw congressional and state legislative districts.

It's also in the Constitution: Article 1, Section 2, mandates that the country conduct a count of its population once every 10 years. The 2020 Census will mark the 24th time that the country has counted its population since 1790.

More Information: <https://2020census.gov/en.html>

Little Free Libraries in Fayette County

Little Free Library is a nonprofit organization that inspires a love of reading, builds community, and sparks creativity by fostering neighborhood book exchanges around the world. 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. Academically, children growing up in homes without books are on average three years behind children in homes with lots of books, even when controlled for other key factors. One of the most successful ways to improve the reading achievement of children is to increase their access to books, especially at home. But two out of three children living in poverty have no books to call their own.

- Charter #9665
107 Laughlin St.
Dawson PA 15428
- Charter #49905
Comfort Inn
325 North First Street
Connellsville PA 15425
- Charter #49904
Lion's Square
144 West Crawford Ave.
Connellsville PA 15425
- Charter #49892
Laurel Mall
1952 University Drive
Connellsville PA 15425
- Charter #52008
300 Connellsville Street
Uniontown PA 15401
- Charter #49896
Nemacolin Woodlands Courtyard
62 East Main Street
Uniontown PA 15401
- Charter #49891
Old Central School
20 East Church Street
Uniontown, PA 15401
- Charter #49895
Fay-Penn Business Development Center
142 West Main Street
Uniontown PA 15401
- Charter #49894
Hutchinson Rec. Area
Stadium Drive
Uniontown, PA 15401
- Charter #49901
Jumonville Christian Camp & Retreat Center
887 Jumonville Road
Hopwood PA 15445
- Charter #49931
Fairchance Borough Bldg.
125 West Church Street
Fairchance PA 15436
- Charter #49893
Smithfield Borough Building / Comm. Ctr.
Water Street
Smithfield, PA 15478
- Charter #50394
Keisterville Comm. Ctr.
2nd Street
Keisterville PA 15449
- Charter #49902
Smock Community & Heritage Center
103 Main Street
Smock PA 15480
- Charter #49903
The Inn at Lenora's
301 Liberty Street
Perryopolis PA 15473
- Charter #49898
Benner's Meadow Run Campground
315 Nelson Road
Farmington PA 15437
- Charter #49899
Ohopyle Borough
25 Sherman Street
Ohiopyle PA 15470
- Charter #91572
Newell United Methodist Church
204 Miller Street
Newell PA 15466



CHEESE STUFFED RAVIOLI

Recipe Corner

Pasta Dough

- 2 Cups unsalted all purpose flour
- 1/2 Teaspoon Salt
- 2 Large Eggs
- 2 Teaspoons Olive Oil
- 2 tablespoons water

Filling

- 2 Teaspoons Olive Oil
- 1 Oz. Canadian Bacon or prosciutto, coarsely chopped
- 3 Cloves Garlic, minced
- 1 Cup Part-skim Ricotta Cheese
- 1/2 Cup Grated Parmesan Cheese
- 1 Egg Yolk
- 1/2 Cup minced fresh basil
- 1/2 Teaspoon Salt
- 1/4 Teaspoon Black Pepper

Sauce

- 2 Teaspoons Olive Oil
- 1 Small Yellow Onion, Chopped
- 2 Cloves garlic, minced
- 1 Can (28 Ounces) Italian plum tomatoes, chopped with their juice
- 1/2 Teaspoon Salt

Directions

- 1) Prepare Pasta Dough Cover dough with a cloth or plastic wrap and let stand one hour. Meanwhile,. Prepare the Filling. In a large nonstick skillet over moderate heat, heat oil 1 minute. Add Bacon and garlic and cook until garlic is soft.—about 2 minutes. Transfer to a bowl and cook to room temperature. Blend in Ricotta, parmesan, egg yolk, basil, salt, and pepper.; set aside
- 2) Divide dough into 2 equal portions.. Working with 1 portion at a time and keeping the rest covered, roll dough and fill ravioli.
- 3) For the sauce: In a large non-stick skillet over moderate heat, heat oil one minute. Add

onion and sauté, stirring occasionally until soft—about 5 minutes . Add garlic and cook 2 minutes more. Add tomatoes and their juice and salt, bring to a boil over moderate high heat, adjust heat so mixture bubbles gently and cook, uncovered, stirring often, until sauce thickens slightly—about 10 minutes.

- 4) Meanwhile, in a large pot of boiling water, cook ravioli until firm-tender, about six minutes, Drain well, divide among 4 heated serving plates, and top with sauce. Serve with freshly grated Parmesan. Makes 4 servings..

~April B.



Homemade Granola

Ingredients

- ◆ 4 Cups old-fashioned rolled oats (use certified gluten free oats for gluten free granola)
- ◆ 1 1/2 Cup raw nuts and/or seeds (I used 1 cup pecans and 1/2 cup pepitas)
- ◆ 1 teaspoon fine-grain sea salt (if you are using standard table salt, scale back to 3/4 teaspoon.)
- ◆ 1/2 teaspoon ground cinnamon
- ◆ 1/2 cup melted coconut /or seeds
- ◆ 1/2 maple syrup or honey
- ◆ 1 teaspoon vanilla extract
- ◆ Totally optional additional mix-ins; 1/2 cup chocolate chips or coconut flakes

Instructions

1. Preheat the oven to 350 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper.
2. In a large mixing bowl, combine the oats, nuts, and/or seeds, salt and cinnamon. Stir to blend.
3. Pour in the oil, maple syrup and/or honey and vanilla. Mix well until every oat and nut is lightly coated. Pour in the granola onto your prepared pan and use a large spoon to spread it in a healthy layer.
4. Bake until lightly golden, about 21 to 24 minutes, stirring halfway (for extra clumpy granola, press the stirred granola down with your spatula to create a more even layer.) The granola will further crisp up as it cools.
5. Let the granola cool completely, undisturbed (at least 45 minutes). Top with the dried fruit (and optional chocolate chips, if using.) Break the granola with your hands if you want to retain the big chunks, or stir it around with a spoon if you don't want extra-clumpy granola.
6. Store the granola in a airtight container at room temperature for one to two weeks, or in a sealed container for up to 3 months. The dried can freeze solid, so let it warm to room temperature for 5 to 10 minutes before serving.



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



100 Corporate Crossing Road
Uniontown, PA 15401-3347

Phone: 724.439.9311

FAX: 724.439.9334

E-Mail:

info@unionstationclubhouse.org

Web:

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>

Keeping Our Train on Track

It has been roughly 3 months since the Union Station Clubhouse re-opened its doors following the COVID-19 pandemic shutdown, and since that time, the members and staff have been working diligently to keep our train rolling.

Both of our work units (Food Service and Operations) has been patching and painting walls, assembling new furniture, and doing a great deal of cleaning and organization. We will soon have a dedicated employment area in the Operations Unit that will give our members the opportunity to apply for jobs, work on resumes, and prepare for job interviews. This area will also maintain and display the pertinent information on all of our employment programs for everyone to see. Pictures will be coming soon!

I am also happy to report that a vast majority of our members in both supported and transitional employment have returned to work. Our SE folks are working hard at places like T.J. Maxx, Goodwill, and the Mental Health Association. Our current TE with Eat N' Park continues to do well, and we are hopeful to place more of our members there in the very near future. We have also met with two other businesses and hope to develop placements there soon.

Union Station Clubhouse recently participated the first community based event since the

pandemic, the Business After Hours hosted by the Fayette County Chamber of Commerce. It was an outdoor event with business represented from the local area. We had a table at the event, and it gave us a great opportunity to make our presence known with the surrounding business community.

After a great deal of planning, our Clubhouse will finally be holding its first evening social event this month with our Employment Dinner on September 30th. We feel that holding these events is very important to our working members as it gives them a place to be recognized for their efforts as well as share common experiences within the community.

Lastly, with September being recovery month, I wanted to share what I feel are two huge elements in recovery: work and fellowship. Through work we gain confidence, value and self-worth. It teaches us valuable life skills such as discipline and perseverance. Fellowship makes us think and live beyond ourselves by creating bonds with others. We learn how to foster relationships with others by being a better person. Both of these elements are key components of the Clubhouse model, and that is why it is so powerful for individuals working through their recovery.

- 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.nami-lv.org/>
- ⇒ NAMI Main Line
<https://namimain-linepa.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/>