

## Union Station Clubhouse Weekly

### Members Share About Handling the Loss of a Loved One

Many times I have lost a loved one, this is not always to death. Having people in your life that you care about and they care about you. Losing them to distance either emotionally or physically, can be very hard and challenging to anyone especially it to death.

Also losing loved ones is not always a person, but losing a pet can be extremely hard on us as well. These separations whether to death or some other kind of separation leaves us feeling lonely, betrayed, and not completely ourselves anymore.

The solutions to these separations are never easy and take time, healing takes even longer with time losing a loved one des get easier but never completely heals. At least not on this side of heaven.

~Yvonne S.

2016 was one of the hardest years for me as I lost my maternal grandparents within 9 months and three days that year. First, my grandmother died suddenly the day after Palm Sunday. That fall, my grandfather fell into bad health and needed to be put in a home until a few days after Christmas, when he passed away. It can still be hard on anniversaries, holidays and when I have to visit their gravesite, but I know they would be proud of the progress I made since they left this earth.

~Dustin M.



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• Daily 8:30 AM Meeting	
• Daily 12:30 PM Meeting	
• Monday 2:00 PM House Meeting	
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## Current COVID-19 Information

### Pandemic-Specific Relief Programs

- ⇒ [Emergency Rental Assistance Program](#)
- ⇒ [Unemployment Programs](#)
- ⇒ [Other Programs](#)

- ⇒ 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/>
- ⇒ Is it your turn for the COVID-19 Vaccine? <https://covidportal.health.pa.gov/s/Your-Turn>
- ⇒ Fayette County Individual COVID-19 Vaccination Registry: <https://www.fayettecountypa.org/795/Individual-Registration>
- ⇒ Clubhouse Calendars:
  - ⇒ [Public Events](#)
  - ⇒ [Stakeholder/Webinar](#)
  - ⇒ [Food Distributions](#)

### 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 hybrid Work-Ordered Day of the Clubhouse. One of those tasks over the last year has been compiling a comprehensive list of resources for our community of in relations to the COVID-19 Pandemic. 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: <http://unionstationclubhouse.com>

Use the "Links" and "COVID-19" Navigational Menus to get to different resources.

### Community Support Program Updates

- ⇒ Western Region CSP will be meeting virtually until further notice with the April meeting being held April 9, 2021 The Next one will be on May 14, 2021 and will be a general resource sharing session.
- ⇒ [Meeting Link](#)
  - ⇒ 888 788 0099 US Toll-free
  - ⇒ 877 853 5247 US Toll-free
  - ⇒ Meeting ID: 934 6249 8705
  - ⇒ Passcode: 948800
- ⇒ Our CSP, Partners for Recovery will be also meeting via Zoom until Further notice with the next meeting being held at 10:30 AM on Monday, April 26, 2021.
  - ⇒ [Meeting Link](#)
  - ⇒ Meeting ID: 836 6421 5963
  - ⇒ Passcode: 747703

### Beacon Health Options Member and Family Zoom Meetings

Beacon Health Options Prevention, Education, and Outreach Department invites you to join us on a Zoom meeting. The purpose of the call is to share information, updates and provide opportunities to net-work with other Beacon members and family members. The call will be hosted by Beacon's Prevention, Education and Outreach staff. We welcome Beacon members and families to join us. All calls are from 1:00 pm - 2:00 pm every other Monday.

Dates of calls are:

- ⇒ April 26, 2021
- ⇒ May 10, 2021

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

If unable to join by the Zoom link above, please dial in on the specific date at 1:00pm EST 1-646-876-9923 to join by phone: Meeting ID: 963 6668 5245 Passcode: 773174



## Food Pantries Next Week

- ⇒ Uniontown Salvation Army, 32 West Fayette Street, Uniontown; Tuesday and Thursday, 9:00 AM to 11:00 AM; Downtown, Southern and Western Neighborhoods of Uniontown.
- ⇒ Calvin United Presbyterian Church, 307 Spring Street, Brownsville; Saturday 9:30 AM to 11:00 AM; Brownsville Area School District

## Blessings Box installed at Dawson church

Tyrone Presbyterian Church at 402 Jintown Road in Dawson has recently installed a Blessings Box. It was a way of sharing the church's ministry to members of the community who are in need of nonperishable products. The box is located behind the church building next to the pavilion.

In the box is nonperishable food products donated by members of Tyrone Presbyterian Church and Boy Scout Troop 150. Anyone in need is encouraged to take what is needed. Donations for the Blessings Box are also accepted.



## This N' That Around The Area

- Dunbar Community Library, 60 Connellsville St., will hold a Spring Fling fundraiser 11 a.m. to 3 p.m. April 25 in the library parking lot. Several items will be up for raffle, including a pop-up canopy, a set of two camping chairs, a 95-can cooler, a fire pit, and an outdoor rug. There also will be a basket raffle at 25 tickets for \$5. Doss Boys BBQ will be on hand serving takeout such as ribs, brisket, pulled pork, smoked mac and cheese, and baked beans.
- The Connellsville Area Garden Club is announcing how its geranium sale will be conducted this year. For many reasons — state mandates on outside gatherings, social distancing requirements, masking, and most importantly, to guarantee the safety of the club members and the community — the club will not be holding the geranium festival as a full-day event with vendors and entertainment. Geraniums will be sold following the same format used for last year's sale. It will be a drive-through event on May 29. Beginning April 18, you will be able to call or go online and pre-order/prepay for your geraniums so that everyone is guaranteed the amounts and colors they desire.
- HARD TO RECYCLE EARTH WEEK EVENT Fayette County Residents It's that time of year! Time for spring cleaning. Bring those Hard to Recycle items to the "Earth Day Hard to Recycle Event." April 24, 2021 | 9 AM-2 PM 105 Romeo Lane, Uniontown, PA 15401 \$2.00 per appliance/ tire/ electronic device \$5.00 per mattress / furniture
- Connellsville Church of God, 126 Breakneck Ave., will hold a flea market from 9 a.m. to 2 p.m. May 1. Tables are available at \$15 for the first and \$10 for each additional table. Call Denise at 724-628-0594.
- Otterbein United Methodist Church

## Little Free Pantries

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

- ◆ Highlands Hospital, 401 E. Murphy Ave. Connellsville
- ◆ Connellsville Christian Church, 212 S. Pittsburgh St.
- ◆ Fayette Resources ATF, 1300 Connellsville Road, Lemont Furnace
- ◆ Pleasant View Presbyterian Church, 533 Royal Road. Smock
- ◆ Hutchinson Park Pavilion #4—Uniontown, PA\*
- ◆ Areford Park—Frank Hoover Street, Uniontown PA\*
- ◆ Smithfield United Methodist Church—20 Church Street, Smithfield
- ◆ Tyrone Presbyterian Church—402 Jintown Road, Dawson (Pavilion)

\* Denotes During Park Hours Only

These boxes operate under a take what you need, give what you can basis..

For more information on the Little Free Pantry Movement, visit: <https://www.littlefreepantry.org/>

will have a rummage sale 8am. To 1p.m. May1. No one will be allowed in before 8 a.m., and everyone will be required to wear a mask. Also, for safety, there will be a barrier at the table where people will pay for purchases.

- World Christian Outreach Ministries, 109 East End Road, Connellsville, will hold a treasure sale from 8am.to 4 p.m. April 29 and 30 and May 1. Hot dogs will be sold. Masks are suggested.
- The Constance Ranson Native Plant Sale will be on Saturday, May 8th from 9:00 AM to 1:00 PM at the Sugarloaf Sledding Area in Ohiopyle State Park, Universal Masking and Social Distancing are required.

# Getting Help With Food

- ⇒ Find a Food Pantry (PA.gov)<https://www.dhs.pa.gov/about/Ending-Hunger/Pages/Food-Pantries.aspx>
- ⇒ Fayette County Community Action is modifying some Food Pantry Operations due to the Coronavirus
  - ⇒ Website: <http://fccaa.org/>
  - ⇒ Facebook (Most Current): <https://www.facebook.com/FCCAA.org/>
- ⇒ Our Map of Food Pantries in Fayette County / Other Grocery Resources <http://corona-virus.unionstationclubhouse.com/resources/grocery.html>
- ⇒ Honey's Helping Hand Mondays and Thursdays at Biererwood Acres at 1pm! Curbside service!  
Info: <https://www.facebook.com/Honeys-helping-hand-108365237359113>
- ⇒ Uniontown Salvation Army has a Pickup Soup Kitchen daily at the Service Center on Fayette Street from 11 AM to Noon During the Week.
- ⇒ Christian Church of Connellsville holds free community lunches from 11:30 a.m. to 1 pm. every Monday. 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.
- ⇒ The monthly Food Bank at The First Presbyterian Church, 102 W Church Ave, Masontown, PA will be open for an extra food distribution on Saturday April 24, 2021 from 11 to 1 pm. Registration is NOT required for this additional event and it is available to everyone in the community. Food distribution will be curbside on Edington Lane at the Church kitchen entrance. Cars should form a waiting line at the Masontown Elementary School entrance beginning at 10:45 am. Please remain in your car; volunteers will place food boxes inside. Thank you.
- ⇒ Central Fellowship Church, 316 North Arch Street, Connellsville will be having a FREE take-out community lunch on Saturday, April 24th, from 11:00 AM until 12:30 and will feature Vegetable soup, pulled pork sandwich, and fruit cocktail.
- ⇒ Albright United Methodist Church, 1626 Pittsburgh Street, South Connellsville, will hold its monthly luncheon from 11 a.m. to 1 p.m. April 29. Takeout and limited seating available. Donations are accepted but not necessary.
- ⇒ FOOD DISTRIBUTION: Fresh Fire Church located at 171 Connellsville Street In Uniontown will hold a food distribution THURSDAY MAY 13th and THURSDAY MAY 27th from 10am-12pm or until we are out of food. We plan to serve over 1,080 families. This is a drive-thru distribution. Please have your trunk open or back seat unlocked and have space available for the food to be placed in your car. This is a contactless distribution, we cannot rearrange items in your vehicle for the food in an effort to protect our volunteers and you.

## Spotlight On: Mental Health Association in Fayette County: Advocacy Network: Fayette County Partners For Recovery

Partners is a community support program to help improve services, systems of care, and supports for those being treated for substance use and mental health issues. Meetings are open to anyone with an interest in mental health issues and advancing the quality of life for members and people with mental illness.

Some points about PARTNERS FOR RECOVERY:

- At Partners for Recovery Meetings, you can have fellowship with others in a place where everyone can share their stories and experiences in recovery.
- As a member of this group, you can have a voice in how money for mental health services is spent and how services can serve people better.
- You can help the group make a difference in the community and alleviate the stigma of mental illness in society.
- We welcome visitors who would like to take part in meetings and help us see more clearly what is working and what is not working in the local Mental Health Community.

We believe that "By promoting the principles of recovery and making relationships in the community, the Fayette County Partners for Recovery is educating and providing public awareness of mental health".



## Webinars / Stakeholder Meetings

⇒ [The Pennsylvania Special Supplemental Nutrition Program for Women, Infant and Children \(WIC\)](#)

**Date: Thursday, May 11, 2021**

**Time: 10:00am - 12:00 Noon**

The May 11, 2021 webinar will be on The Pennsylvania Special Supplemental Nutrition Program for Women, Infant and Children (WIC). WIC has improved the nutrition and health of families in Pennsylvania since 1974 by providing nutrition services, breastfeeding support, health care and social service referrals, and healthy foods. Through WIC, pregnant women, mothers, and caregivers of infants and young children learn about good nutrition to keep themselves and their families healthy! Please join us to learn about the WIC Program, the eligibility criteria, and how to apply.

## William Penn Day Proclaimed

**Fayette County Commissioners last week issued a proclamation officially declaring April 23, 2021, William Penn Day in Fayette County, in honor of what would have been British Admiral William Penn's 400th birthday. Born April 23, 1621, Penn was the eventual namesake for Pennsylvania, and his legacy thereby led to the eventual creation of Fayette County. The commissioners urged all Fayette County citizens to celebrate his memory by researching Pennsylvania's storied history.**

## Refund, Rebates and Economic Impact Payment Trackers

- [IRS Where's My Refund?](#)
- [IRS Get My \(Economic Impact\) Payment](#)
- [Where's My PA Personal Income Tax Refund?](#)
- [Where's My PA Property Tax/Rent Rebate?](#)

## National Parks Week

Every April, during the presidentially proclaimed National Park Week, we join with the National Park Foundation, the official charity of America's national parks, to celebrate America's treasures. National Park Week is a time to explore amazing places, discover stories of history and culture, help out, and find your park.

In Fayette County we have two NPS Units: Fort Necessity National Battlefield near Farmington and Friendship Hill National Historic Site near Point Marion.

While we are amidst a national pandemic, these two parks among several others in the United States have virtual tours, programming, and opportunities to go on virtual visits and collect passport cancellations.

Last year, the members have included a list of these opportunities for the former Coronavirus Portal and since we went to a unified website last month, we have relocated those resources to: <https://www.unionstationclubhouse.com/national-parks-online>

## Fayette County State Historical Marker of the Week

### Braddock Road (Dunbar's Camp)

This marker, dedicated on Tuesday, June 17, 1952 by the PMHC is located along the Jumonville Road (SR 2021) at the Jumonville Camp and retreat center in North Union Township. It states the following:

"General Braddock's army ascended the ridge east of this point and advanced toward Gist's Plantation. Col. Dunbar's detachment, following with the heavy baggage, made its last camp here. Later, as Braddock's defeated army streamed back, Dunbar destroyed his supplies and withdrew."



## Reminder: Federal Stimulus Money Does Not Effect Benefits

The Internal Revenue Service (IRS) and the Treasury Department is delivering a third round of Economic Impact Payments (EIPs) as part of the American Rescue Plan of 2021. Payments began being paid as early as March 12, 2021, although recipients may see their payment in their account after this date.

Economic Impact Payment recipients will get \$1,400 for individuals or \$2,800 for married couples and \$1,400 for each qualifying child. EIPs are available to those with an adjusted gross income up to \$75,000 for individuals and up to \$150,000 for married couples filing joint returns. For individuals with income above those amounts, the payment amount is reduced. If household income exceeds \$80,000 for individuals or \$160,000 for married couples, no EIP will be issued.

If you received the first round of payments in 2020 and/or second round in 2021, but do not receive the third payment via direct deposit, you may receive a check or a debit card. If you are eligible for an EIP but do not receive either the first and/or the second EIP, you will be able to claim them when you file your 2020 taxes as long as you file by **May 17, 2021**.

**If you currently receive assistance in the form of Temporary Assistance for Needy Families (TANF), Supplemental Nutrition Assistance Program (SNAP), or Medical Assistance, this one-time issuance will not affect your benefit amount.**

We know that many people may be struggling due to lost jobs or reduced hours because of the COVID-19 pandemic, and we know that every bit of assistance can help someone make ends meet. The federal Economic Impact Payments are meant to pay bills and cover expenses to get through these tough times. Nobody should forego collecting the CARES Act Economic Impact Payments that they are entitled to because they are concerned about losing their benefits. These payments will not affect your benefit amount or eligibility.

You can check on the status of your third Economic Impact Payment on the [Get My Payment](#) page of the IRS website.

### Help Filing & Other Assistance

Instructions on claiming an EIP and more information is available by calling 800-919-9835.

The Campaign for Working Families is offering assistance to people who need help filing for their EIP at [www.cwfphilly.org/stimulus](http://www.cwfphilly.org/stimulus).

Pennsylvanians who have experienced a change in income or job loss, regardless of its relation to the COVID-19 pandemic, can apply for benefits like TANF, SNAP, or Medical Assistance online at any time at [www.compass.state.pa.us](http://www.compass.state.pa.us). Those who prefer to submit paper documentation can print from the website or request an application by phone at 1-800-692-7462 and mail it to their local [County Assistance Office](#) (CAO) or place it in a CAO's secure drop box, if available. While CAOs remain closed, work processing applications, determining eligibility, and issuing benefits continues. Applications are processed within six days on average for SNAP and 11 days on average for Medicaid. Once a benefit is approved, it can be immediately accessed.

**For more information on public assistance programs available through DHS, visit [www.dhs.pa.gov](http://www.dhs.pa.gov).**

## Hitting the Trail

This past week has been a busy week with me walking the Youghiogheny River Trail North (YRT-N), which is a part of the larger Great Allegheny Passage that links Pittsburgh through Connellsville to Cumberland, where if one wishes they can connect to the Chesapeake and Ohio (C&O) Canal Towpath, a National Historical Towpath to Washington D.C. There are also plans to go beyond Pittsburgh to points North (Erie) and West (Ohio), in part making it part of the USA Rail Trail.

But, for the last few weeks I have been on one mile, parts 89.4-90.2. It isn't hard once you start going. There is a 407' walk from where you park your car to the main trail.

There is a small camping and shelter area for long distance hikers and bikers and some other amenities like a year round water fountain and year round toilet.

As I start north of town on the trail I pass three sets of benches for the first half mile when the last bench is around. Then there's a forest break of 3 tenths of a mile where the 90 mile marker is of the Great Allegheny Passage, just a hop (1 tenth of a mile) from there is a set of four benches with an amazing river view of the Youghiogheny River. This past weekend, I saw paddle boarders floating downstream from Connellsville.

I have also been introduced to all kinds of nature, birds of all species, including cardinals and tons of squirrels. Flowers

are abound in vibrant spring colors this time of year as well. Beyond the Mile 90.1 is more space where a newer rockslide is which as of last week was the furthest I have went North. That totals a mile each direction from the trailhead.

I enjoy walking the trail as of this past week I was on the trail seven of the past eight days and. I try my hardest not to miss a day and if I always try to go at least a half a mile in one direction. If I have to cut back a day, the next day after doing so, I like to go further than the day before.

Walking has proven a good exercise, along with counting my calories and eating healthy. I have known that I needed to do it for some time, I just never had the encouragement or desire to do so. Sometimes, I get frustrated when the number on the scale at the weekly weight loss support group isn't the number I think it should be. However, I have to realize that it won't always be the number that I want and that it may or may not reflect what I did or didn't do to improve my health. One thing for sure is that I can't give up on my journey because I am feeling healthier and I realize I need to keep the momentum going in order to make myself healthier in the long run.

~Dustin M.



## Beacon Health Options Continues Virtual Training with New Series

With the COVID-10 Pandemic still on the horizon, Beacon Health Options has decided again this year have another Virtual Training Series. The Prevention, Education and Outreach (P,E, & O) department of Beacon gathered input from Adult and Family Members throughout the 12- county Pennsylvania Service area. Our very own Dustin M. has been asked to serve on the Adult Planning Committee. Between the Adult and Family Committees along with a committee from the Northwest Three Partnership (Adults and Families from Crawford, Mercer, and Venango Counties). There are over a dozen of trainings planned, although some are geared for youth and families, while some are for adult members and some are for all audiences.

Confirmed Upcoming Trainings include:

- Tuesday, May 4, 2021 @ 2:00 PM—Complaints, Grievances & Member Rights  
[Registration Link](#)
- May 18, 2021 @ 2:00 PM—Ride the Wave with Gab Bonesso  
[Registration Link](#)
- Tuesday, June 1, 2021 @ 2:00 PM: - Mental Health Crisis Management (Part 1): Recognizing Warning Signs & Offering Support"  
[Registration Link](#)
- Tuesday, June 15, 2021 @ 1:00 PM—Pregnancy and Medications  
[Registration Link](#)
- Tuesday, June 29, 2021 @ 1:00 PM—"The Impact of Bullying Throughout the Lifespan: Facts, Figures and Coping Strategies"  
[Registration Link](#)
- Tuesday, July 27, 2021 @ 2:00 PM; "Mental Health Crisis Management (Part 2): Triaging Risk & De-Escalation Skills"  
[Registration Link](#)
- Tuesday, August 10, 2021 @ 1:00 PM: "What the heck is Spirituality and what does it have to do with Mental Health?"  
[Registration Link](#)

Beacon Health Options is the Behavioral Health Managed Care Organization (BH-MCO) for Health Choices and Community Health Choices Members in Fayette and 11 other Western Pennsylvania counties. For more information or to contact Beacon, dial their 24/7/365 Member Hotline at 1-877-688-5972.





## Recreation Improvements and Projects Completed and In Progress In Fayette County

- ⇒ A New "Comfort Station" at Meadow Brook in Brownfield . This is South Union Township's climate controlled restroom right off of the Sheepskin trail. This was funded by Community Development Block Grant and constructed by the Township crew.



- ⇒ Also recently completed in South Union township



was the Lick Hollow Trail at the end of Lick Hollow Road in the Hopwood section of South Union of a rail-trail fashion connecting the Lick Hollow State Forest Picnic Area.

- ⇒ Now under new land ownership, The Robison Falls in Dunbar Township has been cleared out for the public to view, along with

a place to park across the street.

- ⇒ Also, another development mostly in Dunbar Township by the Yough River



Trail Council, the maintainers of the Great Allegheny Passage was the installation of 13 memorial benches, 6 on the West

Yough Bridge Overlook, 6 between Adelaide in Dunbar Township and Roundbottom Campground in Perry Township, along with a bench near the West Penn Complex in the City of Connellsville

Union Station Clubhouse presents

### Annual Yard Sale

Saturday, May 22, 2021  
9:00 a.m. to 3:00 p.m.

Union Station Clubhouse (off Main St., near Fay-Penn Business Center)  
100 Corporate Crossing Rd.  
Uniontown, PA 15401

A photograph showing a variety of household items for sale, including a clock, a lamp, a vase, and other decorative objects.

Housewares, clothing, yard items, toys, furniture and so much more! Stop by Saturday, May 22 to see what treasures you can find.

Have extra items you don't need anymore? Donations for our yard sale will be accepted until May 21, 2021. Assistance is available to pick up items in the surrounding area. Sorry, we cannot accept TVs or refrigerators.

For more information, contact us at 724-439-9311.

Proceeds from the yard sale benefit the Union Station Clubhouse's Member Education & Recreation Fund.

To find out about the Union Station Clubhouse, a program of Goodwill of Southwest Pennsylvania, please visit [www.unionstationclubhouse.com](http://www.unionstationclubhouse.com).

Union Station Clubhouse Goodwill of Southwest Pennsylvania

We take safety seriously. Read about our approach to COVID-19 at: [www.goodwillpenn.org/covid19](http://www.goodwillpenn.org/covid19)

⇒

### Yard Sales

- ⇒ Connellsville Community Yard Sale (Including South Connellsville Borough )(May 1)
- ⇒ Masontown Community Yard Sale, (May 15)
- ⇒ National Road Yard Sales (May 21-23)
- ⇒ Union Station Clubhouse Yard Sale (May 22)



## Recipe Corner

### Help with Applying for SNAP

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

### Banana Oatmeal Cookies

#### Ingredients

- 1 Large Bowl
- 1-1/2 Cups Flour
- 1 Cup Granulated Sugar
- 1 Teaspoon Salt
- 1/2 Teaspoon Baking Soda
- 1/4 Teaspoon nutmeg
- 3/4 Teaspoon Cinnamon
- 1-1/4 Cup Soft Oleo or shortening
- 1 Egg
- 3 Large Bananas, Mashed
- 1/2 Cup. Walnuts Chopped into small pieces (optional)

#### Directions

1. Mix all ingredients together in a large bowl
2. Mix thoroughly
3. Drop by the spoonfuls on a greased cookie sheet.
4. Bake in a 350 degree Preheated Oven until Golden Brown
5. Enjoy!

~Yvonne S.



### Easy Apple Crisp Without Oats

#### Ingredients

##### Filling

- 4-5 apples (I use 2 Granny Smith and 2 sweeter apples, whatever I have on hand)
- 2 tablespoons freshly squeezed lemon juice
- 1/2 teaspoon vanilla
- 1 tablespoon brown sugar
- 1/2 teaspoon cinnamon
- 2 tablespoons cornstarch
- Pinch of kosher salt

##### Topping

- 1 cup light brown sugar
- 1 1/2 cups all-purpose flour
- 1/2 teaspoon cinnamon
- 1/4 teaspoon freshly grated nutmeg
- Pinch of kosher salt
- 1 stick unsalted butter, cold and diced

\*\*If you want to use chopped toasted pecans or walnuts the in topping, decrease the flour by 1/2 cup and use 1 cup of chopped nuts.

#### Instructions

1. Preheat oven to 375. Butter a medium-sized shallow casserole dish. Mine is a little smaller than a 9x13 dish.
2. Peel apples and then chop into 1/2-inch pieces right into the buttered dish. Add the lemon juice to the apples and gently toss to coat the apples. Add the vanilla, cinnamon, brown sugar, and

cornstarch and gently mix until distributed throughout the apples.

##### Topping

1. Stir together the flour, 1 cup of brown sugar, 1/2 teaspoon cinnamon, a little freshly grated nutmeg, and a pinch of salt. Mix well. Add the butter and use your hands to mix until a pebbly, crumbly mixture.
2. Sprinkle about a third of the topping over the apples and move the apples around a bit so some of the topping is mixed in with the apples. Sprinkle remaining topping over the apples.
3. Bake for 45-50 minutes until topping is golden brown (just keep an eye on it, as your oven might require less time --I have baked in 35 mins). Remove from oven and allow to rest for fifteen minutes. Serve with vanilla ice cream and caramel sauce.

#### Notes

Tips for Making Easy Apple Crisp:

Use a shallow baking dish

Use a mix of Granny Smith and Golden Delicious apples

Cold butter works best for the streusel topping

~Jesse B





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#### NEED HELP ??

- ⇒ Fayette County Crisis Line  
724-437-1003
- ⇒ National Suicide Prevention  
Lifeline  
1-800-273-TALK (8255)  
Veterans Press 1
- ⇒ Crisis Text Line: Text "PA" to  
741-741
- ⇒ Disaster Distress Helpline:  
1-800-985-5990
- ⇒ Get Help Now Hotline (for  
substance use disorders):  
1-800-662-4357
- ⇒ Pennsylvania Sexual Assault  
Helpline – 1-888-772-7227
- ⇒ National Domestic Violence  
Helpline – 1-800-799-7233
- ⇒ Persevere PA (COVID-19 Crisis  
Counseling Program) - 1-855-  
284-2494

More Helplines are at:

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



<http://goodwillswpa.org>

Union Station Clubhouse Speaker Series

## You're Invited!

**FREE Information Session:  
Learning to Cope with Stress**

**Wednesday, April 28, 2021  
2:00 - 3:00 p.m.**

**In this information session you will learn about types of stress, how stress affects our bodies and minds and ways to cope with stress in healthy ways.**

Presenting will be Amanda L. Collins, NCC LPC, Mental Health Counselor, Penn State Fayette

**What:**  
Information Session on Learning to Cope with Stress

**Where:**  
This digital event will be held over Zoom. Register here: <https://rb.gy/aj8esc>  
You will receive a link to the zoom session in your email on the day of the event.

**When:**  
Wednesday, April 28, 2021, 2:00 - 3:00 p.m.

**Register online at <https://rb.gy/aj8esc>**






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

- ⇒ Several NAMI Affiliates in Pennsylvania offer Virtual Support Groups, mostly through ZOOM, Including
  - ⇒ NAMI Bucks County, PA  
<https://namibuckspa.org/>
  - ⇒ NAMI Philadelphia  
<https://namiphilly.org/>
- ⇒ PMHCA Virtual Drop In's  
[https://pmhca.wildapricot.org/resources/  
Documents/Virtual%20Drop-Ins%20\(w.%  
20Meeting%20Info\)%20\(1\).pdf](https://pmhca.wildapricot.org/resources/Documents/Virtual%20Drop-Ins%20(w.%20Meeting%20Info)%20(1).pdf)

### NAMI Fayette Online Support Groups Offered During the COVID-19 Pandemic via Zoom

- General Support Group—Tues. 1-2:30p for anyone filling effects of COVID-19  
[Zoom Link](#) or 646-558-8656, meeting id 310 563 489 audio only
- Family Members support group Weds. 2p-3:30p  
[Zoom Link](#) or 646-558-8656 for audio meeting ID 849 897 305
- Individuals/Peer Support Group Thurs. 6p-7:30p  
[Zoom Link](#) or call 648-558-8656 meeting id 984 334 883

