

Union Station Clubhouse Weekly

Members Share : Vacations and Relaxations during COVID-19



Summer is a great time to get to know your own community and explore new destinations and activities in your neighborhood. Perhaps there is a bike trail you have yet to pedal down, or a farm where you can pick your own fruit. Many communities are trying new ways this summer to help support local businesses and restaurants — such as blocking off the downtown area to promote outdoor dining. Now is the time to really get to know your community! Have a staycation and challenge your family to discover one “hidden gem” about your community each day.
~April B.

Iwent on a vacation when I lived at home a few years ago to get my sister from Columbus, Ohio to bring her back to Pennsylvania to visit our father. He was in the hospital a few years ago because of his health issues and we thought we were going to lose him, but he was strong and got better because my family and friends prayed. My family and I are blessed to still have my father and I need him more than anything. I want to him live longer to see more of his grandchildren and his great grandchildren.
~Krysta C.

What a summer many of us have been dealt! Everyone around the world has been handed a great deal of stress with COVID-19. Many that have had funds set aside to go on vacation had them depleted due to the pandemic and being furloughed. Likewise, a travel order has been issued by the Commonwealth advising if you travel to over a dozen states, many of them tourist destinations for Pennsylvanians such as myself, that you have to quarantine for two weeks upon return because those states are hotspots for the virus. So, many are either doing things locally. However, that has resulted in problems because so many want to recreate in one spot and that results in overcrowding at these places. So for myself, I don't go far because of my anxiety. Going to Greensburg or into Westmoreland or Somerset county is a big deal for me right now. I just fear the way that a COVID-19 test has to be administered, so I choose on my own to protect myself. To fulfill my need for being on the road, I either film the state roads I travel or I watch them on PennDOT's Website. [One Map](#) has filled my need to see Pennsylvania's major highways during these unprecedented times.
~Dustin M.



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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.

Members: Please be sure to check the Facebook Group and your email prior to

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

SNAP Extra Payments

DHS received additional approval for a waiver extension to issue the extra payments for July and August 2020.

Payments for August will begin on August 18 for those who have a payday digit of "1" and will conclude on August 29th.

For more information, visit: <https://www.dhs.pa.gov/Services/Assistance/Pages/SNAP-CARES-Act.aspx>

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>

Standard of the Week:

11. Responsibility for the operation of the Clubhouse lies with the members and staff and ultimately with the Clubhouse director. Central to this responsibility is the engagement of members and staff in all aspects of Clubhouse operation.

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

Festivals Cancelled in 2020

The following is not a comprehensive listing of cancelled festivals, rather it is a list that is local to Fayette County, for further updates you can visit the source from where it is derived <https://ohiofestivals.net/pennsylvania-festivals/>

- ⇒ Laurel Hill Bluegrass Festival
- ⇒ Bullskin Twp. Fair
- ⇒ Mason Dixon Outlaw Festival
- ⇒ Mountain Springs Pow Wow
- ⇒ California Riverfest
- ⇒ Music in the Mountains Ohiopyle
- ⇒ New Centerville Jubilee
- ⇒ 2020 Mountain Craft Days
- ⇒ Covered Bridge Festival
- ⇒ Flax Schutching Festival
- ⇒ Scottsdale Fall Festival
- ⇒ Festival at Friendship Hill
- ⇒ Mt. Pleasant Glass & Ethnic Festival
- ⇒ Dunbar Community Fest
- ⇒ Confluence Pumpkinfest
- ⇒ Springs Folk Festival
- ⇒ Fort Ligonier Days

Yard Sale Rescheduled for Saturday, August 22nd

Due to COVID-19, Our annual Yard Sale will tentatively be Saturday, August 22, 2020 dependent on regulations set forth at that time by the CDC and the Local and PA Department of health. Keep an eye on the event page and discussion for further updates!

<https://www.facebook.com/events/1444083582426824/>

The Yard Sale will also coincide with the 17th Annual Historic National Road Yard Sale. The yard sale extends for 824 miles from St. Louis to Baltimore along the National Road, known locally as Route 40.

Construction Update

Construction Patterns on the bridge near the Clubhouse on West Main Street (SR 2040) remain the same with the detour in place when exiting the clubhouse by going back on West Main Street to Mill Street, which is only open to southbound traffic and then connecting to West South Street.

Fayette County Library Updates

This n' That in the Area

Brownsville Free

The Brownsville Free Public Library is available to serve residents of the Brownsville Area for the borrowing of items, copies and prints as well as the public access computers. All patrons entering the building are required to wear a mask for the entirety of their visit and must apply hand sanitizer to their hands upon entering the library.

Patrons are limited to borrowing items from the library's collection, as the WAGGIN system has not yet activated the interlibrary loan process, which is hoped to occur soon.

All visitors are limited to spending a maximum of twenty minutes inside the library and the fees for services provided must be paid in cash.

Carnegie Free

The Carnegie Free Library of Connellsville offers curbside service to patrons from 10:30 a.m. to 4 p.m. Monday, Wednesday and Friday; from 2-4 p.m. Tuesday and Thursday; and from 11 a.m. to 3 p.m. Saturday. Call 724-628-1380 and an appointment will be made, at which time patrons should park and call to notify staff of their arrival. Books will be brought to the car. Appointments are scheduled every 15 minutes.

– Computers are available during the same times as curbside service, and use is limited to one hour per patron. Printing is currently unavailable. Please call for an appointment, and please wear a mask.

Dunbar Community

The Dunbar Community Library is open on Tuesdays from 11:00 AM to 6:00 PM as well as Thursdays from 9:00 AM to 6:00 PM during the summer. For More Information on current events visit their [Facebook Page](#) or their [Website](#)

German-Masontown

The German-Masontown is currently open from 10:00 AM to 2:00 PM Monday through Thursday of each week for Pickup or Online Book ordering from the Library through the WAGGIN System, For More Information, visit their [Facebook Page](#) or [Website](#)

Mary Fuller Frazier

The Frazier Community Library is striving to meet the needs of our valued patrons while keeping staff and patrons safe. We are following guidelines set forth by Governor Wolf. Your understanding and cooperation during this time is greatly appreciated. Please do not hesitate to call or email the library with questions or concerns. For more information, visit their [website](#)

Point Marion

The Point Marion Public Library is offering curbside pickup on Mondays and Wednesdays from 6 to 9 p.m. No other services will be available, and patrons are not allowed inside. The library collection is available to browse on the website. Requests can be made by calling the library at 724-725-9553 either during library hours or anytime by leaving a phone message. Please include contact number so the library clerk can set up a pickup time. Return books in the outside drop box. For patron safety, all books will have a four-day waiting period before being available for check out again.

Uniontown

Uniontown Public Library has started offering curbside pickup of books. Place a hold and reserve items online through the WAGGIN catalog or by phone at 724-437-1165. Library workers will call with pickup instructions when the materials are ready. The library building will remain closed to the public at this time. For additional information, visit the library's [website](#).

- ◆ 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.
- ◆ Connellsville will host its next farmers market from 8 a.m. to 1 p.m. Aug. 22 in front of the East Side Fire Station.
- ◆ Albright United Methodist Church, 1626 S. Pittsburgh St., South Connellsville, will have "A Fair to Remember" drive-through event from 11a.m. to 6pm. Saturday, Aug. 22. If you are missing the foods you get at a fair, come and order and pick up. Hot dogs, hot sausage sandwiches, nachos grande, potato patch fries with a variety of toppings, popcorn, funnel cakes, and more will be available. Prices will be posted, so you will pay for each item you order.
- ◆ 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.

Clubhouse Website hosts Online Experience Links

During the COVID-19 Pandemic, our membership has been working on providing members resources for finding online experiences in order to quench their down time during the pandemic. As such, they are on the *Other Useful Resources* of

our Coronavirus Resources Page at www.Coronavirus.unionstatonclubhouse.com/resources. There you will find information as far as links to online experiences in the realms of National Parks, Local and Regional Libraries,

and several other FREE online experiences such as tours and virtual passport cancellations, Zoo Cams, Webcams, museums, music and theater, and so much more. Check it out today!

Virtual Festivals

- 8/25 (T): [Virtual Banana Split Celebration](#)

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 8:30 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, though local offices will continue to provide services by phone. Online services will remain available at www.socialsecurity.gov. Those who already had an in-office appointment scheduled will be contacted to handle the matter over the phone. The phone number for local offices is 1-800-772-1213.
- ⇒ 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.**
- ⇒ 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.
- ⇒ Churches in the Dioceses of Greensburg and Pittsburgh have resumed in-person worship services. That includes all Roman Catholic churches in Fayette, Westmoreland, Washington and Greene counties. See individual church websites for Mass times and restrictions.
- ⇒ CVS has reserved the 9-10 hour on Wednesdays for vulnerable guests and their caregivers. **Masks are required.**
- ⇒ Fiddles Diner, 101 Water St., Brownsville has reopened on a reduced operating schedule. The eatery will be open Wednesday through Sunday from 7:30 a.m. to 3 p.m. and closed Monday and Tuesday.
- ⇒ Eat'n Park restaurants are open for dine-in service from 7 a.m. to 11 p.m.
- ⇒ Effective July 27, **face coverings will be required** to enter ALDI stores. We continue to monitor safety protocols from the CDC as well as state and local health officials. Most recently, the CDC stated that cloth face coverings are a critical tool in the fight against COVID-19 and could reduce the spread of the virus. Our new face covering policy is an enhanced safety measure intended to help limit the spread of COVID-19. All ALDI employees will continue to wear face coverings, as they have for months. We encourage any customer that is unable or unwilling to wear a face covering, to visit shop.aldi.us for grocery delivery.
- ⇒ The gates are open at Patsy Hillman Park in Luzerne Township. The park is open from dawn to dusk. The Brownsville-Luzerne Park Board is reminding users to follow CDC guidelines for wearing masks and staying 6 feet apart in all areas. Restrooms and pavilions are closed at this time. The park is open for fishing, walking and jogging.
- ⇒ Sheetz has reserved the 2-3 PM Hour on Sundays for vulnerable guests. **Masks are required.** Sheetz is asking customers to donate their change, whether it's a handful or a large amount that's neatly rolled, to the Sheetz for the Kids program. If you wish not to, a Sheetz gift card will be issued to you with the funds owed to you for a future purchase. It can be applied to the Schan & Go App for your phone that can be used for pick-up orders or cashless payment that can be used in the store either in the checkout or you can skip the line with the app.
- ⇒ St. Vincent de Paul, 70 N. Mount Vernon Ave., Uniontown has reopened its thrift/retail and furniture stores from Wednesday through Saturday, 10 a.m. to 2 p.m. Those who come to the stores **must wear a mask** and observe social distancing guidelines. Donations are not being accepted at this time.
- ⇒ The Brownsville Borough Building, 200 Second St., remains closed to the public.
- ⇒ PA Career Link launched an employment page to connect those who may have lost jobs with employers looking for help. For more information, visit www.pacareerlink.pa.gov.
- ⇒ Riverside Family Market, 6047 National Pike, Grindstone, now has curbside pickup on Tuesdays and Wednesdays. Call the store to set up a pick-up day and time at least 24 hours in advance. Orders can be e-mailed to info@riversidefamilymarket.com. Include if substitutions will be accepted. Orders, including receipts, will be delivered to vehicles.

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://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.
- ⇒ There is a community Pantry at the Pleasant View Presbyterian Church, 533 Royal Road, Smock that is available to those in need around the clock. "Give what you can, Take what You Need"
- ⇒ There is a little free pantry near the Emergency Room Entrance to Highlands Hospital, 401 E. Murphy Avenue, Connellsville that is available around the clock. Share with others or take what you need.
- ⇒ There will be a food bank at Pleasant View Presbyterian Church, 533 Royal Road, Smock, on Saturday, Aug. 15, at 10 a.m.
- ⇒ The Connellsville Lions Club will distribute free gallon jugs of homogenized and pasteurized whole milk from 9 a.m. to noon, or until supplies are depleted, Saturday at the Connellsville Area High School parking lot. It is free to anyone; there are no income restrictions. The milk is being donated by Schneider's Dairy. The Lions will unload the milk from the truck and place it in your car, carefully following all CDC guidelines to protect everyone from COVID-19.
- ⇒ 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

COVID-19 Food Distributions

There are mass food distributions scheduled for:

Wednesday, August 12

Abundant Life Church
1239 Brownfield Road
Uniontown, PA 15401
1:00pm to 2:30pm
Please don't arrive before 12:00pm.

Tuesday, August 25

Uniontown Mall
1368 Mall Run Road
Uniontown, PA 15401
10:00am to 11:30am
Please don't arrive before 9:00am.

Monday, August 31

Springfield Elementary School
14 School House Road
Normalville, PA 15469
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.

State Parks and Forests Overcrowding Alert

A number of state parks and forest recreation areas are seeing significant crowding during the weekends and when the weather is warm.

The extraordinary number of people is causing these places to turn away visitors. Overflow parking also may be closed to help ensure proper social distancing.

Visitors planning to go to these areas are encouraged to find other less crowded locations for recreation.

State parks that are reaching capacity, and experiencing unsafe overcrowding and/or turning away visitors locally include:

- ⇒ Keystone
- ⇒ Ohio

Find Alternate Outdoor Recreation Opportunities

- ⇒ [Explore state parks](#) -- Pennsylvania has 121 state parks to explore
- ⇒ [Explore state forests](#) -- Pennsylvania has 2.2 million acres of forestland to explore
- ⇒ [Find local parks](#) -- Pennsylvania has more than 6,100 local parks for outdoor recreation
- ⇒ [Explore PA trails](#) -- Pennsylvania has more than 12,000 miles of trails
- ⇒ [Water trails](#) -- Pennsylvania has more than 2,300 miles of water trails
- ⇒ [Featured opportunities](#) -- Visit Pennsylvania helps you find outdoor recreation opportunities in the state



Mount Davis State Forest Picnic Area in Forbes State Forest (Elk Lick Township, Somerset County) is a small picnic area a few feet below the highest point of Pennsylvania, Mount Davis, 3'213' Feet above sea

Beacon Health Options to Offer Virtual Member Education Events in 2020

As many large gatherings has been cancelled due to the COVID-19 Pandemic, Beacon Health Options' Recovery, Family and Northwest 3 Forums have too fell victim to this pandemic.

To remedy this, the planning committees for each of these three events have unified and will be having a series of one-hour Zoom Webinars on specific topics at the Health Choices Members' choosing. Like the forums, they are free of charge and as always, registration is required

The trainings confirmed this far are as follows:

- ⇒ **Friday, August 28 @ 1:00 PM**
Peer Panel - Previous Leadership In Recovery award winners : Thriving and Surviving Change
[Registration Link](#)
- ⇒ **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](#)

More Webinars are being planned for November and December. For more information, please visit Beacon's website at www.pa.beaconhealthoptions.com

Chicken Parmesan

Ingredients

- 2 Tablespoons Flour
- 1 Tablespoon Freshly Grated Parmesan Cheese
- 2 Large Egg Whites
- 6 Tablespoons Italian Flavored Bread Crumbs
- 2 Medium sized cloves of garlic, minced
- 1/4 Teaspoon freshly ground black pepper
- 4 (3-Ounce) boneless, skinless chicken breast halves
- 1 Tablespoon olive oil
- 1-1/2 Cups low-fat sodium marinara sauce
- 1/2 Cup Shredded part-skim Mozzarella Cheese

mixed.

3. Dredge chicken in flour mixture, shaking oil excess. Dip into egg whites, then into crumb mixture, pressing firmly to coat all sides well.
4. Heat olive oil well in large heavy skillet over moderate heat for 1-1/2 minutes. Add chicken and brown well—3 to 4 minutes on each side.
5. Pour marinara sauce into ungreased 13 X 9 X 2 Inch baking dish, add chicken, and sprinkle with mozzarella.
6. Bake uncovered until boiling and topped with brown—about 20 minutes, Serve at once

Submitted by Rose S. as part of a recipe collection of Leanne Guido from Silver Spring, Maryland.

Directions

1. Preheat oven to 350 F.
2. Combine flour and parmesan in shallow bowl. Whisk egg whites until frothy in second shallow bowl, and in third shallow bowl, toss crumbs with garlic and pepper until well



Edible Cookie Dough

Ingredients

- COOKIE DOUGH
- 1/2 cup flour
- 1/4 teaspoon baking soda
- 1/8 teaspoon salt
- 1/4 cup butter, softened
- 3 tablespoons sugar
- 3 tablespoons brown sugar
- 1/2 teaspoon vanilla extract
- 1 tablespoon milk
- 1/4 cup mix-ins, such as chocolate chips, mini marshmallows, crushed cookies, etc.

cookie dough recipe above)
1 tablespoon sprinkles.

Preparation

For the cookie dough:

1. Place the flour in a microwave safe bowl, then microwave at 30 second intervals, whisking after each interval to break up clumps. Continue until flour reaches 160 F. This should take about 60-90 seconds total. Alternatively, sprinkle the flour over a parchment paper lined baking sheet and toast at 350 F for 10 minutes. Let the flour cool before continuing.

2. Whisk together the flour, baking soda and salt to combine.

3. In a separate bowl, combine

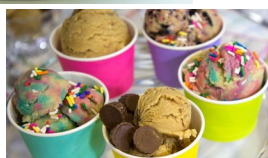
butter, sugar, and brown sugar. Mix in vanilla extract and milk.

4. Add dry ingredients and mix until only streaks of flour remain. Add in desired mix-ins, and mix until fully combined.

Variations:

Unicorn sugar cookie dough: Add a total white sugar (omitting the brown sugar) to the wet ingredients. Scoop out heaping tablespoons of batter into three separate bowls and dye one of each color: pink, blue and purple. Swirl colored batter into sugar cookie dough along with sprinkles.

~By Ra-Mel H,



Simple Peanut Butter Cookies

Ingredients

- ◆ 1/2 cup granulated sugar
- ◆ 1/2 cup packed brown sugar
- ◆ 1/2 cup peanut butter
- ◆ 1/4 cup shortening
- ◆ 1/4 cup butter, softened
- ◆ 1 egg
- ◆ 1 1/4 cups Gold Medal™ all-purpose flour
- ◆ 3/4 teaspoon baking soda
- ◆ 1/2 teaspoon baking powder
- ◆ 1/4 teaspoon salt

Directions

1. Mix sugars, peanut butter, shortening, butter and egg in large bowl. Stir in remaining ingredients. Cover and refrigerate about 2 hours or until firm.

2. Heat oven to 375°F.

3. Shape dough into 1 1/4-inch balls. Place about 3 inches apart on ungreased cookie sheet. Flatten in crisscross pattern with fork dipped into sugar.

4. Bake 9 to 10 minutes or until light golden brown. Cool 5 minutes; remove from cookie sheet. Cool on wire rack.

~By April B.



Members: Edible Cookie Dough and Peanut Butter Cookies were made during this weeks' Cook With Me demonstrations held each Tuesday and Thursday on Zoom at 2:30. PM. Check your in-



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Director's Report

At the time of the writing of this article, we are going to be a little over a week away from our rescheduled annual yard sale fundraiser. The members and staff of Union Station Clubhouse have worked tirelessly to get donations and set up the merchandise. We were very fortunate to have one particular generous donator who brought us a house full of furniture! I have to say (in my own humble opinion) that we have some top-quality items this year.

I am also happy to report that we are finally back at full staffing! So, with that being said, I am looking to restart social events and outings in September. Although I know it will be somewhat challenging given the COVID-19 restrictions, I think that doing activities again will really help boost everyone's spirits.

Another key component to us moving forward

following our facility closing and reopening is picking up where we left off with our last accreditation recommendations. This includes making continued physical improvements to the building, building an employment area, and establishing more transitional employment sites.

Finally, keeping in line with the overlying theme for this week's newsletter which is summer activities during the pandemic, I just want to tell everyone to get outside as much as you can. Go for a walk, go to a community park, plant flowers, whatever you have to do to be outside and active...DO IT!

~Scott B.

NEED HELP ??

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

Online Support Groups Offered During the COVID-19 Outbreak

- ⇒ Several NAMI Affiliates in Pennsylvania offer Virtual Support Groups, mostly through ZOOM, including
 - ⇒ NAMI Bucks County, PA <https://namibuckspa.org/>
 - ⇒ NAMI Erie County, PA <https://www.namierie.org/>
 - ⇒ NAMI Keystone BPD Support Group: <https://www.namikeystonepa.org/discover-nami/find-your-local-nami/nami-pa-borderline-personality-disorder-family-support/>
 - ⇒ NAMI Lehigh Valley <https://www.nami-lv.org/>
 - ⇒ NAMI Main Line <https://namimainlinepa.org/>
 - ⇒ NAMI of Montgomery County: <https://namimontcopa.org/>
 - ⇒ NAMI Philadelphia <https://namiphilly.org/>
 - ⇒ NAMI Scranton / NE: <https://www.naminedpa.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/>

