

Union Station Clubhouse Weekly

Members Share : What they are thankful for

I'm thankful God is with me daily and he is watching over our country, our president and his family, all of the congressmen and senators along with their families, the CIA, and FBI and their families, and our military along with their families. I'm thankful for my family and all of their families, all of the American people and their families, and those without families. I'm thankful God watches over all of his children all over the world and that everyone who needs shelter and food gets what they need. I'm so thankful for all living and growing things, all the plants and animals, and everything else in this world.
~Jackie C.

This sharing topic this week has just the right sentiment for me this week. I have just moved into a new home that is more suited for me than the last and I enjoy it so much more. Just two weeks ago I was so down in the dumps thinking life was so bad, but this has given me a reason to be thankful. Also to the opportunities that have spawned from starting over again, like the free offers for awesome furniture to the multiple persons helping me to move. It also makes me thankful for my parents who were very instrumental in making sure that I had every single detail that I needed in order to make this move a great one.
~Dustin M.

I'm thankful for my family and friends and my dog buddy. I am also thankful for the love and support for what everyone has done for me every day and the love of God that lifts up my spirits and joy in the world.
~Amanda C.

I'm thankful for my family because they brought me on this earth and continue to show me unconditional love. I'm thankful for the staff and members at the Clubhouse because they are like a second family to me, always being there when I need them. Both my family and staff help me stay on the right path and want nothing but the best for me.
~Ra-Mel H.

I'm thankful for my mom because she helped me out when I was having a hard time in my life. I'm thankful for my two sons, Jerry and Alan. My oldest son, Jerry, was three months premature and he pulled through to be a healthy boy and that is why I call him my miracle baby. Alan is the only reason why I am planning on moving to Bethel Park so I can be close to him, his wife, and my grandchildren. I'm thankful for my grandchild because they are healthy. We are expecting another grandchild in March which will make me a Grandmother of 4! I'm grateful that I am moving in a little over a week so I can be closer to my family. I'm also thankful for my health, even though I have one kidney, and that Joe Biden is our new President.
~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 2:00 PM House Meeting
- Wednesday 2:00 PM Outdoors N' At
- Fridays at 2:30 PM Friday Night Live
- Tues. &Thurs @ 2:30 PM Cooking With Demonstration.

More Stories From Our Members on Page 3

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>

Standard of the Week:

1. Membership is voluntary and without time limits.

Resources Compiled

As a part of the "virtual" Work-Ordered Day of the Clubhouse. One of those tasks over the last week was compiling a comprehensive list of resources for our community of businesses such as banks, pharmacies, grocery, take-out etc. that is open and what operations are within them during this difficult time. Also compiled was a listing of entertainment series such as tour series provided by our National Parks in the region and other virtual opportunities. For more information on all resources, visit: www.coronavirus.unionstationclubhouse.com

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>

Beacon Health Options Webinar Series

Facts About FACT: Shared Ride

- Shared Ride transportation is available to all residents of Fayette County. However, clients are encouraged to utilize public transportation wherever possible.
- Eligibility for Shared Ride transportation must be determined by a representative of the FACT office. Once eligibility is determined, the client may schedule trips by contacting the FACT office.
- Transportation services will be provided between the hours of 7:00 AM to 1:00 PM (Sundays only) and 7:00 AM to 5:00 PM (Monday-Saturday).
- Reservations must be made at least one (1) business day in advance of the scheduled trip and before the two (2) o'clock hour.
- To avoid charge, cancellations must be called into the FACT office at least two (2) hours in advance of the scheduled trip.
- The FACT staff will inform the client of the fare required for the trip when all arrangements are being made. It is the responsibility of the carrier to establish a procedure for collecting the fare.
- Only clients pre-scheduled by the FACT office will be transported under this program.
- Clients will only be transported to destinations which have been pre-authorized by the FACT office.
- Trips across county lines within the Commonwealth will be approved only if the trips to out-of-county facilities are a part of an approved and clearly identified/specified operating plan.

⇒ November 20, 2020-1:00 p.m. (Friday)

Axiom Family Counseling
Modern Day Addiction Treatment

[Registration 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](#)

⇒ December 18, 2020 -1:00 p.m. (Friday)

Nick Orlando
LGBTQI+ and Behavioral Health

[Registration Link](#)

⇒ January 8, 2021-1:00 p.m. (Friday)

Beacon Health Options and PA Care Partnership
Part 3 Stigma and Implicit Bias "Wrap it Up"

[Registration Link](#)

For Training Conference telephonic Dial In Codes and visit this [document](#) on the Beacon Health Options Website.

Beacon Health Options, formerly known as Value Behavioral Health of Pennsylvania, is the Behavioral Health-Managed Care Organization (BH-MCO) that provides Mental Health and Substance Abuse benefits to Health Choices members in Fayette and 12 other counties in Western Pennsylvania.

For more information on Beacon Health Options, visit www.pa.beaconhealthoptions.com. Fayette Countians can also contact them toll-free 24/7/365 by dialing 1-877-688-5972.



This n' That in the Area

- ◆ 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.
- ◆ Brownsville Historical Society is offering tours of Nemaocolin 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.
- ◆ Brownsville Fire Co. 1, 520 Market St., is offering free smoke and carbon monoxide detectors to residents of Brownsville borough or township. Columbia Gas of PA donated the detectors, which can be picked up at the station or by contacting Chief Jordan Sealy at 724-785-3311.
- ◆ Any South Connellsville Borough Residents in need of a Smoke Detector can call 724.628.1811 for information. This is made possible by a donation from CFS bank to the South Connellsville Volunteer Fire Company
- ◆ St. John the Byzantine Catholic Church of Uniontown began pierogi sales. They are pre-order only to 724-434-5355 Mon. Tues or Wednesday for Cooked or Frozen Pickup is on Fridays from 9 AM to Noon
- ◆ The Albright United Methodist Church, 1626 Pittsburgh Street will have a soup sale from 11 AM to 1 PM on Saturday November 14th, \$6 quart; \$3 pint
- ◆ A Little Free Library has been placed in front of the Springfield/Clifford N. Pritts Elementary School in Normalville. The idea is to "take a book" or "leave a book." The Little Free Library has books available for anyone interested.
- ◆ Norma's Closet FREE Clothing and Houseware Bank is open EVERY TUESDAY in NOVEMBER 10am-2pm at 171 Connellsville Street Uniontown. Lot's of new items for you and your family!
- ◆ St. John the Evangelist fundraising committee in Connellsville will hold a pre-order Slovak food sale Dec. 5. Items available for order will be cabbage rolls (\$3.50 each) and frozen pierogies (\$10 a

dozen). Orders can be placed by calling Liz at 724-628-7259. Deadline to place orders is Nov. 23. Orders will be available for pickup from 9 to 11 a.m. Dec. 5 at St. John the Evangelist Morovak Social Hall.

- ◆ St. Rita Christian Mothers will sponsor the annual Christmas cookie sale Dec. 5 at Bucci Hall, First Street, Connellsville. Doors will open at 9am. Available for sale will be knots, pizzelles and biscotti. Face masks are required, and social distancing guidelines will be followed.
- ◆ Fayette County Appreciation Day at Fallingwater - Saturday, Dec. 5th, 2020 - 10:00 to 3:00. Reservations are necessary. Please note, the free Winter Walk passes are exterior grounds passes, Fallingwater is not currently open for interior tours. For more information or to reserve your spot, please contact Fallingwater at 724.329.8501

From Page 1: Members Share what they are thankful for

What I am thankful for is my family and friends including my nieces and nephews and great nieces and great nephews I love them a lot and I love being an aunt and a great aunt .It's the best thing ever and they are everything to me. I am very blessed to be living a good life in this world! I hope I will have many more.

~Krysta C.

Well, I am thankful for the life and home I have right now, plus the friends and family that love and support me. I have been through a lot in my life, and If it wasn't for my family and friends I do not know where I would be. Thank you so much! You know who you are. I also have to thank the staff at the Clubhouse!

~Rebekah M.

Be thankful that you don't already have everything you desire. If you did, what would there be to look forward to? Be thankful when you don't know something because it gives you the opportunity to learn. Be thankful for the difficult times. During those times you grow. Be thankful for your limitation, because they give you opportunities for improvement. Be thankful for your mistakes. They will teach you valuable lessons. Be thankful when you're tired and weary. Because it means you've made a difference. It's easy to be thankful for the good things. A life of rich fulfillment comes to those are also thankful for the setbacks. Find a way to be thankful for your troubles, and they can become your blessing.

~April B.

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
- ⇒ 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.

⇒ 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 Connellsville Thanksgiving Dinner will be modified this year as several community members have stepped up to the plate to ensure that residents in the Connellsville Area

- ⇒ School District will not go without the usual thanksgiving meal. Meals will be prepackaged and will be delivered after 9:00 AM Thanksgiving Morning. You will have a delivery or pickup option, orders must be placed no later than November 19th Online at: https://docs.google.com/forms/d/e/1FAIpQLSdAiRiXEHXosr0X0JvmpZcvjHsCttm10aKwnj156T66Xvm-Q/viewform?vc=0&c=0&w=1&flr=0&fbclid=IwAR08oLY-7k0BsJpn-XU16OR_iGpPcF8K4V6bW8iSsOz-hxgsQHGiYwrgPjw
- ⇒ There will be a Family Thanksgiving Meal Distribution (for up to 300 families, 1 Family per car) on Saturday, November 21st at the West Leisenring VFD (Bute Road, West Leisenring) Lineup starts at 12:00 Noon and Distribution Starts at 1:00 PM. This endeavor is organized by West Leisenring VFD and made possible from a donation of Bill Lucas and Simmons Home Care along with Carry All Incorporated for arranging delivery of the meals to the distribution site.
- ⇒ Clinton Church of God will hold a takeout-only Thanksgiving lunch from 11a.m.to2 pm.Nov.14at the fellowship hall, 405 Buchanan Road, Normalville . Donations will be accepted to help with the cost of the next meal. For more information, call Charlie or Pam Hall at 724-455-1073.
- ⇒ The Uniontown Salvation Army will be having a Thanksgiving Take-Out this year . To reserve a meal, please call the Salvation Army at 724-437-2031 before November 24th with your name, phone number, number in house hold and meals needed that day. After registering, meals can be picked up on Thanksgiving Day from 11 AM to 12:30 PM; There will be no extra meals on the day of thanksgiving day.

Food Pantries Next Week

- ⇒ Hopwood Free Methodist Church, 114 Hopwood-Coolspring Road, Hopwood; Tuesday, 11:00 AM to 1:00 PM; North Union Township North of US 40 and East of US 119
- ⇒ Saint Peter's Catholic, 118 Church Street, Brownsville, Wednesday 11:00 AM t 12:30 PM; Brownsville Area School District
- ⇒ Leisenring Presbyterian Church, 1004 Church Street, Leisenring;
- ⇒ Wednesday 8:30 AM to 10:00 AM; Dunbar Borough, Dunbar Township
- ⇒ Liberty Baptist Church, 183 Oliver Road, Uniontown; Friday, 3:00 PM to 5:00 PM; Areas of North Union Township North of US 40 and West of US 119
- ⇒ Fayette City United Methodist Church, 4th Street, Fayette City; Friday 9:00 AM to Noon; Belle Vernon Borough, Fayette City Bor-
- ⇒ ough, Washington Township
- ⇒ New Salem Presbyterian, 27 S. Mill, New Salem; Saturday 9:00 AM to 10:00 AM; Areas of Menallen Township South and West of US 40
- ⇒ Pleasant View Presbyterian Church, 533 Royal Road; Smock; Saturday 10:00 AM to 11:00 AM; Areas North and West of US 40 in Menallen / Redstone Township

Chili Fest 2020 Just as Good as the Last

This weekend has been by far one of the busiest weekends by far. As many have known, I have become independent again spending the past weekend moving into a new home, along with a eye exam, making purchases, and of course it's the first weekend in November, so in Connellsville, It's Chili Fest.

After being featured in the local paper last year, we knew we had to do it again this year, but not at the great scale we did prior. There was 10 stops, granted some of the stops we had last year did not participate such as the churches due to the pandemic

However, we did have some new competition such as Pechin's New Bakery (Zia Maria), and Cole B's (New restaurant). Clubhouse Pizzeria, while in a new location did participate, a new tenant did occupy the former space in the Polish Club, called Grill 1905, which I visited. The other usual downtown locals participated making the downtown business district pretty crowded on a warm 70-degree day and a nice accent to a already busy weekend.

~Dustin M,

Some of the my favorite chili's are in the picture clockwise from top left going clockwise, the venue is listed with the flavor in parenthesis.



Zia Maria (Triple), Wavie & Janes (Southwestern), Paint Room (Black Bean) Clubhouse Pizzeria (Pizza) and Keedy's Restaurant (Buffalo Chicken)

Experts say no need to cancel Thanksgiving, but play it safe

A safe Thanksgiving during a pandemic is possible, but health experts know their advice is as tough to swallow as dry turkey: Don't travel. If you must gather, do it outdoors.

With a fall surge of coronavirus infections gripping the U.S., many Americans are forgoing tradition and getting creative with celebrations.

For the first time in five years, Atlanta nutrition consultant Marisa Moore won't travel to South Carolina to see her large extended family. Instead, she plans to video chat with them as she attempts her first home-baked apple pie. When it's time to eat, they'll compare plates.

"We'll talk all day," Moore said.

On Monday, the Centers for Disease Control and Prevention updated its holiday guidance, noting the virus crisis is worsening and that small household gatherings are "an important contributor." The CDC said older adults and others at heightened risk of severe illness should avoid gathering with people outside their households.

Experts point to Canada, where Thanksgiving was celebrated Oct. 12. Clusters of cases tied to family gatherings followed. "This sucks. It really, really does," Canada

Prime Minister Justin Trudeau said two weeks later.

There's no need to cancel the holiday. Spending time with loved ones is important for health too, said Lacy Fehrenbach, Washington state deputy secretary of health.

The coronavirus spreads more easily when people are crowded together inside, so Fehrenbach encourages new outdoor traditions such as hiking as a family. Guest lists for indoor feasts should be small enough so people can sit 6 feet apart while unmasked and eating, she said. Open the windows to keep air circulating.

The more people who attend a gathering, the greater the chances that someone in the party will be carrying the virus, Fehrenbach said, "even someone that you know and love."

On any other Thanksgiving, dozens of Olga Garcia's family members would squeeze into her home to make tamales, watch football and tell stories. This year, the 61-year-old professional caregiver will deliver food to family spread along 30 miles of the North Cascades Highway in Washington state.

If the plan works, everyone will sit down

at the same time to eat in their own homes and join a group phone call.

What about a quarantine? The magic day to start a pre-Thanksgiving quarantine is Nov. 13, according to Lindsey Leininger, who leads the Nerdy Girls, a cadre of scientists collaborating on a website called Dear Pandemic.

A strict quarantine would mean no grocery shopping, no working outside the home and no in-person school for 14 days.

What about testing? The best day to test would be as close to Turkey Day as possible while still leaving enough time to get results. But a test might not catch a still brewing infection so the best plan is the quarantine for two weeks — the time it can take for symptoms to show up.

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/>

Maximum SNAP Benefit Allotment (CARES ACT) to be continued in November

Due to the coronavirus (COVID-19) emergency, the Pennsylvania Department of Human Services (DHS) has been approved for a SNAP waiver from the Food and Nutrition Service (FNS).

This waiver allows DHS to issue one-time issuances (OTI) to all SNAP recipient households that are receiving benefits bring their SNAP budget amount to the maximum available amount for their household size.

HOUSEHOLD SIZE	MAXIMUM
THRIFTY FOOD PLAN	
1	\$204
2	\$374
3	\$535
4	\$680
5	\$807
6	\$969
7	\$1,071
8	\$1,224
9	\$1,377
10	\$1,530

Each Additional Member \$153

NOVEMBER 2020 AVAILIBILIY DATES:

Payday Digit—Date Available

1. Saturday the 14th
2. Tuesday the 17th
3. Wednesday the 18th
4. Thursday the 19th
5. Friday the 20th
6. Monday the 23rd
7. Tuesday the 24th
8. Wednesday the 25th
9. Thanksgiving Day, Thursday the 26th
0. Tuesday, December 1, 2020



The Importance of Being Regimented

As I am getting settled into my new apartment this week, There is one thing resonates again and again in not only being autistic, but in my mental health recovery: the need for routine and regimen. Granted during COVID, our routines were shaking up to a greater degree. However, the professionals did their best in earnest to have a continuum of services delivered to the vulnerable. Now I have to admit that it did have a rocky start, but it did bounce back and become a great thing that I feel should be considered for the future as I personally feel that it can contribute immensely to the recovery of many individuals.

Yes, there's the understanding of social norms in the virtual world and it does present challenges. However, with proper guidance, I feel that it can be accomplished to be a valuable tool in the mental health community. This is also evidenced on a personal level when we regiment our personal care task and errands that we sometimes just can't stand to do like cleaning or grooming ourselves.

We must take advantage of the technology provided and utilize it as able. Especially for the autistic savant mind because our brain is a "scrambled egg." We can do some things well and some things not so well. We may need help as autistics, especially the ones who presently do not have supports must understand that it is OK to express your need for help and not to feel ashamed about it. A good adage to remember is that they didn't create the supports to not be used. They are there for all people in need, such as those in the disability community that need them.

We must also remember that having a routine and regimen also avoids getting into mischievous behaviors that could end up costly to a person of any disability and could eventually result in one losing their independence. Honestly, looking back at the last independent situation and what I was doing at the time, it's a wonder that I didn't brush up with law enforcement or reach the point of ending up in the psychiatric hospital. I almost got to that point with my parents and usually at the final threat I would back down and admit my issue, which was usually not following regimen.

I have accepted this and realize that the things that I did in the past needed to be corrected before "graduating" into the next chapter. I had to look at several TV shows that points out deficiencies in things I was doing to realize that it could end up to that point if I did not address it. COVID also taught me to be more of a clean person and not be illicit in my collection habits. I have actually heard of Autistics that do collect things to the point that it results in hoarding. I personally have realized that I need to limit my collections to a minimum. I am attempting to digitize the things I collect, if possible. I realize by change I am able to enjoy habits that are less accumulative than collecting.

Also being regimented makes me realize that I am hygienically a better person to be around and look nicer (yes, that is a thing that is important to me.) Self-grooming, self-maintenance, and self-care are three important things that many autistics lack. It took me several decades and since being in my present home, I have showered more routinely as a result of being more regimented.

For me, I know this is a start of a great beginning. I, as well as others that provide services to me, can realize a sense of happiness that has been missing for some time. I honestly think this is one of the happiest decisions that I have made and at the right time and for the right reasons. I can feel so much happier and more at ease even though we are coming off of an election in the middle of a global pandemic. My outlook on life is so much greater than it has been in the past year.

~Dustin M.

Recipe Corner

Simple Low-Carb Stuffed Mushrooms By Rose S.

Ingredients

- 1 Pound Medium Mushrooms
- 1 Pound Breakfast Sausage, hot or sage
- 1 Package (8 Ounces) of Cream Cheese

3. Brown the drain the sausage, and stir in the cream cheese. Spoon the mixture into the mushroom caps.
4. Bake for 20 Minutes.

Directions

1. Preheat the Oven to 350F
2. Clean the Mushrooms. Remove their stems and use a paring knife to make hole for stuffing larger



Sloppy Joe Dip By Ra-Mel H.

INGREDIENTS

- 1 pound ground beef
- 1/2 sweet onion *diced*
- 1 bell pepper *any color, diced*
- 15 ounce can sloppy joe sauce *or make your own!*
- 8 ounces cream cheese
- 1/2 cup grated cheddar cheese
- Chips or crackers *for serving*

INSTRUCTIONS

1. In a large skillet over medium heat, brown the ground beef, onions, and bell peppers until the meat is no longer pink. Drain the fat from the pan.
2. If you'd like to continue this dip in a slow cooker, add the beef mixture, sloppy joe sauce, cream cheese, and cheddar cheese to a slow cooker set to low. Cover and cook on low for 2 hours or until cheese has melted. Stir before serving. Keep warm on the low or warm setting for serving.
3. If you'd like to continue on the stovetop, add the sloppy joe sauce, cream cheese, and cheddar cheese to the pan with the beef mixture. Turn heat to low and cook, stirring frequently, until the cheese has melted.
4. Serve immediately or transfer to a slow cooker set to low or warm.
5. Serve with chips or crackers.



Apple Cobbler By Henry B.

Ingredients

- 6 Golden Delicious apples, peeled and chopped—(Other varieties can be used, can also be sliced)
- 2 Tsp. granulated sugar
- 1 1/2 Tsp. Lemon Juice
- 1 Cup Light Brown Sugar
- 3/4 Cup Old Fashioned Oats
- 3/4 Cup All-Purpose Flour
- 1/2 Cup cold unsalted butter, diced into small cubes
- Pinch of kosher salt

Directions

1. Preheat oven to 350 F degrees. Butter an 8X8 Baking Dish, or spray with non-stick cooking spray. Set aside.
2. In a mixing bowl, add chopped apples, granulated sugar, 3/4 tsp. of the cinnamon and lemon juice. Stir to combine, then transfer to prepared baking dish
3. In a separate mixing bowl, add topping ingredients (brown sugar, oats, flour, 1 tsp. cinnamon, salt and diced cold butter) Use a pastry cutter to cut the butter into the oat mixture, using a slight downward twisting motion, until mixture resembled pea sized crumbs. Alternatively, you can use two forks or even your hands to cut butter into the mixture.
4. Spread topping over apples in baking dish, and gently pat to even it out. Bake 40-50 minutes, until golden brown and bubbly,
5. Serve warm and enjoy





100 Corporate Crossing Road
Uniontown, PA 15401-3347

Phone: 724.439.9311

FAX: 724.439.9334

E-Mail:

info@unionstationclubhouse.org

Web:

www.unionstationclubhouse.org

[m](#)



Connellsville, the Birthplace of Veterans Day

Veterans Day, or Armistice Day as it was long known, is a holiday that originated in Southwestern Pennsylvania through the efforts of a Connellsville veteran of World War I.

He was Max C. Floto, and it wasn't easy. A student at Gettysburg College when he entered the Army in 1918, Floto returned to his hometown in Fayette County at war's end. He became part of the American Legion post founded there after the hostilities.

At the second meeting of the Milton Bishop Post 301 of the Legion in early 1919, Floto made a motion to promote Nov. 11 -- the date of the war's armistice -- as a national observance. That step, strongly supported by his fellow veterans, was the first in an effort that took nearly 20 years.

From there, Floto and fellow veteran Thomas W. Scott served as delegates to the state Legion convention in Harrisburg. There, Oct. 2, he gained the support of the state group.

He then went to Harrisburg and was successful in persuading Gov. Sproull to issue a proclamation for the observance that year in the state. Ultimately, the state Legislature passed an act that made the holiday official in Pennsylvania.

The two Connellsville men were delegates to the first national convention of the American Legion, coinciding with the Armistice. There, their holiday resolution was the second passed by the new organization's national body.

But the effort was just beginning. It took the federal govern-

ment 19 years, until May 13, 1938, to make it a national holiday. Until that was achieved, Floto and supporters had worked with congressmen and others. Virtually every year, a resolution was presented in Congress to no avail, until President Franklin D. Roosevelt finally signed the bill in 1938.



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>

Online Support Groups Offered During the COVID-19 Pandemic

- ⇒ Several NAMI Affiliates in Pennsylvania offer Virtual Support Groups, mostly through ZOOM More Info through [NAMI Keystone PA](#)
- ⇒ Pennsylvania Mental Health Consumers Association [Peer Run Virtual Drop In's and Support Groups](#)
- ⇒ 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/>