

# Union Station Clubhouse Weekly

## How taking Care of Others has an effect on You

### Tips on Taking Care of You:

- Learn and use stress-reduction techniques, e.g. meditation, prayer, yoga, Tai Chi.
- Attend to your own healthcare needs.
- Get proper rest and nutrition.
- Exercise regularly, even if only for 10 minutes at a time.
- Take time off without feeling guilty.
- Participate in pleasant, nurturing activities, such as reading a good book, taking a warm bath.
- Seek and accept the support of others.
- Seek supportive counseling when you need it, or talk to a trusted counselor, friend, or pastor.
- Identify and acknowledge your feelings, you have a right to ALL of them.
- Change the negative ways you view situations.
- Set goals.

~Danny G.

**M**

y family is my everything. They need me and I need them. I will always love them no matter what happens. I am away from them and I do miss them a lot. I am living on my own and doing everything on my own so I don't have to depend on my family.

~Krysta C

**T**

aking good care of yourself is paramount to the success of your recovery process. People in recovery find that their physical, spiritual, and emotional health are all connected, and that supporting one supports the others. Taking care of all aspects of you will increase the likelihood that you stay well. To help support you in your recovery, you can access a three-minute screening tool and progress monitor for depression, anxiety, bipolar disorder.

Live Healthy, eat healthy foods, get enough sleep, exercise regularly, and avoid drugs and alcohol. Manage stress and go for regular medical check-ups. Practice good hygiene. Good hygiene is important for social, medical, and psychological reasons in that it not only reduces the risk of illness, but it also improves the way others view you and how you view yourself.

See friends to build your sense of belonging. Consider joining a support group to make new friends. Try to do something you enjoy every day. That might mean dancing, watching a favorite TV show, working in the garden, painting or reading. Find ways to relax, like meditation, yoga, getting a massage, taking a bath, or walking in the woods.

~April B.



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### Meeting Schedule on Zoom

- Daily 8:30 AM Virtual Meeting
- Daily 11:00 AM Information Station
- Daily 12:30 PM Virtual Meeting
- Wednesday 2:30 PM Outdoors N' At
- Fridays at 2:00 PM Friday Night Live



## Meeting Times are Changing

Due to the reopening of the Clubhouse this week, from now on the Unit Meeting times have changed as a result of a blended community.

They are as follows

AM Unit Meeting: 8:30

PM Unit Meeting: 12:30

Members, Check your emails and the FB Group for invites because the code may be different depending on the staff assisting in the leading of the meeting.

## Current COVID-19 Information

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

## Standard of the Week

*19. All work in the Clubhouse is designed to help members regain self worth, purpose and confidence; it is not intended to be job specific training.*

## Resources Compiled

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

## OMHSAS seeking Input about Telehealth Services

**During COVID-19, the Pennsylvania Department of Human Services (DHS) wanted to make sure that everyone could stay at home safely and still receive needed behavioral health services. Along with our system partners, we significantly increased telehealth and telephone service delivery.**

**The Office of Mental Health and Substance Abuse Services (OMHSAS) is the DHS Program Office responsible for the Behavioral Health Medicaid Program. OMHSAS is now asking for your help. They want to make sure that future behavioral health services through telehealth meet your ongoing needs. This survey is for individuals who received behavioral health services and their families. If both you and a family member received services, you may complete the survey separately for each individual.**

**Complete the survey: <https://www.surveymonkey.com/r/COVID19-Expansion-Future-for-BHTelehealth-PA-Medicaid-Program>**

## County Program Office gathering input for Human Services Plan

In the springtime, Union Station Clubhouse, like many other programs and support groups in Fayette County, are visited by dignitaries of the County Behavioral Health Program Office to gather input for the county human services plan. This plan is public record, compiled annually, and is segue of what the individuals of Fayette County needs and what works for them to be well in the communities they live and to be successful in doing so. This week, we had our county liaison attend our Information Station to gather input both within the Clubhouse and in our virtual program. This is important as it gets us as individuals that receive services such as Clubhouse and other supports like MPR and Peer Specialist. The feedback (other than CFST) that those in government need to hear in order to keep services like Clubhouse and the plethora of services in our county afloat. Personally, I know of many other areas of this commonwealth and other states that lack services, including Clubhouse. The input basically asks two questions: what works for you and what you need. It also further categorizes them into treatment, community, natural supports, and programs that are successful to individuals in the community. Remember “Nothing about us without us” and we have a voice in the future of our recovery! ~Dustin M.

# Fayette County Moves to the Green Phase TODAY!

The green phase is the least restrictive phase of Wolf's three-color reopening plan. Pennsylvania Gov. Tom Wolf announced Friday afternoon that 16 more counties will move to the green phase at 12:01 a.m. June 5. Those counties are: Allegheny, Armstrong, Bedford, Blair, Butler, Cambria, Clinton, Fayette, Fulton, Greene, Indiana, Lycoming, Mercer, Somerset, Washington and Westmoreland.

There are several counties that moved to the green phase of reopening on May 29. Those counties are: Bradford, Cameron, Centre, Clarion, Clearfield, Crawford, Elk, Forest, Jefferson, Lawrence, McKean, Montour, Potter, Snyder, Sullivan, Tioga, Venango and Warren.

The governor elaborated on green phase guidelines announced on Friday by issuing an updated order for counties in the green phase of reopening.

On Wednesday, Gov. Wolf and Secretary of Health Dr. Rachel Levine updated existing yellow phase orders with the following revisions:

- Suspends all previous stay-at-home orders and replaces them with the new green phase order for these counties, effective at 12:01 a.m., Friday, May 29: Bradford, Cameron, Centre, Clarion, Clearfield, Crawford, Elk, Forest, Jefferson, Lawrence, McKean, Montour, Potter, Snyder, Sullivan, Tioga, Venango, and Warren.
- The order includes provisions for businesses that were permitted conduct in-person operations in the yellow phase, those permitted to operate with some restrictions on in-person operations and those that were not permitted any in-person operations under the yellow phase.
- The order also includes guidance on occupancy limits and health and safety orders that business must adhere to under the green phase.
- Specifics are included on those areas that have raised questions from business owners and residents, including:
- Personal care services, including hair salons and barber shops must operate by appointment only; appointments or

reservations are also strongly encouraged for gyms or spas.

- Any gathering for a planned or spontaneous event of greater than 250 individuals is prohibited. This includes, but is not limited to, a concert, festival, fair, conference, sporting event, movie showing, or theater performance.
- Churches, synagogues, temples, mosques and other places of congregational worship are specifically excluded from the limitations established by the order. These institutions are strongly encouraged to enforce social distancing and other mitigation measures such as masking at their gatherings.
- Visitation to prisons and hospitals may resume subject to the discretion of the facility. Visitors who interact with residents and patients must be diligent regarding hygiene. Given the critical importance of limiting COVID-19 exposure in nursing homes, nursing home visitation restrictions will initially remain in place.

## Work and congregate setting restrictions

- Continued telework strongly encouraged
- Businesses with in-person operations must follow updated business and building safety requirements
- All businesses operating at 50% occupancy in the yellow phase may increase to 75% occupancy
- Child care may open complying with guidance
- Congregate care restrictions in place
- Prison and hospital restrictions determined by individual facilities
- Schools subject to CDC and commonwealth guidance

## Social Restrictions

- Any gathering for a planned or spontaneous event of greater than 250 individuals is prohibited.
- Places of worship are excluded from the limitations that are established by the order, but are encouraged to enforce social distancing and other measures such as wearing masks.
- Restaurants and bars open at 50%

## occupancy

- Personal care services (including hair salons and barber shops) open at 50% occupancy and by appointment only
- Indoor recreation, health and wellness facilities, and personal care services (such as gyms and spas) open at 50% occupancy with appointments strongly encouraged
- All entertainment (such as casinos, theaters and shopping malls) open at 50% occupancy
- Construction activity may return to full capacity with continued implementation of protocols
- All businesses must follow CDC and DOH (Department of Health) guidance for social distancing and cleaning
- Monitor public health indicators, adjust orders and restrictions as necessary

## Professional sports

Professional sports teams may resume playing games in areas of Pennsylvania that are in the "yellow" and "green" phases of the state's reopening plan, Gov. Tom Wolf's office announced Wednesday.

Fans and spectators will not be allowed to attend games, according to the new guidance.

"Professional sports, defined as any sporting event at which the participants are paid by a league or team, or at which individuals or teams receive prizes or purse, are allowed to practice or play in the yellow and green phases of reopening without on-site or venue spectators if the team (or league on behalf of the team) has developed a COVID-19 safety plan," Wolf's office said.

"Such a plan must be approved by the Pennsylvania Department of Health and include, among other requirements, testing or screening and monitoring of all on-venue players and personnel. Also, no fans or spectators may be permitted on interior or exterior venue property. Professional sports organizations are encouraged to contact the Wolf Administration to share their reopening plans and get them approved by the Department of Health."

## Store & Government Closures / Dates

- ⇒ Giant Eagle stores will be open from 7 a.m. to 10 p.m.
- ⇒ 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.
- ⇒ 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.
- ⇒ 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](http://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.
- ⇒ Connellsville Lions Club Sunday Concerts in Lions Square has been cancelled for the 2020 Season
- ⇒ 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.
- ⇒ The 17th Annual Historic National Road Yard Sale has been postponed to Aug. 19-23 due to COVID-19. The sale will be held from dawn until dusk. The yard sale extends for 824 miles from St. Louis to Baltimore along the National Road, known locally as Route 40. For more information, contact Patricia McDaniel at 765-478-4809 or e-mail [info@oldstorefrontantiques.com](mailto:info@oldstorefrontantiques.com).

### Catholic Dioceses Resumes Worship Again

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.

#### Local Churches (Click on Link)

- Connellsville/Dunbar: <http://www.youghcatholic.org/>
- Brownsville/Grindstone: <http://www.stpeterstcecilia.org/>
- Farmington: <https://www.sjoafarmington.org/>
- Perryopolis <http://www.sjbperry.org/>
- Uniontown: <https://www.stjosephuniontown.org/>
- Western Fayette County <http://www.sfoafayette.org/>

## 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 St. Vincent de Paul-sponsored food bank will be held on Wednesday, June 17 at the First United Methodist Church, 215 Church St., Brownsville. Food can be picked from 11:30 a.m. thru 12:30 p.m. New clients can come at this time to register.
- ⇒ The food bank at Calvin United Presbyterian Church, 307 Spring St., Brownsville is on Saturday, June 27 at 10:00 a.m.
- ⇒ There will be a food bank at Pleasant View Presbyterian Church, 533 Royal Road, Smock, on Saturday, June 20 at 10:00 a.m. Coffee will be served beginning at 9:30 a.m. Packing for the food bank is on Friday at 10 a.m.
- ⇒ There will be a food distribution Thursday, June 4 and every Thursday in June 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
- ⇒ There will be a MILK Giveaway at the Masontown Brethren Church (112 West Church Avenue in Masontown) on June 13, 2020 at 9:00 AM. There is no limit take what you need while remaining in your vehicle, the volunteers will assist. This is brought as a service of Masontown Borough, Masontown Brethren Church and American Dairy Farmers Association of the Northeast.



### Angie's Chicken Ramen Noodle Soup

#### Ingredients

- Chicken breast
- Celery
- Peas
- Ramen noodles
- Ramen noodle season
- Salt
- Black pepper
- Water

#### Directions

- Get couple pieces of chicken breast put in in a crock pot with water to fill half way
- Add 2 stock of celery and 1 bag frozen peas cover and cook until chicken is done
- When the chicken is down add Ramen noodles and And mix the seasoning.
- Cook until noodles are done
- Add salt and pepper to your taste



#### Members:

*Don't forget to pay attention to the schedules for "Cooking With" Demonstrations, held in combination of On-Site and Virtually as members volunteer to cook their own foods Tuesday or Thursdays at 2:30 PM. Check the Facebook Group, Announcements or your Email for More Information.*

### Do the Float Egg Test!

Bad eggs you see float, it has to do with the way moisture evaporates through the shell as eggs age—the moisture decreases, the air bubble inside the shell grows. One way to test this is to hold the egg to your ear and shake it; if you hear the egg sloshing around, that's a bad sign. But if you gently place the egg in a glass or bowl of water, that's how to tell if eggs are still good using the float test—its as simple as that. And you can get not only a "usable or not?" answer, but also a gauge of how fresh the egg is.

The air bubbles will be at the narrow end of the egg—you can tell how fresh your egg is by how it settles in the water.

- If the egg lies horizontally, its at its freshest
- If the narrow end of the egg is still usable, but not quite as fresh. An egg that tilts would be good to use for meringue (yes, older eggs do make better meringue!)
- If the egg stands upright (but is still at the bottom of the container) it's past its peak but is still safe—use these eggs for baking or hard boiling
- If the egg floats? Get rid of it!

~From Amanda C.

### TNN Jell-O Salad By Amanda C.

#### Ingredients

- 1 20 Ounce Can Crushed Pineapple
- 2 Small boxes of Jell-O
- 1 Big Cottage Cheese (24 Ounces)
- 19 Ounce Package Small Marshmallows
- 2 Cool Whips
- Nuts for Topping

#### Directions

1. Mix the Crushed Pineapple, Jell-O and Cottage Cheese together
2. Mix the Marshmallows and Cool Whip together and fold in the first (Jello) Mixture)



### Turkey Patty Sandwich By Danny G.

#### Ingredients

- 1 (16-ounce) package JENNIE-O Seasoned Turkey Patties
- 1 cup shredded Napa cabbage
- 1/4 cup shredded carrot
- 1/3 cup thinly sliced celery
- 1/4 cup sliced red onion
- 1/4 cup rice vinegar
- 2 tablespoons canola oil
- salt and freshly ground pepper, if desired
- 4 small baguettes, split and toasted

#### Directions

- Cook turkey patties according to package directions. Always cook to well done, 165°F as measured by a meat thermometer.
- In medium bowl, combine cabbage, carrot, celery, onion, vinegar, oil, salt and pepper, if desired.
- Place turkey patties on each baguette. Top with cabbage mixture.



*Members can Submit recipes to [uschwest@gmail.com](mailto:uschwest@gmail.com) by Noon Thursdays to have them placed in upcoming newsletters*

## Union Station Clubhouse

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### Social Media



@ [unionstation15401](https://www.facebook.com/unionstation15401)



@ [usc15401](https://twitter.com/usc15401)

## From the Director

### Opening Doors and Welcoming Arms

This Wednesday, after nearly three and a half months, Union Station Clubhouse finally reopened its doors to welcome members back to their "old Clubhouse under a new normal."

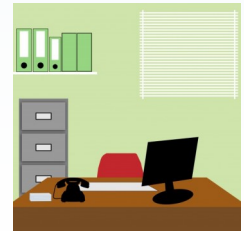
Our onsite members were pleased to have the opportunity to interact with their online peers through video conferencing utilizing our kiosk computer in the dining area. Friends who haven't had the opportunity to interact since the building closure on March 17th were able to say "hello" and share much needed smiles.

I can also say that I am very pleased with how well our members have accepted and adhered to all the requirements for physical distancing and helping to ensure proper hygiene and cleaning practices. At this point, I believe our members are just happy to be back in their Clubhouse and amongst friends.

This time also launched us into utilizing a

"hybrid Clubhouse", with interactions with both site based and online services. Our real challenge is integrating the two to create new and exciting ways for members' involvement and growth. I personally look forward to the changes and new opportunities that will help the over 60 year-old Clubhouse model evolve into the modern era.

Scott Bombach— Program Director, CPRP



### 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

- ⇒ **NAMI Bucks County** PA will use Zoom to host Online Support Groups. Zoom is a web-based video conferencing tool with a local, desktop client and a mobile app that allows users to meet online, with or without video. Prior to attending a NAMI Online Support Group, you'll need to download the Zoom application on your computer or smartphone.  
<https://namibuckspa.org/linesupport/>
- ⇒ **NAMI Philadelphia**  
We know that this time is tough and even though we cannot meet in person we still wanted to offer you and your loved ones support! Our affiliate has decided to move all of our support groups to ZOOM! Please see our schedule below and the instructions for joining the groups to the right! We look forward to seeing you!  
<https://www.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)
- ⇒ 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/>



YOUR LOG HERE