

Union Station Clubhouse Weekly

Members Share : How Have You Adjusted During the Pandemic

Being in a new living arrangement for the second time has been a big change for me, but it is for the better. I have come to the realization that I need to keep a busy schedule and need to reach out to my supports and create new ones such as virtual support groups offered by NAMI affiliates across the commonwealth and through Mental Health America. I also need to offer input to other listening entities such as the local Community Support Programs during the pandemic and learn how others are coping too. I have made the decision at my new home to forgo cable as to not have the opportunity to absorb myself in the outpouring of media gravitated towards the pandemic. I am cautious of where I go and who and what I come in contact with and follow the guidelines set forth by our government leaders. I have realized that while we may not be able to do many things that we did this time last year, we have the availability more than ever with technology to reach out for support when we need it. I have come to a realization that I should take advantage of what is offered so I can take care of myself and be well.
~Dustin M.

Stop keep myself away from people and stay well.
~Krysta C.

Fun Around The House

- Build a pillow fort. Get the pillows, chairs, sofas, and sheets together, make some popcorn and have a movie night. Read a book together. Do popcorn reading with the family giving each other turns to read different parts.
- Scavenger hunt. Give some clues to find the ultimate prize. Stash some good treats around the house and backyard. Paint a canvas or the walls in your house.
- Get a canvas find some inspiration and do a beautiful bold painting to add a colorful touch to your home. Bob Ross paint night is definitely a fun option. If not a canvas perhaps it's finally time to paint that feature wall or change up the color in your living room.
- Family photo day. If everyone's home so why not have a picture day at home? Print the photos and add them to an album.
- Dress up in fun outfits, strike some poses, and don't forget the props. Runway ready. Have a family fashion show.
- Get groovin. Who's got the best moves? Put it to the test with a dance party.
- Start a giant puzzle. Putting together 1000 pieces will be sure to keep you occupied.
- Movie or show marathon.

Now is the time to watch everything you have missed out on or avoided.

~April B.



Inside this issue

Resources Compiled	2
COVID-19 Information	2
Webinars and Resources	2
From Last Week.....	3
This 'N That.....	3
Help With Food.....	4
Thanksgiving Notes.....	5
New Health Orders	6
Recipe Corner	7
Help & Support	7/8
Food Updates from DHS	8

Meeting Schedule on Zoom For Next Week ONLY!

- Daily 8:30 AM Virtual Meeting
- (M/W)12: 00 NOON
Information Station / Lunch & Learn
- M/W 12:30 PM Virtual Meeting
- Monday 2:00 PM House Meeting
- Wednesday 2:00 PM
Outdoors N' At/Active N' At

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:

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.unionsstationclubhouse.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>

Facts About FACT: Medical Assistance Transportation Program

Eligibility & Procedure To become eligible to use FACT transportation services, Fayette County residency and a valid medical or Access card is required. An eligibility form must be filled out by the client before FACT can process a request for transportation services. In the event the request for transportation is denied, FACT will place a referral with the County Assistance Office. FACT retains as formal documentation, the referral form indicating denial of transportation service request along with a copy of the letter to the client explaining the reason of denial. This service is a FREE curb to curb transportation for Fayette County residents and is also a Non-Emergency Transportation program. FACT does not provide escorts. A parent or guardian over 18 years of age must accompany a child under the age of 16, the Primary Care Physician, (PCP), must complete an [Escort Eligibility Physician Verification Form](#) stating the need for an escort to and from appointments.

Reimbursement Registered clients providing their own transportation are eligible to receive reimbursement of \$.12 (cents) a mile plus parking and tolls with proper receipts. Reimbursement forms must be completely filled out, with the medical provider or doctor's signature and date, in order to receive reimbursement. Reimbursement forms are available at the FACT office. To be reimbursed, all forms must be submitted to the FACT office within 60 days. Processing time of the reimbursement request is approximately one month.

Beacon Health Options Webinar Series

- ⇒ 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)
Adagio Health
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 Nemaquin 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
- ◆ 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!
- ◆ Masontown Borough's hydrant flushing will begin in the Masontown area starting November 16, until the end of November from 8:30 AM to 4:00 PM. Customers may notice low pressure & discolored water while flushing takes place. Simply let the water run until clear and avoid washing clothes or drinking the discolored water. Borough officials note that flushing is a preventative operation that ensures the quality of water delivered to the customers. With the exception of inclement weather. Borough crews will begin flushing. Any customers experiencing problems may contact the Borough Officials or the Borough Office during normal business hours, 9:00 AM to 4:30 PM at (724) 583-7731, after hours leave a message.
- ◆ The Greater Brownsville Area Chamber of Commerce's Light Up Night is November 27th. As with so many other events, changes had to be made because of COVID concerns. The annual procession featuring Santa and Mrs. Claus begins at 6:00 PM at the Hiller Volunteer Fire Department, 937 First Street and ends about 6:45 PM at West Brownsville Volunteer Fire Department, 238 Middle Street. This year Santa will be handing out free treats to children at a DRIVE THROUGH distribution at West Brownsville VFD, a drive through route will be posted.
- ◆ 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
- ◆ Trinity Lutheran Church, 126 E. Fairview Ave., Connellsville, will hold a spaghetti dinner from noon to 5 p.m. Dec. 12. Spaghetti with homemade meatballs, salad, bread and dessert will be served. Cost is \$10 for adults and \$5 for kids 12 and younger. The dinner is carryout only, and reservations are suggested by calling 724-628-7920. Proceeds benefit the back-to-school clothing giveaway.

From Last Week

What I am thankful for is that I have my house, a place to live, family and friends, and my job. I enjoy my life everyday. I am thankful for my kids and that they are in my life and grandchildren and that I am able to speak to my brother David and that my dad is still here. I hope everybody has a Happy Thanksgiving.

~Tammy G.

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
- ⇒ 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 take-out 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.
- ⇒ 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.
- ⇒ The Berean Seventh Day Adventist Church Free Thanksgiving Dinner will be Carry-Out ONLY due to COVID 19. The Church is located at 95 Searight Avenue below East End Community Center in Uniontown THIS Sunday from 1PM to 4PM. All are Welcome!!! All guests are asked to please wear masks. Masks are provided as needed, social distancing is required. Food Baskets will be given on a first come first served basis
- ⇒ 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/1FAIpQLSdAiRiXehXosr0X0JvmpZcvjHsCttm10aKwWnj156T66Xvm-Q/viewform?vc=0&c=0&w=1&flr=0&fbclid=IwAR08oIY-7k0BsJpn-XU16OR_jGpPcF8K4V6bW8iSsOz-hxgsQHGiYwrgPjw
- ⇒ 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.
- ⇒ The next food distribution at Fresh Fire Church at 171 Connellsville Street, Uniontown is scheduled for THURSDAY, DECEMBER 10th 10am-12pm

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/>

Fire safety important when making Thanksgiving meal

The National Fire Protection Association is urging the public to make fire safety a priority when preparing this year's Thanksgiving feast. The association's latest Home Cooking Fires report shows that Thanksgiving is the peak day for U.S. home cooking fires followed by the day before Thanksgiving and Christmas Day.

According to the report, U.S. fire departments responded to an estimated 1,630 home cooking fires on Thanksgiving Day, three and half times an average day. Unattended cooking was by far the leading cause of associated fires and fire deaths. Cooking is the leading cause of U.S. home and home fire injuries year-round, and the second-leading cause of home fire deaths.

"Thanksgiving often involves cooking multiple dishes at once, which can be particularly tricky with lots of distractions in and around the kitchen," said Lorraine Carli, vice president of Outreach and Advocacy at NFPA. "From getting ready for guests and managing family needs to entertaining when everyone arrives — these types of activities make it all too easy to lose track of what's cooking, and that's where a lot of fires tend to happen."

Carli notes that the pandemic may

reduce the number of larger group gatherings in favor of smaller celebrations, which may mean more kitchens being used to cook Thanksgiving meals this year.

NFPA offers these tips and recommendations for safely cooking this Thanksgiving:

- Never leave the kitchen while cooking on the stovetop. Some types of cooking, especially those that involve frying or sautéing with oil, need continuous attention.
- When cooking a turkey, or other items in the oven, stay in your home and check on it regularly.
- Set a timer on your stove or phone to keep track of cooking times, particularly for foods that require longer cook times.
- Keep things that can catch fire like oven mitts, wooden utensils, food wrappers, and towels away from direct contact with the cooking area.
- Avoid long sleeves and hanging fabrics that could come in contact with a heat source.
- Always cook with a lid beside your pan. If you have a fire, slide the lid over the pan and turn off the burner. Do not

remove the cover because the fire could start again. Let the pan cool for a long time. Never throw water or use a fire extinguisher on a grease fire.

- For an oven fire, turn off the heat and keep the door closed. Only open the door once you're confident the fire is completely out, standing to the side as you do. If you have any doubts or concerns, contact the fire department for assistance.
- Keep children at least 3 feet away from the stove and areas where hot food or drink is being prepared or served. Steam or spills from these items can cause severe burns.

"The pandemic may limit the number of people in homes this year, but there will still be lots of the usual cooking and distractions that contribute to a sharp increase in cooking fires on and around Thanksgiving," said Carli. "Being vigilant in the kitchen remains critical to ensuring a fire-safe holiday."

In addition, NFPA strongly discourages the use of turkey fryers, as these can lead to severe burns, injuries, and property damage. For a safe alternative, NFPA recommends grocery stores, food retailers, and restaurants that sell deep-fried turkey.

Think about those that reach a hand out to help you...especially now!

For the majority of my life I was known as the "Spoiled Little Brat" when I don't get my way or I don't like the way things are done. Sometimes we don't realize that while we don't like the way things happen or the way others do things for us, especially when they are extending a branch of themselves to give you a helping hand when you are in need. Sometimes persons with a limited thinking ability have a hard time understanding this and are not always appreciative of the help that is offered, sometimes by their own family, which can result in a skewed relationship. Sometimes, when we are growing up, we see this a lot more. For individuals with mental health diagnoses, it just

throws a huge wrench in our already rigid lives and then many obsess and make judgements of all the what ifs that can happen. While everyone is free to think whatever they may, when you think in a grandiose way, it complicates the way for those that supports us and do things to help us. We want to forget what good things that family and supports do for us. It gets to the point they feel unappreciated and used like a doormat which results in the person helping no longer reaching out to help. An example of this is my mother.

I have felt guilty this year, especially with my last housing situation and the COVID pandemic, when I have only thought of ME and what I NEED, being

attentive to my mother's needs and thus when all I do is express my displeasure, she reacts with her true feelings, which I can now understand. 2020 has been hell. I want to do better the remainder of 2020 and hope for a much better 2021.

Sharing is Caring!

~Dustin M.

WOLF ADMINISTRATION COVID-19 ANNOUNCEMENTS: PROTECTING THE HEALTH CARE SYSTEM, NEW TRAVELER TESTING ORDER, STRENGTHENED MASKING ORDER, RECOMMENDATIONS FOR COLLEGES AND UNIVERSITIES

Harrisburg, PA— As Pennsylvania experiences a resurgence of COVID-19 cases with significantly higher daily case counts than in the spring and hospitalizations on the rise, the Wolf Administration has identified four new mitigation efforts, which Secretary of Health Dr. Rachel Levine announced today.

“It is our collective responsibility to protect our communities and our most vulnerable Pennsylvanians from COVID-19 and to continue to work together to get through this pandemic. These targeted mitigation efforts, combined with existing ones, are paramount to saving lives and protecting our economy,” Gov. Wolf said. “The administration will continue to monitor the risks posed by COVID-19 across the commonwealth and will reinstate or institute new targeted mitigation tactics as necessary.”

The efforts announced today include:

Protecting Our Health Care System

Dr. Levine [issued a memorandum](#) to acute care hospitals outlining expectations to care for Pennsylvanians who need care during the pandemic.

Hospitals are to work through the established health care coalitions and other partnerships to prepare for how they will support one another in the event that a hospital becomes overwhelmed during the pandemic. Hospitals should also be working to move up elective procedures necessary to protect a person’s health and prepare to suspend them if our health care system becomes strained.

Restrictions on elective surgeries put into effect in March and lifted in April were to help with both PPE and bed capacity and were considered successful.

Hospitalizations are increasing, as are ICU patients, and according to modeling from the Institute of Health Metrics and

Evaluation, which does not take into account hospitalizations from influenza, Pennsylvania will run out of intensive care beds in December if ICU admissions continue at the current rate.

The same modeling indicates we will have sufficient medical-surgical beds with some uncertainty as to capacity from region to region.

Traveler Testing

Dr. Levine [issued an order](#) requiring anyone who visits from another state to have a negative COVID-19 test within 72 hours prior to entering the commonwealth.

If someone cannot get a test or chooses not to, they must quarantine for 14 days upon arrival in Pennsylvania.

Pennsylvanians visiting other states are required to have a negative COVID-19 test within 72 hours prior to their return to the commonwealth or to quarantine for 14 days upon return to Pennsylvania.

This order, which takes effect on Friday, November 20, does not apply to people who commute to and from another state for work or medical treatment.

Strengthened Masking Order

Dr. Levine first issued a masking order on April 15. The [order signed to-day](#) strengthens this initial order with these inclusions:

- Masks are required to be worn indoors and outdoors if you are away from your home.
- When outdoors, a mask must be worn if you are not able to remain physically distant (at least 6 feet away) from someone not in your household the entire time you are outdoors.
- When indoors, masks will now be required even if you are physically dis-

tant from members not in your household. This means that even if you are able to be 6 feet apart, you will need to wear a mask while inside if with people other than members of your household.

- This order applies to every indoor facility, including homes, retail establishments, gyms, doctors’ offices, public transportation, and anywhere food is prepared, packaged or served.

Colleges and Universities

The departments of Health and Education [issued recommendations](#) for colleges and universities to implement a testing plan for when students return to campus following the holidays.

These recommendations include establishing routine protocols for testing.

Colleges and universities should have adequate capacity for isolation and quarantine and should be prepared to enforce violations of established policies such as mask wearing and physical distancing.

Every college and university should test all students at the beginning of each term, when returning to campus after a break and to have regular screening testing throughout the semester/term.

“We must remain united in stopping COVID-19,” Dr. Levine said. “Wear a mask, wash your hands, stay apart and download the COVID Alert PA app. If you test positive, please answer the call of the case reviewer and provide information that can help protect others. It’s the selfless, right thing to do.”

Recipe Corner

Quick and Easy Alfredo Sauce

Ingredients

- ½ cup butter
- 1 (8 ounce) package cream cheese
- 2 teaspoons garlic powder
- 2 cups milk
- 6 ounces grated Parmesan cheese
- ½ teaspoon ground black pepper

Directions

Melt butter in a medium, non-stick saucepan over medium heat. Add cream cheese and garlic powder, stirring with wire whisk until smooth. Add milk, a little at a time, whisking to smooth out lumps. Stir in Parmesan and pepper. Remove from heat when sauce reaches desired consistency. Sauce will thicken rapidly, thin with milk if cooked too long. Toss with hot pasta to serve.

~Dustin M.



Heirloom Cottage Cheese Pie

Ingredients

- 1 carton cottage cheese (16-ounce regular size carton)
- 2 tablespoons flour
- ¾-1 cup sugar {I used ¾ cup and found it plenty sweet}
- 2 well beaten eggs
- Grated rind of one lemon
- 2 tablespoons lemon juice
- 1/4 cup milk or cream {I used milk}
- Pinch salt
- Splash of vanilla {I used 1 teaspoon}
- Unbaked pie crust

Directions

1. Mix together and pour in unbaked pie crust. Sprinkle with nutmeg. {I used a generous amount of freshly grated nutmeg.}
2. Although there was no temperature or bake time listed (this is an OLD recipe card!), Amy suggests 350 degrees for 45 minutes or until set. {I baked it at 350 degrees for about 60 minutes, covering the rim of the crust with foil near the end if it is turning too brown.}
3. Tastes great served warm! {We found it lovely for breakfast, chilled from the refrigerator, as well.}

~Toni F.



One-Pot Spaghetti Carbonara

Ingredients

- 4 slices bacon, chopped
- 1 large shallot, chopped (about 1/2 cup)
- 1 can (10 1/2 ounces) Campbell's® Condensed Cream of Chicken Soup or 98% Fat Free Cream of Chicken Soup
- 3 1/2 cups Swanson® Natural Goodness® Chicken Broth
- 1/2 cup grated Parmesan cheese

- 8 ounces uncooked spaghetti
- 1 cup frozen peas, thawed

Instructions

Tips For a flavor twist, substitute 2 cups fresh baby arugula for the peas and diced pancetta for the bacon.

1. Cook the bacon and shallot in a 6-quart saucepot over medium-high heat for 5 minutes or until the bacon is browned, stirring occasionally.

2. Stir the soup, broth and cheese in the saucepot and heat to a boil. Stir in the spaghetti. Reduce the heat to medium-low and cook for 10 minutes or until the spaghetti is tender and the soup mixture is thickened, stirring occasionally. Stir in the peas and sprinkle with the additional cheese just before serving, if desired.

~April B.



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](https://www.namikeystone.org/)
- ⇒ Pennsylvania Mental Health Consumers Association [Peer Run Virtual Drop In's and Support Groups](https://www.pmhca.org/)
- ⇒ 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/>



Union Station Clubhouse

100 Corporate Crossing Road
Uniontown, PA 15401-3347

Phone: 724.439.9311

FAX: 724.439.9334

E-Mail:

info@unionstationclubhouse.org

Web:

www.unionstationclubhouse.com



NEED HELP ??

- ⇒ 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)

Goodwill 
Southwestern Pennsylvania

<http://goodwillswpa.org>

Department Of Human Services Reminds SNAP Families Of Online Shopping Program, Encourages More Retailers To Participate

Harrisburg, PA - Department of Human Services (DHS) Secretary Teresa Miller today reminded Pennsylvanians of the pilot program that allows Supplemental Nutrition Assistance Program (SNAP) recipients to purchase groceries online through participating retailers approved by the United States Department of Agriculture (USDA). Last month, SNAP recipients bought more than \$10.5 million worth of groceries online through Pennsylvania's pilot program.

"Just five months since its launch, this program has already made a significant and positive difference in the lives of the Pennsylvania families who have chosen to take advantage of it. SNAP recipients deserve the same flexibilities and conveniences of our economy as anyone else," Secretary Miller said. "But this is about more than convenience. COVID-19 cases are on the rise, and Pennsylvanians need to be increasingly cautious about risk of exposure. Online food shopping empowers Pennsylvania's families to protect themselves and vulnerable loved ones, and I'm pleased that SNAP families

are now among those protected in this way."

The pilot program allows SNAP recipients to purchase groceries from home, which can help limit trips out of the home as Pennsylvania sees rising cases of COVID-19. In the most recent month ending October 20, nearly 3 percent of Pennsylvania's SNAP transactions were used to purchase food online, equating to nearly 142,000 total transactions. The pilot program currently includes four approved retailers: Amazon, the Fresh Grocer, Shoprite, and Walmart.

SNAP is an important supporter of Pennsylvania's economy, with more than 10,000 authorized retailers participating in SNAP across Pennsylvania. In May 2019, the United States Department of Agriculture (USDA) published a study on the influence of SNAP redemptions on the economy and county-level employment in the time leading up to, during, and after the Great Recession. This study found that SNAP redemptions could have a greater economic stimulus impact than other forms of government spending

per dollar spent, especially during a recession, because they are paid directly to low-income individuals. For instance, the grocery subsidies deliver food directly to tables along with a financial return into rural supermarkets and small businesses in those communities.

Only eligible food items normally paid for by SNAP may be purchased from participating retailers online with SNAP benefits. Delivery fees, driver tips, and other associated charges may not be paid for with SNAP benefits. This initiative does not include the ability to transact Cash Assistance benefits using the EBT card; therefore, individuals will need to use another method of payment, such as a pre-paid debit card, to cover non-allowable fees. More information about Pennsylvania's pilot program is available [here](#)

WOLF ADMINISTRATION: DON'T GO WITHOUT THIS HOLIDAY SEASON, FOOD ASSISTANCE PROGRAMS FILL HOLIDAY MEAL GAPS

Harrisburg, PA - Agriculture Secretary Russell Redding and Human Services Secretary Teresa Miller today reminded Pennsylvanians to take advantage of food assistance programs and Thanksgiving baskets from local organizations to fill gaps in their holiday meal plans.

Pennsylvanians looking for a turkey, side dishes, or ingredients to make their family favorites and keep traditions alive amid the COVID-19 pandemic are encouraged to take advantage of the following options:

Farmers Market Nutrition Program (FMNP)

Vouchers – seniors and WIC participants with vouchers from the Department of Agriculture's Farmers Market Nutrition Program are encouraged to redeem them at a [participating farmers market or farm stand](#) for Pennsylvania-produced fresh fruits and vegetables. In-season products such as apples, potatoes, pumpkins, sweet potatoes, turnips, brussels sprouts and more are the perfect complement to a Thanksgiving meal. FMNP vouchers issued in

2020 expire November 30, 2020.

SNAP – The Supplemental Nutrition Assistance Program (SNAP) helps Pennsylvanians purchase fresh food and groceries for recipients, helping families with limited or strained resources be able to keep food on the table while meeting other bills and needs. Earlier this year, Pennsylvania joined a pilot program from the federal government allowing SNAP recipients to purchase food online through certain approved retailers like Walmart, Amazon, and Shoprite. Pennsylvanians can apply for SNAP at any time online at www.compass.state.pa.us

PA211.org – use this resource to search for Thanksgiving baskets or find a local organization distributing holiday food packages

Find a turkey – many local food banks, food pantries, and other emergency feeding organizations provide turkeys or vouchers for turkeys and ingredients for a traditional holiday meal. Find local emergency feeding organizations [online](#).

For more about the Wolf Administration's efforts related to food insecurity in Pennsylvania throughout the pandemic, visit agriculture.pa.gov/food security.