

# Union Station Clubhouse Weekly



## What Do You Do That Helps You With Your Mental Health:

This week, as part of a series for Mental Health Awareness Month, members in our telehealth share what helps them overcome their mental health struggles.

**W**hat helps me is blogging on my Autism and Prayer Journal and a handful of other blogs daily, (although I've fallen behind on some more than others.) Listening to music (all kinds) brightens my spirits and gives me a feel-good feeling. Many who have ridden the van with me can say I'm lost without my headphones.  
~Dustin M.

**I** am so blessed to be living my life each and everyday, because I have new babies in my life and I am blessed to be here with them as they grow up to be whatever they want to be. I'll be there for them when they need me to be in their lives. ~Krysta C.

**I** o help my mental health wellness, I am keeping a regular schedule as much as possible. I am trying to catch up on things I have fallen behind on in my apartment. I am also taking care of my therapy animal (a guinea pig named "Carmel") as well as working in my therapy coloring book. A very important thing I am doing is making sure that my sleep and eating schedules are regular, and that I am keeping my telehealth appointments with the Clubhouse and my therapist. I have found that being disciplined and connected to my faith is very important.

~Yvonne S.

**W**hat I do for my mental health is I take my meds on time every day. I write poems and spend time with my family as well as go for a walk. I also help my parents with some cleaning such as the dishes and cleaning my bedroom. Every day I take a shower and eat breakfast, lunch and dinner. Being in the virtual Clubhouse on Zoom really helps me so much and I really appreciate that. In my spare time, I play video games and read books and message my friends on Facebook or call others on the phone. I also read the Bible to inspire me as well  
~April B.

**W**hat helps me with my mental health is taking my meds, crocheting, and watching TV, especially different crime shows because some of them show stories related to mental health.

~Angie F.



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### Meeting Schedule on Zoom

- Daily 9:00 AM Virtual Meeting
- Daily 11:00 AM Information Station
- Daily 1:00 PM Virtual Meeting
- Wednesday 2:30 PM Outdoors N' At
- Fridays at 2:00 PM Virtual Game



## VIRTUAL: Mental Health Awareness 2020

The Pennsylvania Care Partnership (formerly) Systems of Care has created a website to celebrate Mental Health Awareness Week(!) virtually during the week of May 18th. Throughout the week, they will be publishing on Facebook, Twitter and Instagram as speakers go live during the week as well as youth and family resources, training and more. More information can be found out by going online to [www.mha2020.org](http://www.mha2020.org)

### Standard of the Week:

*7. The Clubhouse provides an effective reach out system to members who are not attending, becoming isolated in the community or hospitalized.*

### Resources Compiled

As a part of the “virtual work-ordered day” of the Clubhouse, we compile a comprehensive list of resources for our community of businesses such as banks, pharmacies, grocery, take-out etc. that are open as well as their specific operations during this difficult time. We also compiled 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)

## Clarification on What's Open in the Yellow

Pennsylvania has released a document clarifying which businesses will be able to operate in the 24 counties moving to the yellow phase of reopening starting Friday, May 8:

In the yellow phase, all businesses except those specifically excluded are permitted to conduct in-person operations as long as they strictly follow guidelines to protect the health of workers and customers.

All restaurants, bars, breweries, distillers and wineries must follow Pennsylvania Liquor Control Board guidance. Currently, to-go and delivery sales are permitted, but licensees may not allow food or alcohol to be consumed on location.

Residential properties may be offered for short term rental, and apartment leasing offices can conduct in-person business.

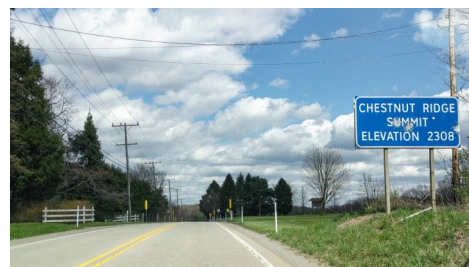
Construction, vehicle dealership, and real estate are allowed to operate under orders signed by Gov. Tom Wolf.

Also permitted to open are:

- ◆ Garden Centers
- ◆ Firearms Dealers
- ◆ Cell Phone Sale and Repair Stores
- ◆ Bicycle Sale and Repair Shops
- ◆ Sporting Goods, Hunting, Fishing and Tackle Stores
- ◆ Appliance Stores
- ◆ Pet Stores including those that offer grooming or training
- ◆ Bail Bond Offices
- ◆ Law Offices

### 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 Maps and Phased Statuses <http://coronavirus.unionstationclubhouse.com/resources/maps.html>



### ◆ Notary and Title Offices

Political units have not been required to suspend in-person operations but are asked to limit in-person operations as much as possible and follow state and CDC coronavirus guidelines. They are asked to balance public safety while ensuring critical infrastructure services and functions continue.

As a reminder, at publishing time for this newsletter, Fayette County was in the RED Phase. I just wanted to share this document and article from an area of the state that began the new phase this week so those that were curious could be informed.

~Dustin M. and info provided by Erie News Now. <https://www.erienewsnow.com/story/42103900/state-clarifies-which-businesses-can-operate-during-yellow-phase>

## 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.
- ⇒ The Department of Transportation officials have announced an June extension for all driver licenses, photo ID cards, learner's permits, vehicle registrations, safety/emissions inspections and parking placards for those with disabilities that are set to expire between March 16-June 30. PennDOT officials reminded customers that many services are available on the website, [www.dmv.pa.gov](http://www.dmv.pa.gov).
- ⇒ Goodwill of Southwestern Pennsylvania has opened "no-contact," self-service donation areas at each of their store locations. The donation centers are open daily from 9am until 5pm. Donors can drive up to a self-service area located outside their Goodwill store, and place items in specially marked bins or donation areas. Periodic closures of our donations centers are necessary for our staff to replace full donation containers. These closures are meant to ensure safe social distancing for our limited staff and you! Once all bins are ready, our center will reopen. We thank you for your patience and understanding.
- ⇒ Connellsville Lions Club Sunday Concerts in Lions Square has been cancelled for the 2020 Season
- ⇒ The Memorial Day Service at Sylvan Heights Cemetery has been cancelled for this year.
- ⇒ Dollar tree and Family Dollar have reserved their first hour for seniors and the immunocompromised
- ⇒ 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.

## Hospital Remains Prepared In Anticipation Of Resumption Of Services

Although Fayette County is not among the 24 counties that will partially reopen on Friday, Uniontown Hospital's chief medical officer said they remain prepared for a potential surge in COVID-19 patients.

Dr. Surabhi Gaur, Uniontown Hospital's CMO, said that the area is on the downward slope of cases after a short peak.

"We've been lucky so far. All the measures put in place and peoples' compliance have led to a relatively short peak of mass cases," she said.

During the peak and throughout the pandemic, the hospital had plenty of capacity to treat additional cases. The hospital has completed 1,200 tests for the coronavirus, and 44 of those came back positive as of Wednesday. About 1% of those tested were hospitalized with a confirmed case.

Other facilities in Fayette County have also done virus testing. As of Saturday, there were 82 positive cases in the county, according to the state Department of Health, and 1,878 residents tested negative.

Gaur and Krysak said the hospital is in a good position to continue testing, and do not have a shortage in testing supplies.

The hospital had measures in place to expand their facilities, but implementing the protocols was not necessary.

He said their 145-bed facility could be expanded to 180, and their numbers of ICU patients never neared 75% of its capacity even without the expansion.

Gaur said if a local surge is created in areas that reopen May 8, the area would not see the effects of that until the end of May or early June. She noted Mother's Day comes shortly after a possible lift in stay-at-home orders, and noted caution should be used even once the the order has been lifted.

"Assuming your mother is relatively healthy, is it OK to see her? Probably. But is it OK to have 25 of her relatives in her house? No," she said, speaking of areas with the orders lifted. "Just because you're allowed to doesn't mean you should. If you stop following the rules, the possibilities go away. Be smart, and don't let us all get penalized because you took advantage of a little bit of leeway."

Krysak said the counties that enter the yellow phase will be "a test run" to show how fewer restrictions effect the spread of the virus, and, in case of a surge, the hospital's plans are still in place.

"We have a lot of plans in place for a lot of things here. This was something new for us, as it was for the rest of the country," he said. "Those protocols are still available to us. In case there is a surge, we can put those protocols back in place."

Gaur said some measures will likely be in place permanently, and that universal masking will probably be-

come common. She said public places, like pools and parks, may see long-term changes in procedures.

"Whatever we did a year ago, we may never be that America again," she said.

Contact tracing could also be a game-changer, she said, but it requires huge amounts of manpower to do it properly. Antibody testing has been oversimplified, she said, because we do not know whether the virus has already mutated, and it will likely mutate by the fall. A combination of a vaccine and a definitive treatment for the coronavirus will be necessary to return the country closer to normalcy, which will likely take 1 to 2 years.

In the meantime, both said the hospital is equipped to handle the virus.

"We're just like everyone else, living through this and going through this. We're cautiously optimistic that the curve was flattened, that those awful projections are not what's going to happen at this time," Krysak said.

He added there are few things that can be controlled, but taking small steps to keep each other safe can be controlled.

"I think it's going to become a really big part of what life is," he said.

~From the Uniontown Hospital Website

# Masking & Other Reminders

It is recommended that all Pennsylvanians wear a mask any time they leave their homes for life-sustaining reasons. Members of the public are encouraged to wear homemade cloth or fabric masks and save surgical masks and N95 respirators for health care workers and first responders.

Businesses that serve the public within a building or defined area require all customers to wear masks while on premises, and deny entry to individuals not wearing masks, unless the business is providing medication, medical supplies, or food, in which case the business must provide alternative methods of pick-up or delivery of goods. Individuals who cannot wear a mask due to a medical condition (including children the age of 2 years) may enter the premises without having to provide medical documentation.

Businesses must provide masks for em-

ployees to wear during their time at the business, and make it a mandatory requirement while at the work site, except to the extent an employee is using break time to eat or drink.

## Prevention

- Cover coughs or sneezes with your elbow. **Do not use your hands!**
  - Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.
  - Clean surfaces frequently, including countertops, light switches, cell phones, remotes, and other frequently touched items.
- Contain: if you are sick, stay home until you are feeling better.

~Provided by the Pennsylvania Department of Health

## 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.
- ⇒ St. Vincent de Paul is sponsoring a food bank on Wednesday, May 20 at First United Methodist Church, 215 Church St., Brownsville between 11:30 a.m. and 12:30 p.m. New clients can register at this time.
- ⇒ Brownsville Borough Council has temporarily halted its Wednesday door-to-door food drives because the pantry is so well stocked. Officials 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.
- ⇒ Brownsville American Legion Post 295 is offering food-related assistance to the community and senior Legionnaires. Call Heidi Kavanaugh at 724-833-6474.
- ⇒ There will be a drive-through food distribution on Monday, May 11 at Laurel Highlands High School (304 Bailey Avenue, Uniontown) for anyone in need of food assistance as a result of COVID-19. There will be a 2 box limit per vehicle. Time of the distribution will be from 2:00 to 3:00 PM, please do not arrive before 1:00 PM.

## The Lover Tells of the Rose in His Heart

All things uncomely and broken, all things worn out and old,  
The cry of a child by the roadway, the creak of a lumbering cart,  
The heavy steps of the ploughman, splashing the wintry mould,  
Are wronging your image that blossoms a rose in the deeps of my heart.  
The wrong of unshapely things is a wrong too great to be told;  
I hunger to build them anew and sit on a green knoll apart,  
With the earth and the sky and the water, re-made, like a casket of gold  
For my dreams of your image that blossoms a rose in the deeps of my heart.

From April B.

## My Little Dove

My little doves have left a nest  
Upon an Indian tree,  
Whose leaves fantastic take their rest  
Or motion from the sea;

For, ever there the sea-winds go With sunlit paces to and fro.  
The tropic flowers looked up to it,  
The tropic stars looked down,  
And there my little doves did sit  
With feathers softly brown,  
And glittering eyes that showed their right

To general Nature's deep delight.  
My little doves were ta'en away  
From that glad nest of theirs,  
Across an ocean rolling grey,  
And tempest-clouded airs.

My little doves who lately knew  
The sky and wave by warmth and blue. And now, within the city prison In mist and chillness pent,  
With sudden upward look they listen For sounds of past content,  
For lapse of water, smell of breeze,  
Or nut-fruit falling from the trees.

From April B.



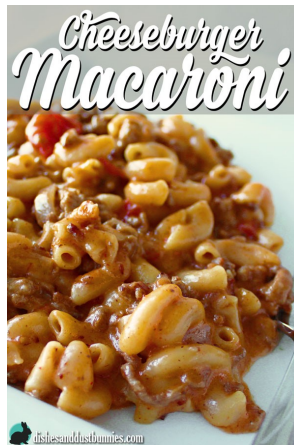
# Cheeseburger Macaroni By Danny G.

## INGREDIENTS

- ◆ 1-1/2 lb ground beef
- ◆ 1 cup chopped onion
- ◆ 1 can (24oz) DEL MONTE Traditional Pasta Sauce
- ◆ 1-1/2 cups uncooked elbow macaroni
- ◆ 1 cup shredded cheddar cheese

## DIRECTIONS

1. Brown beef and onion in a large skillet over medium- high heat about 10 minutes; drain.
2. Add sauce and 2 cups water; bring to a boil. Stir in macaroni.
3. Reduce heat to low; cover and simmer 8 to 10 minutes, stirring occasionally, or until pasta is done. Stir in cheese and serve.



Prep time: 5 minutes

Cook time: 25 minutes

4 Servings

## Pizelle Cookies By Toni F.

### Ingredients

- ⇒ 1 C. Flour
- ⇒ 1/3 C. Sugar
- ⇒ 3 Eggs
- ⇒ 1 Flour
- ⇒ 1 tsp. Baking Powder
- ⇒ 1 tsp. Vanilla
- ⇒ Pinch of Salt

### Directions

Combine flour, sugar and eggs until smooth. Add remaining ingredients slowly. Drop on pizzelle maker until golden brown.



Pizelle Cookies

## Banana Split Fluff Salad By Amanda C.

### Ingredients

- 1 - 3.4 ounce box instant banana pudding
- 1 - 20 ounce can crushed pineapple (do not drain)
- 1 - 8 ounce container Cool Whip, thawed
- 1 cup mini marshmallows
- 1/2 cup finely chopped walnuts + 2 Tablespoons for garnish
- 1/4 cup mini chocolate chips + 1 Tablespoon for garnish
- 2 ripe bananas, sliced
- 2 - 10 ounce jars maraschino cherries, halved and patted dry

### Instructions

1. Stir together the dry pudding mix and pineapple until dissolved and thickened.
2. Fold in the Cool Whip with a spatula.
3. Gently stir in the marshmallows, nuts, chocolate chips, bananas, and cherries.
4. Refrigerate at least 1 hour to chill. Makes about 8 cups salad.

### Notes

\*If you are making this fluff salad to serve later, stir the bananas in right before serving to keep them from getting brown and mushy.  
\*\*You can also dip the banana slices in lemon juice to keep them from browning too quickly, but it may



## COVID-19 and Outdoor Recreation Reminders

- People who live in areas still under stay-at-home orders should not travel long distances for outdoor recreation, and instead should look for opportunities close to home.
- Pennsylvania has 6,000 local parks and more than 12,000 miles of trails available (check first to make sure they are open, as some local parks are closed).
- Visitors can help keep state parks and forest lands safe by following these practices:
- Avoid crowded parking lots and trailheads
- Bring a bag and either carry out your trash or dispose of it properly
- Clean up after pets
- Avoid activities that put you at greater risk of injury, so you don't require a trip to the emergency room
- To help avoid exposure to COVID-19 and protect others, and still enjoy the outdoors:
- Don't hike or recreate in groups -- go with those under the same roof, and adhere to social distancing (stay 6 feet apart)
- Wear a mask
- Take hand sanitizer with you and use it regularly
- Avoid touching your face, eyes, and nose
- Cover your nose and mouth when coughing and sneezing with a tissue or flexed elbow
- If you are sick, stay home

~ BY PA DCNR ([www.dcnr.pa.gov](http://www.dcnr.pa.gov))

## Union Station Clubhouse

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### Social Media



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



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

## The Results Are In!

Earlier this week, I had the opportunity to participate in a videoconference with individuals from Clubhouse International as well as other Clubhouse directors to review data gathered from a recent survey for members who are currently involved in virtual services. What the data showed is that members who are actively participating in “virtual Clubhouse” are having NO increased instances of mental health related hospitalizations or use of crisis services. Additionally, a high percentage of members surveyed have reported that their overall wellness (both mental and physical) has remained stable.

Additionally, every Friday I attend a teleconference with our Medicaid provider agency, Beacon Health Options, and the overlying theme throughout that meeting is that virtual services for all types of mental health services is proving to be

widely effective. So much, in fact, that the state department of human services is being approached by these providers to request the continuance of telehealth services, even after the pandemic is over.

What does all of this mean for Union Station Clubhouse? It means that there is data and reports from mental health service providers all over the world that supports the continued use of virtual services in both the near and distant future. Therefore, I foresee our Clubhouse having opportunities for BOTH a virtual and onsite experiences, which is very exciting indeed!

~Scott Bombach. B.S. CPRP  
Program Director

### 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/online-support/>
- ⇒ **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/>

