

## Union Station Clubhouse Weekly

### Members Share their Easter Plans

**F**

or Easter, I am going over to my friends to eat dinner with them. After that, I am going to go over my brother's house to give Easter gifts to my niece, brother, and Dad. I want to spend more time with my family, either by visiting with them, or just talking to them. I want them to be in my life more and I want to be in theirs.

~Krysta C.

**F**

or Easter I plan to spend the majority of Holy Week at the Clubhouse and the weekend with my family. We haven't got together since last Easter. This year, I will be making the pasta salad, a dish I love at Easter. So, I feel good that I can contribute to the meal. I have spent the last few Holidays in my apartment for the most part because of the resurgence of COVID cases over the holidays. I go for my second dose of my COVID Vaccine next week and am finally seeing some light to the end of the dark and dreary tunnel. Slowly but surely, I am stepping safely back into the community and by doing so it is making my mood and attitude more positive.

~Dustin M.

I can remember decorating eggs, dressing up, hunting for eggs (that were hidden throughout the house or outside filled with treats or money), spending time with loved ones, sending or receiving Easter related cards, watching different Easter related movies, and eating Easter dinner. The legend of the Easter Bunny giving out candy and eggs may have originated in Germany. The legend was brought to the United States of America in the 1700's. I've got a lot of nice things on Easter: a bike, clothes, and of course goodies, video games, movies, etc. Easter has always been a lot of fun for me and I've always liked spending time with loved ones and sharing stories together. Easter can also be related to different religious ideas and principles as well.

~Quinn P.

While colored hard boiled eggs, baskets, with all kinds of chocolate and sugar candies are nice its not the true reason the day is called Easter. Easter is actually all about something much more important and much more relevant to our day to day lives all year long.

What I am talking about, well to be truthful Easter actually started at Christmas. That's right, Christmas which is when we celebrate the birth of our Lord, Jesus. Easter is a continuation of this theme because without what happened at Christmas and then Easter, we would all be doomed to spend eternity in Hell! Because Jesus came to earth as a innocent helpless baby (what we celebrate as Christmas) .Then, about 33 years later, he gave up his life on a cruel cross, and three days later he came to life again. Now we can all live forever in peace, tranquility and love. All we need to do is accept him (Jesus) in to our hearts in to believing and he (Jesus) will do the rest. This is all put of the greatest mystery and great wonderful miracle of life on Earth.

~Yvonne S.



#### Inside this issue

Resources Compiled .....	2
COVID-19 Information .....	2
COVID-19 Resources .....	2
Food Pantries .....	3
This N' That .....	3
Help With Food .....	4
Webinars .....	5
State News .....	6
Beacon Webinars .....	7
State News .....	8
Recipe Corner .....	9
Help & Support .....	10
Meeting Schedule on Zoom	

- Daily 8:30 AM Meeting
- Daily 12:30 PM Meeting
- Monday 2:00 PM House Meeting UDM as Needed

## Current COVID-19 Information

### Pandemic-Specific Relief Programs

- ⇒ [Emergency Rental Assistance Program](#)
- ⇒ [Unemployment Programs](#)
- ⇒ [Other Programs](#)

- ⇒ 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/>
- ⇒ Is it your turn for the COVID-19 Vaccine? <https://covidportal.health.pa.gov/s/Your-Turn>
- ⇒ Fayette County Individual COVID-19 Vaccination Registry: <https://www.fayettecountypa.org/795/Individual-Registration>
- ⇒ Clubhouse Calendars:
  - ⇒ [Public Events](#)
  - ⇒ [Stakeholder/Webinar](#)
  - ⇒ [Food Distributions](#)

### Standard of the Week:

2. The Clubhouse has control over its acceptance of new members. Membership is open to anyone with a history of mental illness, unless that person poses a significant and current threat to the general safety of the Clubhouse community.

### Resources Compiled

As a part of the hybrid Work-Ordered Day of the Clubhouse. One of those tasks over the last year has been compiling a comprehensive list of resources for our community of in relations to the COVID-19 Pandemic. 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: <https://www.unionstationclubhouse.com/covid-19>.

Also check out our upgraded website at <http://unionstationclubhouse.com>

### Community Support Program Updates

- ⇒ Western Region CSP will be meeting virtually until further notice with the March meeting being held March 12, 2021 The Next one will be on April 9, 2021 and will feature Colleen Gianneski, Children's Hospital, Telephonic Psychiatric Consultation Program TiPS (Telephonic Psychiatric Consultation Service Program) initiative.
- ⇒ [Meeting Link](#)
  - ⇒ 888 788 0099 US Toll-free
  - ⇒ 877 853 5247 US Toll-free
  - ⇒ Meeting ID: 934 6249 8705
  - ⇒ Passcode: 948800
- ⇒ Our CSP, Partners for Recovery will be also meeting via Zoom until Further notice with the next meeting being held at 10:30 AM on Monday, April 26, 2021.
  - ⇒ [Meeting Link](#)
  - ⇒ Meeting ID: 836 6421 5963
  - ⇒ Passcode: 747703

### Beacon Health Options Member and Family Zoom Meetings

Beacon Health Options Prevention, Education, and Outreach Department invites you to join us on a Zoom meeting. The purpose of the call is to share information, updates and provide opportunities to net-work with other Beacon members and family members. The call will be hosted by Beacon's Prevention, Education and Outreach staff. We welcome Beacon members and families to join us. All calls are from 1:00 pm - 2:00 pm every other Monday.

Dates of calls are:

- ⇒ April 12, 2021
- ⇒ April 26, 2021

To Join the Zoom Meeting [CLICK HERE](#)

If unable to join by the Zoom link above, please dial in on the specific date at 1:00pm EST 1-646-876-9923 to join by phone: Meeting ID: 963 6668 5245 Passcode: 773174



## Food Pantries Next Week

- ⇒ Berean Seventh Day Adventist Church  
110 Searight Avenue, Uniontown; Tuesday 12:00 Noon to 4:00 PM; Lower East End of Uniontown
- ⇒ Connellsville Area Community Ministries, 110 West Crawford Avenue, Connellsville; Tuesday and Thursday, 9:00 AM to 1:30 PM; Connellsville, South Connellsville and Connellsville Township
- ⇒ Uniontown Salvation Army, 32 West Fayette Street, Uniontown; Tuesday and Thursday, 9:00 AM to 11:00 AM; Downtown, Southern and Western Neighborhoods of Uniontown
- ⇒ McClellandtown Presbyterian Church, 292 Springer Road, McClellandtown; Wednesday, 10:30 AM—1:00 PM; German Township
- ⇒ YWBA, 624 Duck Hollow Road, Uniontown; Wednesday, 11:00 AM to 1:00 PM; South Union Township Area as West of US 119/Bypass
- ⇒ Indian Creek Valley / Christian Service Center, 3380 Springfield Pike, Normalville; Wednesday, 8:00 AM to 12:00 Noon; Saltlick and Springfield Townships

## This N' That Around The Area

- The Connellsville Area Garden Club is announcing how its geranium sale will be conducted this year. For many reasons — state mandates on outside gatherings, social distancing requirements, masking, and most importantly, to guarantee the safety of the club members and the community — the club will not be holding the geranium festival as a full-day event with vendors and entertainment. Geraniums will be sold following the same format used for last year's sale. It will be a drive-through event on May 29. Beginning April 18, you will be able to call or go online and pre-order/prepay for your geraniums so that everyone is guaranteed the amounts and colors they desire.
- HARD TO RECYCLE EARTH WEEK EVENT  
Fayette County Residents It's that time of year! Time for spring cleaning. Bring those Hard to Recycle items to the "Earth Day Hard to Recycle Event." April 24, 2021 | 9 AM-2 PM 105 Romeo Lane, Uniontown, PA 15401 \$2.00 per appliance/ tire/ electronic device \$5.00 per mattress / furniture
- South Connellsville Borough Community Yard Sales are scheduled starting at 8 a.m. May 1. The list will be ready for pick up the week prior to the sale.

## Fayette County COVID-19 Taskforce seeking Remaining persons eligible for Vaccinations under Phase 1A

The Fayette County PA COVID-19 Vaccine Taskforce continues making strides in getting our residents vaccinated. The task force is confident that the majority of those who registered on the Fayette County Vaccination Registry, and are eligible in Phase 1A and 1A+, have either been vaccinated or are scheduled to be vaccinated.

If for some reason you qualify under Phase 1A or 1A+ and have not been contacted to schedule your vaccination, please: Call 724-466-4889 between 9:00 a.m.-4:00 p.m. Schedulers with WVU Medicine Uniontown Hospital and Highlands Hospital are standing by to assist. Sign up on the Fayette County Vaccination registry at [www.fayettecountypa.org](http://www.fayettecountypa.org). Click on the yellow COVID-19 box. Then choose "Individual Registration" and complete the registration form. The registry is maintained daily.

We anticipate moving to the Phase 1B eligible population within the coming weeks. Clinics will operate the same and scheduled appointments are required. If you haven't already, please utilize the Fayette County Vaccination Registry to get on the list.

## Autism Acceptance Month

Autism is the fastest growing developmental disorder in the United States. 1 in 54 children are diagnosed with autism spectrum disorder, totaling over 5 million young people and adults. Each April, we celebrate Autism Acceptance Month to spread awareness, promote acceptance, and ignite change.

Virtually everyone knows someone with Autism, and it's often a direct family member. Most people are able to give a quick, generic definition of autism. With this in mind, awareness is not needed. We know that Autism exists. We have heard

the term over and over. We know, live with, and encounter persons with Autism daily. What we need is acceptance: Acceptance of the variety of ways autism can manifest itself; acceptance of the obstacles it presents for persons with autism; acceptance of persons with autism in our schools and workplaces and public life, so that they can participate more fully in our world.



# 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.
- ⇒ Christian Church of Connellsville holds free community lunches from 11:30 a.m. to 1 p.m. every Monday. It is take-out only.
- ⇒ Farmers to Families Food Distribution on Fridays until April starting at 11:00 a.m. This is located at 286 East Fayette

Street in Uniontown, lineup begins there and continues down Fayette Street, not blocking intersections or the bus lane at Uniontown High School.. It is imperative to follow the directions of the distribution team.

- ⇒ 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.

- ⇒ Albright United Methodist Church is hosting an Easter community dinner 4 to 6 p.m. (or until meals last) April 3. The church is located at 1626 S. Pittsburgh St., South Connellsville. Call the church office at 724-628-7130 to make reservations. Takeout and limited seating available. Donations welcome.

- ⇒ FOOD DISTRIBUTION: Fresh Fire Church located at 171 Connellsville Street In Uniontown will hold a food distribution THURSDAY APRIL 8th and 22nd from 10am-12pm or until we are out of food.

We plan to serve over 1,080 families. This is a drive-thru distribution. Please have your trunk open or back seat unlocked and have space available for the food to be placed in your car. This is a contactless distribution, we cannot rearrange items in your vehicle for the food in an effort to protect our volunteers and you.

- ⇒ Clinton Church of God will hold a free community lunch from 11 a.m. to 2 p.m. April 10. The menu will include turkey, stuffing ball, mashed potatoes, gravy, green beans and cookies. The lunch is takeout only, and donations will be accepted to help with the cost of next month's lunch. For more information, call Charlie Hall at 724-455-1073 or Keith Richter at 724-455-3485.
- ⇒ The Community Luncheon Ministry of the Indian Head Church of God (691 Indian Creek Valley Rd.—Routes 381 and 711, Indian Head) will offer free homemade soup, by drive-through only, 11 a.m. to 1 p.m. April 14, while supplies last. Soup will be packaged in containers and distributed in the parking lot. Everyone is welcome. For information, call 724-455-2626.

Spotlight On: Mental Health Association in Fayette County: Oak House Drop In Center

Oak House is located at the Mental Health Association in Fayette County. It is a place where people with mental health issues can socialize and participate in recreational activities like playing pool, games and cards, bingo, arts and crafts projects, watch movies or television and help plan activities for the group. In addition to the many daily activities, members help organize and plan trips in our community to attend special events throughout the year (ballgames, Fayette County Fair, local festivals, shopping trips, and other low cost or free events). You can meet new friends, learn new things, and feel good about yourself. For more information, Visit: <http://www.mhafayette.org/oakhouse/>

## 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
  - ◆ Hutchinson Park Pavilion #4—Uniontown, PA\*
  - ◆ Areford Park—Frankhooover Street, Uniontown PA\*
  - ◆ Smithfield United Methodist Church—20 Church Street, Smithfield
- \* Denotes During Park Hours Only

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/>



## Self-Determination Housing of PA Webinars

### ⇒ [Navigating Income-Based Housing Options](#)

Thurs. April 6  
1:00 PM to 2:00 PM

### ⇒ [Home Modifications](#)

Thu, April 15, 10am  
– 11am

More Info:

[https://  
www.sdhpa.org/](https://www.sdhpa.org/)

## Member Spotlight: Tara

I wanted to come to Clubhouse because I needed something to do instead of going to Psych Rehab on Tuesdays and Thursdays. I like it so far even though I haven't really done anything except help cook. I really like the breakfast sandwiches they have here. I hope I can do more stuff on computers in the future.

~Tara N.

## Refund, Rebates and Economic Impact Payment Trackers

- [IRS Where's My Refund?](#)
- [IRS Get My \(Economic Impact\) Payment](#)
- [Where's My PA Personal Income Tax Refund?](#)
- [Where's My PA Property Tax/Rent Rebate?](#)

## Webinars / Stakeholder Meetings

### ⇒ [Moral Injury: Invisible Wounds and Unspoken Words](#)

This presentation will focus on the effects of moral injury from trauma (causal mechanisms, symptoms, behavior manifestation, psychosocial effects, and interventions). The demographic focus will be veterans with military sexual trauma, children of veterans, and family systems. It will address the gap in services as well as barriers faced. It will end with methods and current programs to address this void in interventions.

**Date: Thursday, April 8, 2021,  
2:30 pm to 4:00 pm EST**

<http://bit.ly/39fqdWj>

### ⇒ [Health Choices Advisory Committee Meeting](#)

**Date: Thursday, April 15, 2021**

**Time: 10:00am - 12:30pm**

The meeting will involve the discussion of telehealth services.

[Registration Link](#)

### ⇒ [OMHSAS Provider / Advocate Stakeholder Webinar](#)

**Tuesday, April 20, 2021, 3:00**

**pm to 4 pm EST**

### ⇒ [The Pennsylvania Special Supplemental Nutrition Program for Women, Infant and Children \(WIC\)](#)

**Date: Thursday, May 11, 2021**

**Time: 10:00am - 12:00 Noon**

The May 11, 2021 webinar will be on The Pennsylvania Special Supplemental Nutrition Program for Women, Infant and Children (WIC). WIC has improved the nutrition and health of families in Pennsylvania since 1974 by providing nutrition services, breastfeeding support, health care and social service referrals, and healthy foods. Through WIC, pregnant women, mothers, and caregivers of infants and young children learn about good nutrition to keep themselves and their families healthy! Please join us to learn about the WIC Program, the eligibility criteria, and how to apply.

## Fayette County State Historical Marker of the Week

### America's First Iron Puddling Furnace

One of Fayette County's newest Roadside historical Markers, dedicated in September 2017 is located along Route 51 near the intersection with Laurel Hill and Upper Middletown Roads in Menallen Township. It states the following:

"In 1817 ironmaster Isaac Meason and Welshman Thomas Lewis built a puddling furnace and bar rolling mill here using a process from Wales that revolutionized the iron industry. It removed carbon from brittle pig iron creating malleable wrought iron in one step, making iron production much more efficient and less costly. Later, "puddlers" in Pittsburgh formed the first metals union, the Sons of Vulcan, fore-runner of United Steelworkers."



# Pennsylvania Extends Personal Income Tax Filing Deadline To May 17, 2021

**Harrisburg, PA** — The Department of Revenue today announced the deadline for taxpayers to file their 2020 Pennsylvania personal income tax returns and make final 2020 income tax payments is extended to May 17, 2021. This means taxpayers will have an additional month to file from the original deadline of April 15. The Internal Revenue Service also announced earlier this week it would extend the federal income tax filing deadline to May 17, 2021.

The IRS said in its announcement that the extension is another action the agency is taking to do everything it can to help taxpayers navigate the unusual circumstances related to the COVID-19 pandemic. Under Pennsylvania law, the deadline for filing state income tax returns is tied to the deadline set at the federal level.

"This is a positive step that provides additional time to Pennsylvania taxpayers, many of whom have been struggling during the last year due to the pandemic," Revenue Secretary Dan Hassell said. "The new deadline will be a benefit for many Pennsylvanians, including those who plan to meet with a tax professional for assistance with preparing their returns."

To be clear, the extension means the Department of Revenue will waive penalties and interest on final 2020 personal income tax returns and payments through the new deadline of May 17, 2021.

Those who make estimated income tax payments should continue to do so on the same filing schedule that they would normally follow. This includes taxpayers with estimated tax payments due on April 15, 2021. Taxes must be paid as taxpayers earn or receive income during the year, either through withholding or estimated tax payments.

Although the filing deadline for 2020 tax returns has been extended, the Department of Revenue is encouraging taxpayers who are able to file their returns electronically to do so as soon as possible. If you are expecting a refund from the commonwealth, filing electronically will help avoid a delay in the release of your refund.

## myPATH a Free Option for PA Tax Returns

The Department of Revenue is encouraging taxpayers to electronically file their Pennsylvania personal income tax returns with the department's new, state-only filing system available at [mypath.pa.gov](https://mypath.pa.gov).

myPATH is a free, user-friendly option that allows most taxpayers to seamlessly file the Pennsylvania Income Tax Return (PA-40) and make in-

come tax payments, as well as offering other services.

Using the electronic filing option available through [mypath.pa.gov](https://mypath.pa.gov) offers many benefits, including:

- Fast and free return/refund processing
  - The "Where's My Income Tax Refund?" system to track the status of a refund
  - Instant confirmation of a successful filing
  - The benefit of error-reducing automatic calculators
  - User-friendly options that are not available to taxpayers filing by paper
  - The ability to view a detailed Statement of Account for personal income tax
- Electronic Filing for Free**

Other free electronic filing options are available to file state and federal returns using software from a reputable vendor. More [vendor information](#) is available on the Department of Revenue's website.

## Electronic Filing for a Fee

Paid tax preparers and commercial tax preparation software providers offer electronic filing, or e-filing, for a fee. Check [a list of vendors](#) on the department's website for further information.

## May 17 Deadline

All taxpayers who received more than \$33 in total gross taxable income in calendar year 2020 must file a Pennsylvania personal income tax return by midnight, Monday, May 17, 2021.

## Filing for an Extension

If additional time to file is needed, taxpayers still have the option [to file a request for an extension](#) to file their Pennsylvania personal income tax return. The extension is available for up to six months, meaning the due date for those who request an extension is November 15, 2021. As an important reminder, an extension of time to file does not extend the deadline to make a payment if you owe taxes to the commonwealth.

## PA Personal Income Tax Guide

Pennsylvania taxpayers who have personal income tax questions are encouraged to review the [PA Personal Income Tax Guide](#), an online publication prepared by the Department of Revenue.

that includes detailed information on a number of PIT-related topics.

## Taxpayer Service and Assistance

Personal income tax assistance is also available through the department's [Online Customer Service Center](#) and by calling 717-787-8201 between 8 a.m. and 5 p.m., Monday through Friday. The Online Customer Service Center contains answers to hundreds of common income tax questions and allows taxpayers to securely submit a question to the department through a process that is similar to sending an email.

The Department of Revenue's [district offices](#) are open in a limited capacity with social distancing guidelines in place. Appointments are required to receive in-person assistance. Please keep the following in mind.

- Taxpayer assistance hours are 8:30 a.m. to 5 p.m. Monday, Wednesday and Friday. Appointments between 8:30 a.m. and 10 a.m. will be reserved for senior citizens.
  - Taxpayers are required to wear a mask during appointments.
  - Taxpayers should know that the Department of Revenue will be following health and safety guidelines established by the Department of Health to promote a clean office environment.
- Taxpayers can check the status of their refunds online by selecting the [Where's My Income Tax Refund?](#) link on the department's homepage; or by calling 1-888-PATAxes. Taxpayers will be prompted to provide their Social Security number and requested refund amount to obtain the current status.

Free tax forms and instructions are available at [www.revenue.pa.gov](https://www.revenue.pa.gov).



## A Lesson on Resiliency

I was shopping in Walmart the other day and I overheard a supervisor at the checkouts saying she needed cashiers to work but no one's applying because no one wants a job. Many times, I feel down and out when I get up in the morning, especially on a work morning. But I used the coping techniques I have been taught in many years of outpatient therapy and got the courage to go.

My moral of the story is, if you have a job, don't try to get out of having to work because it may seem boring or you think you are tired. Make use of your hours you have scheduled. Do the tasks that you are assigned by your superiors. When you are finished, ask them or if they are not there another team member if there is something to do. No matter the job, you always want to appear that you want to be there and have the drive and stamina to do the job correctly. If you have a question, ask for help, because that is much better than guessing and getting it wrong. Oftentimes, those who supervise you want you to do your tasks correctly and are more than likely to go the extra steps because they value you as an employee.

Now I know that is easier said than done for many members and those who have mental health conditions or other underlying factors or barriers in their employment. However, just celebrating my 11th year being gainfully employed, I do not do it for the money. I do it because I enjoy it and it fits me well. As has been in recent stories and social media posts from Goodwill, it took me a long time to get where I came from, not only in my employment, but as a Clubhouse Member. This July will be 17 years and all but the one year I was away at trade school I have awoken most days and have either came to Clubhouse or work.

This past year has been hard on everyone, more so for me as I had to move in with my parents and get back on my feet in the course of the past year, all while putting my recovery journey in jeopardy. Lately, many times it is easier to just stop doing everything and just be a dependent on society. However, now with a sound mind and recovery finally being back on track after flirting with it for a little over two years, I am proud of who and where I am. I know I must be resilient because I need to be strong for all of us at Clubhouse. Yes, we are going through a challenging time, but hang in their Clubhouse Family, we will overcome

~Dustin M.

## Beacon Health Options Continues Virtual Training with New Series

With the COVID-10 Pandemic still on the horizon, Beacon Health Options has decided again this year have another Virtual Training Series. The Prevention, Education and Outreach (P,E, & O) department of Beacon gathered input from Adult and Family Members throughout the 12-county Pennsylvania Service area . Our very own Dustin M. has been asked to serve on the Adult Planning Committee. Between the Adult and Family Committees along with a committee from the Northwest Three Partnership (Adults and Families from Crawford, Mercer, and Venango Counties). There are over a dozen of trainings planned, although some are geared for youth and families, while some are for adult members and some are for all audiences.

Confirmed Upcoming Trainings include:

- Tuesday, April 6, 2021 @ 1:30 PM—COVID-19, Ask the Doctor  
[Registration Link](#)
- Tuesday, May 4, 2021 @ 2:00 PM—Complaints, Grievances & Member Rights  
[Registration Link](#)
- May 18, 2021 @ 2:00 PM—Ride the Wave with Gab Bonesso  
[Registration Link](#)
- Tuesday, June 29, 2021 @ 1:00 PM—"The Impact of Bullying Throughout the Lifespan: Facts, Figures and Coping Strategies"  
[Registration Link](#)

Beacon Health Options is the Behavioral Health Managed Care Organization (BH-MCO) for Health Choices and Community Health Choices Members in Fayette and 11 other Western Pennsylvania counties. For more information or to contact Beacon, dial their 24/7/365 Member Hotline at 1-877-688-5972.





## Pennsylvanians Encouraged To File Tax Returns Early To Avoid Identity Theft

**Harrisburg, PA** — With tax filing season underway, the Department of Revenue is urging Pennsylvanians to file their tax returns as soon as they can. Filing your returns early is one way that helps taxpayers protect themselves against identity thieves and tax refund fraud.

"We know there are criminals who use stolen personal information to file fraudulent tax returns and steal tax refunds. We want Pennsylvanians to be aware of these scams so they can take steps to protect themselves," Revenue Secretary Dan Hassell said. "We know from our experience that criminals are always looking for new ways to trick people into turning over their sensitive data. Know the warning signs so that you won't become a victim of these scams."

### Common Scam: Filing fraudulent tax returns to steal refunds

Tax refund fraud often starts when cyber criminals steal personal identifiable information from a taxpayer, or a tax professional hired to prepare a client's tax returns. These scams usually involve threatening phone calls, deceptive letters sent through the mail and phishing emails.

Phishing emails are designed to make it appear that the message is coming from a trusted source, such as a government agency. The messages are set up to use malware or other software to steal sensitive information, such as passwords, usernames or personal financial information, such as a Social Security number.

Once the criminals have their hands on the stolen information, they have been known to file a fraudulent tax return in the name of victims whose data was stolen. The criminal will request a tax refund as part of filing the fraudulent return, and then will take steps to divert the refund to a bank account they control.

### Tips to avoid scams

The Department of Revenue is encouraging Pennsylvanians to keep the following tips in mind to safeguard against these deceptive scams:

- **Look for imposters:** Many times, criminals will pose as a government entity or an official business. If you are targeted by a scam artist through the mail, phone or email, do not provide personal information or money until you are sure you are speaking to a legitimate representative.
- **Don't fall for high-pressured tactics:** Criminals responsible for these scams have been known to use high-pressured tactics, including threatening taxpayers with criminal charges if they don't comply

with their requests for their information. Many scams have also involved criminals threatening the taxpayer with an arrest warrant or the "blacklisting" of their Social Security number.

- **Approach unusual attachments and links with caution:** Links to a website or attachments to an email could contain malware that allows criminals to track the recipient's keystrokes. That's one way they can obtain passwords, Social Security numbers, credit card numbers or other sensitive information.

- **Conduct research online:** If you receive a phone call, email or letter that you believe is part of a scam, conduct a search online to see if a scam has been reported by other people or government agencies. For your research, use information from the message, such as an email address, company name, address or telephone number.

### Use myPATH to file your state tax return

The Department of Revenue is encouraging taxpayers to electronically file their Pennsylvania personal income tax returns with the department's new, state-only filing system available at [mypath.pa.gov](https://mypath.pa.gov).

myPATH is a free, user-friendly option that allows most taxpayers to seamlessly file the Pennsylvania Income Tax Return (PA-40) and make income tax payments, as well as offering other services. The deadline to submit 2020 personal income tax returns is April 15, 2021. [Read more about myPATH](#) on the department's website.

### Steps to follow if you are a victim of a scam

The Department of Revenue reminds taxpayers that it has a Fraud Detection and Analysis Unit dedicated to assisting victims of identity theft and combating tax refund fraud.

If you are a victim of identity theft or discover a fraudulent Pennsylvania personal income tax return was filed using your identity, please contact the Fraud Detection and Analysis Unit by emailing [RA-RVPITFRAUD@pa.gov](mailto:RA-RVPITFRAUD@pa.gov).

For more information on ways to protect yourself, visit Revenue's [Identity Theft Victim Assistance](#) webpage. You can also find further information about protecting yourself online at [PA.gov/Cybersecurity](https://PA.gov/Cybersecurity).

## Operational changes at state parks announced

In line with Gov. Tom Wolf's latest orders intended to prevent the spread and mitigate the impacts of COVID-19, Pennsylvania Department of Conservation and Natural Resources Secretary Cindy Adams Dunn announced an upcoming return of outdoors programming at state parks and expansion of occupancy limits within park and state forest buildings effective April 4. At Pennsylvania's state parks and forests, the following will be in effect starting April 4:

- ⇒ Outdoor, in-person programs will resume with a limit of 40 participants per program. Masks and social distancing are required.
- ⇒ Visitor center exhibit halls, interpretive areas and theaters will open with a 75% capacity visitation allowance. Masks and social distancing are required.
- ⇒ Volunteer work days will resume with a limit of 40 participants per group. Masks and social distancing are required.
- ⇒ Virtual and self-guided programs will continue to be offered.
- ⇒ Scheduled programs will be listed on DCNR's Calendar of Events.
- ⇒ Large, DCNR-sponsored events remain canceled until further notice.

State park and forest visitor centers, offices, theaters and interpretive wings will return to an occupancy limit of 75% of capacity. All visitors and staff must wear masks and practice social distancing and frequent hand sanitizing or washing.

All occupancy changes are subject to reevaluation going forward and will maintain consistency with all applicable Centers for Disease Control and Prevention and Pennsylvania Department of Health guidance.

In a related development, DCNR announced last month that campsites will be available at an additional 17 state parks to accommodate fishing enthusiasts who want to stay overnight on April 2 for the new statewide trout opener the following day.

A total of 34 parks throughout the state will provide camping at this time.



## Help with Applying for SNAP

The Supplemental Nutrition Assistance Program (SNAP) better known by its former name of Food Stamps, helps individual and families make ends meet. More Information on SNAP is available. Call the Fayette County Community Action Agency for help applying. 724-430-6452

## Recipe Corner

Chilly Chocolate Mini Cheesecakes  
By Yvonne S.

### Instructions

- 12 Chocolate Cookies
  - 1 (8 Ounce) Package Cream Cheese
  - 1 (8 Ounce) Package Tru Whip or Cool Whip
  - 1/4 C. Cocoa Powder
  - 1/4 C. Sweetener of choice or just sugar
  - 2 T. Almond Milk
  - Muffin Tins for 12 Cup-cakes
  - Foil cake liners
  - Large Spoon
  - Large Ziplock Bag
  - Kitchen Scissors
  - Hand Mixer
  - Large Bowl
  - Candy Toppings
3. In your bowl. Put your cream cheese and mix until smooth
  4. add your sweetener and cocoa powder and mix until light and fluffy, scrape sides of the bowl with spoon.
  5. Scrape sides of bowl with your spoon then mix in milk when blended well.
  6. Next, put in the whipped topping, mix again until fluffy and smooth.
  7. Put the mixture in the Gallon Ziplock bag, cut a tip off with your scissors, squeeze mixture equally into your tins on top of the cookies, when all are full, smooth the tops with your spoon, add desired toppings (if any)

### Directions

1. Begin by bringing cream cheese and whipped topping to room temperature
2. Put the liners in your muffin tins and place the chocolate cookie in the bottom of the tin.
8. Tear enough tinfoil to cover your muffin with the foil
9. Put in freezer for at least 4 hours or all night. (The foil on the cupcakes will prevent freezing.

## THE BEST OREO DIRT CAKE

### Ingredients

- 3½ cups milk
- 2 (3.4 oz) packages Jello instant French vanilla pudding
- 1 package Oreo cookies divided
- ½ cup butter room temperature
- 8 oz cream cheese room temperature
- 1 cup powdered sugar
- 8 oz cool whip thawed in the refrigerator
- Gummy worms optional



### INSTRUCTIONS

#### Crush the Oreos:

1. Remove 8 Oreos from the package and place on a cutting board.
2. Cut the cookies into small, ¼" pieces, set aside.
3. Put the remaining Oreos into the container of a food processor fit with an "S" blade.
4. Process until the mixture resembles coarse crumbs. You may need to pause, break apart cookies that get stuck to the blades, and continue processing.
5. If you don't have a food processor, you can crush the Oreos with a rolling pin.
6. Set aside.

#### Make the pudding:

1. In a medium bowl, whisk together milk and pudding. Set aside in the refrigerator to solidify.
2. In the bowl of your standing mixer or with a hand-held mixer in a large bowl, cream together butter and cream cheese. Beat until well combined & smooth (about 30-60 seconds).
3. Add powdered sugar and beat until smooth.
4. Add pudding to the butter/cream cheese mixture (make sure it has set before adding), and beat on low speed to combined.
5. Fold in cool whip until the mixture is homogenous (uniform throughout).

#### Assemble:

1. Layer the pudding mixture and cookies. Start by pouring 2 cups of pudding mixture into the bottom of a trifle dish and spread it until level.
2. Sprinkle ½ cup cookie crumbs and ¼ cup chopped cookies evenly over the pudding.
3. Repeat using 2 cups of pudding, ½ cup cookie crumbs and ¼ cup chopped cookies for each layer.
4. Add gummy worms to each layer as desired, or only add some to the top.
5. Be sure the final layer is cookie crumbs!
6. Refrigerate overnight before serving.

~Ashley M.



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#### 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)



<http://goodwillswpa.org>

Union Station Clubhouse presents

## Annual Yard Sale

Saturday, May 22, 2021

9:00 a.m. to 3:00 p.m.

Union Station Clubhouse (off Main St., near Fay-Penn Business Center)  
100 Corporate Crossing Rd.  
Uniontown, PA 15401



Housewares, clothing, yard items, toys, furniture and so much more! Stop by Saturday, May 22 to see what treasures you can find.

Have extra items you don't need anymore? Donations for our yard sale will be accepted until May 21, 2021. Assistance is available to pick up items in the surrounding area. *Sorry, we cannot accept TVs or refrigerators.*

**For more information, contact us at 724-439-9311.**

*Proceeds from the yard sale benefit the Union Station Clubhouse's Member Education & Recreation Fund.*

*To find out about the Union Station Clubhouse, a program of Goodwill of Southwestern Pennsylvania, please visit [www.unionstationclubhouse.com](http://www.unionstationclubhouse.com).*



Union  
Station  
Clubhouse



*We take safety seriously. Read about our approach to COVID-19 at: [www.goodwillswpa.org/covid19](http://www.goodwillswpa.org/covid19)*

#### Online Support Groups Offered During the COVID-19 Pandemic

- ⇒ Several NAMI Affiliates in Pennsylvania offer Virtual Support Groups, mostly through ZOOM, Including
  - ⇒ NAMI Bucks County, PA  
<https://namibuckspa.org/>
  - ⇒ NAMI Philadelphia  
<https://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)

#### NAMI Fayette Online Support Groups Offered During the COVID-19 Pandemic via Zoom

- General Support Group—Tues. 1-2:30p for anyone filling effects of COVID-19  
[Zoom Link](#) or 646-558-8656, meeting id 310 563 489 audio only
- Family Members support group Weds. 2p-3:30p  
[Zoom Link](#) or 646-558-8656 for audio meeting ID 849 897 305
- Individuals/Peer Support Group Thurs. 6p-7:30p  
[Zoom Link](#) or call 648-558-8656 meeting id 984 334 883

