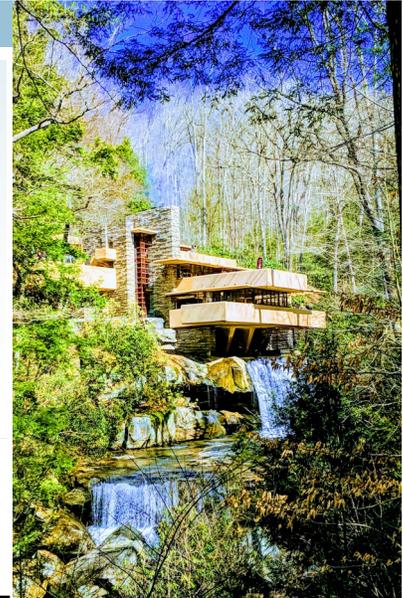


Union Station Clubhouse Weekly

Members Share How the Clubhouse has been since they have returned



The Clubhouse Environment is certainly different since we left the facility on March 16th. We can't do many things that we used to do such as practicing physical distancing, masking, and staying six feet apart from each other. Also all the modifications to the Clubhouse facility itself like the shields and being screened daily for COVID-19 are some of the biggest challenges that everyone is facing everywhere, not just at Clubhouse.
~Dustin M.

I'm Glad I'm coming back to the Clubhouse everyday, but its very hard to remember to always to wear your mask and I can't wait until the virus is over with so we can go back to the regular things we used to do.
~Rose S.

Coming back to the Clubhouse is certainly different. A lot of things have changed that I don't like such as wearing a mask and not being able to eat meals together at a table (which not only physically distances us, but socially too.) It is hard to keep physically apart from my friends at the Clubhouse, but I know it is important to do it so I don't get my loved ones that I live with sick or contract COVID-19.
~April B

Since coming back to the Clubhouse, it is different. The hardest part is having to wear a mask all day. However I know I need to in order to protect myself and others. I am waiting to go back to work on my TE at Eat N' Park as I am unsure of when there will be a soup & salad bar again. Other than that it can be normal, but boring to physically distance from the other members and staff.
~Ra-Mel H.

Additional Thoughts on Page 2



Murals along North Arch St., Connellsville, PA

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Meeting Schedule on Zoom

- Daily 8:30 AM Virtual Meeting
- Daily 12: 00 NOON Information Station / Lunch & Learn
- Daily 12:30 PM Virtual Meeting
- Monday 2:30 PM House Meeting
- Wednesday 2:30 PM Outdoors N' At
- Fridays at 2:30 PM Friday Night Live
- Tues. &Thurs @ 2:30 PM Cooking With Demonstration.

Members: Please be sure to check the Facebook Group and your email prior to the session you wish to join as the meeting code is different depending on

DR. LEVINE'S DAILY REMINDERS

- Wash your hands with soap and water for 20 seconds — the time it takes to sing "Happy Birthday" twice
- Use hand sanitizer if soap and water are not available
- Cover any coughs or sneezes with your elbow, not with your hands
- Try not to touch your face, especially after touching surfaces
- Clean surfaces frequently
- If you are going out for life-sustaining activities, wear a mask

STAY CALM. STAY HOME. STAY SAFE.

Credit: PA Department of Health

Construction Update

This week, enforcement began in the construction zone near Clubhouse where Mill Street (between White Swan and Meloni's) is one way in a southbound direction to vehicles from West Main to West South Streets for the time being.

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>

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.

More on Since Returning (From Page 1)

Resources Compiled

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

Sts all right, but everything about it is crazy. Everyday, we must stay 6 feet apart from people so you can't touch hug anyone or anything like that ~Krysta C.

Yard Sale Rescheduled for Saturday, August 22nd

Due to COVID-19, Our annual Yard Sale will tentatively be Saturday, August 22, 2020 dependent on regulations set forth at that time by the CDC and the Local and PA Department of health. Keep an eye on the event page and discussion for further updates!

<https://www.facebook.com/events/1444083582426824/>

The Yard Sale will also coincide with the 17th Annual Historic National Road Yard Sale. The yard sale extends for 824 miles from St. Louis to Baltimore along the National Road, known locally as Route 40.

@t first it was hard, because we had to catch up on things in the Clubhouse. It was good to see staff and friends, but I don't just come here to see people. I come here to be productive and help people and help myself. The Clubhouse provides me with a safe, caring, and supportive place. I know I have a hard time with some things but it's because I care about the Clubhouse. I just wish others would help keep it open through this virus because we have to clean and sanitize. ~Rebekah M.



A Virtual Religious Presence

It amazes me how under this pandemic, the number of religious communities in our area have used simple tools like Facebook and YouTube to stream services online to their parishioners that cannot attend their services in person.

This has proven to become an essential ministry to many churches during a time that services cannot be held in person. I personally feel that this is an essential service to those who cannot attend due to transportation or other issues (like telehealth, for example.)

This has also proven case with the fact that if a church does open back up to its parishioners and that one person is in contact with a person that tests positive for COVID-19. It can be the choice of that church if they wish to return to just streaming and social distancing.

Although the Trump administration has made exclusion to religious communities with meeting guidelines numbers, the livestreaming should be practiced when possible in order to offer to those who are unable to attend because of quarantine, lack of transportation, etc.

We should see this as a learning moment from where we learn and grow upon the online ministries of churches and faith communities and let it grow and expand to serve all the faith communities. ~Dustin M.,

This n' That in the Area

- ◆ The Friday night car cruises at the Uniontown Shopping Center have resumed and will run until the end of September. Time is 5:30 p.m. til 8:30 p.m. The cruises will have oldies music, door prizes, a 50/50 and will be hosted by WMBS Radio DJ Arnie Amber.
- ◆ 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.
- ◆ The Uniontown Sons of Italy will resume monthly pasta dinners on a take-out basis beginning July 8. The Giuseppe sandwich will also be available on the third Wednesday of every month beginning July 15. Call 724-439-2290 to place an order and set up a pick-up time.
- ◆ The 17th Annual Historic National Road Yard Sale has been postponed to Aug. 19 -23 due to COVID-19. The sale will be held from dawn until dusk. The yard sale extends for 824 miles from St. Louis to Baltimore along the National Road, known locally as Route 40. For more information, contact Patricia McDaniel at 765-478-4809 or e-mail info@oldstorefrontantiques.com.
- ◆ A "Hard to Recycle" day will be held Saturday, July 18 from 9 a.m. to 2 p.m. at the Fayette County Fairgrounds, 132 Pechin Road, Dunbar. Appliances, tires and electronics will be accepted. For more information, call the recycling hotline at 724-430-4884.
- ◆ The Connellsville Church of God will hold a flea market from 9 a.m. to 2 p.m. Saturday, Aug. 1.
- ◆ Otterbein United Methodist Church, 201 Lincoln Ave., Connellsville, will hold a peach social from 4-6:30 p.m. Saturday, Aug. 8. The meal will include a pulled chicken sandwich with barbecue sauce on the side and a serving of pound cake with peaches and ice cream. It will be takeout only, with orders taken and delivered to your car. Workers will wear masks and gloves. Cost is \$9 for adults and \$4.50 for children 3-12. Kids younger than 3 will eat free. Tickets may be purchased the day of the social.
- ◆ There will be a Huge Sale at the Bullsken Senior Center Pavilion, 52 Medsger Road, Connellsville Saturday July 18, 2020 from 8 a.m. to 8 p.m. and Sunday July 19, 2020 from 8 a.m. to 4 p.m. Rain or Shine. Something for everyone.
- ◆ The Community of Keisterville will have a Yard Sale this Saturday, July 18

Fireworks in Fayette County Schedule

Brownsville / Hiller / Merrittstown

The Brownsville-Luzerne Park Board has rescheduled the community's annual fireworks to Sept. 5 at Patsy Hillman Park, 100 Telegraph Road.

Operations of Local Stores, Agencies, and Attractions

- ⇒ 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. 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 82nd annual Fayette County Firefighters Association Convention, set to be held in July in Brownsville, has been canceled. The association will hold an 82nd/83rd combined convention July 11-17, 2021.
- ⇒ 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.
- ⇒ Churches in the Dioceses of Greensburg and Pittsburgh have resumed in-person worship services. That includes all Roman Catholic churches in Fayette, Westmoreland, Washington and Greene counties. See individual church websites for Mass times and restrictions.
- ⇒ The Appalachian Creativity Center, which features works by local artisans, is reopening Tuesday, June 2. The arts center is located at 139 W. Crawford Ave., Connellsville.
- ⇒ Fiddles Diner, 101 Water St., Brownsville has reopened on a reduced operating schedule. The eatery will be open Wednesday through Sunday from 7:30 a.m. to 3 p.m. and closed Monday and Tuesday.
- ⇒ Eat'n Park restaurants are open for dine-in service from 7 a.m. to 11 p.m.
- ⇒ The gates are open at Patsy Hillman Park in Luzerne Township. The park is open from dawn to dusk. The Brownsville-Luzerne Park Board is reminding users to follow CDC guidelines for wearing masks and staying 6 feet apart in all areas. Restrooms and pavilions are closed at this time. The park is open for fishing, walking and jogging.
- ⇒ Fallingwater in Mill Run has reopened, and is offering outdoor exterior self-guided and guided private tours for visitors to experience the exterior of Fallingwater and the surrounding landscape. There are future plans for a gradual transition back to house tours. More information about the outdoor experiences is on Fallingwater's website, Fallingwater.org/experience-fallingwater.
- ⇒ St. Vincent de Paul, 70 N. Mount Vernon Ave., Uniontown has reopened its thrift/retail and furniture stores from Wednesday through Saturday, 10 a.m. to 2 p.m. Those who come to the stores must wear a mask and observe social distancing guidelines.
- ⇒ The Brownsville Borough Building, 200 Second St., remains closed to the public.
- ⇒ PA Career Link launched an employment page to connect those who may have lost jobs with employers looking for help. For more information, visit www.pacareerlink.pa.gov.
- ⇒ Brownsville's Ducky Race on The Mon, typically held in late summer, has been canceled.
- ⇒ New Salem Presbyterian Church has canceled its two summer annual events: Vacation Bible School and Presby Peach Fest mission fundraiser. The church hopes to resume both next year.

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
- ⇒ There will be a food distribution Thursday, June 4 and every Thursday through August at Fresh Fire Church, 171 Connellsville St., Uniontown at 10 a.m. to 1p.m. The distribution will take place in the back of the building. The church plans to serve 800 families. This is a drive-thru distribution. Please do not line up before 9am, have your trunk or backseat open and follow the directions of the volunteers. For more information call 724.580.7027
- ⇒ Brownsville Borough Council 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.
- ⇒ The Connellsville Lions Club will distribute free gallon jugs of whole milk from 9 a.m. to noon Saturday, July 25, at the Connellsville Area High School parking lot. It is free to anyone; there are no income restrictions. The Lions will unload the milk from the truck and place it in your car, carefully following all CDC guidelines to protect everyone from COVID-19.
- ⇒
- ⇒ For those residents in need of food, Thursdays at 10:00 AM at Perry Township Fire Hall, 206 South Liberty Street in Perryopolis (in the back parking lot) a big box of fruits and vegetables will be handed out to those in need.
- ⇒ There will be a food bank at Pleasant View Presbyterian Church, 533 Royal Road, Smock, on Saturday, July 18 at 10 a.m.
- ⇒ Calvin United Presbyterian Church, 307 Spring St., Brownsville will hold its regular food distribution on Saturday, July 25 at 10 a.m. Recertification will be done at this time and a valid ID is needed.
- ⇒ The Christian Church of Connellsville, 212 S. Pittsburgh St., will hold a free community lunch from 11:30 a.m. to 1 p.m. Monday, July 27. The lunches will be takeout only.
- ⇒ There is a community Pantry at the Pleasant View Presbyterian Church, 533 Royal Road, Smock that is available to those in need around the clock. "Give what you can, Take what You Need"
- ⇒ There is a little free pantry near the Emergency Room Entrance to Highlands Hospital, 401 E. Murphy Avenue, Connellsville that is available around the clock. Share with others or take what you need.

COVID-19 Food Distributions

- ⇒ Wednesday, July 22
St. Paul's Lutheran Church
71 North Gallatin Avenue
Uniontown, PA 15401
1:00pm-2:30pm
Please don't arrive before 12:00pm.
- ⇒ Monday, July 27
Perry Auto Auction
3447 Pittsburgh Road
Perryopolis, PA 15473
1:00pm-2:30pm
Please don't arrive before noon.

These are food distribution sites for anyone in need of food assistance as a result of COVID-19. There are no income eligibility requirements. You do not need proof of income.

These are drive-through distributions.

Please have your trunk open as you come through the drive-through line so volunteers can place boxes in the trunks and keep the line of cars moving. There is no need for you to get out of your vehicle.

Gov. Wolf, Sec. Levine, Order New Restrictions to mitigate Coronavirus

Governor Tom Wolf and Sec. of Health Dr. Rachel Levine today signed new orders for targeted mitigation efforts in response to the recent rise in COVID cases, primarily in southwest Pennsylvania, but also in other counties in the state, influencing the decision for statewide mitigation efforts for bars and restaurants, gatherings and telework. The new orders take effect at 12:01 a.m., Thursday, July 16, 2020.

The mitigation efforts included in the new orders from Gov. Wolf and Dr. Levine include:

Bars and Restaurants

- ⇒ All businesses in the retail food services industry, including restaurants, wineries, breweries, private clubs, and bars, are permitted to provide take-out and delivery sales of food, as well as dine-in service in both indoor and outdoor seating areas so long as they strictly adhere to the requirements of the guidance, as required by the order, including:
- ⇒ Prohibition from conducting operations unless the facility offers sit-down, dine-in meals or is serving take-out sales of alcoholic beverages. All service must be at a table or booth; bar service is prohibited.
- ⇒ Alcohol only can be served for on-premises consumption when in the same transaction as a meal.
- ⇒ Take-out sales of alcohol for the purposes of off-site consumption are permitted subject to any limitations or restrictions imposed by Pennsylvania law.
- ⇒ Non-bar seating in outdoor areas (i.e. tables or counter seats that do not line up to a bar or food service area) may be used for customer seating.
- ⇒ Social distancing, masking, and other mitigation measures must be employed to protect workers and patrons.
- ⇒ Occupancy is limited to 25 percent of stated fire-code maximum occupancy for indoor dining, or 25 persons for a discrete indoor event or gathering in a restaurant. The maximum occupancy limit includes staff.

Nightclubs

All nightclubs, as defined by the Clean Indoor Air Act, 35 P.S. § 637.2, are prohibited from conducting operations.

Other events and gatherings

- ⇒ Events and gatherings must adhere to these gathering limitations:
- ⇒ Indoor events and gatherings of more than 25 persons are prohibited.
- ⇒ Outdoor events and gatherings of more than 250 persons are prohibited.

⇒ The maximum occupancy limit includes staff.

Teleworking

Unless not possible, all businesses are required to conduct their operations in whole or in part remotely through individual teleworking of their employees in the jurisdiction or jurisdictions in which they do business.

Where telework is not possible, employees may conduct in-person business operations, provided that the businesses fully comply with all substantive aspects of the [business safety order](#), the [worker safety order](#), and the [masking order](#).

Gyms and fitness facilities

All gyms and fitness facilities, while permitted to continue indoor operations, are directed to prioritize outdoor physical fitness activities. All activities must follow masking requirements as provided by the July 1 [order](#), and must provide for social distancing requirements of persons being at least 6 feet apart, as well as being limited by any limitations related to gatherings.

Enforcement

Businesses and individuals in violation of these orders, issued pursuant to the authority granted to the Governor and the Secretary of Health under the law, including the Pennsylvania Disease Control and Prevention Law, could be subject to fines, business closure or other applicable enforcement measures.

Beginning with a spike in cases in Allegheny County in late June, Pennsylvania has seen cases continue to rise there and in other southwest counties, along with additional select counties in the state.

The state has identified three catalysts for case increases:

First, some Pennsylvanians have been **ignoring mask-wearing requirements and social distancing** when they are visiting Pennsylvania bars and restaurants. There they are unknowingly spreading or picking up the virus.

Second is **out-of-state travel**. Both by Pennsylvanians returning from travel to hotspot states, and travelers visiting our commonwealth from those hotspots.

And third, a **lack of national coordination** has resulted in states in the south and west not committing to social distancing.

Stores Mandating the Wearing of Masks

- ⇒ Effective Immediately Dollar Tree will require a mask in order for you to shop there.
- ⇒ Effective Monday, July 20, Shoppers at All Walmart Stores will be required to wear a mask or be refused service.

Italian Tossed Salad

Ingredients

- Salt
- 1 clove garlic, chopped
- 1/4 cup olive oil
- 1 tbsp. Lemon Juice
- 1 tbsp. mayonnaise
- 1 tsp. Dry mustard
- Freshly ground black pepper
- 1 head romaine or other lettuce, cut into bite sized pieces
- 1 fennel bulb, cut in julienne strips (optional)
- 1/3 cup walnut meats, coarsely chopped fine
- 1 tablespoon capers

- 2 hard-boiled eggs, sliced
- Grated Parmesan Cheese (optional)

Instructions

1. Sprinkle the bottom of a salad bowl with salt and rub it with the garlic. Add the mustard, lemon juice, and Tabasco and pepper and stir with a wooden spoon until well-blended.
2. Add the romaine, fennel, walnuts, capers, and sliced egg and toss lightly with a fork and spoon. If desired, sprinkle with grated parmesan cheese.

~By April B.



Members, tune in to ZOOM on Tuesdays and Thursdays at 2:30 for **Cook With Me** demonstrations where Union Station features a member cooking a delectable treat for members and staff! Check your e-mails or the Facebook Group for more information

Fudgy Brownies

Ingredients

- 1/4 cup unsweetened cocoa powder
- 1/3 cup warm water
- 1/4 cup vegetable oil
- 1/3 cup granulated sugar
- 1/3 cup firmly packed light brown sugar
- 2 egg whites
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 3/4 cup all-purpose flour
- 1/3 cup coarsely chopped walnuts or pecans.

Directions

1. Preheat oven to 350 F. Lightly grease an 8"x8" x2" baking pan. In a large bowl, stir together the cocoa and water and let stand for 5 minutes. Stir in the oil, granulated sugar, brown sugar, egg whites and vanilla. Add the baking powder, salt and flour and stir for two minutes. Fold in the nuts, then pour the mixture into the prepared.
2. Bake for 20 minutes or until set a toothpick in the center comes out clean. Let cool in the pan, then cut into two inch squares. Makes 16 Brownies.
~Rose S.

Pineapple Salad



Ingredients

- 1 Medium Can Crushed Pineapple
- 1/2 C. Sugar
- 1/4 # Cream Cheese
- 1 Can of Milk
- 1 Box (Small) Jell-O

Directions

1. Bring to boil: pineapple, sugar, jello; Cook until sugar is melted.
2. Cool until luke warm and then stir in chunks of cream cheese.
3. Whip can milk & fold into mixture
4. Cool in fridge until jelled.

By Mary Dean, shared with Amanda C.





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From the Director

Keep on Movin'!

Shortly before our facility closure on March 17th, we received our report from our most recent accreditation from Clubhouse International. Although it was mostly positive, it identified that Union Station Clubhouse needed to focus on increasing interest and opportunities in community based employment.

To that end, we started moving things around in the Operations Unit to accommodate an employment area with display boards and monitors, and desks with employment related resources. We had also just procured a new TEP at Eat N' Park in the kitchen doing prep work for the soup and salad bar. Then, the COVID-19 lockdown happened and all of that got

derailed.

But, since the lockdown restrictions were lifted and our reopening in June, we have slowly but surely worked our way back to a full work ordered day. With that being said, beginning in August, I intend on having us refocus our efforts into addressing the employment needs mentioned in the accreditation report.

The pandemic might have slowed us down, but it certainly hasn't stopped us!

-Scott B.



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/onlinesupport/>
- ⇒ **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/>

