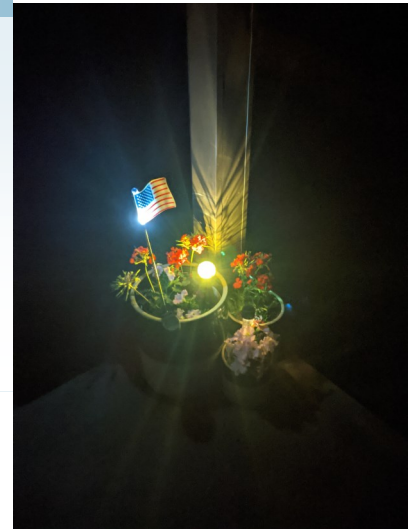


Union Station Clubhouse Weekly



Members Share Their Thoughts on their Return

St feels good to be back at Clubhouse but it's hard because I know when I stopped coming to Clubhouse (when the virus happened) I was in a bad place physically and mentally. So, I have changed my way of thinking and reacting, and getting into things I don't need to be in. Plus, I let friends have their own voice and say how they are feeling and what they want. I just feel bad that they don't know how to or they are scared of what someone might say or do. But I have to work on Rebekah not everyone else because if I don't myself it will not be OK.

~Rebekah M.

Recovering through this virus is hard and it's new to us. It's different coming to the Clubhouse because we have to wear masks and some are scared to come to the Clubhouse with having to wear the masks. But I enjoy coming to the Clubhouse and seeing my friends and the staff

~Rose S.

Sam glad to be back at the Clubhouse building ! It is different with the wearing of the masks, social distancing, and so forth. Nonetheless, I enjoy being with my friends and the staff of the Clubhouse,

~April B.

Members Share more of
their stories on Page 3.

Covid-19 has brought a great amount of change over the past three months. The last day we were at the Clubhouse was originally the day I was to resume working. That evolved to accepting reduced hours and working from home. Of which, having the virtual component of Clubhouse has helped me more in my recovery while intertwining all three into a delicate package and learning what I needed to do to improve my recovery for myself and to take care of me.

When it was announced that the Clubhouse would open, at first I was apprehensive about my safety upon returning. However, I visited last week and was pleased by the poise and dedication of both our members and staff in their dedication to keep our Clubhouse facility and other devices safe and sanitary.

While I did get to go back to work this week, and as such I had scheduled to attend the Clubhouse those days. Upon exiting the van for the evening the first night, I felt extremely comfortable adding an additional day to my schedule and am thankful for the ability of having the opportunity available to be able to have the flexibility of attending Clubhouse from my personal home or our Clubhouse home.

~Dustin M.

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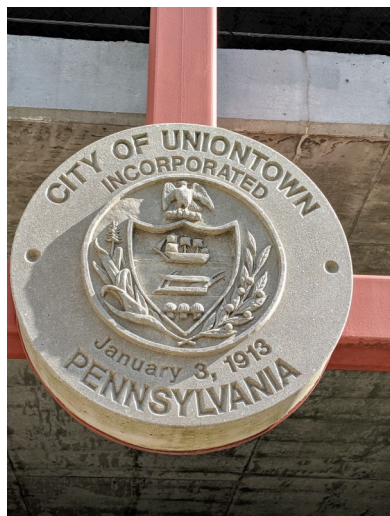
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Meeting Schedule on Zoom

- 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 which staff is hosting.

Uniontown has been a city for 117 years this year.



Information Station Changes Time

Effective Immediately, due to the interest of the members attending the Clubhouse Program on site and to not interfere with the Work-Ordered Day, the time of the Information Station session will now be held at NOON daily on ZOOM and will include ALL Members of the Clubhouse. So, for all members both on and off site that wish to participate while having Lunch, check your e-mails and our Facebook Group for your invites. Hope to see you there!

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

8. All Clubhouse meetings are open to both members and staff. There are no formal member only meetings or formal staff only meetings where program decisions and member issues are discussed.

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

Fayette, other County Fairs Cancelled

The Fayette County Fair Board has decided to cancel the 66th annual fair, scheduled for July 30-Aug. 8.

A post on the fair's Facebook page made after the board's meeting Monday evening said, in part:

"Our concern for the safety of fair volunteers, exhibitors, vendors and visitors is paramount. We feel a lack of clarity from the state, as well as potential financial risk, prohibits us from operating this year's event safely and successfully."

Organizers of the Washington County Fair, Westmoreland Fair and Greene County Fair have already canceled their events, while the Newtown Fair in Greene County will proceed.

"While this is certainly not the outcome we had hoped for, the board is committed to our community's well-being and looks forward to reuniting in 2021, July 29-Aug. 7. We would like to express our heartfelt thanks to all of the loyal Fayette County Fair supporters. Here's to brighter days ahead,"

Hybrid Clubhouse still going strong

The Clubhouse Building opened up to members on June 3rd and began in a hybrid meeting format including members in the facility along with members still not able to attend via ZOOM due to capacity limits because of COVID-19. Last Friday, it was decided to dedicate each day of the week to a specific domain of psychiatric rehabilitation with the Information Station at NOON focusing on that and the afternoon (2:30) activity focusing on that degree on that as well. With this brings a few additional changes other than was listed with the time changes listed last week and this week.

- ⇒ The Domain Days are as follows:
 - ⇒ Monday - Living
 - ⇒ Tuesday - Learning
 - ⇒ Wednesday - Wellness
 - ⇒ Thursday - Working
 - ⇒ Friday - Social

As a reminder, those that are on the virtual clubhouse e-mail list check your e-mail to see which staff is serving as host. This will also be shared to the Facebook Group as well so you do not miss a meeting.

The Struggles of Working

This year I celebrate 10 years of Working what is now an SE (Supported Employment) as a Consumer Satisfaction Team Member through the Mental Health Association in Fayette County, When I started I was very anxious to do my job because of having to work outside the office doing surveys. However, I have gained enough comfort to be able to do the job confidently. While the job consists of other tasks related to the surveys, the job primarily involves getting feedback from HealthChoices Members on their satisfaction with their insurance and the behavioral health services they receive. Being at MHA has opened the door to other opportunities such as facilitating Partners for Recovery and the Advocacy Network. This week was the first week I have returned to work since the COVID-19. During most of the pandemic, I have been working from home and sometimes I have to admit that it is a challenge to be focused on your work tasks. However, I am glad to have the opportunity to return to the office setting. It is uncertain when anyone will be able to survey in-person at the providers and day programs, but I am doing much better on the phone surveys that I feel confident that I can keep my job for an extended period of time

~ Dustin M.

More Members Share their Stories on Returning

It's hard to get back to work when trying to find work and there isn't any resources and there is still chaos.

Coming back to the Clubhouse is hard because we have to wear masks, which are both good and bad. Good because we won't get sick and bad because it's difficult to breathe. No matter what, I am glad to see all my friends and the staff.

~Ra-Mel H.



Connellsville Train Station Mural

Union Station Clubhouse is Open!

The Union Station Clubhouse facility reopened to members and staff on June 3, 2020. To ensure safety and compliance with state and CDC guidelines, the following policies have been put into place:

- Personal protective devices (PPEs) such as masks and/or face shields must be worn at all times.
- All members and staff must submit to a prescreening which includes temperature checks.
- Social distancing within the building is assured by limiting the number of members permitted within the building (currently 15), limiting seating in the dining area and computer lab, and limiting the number of people within certain areas of the Clubhouse (restrooms, offices, etc.)
- Protective physical measures have been added to the facility such as sneeze guards in common areas as well as protective dividers in the computer lab.
- Regular sanitization and disinfecting is done in all areas of the facility

The Clubhouse vans are also up and running, but with limited capacity and assigned seating to maintain social distancing. Prescreening is done before anyone boards the vans.

Union Station Clubhouse will also continue to offer virtual services via Zoom, with regular meetings at 8:30AM and 12:30PM, informative group sessions (i.e. Information Station) at noon, and various group activities at 2:30PM.

We encourage our members to participate in either or both onsite and virtual services!

Fireworks in Fayette County Schedule 2020

Fireworks Over Fayette

Sunday, June 28 2020

The fireworks show begins at dusk, put on by Keystone Fireworks. The best viewing area is at the Uniontown Mall.

Vendors will sell drinks and bagged snacks.

Connellsville Fireworks

While there will be no Rockin' Rib Fest this year, there will be fireworks on Saturday, July 4, 2020 (Rain date July 5). As of presstime, it is unknown as to where they will be set off. Either the usual location or at Stewart's Crossing (On the Bike Trail)

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. Those who already had an in-office appointment scheduled will be contacted to handle the matter over the phone. The phone number for local offices is 1-800-772-1213.
- ⇒ Connellsville Lions Club Sunday Concerts in Lions Square has been cancelled for the 2020 Season
- ⇒ The 82nd annual Fayette County Firefighters Association Convention, set to be held in July in Brownsville, has been canceled. The association will hold an 82nd/83rd combined convention July 11-17, 2021.
- ⇒ The 17th Annual Historic National Road Yard Sale has been postponed to Aug. 19-23 due to COVID-19. The sale will be held from dawn until dusk. The yard sale extends for 824 miles from St. Louis to Baltimore along the National Road, known locally as Route 40. For more information, contact Patricia McDaniel at 765-478-4809 or e-mail info@oldstorefrontantiques.com.
- ⇒ 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.
- ⇒ Brownsville Borough Council 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.
- ⇒ 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.
- ⇒ The Franklin Community Park and Pool located in Flatwoods will reopen on July 1 at noon.

Getting Help with Food

- ⇒ Find a Food Pantry (PA.gov) <https://www.dhs.pa.gov/about/Ending-Hunger/Pages/Food-Pantries.aspx>
- ⇒ Fayette County Community Action is modifying some Food Pantry Operations due to the Coronavirus
 - ⇒ Website: <http://fccaa.org/>
 - ⇒ Facebook (Most Current): <https://www.facebook.com/FCCAA.org/>
- ⇒ Our Map of Food Pantries in Fayette County / Other Grocery Resources <http://coronavirus.unionstationclubhouse.com/resources/grocery.html>
- ⇒ Honey's Helping Hand Mondays and Thursdays at Biererwood Acres at 1pm! Curbside service! Info: <https://www.facebook.com/Honeys-helping-hand-108365237359113>
- ⇒ Uniontown Salvation Army has a Pickup Soup Kitchen daily at the Service Center on Fayette Street from 11 AM to Noon During the Week
- ⇒ Hands of Hope Provides meals to the homeless Every Sunday at 2 PM by the Old parking garage in Downtown Uniontown
- ⇒ The food bank at Calvin United Presbyterian Church, 307 Spring St., Brownsville is on Saturday, June 27 at 10:00 a.m.
- ⇒ There will be a food bank at Pleasant View Presbyterian Church, 533 Royal Road, Smock, on Saturday, June 20 at 10:00 a.m. Coffee will be served beginning at 9:30 a.m. Packing for the food bank is on Friday at 10 a.m.
- ⇒ There will be a food distribution Thursday, June 4 and every Thursday in June at Fresh Fire Church, 171 Connellsville St., Uniontown at 10 a.m. to 1p.m. The distribution will take place in the back of the building. The church plans to serve 800 families. This is a drive-thru distribution. Please do not line up before 9am, have your trunk or backseat open and follow the directions of the volunteers. For more information call 724.580.7027



Broccoli Salad by Rebekah M.

Cuisine: American

Keyword: broccoli salad recipe, broccoli salad with bacon

Prep Time: 10 minutes

Chilling Time: 1 hour

Total Time: 10 minutes

Servings: 8 cups

Calories: 291kcal

Ingredients

- ⇒ 5-6 cups broccoli florets¹ 1 lb, this was about 2 1/2 heads of broccoli for me (450g)
- ⇒ 1 cup sharp cheddar cheese thicker, not finely shredded (115g)
- ⇒ 2/3 cup dried cranberries (85g)
- ⇒ 1/2 cup crumbled bacon² (60g)
- ⇒ 1/2 cup salted sunflower seeds (60g)
- ⇒ 1/3 cup red onion diced into small pieces (50g)

Dressing

- ⇒ 3/4 cup mayo I use olive oil mayo (175g)
- ⇒ 1/4 cup sour cream³ (70g)
- ⇒ 1 1/2 Tablespoon white wine vinegar⁴
- ⇒ 3 Tablespoons sugar (40g)
- ⇒ 1/4 teaspoon salt
- ⇒ 1/4 teaspoon pepper

Instructions

1. Combine broccoli florets, cheddar cheese, dried cranberries, bacon, sunflower seeds, and onion in a large bowl.
2. In a separate, small bowl, whisk together mayo, sour cream, vinegar, sugar,

salt, and pepper until smooth and well-combined.

3. Pour dressing over broccoli combination and toss or stir well.
4. Broccoli salad may be served immediately, but for best flavor refrigerate for at least one hour before serving. Make sure to toss broccoli salad thoroughly again before serving.
5. Keep refrigerated if not consuming right away.

Notes

¹I never blanch my broccoli when making broccoli salad. If you wish to, blanch it in boiling water for 60 seconds. Drain and rinse with cold water immediately until broccoli has cooled, and then dry well before using.²If cooking and crumbling your own bacon, you'll need about 8 strips. If you prefer to use pre-cooked/crumbled bacon, make sure you buy the kind made with real bacon (it should say it on the label) and not "bacon flavored bits" with imitation flavor.³Some or all of the sour cream may be substituted with plain Greek yogurt. White wine vinegar is my preference, but red wine vinegar, apple cider vinegar or champagne vinegar will also work great here.

How to Store Broccoli Salad

Broccoli Salad may be stored in the refrigerator in an airtight container for up to 3-4 days. If you are making several days in advance, I recommend storing the salad and the dressing separately, then tossing everything together at least an hour before serving.



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

Western PA Parks further opening of Facilities to Public

The National Park Service (NPS) is working servicewide with federal, state, and local public health authorities to closely monitor the COVID-19 pandemic and using a phased approach to increase access on a park-by-park basis. access to the park is as follows:

Allegheny Portage Railroad NHS

Open: The Summit Level Visitor Center will be open daily from 9 AM- 5 PM. Park grounds are open daily from sunrise to sunset.

Closed: The Summit Level Visitor Center theater, The Lemon House and the Engine House

Flight 93 National Memorial

All buildings remain closed, services may be limited.

Fort Necessity National Battlefield

Open: The Fort Necessity National Battlefield/National Road Heritage Corridor Interpretive and Education Center will be open daily from 9 AM- 5 PM. Park grounds are open daily from sunrise to sunset. This includes the Braddock Grave and Jumonville Glen Units of Fort Necessity.

Closed: The Mt. Washington Tavern Museum, Theater in the Fort Necessity Visitor Center, Playground Area at Fort Necessity Visitor Center

Friendship Hill National Historic Site

Open: The Gallatin House Visitor Center is open 9 AM- 5 PM. Park grounds and trail are open daily from sunrise to sunset. The Picnic Area and Comfort Station at main parking lot is open daily from sunrise to sunset.

Closed: Theater in the Gallatin House Visitor Center

Johnstown Flood National Memorial

Open: The Lake View Visitor Center will be open daily from 9 AM- 5 PM. Park grounds are open daily from sunrise to sunset. This includes; the picnic area and North and South Abutment Trails

Closed: Lake View Visitor Center theater

Union Station Clubhouse

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Social Media



@ [unionstation15401](https://twitter.com/unionstation15401)

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

From the Director

What Was Old is New Again

Earlier this week, I was assisting one of our members with sanitizing our vans and he said to me : "this is just like Clubhouse was before, except we have to wear masks."

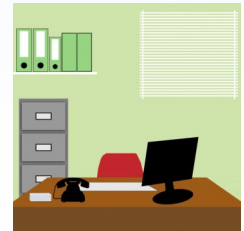
I found that statement to be very telling as to the resilience of our members who I feel have done an excellent job of adapting to the current societal changes. Through all the requirements of physical distancing, PPE use, etc., our members seem to be happy just to be back at a place that offers them safety and support as well as provide them with the opportunity to physically interact with their peers.

I think the virtual aspect of our Clubhouse has brought some exciting opportunities as well. It's nice during our unit meetings to have the direct interaction between virtual and onsite members. Our members really enjoy the "Cooking With" and "Friday Night Live!" ses-

sions where members in both environments get to interact in an imaginative and fun manner.

Through the entire pandemic and our temporary building closure, our members have shown a true commitment and dedication to their Clubhouse and each other. During our virtual only period, the "Union Station Nation" really took an active role in keeping us going. Now with a "hybrid Clubhouse model", our members continue to be committed to staying true to the underlying Clubhouse philosophies and standards.

So, even though we might have a current "new normal", our members still have and "old school" approach to their involvement in their Clubhouse.



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/>

