

Union Station Clubhouse Weekly

Members Share : What do you do to control your anger?

I control my anger by walking away so I don't say something I will regret. I say things before thinking first and I'm always afraid to hurt somebody's feelings because I did it in the past and in the long run I felt bad.

~Rose S.

Staff at Clubhouse calms me down. I also listen to music which helps me more. I also talk to people about what is going on with me and they help me get through what I need to.

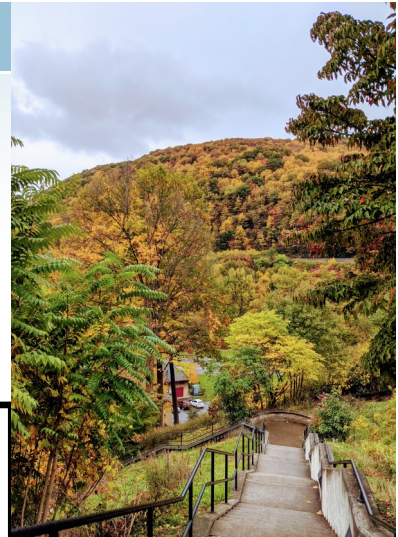
~Krysta C.

I talk my family and friends, read books, and go outside to calm down. I think about life and taking care of myself.

~April B.

Anger is a very difficult emotion for me to control, especially around those that are close to me. I have come leaps and bounds in this regard over the years as not being physically aggressive, but more of emotionally and verbally aggressive. It brings out a side of me that many don't think that I have. However, I know I need to work on this and continue to do so frequently. I practice grounding techniques, listen to music, go for a walk, and many other relaxing tools in my recovery tool belt. As part of my mental health diagnosis, I have a reaction stage after I get aggressive and I become very apologetic. Sometimes I wish I thought things out better before saying things that are either none of my business or hurt others feelings. However, I am continually working on that to better this so that I progress better in this regard.

~Dustin M



Inside this issue

Resources Compiled	2
COVID-19 Information	2
Webinars and Resources	2
Beacon Webinars.....	3
This 'N That.....	3
Help With Food.....	4
Winter Preparation.....	5
Winter Preparation.....	6
Recipe Corner	7
Director's Report	8
Help & Support	8

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 2:00 PM House Meeting
- Wednesday 2:00 PM Outdoors N' At
- Fridays at 2:30 PM Friday Night Live
- Tues. & Thurs @ 2:30 PM Cooking With Demonstration.



Goodwill's Virtual Career Services

Looking for a new job but unsure of where to start? Or maybe you aren't actively looking but have extra time at home to learn new skills? Goodwill's Career Services offers a wide selection of virtual services to help jobseekers build the necessary skills crucial to achieving their career goals. More Information: <https://www.goodwillswpa.org/career-service-online>

Standard of the Week:

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

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>



Insider Tips on PA ABLE

Achieving a Better Life Experience (ABLE) gives families and individuals an opportunity to talk about money issues and set goals. The creation of the ABLE savings program in 2014 was a monumental win for people with disabilities because, for the first time ever, people with disabilities have a safe way to save without jeopardizing their benefits. Diana Fishlock of the Pennsylvania Treasury Department will discuss some of the details of Pennsylvania's ABLE program, and Dr. Josie Badger and Susan Tachau will share their first-hand experiences with using ABLE accounts.

Join us to learn about:

- Eligibility requirements for opening an ABLE account in Pennsylvania,
- Advantages of investing in an ABLE account,
- Real life experiences with using your ABLE account,
- What you can purchase with your ABLE savings,
- Insider tips for making large purchases (home, vehicle, vacation), and
- Setting up ABLE investment strategies for your goals.

The program is part of Money Talks, a free webinar series on financial empowerment for people with disabilities hosted by Pennsylvania Assistive Technology Foundation (PATF). Learn more at patf.us/MoneyTalks.

If you have any questions or need assistance with registering, please contact Megan Bolin at 888-744-1938 or mbolin@patf.us.

Facts About FACT

- Fayette County's public transportation services started in 2002
- Over 10,000 people ride the FACT bus on a monthly basis
- FACT is now "coordinated" with neighboring transit organizations/services
- Everyone can ride public transportation ... no restrictions ... no requirements
- College students can ride FACT for ½ fares
- Children age twelve and under can ride FREE - (must be accompanied by an adult)
- The FACT jingle was written and composed by Jill Street, program specialist in 2004
- FACT relocated to the Connellsville - Joseph A. Hardy Airport in 2005
- General monthly bus passes are available and are as low as \$45.00
- FACT buses are safe, reliable, warm, and friendly
- FACT covers over 80% of Fayette County
- Senior citizens ride FREE on fixed routes

More Information: FACTBus.com

This n' That in the Area Beacon Health Options Member Education Events

- ◆ Fayette County Community Action Agency, Inc. can provide assistance to Fayette County residents for rental and mortgage problems due to COVID-19. If you are experiencing difficulty making your rent or mortgage payments due to loss of income because of COVID-19, please call 724-437-6050 ext. 501 to see if you qualify for assistance.
- ◆ Brownsville Historical Society is offering tours of Nemaquin Castle in Brownsville's historic Northside, on Saturdays and Sundays from 11 a.m. to 3 p.m. CDC guidelines will be in effect and tours are limited in size. Tickets and times can be secured by calling 724-322-2422.
- ◆ Brownsville Fire Co. 1, 520 Market St., is offering free smoke and carbon monoxide detectors to residents of Brownsville borough or township. Columbia Gas of PA donated the detectors, which can be picked up at the station or by contacting Chief Jordan Sealy at 724-785-3311.
- ◆ Any South Connellsville Borough Residents in need of a Smoke Detector can call 724.628.1811 for information. This is made possible by a donation from CFS bank to the South Connellsville Volunteer Fire Company
- ◆ St. John the Byzantine Catholic Church of Uniontown began pierogi sales. They are pre-order only to 724-434-5355 Mon. Tues or Wednesday for Cooked or Frozen Pickup is on Fridays from 9 AM to Noon
- ◆ Otterbein United Methodist Church, 201 Lincoln Ave., Connellsville, is taking orders for soup through Nov. 8. Cost is \$6 a quart. Choose from cheesy potato, chicken noodle, or vegetable beef. Soup can be picked up after

- ⇒ November 20, 2020-1:00 p.m. (Friday)
Axiom Family Counseling
Modern Day Addiction Treatment
[Registration Link](#)
- ⇒ December 4, 2020-1:00 p.m. (Friday)
Beacon Health Options and PA System of Care Partnership
Part 2 Stigma and Implicit Bias
"Continuing the Conversation"
[Registration Link](#)
- ⇒ December 18, 2020 -1:00 p.m. (Friday)
Nick Orlando
LGBTQI+ and Behavioral Health
[Registration Link](#)
- ⇒ January 8, 2021-1:00 p.m. (Friday)
Beacon Health Options and PA Care Partnership
Part 3 Stigma and Implicit Bias
"Wrap it Up"
[Registration Link](#)

For Training Conference telephonic Dial In Codes and visit this [document](#) on the Beacon Health Options Website.

Beacon Health Options, formerly known as Value Behavioral Health of Pennsylvania, is the Behavioral Health-Managed Care Organization (BH-MCO) that provides Mental Health and Substance Abuse benefits to Health Choices members in Fayette and 12 other counties in Western Pennsylvania.

For more information on Beacon Health Options, visit www.pa.beaconhealthoptions.com. Fayette Countians can also contact them toll-free 24/7/365 by dialing 1-877-688-5972.



This N' That (Continued)

- 10 a.m. Nov. 15. To order, call 724-626-0794.
- ◆ Connellsville Township Volunteer Fire Department, 905 Fireman St., will hold a spaghetti dinner from 11 a.m. to 5pm. Nov. 8. The dinners will include spaghetti and meatballs, tossed salad, bread, dessert, and drink for \$10. You may socially distance dine-in, and takeout and delivery also are available. There will be games of chance. To order, call 724-628-3490.
- ◆ The Albright United Methodist Church, 1626 Pittsburgh Street will have a soup sale from 11 AM to 1 PM on Saturday November 14th, \$6 quart; \$3 pint
- ◆ A Little Free Library has been placed in front of the Springfield/Clifford N. Pritts Elementary School in Normalville. The idea is to "take a book" or "leave a book." The Little Free Library has books available for anyone interested.
- ◆ Norma's Closet FREE Clothing and Houseware Bank is open EVERY TUESDAY in NOVEMBER 10am-2pm at 171 Connellsville Street Uniontown. Lot's of new items for you and your family!
- ◆ Fayette County Appreciation Day at Fallingwater - Saturday, Dec. 5th, 2020 - 10:00 to 3:00. Reservations are necessary. Please note, the free Winter Walk passes are exterior grounds passes, Fallingwater is not currently open for interior tours. For more information or to reserve your spot, please contact Fallingwater at 724.329.8501

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 Bierer-wood 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

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.

⇒ The FCCAA Food Bank will be hosting a holiday mass food distribution on Wednesday, November 11 at the Uniontown Mall, 1368 Mall Run Road, Uniontown, PA 15401 from 10:00am to 12:00pm. Please don't arrive before 9:00am. Recipients will receive food items to prepare a holiday meal. There are no income eligibility requirements and participants do not need to provide proof of income to receive food. All food items that will be distributed are while supplies last. Each household will receive 1 box of food. There is a maximum of 2 households allowed per vehicle. A member of each household must be present in the vehicle to receive a food box. This is a drive-through distribution. Individuals do not need to get out of their vehicles. To ensure a safe and contactless pick-up due to the coronavirus pandemic, individuals are asked to have an area cleared in their trunks for the volunteers to place the boxes. Thank you to the Roman Catholic Churches of Uniontown for sponsoring this distribution!

⇒ Indian Head Church of God will offer free home-made soup from 11 a.m. to 1 p.m. or until supplies are gone on Nov. 11. Soups will be cold and in containers for the drive-thru event. Everyone is welcome. The church is at 691 Indian Creek Valley Road, Indian Head.

⇒ The Connellsville Thanksgiving Dinner will be modified this year as several community members have stepped up to the plate to ensure that residents in the Connellsville Area School District will not go without the usual thanksgiving meal. Meals will be prepackaged and will be delivered after 9:00 AM Thanksgiving Morning. You will have a delivery or pickup option, orders must be placed no later than November 19th Online at: https://docs.google.com/forms/d/e/1FAIpQLSdAiRiXEHXosr0X0JvmpZcvjHsCttm10aKwwnjl56T66Xvm-Q/viewform?vc=0&c=0&w=1&flr=0&fbclid=IwAR08oY-7k0BsJpn-XUI6OR_iGpPcF8K4V6bW8iSsOz-hxgsQHGiYwrgPw

Food Pantries Next Week

- ⇒ Connellsville Area Community Ministries, 110 W. Crawford Avenue; Tuesday and Thursday, 9:00 AM to 2:30 PM; Connellsville, South Connellsville and Connellsville Township
- ⇒ Point Marion United Methodist Church, 502 Morgantown Street; Tuesday 12-1; Point Marion Borough and Springhill Township
- ⇒ Masontown First Presbyterian, 102 W. Church Avenue; Wednesday 1:00 PM to 2:00 PM; Masontown, Adah, Ronco
- ⇒ Perryopolis Ministerium @ Perryopolis UMC; 203 Independence Street; Thursday 10:00 AM to 11:30 AM; Frazier School District
- ⇒ Oak Hill Baptist, 100 Old Frame Road, Smithfield; Thursday, 4:00 PM to 5:00 PM; Smithfield Borough and Nicholson Township
- ⇒ East Liberty Presbyterian Church; 709 Main Street, Vanderbilt; Thursday, 9:00 AM to 12:00 PM; Dawson, Dickerson Run, Vanderbilt
- ⇒ Paradise United Methodist Church, 105 Hoke Road, Mount Pleasant; Friday, 9:00 AM to 12:00; Everson Borough, Bullskin and Upper Tyrone Townships
- ⇒ Calvary United Methodist Church, 34 Clark Street, Uniontown; Saturday 9:00 AM to 10:00 AM; Upper East End of Uniontown City
- ⇒ Mount Calvary Baptist Church, Route 857 Fairchance; Saturday 10:00 AM to Noon; Fairchance Borough and Georges Township

- ⇒ The emergency food pantry at Saint Vincent DePaul (70 North Mount Vernon Ave.) is open Wednesday through Friday from 10:30 a.m. to 1:30 p.m. Assistance, by phone appointment, has also started. For information on the food pantry, call 724-439-9188, ext. 208. Volunteers are also needed to assist in operations. Call 724-439-9188, ext. 205 for details.
- ⇒ Christian Church of Connellsville holds free community lunches from 11:30 a.m. to 1 p.m. every Monday. It is takeout only.
- ⇒ Trinity United Presbyterian Church has a food pantry open solely to

Little Free Pantries

Little Free Pantries are available around the clock at the following locations

- ◆ Highlands Hospital, 401 E. Murphy Ave. Connellsville
- ◆ Connellsville Christian Church, 212 S. Pittsburgh St.
- ◆ Fayette Resources ATF, 1300 Connellsville Road, Lemont Furnace
- ◆ Pleasant View Presbyterian Church, 533 Royal Road. Smock

These boxes operate under a take what you need, give what you can basis..

For more information on the Little Free Pantry Movement, visit: <https://www.littlefreepantry.org/>

Numbers to Remember in the Winter Months

Electricity/Power

- Energy Assistance - LIHEAP
Phone: 724-439-7125
- Somerset Rural Electric Co-Op
Phone: 800-443-4255
- West Penn Power
Phone: 888-544-4877
(Outage Reporting)

Natural Gas

- Carnegie Gas Co.
Phone: 412-466-8505

- Columbia Gas
Phone: 888-460-4332 (24-Hour Emergency)

- Peoples Natural Gas
Phone: 800-764-0111

Phone

- Armstrong
Phone: 724-628-3650
- Atlantic Broadband
Phone: 724-437-8995 or 800-536-9600
- Laurel Highlands Phone Co.
Phone: 724-455-2411
- Verizon
Phone: 800-837-4966

Cable

- Adelphia Cable
Phone: 800-753-0778
- Armstrong Cable
Phone: 724-628-3650
- Atlantic Broadband
Phone: 724-437-8995 or 800-536-9600
- TCI
Phone: 304-379-7060

Source: [Fayette County Emergency Management Agency](#)

Wolf Administration Announces The Start Of The Low-Income Home Energy Assistance Program (LIHEAP) Season

Harrisburg, PA - Department of Human Services (DHS) Secretary Teresa Miller today joined Public Utility Commission (PUC) Chair Gladys Brown Dutrieuille and United Way of Pennsylvania President and Pennsylvania 211 Executive Director Kristen Rotz to announce the start of the annual Low-Income Home Energy Assistance Program (LIHEAP) application process for the 2020-21 season.

LIHEAP provides assistance for home heating bills so low-income Pennsylvanians can stay warm and safe during the winter months. Assistance is available for renters and homeowners. LIHEAP applications open on November 2 and end April 9, 2021.

"We know that the pandemic and economic downturn have made it difficult for many to keep up with home energy bills. As winter approaches and we prepare to spend more time indoors, these bills may only get more expensive. I encourage everyone who may need assistance, or who has a loved one or neighbor that could benefit from this program to urge them to apply for LIHEAP," said DHS Secretary Teresa Miller. "No one should feel like they have to choose whether they should heat their home because they are worried about making ends meet. DHS administers safety-net programs to help some of the commonwealth's most vulnerable citizens get through times like these, and Pennsylvanians should know that LIHEAP is here for them if they need it."

"LIHEAP is an important tool for helping Pennsylvania families stay warm and safe during the winter," said PUC Chair Gladys Brown Dutrieuille. "This year, more than ever before, we encourage families to explore all the options available – including LIHEAP and PUC-required utility customer assistance programs. Working in combination, these essential programs help hundreds of thousands of households across the Commonwealth."

"If you are falling behind on your utility bills, it is important to reach out for help early, don't wait until you are in a crisis. You have options - PA 211 is one place you can turn. Simply dial 211, or text your zip code to 898-211 to speak with a resource navigator who will search for utility assistance that may be available in your area. 211 can also give you instructions about how to apply for LIHEAP," said Kristen Rotz, Presi-

dent of the United Way of Pennsylvania and Executive Director of Pennsylvania 211.

During the 2019-2020 LIHEAP season, 312,140 households statewide received \$88,692,268 million in LIHEAP cash benefits. These households received an average season benefit of \$284.

The minimum cash benefit that can be received is \$200 and the maximum is \$1000, and the crisis maximum – the benefit for people who meet the poverty limits and are in jeopardy of having their heating utility service terminated – is being raised to \$800, up from last year's \$600.

The income limit for the program is 150 percent of the Federal Poverty Limit. For a household of three, this would be \$32,580 gross income per year and for a household of four would be \$39,300 per year. Pennsylvanians do not need to know their own eligibility in order to apply for these programs. Those who applied and were denied previously but have experienced a change in circumstances can reapply.

Pennsylvanians can apply for LIHEAP and other public assistance programs online at www.compass.state.pa.us. Those who prefer to submit paper applications can print from the website or request an application by phone at 1-800-692-7462 and mail it to their local [County Assistance Office \(CAO\)](#) or place it in a CAO's secure drop box, if available. Dropping applications off at a CAO using the drop box can help avoid an application delay due to postal service delays. While CAOs remain closed to the public, work processing applications, determining eligibility, and issuing benefits continues.

For helpful tips on keeping warm throughout the winter while saving money on utility costs, visit www.energysavers.gov.

For more information on LIHEAP, visit www.dhs.pa.gov.

9 Ways to Stay Warm (and Safe) When It's Ridiculously Cold

1. Bundle Up (and Swap Out the Leggings)

It might seem obvious, but piling on a few extra layers is a great way to stay warm, especially if you have to be outside. Keeping your core warm is especially important when temperatures dip below freezing, so try wearing an extra shirt or two under your coat.

Worried about looking bulky? Many sporting goods companies make cold-weather gear that is slim enough to be worn even under work clothes.

For ladies who love wearing leggings, try swapping them out for long underwear. Several hiking-gear companies make long underwear that has the same look as leggings and will help keep you warm. A bonus: Most long underwear is meant to dry quickly, so leftover snow and slush won't leave your legs damp.

2. Indulge in Foods That Help You Keep Warm

You already know that eating healthfully in the winter is important to fend off colds and the flu, but did you know it might help keep you warm, too? Eating extra healthy fats during the winter can help rev up metabolism, [which in turn heats the body](#), according to Columbia Health.

If your New Year's resolution was to drop a few pounds, don't worry -- you can always skip the extra fat and try eating warmer foods and drinks. Try soups, spicy foods, hot coffee and teas to fend off the chill!

3. Keep Your Toes Toasty

[Hypothermia is most likely to begin in extremities like your hands and feet](#), so keeping your toes warm is important. Whether you're walking to work or just around the block, make sure to wear sturdy, insulated shoes that will help prevent slips on slick surfaces and keep your feet dry.

Looking for a pair? Try a good pair of hiking boots or, for the fashionista, [this article from Glamour](#) offers boots that are cozy and cute. Also, consider wearing an extra pair of socks ([here's a helpful article to help you choose the right pair](#)).

4. Sunglasses... Even in the Winter

If you're walking in the snow during the day, wear [sunglasses to protect your eyes](#) from the glare.

If you are walking at night, make sure to dress in colors other than white and to wear something reflective on your person to alert drivers to your presence.

Avoid walking too close to roadways, especially near icy areas where drivers may lose control of their vehicle.

5. Remember the "Three-Foot Rule"

Space heaters are a great way to add extra heat to colder rooms, but always remember to keep anything flammable [at least three feet away](#) from the heater at all times.

Flammable items include clothing, rugs, bedding and curtains. Also remember to place the heater on a hard, non-flammable, stable surface and to turn it off completely before leaving the house. Set a reminder on your phone if you're afraid you'll forget.

6. Watch Out for Furry Friends

You might be jealous of your dog or cat's fur coat when temperatures drop, but they need to be kept warm, too.

Catherine Blake, owner of Make My Day, Please dog walking services suggests dog walks should be limited to 10 minutes.

"You also have to be careful of ice in their paws because it can act like little daggers," Blake said.

Always remember to bring pets inside when temperatures begin to drop. If you have or know of animals that can't come inside (such as farm animals or neighborhood feral cats that you care for), provide enough bedding and insulated shelter for them to keep warm. If temperatures are below freezing, remember to check their water and replace it if it has frozen.

7. Keep Heat Constant

Setting your thermostat at the same temperature day and night will help prevent your pipes from freezing and bursting. While avoiding a high heating bill might

be tempting, you could be protecting yourself from costly repairs from frozen or burst pipes.

If you are going to be away from home for an extended period of time, don't lower heat below 55 degrees.

8. Protect Pipes

Keeping the heat on isn't the only thing you can do to protect pipes from freezing.

State Farm suggests letting your hot and cold faucets drip overnight and opening cabinet doors to allow heat to get to uninsulated pipes under sinks and on exterior walls.

Locate the water shut-off valve in your home in advance of a water emergency, so you know where to go if a pipe bursts, DC Water spokesperson Pamela Mooring advised.

9. Watch for Signs of Hypothermia

Prolonged exposure to cold temperatures can result in hypothermia, or abnormally low body temperature. A body temperature that's too low can affect the brain, which makes hypothermia particularly dangerous because the victim may not know it is happening.

Hypothermia is most likely at very cold temperatures, but it can occur even at merely cool temperatures (above 40°F) if a person becomes chilled from rain, sweat or submersion in cold water.

[Check the CDC's guide for recognizing hypothermia](#) to prepare yourself to help someone suffering from the condition.



HUMAN SERVICES: PUBLIC-ASSISTANCE ENROLLMENT INCREASING, MEDICAID EXPANSION HELPING PENNSYLVANIANS

Harrisburg, PA - Today, Department of Human Services (DHS) Secretary Teresa Miller reminded Pennsylvanians that safety-net programs like the Supplemental Nutrition Assistance Program (SNAP) and Medicaid are available to individuals and families who are struggling to afford food or access health care.

"So many people are coping with the stress and anxiety of these challenging times by simply putting one foot in front of the other, one day at a time. I want to remind Pennsylvanians that they are not alone. There is help available, and it always OK to reach out for help when you need it," Sec. Miller said. "I encourage Pennsylvanians who are struggling to apply for these programs online at www.compass.state.pa.us. You do not need to know your own eligibility in order to apply. We'll take care of that part."

Enrollment statewide for Medicaid has increased by 244,603 people since February, for a total enrollment of 3,076,166 in September – an 8.6 percent increase. Secretary Miller also reported that because Governor Wolf expanded Medicaid eligibility in 2015 through the Affordable Care Act approximately 160,000 Pennsylvanians are getting through this pandemic with their access to health care intact.

Around this time last year, about 680,000 Pennsylvanians had health care coverage because of Medicaid expansion. That number is now up to more than 840,000 as of the end of September. If the Affordable Care Act is repealed or struck down, Medicaid expansion would be among the expanded health care options and critical consumer protections that would no longer exist.

"Medicaid expansion has provided a lifeline when people need it most. If you aren't healthy and taking care of medical needs, you can't think about getting a job or moving forward. And yet, the Affordable Care Act is under attack," Sec. Miller said. "If we lose the Affordable Care Act, the nearly 1.3 million people in Pennsylvania who have health insurance because of the ACA could lose that coverage. But the ripple effect will not stop there. Consumer protections like coverage on a parent's policy up to age 26, no lifetime limits, essential health benefits, and coverage regardless of pre-existing conditions will end – leaving millions of people vulnerable."

DHS has found that more than half of Pennsylvania's Medicaid expansion population is working a job that does not offer health benefits. In fact, a [new report](#) reveals that workers with incomes of less than \$30,000 a year are offered employer-sponsored insurance (ESI) less than 30 percent of the time.

When people leave Medicaid coverage, many are doing so because their income is increasing. Research suggests that Medicaid expansion has had a positive effect on keeping workers employed and helping the unemployed get a new job.

Enrollment for SNAP statewide has increased by 129,155 people since February, for a total enrollment of about 1,866,614 in September -- a 7.4 percent increase.

SNAP helps nearly 1.9 million Pennsylvanians expand purchasing power by providing money each month to spend on groceries, helping households have resources to purchase enough food to avoid going hungry. Inadequate food and chronic nutrient deficiencies have profound effects on a person's life and health, including increased risks for chronic diseases, higher chances of hospitalization, poorer overall health, and increased health care costs. As the nation faces the COVID-19 pandemic, access to essential needs like food is more important than ever to help keep vulnerable populations healthy and mitigate co-occurring health risks.

Applications for SNAP and other public assistance programs can be submitted online at www.compass.state.pa.us. Those who prefer to submit paper documentation can print from the website or request an application by phone at 1-800-692-7462 and mail it to their [local County Assistance Office \(CAO\)](#) or place it in a CAO's secure drop box, if available. While CAOs remain closed, work processing applications, determining eligibility, and issuing benefits continues. Clients should use COMPASS or the MyCOMPASS PA mobile app to submit necessary updates to their case files while CAOs are closed.

For more information about food assistance resources for people around Pennsylvania impacted by COVID-19 and the accompanying economic insecurity, visit the Department of Agriculture's [food security guide](#).

For more information visit www.dhs.pa.gov.

Recipe Corner

MINI PIZZAS

Topped with mozzarella and Parmesan cheese, these little pizzas are elegant enough for a party, yet simple enough for snacks just about anytime. To use the leftover bread for bread crumbs, let it dry overnight, then whirl the pieces in a food processor for 30 seconds. Store in an airtight container.

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|---|--|
| 6 slices whole-wheat or white bread | ¼ teaspoon each salt and black pepper, or to taste |
| 1 tablespoon olive oil | 1 cup shredded part-skim mozzarella cheese (4 ounces) |
| 1 clove garlic, crushed | 1 tablespoon grated Parmesan cheese |
| 2 medium-size plum tomatoes, cut crosswise into 12 slices | Sprigs fresh thyme, oregano, or parsley (optional garnish) |
| 2 tablespoons minced fresh basil or 2 teaspoons dried basil, crumbled | |
| ½ teaspoon dried oregano, crumbled | |

1 Preheat the oven to 425° F. Using a 2-inch biscuit cutter or small glass, cut 2 rounds from each slice of bread. With a rolling pin, gently flatten the rounds. In a small bowl, combine the oil and garlic. Using a pastry brush, coat each bread round with a little of the mixture. Arrange the rounds on a baking sheet and bake for 5 minutes or until slightly crisp.

2 On each round of bread, layer a slice of tomato, a sprinkling of basil, oregano, salt and pepper, a heaping tablespoon of mozzarella cheese, and ¼ teaspoon Parmesan cheese. Bake the mini pizzas for 7 to 10 minutes or until the mozzarella cheese is melted. Transfer the pizzas to a serving dish and garnish with sprigs of fresh herbs if desired. Makes 12 pizzas. By Rose S.

Gov. Wolf Calls for Patience as Pennsylvania Makes Sure Every Vote Counts

Governor Tom Wolf released a [video message](#) urging Pennsylvanians to remain calm and stay united on election night and the days ahead. This has been a historic election amid a pandemic and with millions of ballots cast by mail and in person. While counting those ballots will take more time than in past years, Pennsylvania will have a fair election and every eligible vote must be counted.

"Across the state, dedicated county workers are ready to tirelessly make sure everyone's vote counts," said Gov. Wolf. "But counting that tremendous number of ballots will take more time than we are used to. We may not know the results today, but I encourage all of us to take a deep breath and be patient. What is most important is that we have accurate results, even if that takes a little longer."



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Union Station is Bringing in the Holidays

Since Union Station's reopened its doors in June from the pandemic lockdown, we have done everything we can to keep our Clubhouse safe and as close to operating procedures before COVID-19.

In line with this, members and staff have been planning and coordinating to keep our holiday celebrations on track. So, I am happy to announce for the Thanksgiving and Christmas holidays, we will be maintaining our celebration luncheons as well as remaining open in observance of the actual holidays. However, with the current social distancing requirements, we do have some restrictions:

- All events will be "sign-up only" and limited to a maximum of 20

members

- Events are closed to outside visitors
- Seating will continue to be coordinated in a manner that utilizes social distancing. Therefore, it will be limited and spread out. Members will NOT be able to sit next to each other
- Use of PPEs (masks) will be enforced

These restrictions are unfortunate, but necessary to ensure our safety and the continued operation of our Clubhouse facility.

~ 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

More Helplines are at:

<http://www.unionstationclubhouse.com/hotlines.html>

Online Support Groups Offered During the COVID-19 Pandemic

- ⇒ Several NAMI Affiliates in Pennsylvania offer Virtual Support Groups, mostly through ZOOM More Info through NAMI Keystone PA
- ⇒ Pennsylvania Mental Health Consumers Association Peer Run Virtual Drop In's and Support Groups
- ⇒ 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/>



<http://goodwillswpa.org>