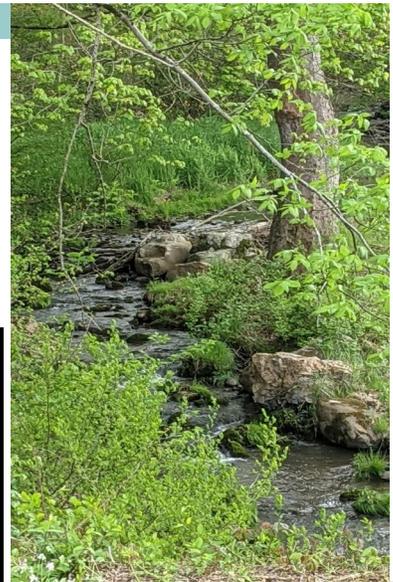


Union Station News

Members Share What They Did over the Independence Day Holiday



A Long Weekend at Big Bear

By Charles J.

On June 30th I traveled to Big Bear Campgrounds in the mountains of West Virginia to celebrate the Fourth of July holiday. We enjoyed the fireworks, ice cream at the parlor, and performing routine duties at the campground. These duties included, raking leaves, building a campfire, preparing meals, organizing the TV situation, and rolling beddings. One highlight of the campground was attending a dance at the recreation hall.

I would like to write about some of the foods we ate that included corn, steak, linguini salad, potato salad, fruit, and snacks. During the meals we shared the foods with family and friends.

All in all, I enjoyed spending time and doing activities with friends and family during the Fourth of July holiday.

Over the fourth of July holiday weekend I first traveled to my uncle’s house in Connellsville and I set off fireworks during the night hours with friends and family, including my uncle, grandma and my brothers. After the fireworks , my family attended a festival in downtown Connellsville. We all had a nice time enjoying each other and the fireworks.

Next, I attended the Union Station Clubhouse July 5th social celebration in observance of the holiday. During the social day’s activities, I helped organize games and played recreational games that included throwing a football, using the ladderballs, and throwing a Frisbee with members and staff. For the social day meal I enjoyed a hamburger, a hot dog, potato salad, and pie. It was a fun day with all.

Overall, during both fourth of July activities I enjoyed myself with activities that included family and friends, watching fireworks, playing recreational games and eating festive foods.

~Ra-Mel H.

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Daily Meetings on Zoom

- AM Unit Meeting: 8:30 AM
- PM Unit Meeting: 12:30 AM
- House Meeting: Mon @ 2 PM
- Other meetings as announced in the Daily Announcements in the Morning Meeting.

Fourth of July Weekend

By Henry B.

On Saturday July 3rd I took my daughter to see fireworks at Patsy Hillman Park, in Brownsville. We had a good time watching the fireworks. On Sunday July 4th, my daughter went home and I rested.

On Monday July 5th, I came to the Union Station Clubhouse to celebrate the 4th of July on the clubhouse social day. I had a good time passing football, playing ladderball, passing Frisbee, and watching the three stooges on YouTube.

Overall, the 4th of July holiday was good because I spent good time with my daughter and the clubhouse family.

Standard of the Issue:

21. The Clubhouse enables its members to return to paid work through Transitional Employment, Supported Employment and Independent Employment; therefore, the Clubhouse does not provide employment to members through in-house businesses, segregated Clubhouse enterprises or sheltered workshops.

Current COVID-19 Information & Resources

⇒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/>

⇒Clubhouse Calendars:

⇒[Public Events](#)

⇒[Stakeholder/Webinar](#)

⇒[Food Distributions](#)

Community Support Program Updates

- Western Region CSP will be meeting virtually until further notice with meeting being held August 13, 2021 at 10:00 AM; Details to be released soon.

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, July 19, 2021.

⇒[Meeting Link](#)

- Meeting ID: 822 9676 9099
- Passcode: sUXdG1

My Second 5K Walk was a wake-up call to be more positive

I spent Independence Day participating in another 5K Walk. This time it was in Greensburg at Lynch Field. As the course was unknown, I experienced a heightened amount of anxiety days before that made being around me unpleasant, especially to the ones that love and support me.

I get anxious about everything that is new or different to me. What I see as a challenge is often amplified to the point I am in a severe state of fear where I am severely crippled by the rumination of thoughts constantly brewing in my head thinking of whatever obstacle I have to face is going to be this really bad thing,

When I do things that are new to me, it causes a great deal of anxiety that produces a lot of transmitters that produce an excessive amount of adrenaline and cortisol and make me very worked up. Sometimes if I don't express my feelings in a proper manner, I will act out improperly, which, in the eyes of my peers and others, can seem very childish as if I am a spoiled little brat.

I now realize that at 36 years old that it is time to grow up and fight these anxieties and that they can be mostly helped by utilizing the techniques that I have learned in therapy over several years and putting them to use. This includes proper coping mechanisms and devices such as grounding techniques and using appropriate devices such as headphones, when appropriate.

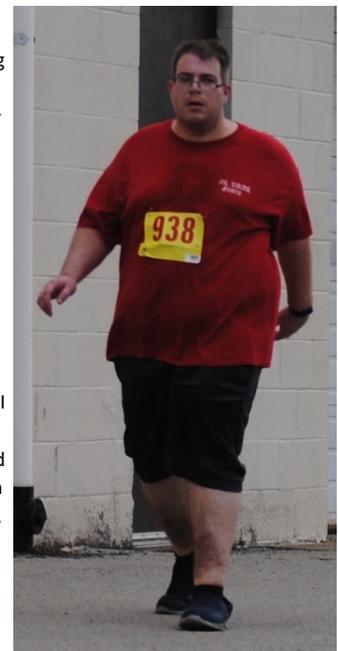
After acting out, which in reality was because I wasn't mindful of my overall health, was pointless because the next day the outcome of participating in the race was very beneficial to me because it proved in short order that I can do anything I can set my

mind to.

What was known was that course would be tougher in the beginning and once I climbed the top of that one and only big hill, a gentleman told me that the rest of the course would be level or downhill from there. It gave me the drive, inertia, and stamina needed to overcome my obstacles on the trail and make it my best time thus far this year. I finished in about 58 and a half minutes, beating my time of the other 5K I walked this year by three minutes. It was a proud honor to bestow and I was second in my age group too, which also cheered me up.

By seeing this outcome, it made me realize that I

don't need to bank so much time in dwelling on what could happen, rather I need to live life to the fullest and take on the challenges that I am presented with and perform them to the best of my ability because I am certain that I can do exceed the expectation set forth to me. ~Dustin M,



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: <https://www.unionstationclubhouse.com/local-food-pantries>

• 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 pm. every Monday. It is takeout only.

• 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.

• FOOD DISTRIBUTION: Fresh Fire Church located at 171 Connellsville Street In Uniontown will hold a food distribution THURSDAY July 22nd. from 10am-12pm or until we are out of food. 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. For more information call 724.580.7027 or visit www.freshfirechurch.net

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—Frank Hoover Street, Uniontown PA*
- ◆ Smithfield United Methodist Church—20 Church Street, Smithfield
- ◆ Tyrone Presbyterian Church—402 Jimtown Road, Dawson (Pavilion)
- ◆ Dawson Volunteer Fire Co. —211 Galley Street, Dawson

* 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/>

For Local Information on Little Free Libraries and Little Free Pantries, visit: <https://fayettelittle-free.wordpress.com/> & Their Facebook [Page](#) and [Group](#)

Fayette County State Historical Marker of the Issue



Coke Ovens

This marker is located on Pittsburgh Road (Route 51) near Star Junction and was installed by the Pennsylvania Historic and Museum Commission on Friday, November 22, 1946. The Marker Text Reads: “ The bee-hive ovens nearby are typical of the region. Coke was first made from coal near Connellsville in this type oven about 1840. Since 1870 use of coke has been vital to steel making. “

Beacon Member and Family Training 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, July 27, 2021 @ 2:00 PM; "Mental Health Crisis Management (Part 2): Triaging Risk & De-Escalation Skills"
[Registration Link](#)
- Tuesday, August 10, 2021 @ 1:00 PM: "What the heck is Spirituality and what does it have to do with Mental Health?"
[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.

Department Of Human Services To Reopen County Assistance Offices To The Public, Encourages Continued Use Of Online Services

Harrisburg, PA - The Department of Human Services today announced that all County Assistance Offices (CAO) will resume in-person operations for clients on July 12, 2021. [On-site CAO](#) services will provide clients with access to DHS' caseworkers and services if they cannot access online services or need assistance that cannot be accessed through the COMPASS website, the myCOMPASS PA mobile app, or by calling the Customer Service Center.

"No one should be forgoing services that help them live well and meet essential needs, so whether you visit a CAO in-person or access services via our website and mobile app, DHS is here to help you. I want to thank everyone for their patience while our CAOs were closed to in-person services throughout the COVID-19 pandemic," said Acting DHS Secretary Meg Snead. "Because our clients were able to access services online, we had the opportunity to keep the public and our staff safe from COVID-19 while still providing access to health care, food, and other essential needs to those who needed them. However, our CAOs are still a vital local resource for Pennsylvanians who need assistance, so we are pleased to be able to resume in-person services on July 12."

The CAOs will be following guidelines from the Centers for Disease Control and Prevention and Pennsylvania Department of Health to ensure the health and safety of clients and staff. While CAOs will not require masks to be worn inside at all times, visitors who are not vaccinated or who prefer to wear masks are encouraged to do so.

DHS' online applications and resources will remain accessible at www.compass.pa.state.us and the myCOMPASS PA mobile app, and clients are still encouraged to use online and mobile services whenever possible. Clients can apply for benefits, make updates to their case, and submit paperwork virtually. The following key services can be accessed online without going into a CAO:

- ◆ Apply for Medical Assistance, the

Children's Health Insurance Program, cash assistance, Supplementary Nutrition Assistance Program (SNAP);

- ◆ Find out how to apply for Emergency Rental Assistance Program (ERAP) benefits;
- ◆ Submit benefit renewal information;
- ◆ Review benefits and case record information;
- ◆ Report a change in case information; and,
- ◆ Upload verification documents.

The best way for residents to learn more information about ERAP and to apply for the program is through www.compass.pa.state.us. Two-thirds of Pennsylvania counties have partnered with DHS to make their ERAP applications available to their residents online. If a person tries to apply through the COMPASS website but indicates that they reside in one of the 22 counties with its own application, they will be provided with information about how to apply, including a link to the county application if available. ERAP applications are not accepted or processed in-person at CAOs, so Pennsylvanians should continue to use COMPASS to apply for rental and utility assistance through ERAP.

Assistance can also be reached over the phone by contacting the Customer Service Centers where caseworkers are available to speak directly with callers to answer questions. Clients in Philadelphia with questions, information to report about their case, or who need a paper application mailed to them should call the Philadelphia Customer Service Center at 215-560-7226. Clients in all other counties can call the Statewide Customer Service Center at 1-877-395-8930.

For more information about assistance programs administered through DHS, visit www.dhs.pa.gov or www.compass.state.pa.us

Wolf Administration Secures Agreement To Continue Issuing Emergency Food Assistance

07/07/2021

Harrisburg, PA - Today, Department of Human Services (DHS) Acting Secretary Meg Snead announced the Wolf Administration has reached an agreement with the Biden Administration that allows DHS to continue issuing about \$150 million monthly in emergency food assistance through the Supplemental Nutrition Assistance Program (SNAP) to more than 1.8 million low-income Pennsylvanians, including many families with children, the elderly and individuals with disabilities.

“As the nation continues to face the COVID-19 pandemic and recover from its economic impacts, access to essential needs like food is more important than ever to help keep vulnerable populations healthy and mitigate co-occurring health risks,” Acting Secretary Snead said. “SNAP helps Pennsylvanians purchase fresh food and groceries, allowing families with limited or strained resources to keep food on the table while meeting other bills and obligations. This emergency assistance has been life-sustaining for many Pennsylvania families, and I want to thank the Biden Administration for working with us to ensure this assistance continues to help people in need.”

The Families First Coronavirus Response Act (FFCRA) permitted states to extend emergency SNAP allotments to current SNAP recipients due to the ongoing

COVID-19 and economic crises. Since March 2020, Pennsylvanians have received between \$100 million and \$150 million each month -- nearly \$2 billion total -- in federally funded assistance beyond normal SNAP distributions. This agreement to continue emergency assistance was necessitated by the General Assembly’s recent action to terminate the governor’s disaster declaration.

SNAP’s critical role in helping low-income individuals and families goes beyond dollars to support Pennsylvanians in need. SNAP also supports businesses in the communities where recipients live and shop. According to [research by the USDA](#), during an economic downturn, a \$1 billion increase in SNAP benefits could increase Gross Domestic Product (GDP) by as much as \$1.54 billion – stabilizing a critical segment of the economy and supporting approximately 13,560 jobs, including farmers and other agriculture workers.

This study found that SNAP redemptions could have a greater economic stimulus impact than other forms of government spending per dollar spent, especially during a recession, because they are paid directly to low-income individuals and then spent through grocery stores, markets, and other small businesses across the commonwealth.

For more information about food assistance resources for people around Penn-

Americans with Disabilities Act Celebrates 31 Years

The ADA ensures that those with disabilities are granted the same rights to live and work, to purchase goods and services and to participate in state and local government programs and services as everyone else. While it doesn’t list specific disabilities, the ADA does define disability as “any physical or mental impairment” that “limits one or more major life activities.” Those with a history of disability and individuals who are perceived by others to have an impairment are also protected under the ADA. Under the ADA, employers are prohibited from hiring and firing based on disability. The law holds employers accountable for providing reasonable accommodations to the workplace, such as a modified work area, so that employees with a disability can work to their fullest potential. The ADA also increases mobility for individuals with disabilities. Prior to its passage, most buses and public spaces did

not have lifts or ramps, elevators were not always accessible and some doors were too heavy or narrow for wheelchairs to pass through.

Now, public transportation is required to provide disability-friendly options for boarding and seating, and public buildings must meet legal entrance requirements. Public spaces are equipped with ramps and door hardware (think “open” buttons) to ensure those with disabilities can move around easily. Thanks to the ADA, sign language interpreters may assist in interviews, Braille signs are commonplace and service animals are welcome in office buildings. For more on the Americans with Disabilities Act and the doors it’s opened, visit <https://adata.org/>

VIRTUAL SPEAKER SERIES:

The next Virtual Speaker Series event will be held on Wednesday, July 28th at 2:00PM. The topic will be: “Positive Self Image.” Please check our website for more details as well as the link to register:

Please find the flyer about the event on page seven of this newsletter. Registration can be completed at <https://rb.gy/plo1yl> www.unionstationclubhouse.com

Additionally, on our speaker series webpage of our website, we have posted video recordings of all events from April and ongoing that can be viewed on demand anytime.

Beacon Health Options to Have Award Ceremonies Virtually in 2021

With the ongoing COVID-19 Pandemic, our Behavioral Health-Managed Care Organization (BH-MCO) Beacon Health Options will be having their annual award ceremonies in two separate virtual ceremonies this year on Tuesday, September 21, 2021. The ceremony for Families will be held in the morning and the Adult Leadership in Recovery Awards will be held in the afternoon. Nominations for awardees Beacon’s 12-county Pennsylvania service system are still be accepted until August 6th. More information is available at www.pa.beaconhealthoptions.com

Basics of COVID-19

About COVID-19

COVID-19 is a dangerous disease caused by a virus discovered in December 2019 in Wuhan, China. It is very contagious and has quickly spread around the world.

COVID-19 most often causes respiratory [symptoms](#) that can feel much like a cold, a flu, or pneumonia, but COVID-19 can also harm other parts of the body.

- Most people who catch COVID-19 have mild symptoms, but some people become severely ill.
- Older adults and people who have [certain underlying medical conditions](#) are at increased risk of severe illness from COVID-19.
- Hundreds of thousands of people have died from COVID-19 in the United States.

Vaccines against COVID-19 are safe and effective.

Other coronaviruses

Coronaviruses are a large family of viruses that can infect people and many animals, including camels, cattle, cats, and bats. There are [many types of coronaviruses](#), including some that give people a common head or chest cold. Other coronavirus diseases like severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS) are extremely dangerous but are much less widespread than colds and COVID-19. ~David D.

Chicken Cheesesteaks

Ingredients

- 1 tbsp. extra-virgin olive oil
- 1 large onion, chopped
- 3 bell peppers (red and green), chopped
- Kosher salt Freshly ground black pepper
- 1 lb. boneless skinless chicken breasts, thinly sliced
- 1 tbsp. Italian seasoning
- 6 slices provolone cheese
- 4 hoagie rolls

Directions

1. In a large skillet over medium heat, heat oil.

Add onion and peppers and season with salt and pepper. Cook, stirring occasionally, until very soft, 8 to 10 minutes.

2. Add chicken and Italian seasoning and stir to combine. Cook, stirring occasionally, until chicken is golden and no longer pink inside, about 10 minutes.
3. Cover chicken and peppers with provolone cheese and cover to let melt, 1 minute.
4. Serve on hoagie rolls.

~Jesse B,



Cheese & Potato Layer Bake

Ingredients

- ◆ 2 lb. Unpeeled waxy potatoes, cut into wedges
- ◆ 2 tbsp. butter
- ◆ 1 red onion, halved and sliced
- ◆ 2 garlic cloves, crushed
- ◆ 2 1/2 tbsp. all purpose flour
- ◆ 2 1/2 cups milk
- ◆ 14 oz. canned artichoke hearts in brine, drained and halved.
- ◆ 14 oz. frozen mixed vegetables, thawed
- ◆ 1-1/4 cups grated swiss cheese
- ◆ 1-1/4 cups grated sharp cheese
- ◆ 1/2 cup crumbled Gorgonzola
- ◆ 1/4 Cup freshly grated Parmesan Cheese
- ◆ 8 oz bean curd, sliced
- ◆ 2 tbsp. chopped fresh thyme
- ◆ Salt and Pepper
- ◆ Sprigs of fresh thyme, to garnish

1. Cook potato wedges in a pan of boiling water for 10 minutes. Drain thoroughly.
2. Meanwhile, melt the butter in a pan. Add the sliced onion and garlic and cook over low heat, stirring frequently for 2-3 minutes.
3. Stir the flour into the pan and cook, stirring constantly for one minute. Gradually add the milk and bring to a boil, still stirring constantly.
4. Lower the heat and add the artichoke hearts, mixed vegetables, half of each of the 4 cheeses, and the bean curd to the pan, and mix well. Stir in the chopped thyme and season with salt and pepper to taste.
5. Arrange a layer of parboiled potato wedges in the bottom of a shallow, ovenproof dish. Spoon the vegetable mixture over the top and cover with the remaining potato wedges. Sprinkle the rest of the 4 cheeses over the top.
6. Cook in a preheated oven at 400 degrees for 30 minutes or until the potatoes are cooked and the top is golden brown. Serve the bake garnished with fresh thyme sprigs.

~Erica P.



Directions

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
- ⇒ 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>



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A program of Goodwill Southwestern Pennsylvania

www.goodwillswpa.org

Goodwill
Southwestern Pennsylvania 

Union Station Clubhouse Speaker Series

You're Invited!

**FREE Information Session:
Positive Body Image**

**Wednesday, July 28, 2021
2:00 - 3:00 p.m.**



Join Union Station Clubhouse for an interactive presentation that will cover tips on how to practice self love and acceptance.

Presenting will be Alexa Mapstone, the founder of Piece with Peace. Piece with Peace is an empowerment group that promotes self love & acceptance. The mission of Piece with Peace is for everyone to have peace with every piece of who they are.

Alexa's passion for empowering others started in college and has since dedicated her career to advocacy and empowerment. Alexa's educational background includes a bachelors degree in communications, public relations from California University of PA and a masters degree in corporate and organizational communications from West Virginia University.

Where:

This digital event will be held over Zoom. Register here: <https://rb.gy/plo1y1>. You will receive a link to the zoom session in your email on the day of the event.

When:

Wednesday, July 28, 2021, 2:00 - 3:00 p.m.

Register online at <https://rb.gy/plo1y1>



Union
Station
Clubhouse



Fayette Walks Continue this Summer with walks in Uniontown, Brownsville, South Union

After a year hiatus due to COVID-19, the former Wednesday Walks has been revamped to Fayette Walks under the Get Moving Fayette initiative under the Healthy Lifestyles Task Force alongside the Fayette Chamber of Commerce. Thus far, walks have been held this year along the Great Allegheny Passage / Yough River Trail (from Connellsville to the West Yough overlook) and at Mount Saint Macrina in Uniontown. They both had great turnouts. The next walk "Look Up Uniontown" will be held on July 14, 2021 which consists of tour of the main street of Uniontown. Three weeks later on August 4th, Brownsville will host "Stepping into the past to see the future and to close the season on August 25th the Sheepskin Trail will be featured in South Union Township beginning at Hutchinson Recreation Area. All walks are free and start around 6:30 PM. There

is a nightly 50/50 and a door prize registration. Walkers may arrive at 6:00 PM the night of the walks. For more information on the Fayette Walks series, visit: <https://www.facebook.com/GetMovingFayette>

