Union Station Clubhouse

May 28, 2021
Volume 1, Issue 2

Union Station News

Members Share: Mental Health Recovery Stories

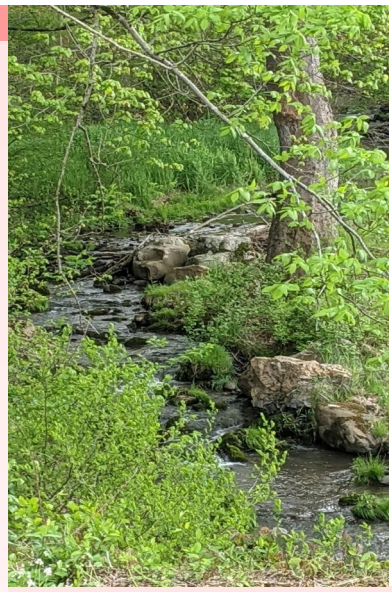
A Member's Recovery Story

By David D

I have endured many challenges, but my parents gave me supports. My work at the Union Station Clubhouse provides good contributions to social actions of life. I like to contribute the four L's: living , learning, loving, and laughing. I like attending the Clubhouse to help with my recovery. We recently had a garage sale fundraiser, which supported cultural and spiritual awareness. I like to acknowledge the feedback that was positive from the sale.

My days at the Clubhouse are meaningful , not only with staff ,but with teamwork from all. I work with members and staff to find attainable goals by using examples of trust and employ them.

All in all, I like to attend the Clubhouse. All members are made to be welcomed and feel a part of the program. I like to take it one thing at a time.



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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.

Standard of the Issue:
27. Community support services are provided by members and staff of the Clubhouse. Community support activities are centered in the work unit structure of the Clubhouse. They include helping with entitlements, housing and advocacy, promoting healthy lifestyles, as well as assistance in accessing quality medical, psychological, pharmacological and substance abuse services in the community.

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 the May meeting being held May 14, 2021 The Next one will be on June 11, 2021 and will be the annual conference featuring Behavioral Health 101 Presented by Beacon Health Options.

Meeting Link

- 888 788 0099 US Toll-free
- 877 853 5247 US Toll-free
- Meeting ID: 934 6249 8705
- Passcode: 948800

Our CSP, Partners for Recovery will be also meeting via Zoom until Further notice with the next meeting being held at 10:30 AM on Monday, June 28, 2021.

⇒Meeting Link

- Meeting ID: 836 6421 5963
- Passcode: 747703

Annual Yard Sale Another Great Success!

On May 22, 2021, we had our annual yard sale. The day started out slow, but then we got very busy. We ate lunch and the yard sale was over around 3:00. It was a long day and everyone was really tired because we were on our feet all day.

By: Krysta C.

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.

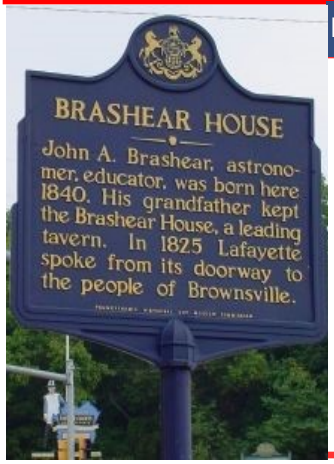
•Christian Church of Connellsville holds free community lunches from11:30 a.m. to 1 pm. every Monday. It is takeout only.

•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 June 10th 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

•Indian Head Church of God community luncheon ministry free soup distribution will be 11 a.m. to 1 p.m. June 9. Soup will be distributed by drive- through in the church parking lot at 691 Indian Creek Valley Road, Indian Head.

Fayette County State Historical Marker of the Issue



Brashear House

This marker is located on US 40 the Northside of Brownsville (517-521 Market Street) and was installed by the Pennsylvania Historic and Museum Commission on Friday, November 22, 1946 . The Marker Text Reads: " John A. Brashear, astronomer, educator, was born here 1840. His grandfather kept the Brashear House, a leading tavern. In 1825 Lafayette spoke from its doorway to the people of Brownsville. "

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—Frankhoover Street, Uniontown PA*
- ♦Smithfield United Methodist Church—20 Church Street, Smithfield
- ♦Tyrone Presbyterian Church—402 Jimtown Road, Dawson (Pavilion)

* 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

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, June 1, 2021 @ 2:00 PM: - Mental Health Crisis Management (Part 1): Recognizing Warning Signs & Offering Support" Registration Link
- Friday, June 4, 2021 @ 1:00 PM; Uncomfortable Conversations about Stigma, Race, and Bias - Let's Talk Reverse Racism Registration Link
- Tuesday, June 15, 2021 @ 1:00 PM— Pregnancy and Medications Registration Link
- Tuesday, June 29, 2021 @ 1:00 PM— "The Impact of Bullying Throughout the Lifespan: Facts, Figures and Coping Strategies" Registration Link
- 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.

Dustin's Wellness Update

The past few weeks have been challenging in some ways because of the oppressive weather we have been facing as a result of the weather pattern. However, much to the credit of my mother, we attempted to hit the walking trail as many days as the weather permitted.

We have been struggling to go three miles, but we attempt to go at least two if we can. There have been instances where I haven't had the opportunity due to the severe humidity. It makes me thankful for the water hydrant at the trail head and the efforts of the local trail council. As such, my mother and I have sent our membership fees in as part of a campaign they had in the local newspaper last week to raise funds.

On the dining front, it too is a challenge as oftentimes if I walk in the afternoon, I want to literally charge for the drive thru and order a massive meal and of course that soft drink to pleasure my taste buds.

Because of the oppressive weather, we have begun to walk closer to sunset and this has combatted my need to have fast food after walking by eating a nutritious meal beforehand and letting it digest properly before I head out to walk.

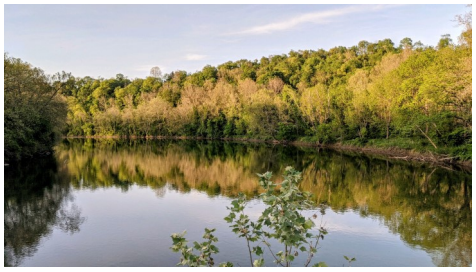
As far as other food choices, it can be difficult to make wise choices and pick wise foods that I know have nutritional value for me. While I have learned that I haven't overeaten at each meal, I have learned that I can have anything that I want to and still lose weight. It is not what you eat but how much of it you have.

Yes, there are bad foods, and without a doubt I limit them as much as I can. However, I struggle at times with wanting them when finding something to eat that requires additional preparation. I know I have to combat this by working on being more studious towards meal planning and knowing that I can do it.

We at the Clubhouse are now in Week 4 of the Summer Weight Loss Challenge. I have lost 13.2 pounds in four weeks. At my weekly weight loss support group, I have lost 21 pounds in 8 weeks and have been awarded many awards for my efforts including eight week no gain, ten pounds lost, and Mr. Inspiration for April as a result of my efforts.

I know that I have to keep plugging along, because I haven't lost this much weight as consistently as I have in my entire adult life . I know it helps me combat the stresses in my life and is a tool in my mental health recovery toolbox that helps me transgress my feelings and work towards being happier overall.

~Dustin M.



From one of my recent evening walks from the West Yough Bridge Scenic Overlook, about one mile north of Connellsville

Other Webinars of Interest

- The Medical Assistance Transportation Program (MATP) - Registration Link
  Tuesday, Jun 8, 2021 10:00 AM
  Welcome to the Pennsylvania Enrollment Services Webinar Series. The June 8, 2021 webinar will be on The Medical Assistance Transportation Program (MATP). This presentation will be a general overview of:
  • What is MATP?
  • Who are the Providers of Transportation?
  • Available Modes of Transportation
  • How to Access Services
  • And What Services are Covered
  Please join us to learn about MATP, the eligibility criteria, and how to apply.

FAYETTE BEHAVIORAL HEALTH DIRECTOR AWARDED FOR EFFORTS

Harrisburg, PA - The Department of Human Services (DHS) Chief Innovation Officer Dr. Doug Jacobs today discussed the effects of food insecurity on health and well-being and the need to continue additional food assistance resources helping protect food security through the public health crisis.

Since March 2020, Pennsylvanians have received more than $100 million each month and more than $1 billion total in federally-funded SNAP funds to help low-income individuals and families because of an authority granted to states with an active disaster declaration.

Inadequate food and chronic nutrient deficiencies can 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. Unemployment and loss of income can strain food security as households try to continue to meet essential needs, and increased unemployment rates can particularly jeopardize food security for lower income households. As the nation continues to face 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.

While circumstances around the country are improving, many are still experiencing economic insecurity and struggling to meet essential needs like having enough to eat. The Center for Budget and Policy Priorities recently found in a survey conducted in April 2021 that 17 million adults nationwide said their household did not have enough to eat in the previous week – more than double than in the entire 2019 calendar year. Three in four respondents indicated that they could not afford to purchase more food for themselves and their families. Households with children were more likely to report that they did not have enough to eat.

Pennsylvania has leveraged an authority granted through the Families First Coronavirus Response Act to request additional funds through the Supplemental Nutrition Assistance Program (SNAP), a federally-funded food assistance program that helps more than 1.8 million Pennsylvanians by providing money each month to spend on groceries, helping households to purchase enough food to avoid going hungry. For every meal provided by a Feeding Pennsylvania food bank, SNAP provides nine. SNAP funds can only be spent on certain food products like fresh produce and meat, dairy products, and other groceries. While SNAP is intended to be a supplemental program, during a pandemic and historic unemployment, resources are strained, particularly for the lowest-income Pennsylvanians.

Since March 2020, Pennsylvanians have received about $100 million each month and more than $1 billion total in federally funded SNAP funds to help certain low-income individuals and families – about 60 percent of Pennsylvania's SNAP population. Following a settlement between the United States Department of Agriculture and Community Legal Services, all SNAP households will now begin to receive a regular monthly emergency allotment so long as Pennsylvania's disaster declaration, which is required to authorize emergency allotments, remains in place. The Biden Administration recently issued guidance indicating that all states will now be able to receive an additional minimum supplement of $95 each month. This new interpretation means that approximately $150 million per month in federally-funded food assistance will be available to support individuals and families in Pennsylvania as well as the grocers, small businesses, and food producers and retailers that accept SNAP, directly benefitting our local economies.

This additional assistance each month is helping individuals and families weather the crisis. Feeding America projects that 12 percent of adults and 17 percent of children in Pennsylvania will be food insecure in 2021. Feeding America notes that 2021 projections and overall food insecurity experienced in 2020 was lower than initially projected because of work by federal, state, and local governments as well as work by the charitable food network that has served than an average of 551,700 people around the commonwealth each week.

For more information about food assistance resources for people around Pennsylvania impacted by COVID-19 and the continued economic insecurity, visit agriculture.pa.gov/foodsecurity.

NEWSPAPER Once Stood For:
North
East
West
South
Past
And
Present
Events
Reports
Back in the day, the newspaper meant all the world to a person. It was what somebody looked forward to on their doorstep. Sadly a lot of local papers have resorted to mail delivery, resulting in having newspapers arrive later in the day. With technological advancements, some of the content has diminished over the years, I still look forward to the newspaper every day as it arrives in my mailbox. I like to read it everyday as a way to distress and learn what is going on in my little town.
~Dustin M.

VIRTUAL SPEAKER SERIES:

The next Virtual Speaker Series event will be held on Wednesday, June 30th at 2:00PM-3:00PM. The topic will be: "Disclosing a Disability." Please check our website for more details as well as the link to register:

www.unionstationclubhouse.com

Recipe Corner:

Asian Beef and Vegetable Stir-Fry

Ingredients

Ingredient Checklist

- 1 pound beef top sirloin steak boneless, cut 1 inch thick
- 4 cups assorted fresh vegetables, such as sugar snap peas, broccoli florets, bell pepper and carrot strips
- 1 clove garlic, minced
- ½ cup prepared stir-fry sauce
- ⅛ teaspoon crushed red pepper, or to taste
- 2 cups hot cooked rice
- 2 tablespoons unsalted dry-roasted peanuts (Optional)

By: Tara N.

Directions

Instructions Checklist

Step 1 Cut beef steak lengthwise in half, then crosswise into 1/4-inch thick strips
Step 2 Combine vegetables and 3 tablespoons water in large nonstick skillet. Cover and cook over medium-high heat 4 minutes or until crisp-tender. Remove and drain
Step 3 Heat same pan over medium-high heat until hot. Add half of beef and half garlic; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. Remove. Repeat with remaining beef and garlic
Step 4 Return all beef and vegetables to pan. Add stir-fry sauce and crushed red pepper; heat through. Serve over rice. Sprinkle with peanuts, if desired.

NEED HELP ??

- ⇒ Fayette County Crisis Line
  724-437-1003
- ⇒ National Suicide Prevention Lifeline
  1-800-273-TALK (8255)
  Veterans Press 1
- ⇒ Crisis Text Line: Text "PA" to 741-741
- ⇒ Disaster Distress Helpline:
  1-800-985-5990
- ⇒ Get Help Now Hotline (for substance use disorders):
  1-800-662-4357
- ⇒ Pennsylvania Sexual Assault Helpline – 1-888-772-7227
- ⇒ National Domestic Violence Helpline – 1-800-799-7233
- ⇒ Persevere PA (COVID-19 Crisis Counseling Program) - 1-855-284-2494

More Helplines are at:

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

USCH Motivational Quotes

"Goals are dreams with work boots on."

~Dave Ramsey

"Everything takes effort. That included living the life you don't want."

~ Gary John Bishop

We at Union Station Remember those who Gave the Supreme Sacrifice

On the unofficial start of the second summer in these uncertain times, we at Union Station Clubhouse, remember those in uniform who have served our country and have give the ultimate sacrifice for our country so that our country is free and is the home of the brave. Here are some photos from some past Memorial Day parades that our members have contributed,

Union Station Clubhouse

Goodwill Southwestern Pennsylvania CELEBRATING 100 YEARS 1919-2019

Happy Memorial Day!