

Union Station Clubhouse Weekly

Members Share Some of the Acts of Kindness bestowed upon them



I have received many acts of kindness over the years but sometimes it's the small things that count. Sometimes kindness doesn't necessarily come in a actual gift. Sometimes it can be when someone in the one of the online communities or support groups sends me a message of encouragement, food for thought (not actual food) or just a funny story or two, Sometimes it can come at work by my supervisor or my therapist by taking three seconds and acknowledging that I did a task well or acquired a skill well. It makes me feel so good that I in turn thank them, especially my supervisor at the end of the day for giving me the opportunity to help or work with her on something.

As far as a nice thing, a friend of the family offered my mom to make me a prayer shawl as a gift. While at first I totally didn't know why I was picking yarn at the Hobby Lobby, a few weeks I had a nice gifts but that was one of the most truly heartfelt gifts I received in a long time.

~Dustin M.

A huge act of kindness in helping me was done by the staff in order to get me through a rough situation. They helped me get through everything I needed help with so I could move on with my life. This helped me live on my own and be a better person . I would like to thank you to all the staff at Union Station Clubhouse.

~Krysta C.

The best gift was my Mom and Dad bringing me in to the world and putting food on the table and clothes on my back. Also kind are the people at the Clubhouse and the members here for being like family and always having my back and their trust. These are the kindest acts on the planet in my life.

~Ra-Mel H.

The greatest act of kindness was when I divorced my ex-husband and I became a single parent. It wasn't easy, but my mom stepped in and helped me. That was by far the greatest act of kindness that was ever done for me.

~Rose S.

I was at the dollar store and I bought something and it more than I had , so I went to get some change for someone when I went to pay, the cashier payed the difference.

~Rebekah M.

Everybody at the Clubhouse is always very kind to me all the time. We get good food there and I like it there very much! The staff and members are very helpful to me all the time. The Clubhouse is a like a great big family! Everyone tries the best they can to help everyone out by getting the work done and now by keeping the building clean along with making sure the virtual piece of the Clubhouse is on the same time with the building.

~April B.

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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



DR. LEVINE'S DAILY REMINDERS

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

STAY CALM. STAY HOME. STAY SAFE.

Credit: PA Department of Health

SNAP Extra Payments

DHS received additional approval for a waiver extension to issue the extra payments for July and August 2020.

Payments in July began on July 17th and concluded on July 30

Payments for August will begin on August 18 for those who have a payday digit of "1" and will conclude on August 29th.

For more information, visit: <https://www.dhs.pa.gov/Services/>

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:

26. The Clubhouse is located in an area where access to local transportation can be assured, both in terms of getting to and from the program and accessing TE opportunities. The Clubhouse provides or arranges for effective alternatives whenever access to public transportation is limited.

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

Festivals Cancelled in 2020

The following is not a comprehensive listing of cancelled festivals, rather it is a list that is local to Fayette County, for further updates you can visit the source from where it is derived <https://ohiofestivals.net/pennsylvania-festivals/>

- ⇒ Laurel Hill Bluegrass Festival
- ⇒ St. Joseph Fair in Everson
- ⇒ National Pike Steam, Gas & Horse Assn Show
- ⇒ Bullskin Twp. Fair
- ⇒ California Riverfest
- ⇒ New Centerville Jubilee
- ⇒ 2020 Mountain Craft Days
- ⇒ Covered Bridge Festival
- ⇒ Flax Schutching Festival
- ⇒ Scottdale Fall Festival
- ⇒ FestiFall at Friendship Hill
- ⇒ Mt. Pleasant Glass & Ethnic Festival
- ⇒ Dunbar Community Fest
- ⇒ Confluence Pumpkinfest
- ⇒ Springs Folk Festival
- ⇒ Fort Ligonier Days

Yard Sale Rescheduled for Saturday, August 22nd

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

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

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

Construction Update

Construction Patterns on the bridge near the Clubhouse on West Main Street (SR 2040) remain the same with the detour in place when exiting the clubhouse by going back on West Main Street to Mill Street and then connecting to West South Street.

Hangry By Dustin M.

If you type the word hangry in Google it is defined as bad-tempered or irritable as a result of hunger. This can be true if has not properly nourished themselves or someone that cares for one is unsure of one is nourished. I had the thought of Wendy's in my head and demanded that I have it to my parents, after a firm denial, I was told "Dustin, why don't you go to the freezer and find something to fix?"

Aha, why didn't do this earlier? This would have eliminated all the bickering among myself and my parents and the verbal aggression (yes, I am taking my meds!) But, why was I so lackluster in thinking this first? Because fast food is just that, fast! You will get that instant gratification, but you will pay for it in bad health and out of your wallet!

You have to divert your thoughts to what you have. Between my mom and I when we went grocery shopping over the week-end, we spent \$210 in groceries. So why, oh why, would need to go to fast food joint to fill my hanger need. Because it is fast and it will quench your hunger and thirst, but it will not nourish you correctly. So as I dug out of the freezer, my mind was all over the place, breaded mushrooms, fish, frozen pizza, chicken thighs, what about the air fryer, toaster, oven, etc. All these thought processes in my mind. Then another light bulb clicked, how about the kitchen freezer. I up to the kitchen, and found something right as I opened the freezer, Mozzarella sticks! I immediately prep the tray and put them in the toaster, which I am glad they added the instructions specifically for the toaster on the box. For the next 8-9 minutes while they are cooking, I see I still have flavored water in the fridge and quench a little bit of my thirst with water. I find marinara sauce from a past take out meal and I get a paper plate and napkin, and voila, the ding of the toaster is sounded. I take my time and plate the mozzarella sticks and after taking the first few bites I feel so much better! Why didn't do this 30 minutes before this moment then I would have ate 20 minutes earlier and also felt better then too! You see, in the end I was fed and it was done with minimalist stress. If I had only thought about taking my nourishment seriously and put some care and take time to learn make what you are putting in your body, it will love you in return!

Library Updates

- ⇒ The Point Marion Public Library is now offering curbside pickup on Mondays and Wednesdays from 6 to 9 PM. No other services will be available at this time. No patrons are allowed in the library. Our library collection is available to browse on the library website. Requests can be made by calling the library at 724-725-9553 either during library hours or anytime by leaving a phone message. Please include your contact number so the library clerk can set up a pickup time. Return books in the outside drop box. For patron safety, all books will have a four-day waiting period before being available for check out again.
- ⇒ Uniontown Public Library has started offering curbside pickup of books. Place a hold and reserve items online through the WAGGIN catalog or by phone at 724-437-1165. Library workers will call with pickup instructions when the materials are ready. The library building will remain closed to the public at this time. For additional information, visit uniontownlib.org.
- ⇒ Brownsville Free Public Library is now offering curbside pickup. Hours are 9 a.m. to 3 p.m. Mondays and Tuesdays; 10 a.m. to 7 p.m. Wednesdays; and 10 a.m. to 3 p.m. Thursdays and Fridays. The library will be deep cleaned at each day's closing. Requests can be made via a call at 724-785-7272 or emailing brpublib@gmail.com. Only items housed at the library will be available. When requests are fulfilled, the staff will contact patrons and schedule a pickup day and time. Curbside parking spaces will be available. Library story time continues on the Facebook page. The library director can be reached at lori.brpublib@gmail.com.
- ⇒ The German-Masontown Public Library also has WAGGIN Curbside Pickup. Only their library materials will be available through the WAGGIN Catalog. Once a patron knows what they want, they can call or email the library to arrange for pickup. All items will be rotated through a quarantine process. More information is available at <https://german-masontownpubliclibrary.org/>

This n' That in the Area

- ◆ The Friday night car cruises at the Uniontown Shopping Center have resumed and will run until the end of September. Time is 5:30 p.m. til 8:30 p.m. The cruises will have oldies music, door prizes, a 50/50 and will be hosted by WMBS Radio DJ Arnie Amber.
- ◆ Otterbein United Methodist Church, 201 Lincoln Ave., Connellsville, will hold a peach social from 4-6:30 p.m. Saturday, Aug. 8. The meal will include a pulled chicken sandwich with barbecue sauce on the side and a serving of pound cake with peaches and ice cream. It will be takeout only, with orders taken and delivered to your car. Workers will wear masks and gloves. Cost is \$9 for adults and \$4.50 for children 3-12. Kids younger than 3 will eat free. Tickets may be purchased the day of the social.
- ◆ Fallingwater in Mill Run has reopened, and is offering outdoor exterior self-guided and guided private tours of Fallingwater and the surrounding landscape. There are future plans for a gradual transition back to house tours. More information about the outdoor experiences is available at fallingwater.org/experience-fallingwater.
- ◆ There will be a free clothing give away on Saturday, Aug. 8, at Brownsville's First Christian Church, 512 Second St. Brownsville from 9 a.m. to 1 p.m. Clothing for adults, children and infants will be available.

Virtual Festivals

- 8/25 (T): [Virtual Banana Split Celebration](#)

Fireworks in Fayette County Schedule

Brownsville / Hiller / Merrittstown

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

Operations of Local Stores, Agencies, and Attractions

- ⇒ Walmart stores will be open from 7 a.m. to 8:30 p.m. with the 6-7 a.m. hour reserved for customers 60 years and older to shop on Tuesdays only. **Masks are Required.**
- ⇒ 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. **Masks Required.**
- ⇒ All local Social Security offices are closed to the public indefinitely, though local offices will continue to provide services by phone. Online services will remain available at www.socialsecurity.gov. Those who already had an in-office appointment scheduled will be contacted to handle the matter over the phone. The phone number for local offices is 1-800-772-1213.
- ⇒ The 82nd annual Fayette County Firefighters Association Convention, set to be held in July in Brownsville, has been canceled. The association will hold an 82nd/83rd combined convention July 11-17, 2021.
- ⇒ Dollar tree and Family Dollar have reserved their first hour for seniors and the immunocompromised. **Masks are suggested.**
- ⇒ 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.
- ⇒ CVS has reserved the 9-10 hour on Wednesdays for vulnerable guests and their caregivers. **Masks are required.**
- ⇒ 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.
- ⇒ Sheetz has reserved the 2-3 PM Hour on Sundays for vulnerable guests. **Masks are required.** Sheetz is asking customers to donate their change, whether it's a handful or a large amount that's neatly rolled, to the Sheetz for the Kids program. If you wish not to, a Sheetz gift card will be issued to you with the funds owed to you for a future purchase. It can be applied to the Schan & Go App for your phone that can be used for pick-up orders or cashless payment that can be used in the store either in the checkout or you can skip the line with the app.
- ⇒ St. Vincent de Paul, 70 N. Mount Vernon Ave., Uniontown has reopened its thrift/retail and furniture stores from Wednesday through Saturday, 10 a.m. to 2 p.m. Those who come to the stores **must wear a mask** and observe social distancing guidelines. Donations are not being accepted at this time.
- ⇒ The Brownsville Borough Building, 200 Second St., remains closed to the public.
- ⇒ PA Career Link launched an employment page to connect those who may have lost jobs with employers looking for help. For more information, visit www.pacareerlink.pa.gov.
- ⇒ Fayette County Community Action Agency, 108 N. Beeson Ave., Uniontown, is the state-designated office to assist mortgage holders and renters with the application process for pandemic-related financial aid. Sept. 30 is the application deadline. Applications and filing information is available online.

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 Corona-virus
 - ⇒ Website: <http://fccaa.org/>
 - ⇒ Facebook (Most Current): <https://www.facebook.com/FCCAA.org/>
- ⇒ Our Map of Food Pantries in Fayette County / Other Grocery Resources
<http://coronavirus.unionstationclubhouse.com/resources/grocery.html>
- ⇒ Honey's Helping Hand
Mondays and Thursdays at Biererwood Acres at 1pm! Curbside service!
Info: <https://www.facebook.com/Honeys-helping-hand-108365237359113>
- ⇒ Uniontown Salvation Army has a Pickup Soup Kitchen daily at the Service Center on Fayette Street from 11 AM to Noon During the Week
- ⇒ Hands of Hope Provides meals to the homeless Every Sunday at 2 PM by the Old parking garage in Downtown Uniontown
- ⇒ There will be a food distribution Thursday, June 4 and every Thursday through August at Fresh Fire Church, 171 Connellsville St., Uniontown at 10 a.m. to 1p.m. The distribution will take place in the back of the building. The church plans to serve 800 families. This is a drive-thru distribution. Please do not line up before 9am, have your trunk or backseat open and follow the directions of the volunteers. For more information call 724.580.7027
- ⇒ Brownsville Borough Council are continuing to distribute food to those in need on Saturdays from noon to 2 p.m. Contact any council member via email about donations, private message them on their Facebook pages, or call Paul Synuria at 724-970-4501. Emails for council members are listed on the borough's website.
- ⇒ For those residents in need of food, Thursdays at 10:00 AM at Perry Township Fire Hall, 206 South Liberty Street in Perryopolis (in the back parking lot) a big box of fruits and vegetables will be handed out to those in need.
- ⇒ There is a community Pantry at the Pleasant View Presbyterian Church, 533 Royal Road, Smock that is available to those in need around the clock. "Give what you can, Take what You Need"

- ⇒ There is a little free pantry near the Emergency Room Entrance to Highlands Hospital, 401 E. Murphy Avenue, Connellsville that is available around the clock. Share with others or take what you need.
- ⇒ American Dairy Association North East (ADANE) is working with milk processor Schneider's Dairy, Connellsville Lions Club, Connellsville Area High School and Mason-town Brethren Church to facilitate the distribution of 4,000 gallons of milk through a local drive-thru distributions The first one will be this Saturday at the Mason-town Brethren at 112 West Church Avenue in Mason-town on Saturday, August 1 from 9 a.m. – 12 p.m. They will also be another distribution at Connellsville Area High School, 201 Falcon Drive, Connellsville on Saturday, August 15th from 9:00 AM to Noon.
- ⇒ There will be a food bank at Pleasant View Presbyterian Church, 533 Royal Road, Smock, on Saturday, Aug. 15, at 10 a.m.

COVID-19 Food Distributions

There are mass food distributions scheduled for:

Monday, August 3, 2020
Oak Hill Baptist Church
264 Old Frame Road
Smithfield, PA 15478
10:00am to 11:30am.
Please don't arrive before 9:00am.

Wednesday, August 12, 2020
Abundant Life Church
1239 Brownfield Road
Uniontown, PA 15401
1:00pm to 2:30pm.
Please don't arrive before 12:00pm.

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

These are drive-through distributions.

Fayette County Community Action Agency, 108 N. Beeson Ave., Uniontown, is the state-designated office to assist mortgage holders and renters with the application process for pandemic-related financial aid. Sept. 30 is the application deadline. Applications and filing information is available online.

Beacon to Offer Member Educational Events in 2020

As most of you may already be aware Beacon cancelled all member and family forums for the remainder of 2020 due to COVID 19. The health and safety of our members, family members, vendors and providers is of utmost importance. We have reached out to our forum planning committees, Family Advisory Committee and others to develop a list of trainings. Thanks to such an overwhelming response from our members and families, we have developed an extensive list of possible trainings. We are working through that list and have been scheduling with presenters. The first training in the series will be on Friday, August 14, 2020 from 1:00 PM to 2:00 PM on Zoom. and it will feature a panel presentation from Self Advocates United as 1, Inc. They will talk about Safely Stepping Back into the Community as they feature the Self Advocate Transition Guide During Pandemic of 2020. If you cannot make it, that's OK. It will be recorded and posted to Beacon's website (<http://pa.beaconhealthoptions.com>) after the event. Registration is required before each session and information for each session will be posted on the website as well.



PennDOT Extends Expiration Dates on Driver Licenses, ID Cards, and Learner's Permits

Harrisburg, PA – The Pennsylvania Department of Transportation (PennDOT) announced July 24th that expiration dates for driver licenses, identification cards, and learner's permits, will be extended for Pennsylvania residents in response to statewide COVID-19 mitigation efforts.

Effective July 23, expiration dates for driver licenses, photo ID cards and learner's permits scheduled to expire from March 16, 2020 through August 31, 2020, have been extended until August 31, 2020. These extensions are in addition to those [announced](#) on June 25.

A camera card is considered a driver's license, so it is covered by the same terms and conditions extending other driver's license products. Camera cards with expiration dates within this timeframe are also extended through August 31, 2020.

Additionally, limited services are available at some Driver License and Photo License Centers. For a list of open driver license and photo license centers and the services provided, as well as their hours of operation, please visit www.dmv.pa.gov.

Customers may continue to complete various transactions and access multiple resources online at www.dmv.pa.gov. Driver and vehicle online services are available 24 hours a day, seven days a week and include driver's license, photo ID and vehicle registration renewals; driver-history services; changes of address; driver license and vehicle registration restoration letters; ability to pay driver license or vehicle insurance restoration fee; driver license and photo ID duplicates; and schedule a driver's exam. There are no additional fees for using online services.

PennDOT will continue to evaluate these processes and will communicate any changes with the public.

More COVID-19 information is available at www.health.pa.gov. For more information, visit www.dmv.pa.gov or www.PennDOT.gov.



Uniontown Photo License Center

Fayette County Offices Closing Temporarily

In light of recent positive COVID-19 test results of various County employees, the government offices of Fayette County will begin to operate with the restrictions on Wednesday, July 29, 2020

These restrictions will remain in place until August 13, 2020.

Until further notice. The Fayette County Courthouse will be closed to the general public, with the exception of the courts, which will be open for emergency matters and certain previously scheduled events.

Criminal Court week for August has been cancelled and jury summons for August should be disregarded.

A mask is still required for entry to the

Courthouse and will be strictly enforced.

Should any business need to be conducted, the board of Commissioners asks that it be conducted via Phone, E-Mail or on the county's [website](#).

All county facilities will be thoroughly cleaned and sanitized during the closure.



Oriental Coleslaw

Ingredients

- 1 16 ounce package shredded cabbage with carrot (coleslaw mix)
- 4 green onions, thinly sliced
- 1 3 ounce package chicken-flavored ramen noodles, broken up
- ½ – 0.75 cup slivered almonds, toasted
- ½ – 0.75 cup sunflower nuts
- ½ cup salad oil
- ½ cup vinegar
- 1 tablespoon sugar
- ¼ teaspoon ground black pepper
- Sliced green onion (optional)

Directions

1. Combine coleslaw mix, green onions, ramen noodles (set aside seasoning packet for the dressing), almonds, and sunflower nuts in a salad bowl. Chill, covered, until serving time, up to 1 hour.

2. For dressing: In a screw-top jar, combine oil, vinegar, sugar, pepper and seasoning from the package of noodles. Cover and shake. Chill until serving time.

3. Before serving, shake dressing; pour over salad and toss to coat. If you like, garnish salad with additional sliced green onion.



~Rebekah M.

Classic Baked Macaroni & Cheese

Ingredients

- ◆ 1 (8-oz.) package elbow macaroni
- ◆ 2 tablespoons butter
- ◆ 2 tablespoons all-purpose flour
- ◆ 2 cups milk 1/2 teaspoon salt
- ◆ 1/2 teaspoon fresh ground black pepper
- ◆ 1/4 teaspoon ground red pepper
- ◆ 1 (8-oz.) block sharp Cheddar cheese, shredded and divided

Directions

1. Prepare pasta according to package directions. Keep warm.
2. Melt butter in a large saucepan or Dutch oven over medium-low heat; whisk in flour until smooth. Cook, whisking constantly, 2 minutes.

Gradually whisk in milk, and cook, whisking constantly, 5 minutes or until thickened. Remove from heat. Stir in salt, black and red pepper, 1 cup shredded cheese, and cooked pasta.

3. Spoon pasta mixture into a lightly greased 2-qt. baking dish; top with remaining 1 cup cheese.

4. Bake at 400° for 20 minutes or until bubbly.

Let stand 10 minutes before serving..



~Ra-Mel H.

Easy Frozen S'more Sandwiches

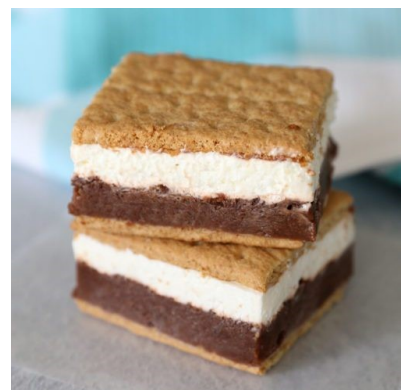
Ingredients :

- 1 box instant chocolate pudding 6 serving size
- 2.5 cups cold milk
- 16 graham crackers
- 7 oz marshmallow creme
- 4 oz cream cheese softened
- 8 oz frozen whipped topping thawed

Instructions :

1. Line a 9x13 pan with foil or parchment paper, allowing paper to overhang pan.
2. In a medium bowl, whisk together pudding mix and milk until smooth and creamy.
3. Pour into 9x13 pan and spread into an even layer. Chill pudding layer while you mix up the marshmallow layer.
4. In a medium bowl, beat together cream cheese and marshmallow cream until smooth.
5. Fold in whipping topping.
6. Spread marshmallow layer over chocolate layer. Cover with foil.
7. Freeze layers about 6 hours, until firm enough to cut through.
8. Use the foil or parchment paper to remove layers from 9x13 pan and place on a cutting board.
9. Break 15 graham crackers in half.
10. Slice pudding/marshmallow layers into 15 squares the same size as the graham crackers .

~April B.





100 Corporate Crossing Road
Uniontown, PA 15401-3347

Phone: 724.439.9311

FAX: 724.439.9334

E-Mail:

info@unionstationclubhouse.org

Web:

www.unionstationclubhouse.com



Coping With Stress during the COVID-19 Pandemic

The coronavirus disease 2019 (COVID-19) pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19. Coping with stress in a healthy way will make you, the people you care about, and your community stronger.

- Stress during an infectious disease outbreak can sometimes cause the following:
- Fear and worry about your own health and the health of your loved ones, your financial situation or job, or loss of sup-

port services you rely on.

- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.
- Increased use of tobacco, and/or alcohol and other substances.

You may experience increased stress during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions. If you need help during these trying times, please do not hesitate to contact any of the contacts below.

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

- ⇒ Several NAMI Affiliates in Pennsylvania offer Virtual Support Groups, mostly through ZOOM, including
 - ⇒ NAMI Bucks County, PA <https://namibuckspa.org/>
 - ⇒ NAMI Erie County, PA <https://www.namierie.org/>
 - ⇒ NAMI Keystone BPD Support Group: <https://www.namikeystonepa.org/discover-nami/find-your-local-nami/nami-pa-borderline-personality-disorder-family-support/>
 - ⇒ NAMI Lehigh Valley <https://www.nami-lv.org/>
 - ⇒ NAMI Main Line <https://namimainlinepa.org/>
 - ⇒ NAMI of Montgomery County: <https://namimontcopa.org/>
 - ⇒ NAMI Philadelphia <https://namiphilly.org/>
 - ⇒ NAMI Scranton / NE: <https://www.naminepa.org/>
 - ⇒ NAMI York-Adams <https://namiyorkadams.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/>

