

Union Station Clubhouse Weekly

Dealing with Isolation

Dealing with the coronavirus and being in the house all the time it's very hard. You don't get to do anything or see anyone on a face-to-face basis, plus you want to sleep a lot. What does a good person do with me alone? So every day I wake up at 6 Monday through Friday and Saturday and Sunday between 7 and 8 eat, take my medicine, shower, and do things around the house I walk, talk and I take care of my dog. I talk to my elderly neighbor throughout the day and it helps me to have someone to talk to plus I check on her to see if she needs anything. I also get involved with a virtual clubhouse, it's called Union station virtual Clubhouse.. I help out with things like the wellness topic, the birthday cards, the holiday cards I also should just things like doing our standards in the meeting and our announcements and so on. I enjoy our virtual clubhouse very much because I get to see people. I love and enjoy the virtual clubhouse because I didn't think I would see any of them again for a long time and that means something to me.

~Rebekah M.

COVID-19 Has Me Counting My Blessings

The pandemic has been rough to say the least. I spent almost the past four weeks with my parents in order to protect both my mental and physical health, due to regulations within my apartment building. Being with my parents in close quarters under these circumstances has been difficult. As I was to return to work three weeks ago when this began, I was put on hold until just this week where my work hours have been cut in half due to the outbreak. I am grateful for this because I am the only active member still working due to this outbreak. Furthermore, I have been using my spare time to assist in the operation of the Virtual Clubhouse and the Coronavirus Subdomain (www.coronavirus.unionstationclubhouse.com) as well as maintain our private Facebook Group and other related duties. I am so thankful for all my knowledge I have learned over the years in this area. I am appreciative for my Clubhouse friends and family in these trying times and that I can be of assistance to them.

~Dustin M.



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Meeting Schedule on Zoom

- Daily 9:00 AM Virtual Meeting
- Daily 11:00 AM Information Station
- Daily 1:00 PM Virtual Meeting
- Wednesday 2:30 PM Outdoors N' At
- Fridays at 2:00 PM Virtual Game



It has not been the Same

Since the start of the Coronavirus (COVID-19) it has not been the same. I miss my friends and staff at Union Station Clubhouse. Now we have to meet on Zoom and it has been going good and fun to see all my friends and Scott. I hope this all goes away so I can go back to Clubhouse. God Bless and have a safe and Happy Easter
~April B.

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/covid.html>

I miss my friends and staff at Union Station Clubhouse. Now we have to meet on Zoom and it has been going good and fun to see all my friends and Scott.

Union Station Clubhouse provides telehealth services

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

COVID-19

Coping

I have been coping by walking outside when the weather is nice and warm. Enjoying the nature by seeing the birds, turkey, squirrel, deer, and flowers.

Does this COVID-19 Effect me?

Yes and no. It canceled my trip to Philadelphia but hoping I'll go very soon. It doesn't effect me as much because I don't really go out anyways when I would like to.

~By Toni F.

What are “Telehealth Services”?

These are services rendered remotely using computers, tablets, smartphones, and landline phones.

What will a “Virtual Clubhouse” look like?

In essence, it is an opportunity for you to interact with Clubhouse staff online! We will be utilizing online conferencing services such as a Zoom and/or WebEx as well as Facebook Live to have morning and afternoon meetings similar to our unit meetings. We will also offer a daily group instructional session on a variety of topics.

Individual sessions will be conducted using whichever method you prefer (landline phone, smartphone, tablet, or computer). We will also utilize a variety of platforms to meet your needs such as: video messaging, FaceTime, Facebook Video Messenger, etc.

Why would I want to be involved in a Virtual Clubhouse?

For two main reasons: to positively cope with the current situation of mandated isolation, and to continue to make progress in your goals. And above all...to interact and have fun with this online experience!

How can I get involved in the Virtual Clubhouse?

We will be reaching out to everyone within the next day or so to ask who is interested as well as their preferred method of service.

We look forward to sharing this new and exciting online experience!

About the Stimulus Payment Program

- ◆ It depends on your income. Single adults with Social Security numbers who have an adjusted gross income of \$75,000 or less will get the full amount. Married couples with no children earning \$150,000 or less will receive a total of \$2,400. And taxpayers filing as head of household will get the full payment if they earned \$112,500 or less.
- ◆ Above those income figures, the payment decreases until it stops altogether for single people earning \$99,000 or married people who have no children and earn \$198,000. According to the Senate Finance Committee, a family with two children will no longer be eligible for any payments if its income surpassed \$218,000.
- ◆ You can't get a payment if someone claims you as a dependent, even if you're an adult. In any given family and in most instances, everyone must have a valid Social Security number in order to be eligible. There is an exception for members of the military.
- ◆ If you haven't prepared a tax return yet, you can use your 2018 return. If you haven't filed that yet, you can use a 2019 Social Security statement showing your income to see what an employer reported to the I.R.S.
- ◆ The plan does not help people in that circumstance now, but you may benefit once you file your 2020 taxes. That's because the payment is technically an advance on a tax credit that is available for the entire year. So it will depend on how much you earn.
- ◆ And there are many other provisions in the legislation. You may be able to file for unemployment or for one of the new loans for small-business owners or sole proprietors.
- ◆ If the Internal Revenue Service already has your bank account information, it will transfer the money to you via direct deposit based on the recent income-tax figures it already has.
- ◆ Americans will start receiving stimulus payments as early as April 9, according to an internal IRS memo reviewed by The Washington Post. Most people should receive their money by mid-April through direct deposit, the Treasury said.
- ◆ If the IRS doesn't have your bank information, it will send a paper check to your last known address. Those checks will be sent out starting at the end of April through early September.
- ◆ The schedule is subject to change.



WAGGIN Available Online for Patrons

· Fayette County Libraries

- Fayette County Library System
<http://fayettilibraries.org/>
- Brownsville Free Public Library
<http://www.bfpl.org>
Facebook @ [brownsvillefreepubliclibrary](https://www.facebook.com/brownsvillefreepubliclibrary)
- Carnegie Free Library of Connellsville
<https://www.carnegiefreelib.org/>
Facebook @ [CarnegieConnellsville](https://www.facebook.com/CarnegieConnellsville)
- Dunbar Community Library
Facebook @ [dunbarcommunitylibrary](https://www.facebook.com/dunbarcommunitylibrary)
- German-Masontown Public Library
<https://german-masontownpubliclibrary.org/>
Facebook @ [GermanMasontownPublicLibrary](https://www.facebook.com/GermanMasontownPublicLibrary)
- Mary Fuller Frazier Community Library
<https://fraziercommunitylibrary.webs.com/>
Facebook @ [fraziercommlibrary](https://www.facebook.com/fraziercommlibrary)
- Point Marion Public Library
<http://www.pointmarionlibrary.com/>
Facebook @ [Point-Marion-Public-Library-138529292838894](https://www.facebook.com/Point-Marion-Public-Library-138529292838894)
- Smithfield Public Library
Facebook @ [Smithfield-Public-Library-981446388589871](https://www.facebook.com/Smithfield-Public-Library-981446388589871)
- Uniontown Public Library
<http://uniontownlib.org/>
Facebook @ [uniontownpubliclibrary](https://www.facebook.com/uniontownpubliclibrary)



All 20 WAGGIN Libraries are CLOSED to the public in accordance with the Governor's order.

Please visit your library's Facebook page and Website for updates, ideas for things to do/view from home, virtual storytimes, and open access instructions for online services.

You can get a temporary library registration card. It will give you access to **Gale Courses** (using the prefix 40800000+the six digits of your temporary number). It will also give you access to online **eBooks and audiobooks** if you choose Citizens Library as your "home library".

When you register online, please write down this number! When choosing a password, use something easy to remember—write down your password.

Register online here: <https://waggin.polarislibrary.com/logon.aspx?header=1>

Or, if you would like a permanent

WAGGIN card and live within Washington, Greene or Fayette Counties, email a request to: wagginhelp@gmail.com

OverDrive (our eBooks/audiobooks vendor) is giving FREE UNLIMITED access to Duke Classics. We are also adding new titles and curating collections.

With a WAGGIN Library Card you can access:

- ⇒ **PA Power Library e-resources**
https://powerlibrary.org/e-resources/?all=y&ID=PL7321#_Xo4Px_1KgdU
- ⇒ **PA Photos and Documents**
https://powerlibrary.org/collections/#_Xo4P6v1KgdU
- ⇒ **GALE Online Courses**
<https://education.gale.com/i-pl2048/>
- ⇒ **PA Digital Library**
<https://padigital.org/>
- ⇒ **Overdrive E-Books and Other Resources**
<https://waggin.overdrive.com/>

Store & Government Closures / Dates

- ⇒ Giant Eagle stores will be open from 7 a.m. to 10 p.m. Walmart stores will be open from 7 a.m. to 8:30 p.m. with the 7-8 a.m. hour reserved for customers 60 years and older to shop. Martins stores will be open 6 a.m.-10 p.m. with the 6-7 a.m. hour reserved for customers ages 60 years and older to shop. All will be open seven days a week.
- ⇒ All local Social Security offices are closed to the public indefinitely, though local offices will continue to provide services by phone. Online services will remain available at www.socialsecurity.gov. Those who already had an in-office appointment scheduled will be contacted to h
- ⇒ Pennsylvania Department of Conservation and Natural Resources (DCNR) as extended the closure of state parks and forests until April 30. The public will still be able to access trails, lakes, forests, roads, and parking areas for passive and dispersed recreation, such as hiking. Closures include campgrounds, cabins and all overnight accommodations. Anyone with reservations in this time period will be contacted, and full refunds will be made. Also closed are park and forest offices and visitor centers, restrooms, reservable facilities, public programs, events and trainings.
- ⇒ The Department of Transportation officials have announced an May 31 extension for all driver licenses, photo ID cards, learner's permits, vehicle registrations, safety/emissions inspections and parking placards for those with disabilities that are set to expire between March 16-31. PennDOT officials reminded customers that many services are available on the website, www.dmv.pa.gov.
- ⇒ Goodwill Southwestern Pennsylvania stores and donation centers are closed. Goodwill SWPA is requesting that all donations be kept in the donor's possession until the centers reopen. Donations that are left outside at the doors at the centers could be damaged and ruined.

Standard of the Week:

9. Clubhouse staff are sufficient to engage the membership, yet few enough to make carrying out their responsibilities impossible without member involvement.

Take-Out Blitz

During the COVID-19 Pandemic, Governor Wolfe ordered the Pennsylvania Dining Community to provide dining to take-out only. As such our local Chamber of Commerce has enacted a local Take-Out Blitz by supporting fellow chamber members (Union Station is a Chamber member) in the Community during this difficult time for the Fayette County Community. More Information can be found at : <https://www.fayettechamber.com/fayette-takeout-blitz.html> where you can find, order and enjoy takeout Right Here in Fayette!



A Side of Humor

Just be careful because people are going wild from being in lock down! Actually I've just been talking about this with the microwave and toaster while drinking coffee and we all agreed that things are getting bad. I didn't mention anything to the washing machine as she puts a different spin on everything. Certainly not to the fridge as he is acting cold and distant. In the end the iron straightened me out as she said everything will be fine, no situation is too pressing. The vacuum was very unsympathetic... told me to just suck it up, but the fan was more optimistic and hoped it would all soon blow over! The toilet looked a bit flushed when I asked its opinion and didn't say anything but the door knob told me to get a grip. The front door said I was unhinged and so the curtains told me toyes, you guessed itpull myself together.

Getting Help with Food

- ⇒ Find a Food Pantry (PA.gov) <https://www.dhs.pa.gov/about/Ending-Hunger/Pages/Food-Pantries.aspx>
- ⇒ Fayette County Community Action is modifying some Food Pantry Operations due to the Coronavirus
 - ⇒ Website: <http://fccaa.org/>
 - ⇒ Facebook (Most Current): <https://www.facebook.com/FCCAA.org/>
- ⇒ Our Map of Food Pantries in Fayette County / Other Grocery Resources <http://coronavirus.unionstationclubhouse.com/resources/grocery.html>
- ⇒ Honey's Helping Hand Mondays and Thursdays at Biererwood Acres at 1pm! Curbside service! Info: <https://www.facebook.com/Honeys-helping-hand-108365237359113>
- ⇒ Connellsville Community Ministries has a Drive-Up Food Pantry for non-pantry residents at Connellsville Community Center 10-1 Daily
- ⇒ 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

Penn State Extension Offering Free Courses During Outbreak

As a way to support its customers during the coronavirus pandemic, Penn State Extension is offering its library of online courses at no cost through April.

Penn State Extension offers more than 55 online courses that can help individuals, families and businesses. These courses, which can be accessed anywhere and anytime, feature short videos, printable readings and knowledge-check questions to support learning. Some courses offer certificates, while others provide continuing education credits. To view offerings available under the special offer, visit <https://extension.psu.edu/freecourses>.



Corn Soup

Recipe of the Week: Corn Soup, By Angie F.

Ingredients

- ⇒ 1 Tablespoon Butter
- ⇒ 1 Onion, Finely Chopped
- ⇒ 2 Stalks of Celery, Finely Chopped
- ⇒ 1 Green or Red Pepper, stemmed, seeded and finely chopped
- ⇒ 1 Small Potato, Diced
- ⇒ 4 Cloves garlic, Chopped
- ⇒ 1 chilie pepper, chopped (optional)
- ⇒ 4 Cups corn (from 4-8 ears) Canned or frozen
- ⇒ 1 Tablespoon cornmeal or all purpose flour
- ⇒ Cans corn broth,, vegetable broth or chicken broth
- ⇒ Salt and Pepper to taste

Directions

1. Melt the Butter in a large pot with a lid over medium heat. Add the onion, celery, bell pepper, and potato and stir. Cover the pot and let everything cook until the onion is transmit tent, about five minutes.
 1. Remove the lid and add the garkic and chile pepper, if using. Stir the vegetables adding a splash of water or broth to free any that get stuck in the bottom of the pot.
 2. Let the vegetables cook, stirring occasionally until they are lightly browned and soft, 5 minutes more. The potatoes should not be yet fully cooked.
 3. Add the corn and oatmeal to the pot and stir. Pout in the broth and bring to a boil, then turn the heat down to low and simmer until the broth thickens and becomes opaque, about 30 minutes
 4. Add salt and pepper, if you make your own broth you'll need to add more, unless you used store-bought broth, less will be required.

National Park Sites of Western PA Virtual Tours

By Dustin M.

Due to the Coronavirus, many recreational sites in Western Pennsylvania are operating on a limited capacity. However, the five National Park Service Sites across the region are offering a glimpse of each park on a weekly basis.

Seeing that there is five NPS units in the region, each park as their day where at 1:00 PM they Face-book Live a 15 minute ranger program on their Facebook Page, Below is a schedule of the live schedule by park and their Face-book Page URL:

- ⇒ Monday: Flight 93 National Memorial
<https://www.facebook.com/Flight93NPS/>
- ⇒ Tuesday: Johnstown Flood National Memorial
<https://www.facebook.com/JohnstownFloodNPS>
- ⇒ Wednesday: Fort Necessity National Battlefield
<https://www.facebook.com/fortnecessity>
- ⇒ Thursday: Friendship Hill National Historic Site
<https://www.facebook.com/FriendshipHillNHS>
- ⇒ Friday: Allegheny Portage Railroad National Historic Site
<https://www.facebook.com/alleghenyportagerannps/>

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Social Media



@ [unionstation15401](https://www.facebook.com/unionstation15401)



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

From the Director

How has the COVID-19 pandemic affected me?

Like most people, I am currently conducting a very unfamiliar way of life. I am working mostly from home and helping my daughters with their homeschooling assignments. I go out only for essentials such as groceries, gas, personal needs, etc. I am still working at both of my jobs, however.

If anything, this event has taught me to appreciate all the "normal" things I took for granted (and often complained about) such as going to work, taking the kids to their activities, etc. I truly believe this event will make all of us rethink about our relationships with others and how we interact. I definitely see a "new normal" when life resumes for us all.

How am I coping?

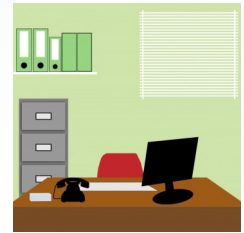
Currently, I am SO busy with running the virtual Clubhouse, homeschooling my children, and working my second job that I really don't have a lot of time for boredom. But, I still enjoy my usual things such as watching my favorite shows, YouTube channels, and movies. As always, music is a great outlet as well.

Lately, I have been listening to audiobooks by the life coach, Gary John Bishop. His stuff is great! I recommend it to everyone.

What is my impression of the virtual Clubhouse so far?

I am very impressed and pleased by how responsive and involved the members have been. Although it is very different at this point, I find it exciting that we are on the ground level of rewriting the rulebook for Clubhouses. I believe Clubhouses at large will be ushering in a new way of doing things!

~Scott Bombach. B.S. CPRP
Program Director



NEED HELP ??

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

Online Support Groups Offered During the COVID-19 Outbreak

- ⇒ **NAMI Bucks County** PA will use Zoom to host Online Support Groups. Zoom is a web-based video conferencing tool with a local, desktop client and a mobile app that allows users to meet online, with or without video. Prior to attending a NAMI Online Support Group, you'll need to download the Zoom application on your computer or smartphone. <https://namibuckspa.org/onlinesupport/>
- ⇒ **NAMI Philadelphia** We know that this time is tough and even though we cannot meet in person we still wanted to offer you and your loved ones support! Our affiliate has decided to move all of our support groups to ZOOM! Please see our schedule below and the instructions for joining the groups to the right! We look forward to seeing you! <https://www.namiphilly.org/>
- ⇒ PMHCA Virtual Drop In's [https://pmhca.wildapricot.org/resources/Documents/Virtual%20Drop-Ins%20\(w.%20Meeting%20Info\)%20\(1\).pdf](https://pmhca.wildapricot.org/resources/Documents/Virtual%20Drop-Ins%20(w.%20Meeting%20Info)%20(1).pdf)
- ⇒ Depression and Bipolar Support Alliance (DBSA) <https://www.dbsalliance.org/>
- ⇒ Turn 2 Me <https://www.turn2me.ie/>
- ⇒ 7 Cups <https://www.7cups.com/connect/>
- ⇒ Daily Strength <https://www.dailystrength.org/>
- ⇒ In the Rooms <https://www.intherooms.com/home/>
- ⇒ Sanvello <https://www.sanvello.com/>

