

# Union Station Clubhouse Weekly

## Members Share : What are your Thanksgiving Plans?

**B**e thankful that you don't already have everything you desire. If you did. What would there be to look forward to? Be thankful when you don't know something for it gives you the opportunity to learn. Be thankful for the difficult times during those times you grow. Be thankful for your limitations, because they give you opportunities for improvement. Be thankful for your mistakes. They will teach you valuable lessons. Be thankful when you're tired and weary. Because it means you've made a difference. It's easy to be thankful for the good things. A life of rich fulfillment comes to those who are also thankful for the setbacks. Find a way to be thankful for your troubles, and they can become your blessings.  
~April B.

**M**y plans for Thanksgiving is going over to my friends Becky and Ed's. They are my best friends and I am thankful to have them as my friends as they helped me a lot since I moved in to my new place. I love being friends with them. I hope our friendship will never end.  
~Krysta C.

**T**hanksgiving for me will be going to Irwin to spend with my family. Ed and I hope all goes well and happy holidays to all  
~Rebekah M.

**2**020 for me has been one heck of a year with me. First, moving out of my first apartment and moving with my parents for what I would thought would be a few years. But, this month I would be approved for a new apartment. While 2020 has had its trials and tribulations with the multiple moves, coronavirus, and new governmental advisements which resulted in not having a communal meal of any kind this year. Thankfully, many in the mental health and human services communities realize that many will not have the traditional Thanksgiving Days of years past. As such, I will be receiving a meal delivered by food pantry along with attending a Virtual Check In on Virtual Clubhouse and attending Peer Support Groups through NAMI on Zoom. We as a family will also likely do a Facebook Video Call in the afternoon. It is key to keep busy in these trying times.  
~Dustin M.



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

## Goodwill's Virtual Career Services

Looking for a new job but unsure of where to start? Or maybe you aren't actively looking but have extra time at home to learn new skills?

Goodwill's Career Services offers a wide selection of virtual services to help jobseekers build the necessary skills crucial to achieving their career goals. More Information: <https://www.goodwillswpa.org/career-service-online>

### Standard of the Week:

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.

### 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](http://www.coronavirus.unionstationclubhouse.com)

## Holiday Resources



**Staying Healthy During the Holidays** (video on AID in PA): This resource also includes links to the holiday social story and one-pager about gathering during the holidays (see below)

**Holidays in 2020 Social Story** (resource on PAautism.org): This is being translated into Spanish, Chinese, Russian, Burmese and Arabic and the website/resource will be updated with those versions once complete

**Safe Practices for Gathering Over the Holidays** (resource on PAautism.org)

**COVID Fatigue: Maintaining Mental Health During a Global Pandemic** (video on AID in PA): This includes links to mental health resources in PA (Dept of Human Services site), warm line, additional content articles

## Thanksgiving Day Support Groups on Zoom By NAMI of Bucks County, PA

**10:00 AM:** Open Discussion Wellness Group

**6:30 PM:** Peer Wellness & Recovery Support Group

**8:30 PM:** Movie Night with NAMI: "Planes, Trains, and Automobiles"

[Register for a support group](#)

## Current COVID-19 Information

⇒ Federal Government Response:

[www.coronavirus.gov](http://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>

## Focus On: NAMI Online Support Groups in Pennsylvania

In-person NAMI education programs, presentations, and support groups are on hold indefinitely. But some affiliates across the state are offering virtual support groups that are open to anyone. Click on the affiliate for more information.

⇒ [NAMI Berks County PA](#)

⇒ [NAMI Bucks County PA](#)

⇒ [NAMI Erie County PA](#)

⇒ [NAMI Keystone PA BPD Family Support Group](#)

⇒ [NAMI Main Line PA](#)

⇒ [NAMI Philadelphia PA](#)

⇒ [NAMI York-Adams Counties PA](#)

# This n' That in the Area

- ◆ Fayette County Community Action Agency, Inc. can provide assistance to Fayette County residents for rental and mortgage problems due to COVID-19. If you are experiencing difficulty making your rent or mortgage payments due to loss of income because of COVID-19, please call 724-437-6050 ext. 501 to see if you qualify for assistance.
- ◆ Brownsville Historical Society is offering tours of Nemaacolin Castle in Brownsville's historic Northside, on Saturdays and Sundays from 11 a.m. to 3 p.m. CDC guidelines will be in effect and tours are limited in size. Tickets and times can be secured by calling 724-322-2422.
- ◆ Brownsville Fire Co. 1, 520 Market St., is offering free smoke and carbon monoxide detectors to residents of Brownsville borough or township. Columbia Gas of PA donated the detectors, which can be picked up at the station or by contacting Chief Jordan Sealy at 724-785-3311.
- ◆ Any South Connellsville Borough Residents in need of a Smoke Detector can call 724.628.1811 for information. This is made possible by a donation from CFS bank to the South Connellsville Volunteer Fire Company
- ◆ St. John the Baptist Byzantine of Uniontown began pierogi sales. They are pre-order only to 724-434-5355 on Monday, Tuesday or Wednesday for cooked or frozen pickup on Fridays from 9 AM to Noon
- ◆ A little free Library has been set up at the Springfield / Clifford N. Pritts Elementary School in Normalville. The idea is to "take a book, leave a book.". The little free library has books available to anyone interested.
- ◆ Saturday, November 28th will be light up night in the City of Connellsville
- ◆ The Greater Brownsville Area Chamber of Commerce's Light Up Night is November 27th. As with so many other events, changes had to be made because of COVID concerns. The annual procession featuring Santa and Mrs. Claus begins at 6:00 PM at the Hiller Volunteer Fire Department, 937 First Street and ends about 6:45 PM at West Brownsville Volunteer Fire Department, 238 Middle Street. This year Santa will be handing out free treats to children at a DRIVE THROUGH distribution at West Brownsville VFD, a drive through route will be posted.
- ◆ Saint Rita Christian Mothers will sponsor the annual Christmas Cookie Sale Saturday, December 5 at Bucci Hall, First Street, Connellsville. Doors will open at 9 AM. Available for sale will be knots, pizzelles, and biscotti. Face coverings are required and social distancing must be followed.
- ◆ Fayette County Appreciation Day at Fallingwater will be Saturday, December 5, 2020 from 10:00 AM to 3:00 PM. Reservations are necessary. Please note, the free Winter Walk Passes are exterior grounds passes as Fallingwater is currently not open for interior tours. For more information or to reserve your spot, please contact Fallingwater at 724-329-8501.
- ◆ Indian Head Church of God Community Luncheon Ministry will be offering free soup from 11am.to1pm. Dec.9. It is a drive-through distribution. Everyone is welcome.
- ◆ The church is located at 691 Indian Creek Valley Road, Indian Head.
- ◆ Trinity Lutheran Church, 126 E. Fairview Ave., Connellsville, will hold a spaghetti dinner from noon to 5 p.m. Dec. 12. Spaghetti with homemade meatballs, salad, bread and dessert will be served. Cost is \$10 for adults and \$5 for kids 12 and younger. The dinner is carryout only, and reservations are suggested by calling 724-628-7920. Proceeds benefit the back-to-school clothing giveaway.
- ◆ Leisenring Presbyterian Church is holding a soup and bake sale starting at 9 a.m. Dec. 12. Available will be assorted holiday baked goods and soups and a Chinese auction. Centers of Disease Control COVID-19 safety guidelines will be followed. The church is located at 1004 Church St., Leisenring

## Beacon Health Options Member Education Events

- ⇒ December 4, 2020-1:00 p.m. (Friday)  
Beacon Health Options and PA System of Care Partnership  
Part 2 Stigma and Implicit Bias  
"Continuing the Conversation"  
[Registration Link](#)
- ⇒ December 18, 2020 -1:00 p.m. (Friday)  
Adagio Health  
LBGTQI+ and Behavioral Health  
[Registration Link](#)
- ⇒ January 8, 2021-1:00 p.m. (Friday)  
Beacon Health Options and PA Care Partnership  
Part 3 Stigma and Implicit Bias  
"Wrap it Up"  
[Registration Link](#)

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

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



# Getting Help With Food

- ⇒ Find a Food Pantry (PA.gov)  
<https://www.dhs.pa.gov/about/Ending-Hunger/Pages/Food-Pantries.aspx>
- ⇒ Fayette County Community Action is modifying some Food Pantry Operations due to the Coronavirus  
Website: <http://fccaa.org/>
- ⇒ Facebook (Most Current): <https://www.facebook.com/FCCAA.org/>
- ⇒ Our Map of Food Pantries in Fayette County / Other Grocery Resources  
<http://corona-virus.unionstationclubhouse.com/resources/grocery.html>
- ⇒ Honey's Helping Hand Mondays and Thursdays at 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
- ⇒ The emergency food pantry at Saint Vincent DePaul (70 North Mount Vernon Ave.) is open Wednesday through Friday from 10:30 a.m. to 1:30 p.m. Assistance, by phone appointment, has also started. For information on the food pantry, call 724-439-9188, ext. 208. Volunteers are also needed to assist in operations. Call 724-439-9188, ext. 205 for details.
- ⇒ Christian Church of Connellsville holds free community lunches from 11:30 a.m. to 1 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 te 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. [PA211.org](https://www.pa211.org) – use this resource to search for Thanksgiving baskets or find a local organization distributing holiday food packages

## Little Free Pantries

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

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

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

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

## Updated COVID-19 Plan Effective 11/30/2020

Building capacity will be reduced to 15

Non-virtual capable and TE/SEs will have priority

Members who have/were virtual will be strongly encouraged to do so

iPads can be loaned to members interested in participating in virtual if they need a device

3-Strike mask rule will be strictly enforced

Structured smoking times and limits will be reenacted

Top of the hour for 15 minutes

External trips limited to one-per day unless it is medical of mental health related

Any members or staff with visible signs of illness and read a temperature of 99.4 or higher will be required to quarantine

Non-member visitors will NOT be permitted into the building

# WOLF ADMINISTRATION REMINDS PENNSYLVANIANS EXPERIENCING ANXIETY, LONELINESS, STRESS AMIDST HOLIDAY SEASON THAT THEY ARE NOT ALONE

**Harrisburg, PA** - As the holidays are near, the Wolf Administration today shared resources for people struggling with anxiety, depression, loneliness, isolation, and other stressors. The holidays can be both a time of joy and a period of stress for people, depending on their circumstances. Mental well-being is an important part of everyone's overall good health and remains a priority for the administration amid the ongoing pandemic.

## Mental Health

People who experience feelings of anxiety or depression may experience more distress during the holiday season than during non-holiday times. Given the challenges we are all currently facing, all Pennsylvanians should take extra care to be mindful of their mental health and tend to their overall health and wellness during this time. Check in with yourself, be honest about how you are feeling to yourself and your support network, and if you need someone to talk to or a little extra support, help is available.

"This year has challenged all of us in ways that we could not have anticipated, and whether you normally deal with feelings of depression or anxiety or you are experiencing these for the first time, your feelings are valid," said Department of Human Services (DHS) Secretary Teresa Miller. "The holiday season and our family traditions will look different this year because it's what we must do to keep each other safe, but there can be a grief that comes from that. No matter what you are feeling this year, please know that you do not have to endure it alone. Talk to your loved ones, talk to your support network, and don't be afraid to make a call to resources that exist to help."

DHS' mental health support & referral help-

line, Persevere PA, is available 24/7 and is a free resource staffed by skilled and compassionate caseworkers available to counsel Pennsylvanians struggling with anxiety and other challenging emotions. The helpline caseworkers can refer callers to community-based resources that can further help to meet individual needs. Pennsylvanians can contact Persevere PA at 1-855-284-2494. For TTY, dial 724-631-5600.

If you or someone you love is in crisis, the National Suicide Prevention Lifeline is available by calling 1-800-273-8255. The hotline is staffed 24/7 by trained counselors who can offer free, confidential support. Spanish speakers who need immediate assistance can call 1-888-628-9454. Help can also be accessed through the Crisis Text Line by texting "PA" to 741-741.

The Office of Advocacy and Reform (OAR) was established as part of Governor Wolf's Reach Out PA initiative in July 2019. To date, OAR has [established a plan to build a trauma-informed Pennsylvania](#) by gathering a team of cutting-edge thinkers and practitioners in the field of trauma and how the brain heals from its effects to form a think tank. This volunteer group focused exclusively on setting guidelines and benchmarks for trauma-informed care across the commonwealth. Trauma-informed care needs to be included in the narrative about comprehensive mental wellness services and supports. OAR also hired the state's first Child Advocate whose role is to help protect the state's most vulnerable – another goal of the Reach Out PA initiative.

## Substance Use Disorder

The holidays may also be difficult for individuals with a substance use disorder or people in recovery, especially if they become

stressed by changes to their schedule or daily routine, are not able to see their support network in-person, have strained or non-existent relationships with family members, or are faced with potential triggers. According to the Centers for Disease Control and Prevention, the most dangerous time of the year for substance use and alcohol-related deaths are around the holiday months.

"We understand how difficult it is not being together with our loved ones during the holidays. However, it is essential that we stop all gatherings, even small gatherings, to prevent the spread of COVID-19," said Ray Barishansky, deputy secretary for health preparedness and community protection at the Pennsylvania Department of Health. "We must not lose sight, however, of the opioid epidemic that still rages on in our communities. This is the time to enhance prevention and rescue strategies to be sure this trend does not continue. Together, we can all help each other."

The Department of Drug and Alcohol Programs also maintains a toll-free helpline that connects callers looking for treatment options for themselves or a loved one to resources in their community. You can reach the Get Help Now helpline at 1-800-662-HELP (4357). The helpline is available 24/7 – including on Thanksgiving Day. An anonymous chat service offering the same information to individuals who may not be comfortable speaking on the phone is also available at [www.ddap.pa.gov](http://www.ddap.pa.gov).

Naloxone is still available to all Pennsylvanians through Secretary of Health Dr. Rachel Levine's standing order, and carrying this on-hand at all times can be a life-saving action. The Wolf Administration encourages all Pennsylvanians to take advantage of the



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#### NEED HELP ??

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

More Helplines are at:

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

## Being Thankful During 2020

Yesterday was our annual Thanksgiving luncheon at Union Station Clubhouse. And, might I say, it was quite an unusual event that is very telling in regard to our lives during the pandemic.

Usually our dining room is lined with long tables filled with chairs and with staff and members sitting closely together. This year, we had to create additional tables and seating for single occupancy to assure social distancing. As we normally have 30 or more people, we had to limit our occupancy to 20 to meet safety protocols.

Even with all of the changes to meet the challenges of the current pandemic, I am thankful that our Clubhouse family still had an opportunity to be together in our facility. I am also glad that (thankfully) to date, we have had no issues with positive COVID cases and that we have been able to continue to operate within some capacity.

I am also thankful for the opportunity we have had to build a virtual environment to keep our members that are unable to attend or who chose to remain at home



to still be active and involved with their Clubhouse.

Yet another thing I am thankful for is that the employers for our transitional employment and supported employment programs has recalled our members back to work. So, our members are out there working!

Lastly, I am most thankful for our members and staff that have displayed commitment, dedication, and passion for their Clubhouse so that it can continue to operate and thrive, even during the most difficult of times.

~Scott B.

## Online Support Groups Offered During the COVID-19 Pandemic

- ⇒ Several NAMI Affiliates in Pennsylvania offer Virtual Support Groups, mostly through ZOOM, Including
  - ⇒ NAMI Bucks County, PA  
<https://namibucks.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://namimain-linepa.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/>