

# Union Station Clubhouse Weekly

## Safely Stepping into Spring by Doing Better Health Wise

Spring turns a corner in my step. It has made me realize that I need to improve my wellness as far as getting back on the weight loss train for real. No gimmicks, no fabrications. I need to get outside as long as the weather isn't too bad each and every day, no matter what I do. . I want to get back to the gym on the days I am away from the Clubhouse so that I can get back in shape. Likewise, I know I need to treat my body better by being more conscientious of what I am putting in it. I have started going back to my weekly TOPS meetings this week. Since last going a year ago, I have gained over 30 pounds. I know this weight won't come off overnight and it won't be easy. But, I know that I need to do it if I want to be able to do things that people do in this world. I am certainly not ashamed in my body, but it does need some work to make it better. I know that I also have to take ownership of my body by tracking food, water, weight, etc. on my FitBit by scanning everything I consume and having daily weigh ins once awake. Living on my own doesn't give me any barriers or excuses of why I cant take care of myself and be better in time. This week I have been starting out small by exploring the parks in my neighborhood and using my photography skills by capturing key moments as the weather breaks. ~Dustin M.

Click the Flyer to Register for our Speaker Series on Wednesday

## Spring Plans

I'm going to go out walking and go to the parks. I will be outside a lot and getting my tan on because I do get dark between spring and summer. I enjoy being outside and being around people, especially my friends and family.

~Krysta C.

Union Station Clubhouse Speaker Series

**You're Invited!**

**FREE Information Session:**  
Virtual Meeting Etiquette

Wednesday, March 31, 2021  
2:00 - 3:00 p.m.

Whether you're an experienced pro or a first-time user, participating in a virtual meeting can be intimidating. Whatever your experience level, learn best practices, master common software features, and discover solutions for the most common type of technical difficulties so you can attend your next virtual meeting with ease.

Presenting will be Jen Belden-England, Interim Director of Service Coordination, and Sean Fox, Digital Skills Instructor, Goodwill of Southwestern Pennsylvania.

**What:**  
Information Session on Virtual Meeting Etiquette

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

**When:**  
Wednesday, March 31, 2021, 2:00 - 3:00 p.m.

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

Union Station Clubhouse



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• Daily 8:30 AM Meeting	
• Daily 12:30 PM Meeting	
• Monday 2:00 PM House Meeting	
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#### 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:

13. The Clubhouse is located in its own physical space. It is separate from any mental health center or institutional settings, and is impermeable to other programs. The Clubhouse is designed to facilitate the work-ordered day and at the same time be attractive, adequate in size, and convey a sense of respect and dignity.

#### Resources Compiled

As a part of the hybrid Work-Ordered Day of the Clubhouse. One of those tasks over the last year has been compiling a comprehensive list of resources for our community of in relations to the COVID-19 Pandemic. 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: <https://www.unionstationclubhouse.com/covid-19>.

Also check out our upgraded website at <http://unionstationclubhouse.com>

## 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/>
- ⇒ Is it your turn for the COVID-19 Vaccine? <https://covidportal.health.pa.gov/s/Your-Turn>
- ⇒ Fayette County Individual COVID-19 Vaccination Registry: <https://www.fayettecountypa.org/795/Individual-Registration>
- ⇒ Clubhouse Calendars:
  - ⇒ [Public Events](#)
  - ⇒ [Stakeholder/Webinar](#)
  - ⇒ [Food Distributions](#)

#### Community Support Program Updates

- ⇒ Western Region CSP will be meeting virtually until further notice with the March meeting being held March 12, 2021 The Next one will be on April 9, 2021 and will feature Colleen Gianneski, Children's Hospital, Telephonic Psychiatric Consultation Program TiPS (Telephonic Psychiatric Consultation Service Program) initiative.
- ⇒ [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, April 26, 2021.
  - ⇒ [Meeting Link](#)
  - ⇒ Meeting ID: 836 6421 5963
  - ⇒ Passcode: 747703

#### Beacon Health Options Member and Family Zoom Meetings

Beacon Health Options Prevention, Education, and Outreach Department invites you to join us on a Zoom meeting. The purpose of the call is to share information, updates and provide opportunities to net-work with other Beacon members and family members. The call will be hosted by Beacon's Prevention, Education and Outreach staff. We welcome Beacon members and families to join us. All calls are from 1:00 pm - 2:00 pm every other Monday.

Dates of calls are:

- ⇒ March 29, 2021
- ⇒ April 12, 2021
- ⇒ April 26, 2021

To Join the Zoom Meeting [CLICK HERE](#)

If unable to join by the Zoom link above, please dial in on the specific date at 1:00pm EST 1-646-876-9923 to join by phone: Meeting ID: 963 6668 5245 Passcode: 773174



## Food Pantries Next Week

⇒ Uniontown Salvation Army Service Center, 32 West Fayette Street; Tuesdays and Thursdays: 9:00 AM to 11:00 AM; Downtown, southern and western portions of the City of Uniontown

⇒ Caring People (Mt. Fellowship Bldg.), 5034 National Pike, Markleysburg; 11:00 - 12:00 Thursday; Henry Clay, Stewart, Wharton Townships and Markleysburg and Ohipyle Boroughs

## This N' That Around The Area

- South Connellsville Volunteer Fire Company will host a fish fry from 11 a.m. to 5 p.m. today and each Friday during Lent at the Firemen's Club. Dinners will include fish, French fries, macaroni and cheese, and coleslaw for \$10. All other sides are \$1 each.
- Leisenring Presbyterian Church, Leisenring, will hold a bake and soup sale from 9 a.m. until sold out March 27.
- The Connellsville-Dunbar Catholic Community will present a livestreamed Holy Week musical program at 7 p.m. March 29. Titled "Holy Week: A Journey Of Hope Through Song And Scripture," the program will trace the events of Holy Week from Palm Sunday through Good Friday and explore the themes of Triumph, Baptism, Eucharist, Penance and Remembrance. Words to familiar hymns will be provided so that viewers at home can sing along during the livestreaming. The livestreamed program may be viewed by visiting the parish website, [youghcatholic.org](http://youghcatholic.org). The four parishes of Immaculate Conception, St. Aloysius, St. Rita of Cascia and St. John the Evangelist comprise the Connellsville Dunbar Catholic Community.
- The Connellsville Area Garden Club is announcing how its geranium sale will be conducted this year. For many reasons — state mandates on outside gatherings, social distancing requirements, masking, and most importantly, to guarantee the safety of the club members and the community — the club will not be holding the geranium festival as a full-day event with vendors and entertainment. Geraniums will be sold following the same format used for last year's sale. It will be a drive-through event on May 29. Beginning April 18, you will be able to call or go online and pre-order/prepay for your geraniums so that everyone is guaranteed the amounts and colors they desire.

## Union Station Celebrates 12th Website Anniversary With Website Redesign

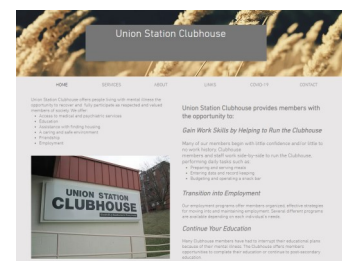
This month marks 12 years since we have had an online presence as [unionstationclubhouse.com](http://unionstationclubhouse.com). While we have made many changes to it over the years even as part of my class projects when I attended community college, I have begun to think that we, as a Clubhouse, need to move the website in a direction so that if I move on in my journey, the website can be maintained with ease by the Clubhouse members and staff at both the Clubhouse and our sponsoring agency, Goodwill of Southwestern Pennsylvania.

This was originally planned to be phased in last year, however, COVID-19 made us take a backseat to that process. But, what it did do was give us a year as a clubhouse to plan by redesigning content, providing modalities that is friendly to tablets and mobile devices, ease in uploading and linking documents (such as weekly newsletters, monthly lunch menus, and special event fliers).

Additionally, the Clubhouse members will have the capability from the Operations Unit to add events to one of three calendars on our website. Events hosted by the Clubhouse are on our [Public Events Calendar](#) lists all the events we are hosting. There are also calendars when [basic needs events are held for getting help along with a calendar listing Stakeholder](#) and [Webinar Events](#) for our members to attend should they choose.

This website is the beginning of a great new tool that sets us in line with the modern waves of the information superhighway.

~Dustin, M.



# Getting Help With Food

- ⇒ Find a Food Pantry (PA.gov)<https://www.dhs.pa.gov/about/Ending-Hunger/Pages/Food-Pantries.aspx>
- ⇒ Fayette County Community Action is modifying some Food Pantry Operations due to the Coronavirus
- ⇒ Website: <http://fccaa.org/>
- ⇒ Facebook (Most Current): <https://www.facebook.com/FCCAA.org/>
- ⇒ Our Map of Food Pantries in Fayette County / Other Grocery Resources  
<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.
- ⇒ Christian Church of Connellsville holds free community lunches from 11:30 a.m. to 1 p.m. every Monday. It is takeout only.
- ⇒ Farmers to Families Food Distribution on Fridays until April starting at 11:00 a.m. This is located at 286 East Fayette Street in Uniontown, lineup begins there and continues down Fayette Street, not blocking intersections or the bus lane at Uniontown High School.. It is imperative to follow the directions of the distribution team.
- ⇒ 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.
- ⇒ Albright United Methodist Church is hosting an Easter community dinner 4 to 6 p.m. (or until meals last) April 3. The church is located at 1626 S. Pittsburgh St., South Connellsville. Call the church office at 724-628-7130 to make reservations. Takeout and limited seating available. Donations welcome.
- ⇒ FOOD DISTRIBUTION: Fresh Fire Church located at 171 Connellsville Street In Uniontown will hold a food distribution THURSDAY APRIL 8th and 22nd from 10am-12pm or until we are out of food. We plan to serve over 1,080 families. 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. This is a contactless distribution, we cannot rearrange items in your vehicle for the food in an effort to protect our volunteers and you.

## Spotlight On: City Mission: PATH Program

A recent addition to the Gallatin School Living Centre is the PATH program; a series of specialized services for clients diagnosed with serious mental illness and/or those with dual diagnosis of mental illness and substance abuse. These services include case management, limited rental assistance, and transportation. Services are made available by a PATH (Program that Assist with the Transition out of Homelessness) grant.

## 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
  - ◆ Hutchinson Park Pavilion #4—Uniontown, PA\*
  - ◆ Areford Park—Frank Hoover Street, Uniontown PA\*
  - ◆ Smithfield United Methodist Church—20 Church Street, Smithfield
- \* 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/>

## Self-Determination Housing of PA Webinars

### March 2021:

- ⇒ [Home Modifications](#),  
Tues, Mar 30, 1pm – 2pm

### April 2021:

- ⇒ [Assistance Animals Explained](#)  
Thurs. April 1  
12:00 AM to 1:00 PM
- ⇒ [Navigating Income-Based Housing Options](#)  
Thurs. April 6  
1:00 PM to 2:00 PM
- ⇒ [Home Modifications](#)  
Thu, April 15, 10am – 11am

More Info:

<https://www.sdhp.org/>

## Employment Dinner Returns

This week our monthly Employment Dinner returned to the Clubhouse after a long absence. All TEs and SEs were in attendance and we had a Build a Burger for our Meal with French fries. We shared briefly how our jobs were going or if we had any future prospects as far as employment. Following that, we watched videos from the career site Indeed on Open and Virtual Interviewing as that is the mode of how many hiring events are conducted these days. Lastly, we all shared in the cooking and cleaning of the event and had a good time

~Dustin M.



## Refund, Rebates and Economic Impact Payment Trackers

- [IRS Where's My Refund?](#)
- [IRS Get My \(Economic Impact\) Payment](#)
- [Where's My PA Personal Income Tax Refund?](#)
- [Where's My PA Property Tax/Rent Rebate?](#)

## Webinars / Stakeholder Meetings

- ⇒ [Moral Injury: Invisible Wounds and Unspoken Words](#)

This presentation will focus on the effects of moral injury from trauma (causal mechanisms, symptoms, behavior manifestation, psychosocial effects, and interventions). The demographic focus will be veterans with military sexual trauma, children of veterans, and family systems. It will address the gap in services as well as barriers faced. It will end with methods and current programs to address this void in interventions.

**Date: Thursday, April 8, 2021, 2:30 pm to 4:00 pm EST**

<http://bit.ly/39fqdWj>

- ⇒ [Health Choices Advisory Committee Meeting](#)

**Date: Thursday, April 15, 2021**

**Time: 10:00am - 12:30pm**

The meeting will involve the discussion of telehealth services.

[Registration Link](#)

- ⇒ [OMHSAS Provider / Advocate Stakeholder Webinar](#)

**Tuesday, April 20, 2021, 3:00**

**pm to 4 pm EST**

- ⇒ [The Pennsylvania Special Supplemental Nutrition Program for Women, Infant and Children \(WIC\)](#)

**Date: Thursday, May 11, 2021**

**Time: 10:00am - 12:00 Noon**

The May 11, 2021 webinar will be on The Pennsylvania Special Supplemental Nutrition Program for Women, Infant and Children (WIC). WIC has improved the nutrition and health of families in Pennsylvania since 1974 by providing nutrition services, breastfeeding support, health care and social service referrals, and healthy foods. Through WIC, pregnant women, mothers, and caregivers of infants and young children learn about good nutrition to keep themselves and their families healthy! Please join us to learn about the WIC Program, the eligibility criteria, and how to apply.

## Fayette County State Historical Marker of the Week

### Alliance Furnace

There are two **Alliance Furnace** Markers that both have the same text on them. One is on Route 819 outside of Dawson and the other is at the intersection of on Banning Road about six miles NW of Route 819

"First furnace west of the Alleghenies. Built 1789 on banks of nearby Jacob's Creek, its ruins are still observable. Supplied iron for Wayne's campaign in 1794 against the Indians."



Wolf Administration Partners With General Assembly, Pennsylvania Counties To Launch The Emergency Rental Assistance Program

**Harrisburg, PA** - Governor Tom Wolf today announced the launch of a program that will deliver rapid relief to millions of Pennsylvanians at risk of eviction or loss of utility service. With federal funds allocated through the Consolidated Appropriations Act of 2021, the Wolf Administration built the [Emergency Rental Assistance Program \(ERAP\)](#) in partnership with the General Assembly through Act 1 of 2021 to distribute about \$569 million to Pennsylvania households through partnerships with local leaders. An additional \$278 million in rental assistance was directly allocated to Pennsylvania's largest counties by the federal government.

"With thousands of COVID-19 vaccines administered to Pennsylvanians every day, we are starting to see the light at the end of this year-long tunnel. But we must remain focused on the fact that so many of our neighbors are still struggling to cope with the pandemic's economic fallout," Governor Wolf said. "Millions of Pennsylvania households are less financially secure today than they were a year ago because a pandemic stole jobs and income from Pennsylvania workers. The ERAP is designed to provide housing security and utility assistance for these families and individuals so that they can focus on caring for their loved ones, getting back to work and healing from this traumatic experience."

Effective today, Pennsylvanians can submit applications for the Emergency Rental Assistance Program online at [www.compass.state.pa.us](http://www.compass.state.pa.us). Forty-seven counties have opted to collect applications from county residents through the COMPASS website provided by the Department of Human Services (DHS). DHS will route applications submitted through COMPASS directly to counties for processing. The online application is available in [English](#) and [Spanish](#). Applicants can also download and print an application or obtain an application from their [county ERAP office](#). DHS has also translated the paper application into [Russian](#), [Vietnamese](#), [Arabic](#), [Chinese](#) and [Cambodian](#) and made those available to all participating

counties.

Twenty counties have opted to accept applications from county residents through their own application process. However, residents of all counties can visit COMPASS for information on how to apply for ERAP, including residents of counties that have developed their own process. If a person tries to apply through COMPASS but indicates that they reside in one of the 20 counties with its own application, they will be provided with information about how to apply, including a link to the county application if available.

"The Department of Human Services designed this program to quickly and efficiently get help to people who need it. We stand ready to work with our partners in every Pennsylvania county to make this program a success," DHS Secretary Teresa Miller said. "I encourage all Pennsylvania families and individuals struggling with rent and utility bills to apply for assistance through ERAP."

Households may be eligible for up to 12 months of assistance to cover past-due or future rental and/or utility payments. The amount of a household's monthly rent or utility bills does not preclude eligibility, but the amount of ERAP assistance provided to a household is determined by program administrators at the county level.

Assistance can be provided to a tenant for future rental payments, and for unpaid rental or utility arrears that were accrued on or after March 13, 2020 on a residential rental property. Counties may choose to provide additional assistance to eligible households if funds remain available.

Residential tenants can apply for themselves, or a landlord/utility provider can apply on behalf of a current tenant. Additionally, landlords do not have to agree to participate in the program for tenants to receive assistance.

To qualify for assistance, a house-

hold must be responsible to pay rent on a residential property and meet each of the following criteria.

- One or more people within the household has qualified for unemployment benefits, had a decrease in income, had increased household costs, or experienced other financial hardship due directly or indirectly to the COVID-19 pandemic; AND
- One or more individuals in the household can show a risk of experiencing homelessness or housing instability; AND

The household has an income at or below 80 percent of area median income, which varies by county. [Income limits by county](#) are available on the DHS website. Resources (like bank accounts and cars) are not relevant to ERAP eligibility. Applicants will need to provide the following information: head of household's personal information; income information for all household members 18 and older; rental lease and amount owed; landlord's name and contact information. If applying for utility assistance, applicants must provide utility expenses and utility provider information.

Applicants should be prepared to provide documents that substantiate information provided, such as pay stubs, tax filings, unemployment letters, and rental/utility arrears. However, if applicants do not have documents, county ERAP offices will work with applicants to obtain documents or written attestations.

The program will end when all funds have been expended, which DHS expects to happen by September 2021. Per Act 1 of 2021, all funds must be spent by December 31, 2021.

More information about ERAP can be found at [www.dhs.pa.gov](http://www.dhs.pa.gov).

## NEWS FROM SOCIAL SECURITY

### Social Security's many online services

There's probably been a time in your life when you've wondered, "Can I do this online instead of visiting a Social Security office?" The answer is more than likely yes, and you can find more information about our online services at [www.ssa.gov/onlineservices](http://www.ssa.gov/onlineservices). Online, you can apply for retirement and disability benefits, appeal a decision, and do much more.

We've organized our online services webpage into four popular categories for easy navigation:

- Review your information. You can access your secure, personal information and earnings history to make sure everything is correct.
- Apply for benefits. You can apply for retirement, disability, and Medicare benefits without having to visit a local Social Security office.
- Manage your account. You can change your direct deposit information and your address, if you are receiving benefits, online.
- Find help and answers. You can find answers to your most frequently asked questions, as well as links to publications and other informational websites.

You can also access personalized information with your my Social Security account. This is a useful resource even if you are not receiving benefits. You can:

- Request a replacement Social Security number or Medicare card.
- Get personalized retirement benefit estimates.
- Get estimates for spouse's benefits.
- Print proof that you do not receive benefits.
- Check your application or appeal status.
- Read your Social Security Statement.

If you are receiving benefits, you can:

- Request a replacement Social Security number or Medicare card.
- Set up or change direct deposit.
- Print a Social Security 1099 (SSA-1099) form.
- Opt out of mailed notices for those available online.
- Print a benefit verification letter.
- Change your address.

Please let your family and friends know they can do much of their business with us online at [www.ssa.gov](http://www.ssa.gov).

## Beacon Health Options Continues Virtual Training with New 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, Mar. 30, 2021 @ 1:30 PM—Grief and Isolation  
[Registration Link](#)
- Tuesday, April 6, 2021 @ 1:30 PM—COVID-19, Ask the Doctor  
[Registration Link](#)
- Tuesday, May 4, 2021 @ 2:00 PM—Complaints, Grievances & Member Rights  
[Registration Link](#)
- May 18, 2021 @ 2:00 PM—Ride the Wave with Gab Bonesso  
[Registration Link](#)

Beacon Health Options is the Behavioral Health Managed Care Organization (BH-MCO) for Health Choices and Community Health Choices Members in Fayette and 11 other Western Pennsylvania counties. For more information or to contact Beacon, dial their 24/7/365 Member Hotline at 1-877-688-5972.



# Department Of Health Amends Universal Face Coverings Order To Align With CDC Guidance

**Harrisburg, PA** – Acting Secretary of Health Alison Beam today [amended the existing Universal Face Coverings](#) order, issued on November 17, 2020, to align with the Centers for Disease Control and Prevention's (CDC) [Recommendations for Fully Vaccinated People](#). The amended order went into effect at 12:01 a.m. on March 17, 2021 and will remain in effect until further notice.

"The vaccines that are currently available across the state and country are highly effective at protecting vaccinated people against severe and symptomatic COVID-19," Acting Secretary Beam said.

"Research has shown that fully vaccinated people are less likely to have asymptomatic infection and potentially less likely to spread the virus that causes COVID-19 to others. However, there is still more to learn about how long protection lasts and how much vaccines protect against new variants of the virus, so some prevention measures will continue to be in place for all people, regardless of their vaccination status."

According to the CDC, there are several activities that fully vaccinated people can resume now, as low risk to themselves, while being mindful of the potential risk of transmitting the virus to others. Those activities include:

- Visiting with other fully vaccinated people indoors without wearing masks or physical distancing;
  - Visiting with unvaccinated people from a single household who are at low risk for severe COVID-19 disease indoors without wearing masks or physical distancing; and
  - Refraining from quarantine and testing following a known exposure, if asymptomatic.
- However, it is important that fully vaccinated people continue to take precautions in public like wearing a mask and practicing physical distancing; avoid medium- and large-sized in-person gatherings; get tested if they experience COVID-19 symptoms; follow guidance issued by employers; and follow travel requirements and recommendations.

Individuals who are fully vaccinated should also continue to wear a mask, practice physical distancing and follow other prevention measures when visiting unvaccinated people who are at increased risk for severe COVID-19 disease or who have an unvaccinated

household member who is at increased risk for severe COVID-19 disease and when visiting unvaccinated people from multiple households.

People are considered fully vaccinated for COVID-19 more than two weeks after they have received the second dose in a two-dose series or more than two weeks after they have received a single-dose vaccine. It is important to remember that the current [mitigation Orders](#) are still in effect and that physical distancing and capacity requirements for gatherings must still be followed.

**While vaccine supply from the federal government remains limited, the Department of Health is working to ensure the vaccine is provided in a way that is ethical, equitable, and efficient. To keep Pennsylvanians informed about vaccination efforts:**

- ⇒ The [Your Turn](#) tool provides a way to register to be alerted when it's your turn to be vaccinated.
- ⇒ A [commonwealth COVID-19 vaccination guide](#) explains the current process for getting one. Pennsylvanians with questions about the vaccination process can call the Department of Health hotline at 1-877-724-3258.
- ⇒ [Vaccine provider map](#) to find a COVID-19 vaccine provider near you.
- ⇒ All of the locations that received vaccine and how much they have received can be found on the [COVID-19 Vaccine Distribution webpage](#).
- ⇒ [Vaccine dashboard data](#) can also be found on the website to find more information on the doses administered and showcase demographic information.
- ⇒ Pennsylvanians can provide feedback on the [Pennsylvania COVID-19 Interim Vaccination Plan](#) by clicking on the Plan Feedback Form square under Popular Vaccine Topics [here](#).
- ⇒ Frequently asked questions can be found [here](#).

**The Wolf Administration stresses the role Pennsylvanians play in helping to**

## reduce the spread of COVID-19:

- Wash your hands with soap and water for at least 20 seconds or use hand sanitizer if soap and water are not available.
  - Cover any coughs or sneezes with your elbow, not your hands.
  - Clean surfaces frequently.
  - Stay home to avoid spreading COVID-19, especially if you are unwell.
  - If you must go out, you are required to wear a mask when in a business or where it is difficult to maintain proper social distancing.
- Download the COVID Alert PA app and make your phone part of the fight. The free app can be found in the [Google Play Store](#) and the [Apple App Store](#) by searching for "covid alert pa".

## Updated Coronavirus Links: Press Releases, State Lab Photos, Graphics

- ⇒ [Daily COVID-19 Report](#)
- ⇒ [Press releases regarding coronavirus](#)
- ⇒ [Latest information on the coronavirus](#)
- ⇒ [Photos of the state's lab in Exton](#) (for download and use)
- ⇒ [Coronavirus and preparedness graphics](#) (located at the bottom of the page)
- ⇒ [Community preparedness and procedures materials](#)



## Help with Applying for SNAP

The Supplemental Nutrition Assistance Program (SNAP) better known by its former name of Food Stamps, helps individual and families make ends meet. More Information on SNAP is available. Call the Fayette County Community Action Agency for help applying. 724-430-6452



## Recipe Corner

### Macaroni Salad

#### Ingredients

- ⇒ 1 Pound Elbow Macaroni , Cooked and Cooled
- ⇒ 9 Large Eggs, Boiled and peeled
- ⇒ 1 Green pepper, cut in small pieces
- ⇒ 2 Stalks of Celery, cut in small pieces
- ⇒ 1 onion, cut in small pieces
- ⇒ 1/4 c. dill pickle juice
- ⇒ 1 quart Hellman's Mayonnaise
- ⇒ 1 Tablespoon Mustard
- ⇒ Salt and pepper

#### Directions

1. In large bowl put macaroni and eggs.
2. You may slice the eggs or grate them.
3. Add green pepper, celery and onion
4. Add all of the Hellman's Mayonnaise, mustard and dill pickle juice
5. Lastly add dill pickle juice and salt and pepper to taste.

~Charles J.

### Pickled Eggs

#### Ingredients

- ⇒ *Large Jar*
- ⇒ *3 Dozen Eggs*
- ⇒ *1 Gallon Pickled Beets*
- ⇒ *1 Cup or more or more of Vinegar to Taste*

#### Directions

1. Boil and Peel Eggs
2. *Place Eggs in Jar*
3. *Open Gallon of Beets. Pour Juice and beets over eggs*
4. *Add Vinegar to taste and mix well*
5. *Refrigerate at least two days before planned use.*

~Charles J.



100 Corporate Crossing Road  
Uniontown, PA 15401-3347

Phone: 724.439.9311

FAX: 724.439.9334

E-Mail:

[info@unionstationclubhouse.org](mailto:info@unionstationclubhouse.org)

Web:

[www.unionstationclubhouse.com](http://www.unionstationclubhouse.com)



#### 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](http://www.unionstationclubhouse.com/hotlines.html)



<http://goodwillswpa.org>

Union Station Clubhouse presents

## Annual Yard Sale

Saturday, May 22, 2021

9:00 a.m. to 3:00 p.m.

Union Station Clubhouse (off Main St., near Fay-Penn Business Center)  
100 Corporate Crossing Rd.  
Uniontown, PA 15401



Housewares, clothing, yard items, toys, furniture and so much more! Stop by Saturday, May 22 to see what treasures you can find.

Have extra items you don't need anymore? Donations for our yard sale will be accepted until May 21, 2021. Assistance is available to pick up items in the surrounding area. *Sorry, we cannot accept TVs or refrigerators.*

**For more information, contact us at 724-439-9311.**

*Proceeds from the yard sale benefit the Union Station Clubhouse's Member Education & Recreation Fund.*

*To find out about the Union Station Clubhouse, a program of Goodwill of Southwestern Pennsylvania, please visit [www.unionstationclubhouse.com](http://www.unionstationclubhouse.com).*



Union  
Station  
Clubhouse



*We take safety seriously. Read about our approach to COVID-19 at: [www.goodwillswpa.org/covid19](http://www.goodwillswpa.org/covid19)*

### 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://namibuckspa.org/>

⇒ NAMI Philadelphia  
<https://namiphilly.org/>

⇒ PMHCA Virtual Drop In's  
[https://pmhca.wildapricot.org/  
resources/Documents/Virtual%20Drop-  
In%20\(w.%20Meeting%20Info\)%20  
\(1\).pdf](https://pmhca.wildapricot.org/resources/Documents/Virtual%20Drop-In%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/>

