

Union Station Clubhouse Weekly

Members Voice their Opinion about Telehealth

What it will look like in the future with using virtual meeting and telecommunication. I think some will like it and some will not because a lot of people need their services one-on-one. People like me need face-to-face interaction and like it. Plus my Certified Peer Specialist likes the face-to-face more than telehealth or phone calls.
~Rebekah M.

It seems highly likely that telemedicine will facilitate clinical trials' progress by making patient recruitment more straightforward. The virtual nature of things could also mean recruiters are less restricted by geographic boundaries.
~April B.

I think that it is going to be helpful because there are going to be days where clubhouse won't be able to open and this will be like a support group to where the staff and members can still work together. They can share thoughts and ideas on how to improve the clubhouse and they can still work together on their goals. This can also be done by having members and staff work together to help in the community.
~Danny G.

I think telehealth will continue strongly for a while and then down use. Hopefully, we'll continue in some fashion ongoing.
~Yvonne S.



Members and Staff express their opinions about telehealth on Pages 3, 5 and 6



Inside this issue

- Resources Compiled2
- COVID-19 Information.....2
- Updates and Observances.....2
- Elections Update3
- Food & Closure Info.....4
- Recipe Page.....5
- Help & Support.....6

Meeting Schedule on Zoom

- Daily 9:00 AM Virtual Meeting
- Daily 11:00 AM Information Station
- Daily 1:00 PM Virtual Meeting
- Monday 2:30 PM Your Goals & You
- Wednesday 2:30 PM Getting Outdoors N' At
- Fridays at 2:30 PM Friday Night Live

Ridership is down, but FACT continues services

Although ridership has been down since COVID-19 restrictions were instituted, Fayette Area Coordinated Transportation (FACT) is continuing to offer the same services to the public.

With stay-at-home orders, business closures and physicians practicing telemedicine, FACT ridership has seen a 70% drop on its fixed routes, and between a 60% to 70% drop on the company's shared-ride service.

The revised fixed-route schedule is available at www.factbus.com.

Also on the website is information from the Medical Assistance Transportation Program (MATP) for those riders that use the program. Renze said MATP makes up a large portion of the share-ride program.

FACT employees are cleaning and disinfecting every bus in the fleet either at the end of the

day or before the beginning of the day.

Employee work schedules have been altered, everyone at FACT is still employed and still able to provide safe transportation to physicians who are still seeing patients in person, and businesses that are still open.

Extracted from [Union-town Herald-Standard](#) Article on April 30, 2020

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/>

Quote of the Week:

Nothing is impossible, the word itself says 'I'm possible!' ~ Audrey Hepburn

Loyalty / Americanism Day Today

Loyalty Day is a day set aside for the reaffirmation of loyalty to the United States and for recognizing the heritage of American freedom. Loyalty Day originally began as "Americanization Day" in 1921 as a counter to the Communists' May 1 celebration of the Russian Revolution. On May 1, 1930, 10,000 VFW members staged a rally at New York's Union Square to promote patriotism. Through a resolution adopted in 1949, May 1 evolved into Loyalty Day. Observances began on April 28, 1950, and culminated May 1, when more than five million people across the nation held rallies. In New York City, more than 100,000 people rallied for America. In 1958, Congress enacted Public Law 529 proclaiming Loyalty Day a permanent fixture on the nation's calendar.

On Loyalty Day, we reaffirm our allegiance to our country and resolve to uphold the vision of our forefathers. Many Posts and Auxiliaries host and participate in special events across the country including parades and school programs. Please take a moment on this day to publicly acknowledge the members of our armed forces who are displaying the ultimate in loyalty and service to protect our freedoms, liberty and way of life.

While there is normally a Americanism Day Parade in Downtown Uniontown on May 1, unfortunately due to COVID--19, that and several other annual traditions this month are being cancelled. However, don't forget to thank a Veteran for their service to our country.

Source: [VFW Auxiliary Website](#)

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

Living Independently

Living independently is the most wonderful thing ever and a great thing to live for. Sometimes it's hard to live on your own for a while until you get used to it then it gets easier as you go living on your own. But, will be scared about it, but you will get the hang of it. Your family and friends are there to help you through it.

Housing assistance offered

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.

Telehealth Has Been A Blessing To My Recovery

In recent years I have heard of telehealth in its infancy for mental health services but it was only available to commercial and cash individuals, thus leaving individuals with Medicaid or Medicare without this luxury.

While the closure and stay-at-home requirements have limited my need to be encouraged to stay at home in order to stay safe, I have utilized telehealth both in the clubhouse and outpatient method.

In the Clubhouse environment, this has provided an avenue for me to have a resemblance of the Clubhouse within the safety of my own home. Personally, for the first two weeks the Clubhouse was closed, I was having issues with maintaining a routine and was sleeping excessively. This environment has given me a reason to get up in the morning and be responsible to Scott and the other members.

Once the restrictions are released slowly, I would like to continue to have this option available to us because I am yet fearful of attending a congregate program in a confined space such as Clubhouse to not only risk contracting the Coronavirus. I

I do realize that for some time there will be a different kind of normal and for the most part I am OK with that. Yet, as of this writing, cases continue to increase and that puts the fear in me that by attending the Clubhouse too soon will put myself, the other members and staff at risk. However, I do think the clubhouse should be open to those without the technology or capability to access our telehealth services.

For the future I would hope that our payers would allow this service to continue once there is a cure for the Coronavirus would be able to attend the program that cannot access it either be-

cause of their geographical location or have other issues such as health or pest infestation that prohibits them from attending our program in person.

As on the outpatient end, while I have for several years have been lucky to have access to my therapist and psychiatrist more often than the larger clinics. With the Universal Masking requirements, I feel that this would prohibit my ability to communicate effectively in my sessions within allotted time. A lot of time is reduced by waiting especially during this situation when the office has to be disinfected between uses, signing in, so forth.

Finally, as far as accessibility, I wish that all telecommunications providers would have an inexpensive method of getting quality internet and phone access especially during this difficult time.

~Dustin M.

Member Reaches 10 Year Work Anniversary of SE Position

Recently, Dustin M. realized that he has been employed at the Mental Health Association for 10 years under the Clubhouse's Supported Employment Program. In that time his office location has changed two times and he has seen the addition of several programs that were once led by the county behavioral health office, but are now being peer led. An advocacy network component is being added to the agency for which he works. Also central to this was the creation of a governance committee and a website, both of which he plays an integral part in along with playing an active role in the county's Community Support Program (CSP) [a.k.a. Partners For Recovery]. He still maintains many tasks of the Consumer/Family Satisfaction Team where he completes behavioral health surveys and other related tasks such as local reports, among others. Dustin has improved greatly in his work over the years and is grateful for this opportunity in his life. He feels that it is an integral part to his recovery by getting out there and giving back to the community by not only offering his talents, but also being a wage earner and supporter for the community that serves him.

Primary Election Update

On March 27, Governor Wolf signed Senate Bill 422, which reschedules Pennsylvania's primary election from April 28 to June 2 due to the COVID-19 emergency. Voters have the option to vote by mail-in ballot rather than going to their polling place on election day. Mail-in ballot applications will be accepted through Tuesday, May 26, 2020. If a voter has already applied for an absentee or mail-in ballot, they do NOT need to reapply. You may either choose a mail-in ballot or an absentee ballot to request, complete, and return to your [county election office](#).

- ⇒ **Absentee ballot** – If you plan to be out of the municipality on election day or if you have a disability or illness, you should request this ballot type, which still requires you to list a reason for your ballot.
- ⇒ **Mail-in ballot** – Any qualified voter may apply for a mail-in ballot. You may simply request this ballot without a reason.

Mail-in ballot applications for the June 2, 2020, primary election must be received by your county election office by 5 p.m. on Tuesday, May 26, 2020. Apply Online at [VotesPA.com/ApplyMailBallot](#) Registered voters can apply for a mail-in ballot online with a [valid PA driver's license or photo I.D.](#) from the PA Department of Transportation (PennDOT). You can also download the [Mail-in Ballot Application](#) should you not have a ID available. Send your mail-in ballot application to the county election office. The deadline to apply

for a mail-in ballot is one week before the election. You can also apply in person at your county election office. Once your county's ballot is finalized and available, you may request and promptly receive your mail-in ballot.

After applying, if your application is accepted, you will get a mail-in ballot with instructions from your county election office.

How do I vote with a mail-in ballot?

1. Mark your ballot, following the instructions.
2. Place your ballot in the secrecy envelope and then put the secrecy envelope into the official envelope. Be sure to sign the declaration, or your ballot may not count.
3. Return your ballot so it arrives at the county election office on time.

Fayette County's Election Office is located on the first floor of the Public Service / "911" building at 24 East Main Street in downtown Uniontown. For more information, call 724-430-1289 or visit the Election Bureau [webpage](#)



Store & Government Closures / Dates

- ⇒ Giant Eagle stores will be open from 7 a.m. to 10 p.m. One-way directional signage will be added on the floor in each aisle of our supermarkets. Our supermarkets will open one hour early for those who are age 60 and older, differently-abled or immune-compromised.
- ⇒ 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. Face Coverings MUST be worn, site traffic will be limited and aisles will have directional traffic.
- ⇒ 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 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.
- ⇒ Pennsylvania Department of Conservation and Natural Resources (DCNR) has extended the closure of state parks and forests until May 8. The public will still be able to access trails, lakes, forests, roads, and
- ⇒ parking areas for passive and dispersed recreation, such as hiking. 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 a 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.

Standard of the Week:

8. All Clubhouse meetings are open to both members and staff. There are no formal member only meetings or formal staff only meetings where program decisions and member issues are discussed.

Stay

Stay, I said
to the cut flowers.
They bowed
their heads lower.
Stay, I said to the spider,
who fled.
Stay, leaf.
It reddened,
embarrassed for me and itself.
Stay, I said to my body.
It sat as a dog does,
obedient for a moment,
soon starting to tremble.
Stay, to the earth
of riverine valley meadows,
of fossilized escarpments,
of limestone and sandstone.
It looked back
with a changing expression, in silence.
Stay, I said to my loves.
Each answered,
Always. From April

The Mouse

I ask them to take a poem and hold it up to the light like the colored side or press an ear against it high. I then say drop a mouse into a poem and watch him make his way out, or walk inside the poems room and feel the walls for a light switch.

I want them to waterski across the surface if a poem waving at the author's name on the shore. But all they want to do is tie a poem to a chair with rope and torture a confession out of it..

They began beating it with a hose to find out what it really means. I; probably be going out to eat when the virus is over.

~April B.

⇒ Goodwill of SW PA's no-touch donation centers will be open daily from 9am until 5pm. Periodic closures of our donations centers are necessary for our staff to replace full donation containers. These closures are meant to ensure safe social distancing for our limited staff and you! Once all bins are ready, our center will reopen. We thank you for your patience and understanding.

⇒ Sheetz requires the wearing of a face covering and has designated 2-3 PM on Sunday as the designated shopping hour for vulnerable populations.

⇒ Dollar tree and Family Dollar have reserved their first hour for seniors and the immunocompromised

⇒ South Connellsville Community Yard Sales, scheduled for Saturday, May 2, will be rescheduled for a later date.

⇒ Connellsville Lions Club Sunday Concerts in Lions Square has been cancelled for the 2020 Season

⇒ The Wesley Family Clothesline, located in Wesley United Methodist Church, will not be open on May 2 due to the coronavirus restrictions.

⇒ The Memorial Day Service at Sylvan Heights Cemetery has been cancelled for this year.

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
- ⇒ Brownsville Borough Council will have weekly food collections which will in turn deliver emergency provisions to borough residents from 12-2 each Saturday, For more information or to express a need, call Paul Syniria at 724-970-4501 or Email a council member through the Brownsville Borough Website.
- ⇒ While social and recreation activities remain suspended, daily lunches continue to be available as "grab & go" meals at senior community centers in Fayette, Greene, and Washington counties. The meals are available Monday through Friday from 11 a.m. to 1 p.m. People 60 years of age or older should call in their meal reservation one day in advance by 1 p.m. For more information, call your local senior center, or the Southwestern Pennsylvania Area Agency on Aging at 1-800-734-9603.

Recipe of the Week: Broccoli Slaw Salad: By Amanda C.

Mix

- 1 Broccoli Slaw
- 1 Cup Sliced Almonds
- 1 Cup Roasted Sunflower Seeds

Dressing

- 2 Flavor packets from Chicken ramen noodles
- 1/3 Cup Apple Cider Vinegar
- 1/2 Cup Sugar
- 3/4 Cup Oil

When Ready to Eat:

- Add Crumbled Ramen Noodles right before
- Add all ingredients together.



Corn Soup

Recipe of the Week: Gravy & 6 Salisbury Steaks By Danny G.

Nutrition and Information

- ⇒ Serves 6
- Oven: 50 to 55 minutes
- Microwave: 21 to 22 minutes
- ⇒ 0g trans fat and a good source of protein
- ⇒ Hearty and satisfying Salisbury steaks, served with a savory, rich brown gravy.
- ⇒ Serving size: 1 patty with 1/3 cup gravy
- ⇒ CALORIES 170
- ⇒ FAT 12g
- ⇒ PROTEIN 10g
- ⇒ TOTAL CARBS 7g



Conventional Oven

1. Preheat oven to 375°F.
2. Remove heat-safe tray from carton.
3. Remove film from tray and place on a baking sheet.
4. Bake on middle oven rack for 50 to 55 minutes or until the internal temperature reaches 165°F as measured with a food thermometer in several spots.
5. Carefully remove baking sheet from oven with oven mitts and let stand 2 minutes before serving.

Microwave Oven:

1. Place entrée on a microwave-safe plate.
2. Peel one corner of film to vent.
3. Heat on HIGH for 12 minutes.
4. Carefully peel back film, separate any portions still frozen and spoon gravy over patties.
5. Replace film and rotate tray a half-turn.
6. Heat on HIGH for 9 to 10 minutes or until fully cooked.
7. Do not overheat.

Technology is a great advancement in so many ways.

While technology has been present for some time now, we have not been as inventive with it as we have been until we were presented with a national emergency like the COVID-19 pandemic.

We have seen several meetings in the community have a presence virtually using methods such as Facebook, YouTube, Zoom, and WebEx. This, I feel, has been a blessing in disguise. It gets support and public interaction to individuals that previously wouldn't have had an opportunity to attend.

As far as the telehealth movement, I am hoping that it is a continuance in our healthcare system on all formats as it can reach a broader community. Yes, I am sure there are quite a bit of kinks in the system that need to be worked out before it is finalized, but I have hope that this can be a building block in that process.

As for the mental health community, I would wish ALL these elements would incorporate telehealth. Things like support groups and public meetings could be continued as a way to gather more input.

I have spent my time taking an online course about local government through the Penn State Extension. I could see this as a lesson learned and I plan to use the opportunity to take a role in city and state government by watching these meetings virtually. I would simply hope that others would follow suit and broaden the availabilities to others like me. ~ Dustin M.

Union Station Clubhouse

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

www.unionstationclubhouse.org

Social Media



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



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

From the Director

The

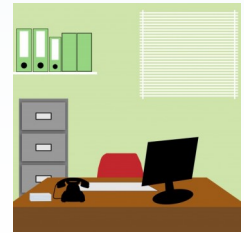
current situation of the COVID-19 pandemic has provided difficult challenges for the Clubhouse community. However, like with many other examples in our lives, difficult situations tend to lead to significant and often necessary changes. I think the use of telehealth services in the Clubhouse community is no different.

Since Union Station Clubhouse began utilizing our “virtual Clubhouse” environment, I have noticed how our members have adapted and embraced the entire concept. Our members have taken over a true sense of responsibility and ownership, especially since I rely heavily on

them to provide content and substance to everything that we are doing.

I truly believe that we are on the forefront of an exciting transformation in the delivery of services. I hope that the telehealth options can continue along with site based services so that our members can have expanded opportunities to be engaged in their Clubhouse.

~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

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/>

