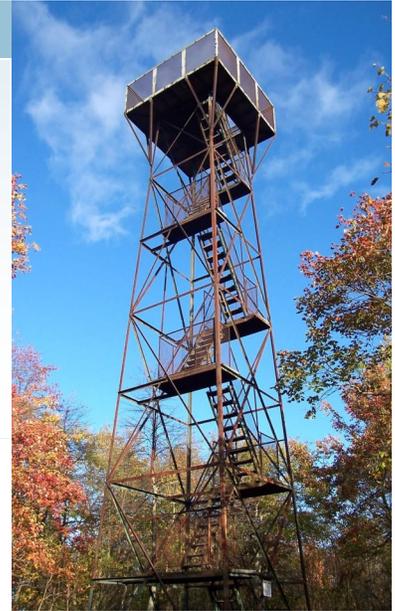


Union Station Clubhouse Weekly

Members Share : What do you plan on doing indoors this winter?



I read and do my cross-word puzzle books along with watch my portable DVD player. Additionally, I listen to the radio, read the Bible, and talk to my oldest son along with the rest of my family on the phone. Otherwise, I am stranded by being shut in the house because the roads are always bad in the winter.

~Rose S.

During the winter months I am cut off from the outside world due to my geographical location. The Internet is always good and I use it as a source of entertainment. Additionally, I do like to go outside and take photos of the amazing weather out there. However, I have to say by far it is a season I dislike the most.

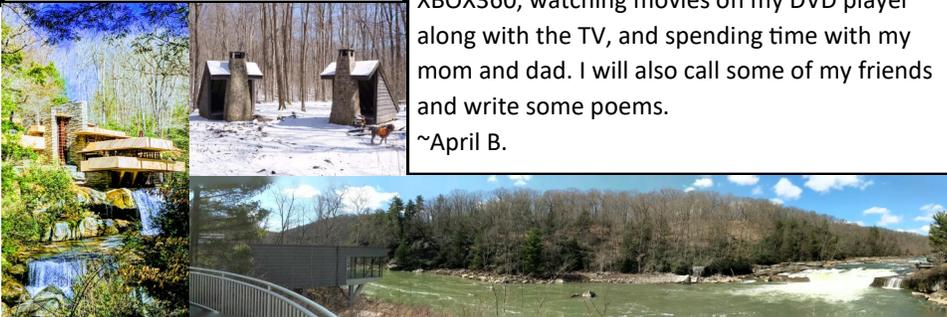
~Dustin M.

I like doing a lot of things with my family and my friends and I love doing things with them during the winter season.

~Krysta C.

This winter I plan to help my mom and dad to do stuff around the house, shovel the snow in the driveway, and have some hot tea and some hot chocolate. In the spare time, I will likely play some indoor games such my XBOX360, watching movies on my DVD player along with the TV, and spending time with my mom and dad. I will also call some of my friends and write some poems.

~April B.



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Meeting Schedule on Zoom

- Daily 8:30 AM Virtual Meeting
- Daily 12: 00 NOON Information Station / Lunch & Learn
- Daily 12:30 PM Virtual Meeting
- Monday 2:30 PM House Meeting
- Wednesday 2:30 PM Outdoors N' At
- Fridays at 2:30 PM Friday Night Live
- Tues. &Thurs @ 2:30 PM Cooking With Demonstration.

Spotlight on E-Resources: Haithi Trust
 Founded in 2008, [Haithi Trust](#) is a not-for-profit collaborative of academic and research libraries preserving 17+ million digitized items. Haithi Trust offers reading access to the fullest extent allowable by U.S. copyright law, computational access to the entire corpus for scholarly research, and other emerging services based on the combined collection. Haithi Trust members steward the collection — the largest set of digitized books managed by academic and research libraries — under the aims of scholarly, not corporate, interests.

Standard of the Week:

11. Responsibility for the operation of the Clubhouse lies with the members and staff and ultimately with the Clubhouse director. Central to this responsibility is the engagement of members and staff in all aspects of Clubhouse operation.

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

PMHCA Presents Rockin’ Your Recovery

Rockin’ Your Recovery, hosted by PMHCA, will be held the week of October 4th in honor of Mental Illness Awareness week. Originally scheduled for March at the Farm Show Conference Center, we decided to continue to honor peer recovery and the role that artwork plays in recovery by making this a virtual week-long celebration. There are several ways to participate such as performing, raffles, sponsorships and more. Registration is not required; all events are free and are available and open to all age groups.

[More Information Click Here](#)

Internet & Financial Empowerment
 developing strong supports with people who have disabilities

October 8, 2020
6:30 - 8:00 PM

Join us on ZOOM
<https://us02web.zoom.us/j/9405445944?pwd=MFpuZHpScjZvYW5XMmtMc1puQlNBZz09>

Register at:
<https://www.surveymonkey.com/r/J8MMFBL>

All Are Welcome to Join!

Logos: BlackburnCenter, RIHS, WCSI, achievo

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>

Current COVID-19 Information

- ⇒ Federal Government Response: www.coronavirus.gov
- ⇒ PA Department of Health Information <https://www.health.pa.gov/topics/disease/Pages/Coronavirus.aspx>
- ⇒ Fayette County Fights COVID-19 Facebook Group: <https://www.facebook.com/groups/206439277088716/>
- ⇒ Fayette Area Coronavirus Needs / Availability Group: <https://www.facebook.com/groups/211053520110419/>
- ⇒ Embedded State/ World Case Maps <http://coronavirus.unionstationclubhouse.com/resources/maps.html>

Focus On: Alert PA

AlertPA is a notification system by CodeRED for emergency and weather related alerts, health notifications, building alerts, and other updates from commonwealth and federal agencies.

A CodeRED Weather Warning will automatically alert you if your address falls in the path of severe weather, as determined by the National Weather Service. *This service is provided to you at no cost by your organization.

*1 message per alerting event. Message and data rates may apply.

[More Information](#)

Construction Update

Construction Patterns for the bridge near the Clubhouse on West Main Street (SR 2040) remain the same with the detour in place. Construction is expected to conclude in October. Mill Street (Between White Swan and Meloni’s is now no parking except for loading and deliveries, other than that traffic must be always moving. Additionally, utility work is occurring on other streets in the downtown area, thus making coming to and from the clubhouse more difficult at times.

This n' That in the Area Beacon Health Options Member Education Events

- ◆ 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.
- ◆ A Kona Ice event will be held 3-5 p.m. Oct. 3 at Conn-Area Catholic School, 613 E. Crawford Ave., Connellsville. Event benefits Conn-Area Catholic School. COVID-19 guidelines will be maintained. The public is welcome.
- ◆ Brownsville Historical Society is offering tours of Nemaocolin 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.
- ◆ Albright United Methodist Church, 1626 S. Pittsburgh St., Connellsville, will hold a takeout-only chicken and biscuit dinner from 4-7 p.m. Oct. 10. Cost is \$9 for adults and \$5 for children ages 12 and younger. On the menu are chicken and gravy over mashed potatoes and biscuit; green beans; and dessert.
- ◆ A carryout chicken and biscuit dinner will be held from noon to 5 p.m. Oct. 17 at Trinity Lutheran Church, 126 E. Fairview Ave., Connellsville. Cost is \$9 for adults and \$4 for kids 12 and younger. All proceeds benefit the back-to-school clothing giveaway.
- ◆ Downtown Connellsville will sponsor its Chili Fest from 11 a.m. to 2 p.m. Nov. 7. Sample chili from a variety of local restaurants while exploring downtown. Tickets cost \$10 and are available at participating locations. Proceeds benefit Downtown Connellsville Initiative. Go to downtownconnellsville.org or call 724-603-2093 for information.

- ⇒ October 9, 2020-1:00 p.m. (Friday)
Clarion Psychiatric Center
Stress & Anxiety Management
[Registration Link](#)
- ⇒ October 23, 2020-1:00 p.m. (Friday)
Beacon Health Options
The Journey to Trauma Informed Recovery
[Registration Link](#)
- ⇒ November 6, 2020-1:00 p.m. (Friday)
Beacon Health Options and PA System of Care Partnership
Part 1 Stigma and Implicit Bias – “Starting the Conversation”
[Registration Link](#)
- ⇒ November 20, 2020-1:00 p.m. (Friday)
Axiom Family Counseling
Modern Day Addiction Treatment
[Registration Link](#)
- ⇒ 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)
Nick Orlando
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.

For more information on Beacon Health Options, visit www.pa.beaconhealthoptions.com



New picnic area to be unveiled at Sheepskin Trail in South Union Township

A picnic area is being unveiled on the Sheepskin Trail in South Union Township, the latest addition to the 34-mile rails-to-trails project.

Township officials and volunteers cleared an area in the secluded natural setting, placing picnic tables in an area where two streams intersect so walkers and bicyclists can enjoy a snack or lunch.

Cars will not be able to enter the area, which can only be accessed by a foot bridge. Supervisors plan to begin with four or five picnic tables and will take suggestions on how to improve or expand the area.

The project involved building a foot bridge and grading. The area is several feet lower in elevation from the adjacent trail. Officials also installed concrete pads for the picnic tables and planted grass.

20 Volunteers from Northwest Hardwoods,

formerly called East Coast Lumber cleared the area to prepare it for the addition of picnic tables. Then, about 20 volunteers from the Bruderhof Communities of Farmington prepared the surface for planting grass. Township employees planted the grass last week, Schiffbauer said Thursday, adding all of the work has been completed.

Township supervisors analyze the trail users, and find that many seniors and parents with children use the trail. Most trail users walk for a mile or two, and move to a different section at another time.

The ultimate goal is to extend the trail from Dunbar Township to Point Marion at the Pennsylvania/West Virginia state line, linking with the Great Allegheny Passage to the north and the West Virginia Mon River Rail-Trail System to the south.

Getting Help With Food

FCCAA Food Pantries Next Week

- Berean Seventh Day Adventist Church 110 Searight Avenue, Uniontown; Tuesday 12:00—4:00 PM; Lower East End of Uniontown
- McClellandtown Presbyterian Church, 292 Springer Road; Wednesday 10:30 AM to 1:00; German Township
- YWBA, 624 Duck Hollow Road, Uniontown; 11:00 AM to 1:00 PM; Areas of South Union Twp. West of US 119 and South of US 40.
- Indian Creek Valley, Christian Service Center, 3330 Springfield Pike, Normalville; Wednesday 8:00 AM to 12:00 Noon; Springfield and Saltlick Townships
- Perryopolis Ministerium at Perryopolis UMC, 203 Independence Street; Thursday, 10:00 AM to 11:30 AM; Frazier School District
- Oak Hill Baptist, 100 Old Frame Road, Smithfield; Thursday 4:00 PM to 5:00 PM; Smithfield and Nicholson Township
- Paradise United Methodist Church, 105 Hoke Road, Mt. Pleasant; Friday 10:00 AM to 3:00 PM; Bullsken and Upper Tyrone Townships and Everson Borough
- Calvary Baptist Church, 34 Clark Street, Uniontown; Friday 9:00—10:00 AM; Upper East End of Uniontown
- East Liberty Presbyterian Church; 709 Main Street, Vanderbilt; Thursday, 9:00 AM to 12 Noon
- Mt Calvary Baptist, Route 857 Fairchance; Saturday 10:00-Noon

Other Needs

- ⇒ 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
- ⇒ 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.
- ⇒ Central Fellowship Church of Connellsville will have Free Community Lunch on Saturday, September 26, 2020 from 11:30 AM to 1:00 PM at the church at 316 North Arch Street, 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 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.

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/>

Help with Food Stamps

Pennsylvania (PA) Supplemental Nutrition Assistance Program Education (SNAP -Ed) is administered by the PA Department of Human Services (DHS) through a Management Entity at Penn State. PA SNAP-Ed is funded by USDA's Food and Nutrition Service (FNS) and operates according to FNS SNAP-Ed Guidance. 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

Wolf Administration Provides Resources For Pennsylvanians Struggling With Mental Health, Thoughts Of Suicide During The COVID-19 Pandemic

Harrisburg, PA - The departments of Health and Human Services today shared initiatives and resources available for Pennsylvanians struggling with mental health or thoughts of suicide during the COVID-19 pandemic.

"As we navigate the COVID-19 pandemic and spread awareness for suicide prevention this month, I urge you to connect with your loved ones and check in on them," Secretary of Health Dr. Rachel Levine said. "You can show your support for anyone struggling by ensuring they feel safe and supported. To those struggling, please know you are never alone and help is available."

"Difficult emotions and crisis can make people feel isolated and cut off, but no one is alone, and we must always know that help and support are always available," said Human Services Secretary Teresa Miller. "We all have a role to play in fighting that stigma around mental health and supporting people through difficult times. If you or someone you know has struggled with mental health or suicidal thoughts, we encourage you to reach out. Check in. Remind them that you are here for them. These small gestures can make an impact for someone who is struggling, and it may save a life."

If you or someone you know is struggling with mental health or suicidal ideation or have in past, know that help is always available:

- The National Suicide Prevention Lifeline is 1-800-273-8255.
 - The Spanish-language National Suicide Prevention Lifeline is 1-888-628-9454
 - For the Mental Health Crisis Text Line: Text PA to 741741
 - Support and Referral Helpline: 1-855-284-2494. For TTY, dial 724-631-5600.
 - TrevorLifeline for LGBTQ individuals: 866-488-7386
 - Trans Helpline: 877-565-8860
- These free resources are available 24/7. If you are concerned about someone else's well-being, these resources can help you be a life-saving assistance. No matter what you are going through, help is available.

Pennsylvanians are reminded that mask-wearing is required when visiting business-

es or in any setting outside the home where social distancing is difficult. Remember: My mask protects you; your mask protects me.

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](#)

[Map with the number of COVID-19 cases](#)

A September of Getting Back on Track

As many persons during this pandemic, I have experienced a weight gain from being cooped up in their homes and not being able to get out as much as they did previously. This is partly due to many of the public parks being closed during the spring months. Before that time, local parks were being used much more than they were in the past due to the pandemic.

Likewise, I have increasingly gained weight without being able to attend weight loss group meetings for six months since the beginning of the pandemic. One group has not resumed and the other has resumed but out of fear for my health have refrained from attending.

To combat this situation, I have weighed myself on the Clubhouse scale each time I visit, particularly on Wednesdays when I am here the full day. As of this writing, I have seen a decrease of 6.4 pounds with an average of two or so pounds lost per week.

I contribute moving more and eating less, an old adage to losing weight as a successful tip towards being successful in this process. Last Wednesday, I returned to the walking group we have at the Clubhouse and was amazed that I walked nearly a mile. I did hurt, but am doing much better. Even simple trips to the gas station and Walmart are much more comfortable as a result.

~Dustin M.

Library Updates

Brownfield: Closed

Brownsville: Open for copies, computers, etc. masks must be worn and hand sanitizer must be applied upon entry. Books can be reserved through WAGGIN. The total duration of a patron's visit must be no longer than 20 minutes per day and fees must be paid in Cash.

Carnegie: Curbside Service continues throughout the week by reservation as spaces for the computer terminals on the same days by reservation for limits of one hour per patron.

Dunbar: Open from 11 AM to 6 PM Tuesdays and from 9 AM to 6 PM Thursdays; Masks and Social Distancing encouraged

German-Masontown: During the pandemic, we are open from 10a-2p Monday-Thursday. The computers are on and the books are waiting for you!

Mary Fuller Frazier:

The Library Lobby will be open to the public on Wednesdays from 5:00 PM to 7:00 PM and on Saturdays from 10:00 AM to 11:30 AM. All staff and patrons will be required to wear a mask when entering the lobby. Patrons will be limited to that area and reservations for books will have to be made through e-mail or on the telephone.

Point Marion: The Point Marion Public Library is offering curbside pickup on Mondays and Wednesdays from 6 to 9 p.m. No other services will be available, and patrons are not allowed inside. The library collection is available to browse on the website. Requests can be made by calling the library at 724-725-9553 either during library hours or anytime by leaving a phone message. Please include contact number so the library clerk can set up a pickup time. Return books in the outside drop box. For patron safety, all books will have a four-day waiting period before being available for check out again.

Republic: Closed

Smithfield: Closed

Uniontown The library is open with time and usage restrictions. Browsing and public computer use are available by appointment – curbside pickup is still available. Masks are required at all times in the building. If you or any members of your household are experiencing a fever, cough, or any COVID-19 symptoms, please do not schedule a visit or a curbside pickup.

Older adults must vote safely in November general election

HARRISBURG — The Pennsylvania Department of Aging encouraged older adults to be informed about their options for voting in the Nov. 3 General Election if they are concerned about being able to vote safely amid COVID-19.

“The Department of Aging urges older Pennsylvanians to keep their health and well-being in mind however they choose to cast their ballot in November,” Secretary of Aging Robert Torres said. “The older adult population consistently votes more often than any other age group, and the turnout for the upcoming election may likely be no different. Therefore, it is important that they are able to vote without putting themselves at risk.”

“The coronavirus may have put large parts of our lives on hold, but there’s one event it won’t delay — the 2020 election,” said AARP Pennsylvania State Director Bill Johnston Walsh. “At AARP, we’re fighting to protect 50+ voters and ensure they can vote safely from home or in-person.”

Torres noted that if older adults are opting to vote by mail in ballot, they should apply for one as soon as possible at [votesPA.com](https://votespa.com).

Here are some guidelines for voting by mail-in ballot:

- Read the ballot and instructions carefully.
- Pay attention to where you place your pen. Don’t rest it on the ballot as it could potentially make an unintended mark somewhere and the tabulator will not read it correctly, or the pen could accidentally mark a candidate for whom you didn’t want to vote.
- Return the ballot by mail or in person to your county Board of Elections or officially designated drop-off site as soon as possible.
- Be sure to place your ballot in the inner secrecy envelope and then put the secrecy envelope into the outer return envelope, which you must sign. County election officials will not count your ballot if it is returned without both envelopes. Be sure to sign the declaration on the outer envelope so the ballot will be counted.
- In addition, Pennsylvania voters now have the option of voting in person at their county election office before election day. Just go to your county election office, request a ballot, fill it out and submit it — all in the same visit.

For older Pennsylvanians who are looking to vote at their polling place on Election Day, the polls will be open 7 a.m. to 8 p.m. Wear a mask, bring your own pen and follow social distancing guidelines.

The Pennsylvania Department of State is supplying counties with masks, face shields, hand sanitizer, floor marking tape and other supplies for polling places so Pennsylvanians can safely exercise their right to vote during this COVID-19 emer-

gency.

Older adults can check the status of their voter registration by visiting votespa.com or by calling 877-VOTESPA (877- 868-3772).



TURKEY-PARMEASAN STUFFED MUSHROOMS

Recipe Corner

Ingredients

- 1 Pound Ground Turkey
- 3/4 Cup Grated Parmesan Cheese
- 1/2 Cup Mayonnaise
- 1 Teaspoon Dried Oregano
- 1 Teaspoon Dried Basil
- 2 Cloves Garlic, Crushed
- 1 Teaspoon Salt or Vege-Sal
- 1/4 Teaspoon Pepper
- 1-1/2 Pounds Mushrooms

Directions

1. Preheat the oven to 350 F
2. Combine the Turkey, Parmesan Mayonnaise, Oregano, Basil, Garlic, Salt, and pepper mixing them very

well.

3. Wipe the mushrooms clean with a damp cloth, and remove their stems.
4. Spoon the mixture into the mushroom caps and place them in a shallow roasting pan. Add just enough water to cover the bottom of the pan. Bake for 20 minutes and serve hot.

By Rose S.



Walking Taco Bake

Ingredients:

- 1 lb. ground beef
- 1 package taco seasoning
- 2/3 cup water
- chili cheese Fritos or any flavor you prefer
- 1/2 can cheddar cheese soup
- 1/4 cup milk
- 1 cup mozzarella cheese, shredded

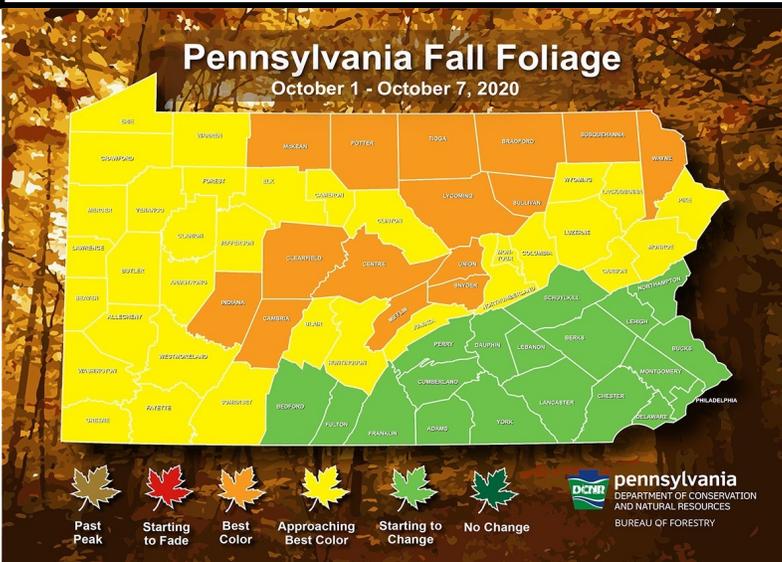
Instructions:

1. Brown beef or turkey over medium high heat until no longer pink.
2. Drain fat and add in the taco seasoning and water.
3. Simmer on low heat for about 5 minutes, or until liquid is absorbed and meat is thoroughly coated in seasoning.
4. Layer chili cheese Fritos on the bottom of and 8 x 8 baking dish.
5. Place seasoned meat on top of Fritos.
6. In a saucepan, heat cheddar cheese soup and milk over low heat.
7. Once warm, pour cheese mixture on top of meat.
8. Sprinkle mozzarella evenly over cheese and place pan in preheated oven, 350, for about 12-14 minutes.
9. Remove pan from oven and scoop desired amount onto plate.

~April B.



This week's Fall Foliage Report Courtesy of the Penna. DCNR Bureau of Forestry





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



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 sub-
stance 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](http://www.unionstationclubhouse.com/hotlines.html)

A Fresh Look for Union Station

Over the last month or so, the members and staff of the Union Station Clubhouse have worked diligently to improve and “freshen up” our space.

In the Operations Unit, we have purchased new furniture, done some rearranging, and freshly painted the walls. We have also added an employment area to the unit for members to actively prepare and search for competitive community based employment.

In the Food Service Unit, we also purchased new dining room furniture, rearranged the kitchen, and repainted the walls in the dining and snack bar areas. It should be noted as part of our initiative to promote wellness and proper nutrition, we removed our deep fryer and will be replacing it with

another work station table.

We also did some outdoor improvements as well. We pressure washed and refinished our back deck/stairs as well as added non-slip strips on the stairs to assure safety for our members.

We have been in our current space for 6 years now, and it has been long overdue for a new look. I think it also signifies our move toward a more professional looking environment that will promote a sense of pride in our members.

I hope to have pictures for the next issue!

~Scott B.

Online Support Groups Offered During the COVID-19 Outbreak

⇒ Several NAMI Affiliates in Pennsylvania offer Virtual Support Groups, mostly through ZOOM, Including

⇒ NAMI Bucks County, PA
[https://
namibucks.org/](https://namibucks.org/)

⇒ NAMI Erie County, PA
[https://
www.namerie.org/](https://www.namerie.org/)

⇒ NAMI Keystone BPD Support Group:
[https://
www.namikeystonepa.org/discover-nami/
find-your-local-nami/nami-pa-
borderline-
personality-disorder-
family-support/](https://www.namikeystonepa.org/discover-nami/find-your-local-nami/nami-pa-borderline-personality-disorder-family-support/)

⇒ NAMI Lehigh Valley
<https://www.namilev.org/>

⇒ NAMI Main Line
[https://
namimain-
linepa.org/](https://namimain-linepa.org/)

⇒ NAMI of Montgomery County:
[https://
namimontcopa.org/](https://namimontcopa.org/)

⇒ NAMI Philadelphia
[https://
namiphilly.org/](https://namiphilly.org/)

⇒ NAMI Scranton / NE:
[https://
www.naminepa.org/
/](https://www.naminepa.org/)

⇒ NAMI York-Adams
[https://
namiyorkadams.o](https://namiyorkadams.org/)

[rg/
https://www.pmhca.org/virtual-support-groups/](https://www.pmhca.org/virtual-support-groups)
⇒ 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/](https://www.7cups.com/connect/)

⇒ Daily Strength
<https://www.dailystrength.org/>

⇒ In the Rooms
[https://www.intherooms.com/
home/](https://www.intherooms.com/home/)

⇒ Sanvello
<https://www.sanvello.com/>