

## Union Station Clubhouse Weekly

**A** winter activity I used to enjoy doing was horseback riding on trails. I haven't done it in years, but I would love to do again one day. I also enjoy decorating for Christmas and watching the ice capades on TV when I am home. Sledding and snow ball fights are also fun (when I'm feeling up to it!) An activity I would like to try one day is skiing. -Tammy G.

**W**hen I was younger, making snow forts with the neighborhood kids and sledding was fun to do. Now as an adult, my outdoor activities in the winter mostly consist of shoveling snow, which is not very fun. I do enjoy some indoor winter pastimes though, such as watching football and college basketball, and picking brackets. I also like to stay warm inside, decorate, and watch A Christmas Story. -TJ

**M**y favorite winter activities is going outside play in the snow and playing with my family in the snow as well ~Krysta C.

**F**or many winters I lived with my parents on their farm and we would go outside and do things. But, since I moved on my own I like to continue that tradition in some form. Thankfully, in the years I have been independent, we haven't had any real bad winters. So, I like to go to the River Park and pray and take pictures and video of the river and the geese there. I would usually follow that up by going to Sheetz and having a drink in the dining room. Unfortunately, that will have to be on hold this winter as the dining room is closed during COVID. It also a good way for me to be active since I am a little fearful of going to the gym with all this going on right now. I am hoping for a nice winter where the weather is at least conducive for me to get out and stretch my legs. ~Dustin M.



### Inside this issue

Resources Compiled .....	2
COVID-19 Information .....	2
Webinars and Resources .....	2
County COVID Update .....	3
This 'N That.....	3
Help With Food.....	4
State News .....	5
County News .....	6
Recipe Corner .....	8
Help & Support.....	9
Food Updates from DHS.....	9

### Meeting Schedule on Zoom

- Daily 8:30 AM Virtual Meeting
- (M/W)12: 00 NOON Information Station / Lunch & Learn
- M/W 12:30 PM Virtual Meeting
- Monday 2:00 PM House Meeting
- Wednesday 2:00 PM Outdoors N' At/Active N' At
- Tuesday & Thursday @ 2:00 PM Cook With Me

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:

25. The Clubhouse assists members to reach their vocational and educational goals by helping them take advantage of educational opportunities in the community. When the Clubhouse also provides an in-house education program, it significantly utilizes the teaching and tutoring skills of members.

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

## 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>

### Spotlight on Persevere PA

Persevere PA is the statewide COVID-19 Crisis Counseling Program where you can connect with a FREE Crisis Counselor around the clock. If you feel stressed, overwhelmed, alone, afraid or anxious during these uncertain times, you are not alone. They are there to listen. You can contact them at 1-855-284-2494. There are trained professionals available 24/7 ready to help you navigate these unprecedented challenges. These services are FREE and CONFIDENTIAL

### Beacon Health Options Webinar Series

- ⇒ 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.

For more information on Beacon Health Options, visit [www.pa.beaconhealthoptions.com](http://www.pa.beaconhealthoptions.com). Fayette Countians can also contact them toll-free



## 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 Nemacolin 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 Byzantine Catholic Church of Uniontown began pierogi sales. They are pre-order only to 724-434-5355 Mon. Tues or Wednesday for Cooked or Frozen Pickup is on Fridays from 9 AM to Noon
- ◆ A Little Free Library has been placed in front of the Springfield/Clifford N. Pritts Elementary School in Normalville. The idea is to "take a book" or "leave a book." The Little Free Library has books available for anyone interested.
- ◆ Connellsville Area Community Ministries will provide coats to adults and children at the Connellsville Community Center, Room 210, from 10 a.m. to 2 p.m. Tuesdays and Thursdays. Coats are available for Connellsville Area School District residents. Call 724-626-1120 with questions.
- ◆ There will be a Blue Christmas Service at 7pm. Dec. 20 at Otterbein United Methodist Church, 201 Lincoln Avenue, Connellsville for anyone grieving a loss this year.

## FAYETTE COUNTY OFFICE OPERATIONS TEMPORARILY LIMITED

Uniontown, PA – In light of the ongoing COVID-19 pandemic, Fayette County government offices will begin operating with restrictions and an abundance of caution on Wednesday, Dec. 9, 2020.

These restrictions will remain in place until Monday, Jan. 4, 2020. The Fayette County Courthouse will be closed to the general public beginning 8 a.m. Dec. 9, except for essential business previously scheduled via appointments. This closure comes with the exception of the county court system, which will remain open for only emergency, essential matters and certain previously scheduled events. Please contact your attorney to confirm if your event will occur. Unrepresented parties should contact the administrative office of the Fayette County courts.

A mask continues to be required upon entry to the courthouse. This will be strictly enforced.

As we strive to protect the health and wellbeing of Fayette County, the Board of Commissioners asks that anyone needing to contact county offices do so via phone, email or online at [www.fayettecountypa.org](http://www.fayettecountypa.org). During this phase of limited operations, Fayette County will clean and sanitize all county facilities. We continue to work with WVU Medicine to ensure all COVID-19 safety protocols are being met.

The Commissioners reinforce that the health and safety of those who live in, work in, or visit Fayette County is paramount.

We are actively monitoring the evolving COVID-19 situation across Fayette County, and are consulting with Fayette County's Emergency Management Agency; the Pennsylvania Emergency Management Agency; and their networks of medical professionals to

coordinate appropriate responses and prevention efforts.

The Commissioners also encourage everyone to engage in the Centers for Disease Control and Prevention's recommended behaviors for mitigating COVID-19's spread, including:

- ⇒ Vigorous hand washing
- ⇒ Wearing a mask
- ⇒ Avoidance of facial touching.
- ⇒ Sneezing or coughing into cloths or elbows.
- ⇒ Social distancing from crowds.
- ⇒ Isolating when exhibiting signs of illness.

If you suspect you have been in contact with someone infected or you are experiencing symptoms, you are encouraged to stay home and avoid contact with others. The federal government has identified the elderly and chronically ill as those most at-risk of contracting the virus, but no one is totally safe.

For more information on the Coronavirus, including symptoms, treatments and outbreak updates, please visit the Centers for Disease Control and Prevention website at [www.cdc.gov](http://www.cdc.gov). For regular updates, visit [www.facebook.com/fcema911](https://www.facebook.com/fcema911) or [www.health.pa.gov/topics/disease/Pages/Coronavirus.aspx](https://www.health.pa.gov/topics/disease/Pages/Coronavirus.aspx) To learn more about Fayette County, visit [www.FayetteCountyPA.org](http://www.FayetteCountyPA.org).



# 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 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.
- ⇒ The St Vincent de Paul Society of Uniontown in concert with the Fayette County Action Agency will be conducting a food distribution providing for 600 Fayette County families. The distribution will be held on Monday, Dec. 14 at the Uniontown Mall at the old Sears location (Route 40 side) from 10 a.m. to noon. All volunteers and recipients must wear face masks to protect the volunteers and themselves.
- ⇒ The Mahoney Family cordially invites you to their 13th annual Christmas Dinner on Christmas Day, Friday, December 25, 2020 from 12:00 Noon to 3:00 PM at The New Uniontown Diner at 58 East Fayette Street in Uniontown. Due to COVID-19, all meals will be prepackaged and will be grab and go. Masks will be required and there will be no sit down available. For deliveries, please call 724-984-8894 and leave a message with your name, address and phone number.

## Food Pantries Next Week

- ⇒ Connellsville Area Community Ministries, 110 W. Crawford Avenue, Connellsville; Tuesday and Thursday 9:00 AM to 2:30 PM; Connellsville, South Connellsville and Connellsville Township
- ⇒ Hopwood Free Methodist, 118 Hopwood-Coolspring Road, Hopwood; Tuesday, 11:00 AM to 12:00; Areas of North Union Township north of US 40 and east of US 119
- ⇒ Saint Peter's Church at the Saint Mary's Center, 118 Church Street, Brownsville; Wednesday, 11:00—12:30 ; Brownsville Area School District
- ⇒ Leisenring Presbyterian, 1004 Church Street, Leisenring; Wednesday 8:30 AM—10:00; Dunbar Borough and Dunbar Township with Dunbar, Connellsville, Leisenring and Uniontown addresses.
- ⇒ Liberty Baptist, 183 Oliver Road, Uniontown; Friday: 3:00—5:00; North Union Township areas north of US 40 and West of US 119
- ⇒ Fayette City United Methodist Church, 4th Street, Fayette City; Friday 9:00 AM 12:00 Noon; Belle Vernon Borough, Fayette City Borough, and Washington Township
- ⇒ Pleasant View Presbyterian, 533 Royal Road, Smock; Saturday 10:00 AM to 11:00 PM; Areas of Menallen and Redstone Township north of US 40
- ⇒ New Salem Presbyterian Church, 27 S. Mill St., New Salem; Areas of Menallen and Redstone Townships South of US 40
- ⇒ Calvin United Presbyterian Church, 307 Spring Street, Brownsville; Saturday 9:30 AM to 11:00 AM; Brownsville Area School District

## 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/>



## Department Of Health Provides Update On Flu Season, Urges Pennsylvanians To Get A Flu Vaccine

**Harrisburg, PA** - The Department of Health today announced that as of November 28, there have been 480 laboratory-confirmed flu cases and one flu-associated death statewide. As flu season intensifies, Pennsylvanians need to get their flu vaccine.

"We are two months into this flu season and 10 months into the COVID-19 pandemic," Secretary of Health Dr. Rachel Levine said. "This is not the time to become complacent in safety practices. Instead, do your part to answer the call to wear a mask, wash your hands, social distance, download the COVID Alert PA app and follow all of the mitigation efforts in place to stop the spread of COVID-19 and the flu."

Flu activity is low across the commonwealth. There are flu cases in 40 of the 67 counties. Influenza A and B have been identified by laboratory testing. The percent of outpatient visits associated with Influenza-Like Illness (ILI) has been low and is still below the state epidemic threshold. A total of 12 influenza associated hospitalizations and one death in the 50-64-year-old age group have been reported in Pennsylvania during the current flu season.

The department's epidemiologists continue to monitor flu activity. A multidisciplinary working group comprised of internal and external partners is prepared to quickly respond to increased flu activity over the

coming winter months.

"COVID-19 cases are at an all-time high and we cannot afford to have a flu epidemic in Pennsylvania at the same time as this global pandemic," Deputy Secretary of Health Preparedness and Community Protection Ray Barishansky said. "If you have not already done so, get your flu vaccine today. If you have already gotten your flu vaccine this year, thank you for helping Pennsylvanians stay protected together. We know that people who get the flu after being vaccinated have a less severe case and are not sick as long as those who do not get vaccinated. The safety and health of Pennsylvanians remains our number one concern."

The vaccines are available as a flu shot for anyone six months or older and as a flu shot or nasal spray for anyone two or older. Flu vaccines are available at your doctor's office, pharmacy, local clinics or grocery store. A list of upcoming flu clinics can be found [here](#).

Flu is a contagious disease caused by the influenza virus. It attacks the nose, throat and lungs and may include the following symptoms:

- Fever;
- Headache;
- Tiredness;

- Dry cough;
- Sore throat;
- Nasal congestion; and
- Body aches.

In addition to getting vaccinated, Pennsylvanians are encouraged to practice healthy habits such as covering your mouth and nose when you cough or sneeze, frequently washing your hands, and remembering to disinfect commonly touched objects including door knobs, light switches, countertops, cell phones and computers. Furthermore, Pennsylvanians are encouraged to practice COVID-19 safety measures such as wearing a mask, social distancing, and downloading the COVID Alert PA app.

If you do become sick with the flu, it is imperative that you stay home. If you are at risk for developing serious complications from the flu, or feel extremely ill, you should see a medical professional immediately.

For more information on the 2020-2021 flu season, click [here](#).

## Health department stresses importance of washing hands

As COVID-19 and flu remain threats in our communities, Secretary of Health Dr. Rachel Levine shared that regular hand washing is one of the most important steps we can take to get rid of germs and keep them from spreading to ultimately protect ourselves and others from getting sick or dying.

"Regular handwashing can truly save lives," Levine said. "Whether you are at home, at work, or out in the community, you should wash your hands often with soap and water for at least 20 seconds, or the time it takes to sing 'happy birthday' twice, so you can protect yourself and your family. As a pediatrician, I echo the importance of teaching children to wash their hands early and often to ensure they do not run the risk of getting sick or spreading germs to others."

The Centers for Disease Control and Prevention recommends washing hands with soap and water whenever possible. If soap and

water are not available, using a hand sanitizer with at least 60 percent alcohol can help you avoid getting sick and spreading germs to others.

When washing, lather soap on your hands, rub your hands together, get the soap between your fingers, and clean underneath your nails to ensure you reach any germs that may be hiding.

To prevent the spread of germs during the COVID-19 pandemic and flu season, you should wash your hands before and after touching your eyes, nose, or mouth; touching your mask; eating or cooking; entering and leaving any public place; and touching an item, animal or surface that may be frequently touched by other people, such as door handles, tables, gas pumps, shopping carts, or electronic cashier registers/ screens.

By washing your hands, an individual can prevent the spread of diarrheal and respiratory infections from one person to the next.

The CDC shares that handwashing can prevent about 30% of diarrhea-related sicknesses and about 20% of respiratory infections.

When individuals wash their hands, they also defeat the likelihood of developing antibiotic resistance and avoid overusing antibiotics. Antibiotic resistance happens when germs like bacteria and fungi develop the ability to defeat the drugs designed to kill them.

That means the germs are not killed and continue to grow, which is sometimes impossible to treat and may result in extended hospital stays, doctor visits and costly and toxic alternatives.

## FAYETTE COUNTY REIMAGINES RECYCLING CENTER

Uniontown, PA – Fayette County’s new, state-of-the-art recycling program continues to evolve, following receipt of yet another major funding boost.

The Pennsylvania Department of Environmental Protection recently announced Fayette County would receive a \$350,000 grant under its Municipal Waste Planning, Recycling and Waste Reduction Act for enhancements to drop-off recycling, education and recycling processing.

Fayette County Recycling Coordinator/Stormwater Manager, Sheila Shea, said the grant will be used to purchase the former Goodwill Recycling Center, additional haul-all recycling drop-off bins and new collection equipment.

“Our goal is to offer a self-serve, drive-through recycling center for our residents, not only for traditional recyclable materials, but for hard-to-recycle appliances, electronics and tires, as well,” Shea said.

Last month, Fayette County commissioners Dave Lohr, chairman; Vincent Vicites and Scott Dunn entered into a sales agreement with Goodwill Industries to purchase its former recycling center for \$225,750; and its adjoining, 6.27-acre lot for \$31,500.

Goodwill of Southwestern Pennsylvania opted to leave the industry and close its long-standing recycling center in May. Fayette County has since entered into an agreement with Carry All Products Inc. of Connellsville for hauling services; and Superior Fine Grind LLC of South Connellsville for processing services.

“Once the former Goodwill center is operational through the county, residents will be able to drop off their regular recycling at the center, where it will then be transferred to our Connellsville partners for processing,” Shea said. “It’s also very exciting for us to finally be able to offer a one-stop recycling center for citizens’ hard-to-recycle items all year long. I’ve had the vision of a convenience center like this since I came on board almost four years ago. Now, with the help of the DEP and the commissioners, it’s finally coming together.”

In addition to hard-to-recycle items, the future self-service center will accept plastics, cardboard, aluminum/bi-metal cans, mixed paper and glass, Shea added.

Fayette County previously received a DEP grant to implement the first phase of the new recycling program’s expansion, including purchasing more than 20 new, haul-all recycling drop-off bins, which have been placed throughout the county. In the last few months, the bins have significantly increased citizens’ abilities to participate, especially in municipalities where regular recycling initiatives are not in place.

Shea said this grant is “just the next step” in the process, as more haul-all bins and additional program growth opportunities will become available over the next few years.



“I just want to keep expanding and working toward future grants,” Shea said. “The best thing we can do for our environment is make recycling more convenient for our Fayette County residents.”

~Fayette County press release

## FAYETTE COUNTY PARKS PLAN MOVING AHEAD

Uniontown, PA – County officials are gearing up for the next phase of development at two Fayette County parks.

Fayette County commissioners Dave Lohr, chairman; Vincent Vicites and Scott Dunn recently approved the final Master Site Development Plans for Dunlap Creek and German-Masontown parks, following a lengthy process and collaboration with the state Department of Conservation and Natural Resources (DCNR).

Large groups of park users and surrounding community members were asked to weigh in on the project in fall 2019, providing crucial input that led to the initial site plan designs. County officials, along with David King of Gibson-Thomas Engineering and parks and recreation professional Jim Watenpool, then presented the proposed designs during an open house for all Fayette County citizens in June.

Fayette County Community Development Specialist Sue Martin said the open house resulted in more detailed plans including the community’s likes, dislikes, wants and needs.

Under the plans, pavilions, playground equipment, the amphitheater and baseball fields will be upgraded and/or moved at German-Masontown Park. New park features will include a walking loop trail, skate park, splash pad, all-purpose court, dog park, hiking trails and more.

At Dunlap Creek Park, a walking/bike trail circling the lake, dog park, “green” community and education center and more will be added.

“Since the open house, the changes were few, and what has been completed are the narratives that DCNR then approved,” Martin said. “The resolutions will be signed at the December commissioners meeting, and I will send them to DCNR for the grant to be closed out. Implementation of the plans can begin after that, depending on funding availability.”

The Fayette County Parks Master Plans project was financed in part by a grant from the Community Conservation Partnerships Program (Keystone Recreation, Park and Conservation Fund and Environmental Stewardship Fund), under the administration of DCNR’s Bureau of Recreation and Conservation.

Martin said, while no date has been set for work to begin, county officials plan to partner with the parks’ municipalities and other local organizations to pursue grants for in-kind work. “

This project is important to the county and its citizens because we now have a thoughtful plan designed to improve two more of our county parks,” Martin said. “The community and local municipal officials have had continual input during the planning process to ensure the parks are responsive to the wants and needs of our citizens.”

~Fayette County Press Release

# Gov. Wolf, Sec. of Health Announce New Protective Mitigation Efforts to Put Pennsylvania on Pause through Early January

As COVID-19 cases continue to rise, Governor Tom Wolf and Secretary of Health Dr. Rachel Levine today implored Pennsylvanians to take the next three weeks and stand united against the virus by adhering to existing mitigation orders and stricter efforts announced today.

"Today I am announcing additional, temporary COVID-19 protective mitigation measures in the commonwealth," said Gov. Wolf. "With these measures in place, we hope to accomplish three goals: First, stop the devastating spread of COVID-19 in the commonwealth. Second, keep our hospitals and health care workers from becoming overwhelmed. And third, help Pennsylvanians get through the holiday season – and closer to a widely available vaccine – as safely as possible. This is a bridge to a better future in Pennsylvania."

The new, limited-time mitigation orders take effect at 12:01 a.m. on December 12, and remain in effect until 8 a.m. on January 4, 2021.

"Each of the last two days we have reported the highest number of deaths since the beginning of the pandemic," Dr. Rachel Levine said. "In the past week, we have reported close to 1,100 new deaths from COVID-19 across Pennsylvania. The virus continues to strain our health care systems and the dramatic rise in cases among all age groups, including among school-age children, is alarming. Since the start of the pandemic, there have been more than 37,500 cases among children age 5 to 18, yet 9,500 of those cases occurred in the past two weeks."

The Order provisions outlined here are accompanied by supportive data used in part to make these decisions. The data provides a sampling of research that supports why limiting gatherings, reducing occupancy, and temporarily suspending some activities, among other efforts, are considered vital to stopping the spread of COVID-19.

Two recent studies, one by Yale University and one by Stanford University, substantiate more than one of these mitigation efforts. Links to the full studies and additional data and research can be found on the Department of Health's data page, [here](#).

Limited-Time Mitigation efforts announced today include:

## **In-Person Dining and Alcohol Sales**

All in-person indoor dining at businesses in the retail food services industry, including, but not limited to, bars, restaurants, breweries, wineries, distilleries, social clubs, and private catered events is prohibited.

Outdoor dining, take-out food service, and take-out alcohol sales are permitted and may continue, subject to any limitations or restrictions imposed by Pennsylvania law, or this or any other Order issued by the Sec. of Health or by the governor.

## **Indoor Gatherings and Events**

Indoor gatherings and events of more than 10 persons are prohibited.

Churches, synagogues, temples, mosques, and other places of congregated worship are specifically excluded from the limitations set forth above during religious services, these institutions are strongly encouraged to find alternative methods for worship, as in person gatherings pose a significant risk to participants at this time. While this an incredibly difficult recommendation to make, particularly at this time of year, faith leaders must carefully weigh the health risks to their congregants given the immense amount of community spread of COVID-19.

## **Outdoor Gatherings and Events**

Outdoor gatherings and events of more than 50 persons are prohibited.

## **Capacity Limits for Businesses**

All in-person businesses serving the public may only operate at up to 50% of the maximum capacity stated on the applicable certificate of occupancy, except as limited by existing orders to a smaller capacity limit.

## **Gyms and Fitness Facilities**

Indoor operations at gyms and fitness facilities are prohibited.

Outdoor facilities and outdoor classes can continue, but all participants must wear face coverings in accordance with the Sec. of Health's [Updated Order Requiring Universal Face Coverings](#), including any subsequent

amendments, and practice physical distancing requirements.

## **Entertainment Industry**

All in-person businesses in the entertainment industry serving the public within a building or indoor defined area, including, but not limited to, theaters, concert venues, museums, movie theaters, arcades, casinos, bowling alleys, private clubs, and all other similar entertainment, recreational or social facilities, are prohibited from operation.

## **In-Person Extracurricular School Activities**

Voluntary activities sponsored or approved by a school entity's governing body or administration are suspended, but these extracurricular activities may be held virtually. This includes, but is not limited to, attendance at or participation in activities such as musical ensembles, school plays, student council, clubs, and school dances.

## **K-12 School Sports and Youth Sports**

All sports at K-12 public schools, nonpublic schools, private schools and club, travel, recreational, intermural, and intramural sports are paused.

## **Professional and Collegiate Sports**

Professional or collegiate sports activities may continue in accordance with guidance from the CDC and the Department of Health.

Spectators may not attend such sports activities in person.

"The work we do now to slow the spread of COVID-19 is not only crucial to keeping our fellow Pennsylvanians safe and healthy," Gov. Wolf said. "It will help all of us get back to normal, and back to all of the things we've missed, faster. And it means more Pennsylvanians will be alive to celebrate that brighter future. This year, we show our love for our families and friends by celebrating safely and protecting one another."

~Pennsylvania Press Release

## Recipe Corner

### Baba's Nut Rolls

#### Ingredients:

##### Dough

- 1 large cake yeast
- 1 lb. butter
- 3 egg yolks, beaten
- 1 tsp. salt
- 1 cup sugar
- 2 cups scalded milk
- 8 cups flour

##### Nut Filling

- 3 lbs. Finely Ground Walnuts
- 3 cups sugar
- 3 egg whites, beaten foamy
- Grated rind of 1 lemon
- 1 tsp. vanilla
- 1 cup of hot milk

#### Directions

- Scald milk to almost boiling. Let cool
- Dissolve yeast on one cup of the lukewarm scalded milk
- To the other cup of milk, add softened butter, sugar and salt and mix until smooth. Add beaten egg yolks and then the milk/yeast mixture
- Add half of the flour to this mixture, continue to add the rest of the flour one cup at a time, mixing in between (add a little more flour is dough is sticky.) Knead until the dough is smooth and soft. Cover and let rise until double in bulk (3,5 hours)
- Knead the dough again and divide into 8 pieces
- Mix all of the filling ingredients together in another bowl
- Roll out each piece of dough and spread with nut filling. Roll tightly and place on a greased cookie sheet. Let rise (about an hour)
- Brush with egg wash (1 egg and 1 tbsp. milk, beaten) and pierce with fork. Bake 25-30 minutes at 350 degrees F.

~Submitted by Dustin M. from The Catholic Accent Magazine



### Chocolate Pudding Pie

Prep: 15 Min.

Cook: 1 Hour

Total: 1 hr. 15 min.

Servings: 8

Yield: 1-9 inch Pie

#### Ingredients

- 1 9-inch Pie Shell, Baked
- 1 (5 ounce) package non-instant chocolate pudding mix
- 2 cups low fat milk
- 1 (8 ounce) container frozen whipped topping, thawed
- 1/4 Cup chocolate shavings

to cool for five minutes/

2. Pour pudding into pie shell and refrigerate until cool.
3. Top with whipped topping before serving. Garnish with chocolate shavings.

~By T.J. B.



#### Directions

1. Prepare pudding according to package directions. Cover pudding with wax paper and allow

### Strawberry Holiday Chocolate bars

#### INGREDIENTS

- 3 cups (525g) semi-sweet chocolate chips, or milk chocolate
- 2 cups (350g) white chocolate chips
- about 10 salted pretzels, crushed
- 1/2 cup (50g) salted pistachio halves
- 1/4 cup (30g) dried cranberries
- 1 cup freeze-dried strawberries

#### INSTRUCTIONS

1. Prepare a pan for the bark: line a 13x9-inch brownie pan or similar sized pan with parchment paper.
2. Melt the chocolate in separate bowls using a microwave or double boiler. Stir frequently to avoid burning the chocolate; stir until smooth.
3. Sprinkle crushed pretzels onto the bottom of the pan. Pour melted dark chocolate over the top and use a spatula to spread the chocolate to the edges. Immediately, spoon the white chocolate on top. Using a knife, swirl the two chocolates together.
4. Sprinkle the toppings over the bark randomly, pressing the strawberries into the chocolate gently to ensure it stays in place. Place chocolate into the refrigerator for about an hour or until completely set.

5. Remove bark from refrigerator and using a sharp knife, chop into smaller pieces. Keep chocolate bark stored at room temperature in an airtight container.

~Crystal K.







## Union Station Clubhouse

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)



## Keeping the Holiday Spirit Alive

To say that 2020 was a difficult year would be a gross understatement. What we have all experienced to this point is unprecedented. Even with all of the uncertainty, the spirit of the holiday season is something that we can all rely on.

With that being said, Union Station Clubhouse is doing everything it can to assure the spirit of the holidays is alive and well.

First, we have already decorated our space with the usual holiday décor. Lights, trees,

wreaths, and garland is abundant.

Second, the members and staff of our Clubhouse are holding a door decorating contest that will be judged by the public via our Facebook page.

Third, Since Goodwill of Southwestern PA is not having its usual "Week of Cheer" before the holidays, we will be conducting our own. Some of the days during that week we will be having is "Flannel Day", "Hot Cocoa Day", and "Cheesy Cheer." The

week will be capped off by with our annual Christmas luncheon and party.

Finally, I should mention that true to Clubhouse form, we will be open in observance of the holidays. During those days, we will be offering virtual services along with site-based.

With the challenging year we have all faced, the Clubhouse staff and I wanted to make an extra effort to spread holiday cheer to our members.

~Scott B.

### 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>

### 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://www.turn2me.ie/>
  - <https://www.7cups.com/connect/>
  - ⇒ NAMI Philadelphia <https://www.dailystrength.org/>
  - <https://namibuckspa.org/>
  - ⇒ In the Rooms <https://www.intherooms.com/home/>
  - ⇒ Sanvello <https://www.sanvello.com/>
- ⇒ 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

