

## Union Station Clubhouse Weekly

Members Talk about persons who influenced them in their lives.

**My**

family, friends, and Clubhouse have helped me get through rough and hard times such as losing my loved ones. They are always here for me when I need them. Clubhouse shows me how to live on my own, live life to the fullest, and appreciate how important life is. My family needs me in their life, and I will always be there for my family.

~Krysta C.



**O**

ne of the people who have inspired me probably has no clue that they were even a part in doing so. Several years ago I attended a Value (Beacon) Family Forum at Westmoreland County Community College where the Excellent Caregiver awardee of Fayette County's grandson, who was also a Leadership in Recovery Awardee that spring at the recovery forum. He made great strides in his recovery. He attended WCCC and studied Web Publishing (something that I always had a knack in, however never took it seriously.) Because of his great recovery journey and his ability to attend community college, it inspired me to attend community college while holding down a SE job and Clubhouse responsibilities. I honestly don't think if I would have met that young man and his grandparents that day at WCCC, I don't know if I would have ever pursued the dreams of attending community college. Previously, I had kept it "on the back burner" before this great meeting. There are many skills that I use continuously at home, Clubhouse, and work that I learned from college. I use my skills everyday, and I met some great people and got some awesome honors in the ride too!

~Dustin M.

**My**

any people have influenced me especially my Mom who has been a key support throughout my life. I've been influenced by art, music, sports, games, clothes, food, and other hobbies that have played a role in my life to help get me through some really tough times. Another influence in my life is my two sisters that have been a shoulder to lean on. They support me and help build my confidence. To see the strength of my oldest sister and how far she has come, it helps me to become a better man. It pushes me to strive for the better knowing that miracles do happen. Coming to Clubhouse and sharing similar struggles has helped me to grow and move forward, hoping to influence someone.

~Quinn P.



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### Meeting Schedule on Zoom

- Daily 8:30 AM Meeting
- M, T, W, F 10:30 AM Information Station
- Thursday 12:00 PM: Information Station
- Daily 12:30 PM PM Meeting
- Monday 2:00 PM House Meeting
- Tuesday: 2:00 PM Activity
- Wednesday: 2:00 PM Wellness Activity
- Thursday 2:00 PM Activity
- Friday: 2:00 PM Friday Night Live

#### 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:

2. The Clubhouse has control over its acceptance of new members. Membership is open to anyone with a history of mental illness, unless that person poses a significant and current threat to the general safety of the Clubhouse community.

#### Resources Compiled

As a part of the "virtual" Work-Ordered Day of the Clubhouse. One of those tasks over the last week was compiling a comprehensive list of resources for our community of businesses such as banks, pharmacies, grocery, take-out etc. that is open and what operations are within them during this difficult time. Also compiled was a listing of entertainment series such as tour series provided by our National Parks in the region and other virtual opportunities. For more information on all resources, visit: [www.coronavirus.unionstationclubhouse.com](http://www.coronavirus.unionstationclubhouse.com)

## 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>

## CSP Updates

- ⇒ Western Region CSP will be meeting virtually until further notice with the January meeting being held on Friday January 8. The Next one will be on February 12, 2021 and will feature Lauren Berman from SWPA Legal Services where Fair Housing will be the topic.
  - ⇒ [Meeting Link](#)
  - ⇒ 888 788 0099 US Toll-free
  - ⇒ 877 853 5247 US Toll-free
  - ⇒ Meeting ID: 934 6249 8705
  - ⇒ Passcode: 948800
- ⇒ Our CSP, Partners for Recovery will be also meeting via Zoom until Further notice with the next meeting being held at 10:30 AM on Monday, February 22nd.
  - ⇒ [Meeting Link](#)
  - ⇒ Meeting ID: 836 6421 5963
  - ⇒ Passcode: 747703

## Beacon Health Options Member and Family Zoom Meetings

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

Dates of calls are:

- ⇒ February 15, 2021
- ⇒ March 1, 2021
- ⇒ March 15, 2021
- ⇒ March 29, 2021
- ⇒ April 12, 2021
- ⇒ April 26, 2021

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

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



## Food Pantries Next Week

- ⇒ Connellsville Community Ministries, 110 W. Crawford Ave., Connellsville; Tuesday and Thursday 9:00 AM to 2:00 PM; Connellsville, South Connellsville, and Connellsville Township
- ⇒ Point Marion United Methodist Church, 502 Morgantown Street, Point Marion; Tuesday, 12 Noon—1:00 PM; Point Marion, Springhill Township
- ⇒ Masontown Presbyterian Church, 102 W. Church Avenue, Masontown; Wednesday 1:00 PM to 2:00 PM; Masontown, Ronco
- ⇒ Perryopolis United Methodist Church, 203 W. Independence Street, Perryopolis; 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, Nicholson Township
- ⇒ East Liberty Presbyterian Church, 709 Main Street, Vanderbilt; Thursday 9:00 AM to 12:00 PM; Dawson, Dickerson Run, Vanderbilt addresses
- ⇒ Paradise United Methodist Church, 105 Hoke Road, Mount Pleasant; Friday 9:00 AM to 12:00 Noon; Bullskin Township, Everson Borough, and Upper Tyrone Township
- ⇒ Calvary United Methodist Church, 34 Clark Street, Uniontown; Friday 9:00 AM to 10:00 AM; Upper East End of Uniontown City
- ⇒ Mount Calvary Baptist Church, Morgantown Street, Fairchance; Saturday: 10:00 AM to Noon; Fairchance Borough and Georges Township

## WEBINARS

### ⇒ [Property Tax Rent Rebate Program](#)

**Date:** Tuesday, February 9, 2021

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

**Presenter:** Alicia

Gonse; Department of Revenue

[Link](#)

**PART II: Thursday, February 25, 2021 from 2:30 to 4 p.m. ET**

<https://bit.ly/3s12Kzs>

⇒ [OMHSAS Provider/Provider Affiliate/Advocate/Consumer/Family Member stakeholder meeting.](#)

**Date:** Tuesday, 2/16/21

**Time:** 3:00-4:00pm.

This webinar will be directed to Providers, Provider Associations and Consumers/Family Members/ Advocate stakeholders.

[registration](#)

⇒ [Health Choices Advisory Committee Meeting](#)

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

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

The meeting will involve the discussion of telehealth services.

[Registration Link](#)

### ⇒ [Black Mental Health Matters](#)

Black Mental Health Matters is a webinar facilitated by Dr. Eunice Peterson, a board-certified Adult and Child & Adolescent Psychiatrist. The webinar is an interactive presentation with a Q&A session designed to provide participants with an understanding of how racism impacts mental health.

**Dates:**

**PART I: Thursday, February 11, 2021 from 2:30 to 4 p.m. ET**

<https://bit.ly/3nicz8F>

## COVID-19 Impact Survey for the PA Mental Health Planning Council by PMHCA

In response to a discussion during the most recent Mental Health Planning Council (MHPC) meeting which identified the need for real-time information regarding the impact COVID-19 has had on behavioral health services and persons-in-recovery in Pennsylvania, a group of MHPC participants and the PA Advocates for Whole Health and Wellness developed the attached surveys. We are interested in understanding the needs of mental and behavioral health and substance use providers, individuals in recovery, and families in Pennsylvania during the COVID-19 pandemic.

Either survey should take approximately 10 minutes to complete. If you would like more information about these surveys, or if you are interested in providing a testimonial of your experiences, please contact [pmhca@pmhca.org](mailto:pmhca@pmhca.org)

There are two different survey links below:

[Person-In-Recovery/Peer/Family Member/ Support Person Survey](#)

<https://www.surveymonkey.com/r/3JDGFVV>

[Provider/County Agency Survey](#)

<https://www.surveymonkey.com/r/3QTCP3L>

# 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
- ⇒ Christian Church of Connellsville holds free community lunches from 11:30 a.m. to 1 pm. every Monday. It is takeout only.
- ⇒ There will be a Free Milk Distribution at the Masontown Brethren Church, 110 W. Church Avenue in Masontown Saturday, February 6th starting at 6:00 AM until the supply is depleted.
- ⇒ 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

Spotlight On: COMMUNITY TRAINING INSTITUTE (CTI)  
FCCAA Community Housing Initiatives

- Fairchance Senior Housing – a new 36-unit apartment complex for senior citizens
- Fairweather Lodge – a permanent supportive housing program designed to serve eight homeless individuals suffering from mental illness
- Fayette Apartments – a 10-unit housing complex designed to serve mental illness, chronically homeless individuals
- Lenox Street Apartments – a supportive housing complex for homeless individuals suffering from mental illness
- Maple Garden – a 36-unit apartment building for seniors 55 years and older
- Meadow Heights – an apartment complex for low-income elderly individuals whose physical and/or mental conditions have not deteriorated to the point that they require institutionalization or constant supervision but still lack the capabilities to remain completely independent
- Surrey Hill – a 70-unit Low-Income Housing Tax Credit development for families and individuals
- Uniontown Family Homes – 30 ENERGY STAR rated homes throughout Uniontown for low-income individuals

For more information on Community Action's Housing Programs,, call their offices at 724-437-6050 and follow the prompts.

## This N' That in the Area

- ⇒ Connellsville Area Community Ministries is having a FREE coat giveaway at the Connellsville Community Center (201 E. Fairview Avenue, Connellsville) for residents of the Connellsville Area School District on Tuesdays and Thursdays from 9:00 AM to 3:00 PM
- ⇒ The next free soup distribution at Indian Head Church of God. 691 Indian Creek Valley Road, Indian Head will be 11 a.m. to 1 p.m. Feb. 10.
- ⇒ A Soup Sale will be held at the Albright United Methodist Church, 1626 Pittsburgh Street on Saturday, February 13 from 11:00 AM to 1:00 PM. \$6 a Quart and \$3 a pint with limited indoor seating or take out available.
- ⇒ Due to an overwhelming response of clothing donations, Norma's Closet at Fresh Fire Church is closed through February and will reopen in March. We are working hard to reorganize and restructure to better serve our community.

## Little Free Pantries

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

- ◆ Highlands Hospital, 401 E. Murphy Ave. Connellsville
- ◆ Connellsville Christian Church, 212 S. Pittsburgh St.
- ◆ Fayette Resources ATF, 1300 Connellsville Road, Lemont Furnace
- ◆ Pleasant View Presbyterian Church, 533 Royal Road. Smock
- ◆ Hutchinson Park Pavilion #4—Uniontown, PA\*
- ◆ Areford Park—Frank Hoover Street, Uniontown PA\*

\* Denotes During Park Hours Only  
These boxes operate under a take what you need, give what you can basis..

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

## RECENT NEWS FROM OUR STATE LEGISLATORS

### Giving citizens a voice in emergency declarations

Pennsylvanians could soon have a say in the duration of disaster emergencies declared by the governor under legislation approved in the House of Representatives recently, said state Rep. Matthew Dowling.

House Bill 55 proposes to amend the state Constitution by limiting emergency declarations by a governor to a maximum of 21 days. Extending a declaration beyond that time would require legislative approval, thereby ensuring the voices of our citizens — through their elected lawmakers — are fully represented.

The proposal comes at a time when the state is under two long-term disaster emergency declarations: one regarding the opioid crisis, which has been in place for more than three years, and the other regarding the COVID-19 pandemic, which has been going on for more than 10 months.

Executive powers to declare emergencies are sometimes needed to free up resources for an immediate response to situations such as natural disasters. They should not be used to circumvent the state Constitution, the separation of powers or — most importantly — the will of the people for extended periods of time, Dowling said.

The measure also proposes additional constitutional amendments:

- Prohibiting the denial or abridgement of equality of rights on the basis of race and ethnicity by adding it to the Declaration of Rights section of the Pennsylvania Constitution.
- Clarifying that a resolution terminating or extending a disaster emergency declaration need not be presented to the governor for signature.

With final approval by the House and Senate in the second consecutive legislative session, these constitutional amendment proposals could go before the voters in a referendum on the May 18 primary election ballot.

### New online filing option for Property Tax/Rent Rebate Program

Senior citizens and people with disabilities eligible for the state's 2020 Property Tax/Rent Rebate Program can now file for rebates online at [www.mypath.pa.gov](http://www.mypath.pa.gov).

The Property Tax/Rent Rebate program benefits Pennsylvanians age 65 and older; widows and widowers age 50 and older; and people with disabilities age 18 and older with incomes limited to \$35,000 a year for homeowners and \$15,000 annually for renters.

Half of Social Security income is excluded.

The maximum standard rebate is \$650, but supplemental rebates for certain qualifying homeowners can boost rebates to \$975.

The Revenue Department automatically calculates supplemental rebates for qualifying homeowners.

The deadline to apply for a rebate is June 30. Rebates will be distributed beginning July 1, as required by law.

## IRS warns of new scams

PHILADELPHIA — The Internal Revenue Service's Criminal Investigation Division is warning Pennsylvania taxpayers about a new wave of COVID-19 related scams.

Some common COVID -19 scams include:

- Text messages asking taxpayers to disclose bank account information under the guise of receiving the Economic Impact Payments.
- ⇒ Phishing schemes using email, letters and social media messages with key words such as "Coronavirus," "COVID -19," and "stimulus" in varying ways. These communications are blasted to large numbers of people and aim to access personally identifying information and financial account information (including account numbers and passwords ).
- ⇒ The organized and unofficial sale of fake at-home COVID-19 test kits (as well as offers to sell fake cures, vaccines, pills, and professional medical advice regarding unproven COVID- 19 treatments ).
- ⇒ • Fake donation requests for individuals, groups and areas heavily affected by the disease.
- ⇒ • Bogus opportunities to invest in companies developing COVID-19 vaccines while promising that the "company" will dramatically increase in value as a result.

COVID-19 scams should be reported to the National Center for Disaster Fraud (NCDF) Hotline at 1-866-720-5721 or submitted through the NCDF Web Complaint Form.



## Member Spotlight

Justice S. has been a member for a little over a month now. He likes it because the people are nice, it helps him get out of the house, and he can pick what tasks he wants to do. While at the Club-house, he's learned how to do laundry, how to fill the cleaning agent bottles, read a thermometer when doing temperature checks, how to cook, and how to run the cash register. Being at the Club-house has taught him that he can one day he live on his own. Justice is also learning the skills that may be needed if he were to work in a place that requires the use a cash register. Lastly, by being at the Club-house, he wishes to achieve employment.

## COVID-19 Vaccine Status

Phase 1A is the first vaccine distribution step. The vaccine is currently being distributed to:

- Long-term care facility residents
- Health care personnel including, but not limited to:
  - Emergency medical service personnel
  - Nurses
  - Nursing assistants
  - Physicians
  - Dentists
  - Dental hygienists
  - Chiropractors
  - Therapists
  - Phlebotomists
  - Pharmacists
  - Technicians
  - Pharmacy technicians
  - Health professions students and trainees
  - Direct support professionals
  - Clinical personnel in school settings or correctional facilities
- Contractual HCP not directly employed by the health care facility
- Persons not directly involved in patient care but potentially exposed to infectious material that can transmit disease among or from health care personnel and patients
- Persons ages 65 and older
- Persons ages 16-64 with high-risk conditions:
  - Cancer
  - Chronic kidney disease
  - COPD

- Down Syndrome
- Heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
- Immunocompromised state (weakened immune system) from solid organ transplant or from blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids, or use of other immune weakening medicines
- Obesity (body mass index [BMI] of 30 kg/m2 or higher but < 40 kg/m2)
- Severe Obesity (BMI ≥ 40 kg/m2)
- Pregnancy
- Sickle cell disease
- Smoking
- Type 2 diabetes mellitus

### Where Can I Get Vaccinated?

Wondering if you are eligible for the vaccine? Take the Vaccine Eligibility Quiz. The Pennsylvania Department of Health is working to ensure all enrolled vaccine providers have information publicly available for those currently eligible to be vaccinated. This map will be updated as more locations receive vaccine. [Click Here](#) to see details on vaccination locations. All locations listed on the map are enrolled providers. It is important to note that the supply of vaccine compared to the demand is very limited, and many locations may not have vaccine available. Please contact the provider/facility directly to check if they have any appointments as not all providers are vaccinating people eligible in Phase 1A.

### [Frequently Asked Questions](#)

Interested in Voting?

Do you need to register?

Been removed from the voter rolls?

Can't Make it to the polling place on election day?

Well, thanks to a law in 2019, Pennsylvanians have the freedom to vote from the comfort of their own home without providing a reason for not being present at the polling precinct to count their vote.

This, and many other options are available online through the Commonwealth of Pennsylvania's website, <https://www.votespa.com/>

Recipe Corner	Public Library Statuses
<h2>Help with Applying for SNAP</h2>	<p>⇒ <b>Brownsville Free Public Library</b> is currently Curbside services only. This means no one other than employees in the building, we will do all we can to help you. We can still fax, make copies, look up things, and pull books for you. We understand that while this seems frustrating it is for the safety of the community and staff. We thank you for your patience and understanding.</p> <p>⇒ Only curbside service is available at the <b>Carnegie Free Library of Connellsville</b> effective January 13, 2021: Appointments are required for curbside service to pick up or return loaned materials. Call 724-628-1380 for an appointment. Hours are 10:30 a.m. to 4 p.m. Monday, Wednesday &amp; Friday, and 2-4 p.m. Tuesday &amp; Thursday. Patrons can request materials by phone or online at <a href="http://www.waggin.org">www.waggin.org</a>. Computer availability has been suspended. Reference assistance is available by calling 724-628-1380.</p> <p>⇒ The <b>Dunbar Community Library</b> will be open to patrons beginning Tuesday February 2nd. We encourage patrons to please call before coming. All CDC guidelines currently in place must be followed. Revised hours of operation are Tuesday and Thursday 10:30 AM - 5:00 PM</p> <p>⇒ <b>Frazier Community Library</b> is offering curb-side service to patrons. The library lobby will be open to the public only on Wednesdays from 5:00 p.m. - 7:00 p.m. and on Saturdays from 10:00 a.m. - 11:30 a.m. These are the only hours the library will be open to the public through March 2021.</p> <p>⇒ The <b>German-Masontown Public Library</b> is open 10-4 Mondays-Thursdays. Due to Coronavirus concerns, they are limiting the amount of patrons inside at one time, so you may have to wait your turn. Just knock for service!</p> <p>⇒ The <b>Point Marion Public Library</b> will be reopening February 15 using their modified schedule, the library will be continuing limited computer usage on Monday and Wednesday evenings during library hours of 6-9pm. One person can use the computer for a limit of one hour. Please call the library at 724-725-9553 to schedule your computer time. Limited patrons are allowed in the library at a time to check out books. MASKS must be worn at all times in the library. CCFC's Front Line Mask Initiative provided us with masks for employees and patrons use. For your convenience our library collection is available to browse on the library website. Requests can be made by calling the library at 724-725-9553 either during library hours or anytime by leaving a message. Return books in the outside drop box. For patron safety, all books will have a 4 day waiting period before being available for check out again.</p> <p>⇒ The <b>Republic Community</b> and <b>Smithfield Public</b> Libraries remain CLOSED</p> <p>⇒ The <b>Uniontown Public Library</b> is back to Curbside Pickup only. Call or email to Reserve Your Items and Schedule A Pick Up Time. We will return to browsing and public computer use as soon as possible. Please contact us 724-437-1165 or <a href="mailto:upl@uniontownlib.org">upl@uniontownlib.org</a> to let us know what you need. We're here to help!</p>
<p>The SNAP Outreach Coordinator travels to various locations throughout Fayette County to assist eligible families with the SNAP application. The SNAP Outreach Coordinator is able to complete the application at an individual's home if they are 60 years and older.</p> <p>For more info: Call 724-437-6050 ext. 3252. Call 724-437-6050 ext. 3252.</p>	
<h2>Tatertot Casserole</h2> <p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li>• 1 pound ground beef</li> <li>• 1 pinch salt and ground black pepper to taste</li> <li>• 1 (10.75 ounce) can condensed cream of mushroom soup</li> <li>• 2 cups shredded Cheddar cheese</li> </ul> <p>1 (16 ounce) package frozen tater tots</p> <p><b>Directions</b></p> <p><b>Step 1</b></p> <p>Preheat oven to 350 degrees F (175 degrees C).</p> <p><b>Step 2</b></p> <p>Cook and stir ground beef in a large skillet over medium heat until no longer pink and completely browned, 7 to 10 minutes; season with salt and black pepper. Stir cream of mushroom soup into the cooked ground beef; pour the mixture into a 9x13-inch baking dish. Layer tater tots evenly over the ground beef mixture; top with Cheddar cheese.</p> <p><b>Step 3</b></p> <p>Bake until tater tots are golden brown and hot, 30 to 45 minutes.</p> <p>~Jesse B.</p>	



## Union Station Clubhouse

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### 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>

## THE CLUBHOUSE INSPIRES US ALL

Our theme for this week's newsletter is: "persons who influenced our lives." I would like to enter my "two cents" on this topic, with a little bit of a "twist."

In my advanced years (which I will continue to hold in deep secrecy) I have had a multitude of people that have influenced my life. From family, friends, teachers, co-workers, celebrities, etc., all of them have impacted me to some extent. But, there is one thing that has taught me more about life and myself more than anything: my involvement with the Clubhouse community.

I was first introduced to the Clubhouse model as an intern in college. I was drawn to it instantly because of the opportunity to build real meaningful relationships with others. Over the years, I have had the pleasure of meeting and working with a vast array of individuals with different backgrounds and stories. They all had something valuable to add to my experience.

Ironically enough, I gained many life and job skills through working at a Clubhouse. I learned how to cook, clean, and use Microsoft office applications. It has required me to become better at teaching others, teamwork communication, and leadership. Above all, it taught me to be humble and kind.

Next to my family, the Clubhouse community has had the most significant impact in my life. And for that, I am thankful.

~Scott B.

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

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

⇒ NAMI Bucks County, PA

<https://namibuckspa.org/>

⇒ NAMI Philadelphia

<https://namiphilly.org/>

⇒ PMHCA Virtual Drop In's

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

⇒ Depression and Bipolar Support Alliance (DBSA)

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

⇒ Turn 2 Me

<https://www.turn2me.ie/>

⇒ 7 Cups

<https://www.7cups.com/connect/>

⇒ Daily Strength

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

⇒ In the Rooms

<https://www.intherooms.com/home/>

⇒ Sanvello

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

