

Union Station News

Members Share: How do you feel with things mostly returning to pre-COVID levels?

I have had the pleasure of attending some events with the new regulations in place. I have been mindful of keeping my space and masking when policy dictates such activity. Other than that, it is nice to see things get somewhat back to what they were almost fifteen years ago, although I think I have experienced some trauma as a result of having to stay home in the beginning of the pandemic where I am experiencing a great deal of fear. But, with the services that I am receiving, I am certain that I will be back doing things just as I did before experiencing the stay-at-home orders when the pandemic began.

~Dustin M.

I had a tough time when the Covid 19 pandemic started. I found it hard to find a job or participate in activities because of the closures and restrictions. It was hard to go to the store, go to parks, and other areas with friends and family. Because of the Covid 19 restrictions, I had to stop coming to the clubhouse for a time because of my concerns regarding risks.

Another challenge to me was wearing masks and social distancing. I could not see people's faces or get close to anybody. I could not visit my friend's houses or go to places with them. Even during the holidays I could not see family or friends. I had to stay home most of the time.

Now is a better time. The Covid 19 rules are changing and I am able to see friends and family again. I can go on trips, visit restaurants, and see things. I could even return to the Clubhouse. And finally I can stop wearing a mask. I am glad to be back.

~Ra-Mel H.

We, the members of Union Station Clubhouse, share space and endeavors. Staff and members collectively work with each other and volunteer without scrutiny in our two units, Operations and Food Service. I find the unit work very gratifying because I find new adventures.

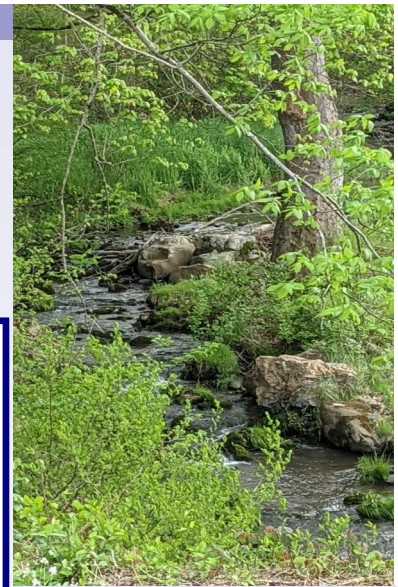
As the restrictions relaxed, we were able to participate in more Clubhouse events. We held our yearly yard sale fundraiser, which went quite well! We had a social for Memorial Day where we played cornhole and had a cookout.

When at the Clubhouse, I mostly do front desk, which includes the intercom/buzzer system that is used to screen visitors that come to the entrances of Clubhouse. Being at the front desk also includes screening calls for members and staff and relaying other inquiries to the proper place. As I like to say, "Today is a life by purpose for abilities and keep 100% sure of likeness where efforts and social days speak volumes.

~David D.

Welcome New Staff Member

We at Union Station Clubhouse have a new staff member. We would like to welcome Brent L. to the team! He has a multitude of experience in the Mental Health Field and is presently stationed in the Food Service Unit where he is working alongside staff and members to learn the ropes of our program.



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Daily Meetings on Zoom

- AM Unit Meeting: 8:30 AM
- PM Unit Meeting: 12:30 AM
- House Meeting: Mon @ 2 PM
- Other meetings as announced in the Daily Announcements in the Morning Meeting.

Standard of the Issue:

6. Members have a right to immediate re-entry into the Clubhouse community after any length of absence, unless their return poses a significant and current threat to the Clubhouse community.

Current COVID-19 Information & Resources

- ⇒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/>
- ⇒Clubhouse Calendars:
 - ⇒[Public Events](#)
 - ⇒[Stakeholder/Webinar](#)
 - ⇒[Food Distributions](#)

Community Support Program Updates

- Western Region CSP will be meeting virtually until further notice with the June meeting being held June 11, 2021. The annual picnic at Moraine State Park will be held as usual in July.

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, June 28, 2021.

⇒[Meeting Link](#)

- Meeting ID: 836 6421 5963
- Passcode: 747703

FAYETTE COUNTY PARKS 'PLACE' TO BE THIS SUMMER

Uniontown, PA – There is no doubt that Fayette County has quite a bit to offer during the summer months, from fairs and festivals to any number of nature activities, like hiking at Bear Run or whitewater rafting at Ohiopyle. But even for those who prefer to keep their outdoor adventures a little closer to home, the county features an abundance of activities at its parks.

For their many outdoor options and close-to-home locations, Fayette County's parks earn the "Faces and Places" designation this month.

Parks and Recreation Manager Thomas Petrus is fairly new to the job of overseeing Fayette County's parks, having stepped into his role in July. Petrus said he was "super stoked" to take on the task, though it came in the midst of the COVID-19 pandemic.

Petrus noted that the county has three parks – Jacobs Creek Park, Dunlap Creek Lake Park, and German-Masontown Park. Less than a year into his new post, he already has secured funding for improvements at two of them.

Among Petrus's other goals in the near future is to update the Parks and Recreation page on the Fayette County website. He said he wants to make information on the parks more accessible for the many people who use them during the summer and throughout the year.

Fayette County's parks are open from dawn to dusk, though Jacobs Creek and Dunlap Creek Lake parks also are open for night fishing. You shouldn't be in the park after dark unless you're fishing," Petrus said. In addition to its boating and fishing facilities, Dunlap Creek Lake Park offers the usual picnic

areas and pavilions.

German-Masontown Park features a baseball and softball diamond that Petrus said is often in use by church leagues, Fayette American Legion Baseball, or teams from the Albert Gallatin School District. You'll also find an amphitheater, bocce court, horseshoe pits, soccer field and tennis court.

Petrus said the parks always have been busy, but since the COVID-19 pandemic slowed, it seems that more people than ever are getting outdoors. He wants to remind residents of the concept of "leave no trace," meaning to leave the county's parks as clean as possible after a visit.

"It's a park. If you want to go to enjoy a place, why trash it?" he said.

Aside from the littering aspect, Petrus said it's been wonderful to see everyone out at the county's parks as the weather turns warmer and the school year winds down.

"It's been pretty awesome seeing how many people are out there, especially kids, older folks, people of all ethnicities," he said. "Our parks are a great, local recreation destination for everyone to enjoy this summer."

For more information on Fayette County's parks, visit the county website at www.FayetteCountyPA.org.



Dunlap Creek Park

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: <https://www.unionstationclubhouse.com/local-food-pantries>

• Honey's Helping Hand Mondays and Thursdays at Biererwood Acres at 1pm! Curbside service! Info: <https://www.facebook.com/Honeys-helping-hand-108365237359113>

• Uniontown Salvation Army has a Pickup Soup Kitchen daily at the Service Center on Fayette Street from 11 AM to Noon During the Week.

• Christian Church of Connellsville holds

free community lunches from 11:30 a.m. to 1 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.

• FOOD DISTRIBUTION: Fresh Fire Church located at 171 Connellsville Street In Uniontown will hold a food distribution THURSDAY July 8th from 10am-12pm or until we are out of food. This is a drive-thru distribution. Please have your trunk open or back seat unlocked and have space available for the food to be placed in your car. For more information call 724.580.7027 or visit www.freshfirechurch.net

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

- ♦ Highlands Hospital, 401 E. Murphy Ave. Connellsville
- ♦ Connellsville Christian Church, 212 S. Pittsburgh St.
- ♦ Fayette Resources ATF, 1300 Connellsville Road, Lemont Furnace
- ♦ Pleasant View Presbyterian Church, 533 Royal Road. Smock
- ♦ Hutchinson Park Pavilion #4—Uniontown, PA*
- ♦ Areford Park—Frank Hoover Street, Uniontown PA*
- ♦ Smithfield United Methodist Church—20 Church Street, Smithfield
- ♦ Tyrone Presbyterian Church—402 Jimtown Road, Dawson (Pavilion)

* 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/>

For Local Information on Little Free Libraries and Little Free Pantries, visit:

<https://fayettelittle-free.wordpress.com/> & Their Facebook [Page](#) and [Group](#)

Fayette County State Historical Marker of the Issue



Brownsville

This marker is located on National Pike East (Business Route 40) the in Brownsville and was installed by the Pennsylvania Historic and Museum Commission on Friday, November 22, 1946. The Marker Text Reads: " Once called Redstone Old Fort, its historic past includes the Ohio Company storehouse, 1754, and Fort Burd, 1759. It was on the route of Nemacolin's Trail, of Burd's Road, and of the National Road. "

Beacon Member and Family Training Series

With the COVID-10 Pandemic still on the horizon, Beacon Health Options has decided again this year have another Virtual Training Series. The Prevention, Education and Outreach (P,E, & O) department of Beacon gathered input from Adult and Family Members throughout the 12- county Pennsylvania Service area. Our very own Dustin M. has been asked to serve on the Adult Planning Committee. Between the Adult and Family Committees along with a committee from the Northwest Three Partnership (Adults and Families from Crawford, Mercer, and Venango Counties). There are over a dozen of trainings planned, although some are geared for youth and families, while some are for adult members and some are for all audiences.

Confirmed Upcoming Trainings include:

- [Registration Link](#)
- Tuesday, June 29, 2021 @ 1:00 PM—"The Impact of Bullying Throughout the Lifespan: Facts, Figures and Coping Strategies"
[Registration Link](#)
- Tuesday, July 27, 2021 @ 2:00 PM; "Mental Health Crisis Management (Part 2): Triaging Risk & De-Escalation Skills"
[Registration Link](#)
- Tuesday, August 10, 2021 @ 1:00 PM: "What the heck is Spirituality and what does it have to do with Mental Health?"
[Registration Link](#)

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

Getting Back In The Drivers Seat

When a person becomes a member at Union Station, they choose to come with the intent of bettering themselves. As this is part of one's mental health recovery journey, they are in the driver's seat of how they want to travel their recovery journey. This summer, I have been attending the Clubhouse on almost a daily basis for the better part of 15 years since on leave for vocational training.

I have been living independently for three years now. I had a situation out of my control at my last home just before the Pandemic, both of these events caused me to move in with my parents for a few months.

However, with the help of the Clubhouse and my family, I got back on my feet, and to much luck of a higher power in my opinion. Specifically, with the help of the Clubhouse, they encouraged and helped me in filling applications for housing and I was lucky with the world in the situation its in to get a home suitable for my needs. Getting a home is great, but I had fear of not having it forever. I knew that I had to keep it to a livable standard. With the assistance of the staff at the Clubhouse I have the skills to do the things necessary to maintain my home to that livable standard.

With working alongside the staff and other members in performing everyday tasks in the Operations Unit and more recently the

Food Service Unit, I am gaining the confidence I need to keep my home up to a livable standard along with making it a presentable place to live that I want to be proud and happy about.

Clubhouse has shown me that if I want to be happy, I need to be in that driver's seat of my mental health recovery. The recent pandemic has made me realize that I need to continue to be in that driver's seat of my recovery and have a delicate balance that may need tweaked here and there. Everyone experiences good and bad days. However, you have to learn to bounce back and be better and not to continue to spiral out of control, a challenge I sometimes have.

Just in cleaning my home this week, as I performed many of the cleaning tasks, I am reminded of how by them being included in the work of the Clubhouse. I have understood the need to do them and keep my home clean like the Clubhouse and be proud of my home as much as I take pride in the Clubhouse.

My advice to my fellow members is if you want something, go for it, because if you don't try for what you want to succeed at. You'll never know if you can do it. If you have a setback, that's ok, just dust yourself off and build the skills necessary to get where you want to go.

~Dustin M.

Other Webinars of Interest

- ⇒ **PA Care Partnership Webinar-Who is in the Room? Supporting LGBTQ+: Community Conversations on Sexuality and Gender**
Tuesday, June 29, 2021,
2:30 to 4 p.m., ET
<https://bit.ly/3uH0OfC>
- ⇒ **Life on the Spectrum presents: Self-Advocacy**
Thursday, July 1
1:30 – 3:30pm
A panel of Autistic individuals discuss what self-advocacy looks like and how to implement it in your daily life.
[Registration Link](#)

- ⇒ **PA Gathering: Public Well-Being: Being Safe in Your Community**
Thursday, July 22, 2021,
3:00 - 4:30 pm
What do you need to know to be safe in your online community and neighborhood, town, or city? How may caregivers such as siblings, parents, extended family, friends, and Direct Support Professionals help you feel safe in the community?
[Registration Link](#)

DHS Acting Secretary, Attorney General Encourage Pennsylvanians To Utilize Available Mental Health Resources

Harrisburg, PA - Department of Human Services (DHS) Acting Secretary Meg Snead today joined Attorney General Josh Shapiro to raise awareness and understanding of mental health and wellness, mental illness, and substance use disorders and encourage people who are experiencing these to seek help. The COVID-19 pandemic and economic crises have created anxiety and grief that are affecting all of us in different ways, but resources are available across Pennsylvania, so no one has to go through this alone.

"The past year has made each of us acutely aware of our mental health, and many of us have been struggling with feelings of fear, depression, and anxiety. It is okay to feel this way, but please know that help is available so you do not have to endure this alone," said Acting Secretary Snead. "These feelings may seem isolating but recognizing them in yourself or a loved one can help you begin to work through and process these challenges and trauma. Clinicians have expanded the use of telehealth throughout this past year making it easier to access services. If you need help, do not hesitate to reach out."

"I traveled across Pennsylvania to talk to students about Safe2Say, and they told me over and over that they were most concerned about their peers' mental health," said Attorney General Josh Shapiro. "It was important to my office that we respond to these concerns and provide students with the help they need and are asking for. As our students return to the classroom, we must continue to find innovative ways to reach young people in need, including making child protective and mental health services available 24/7."

Pennsylvanians struggling with anxiety and other challenging emotions due to COVID-19 and the accompanying economic insecurity can contact the Persevere PA Support & Referral Helpline toll-free, 24/7 at 1-855-284-2494. For TTY, dial 724-631-5600. The helpline is staffed by skilled and compassionate caseworkers who will be available to counsel struggling Pennsylvanians and refer them to resources in their community that can further help to meet individual needs. Since its launch in April 2020, the helpline has received more than 22,900 calls.

The Attorney General's Safe2Say program is available to Pennsylvania children and teenagers to anonymously and safely seek assistance and report threats of violence, harassment, and bullying, is also still operating and can be reached 24/7 at 1-844-723-2729 or at www.safe2saypa.org

Many other resources also remain available to Pennsylvanians in need of support, including:

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
 - Línea Nacional de Prevención del Suicidio: 1-888-628-9454
 - Crisis Text Line: Text "PA" to 741-741
 - Veteran Crisis Line: 1-800-273-TALK (8255)
 - 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 or <https://pcar.org/help-in-pa>
 - National Domestic Violence Helpline: 1-800-799-7233 or www.PCADV.org
- Available online resources include:

- Pennsylvania's [mental health resource guide](#).
- [Mental Health America](#) for general information and COVID-19-specific resources.
- [Get Help Now](#) for substance use disorder and alcohol treatment.

The pandemic has created economic uncertainties for many Pennsylvanians, making it difficult for some to access essential needs or feel secure about the future. Resources are available in your community to help address these feelings of stress and anxiety. The United Way of Pennsylvania can help connect you to resources that are available in your community to help you meet these needs. Text your zip code to 898-211 to be connected to programs and resources in your community or visit www.uwp.org. People in need of assistance can also visit www.compass.state.pa.us to learn more and apply for assistance programs that can help with health care, food, rental and utility bills, and other needs.

More information on mental health resources can be found [here](#).

VIRTUAL SPEAKER SERIES:

The next Virtual Speaker Series event will be held on Wednesday, June 30th at 2:00PM-3:00PM. The topic will be: "Disclosing a Disability." Please check our website for more details as well as the link to register: Please find the flyer about the event on page seven of this newsletter.

www.unionstationclubhouse.com

Additionally, on our speaker series webpage of our website, we have posted video recordings of our April and May events that can be viewed on demand anytime.

Against All Odds

The story of Charles J. as it relates to the Covid19 pandemic: I had to be very stringent in my approach to the pandemic. I found myself wondering why the pandemic existed. As the politicians, lawyers, doctors, and ministers could be so knowledgeable about medicine, science, history, and of the later biology and chemistry we as a nation couldn't derive a formula to solve the pandemic problem.

Because of Covid19 I was diagnosed with an upper respiratory infection and acute diagnosis of asthma and influenza with cold-like symptoms. I then wondered if it would ever go away. The good lords' marksmanship allowed me to be one specific person out of the united states of America to be cured. Additionally, because of Covid 19 I could not attend the Union Station Clubhouse because my medical risk. I felt sad and lonely because I could not attend daily programming and see member and staff that I like and trust. Now, I am no longer bound by the instability of a very serious chapter in my life, titled, COVID 19 and Charles J. I am now able to attend the Clubhouse, work on skills, obtain my goals, and progress towards the future of my work ordered life. ~Charles J.

Recipe Corner: Blueberry Cheesecake

Ingredient Checklist

- 1 cup graham cracker crumbs
- 2 tablespoons white sugar
- $\frac{1}{4}$ cup melted butter
- 2 (8 ounce) packages cream cheese, softened
- 1 cup sour cream
- $\frac{3}{4}$ cup white sugar
- 1 teaspoon vanilla extract
- 2 tablespoons all-purpose flour
- 4 eggs
- 2 cups frozen blueberries, dry pack
- $\frac{1}{3}$ cup blueberry jelly

Directions

1. Combine crumbs, 2 tablespoons sugar and butter. Pat mixture into the bottom of a 9 inch spring-form pan.

2. Mash cream cheese until soft and creamy. Gradually beat in sour cream, $\frac{3}{4}$ cup sugar, vanilla and flour. Beat in eggs one at a time
3. Pour mixture into crumb-lined pan. Bake in a preheated 325 degree F (165 degrees C) oven for 1 hour or until firm to the touch.
4. Cool and then remove cake from pan by loosening edges with a knife. Place frozen blueberries on top of cake. Melt jelly and spoon over blueberries to glaze. Chill until ready to



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
- ⇒ 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>



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A program of Goodwill Southwestern Pennsylvania

www.goodwillswpa.org

Goodwill
Southwestern Pennsylvania



Union Station Clubhouse Speaker Series

You're Invited!

FREE Information Session: Disclosing a Disability

Wednesday, June 30, 2021
2:00 - 3:00 p.m.



Disclosing a disability to your employer is a personal choice, but you don't have to go it entirely alone. In this information session, you'll learn about reasonable accommodations and different resources that are available to help you navigate a future conversation with a plan in place.

Presenting will be Sean Fox, Digital Skills Instructor at Goodwill of Southwestern Pennsylvania. Sean serves as a member of the Career Services team, and has worked with clients with various disabilities who are seeking employment and are concerned about the disclosure process. He has discussed with individuals the importance of self-advocacy when in need of accommodations and what resources are available to assist them.

Where:

This digital event will be held over Zoom. Register here: <https://rb.gy/3qxrmd>. You will receive a link to the zoom session in your email on the day of the event.

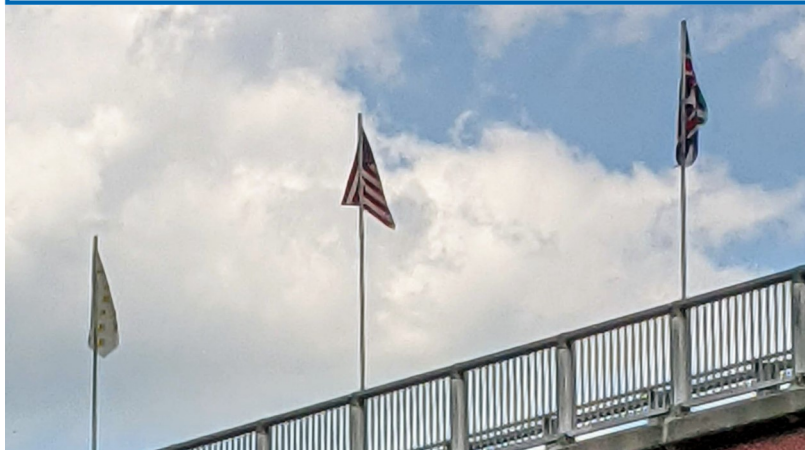
When:

Wednesday, June 30, 2021, 2:00 - 3:00 p.m.

Register online at <https://rb.gy/3qxrmd>



Union
Station
Clubhouse



The Flags are placed on the Connellsville Memorial Bridge for the annual Braddock's Crossing near Yough River Park on June 26th.