

Union Station Clubhouse Weekly

Members Share : What did you do this Thanksgiving?



This Thanksgiving was different in some ways than any other Thanksgiving in my 35 years of living. In years past when I was living independently and I would go to the local senior center for lunch. Because of COVID, that got cancelled. As a result the place where I go for food pantry did to-go dinners that was delivered to my house early in the morning. I would heat those up after our two virtual Clubhouse check ins. Later in the afternoon, my MPR worker would bring me a humongous meal that he and his family made for various people in the community. I felt truly blessed this Thanksgiving because most of this year has been trying and I wouldn't have dreamed of being in a new, comfortable, and safe home for the holidays. This is a true Thanksgiving blessing.



My thanksgiving was great! I spent time with family and friends. I also spent time with my girlfriend and her family. I love gathering around the table and saying what I'm thankful about.

~Ra-Mel H.

Although I did not get to spend Thanksgiving with some family who I would have liked to, all of us at Clubhouse had Thanksgiving dinner together and enjoyed some good food which I really liked. My favorite was the ham and pumpkin pie. It was very nice that everyone was in a good mood and everyone got along. I also had fun working with another member to decorate a door for the holidays. I'm thankful for my family, home, job, and the people at Clubhouse. I'm looking forward to spending Christmas with everyone. – Tammy G.

Iwant to my sister in law for Thanksgiving and spend time with my family and I get to see my family.

~Krysta C.

Inside this issue

Resources Compiled 2
 COVID-19 Information 2
 Webinars and Resources 2
 From Last Week..... 3
 This 'N That..... 3
 Help With Food..... 4
 What Is COVID-19/Quitline..... 5
 State News 6
 Recipe Corner 7
 Help & Support..... 7/8
 Food Updates from DHS 8

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.com

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>

Facts About FACT: Persons With Disabilities Shared Ride Program

This program provides shared ride services to qualified persons with a disability as defined by the Americans with Disability Act (ADA). Transportation will be provided at a discounted rate. This program was developed to evaluate the possibility of establishing a statewide program to serve qualified individuals in rural areas of Pennsylvania. Locally, Fayette County participates in this Pilot Program.

Any qualified resident of Fayette County between the ages of 18 and 64, having a verified disability as defined by the ADA, either temporary or permanent. The program discount does not apply to public fixed route bus service and ADA complimentary Para transit services.

If eligible, you will receive an 85% discount on the shared-ride service fare. You will be responsible to pay the 15% of the fare when boarding the transit vehicle. You will be required to have exact change for your fare. Be certain to ask the amount of the fare when you make your reservation. Fixed route services are considered to have reasonable fares, so the 85% discount does not apply to these routes. Only shared-ride services are eligible for the discount.

You can travel anywhere that shared-ride buses go. You can go to work, go shopping, visit a friend, go to a doctor's appointment or do anything you would like to do. You may travel Monday through Saturday from 7:00AM to 5:00PM and Sunday 7:00AM to 1:00PM. This is a curb-to-curb service. You will be picked up at your home, transported to your destination and then returned to your home.

Trips will be scheduled Monday through Saturday from 7:00AM to 5:00PM and Sunday 7:00AM to 1:00PM, excluding the following holidays: New Years Day, Easter, Memorial Day, Independence Day, Labor Day, Thanksgiving Day and Christmas Day. Some trip times and destinations may only be available on a limited basis. You may need to be flexible in terms of when and where you travel. If a trip is not available when you want it, ask what times are available. Shared Ride service is not like one person taking a taxi. The availability of trips depends on the number of vehicles in an area and on other trips that are scheduled.

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. 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 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.
- ◆ 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.
- ◆ As part of It's a Connellsville Christmas, the Connellsville Presbyterian Church, 701 S. Pittsburgh St., will present its annual service to begin the weekend. The service will be held at 6 p.m. Dec. 4 and will include Scripture lessons and Christmas music. The McFadden Family Singers — Gene, Marilee, Michael and Audra — will provide special music. Participants will be expected to wear masks, and proper distance in seating will be maintained.
- ◆ St. Rita Christian Mothers will sponsor the

- ◆ annual Christmas cookie sale Dec. 5 at Bucci Hall, First Street, Connellsville. Doors will open at 9am. Available for sale will be knots, pizzelles and biscotti. Face masks are required, and social distancing guidelines will be followed.
- ◆ American Legion Post 762 Ladies Auxiliary in Trotter will hold a fish fry from 1-5 p.m. Dec. 5. Dinners cost \$10 each and include fish and two of the following sides: potato salad, coleslaw, baked beans or macaroni and cheese. Fish sandwiches are \$6 each, and extra sides are \$2 each. Social distancing and masks are required to enter the building. For more information, call 724-603-3689.
- ◆ Fayette County Appreciation Day at Fallingwater - Saturday, Dec. 5th, 2020 - 10:00 to 3:00. Reservations are necessary. Please note, the free Winter Walk passes are exterior grounds passes, Fallingwater is not currently open for interior tours. For more information or to reserve your spot, please contact Fallingwater at 724.329.8501
- ◆ Indian Head Church of God Community Luncheon Ministry will offer free soup from 1a.m. to 1pm. Dec. 9. It is a drive-through distribution. Everyone is welcome The church is located at 691 Indian Creek Valley Road, Indian Head.
- ◆ Trinity Lutheran Church, 126 E. Fairview Ave., Connellsville, will hold a spaghetti dinner from noon to 5 p.m. Dec. 12. Spaghetti with homemade meatballs, salad, bread and dessert will be served. Cost is \$10 for adults and \$5 for kids 12 and younger. The dinner is carryout only, and reservations are suggested by calling 724-628-7920. Proceeds benefit the back-to-school clothing giveaway.
- ◆ Leisenring Presbyterian Church is holding a soup and bake sale starting at 9 a.m. Dec. 12. Available will be assorted holiday baked goods and soups and a Chinese auction. Centers of Disease Control COVID-19 safety guidelines will be followed. The church is located at 1004 Church St., Leisenring
- ◆ Because of COVID-19 safety concerns, South Connellsville has canceled this year's Christmas in the Park.

Library Statuses

- ⇒ **Brownsville:** Due to the recent increase in COVID-19 cases, Brownsville Free Public Library will return to CURBSIDE SERVICES ONLY, effective immediately. You are still able to request items from other libraries, by calling the library at 724-785-7272. Our book return bin is open 24 hours a day and our Amnesty For All program, is still in effect. Fax, copy, and scan services are available by calling the library at the number above or by coming to the door. If you choose the door option, please knock and a staff member will assist you with your needs. We are here to support the community as always and we appreciate your patience during these uncertain times.
- ⇒ **Carnegie Connellsville:** As of Monday November 30th, 2020. The library is temporarily closed for ALL SERVICES. We apologize for any inconvenience.
- ⇒ The **Dunbar Community Library** will reopen December 8th
- ⇒ When the **German-Masontown** library reopens from the long holiday weekend on Monday, November 30, we will return to CURBSIDE service to help protect the health of both our patrons and our staff while we wait for coronavirus conditions to improve in our neighborhood. You will still be able to get books and other library materials; and to copy, scan and fax. You can even buy Sarris candy bars curbside! Thanks for your understanding and your patronage. Happy Thanksgiving!
- ⇒ The **Point Marion, Republic and Smithfield** Libraries remains CLOSED.
- ⇒ The **Frazier Community Library** will remain pick-up only.
- ⇒ The **Uniontown Public** Library will be closed on Thursday, November 26 & Friday, November 27, 2020. We will resume our normal schedule on Monday, November 30, 2020 when we will resume Curbside Pickup only.

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 Uniontown Salvation Army will be having a Thanksgiving Take-Out this year . To reserve a meal, please call the Salvation Army at 724-437-2031 before November 24th with your name, phone number, number in house hold and meals needed that day. After registering, meals can be picked up on Thanksgiving Day from 11 AM to 12:30 PM; There will be no extra meals on the day of thanksgiving day.
- ⇒ The next food distribution at Fresh Fire Church at 171 Connellsville Street, Uniontown is scheduled for THURSDAY, DECEMBER 10th 10am-12pm
- ⇒ 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.

Food Pantries Next Week

- ⇒ Connellsville Community Ministries, 110 W. Crawford Ave., Connellsville; Tuesday & Thursday 9:00 AM to 2:30 PM; Connellsville, South Connellsville Borough, and Connellsville Township
- ⇒ Point Marion United Methodist Church, 502 Morgantown Street, Point Marion; Tuesday 12:00 PM to 1:00 PM., Point Marion Borough and Springhill Township
- ⇒ Masontown First Presbyterian, 102 W. Church Avenue, Masontown; Wednesday 1:00 PM to 2:00 PM; Masontown , Adah, Ronco, and Hibbs
- ⇒ Perryopolis United Methodist Church, 203 Independent 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 and Nicholson Township
- ⇒ East Liberty Presbyterian, 709 Main Street, Vanderbilt, Thursday, 9:00 AM to Noon; Dawson, Dickerson Run and Vanderbilt
- ⇒ Paradise United Methodist; 105 Hoke Road, Mt. Pleasant; Friday 9:00 AM to 12:00 PM; Bullskin Twp., Everson Borough, Upper Tyrone Township
- ⇒ Calvary United Methodist Church; 34 Clark Street, Uniontown; Friday 9:00 AM to 10:00 AM; Upper East End of Uniontown
- ⇒ Mount Calvary Baptist Church, Morgantown Road, Fairchance; Saturday 10:00 AM to 12:00 Noon; Fairchance Borough & Georges Township

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/>

What exactly is COVID-19?

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

The best way to prevent and slow down transmission is to be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol-based rub frequently and not touching your face.

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it's important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow).

How COVID-19 Spreads

COVID-19 is a highly contagious virus. Human coronaviruses spread just like the flu or a cold:

- Through the air by coughing or sneezing
- Close personal contact, such as touching or shaking hands
- Touching an object or surface with the virus on it
- Occasionally, fecal contamination

Symptoms of COVID-19

Symptoms of COVID-19 can include:

- Fever
- Cough
- Shortness of breath
- Diarrhea
- Chills

- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

The symptoms may appear in as few as two days or as long as 14 days after exposure. Reported illnesses have ranged from people with little to no symptoms to people being severely ill and dying.

When to Seek Treatment:

Most people who have mild symptoms can recover at home without medical care. If you'd like to get tested for a diagnosis, contact your healthcare provider or schedule an appointment at a [publicly accessible testing site](#).

If you do not want to get tested, it's still important to stay home, isolate and avoid contact with others, rest, and drink fluids. If you feel worse, call your health care provider.

For severe symptoms (including a fever above 100°), call your health care provider. If you don't have a health care provider, call the nearest hospital or urgent care to schedule an appointment.

If it's an emergency, call 911.

- Emergency warning signs can include:
- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Protect Yourself and Others

- Wear a mask — **indoors and outdoors** — whenever you leave home or have people who do not live with you in your space.
- Keep your distance from those you don't live with and avoid crowds.
- Download the [COVID Alert PA mobile app](#) to get alerted if you've been near someone who has tested positive, and to alert others if you test positive.
- Cover coughs or sneezes with your elbow. Do not use your hands!
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.
- Clean high-touch surfaces frequently, including countertops, light switches, cell phones, remotes, and other frequently touched items.
- If you are sick — even if your symptoms are mild — stay home until you are feeling better.

Source: <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Coronavirus.aspx>

Free Quitline helps smokers take first steps to quit

Pennsylvania residents to take steps to quit smoking as part of the Great American Smokeout, an initiative of the American Cancer Society. According to the CDC, smoking is the leading cause of preventable death in the United States.

“Smoking harms nearly every organ of the body, causes many diseases and reduces the health of smokers in general,” Secretary of Health Dr. Rachel Levine said. “Many adults who are using cigarettes, e-cigarettes, and cigars want to quit smoking, but it is not easy and takes time, a plan and support. All Pennsylvanians can call the PA Free Quitline 24 hours a day, seven days a week to be connected with services and resources that will help them stop smoking.”

Quitting smoking is a process, and success may look different for different people. There are many ways to quit smoking, and some work better than others. The Department of Health partners with National Jewish Health to provide the quit line to all Pennsylvanians.

Residents call 1-800-QUITNOW (784-8669), or 1-855-DEJELO-YA (335- 3569) (Spanish), to receive free services, including:

- Up to five coaching sessions by phone;
- Unlimited calls to the PA Free Quitline as needed;
- Educational materials on quitting tobacco use; and

Free Nicotine Replacement Therapy (NRT) for qualified callers (up to eight weeks of patches, gum or lozenges).

Between July 1, 2019 and June 30, 2020, 13,623 residents used services from the PA Free Quitline to help them quit smoking. During this same time period, 8,733 tobacco users enrolled in PA Free Quitline counseling. An additional 521 existing clients who had completed intake in previous fiscal years continued to receive services.

Additional information can be found on the DOH [website](#).

Pa. to administer free COVID tests in counties without health departments

Pennsylvania health officials announced Tuesday that the state will begin administering free covid-19 testing in counties that do not have their own health departments.

Only six Pennsylvania counties have their own health departments, including Allegheny and Erie counties in Western Pennsylvania. Other counties include Philadelphia, Montgomery, Chester and Bucks.

“Our goal is to ensure that everyone who needs a test in Pennsylvania can get one,” Gov. Tom Wolf said during a virtual news conference.

The state Department of Health will offer the free testing in counties without their own health departments by expanding its contract with AMI Expeditionary Healthcare.

Five teams will provide regional testing over the next 12 weeks for people in the 61 counties without county health departments. Testing teams will move to new locations each week. Location information will be posted on the health department’s website.

Testing will begin Wednesday in Bedford, Mifflin, Tioga and Northampton counties, which recently have experienced a sharp increase in covid-19 cases.

Testing in Butler County will begin Friday and continue through Dec. 8. Tests will be administered at Michelle Krill Field, 100 Pullman Park Place, Butler.

Testing sites will include drive-thru and walk-in clinics.

Tests will be administered on a first-come, first-served basis. No appointment is necessary.

People must be 3 or older to receive the nasal swab tests. They do not have to be exhibiting symptoms to be tested.

Up to 450 patients a day can be tested at each location. Turnaround times for results are expected to be two to seven days, according to health officials.

Michael Huff, Director of Testing and Contact Tracing, said the new testing sites

will not replace pop-up testing locations.

Huff said the state health department will continue to deploy covid-19 testing to counties based on the total number of confirmed cases per 100,000 people and in counties where outbreaks are happening. Counties of concern are those with testing positivity rates of more than 5%.

“In the event we have a serious outbreak in an area where we need special attention, those pop-up testing sites will continue,” Huff said.

The state has increased its covid-19 testing capabilities since the virus first surfaced.

Between March and May, the state administered 67,000 tests. Now it can do nearly that many in one day, Wolf said.

Since March, the health department has received nearly 6 million test results. Over the last 30 days, the average number of test results received per day was more than 50,000, Wolf said.

While testing is a critical tool to fight against the virus, Wolf said it’s important to pair that with case investigations and contact tracing, which are essential in slowing transmission and reducing the spread.

Huff said public health professionals successfully contacted 21% of people who had tested positive for the virus between Nov. 15 and Nov. 21. That included people that public health professionals were able to reach within 24 hours and 48 hours.

Huff said people who test positive for the virus need to answer the phone and talk to the health department.

“We will not be giving up on contact tracing,” Huff said. “We have done a good job of prioritizing to get the most bang out of it that we can, and it’s working for us. We will continue to refine the system. We will continue to modify anything we need to do so that we can control this disease.”

Pa. officials share mental health resources for pandemic and holiday season

Isolation through the holiday season could exacerbate the country’s existing mental health crisis amid the covid-19 pandemic. Officials on Tuesday reminded Pennsylvania residents of available resources for mental health and substance abuse treatment.

“We know that these decisions and spending an important time of year away from loved ones can be incredibly difficult,” said Teresa Miller, Secretary of the Pennsylvania Department of Human Services. “It’s been a hard year for everyone in different ways, and heading into a changed holiday season may bring about a kind of grief we cannot recognize or understand.”

Miller encouraged residents to be honest about their feelings and ask for help when it’s needed, leaning on friends and loved ones for support.

“There is strength in being honest about what’s difficult to endure and what you need help with,” she said.

She shared a variety of resources designed to help those experiencing anxiety and depression, including DHS’s mental health support and referral helpline, Persevere PA, which can be reached at 1-855-242-2494. She also reminded residents of services for those experiencing food insecurity and the resulting stress.

For individuals with substance use disorder, the sense of community needed for recovery has been altered during the isolation of the pandemic, said Jen Smith, secretary of Pennsylvania’s Drug and Alcohol Program.

Smith also reminded listeners that while Pennsylvanians and news coverage is mostly preoccupied with the covid-19 pandemic, the country and state are still struggling with a years-long opioid epidemic.

“It’s important for all of us to remember,” Smith said. “the opioid overdose epidemic hasn’t ended. It’s still very much a part of our nation and of the Commonwealth.”

At state and local levels, Smith said Pennsylvanians who struggle with addiction can take advantage of prevention and treatment resources, as well as recovery programs that offer employment coaching, housing assistance and transportation.

The state has several resources designated specifically for veterans, officials said. Nearly one in four active duty military personnel report a mental health challenge, according to the National Alliance on Mental Illness.

Recipe Corner

Bacon Double Cheese Burger Dip

Ingredients

- 1/2 pound ground beef
- 6 strips bacon, cut into 1 inch pieces
- 1 small onion, diced
- 1 clove garlic, chopped
- 4 ounces cream cheese, room temperature
- 1/2 cup sour cream
- 1/4 cup mayonnaise
- 1/2 cup mozzarella, shredded
- 1/2 cup cheddar cheese, shredded
- 1 tablespoon Worcestershire sauce
- 2 tablespoon ketchup

Directions

1. Cook the ground beef in a pan over medium heat, set it aside and drain the grease from the pan.
2. Cook the bacon in the pan until crispy, about 6-10 minutes, set aside and drain all but a tablespoon of the grease.
3. Add the onion and sauté until tender, about 5-7 minutes.
4. Add the garlic and sauté until fragrant, about a minute.
5. Mix the ground beef, bacon, onions and garlic, cream cheese, sour cream, mayonnaise, mozzarella, cheddar, Worcestershire sauce and ketchup and pour it into a baking dish.
6. Bake in a preheated 350F/180C oven until the top starts turning a light golden brown and then sides are bubbling, about 20-30 minutes.



Italian Bow Tie Salad

Ingredients

- 4 ounces (1 1/2 cups) uncooked bow tie pasta
- 1 cup pitted ripe olives, drained, halved
- 1/2 cup vinaigrette Italian dressing
- 6 ounces mozzarella cheese, cubed 1/2 inch
- 4 Roma tomatoes, cut into 1/4-inch slices

How to make

STEP 1

Cook pasta according to package directions. Rinse with cold water. Drain.

STEP 2

Combine cooked pasta and all remaining ingredients in large bowl. Cover; refrigerate at least 1 hour.



Holiday Mental Health Resources

As the holidays are near, the Wolf Administration has resources for people struggling with anxiety, depression, loneliness, isolation, and other stressors:

MENTAL HEALTH

Persevere PA — 1-855-284-2494 (TTY:724-631-5600) *The Department of Human Services' mental health support and referral helpline is available 24/7 and is a free resource staffed by skilled and compassionate caseworkers available to counsel Pennsylvanians struggling with anxiety and other challenging emotions.*

National Suicide Prevention Lifeline — 1-800-273-8255 (Spanish: 1-888-628-9454) *The hotline is staffed 24/7 by trained counselors who can offer free, confidential support.*

- **Crisis Text Line** —

Text "PA" to 741741

Office of Advocacy and Reform (OAR) — www.governor.pa.gov/about/

[office-of-advocacy-and-reform/](#)

A group of volunteers focused exclusively on setting guidelines and benchmarks for trauma-informed care across the commonwealth

SUBSTANCE USE

- **Get Help Now Helpline** — 1-800-662-HELP (4357) *A toll-free helpline maintained through the Department of Drug and Alcohol Programs (DDAP) that connects callers looking for treatment options for themselves or a loved one to resources in their community. Calls are anonymous and available 24/7.*

Naloxone Standing Order —

www.pa.gov/opioids
Naloxone is still available to all Pennsylvanians through Secretary of Health Dr. Rachel Levine's standing order. Carrying naloxone on-hand at all times can be a life-saving action.

OLDER PENNSYLVANIANS

SOLO: Strengthening Older Lives Online

View in [English](#) or [Spanish](#)

The Pennsylvania Department of Aging's Council on Aging (PCoA) released an interactive guide with information and resources to help older adults cultivate a healthy mind, body and spirit amidst the challenges of the COVID-19 pandemic.





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 ??

- ⇒ 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://goodwillswpa.org>

Department Of Human Services Announces Temporary Change To SNAP Benefit Issuance Schedule

Harrisburg, PA - Department of Human Services (DHS) Secretary Teresa Miller today announced that DHS is altering payment schedules for the Supplemental Nutrition Assistance Program (SNAP) for the month of December to allow all benefits to be issued without risk of delay in case of a federal government shutdown. SNAP is a federally funded program and the federal government is currently funded through December 11, 2020.

"SNAP is a critical resource for the nearly 1.9 million Pennsylvanians who use it to purchase fresh food and groceries for themselves and their families. Particularly as Pennsylvania and our nation are in the midst of a growing public health crisis, we cannot risk a lapse in benefits that help meet this most basic, essential need," said Secretary Miller. "Some SNAP recipients may receive their monthly benefit and emergency allotments earlier than usual, but we need Pennsylvanians to know that this is not in error or an additional payment. This is their normal December payment, and there will be no additional payment."

SNAP benefits are typically issued during the first 10 business days of the month and emergency allotments, which are authorized by the Families First Coronavirus Response Act and currently go to about 60 percent of SNAP households, in the second 10 business days

after this issuance. Because SNAP is entirely federally funded, a delay in authorizing new funding could disrupt benefit issuance. To avoid any potential disruption, recipients may receive their benefits earlier than anticipated and in one payment as opposed to two issuances. All December SNAP benefits will be available on EBT cards by December 11, 2020.

SNAP helps nearly 1.9 million Pennsylvanians purchase fresh food and groceries, helping families with limited or strained resources be able to keep food on the table while meeting other needs. Inadequate food and chronic nutrient deficiencies have profound effects on a person's life and health, including increased risks for chronic diseases, higher chances of hospitalization, poorer overall health, and increased health care costs. As the nation faces the COVID-19 pandemic, access to essential needs like food is more important than ever to help keep vulnerable populations healthy and mitigate co-occurring health risks.

SNAP recipients can also use online purchasing to use SNAP funds for grocery delivery or for prepayment of curbside pick-up at certain retailers. Earlier this year, Pennsylvania joined a federal pilot program allowing SNAP recipients to purchase food online through certain approved retailers: Walmart, Amazon, the Fresh Grocer, Shoprite, and, most recently, Aldi. Funds can only be used

for food products and not processing fees, delivery charges, or tips.

Applications for SNAP and other public assistance programs can be submitted online at www.compass.state.pa.us. Those who prefer to submit paper documentation can print from the website or request an application by phone at 1-800-692-7462 and mail it to their [local County Assistance Office \(CAO\)](http://www.localcountyassistanceoffice.com) or place it in a CAO's secure drop box, if available. You do not need to know your own eligibility in order to apply. While CAOs remain closed, work processing applications, determining eligibility, and issuing benefits continues. Clients should use COMPASS or the MyCOMPASS PA mobile app to submit necessary updates to their case files while CAOs are closed.

For more information about food assistance resources for people around Pennsylvania impacted by COVID-19 and the accompanying economic insecurity, visit the Department of Agriculture's [food security guide](http://www.dhs.pa.gov)

For more information on public assistance programs, visit www.dhs.pa.gov

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-Ins%20\(w.%20Meeting%20Info\)%20\(1\).pdf](https://resources/Documents/Virtual%20Drop-Ins%20(w.%20Meeting%20Info)%20(1).pdf)
- ⇒ Depression and Bipolar Support Alliance (DBSA)
<https://www.dbsalliance.org/>
- ⇒ Turn 2 Me
<https://www.turn2me.ie/>
- ⇒ 7 Cups
<https://www.7cups.com/connect/>
- ⇒ Daily Strength
<https://www.dailystrength.org/>
- ⇒ In the Rooms
<https://www.intherooms.com/home/>
- ⇒ Sanvello
<https://www.sanvello.com/>