

Union Station Clubhouse Weekly

Members Share : How do You Manage Your Weight?



S Manage my weight by watching what I eat and not eating a lot of food or junk food all the time like I used to. I hope I will keep it up and lose weight from now on.

~Krysta C.

W hat I do for my weight management is eating mostly chicken fish, fruits and vegetables. I stay away from eating carbohydrates, breads, spaghetti, or sweets.

~Rose S.

S don't eat after 7:00pm every night .I cut out pop and some junk foods and I eat a lot of salads and not to much bread. I also eat smaller plates of food.

~April B.

Managing my weight is a constant battle. I know I didn't gain the weight overnight, but I know I need to get to a manageable number. I understand the need to take my medications and several of them cause appetite and weight gain. So, I know will never meet the "standard" for weight. But I do give it the college try by limiting my sugar intake, keeping my calories within a budget, attending all necessary support groups in relation to weight loss (when I can), going walking when I can, and exerting energy if possible. I use my Fitbit which has become is a crucial tool in my recovery. It helps me track when I sleep along with what I eat so I can track how I am feeling. I have been adamant on losing weight this month after being challenged by my PCP to lose 50 pounds in six months. I have been hitting the local walking courses when I can. I have to give much thanks to my mom who is my cheerleader and walking partner. She encourages me to go because we have like goals and a mission to both lose weight so we can get bikes to explore rail trails after my she retires. I enjoy getting out on the trails because it provides a sense of pride when I get back to the car and get to calculate how far I walked. Regardless, take it small, it may be something as counting calories, switching food, and moving more whatever you can do it counts!

~Dustin M.

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Meeting Schedule on Zoom

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

The Keys to Being a Good Remote Worker

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>

Monday, November 16, 2020
2:15 pm ET / 1:15 pm CT / 11:15 am PT

Whether you're working from home for the first time, or just trying to get better at it, FlexJobs is here to help! Learn the skills you need to practice and hone in order to work from home successfully, why communication plays such a huge role in remote work and how to do it well, how to set up a dedicated and comfortable workspace, and more!

[Register Now](#)

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>

Standard of the Week:

36. The Clubhouse has the support of appropriate mental health authorities and all necessary licenses and accreditations. The Clubhouse collaborates with people and organizations that can increase its effectiveness in the broader 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



Insider Tips on PA ABLE

Achieving a Better Life Experience (ABLE) gives families and individuals an opportunity to talk about money issues and set goals. The creation of the ABLE savings program in 2014 was a monumental win for people with disabilities because, for the first time ever, people with disabilities have a safe way to save without jeopardizing their benefits. Diana Fishlock of the Pennsylvania Treasury Department will discuss some of the details of Pennsylvania's ABLE program, and Dr. Josie Badger and Susan Tachau will share their first-hand experiences with using ABLE accounts.

Join us to learn about:

- Eligibility requirements for opening an ABLE account in Pennsylvania,
- Advantages of investing in an ABLE account,
- Real life experiences with using your ABLE account,
- What you can purchase with your ABLE savings,
- Insider tips for making large purchases (home, vehicle, vacation), and
- Setting up ABLE investment strategies for your goals.

The program is part of Money Talks, a free webinar series on financial empowerment for people with disabilities hosted by Pennsylvania Assistive Technology Foundation (PATF). Learn more at patf.us/MoneyTalks.

If you have any questions or need assistance with registering, please contact Megan Bolin at 888-744-1938 or mbolin@patf.us.

Focus On: Interfaith Volunteer Caregivers

The Interfaith Volunteer Caregivers Program provides assistance to our older and disabled neighbors who need a little extra help. Many frail and physically challenged adults in our community struggle daily to maintain their independence -- our helping hands often make it possible for them to remain in their own homes.

THEY ARE NOT A PROFESSIONAL SERVICE AND THEY DO NOT PROVIDE HOME HEATH CARE.

THEIR VOLUNTEERS ARE SIMPLY NEIGHBORS HELPING NEIGHBORS.

The Interfaith Volunteer Care program will try to find a helping hand for anyone regardless of religious preference. All older and disabled adults who need assistance to remain at home are eligible for help, however priority is given to those with the greatest need. All services are offered without charge, although donations are greatly appreciated and help us reach out to more people in need.

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

- ◆ Fayette County Community Action Agency, Inc. can provide assistance to Fayette County residents for rental and mortgage problems due to COVID-19. If you are experiencing difficulty making your rent or mortgage payments due to loss of income because of COVID-19, please call 724-437-6050 ext. 501 to see if you qualify for assistance.
- ◆ 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.
- ◆ This Saturday will be the last time the Amish will sell donuts in Connellsville this year. They will be in the H&R Block parking lot on West Crawford Avenue.
- ◆ Payne A.M.E. Church, 812 W. Crawford Ave., Connellsville, will serve Election Day dinners from 11 a.m. to 6 p.m. Nov. 3. Dinners will include turkey, mashed potatoes, stuffing, gravy, green beans, cranberry sauce, roll and butter, and dessert. Cost is \$10, and meals are drive-through or takeout only. Pre-orders are recommended and can be placed by calling 724-626-8336 and leaving a message with your name, the number of dinners being purchased, and the desired pickup time.
- ◆ Downtown Connellsville will sponsor its Chili Fest from 11 a.m. to 2 p.m. Nov. 7. Sample chili from a variety of local restaurants while exploring downtown. Tickets cost \$10 and are available at participating locations. Proceeds benefit Downtown Connellsville Initiative. Go to downtownconnellsville.org or call 724-603-2093 for information.
- ◆ 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 de-

- ⇒ November 6, 2020-1:00 p.m. (Friday)
Beacon Health Options and PA System of Care Partnership
Part 1 Stigma and Implicit Bias – “Starting the Conversation”
[Registration Link](#)
- ⇒ November 20, 2020-1:00 p.m. (Friday)
Axiom Family Counseling
Modern Day Addiction Treatment
[Registration Link](#)
- ⇒ December 4, 2020-1:00 p.m. (Friday)
Beacon Health Options and PA System of Care Partnership
Part 2 Stigma and Implicit Bias “Continuing the Conversation”
[Registration Link](#)
- ⇒ December 18, 2020 -1:00 p.m. (Friday)
Nick Orlando
LBGTQI+ and Behavioral Health
[Registration Link](#)
- ⇒ January 8, 2021-1:00 p.m. (Friday)
Beacon Health Options and PA Care Partnership

Part 3 Stigma and Implicit Bias “Wrap it Up”

[Registration Link](#)

For Training Conference telephonic Dial In Codes and visit this [document](#) on the Beacon Health Options Website.

Beacon Health Options, formerly known as Value Behavioral Health of Pennsylvania, is the Behavioral Health-Managed Care Organization (BH-MCO) that provides Mental Health and Substance Abuse benefits to Health Choices members in Fayette and 12 other counties in Western Pennsylvania.

For more information on Beacon Health Options, visit www.pa.beaconhealthoptions.com. Fayette Countians can also contact them toll-free 24/7/365 by dialing 1-877-688-5972.



This N' That (Continued)

- ◆ tectors, which can be picked up at the station or by contacting Chief Jordan Sealy at 724-785-3311.
- ◆ The Uniontown Salvation Army will be having a Christmas Assistance sign-up that includes food for all households that qualify in zip codes 15401, 15416, 15445, 15456, 15476 and 15472 from October 19th through November 6. Appointments can be made by calling the Salvation Army at 724.437.2031. For the appointment you will need proof of household income for all, including proof of residency, Compass and School Printouts along with photo ID Cards.
- ◆ 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
- ◆ Otterbein United Methodist Church, 201 Lincoln Ave., Connellsville, is taking orders for soup through Nov. 8. Cost is \$6 a quart. Choose from cheesy potato, chicken noodle, or vegetable beef. Soup can be picked up after 10 a.m. Nov. 15. To order, call 724-626-0794.
- ◆ The Albright United Methodist Church, 1626 Pittsburgh Street will have a soup sale from 11 AM to 1 PM on Saturday November 14th, \$6 quart; \$3 pint
- ◆ 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.

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://coronavirus.unionstationclubhouse.com/resources/grocery.html>
- ⇒ Honey's Helping Hand Mondays and Thursdays at Biererwood Acres at 1pm! Curbside service! Info: <https://www.facebook.com/Honeys-helping-hand-108365237359113>
- ⇒ Uniontown Salvation Army has a Pickup Soup Kitchen daily at the Service Center on Fayette Street from 11 AM to Noon During the Week
- ⇒ Hands of Hope Provides meals to the homeless Every Sunday at 2 PM by the Old parking garage in Downtown Uniontown
- ⇒ The emergency food pantry at Saint Vincent DePaul (70 North Mount Vernon Ave.) is open Wednesday through Friday from 10:30 a.m. to 1:30 p.m. Assistance, by phone appointment, has also started. For information on the food pantry, call 724-439-9188, ext. 208. Volunteers are also needed to assist in operations. Call 724-439-9188, ext. 205 for details.
- ⇒ Christian Church of Connellsville holds free community lunches from 11:30 a.m. to 1 pm. every Monday. It is takeout only.

Food Pantries Next Week

- ⇒ Berean Seventh Day Adventist. 110 Searight Avenue Uniontown; Tuesday: 12 Noon to 4 PM; Middle East End
- ⇒ McClellandtown Presbyterian, 292 Springer Road; Wednesday 10:30 AM to 1:00 PM; German Township
- ⇒ YWBA. 624 Duck Hollow Road, Uniontown; Wednesday 11:00 AM to 1:00 PM; South Union Township Areas South of US 40 and West of US 119
- ⇒ Indian Creek Valley, 3320 Springfield Pike, Normalville; Wednesday 8:00 M to Noon; Springfield and Saltlick Townships
- ⇒ Samson Chapel. 4 Marker Road Farmington; Thursday 10:00 AM; Henry Clay, Stewart and Wharton Townships, Markleysburg and Ohiopyle Boroughs.

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/>

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 Connellsville Lions Club will sponsor a food distribution from 9am.to noon, or until supplies are depleted, Oct. 31 in the Connellsville Area High School (201 Falcon Drive) parking lot. Each car will receive three boxes of food and one gallon of whole milk. There are no income regulations. Food is being donated by Sysco.

The Bike Trail is a link of a regional connection.

The Yough River Trail Council is responsible for a 23-mile section of the Great Allegheny Passage from Layton, through Connellsville, to Bruner Run, just outside of Ohio pyle.

The Regional Trail Corp. was formed in 1991 and largely comprises volunteers.

The trail corporation helped to build the Youghiogheny River Trail North from McKeesport to Connellsville as well as helped to develop

and maintain the Five Star Trail from Greensburg to Youngwood, and the Coal and Coke Trail from



Scottdale to Mt. Pleasant.

The Westmoreland Heritage Trail extends from Saltsburg to Delmont, and The Steel Valley Trail has completed the final link in the Great Allegheny Passage.

The Great Allegheny Passage runs 150 miles from Pittsburgh to Cumberland, Md., where it connects with the C&O Canal Towpath and continues another 184 miles to Washington, D.C.

At the trailhead is a camping area with room for 20-30 tents, including Four Adirondack shelters that sleep 6 - 8 people each. Two grills (charcoal available at nearby Martin's); no open campfires allowed. Two covered picnic tables, a SST toilet, Water fountain; hydrant at Yough Park down the hill. Connellsville is the crown jewel of the Yough and the only town of the Great Allegheny Passage that goes through an actual town as well as has a traffic signal for bicyclists (at Crawford Avenue). This is one of many reasons Connellsville is a great town to live in.

Fayette voters warned about ballot errors

The Fayette County Election Bureau will issue letters to all constituents whose mail-in and absentee ballots will not be accepted due to voter declaration errors, a press release stated Saturday.

All voters will have the opportunities to correct any voter declaration errors, the release states.

Although the election bureau may have received an individual's ballot, mistakes made on the back of the outer return envelope of that ballot will stop it from being processed on Election Day, according to state law.

Mistakes on the voter declarations might include one or more of the following:

- ⇒ No signature.
- ⇒ Writing date of birth instead of the date voted.
- ⇒ No printed name.
- ⇒ Incomplete address.
- ⇒ Incomplete voter declaration information.

Voters with ballot errors will receive their letters soon. Voters can come to the election bureau until 8 p.m. Nov. 3 to correct your ballot envelope.

Voters are reminded they must bring identification to correct ballot envelopes.

Voters are not permitted to open the ballot envelope and are not al-

lowed to complete a different ballot.

Alternatively, anyone who made mistakes on his or her voter declaration on the back of the outer return envelope may still vote in person by provisional ballot at his or her polling place Nov. 3.

The Fayette County Election Bureau is urging all voters to check their mail-in and absentee ballots for complete accuracy heading into Election Day as officials want all vote to count.

Only one ballot per voter will be counted for the Nov. 3 election.

The Fayette County Election Bureau is at 22 E. Main St. in Uniontown. Hours are 8 a.m. to 4:30 p.m. Monday through Friday.

Some voter questions can be answered by going to www.votespa.com, including registration status and where to vote. For more information, call the Fayette County Election Bureau at 724-430-1289.



PMHCA Virtual Drop-In Groups

The Pennsylvania Mental Health Consumers Association (PMHCA), Youth Move PA, and the Pennsylvania Peer Support Coalition (PaPSC) understand the toll social isolation can take on our mental health. Connecting online can be a good way to alleviate the issue. These three agencies have collaborated in hosting a series of “virtual drop-in” meetings to help reduce the sense of social isolation we can experience during this difficult time. These are NOT Clinical or Therapeutical Groups.

- ⇒ The “**Adult Virtual Drop-In**”, is a topic-driven, social gathering hour that is scheduled twice a week. While we are all house bound during this health crisis, let’s take some time for some good old socialization and conversation. We would love to discuss many different topics such as our “favorite things” and our “go to coping skills” with whoever wants to join us. One topic that is off limits is the COVID-19 virus! Meetings will take place using Zoom on Tuesday and Thursday from 1 pm to 2 pm. Meetings will be moderated by Kathy Quick, Jason Rilogio, and Samantha Harkins. Meeting ID: 131-337-859, Meeting Link: <https://zoom.us/j/131337859>
- ⇒ Youth MOVE PA is excited to host a “**Youth Virtual Drop-In**” that is all about getting some social interaction, even if we can’t go out and do our normal things like school, sports, going to the game store, or hanging with our friends. We know how stressful it can be when our routine is messed up and it is just as frustrating when everyone is talking about Coronavirus as if there might be impending doom!! We would like to help you feel better about the outside world and the stress it may bring by meeting new people who join this group. We will be talking about ourselves, what we like, and be discussing a specific topic with each other during each meeting. This gives us some distraction from the anxiety that can arise from being stuck inside all the time. Our meetings will be hosted every Monday and Friday from 1pm to 2pm on

Zoom. Meetings will be moderated by Zack Karenchak, Tristan Schnoke and Aaron Zimmerman. Meeting ID: 410-999-098, Meeting Link: <https://zoom.us/j/410999098>

- ⇒ The “**CPS Virtual Drop-In**” is designed specifically for Certified Peer Specialists. As Certified Peer Specialists, we are familiar with taking care of others needs over our own, as well as our paychecks depending on our billable hours. In this time of uncertainty, we must take care of our personal wellness, so we can continue to be an inspiration to those we serve, whether by phone or through other technology. This is a statewide support group that can be molded to fit the needs of those attending. We are resilient, we’re Peer Specialists, we are living breathing examples of recovery, and we will get through this together. Join us Mondays from 11:30am – 12:30pm. This meeting will be moderated by Jason Rilogio, Dave Measel, and Keith Elders. Meeting ID: 305-863-445, Meeting Link: <https://zoom.us/j/305863445>
- ⇒ PMHCA invites you to join us in our “**ART IN RECOVERY GROUP**.” We envision a safe space where we can share our artwork as part of our recovery – whatever that is for you – and grow and develop our artwork, friendship, and community together. Let’s share our artwork, in whatever form your art takes, such as painting, photography, sculpture, coloring, diamond art, crocheting, crafting, or whatever you enjoy! This is a virtual meeting in order to accommodate everyone’s schedule and maintain everyone’s safety. Every Thursday at 7:00 P.M. The Zoom link will stay the same for every meeting: <https://zoom.us/j/93997640863>

Mental Health Community Updates

Since the COVID-19 Pandemic, many meeting, including ours have been meeting virtually. This has given me the ability to be able to have more input and to be a voice for Fayette County residents.

One thing is I have been invited to the Virtual Member / Family Stakeholder calls with our behavioral health managed care organization, Beacon Health Options, where we meet online every other week to give input to the Prevention, Education, & Outreach Department there and likewise they share updates with us.

Some of the updates shared with the group from the Southwest Mental Health Stakeholders Meeting was the need to write to our state legislators for more mental health funding, increased availability for telehealth, things we need.

Furthermore, we have been reminded to make aware the support groups sponsored by NAMI Keystone PA online (there’s links to the affiliates that have them on Page 8 of the newsletter each week). It was noted that there’s at least three each week. MHA of Southwestern PA in Westmoreland County also hosts weekly LGBTIA+ and Suicide Survivors Support Groups.

Additionally, we were asked to share support hotlines and links to those in need during these unprecedented times. Those can be found on page 8 of this newsletter as well.

Lastly, I want to give a shout out to Fayette County members for attending the Beacon Virtual Trainings. As of last month, we were the second highest county in Beacon Territory as of last month that attended the Virtual Trainings. It should also be mentioned that persons from across the commonwealth of PA attended these events as well.

Lastly, I want to remind everyone that nothing can change about the services that you receive without you coming to the table to have your voice heard.

~Dustin M.

What is The Pennsylvania Mental Health Consumers'

PMHCA is a state-wide member organization dedicated to the support of all people who seek aid for recovery from a mental illness at any stage in their journey. We provide resources, referrals, and support to those receiving services or in recovery

from a mental illness. PMHCA also provides training to individuals in such areas as Mental Health Advance Directives, Peer Support, LGBTQI+ Issues, and other training. More Info: www.pmhca.org

Recipe Corner

Copycat KFC Biscuits

Ingredients

- ◆ 2 cups all-purpose flour
- ◆ 1 tablespoon baking powder
- ◆ 2 teaspoons white granulated sugar
- ◆ ½ teaspoon cream of tartar
- ◆ ½ teaspoon salt
- ◆ ½ cup chilled butter salted
- ◆ 2/3 cup milk

Instructions

Preheat the oven to 415 degrees and line a baking sheet with parchment paper.

In a medium mixing bowl sift together flour, baking powder, sugar, cream of tartar and salt.

Using a pastry blender, your hands, or a knife and fork, cut in the butter until the flour resembles coarse crumbs.

Add the milk and stir with a fork until the mixture comes together. On a lightly floured surface pull out the dough and knead until it is smooth.

Roll out dough until it is ½ inch thick. Cut out dough using a 3 inch biscuit cutter, or you can cut into squares. With remaining dough, reform and roll out to ½ inch and repeat until all the dough is used and made into biscuits.

Arrange biscuit dough on prepared baking sheet, and bake for 10-12 minutes, or until risen and a golden brown.

Serve immediately, or set on counter or serving dish until ready to serve.

~April B.

CHEESY BROCCOLI CASSEROLE

- 1/2 lb. cheddar cheese
- 1/2 c. butter or margarine
- 16 oz. frozen broccoli (thawed and drained)
- 1 c. crushed Ritz crackers (or butter crackers)

Janet Spencer

Cut cheese into cubes. Place in a saucepan with 1/4 c. of butter. Heat over medium heat until melted and smooth, stirring often. Place broccoli in a 1 qt. casserole dish. Pour cheese mixture over and mix well. Melt remaining butter, stir in cracker crumbs. Sprinkle over top of casserole. Bake uncovered at 350 degrees for 20 to 25 minutes. Serve immediately. Serves 4.

GREGARIOUS GREEN BEANS CASSEROLE

- 2 (16 oz.) cans green beans (regular or french cut - your favorite brand)
- 1 can cream of celery soup
- 1 can dried French onions
- 1 tsp. season salt/Mrs. Dash
- 1 tsp. ground black pepper

Lutitia A. Clipper

Drain beans and place in a microwave safe casserole dish. Add soup and 1/2 can of onions. Thoroughly blend ingredients together. Cover with wax paper and cook for 12 minutes on high in microwave or 35 minutes in conventional oven at 350 degrees. Top casserole with remainder of onions and brown 2-3 minutes in broiler. For the working mom with no time, but has a million requests to attend school, church, and community events with a covered dish! Serves 4.





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NEED HELP ??

⇒ Department of Human Services
Support & Referral Hotline:
1-855-284-2494

⇒ Fayette County Crisis Line
724-437-1003

⇒ National Suicide Prevention
Lifeline
1-800-273-TALK (8255)
Veterans Press 1

⇒ Crisis Text Line: Text "PA" to 741-741

⇒ Disaster Distress Helpline:
1-800-985-5990

⇒ Get Help Now Hotline (for sub-
stance use disorders):
1-800-662-4357

⇒ Pennsylvania Sexual Assault
Helpline – 1-888-772-7227

⇒ National Domestic Violence
Helpline – 1-800-799-7233

More Helplines are at:

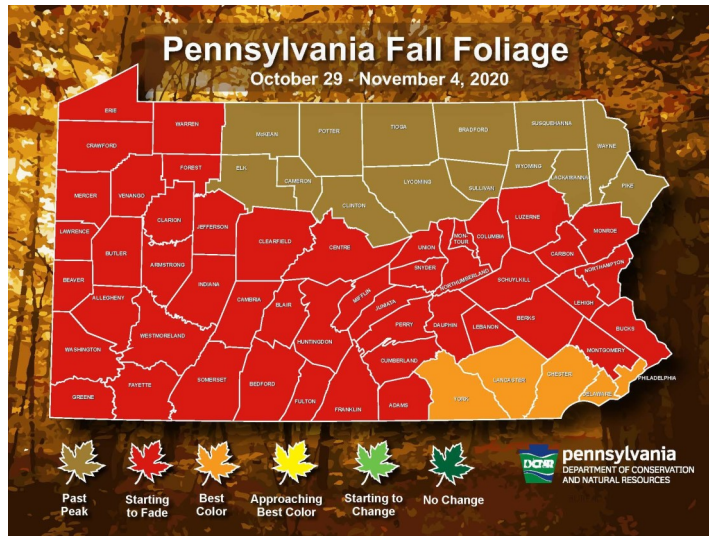
[http://
www.unionstationclubhouse.com/
hotlines.html](http://www.unionstationclubhouse.com/hotlines.html)

Last Fall Foliage Forecast of the Season

Forbes State Forest staff stated that leaf drop continues across the Laurel Highlands with oaks still showing nice color. Significant leaf drop has occurred, and this trend will continue into November. Today's rain and wind will speed up this process.

For late season fall foliage enthusiasts, there are still good foliage viewing opportunities available in southwestern Pennsylvania. Sightseers should focus on oak-dominated forests if they plan

to visit the Laurel Highlands as these are the primary sources of color remaining in the higher elevations. Look for sheltered areas that receive less wind. Yellow poplar and American beech continue to add yellows and golden browns to the late season display. Visitors to Allegheny, Washington, and Greene counties will see past peak fall color. The lower elevations of these counties will display the longest lasting color.



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://
namibucks.org/](https://namibucks.org/)

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

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

⇒ NAMI Lehigh Valley
[https://www.nami-
lv.org/](https://www.namilehighvalley.org/)

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

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

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

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

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

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

⇒ Depression and Bipolar Support Alliance (DBSA)
<https://www.dbsalliance.org/>

⇒ Turn 2 Me
<https://www.turn2me.ie/>

⇒ 7 Cups
[https://www.7cups.com/
connect/](https://www.7cups.com/connect/)

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

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

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



<http://goodwillswpa.org>