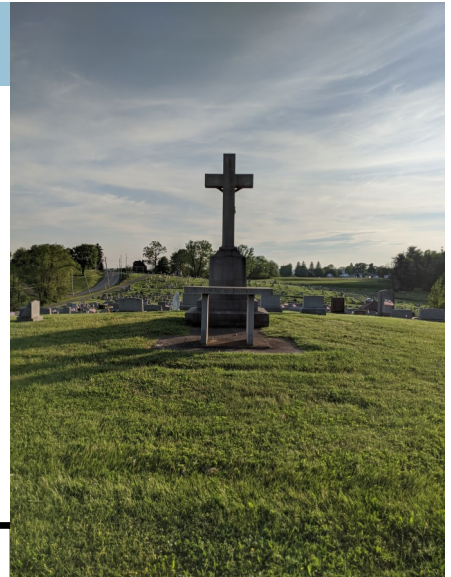


Union Station Clubhouse Weekly



This week, as part of a series for Mental Health Awareness Month, members in our telehealth share how to minimize stress

Reducing stress is not easy. The stress I go through is hard, but I try to stop and say to myself: “hold on, wait a minute, take a breath and see what is really going on.” Then say :“OK, this is what's going on”, and see how to deal with this. Maybe this is or that and if that doesn't work try to figure what does work.” If the stress is really bad talk to someone and really talk about it.

~Rebekah M.

Stress , is the ever coming never ending story of my life. Lately, I have been dealt a hand of life experiences that have caused a monumental amount of stress. I continually struggle with this regularly and it isn't easy. One thing I do to help is grounding exercises to calm down the stress and refocus my energy into something positive. Additionally, utilizing your tools and supports that you have available in your “toolbox” is key to maintaining your recovery to the fullest extent possible.

Additionally, I felt the need to revise my daily schedule to reflect the upcoming situation that comes forth my way. I have realized the need to also update my WRAP, which is available through Systems of Care through the FCBHA website.

Also, music is a valuable outlet for me as it places my feeling that I may be bearing at the moment and transferring them into a positive energy . I utilize this while working or relaxing and pretending that I am going down a road on a trip. (I have shared several of them on YouTube during our virtual clubhouse for you to enjoy.) It helps me unwind and become my true self.

Lastly, seeking professional help is key by attending your therapy, MPR, etc. sessions and following your medication regimen. I also want to point out that during the COVID-19 Pandemic that a statewide warm line is in operation should you need a listening ear. That number is 1-855-284-2494 where trained persons can assist you . Additional resources are on Page 6 of this issue
Dustin M.

- H**ow to minimize stress:
10 Relaxation Techniques That Zap Stress Fast
1. Meditate
 2. Breathe Deeply
 3. Be Present
 4. Reach Out
 5. Tune In to Your Body
 6. Decompress
 7. Laugh Out Loud
 8. Crank Up the Tunes
 9. Get Moving
 10. Be Grateful
- When you start feeling stressed, spend a few minutes looking through your notes to remind yourself what really matters.
- Relax. You deserve it, it's good for you, and it takes less time than you think.
- good in your life.
- ~Danny G.

Inside this issue

- Store / Office Information2
- Making / Help With Food3
- Poetry Corner.....3
- Beginning Again.....4
- Recipes4
- Poetry Corner.....5
- From the Director.....6
- Help & Support.....6

Meeting Schedule on Zoom

- Unit Meetings Daily: 9:00 AM / 1:00 PM
- Information Station: 11:00 AM
- Monday: Virtual Tours 2:30 PM
- Wed. Getting Outdoors N’ At 2:30 PM
- Fridays: Friday Night Live 2:30 PM
- Tues/Thurs: Cooking With : 2:30 PM

Store & Government Closures / Dates

- ⇒ Giant Eagle stores will be open from 7 a.m. to 10 p.m.
- ⇒ Walmart stores will be open from 7 a.m. to 8:30 p.m. with the 6-7 a.m. hour reserved for customers 60 years and older to shop on Tuesdays only.
- ⇒ Martins stores will be open 6 a.m.-10 p.m. with the 6-7 a.m. hour reserved for customers ages 60 years and older to shop. All will be open seven days a week.
- ⇒ All local Social Security offices are closed to the public indefinitely, though local offices will continue to provide services by phone. Online services will remain available at www.socialsecurity.gov. Those who already had an in-office appointment scheduled will be contacted to handle the matter over the phone. The phone number for local offices is 1-800-772-1213.
- ⇒ The Department of Transportation officials have announced an June extension for all driver licenses, photo ID cards, learner's permits, vehicle registrations, safety/emissions

inspections and parking placards for those with disabilities that are set to expire between March 16-June 30. PennDOT officials reminded customers that many services are available on the website, www.dmv.pa.gov. Effective May 10, 2020, All customers who renew their non-commercial driver's license or ID online or both commercial driver's license and non-commercial driver's license along with identification cards through the mail will receive a new product using the current photo of that individual that exists in our system. No camera cards will be issued to these customers, and they will receive their new product by mail within 15 days. The renewal process is complete when customers receive their final product in the mail.

Individuals who renewed a product on or before May 10 will still receive a camera card in the mail and will still need to visit a PennDOT Photo License Center upon reopening to obtain an updated a photo.

- ⇒ Connellsville Lions Club Sunday Concerts in Lions Square has been cancelled for the 2020 Season
- ⇒ The 82nd annual Fayette County Firefighters Association Convention, set to be held in July in Brownsville, has been canceled. The association will hold an 82nd/83rd combined convention July 11-17, 2021.
- ⇒ Dollar tree and Family Dollar have reserved their first hour for seniors and the immunocompromised
- ⇒ Dollar General has reserved their first hour of business for the seniors, disabled and immunocompromised. Additionally, they are closing their stores an hour earlier than normal closing time in order to sanitize.

Quote of the Week:

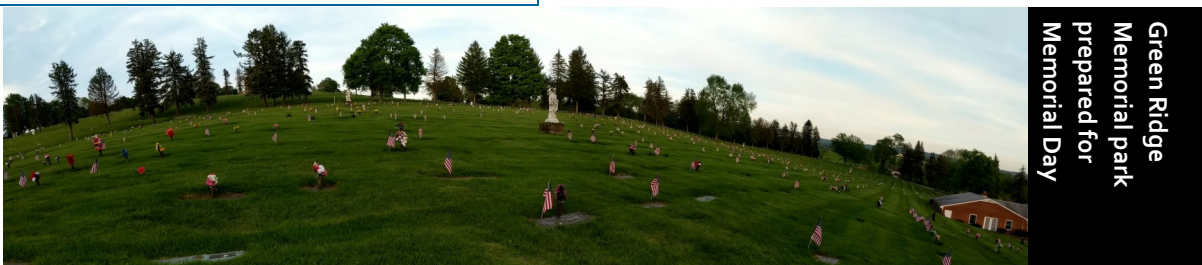
“Forgive, forget. Bear with the faults of others as you would have them bear with yours. Be patient and understanding. Life is too short to be vengeful or malicious.”
~Unknown

Standard of the Week

1. Membership is voluntary and without time limits.

Clubhouse Movement Celebration Week Next Week

Clubhouse Movement Celebration Week is a celebration of the Clubhouse Movement through member testimonials. It begins June 1, which coincides with John Beard's arrival at Fountain House in 1955. John Beard, a pioneer in Community mental health services from Detroit, was hired as director and formalized many of the program, but keeping the focus on the community as a source of mutual support for members. One of the key programs instituted at the time was a prevocational work-readiness program, which placed people in temporary part-time jobs to help them prepare to find permanent work Fountain House was the first program of its kind. The model was spread across the US and eventually internationally starting in the 1950s, led largely by the National Council of Jewish Women. The model spread further with funding from the National Institute of Mental Health in 1977 for the National Clubhouse Training Program.



Masking & Other Reminders

It is recommended that all Pennsylvanians wear a mask any time they leave their homes for life-sustaining reasons. Members of the public are encouraged to wear homemade cloth or fabric masks and save surgical masks and N95 respirators for health care workers and first responders.

Businesses that serve the public within a building or defined area require all customers to wear masks while on premises, and deny entry to individuals not wearing masks, unless the business is providing medication, medical supplies, or food, in which case the business must provide alternative methods of pick-up or delivery of goods. Individuals who cannot wear a mask due to a medical condition (including children the age of 2 years) may enter the premises without having to provide medical documentation.

Businesses must provide masks for em-

ployees to wear during their time at the business, and make it a mandatory requirement while at the work site, except to the extent an employee is using break time to eat or drink.

Prevention

- 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 surfaces frequently, including countertops, light switches, cell phones, remotes, and other frequently touched items.

Contain: if you are sick, stay home until you are feeling better.

~Provided by the Pennsylvania Department of Health

Staff Returns

Recently, we have welcomed two staff back from their furloughs due to the COVID-19 pandemic, Caprese and Amanda. They share their stories on returning back to the Clubhouse, although it is virtual for now:

“After a lengthy absence due to the Covid-19 Pandemic, I was able to return back to work the week of May 18th. With so much uncertainty occurring in the world around me I am very appreciative to have made my return back to the Clubhouse. I do realize that things may look a little different for some time, but I am looking forward to the challenge.”

~Caprese J.

“The last two months away from work has been a very unfamiliar change of pace to my life, as I know is a similar feeling with many others in one way or another. I am very grateful for the time I got to spend safe at home to do my part in slowing the spread, while also being appreciative of the many others who had to continue working in very public and stressful situations. Now I’m ready to be back and do my part, and I’m looking forward to finding new ways to implement the necessary changes needed to get Clubhouse back to its full operating potential and safely do what this is all about – being there for each other.” ~Amanda W.

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

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
 - Monday 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.
- ⇒ Brownsville Borough Council has temporarily halted its Wednesday door-to-door food drives because the pantry is so well stocked. Officials are continuing to distribute food to those in need on Saturdays from noon to 2 p.m. Contact any council member via email about donations, private message them on their Facebook pages, or call Paul Synuria at 724-970-4501. Emails for council members are listed on the borough's website.
- ⇒ Pleasant View Presbyterian Church, 533 Royal Rd., Smock, is planning to “Clear the Shelves” with a food distribution Saturday, May 30 from 10 to 11 a.m. First come, first serve-basis for the distribution of donated goods that are nearing or at the “best by” date. The goal is to clear shelves so they can be restocked. Distribution is a drive-up event. Also, leaders will be registering new clients for the monthly distribution and accepting donations of non-perishables food items and cleaning products.

Members Share How to “Begin Again”

I have to admit that beginning again is going to be extremely difficult for me. One, I am going to be in a new environment which is difficult. Then with all the social distancing regulations it will be an adjustment for me to adhere in a location where we were like family when we left such as Clubhouse and work. It is definitely the “new normal” and it will take some time to get used to all these new rules and changes in an ever changing environment. But in the end I realize that all these changes are necessary to protect us from falling ill.

~Dustin M.

Well, it's going to be hard, but we are just going to have to roll with it. I know for myself I will do a lot of things different. I will do the things I like at Clubhouse and stay out of others personal business. I'll be here for my friends to listen and to give them advice, but how they handle it is up to them. I will never let anyone treat me badly and I will try to say how I feel in a positive way. Clubhouse is about us members and we need to be heard. I will never take things for granted anymore. I am thankful for the people I have in my life.

5 Steps To Help You Begin Again:

Step 1: Assess Your Here and Now
Before I move, I need to stop and be still. I need to know and accept where I am now. For me, that means spending some time in prayer and meditation to ask for guidance. For you, it might mean taking a walk, listening to music, or reading an uplifting message. Start with anything that calms your mind and lets you connect with your spirit. Then make a list of what is and isn't working in your situation. I find that putting my thoughts on paper removes the emotional charge and gives me a more objective outlook.

Step 2: Evaluate Your Options
Review your list and symbolically cross out what isn't working. You don't want to continue that! Next create another list of possible solutions. Start by brainstorming your options without thinking, no matter how silly you think they might be. Is this option realistic for my life today? What would be involved in making this choice or change a reality? Does anyone else in my family need to be on board for me to make this happen?

Step 3: Choose Your Destination and The Best Way to Get There.
Once you've narrowed your options to

three or less, it's time to pick the one that intuitively feels the best and commit. Remember, this does not have to be your forever decision. It's just going to be your next best step. Now you're ready. You know where you want to go, but how will you get there? This is where you gather the information you need to pick the best way of “travel” for your life, your personality and your desires. Remember, there is always more than one way to get to the same place and your best may not be someone else's.

Step 4: Create Your Roadmap & Time Table
You're all set. You know where you

- ⇒ 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 Maps and Phased Statuses <http://coronavirus.unionstationclubhouse.com/resources/maps.html>

want to go and how to get there, but what do you need to bring on your journey? What resources, tools and expertise already exists in your life and what do you need to add? Do you have a support system or a team of people that will encourage and support you as you make your changes? If not, where can you get additional support? Determine what you have or need in your life to make your transition as easy and effective as possible. Set yourself up for success as much as you can. **Step 5: Take Your First Step and Continue each Day**
Now it's time to act. You know where you want to go, how you are going to get there and have everything you need for your journey. That's great if your journey is quick and simple, but what if it's not? What if your change or transition or reinvention will take months or years before you reach your destination? What if you get tired or have another detour on this new adventure? What will keep you focused and moving forward?

Some final thoughts on your journey to begin again....
As you're going through your journey of transition and beginning again, be sure you celebrate every step along the way. Acknowledge your courage and boldness at recreating your life and walking down a new path. It takes faith and trust to step out into the unknown. Be proud of yourself! View the process as an adventure and have fun with it.
~April B.

Recipe of the Week: Nana's Banana Bread By Amanda C.

Ingredients

- 8 Tablespoons Butter
- 1/2 Cup Granulated Sugar
- 1/2 Cup firmly packed light brown sugar
- 1 Large Egg
- 2 Egg Whites
- 1 teaspoon vanilla extract
- 1-1/2 Cup mashed very ripe bananas
- 1 3/4 Cups all-purpose flour
- 1 Teaspoon Baking Soda
- 1/2 Teaspoon Salt
- 1/4 Teaspoon Baking Powder
- 1/2 Cup Heavy Cream
- 1/2 Cup Chopped Walnuts

Directions

1. Preheat Oven to 350 F. Spray bottom only of 9X5X3 inch loaf pan with nonstick cooking spray
2. Beat butter in large bowl with an electric mixer set at medium speed until light and fluffy. Add granulated sugar and brown sugar; beat well, Add egg, egg whites and vanilla; beat until well blended. Add mashed banana, and beat on high speed 30 seconds.
3. Combine flour, baking soda, salt, and baking powder in medium bowl. Add flour mixture to butter mixture alternately with cream, ending with flour mixture. Add Walnuts to batter; Mix well.
4. Pour batter evenly into prepared loaf pan. Bake until browned and toothpick inserted near center comes out clean, about 1 hour 15 minutes.
5. Cool bread on wire rack for 10 minutes. Remove bread from pan completely on cooling rack. Slice and serve with butter and enjoy.

How Many Dawns

How many dawns, chill from his rippling rest
The seagull's wings shall dip and pivot him,
Shedding white rings of tumult, building high
Over the chained bay waters Liberty—
Then, with inviolate curve, forsake our eyes
As apparitional as sails that cross
Some page of figures to be filed away;
—Till elevators drop us from our day ...
I think of cinemas, panoramic sleights
With multitudes bent toward some flashing scene
Never disclosed, but hastened to again,
Foretold to other eyes on the same screen;
And Thee, across the harbor, silver-paced
As though the sun took step of thee, yet left
Some motion ever unspent in thy stride,—
Implicitly thy freedom staying thee!
Out of some subway scuttle, cell or loft
A bedlamite speeds to thy parapets,
Tilting there momentarily, shrill shirt ballooning,
A jest falls from the speechless caravan.
Down Wall, from girder into street noon leaks,
A rip-tooth of the sky's acetylene;

All afternoon the cloud-flown derricks turn
...
Thy cables breathe the North Atlantic still.
And obscure as that heaven of the Jews,
Thy guerdon ... Accolade thou dost bestow
Of anonymity time cannot raise:
Vibrant reprieve and pardon thou dost show.
O harp and altar, of the fury fused,
(How could mere toil align thy choiring strings!)
Terrific threshold of the prophet's pledge,
Prayer of pariah, and the lover's cry,—
Again the traffic lights that skim thy swift
Unfractioned idiom, immaculate sigh of stars,
Beading thy path—condense eternity:
And we have seen night lifted in thine arms.
Under thy shadow by the piers I waited;
Only in darkness is thy shadow clear.
The City's fiery parcels all undone,
Already snow submerges an iron year ...
O Sleepless as the river under thee,
Vaulting the sea, the prairies' dreaming sod,
Unto us lowliest sometime sweep,
descend And of the curvship lend a myth
to God. ~From April

Some People

Some people cannot take other people's views
They force their beliefs on us and some even accuse
Without valid basis, information, or facts-
Thus showing much of what their character lacks.

Nearsighted and almost blind, myopic at best.
These are the kind that can so rudely infest
The free-thinking world with their impertinence
As if they alone have the right to have existence.
We are not mice or guinea pigs here for experiment,
For those shady vaccines the pharma giants implement
On our human bodies and all those in infancy,
Because some of those drugs have caused infertility.

Some of those vaccines were so toxic they caused deaths.
That fact has been proven and it's as morbid as it gets.
With their ulterior motives and their sinister plan
These evil monsters want the control and rule of man.

Reduce humanity to a mere half a billion people,
So they can enjoy world resources as long as they're able.
We know all these elites pull the strings with their money-
Not all men are brainwashed, we can still speak out, can't we? From

~By April B,

OLD FASHIONED MACARONI SALAD

By Danny G

This macaroni salad recipe is such a popular choice for summer barbecues!

Prep Time 20 minutes

Cook Time 10 minutes

Total Time 30 minutes

Servings 10 servings

INGREDIENTS

- 2 cups macaroni (I use ditalini)
- 1 1/2 cups mayonnaise
- 2 stalks celery, finely chopped
- 4 whole green onions, finely chopped (white and green parts)
- 1 1/2 tablespoons mustard
- 1 tablespoon onion powder salt & pepper, to taste
- 4 large hard-boiled eggs, chopped
- paprika, for garnish

INSTRUCTIONS

1. Prepare the pasta according to package directions. Rinse under cold water and set aside to drain well.
2. In a medium bowl, whisk together the mayonnaise, celery, green onion, mustard, onion powder, salt and pepper.
3. Place the drained, cooled pasta in a large bowl. Add the mayonnaise mixture and stir into the pasta until well combined. Gently stir in the chopped egg. Sprinkle with paprika, cover with plastic wrap, and chill for at least a couple of hours before serving.



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The Future is Now—From the Director

If someone would have come along in January and told me: “Clubhouses will be going virtual”, I would have likely dismissed it as wishful thinking. But, fast forward to now, and here we are!

With the introduction of widespread telehealth services through online platforms (Zoom, WebEX, etc.) and even the use of social media, members are able to stay connected to their Clubhouses 24 hours a day seven days a week. It gives them a chance to be involved with more freedom of choice than the traditional site based environment. It also gives them the opportunity to utilize their skills and abilities in

both their local communities as well as the worldwide virtual community. As we move to a “hybrid Clubhouse model” with a blending of both site based and virtual services, members will have expanded opportunities for involvement and personal enrichment.

The events of the COVID-19 pandemic have been an incredibly trying time for many of us. But, through the expansion of support and services into an online format, Clubhouses and other mental health providers have been able to get in on the ground floor of an exciting new opportunity.

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
substance use disorders):
1-800-662-4357
- ⇒ Pennsylvania Sexual Assault
Helpline – 1-888-772-7227
- ⇒ National Domestic Violence
Helpline – 1-800-799-7233

Online Support Groups Offered During the COVID-19 Outbreak

- ⇒ **NAMI Bucks County** PA will use Zoom to host Online Support Groups. Zoom is a web-based video conferencing tool with a local, desktop client and a mobile app that allows users to meet online, with or without video. Prior to attending a NAMI Online Support Group, you’ll need to download the Zoom application on your computer or smartphone.
<https://namibuckspa.org/onlinesupport/>
- ⇒ **NAMI Philadelphia**
We know that this time is tough and even though we cannot meet in person we still wanted to offer you and your loved ones support! Our affiliate has decided to move all of our support groups to ZOOM! We look forward to seeing you!
<https://www.namiphilly.org/>
- ⇒ PMHCA Virtual Drop In’s
[https://pmhca.wildapricot.org/resources/Documents/Virtual%20Drop-Ins%20\(w.%20Meeting%20Info\)%20\(1\).pdf](https://pmhca.wildapricot.org/resources/Documents/Virtual%20Drop-Ins%20(w.%20Meeting%20Info)%20(1).pdf)
- ⇒ Depression and Bipolar Support Alliance (DBSA)
<https://www.dbsalliance.org/>
- ⇒ Turn 2 Me
<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/>

