

Union Station Clubhouse Weekly

The “New” Normal

It’s hard to believe that we have been home from the Clubhouse for just over a month this week. For me the first two weeks had a lot of uncertainty, which I struggled greatly with. I had a moment of uncertainty as to whether I would still have a job. I would have my hours reduced and be working remotely as a result, but it’s extra money, right?

Honestly, Virtual Clubhouse has given me a sense of wanting to get up daily because there is a handful of members that rely on my expertise on knowing what is out there in the community for our members in need and what they need to know.

With that being said, I am becoming certain

What I am going to do When the Coronavirus is Over:

When this Coronavirus is over I want to go back to the Clubhouse and see my friends and all of the staff . I want to go on all the outings that I can. As soon as we get back to the Clubhouse , I’d like to eat all the good food and to spend time with all the members and staff and everyone else.

I hope we get to have our yard sale fundraiser so we can go to Kennywood. I would like to ride all the rides, even maybe the Steel Curtain and have a lot of fun.

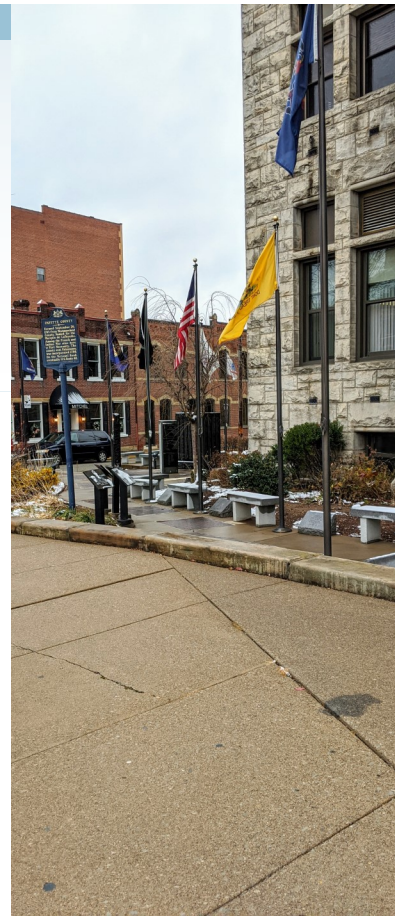
that this format of meeting virtually will likely be the format of meeting for some time due to the state mandate on Social Gatherings and the limit it will bring. However, it is a change I am ready to tackle as it is essential to my recovery.

Yes, things change, we limit our trips to Walmart to once in a while and follow the rules of not only them but other retailers and organizations that I am involved in. Things have certainly changed within the past month and it will be likely that we will see more change before we experience a normal that we were used to before the spread of the dangerous virus Covid-19.

~Dustin M.

God Bless you all and please stay safe and let’s pray that this virus can go a way and we can return back to the Clubhouse someday with everyone.

~April B.



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Meeting Schedule on Zoom

- Daily 9:00 AM Virtual Meeting
- Daily 11:00 AM Information Station
- Daily 1:00 PM Virtual Meeting
- Wednesday 2:30 PM Outdoors N’ At
- Fridays at 2:00 PM Virtual Game

Masks required for employees and customers, new Pa. health department order states

Department of Health Daily Reminders

- ⇒ Wash your hands with soap and water for at least 20 seconds, the time it takes to sing “Happy Birthday” twice
- ⇒ If those elements are not available, use hand sanitizer with at least 70% alcohol.
- ⇒ Cover any coughs or sneezes with your elbows and not your hands
- ⇒ Try not to touch your face, especially after touching surfaces
- ⇒ Clean surfaces frequently
- ⇒ If you are going out for life-sustaining activities, please wear a mask.

Practicing these everyday, simple steps can help slow the spread of the dangerous virus COVID-19. Stay home. Stay Calm. Stay Safe. ~Dr. Rachel Levine, Secretary DOH

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

Most customers and employees at businesses in Pennsylvania that are still operating are now required to wear masks, according to a new state order.

The order — signed by Dr. Rachel Levine, the state health secretary, on April 15th — outlined protections for critical workers at essential and life-sustaining businesses that are still open for in-person operations during the COVID-19 pandemic.

The requirements was enforced starting Apr; 19thj at 8 p.m.

Among many stipulations, the order states employers must require employees to wear masks while at the work site and require customers to wear masks while on the premises.

The business must deny entry to individuals not wearing masks, unless the company is providing medication, medical supplies or food. In those cases, the business must offer alternative options, like pick-up or delivery of goods.

Individuals who cannot wear a mask due to a medical condition, including children the age of two years, can enter the premises without providing medical documentation, according to a press release announcing the order.

~Excerpted from: <https://www.post-gazette.com/business/career-workplace/2020/04/15/face-masks-order-Pennsylvania-Dept-of-Health-Dr-Rachel-Levine-coronavirus->



Dustin M. With a homemade Mask

Members of the public are encouraged to wear [homemade cloth or fabric masks](#). Save surgical masks and N95 respirators for our health care workers and first responders. Remember this saying: **"My mask protects you, your mask protects me."**

Wear a mask when:

- Shopping at essential businesses, like grocery stores or pharmacies
- Visiting your health care provider
- On public transportation
- Interacting with customers/clients at essential businesses

How to make a homemade mask:

Materials needed:

- Fabric (100% cotton is most effective)
- Fabric Ties
- Scissors
- Sewing machine or a needle and thread

Instructions:

- Measure and cut two pieces of fabric in a rectangle pattern to fit snugly around the face (size 12 inches by 6 inches is standard for adults).
- Tightly sew both layers together on all edges.
- Cut fabric ties to fit around the ears.
- Sew the ties to the insides of the mask on the smaller edge, repeat on both sides.
- Resew the sides to ensure a tight seal between both pieces of fabric and the ear-piece.

Standard of the Week:

15. The work-ordered day engages members and staff together, side-by-side, in the running of the Clubhouse. The Clubhouse focuses on strengths, talents and abilities; therefore, the work-ordered day must not include medication clinics, day treatment or therapy programs within the Clubhouse.

DHS to increase SNAP Payments to the Maximum Benefit

DHS received approval from the US Department of Agriculture's (USDA) Food and Nutrition Service (FNS) to issue emergency payments that will allow DHS to increase a household's currently monthly payment up to the [maximum benefit amount](#) for each household size. DHS had requested authorization to issue an additional benefit equal to a household's monthly payment to all SNAP households and was denied.

These emergency payments are for March and April and will be distributed as a one-time issuance distributed on a staggered schedule beginning April 16 and continuing through April 29. This payment is in addition to a household's normal April benefit issuance that's made in the first half of the month. These payments will be placed directly onto a recipient's EBT card. Supplemental payments are in addition to the normal May payment beginning May 1.

DHS has also activated the administra-

tion's Feeding Task Force, which brings together state agencies, charitable food networks, and other local partners to determine where food needs are, how many meals are needed, how food is getting to people, and how supplies and donations can be allocated to meet feeding needs across Pennsylvania. The task force, in partnership with the governor's office, developed a [food access survey](#) to determine areas where individuals or families may have trouble accessing food and to identify areas of high need. If individuals identify in the survey they need food and agree to be contacted, they will receive an email with information on available resources.

DHS is continuing to process applications and benefit renewals for the Supplemental Nutrition Assistance Program (SNAP) throughout the public health crisis. Emergency SNAP applications

Last Case #	Release Date
1	4/16 (R)
2	4/17 (F)
3	4/20 (M)
4	4/21 (T)
5	4/22 (W)
6	4/23 (R)
7	4/24 (F)
8	4/27 (M)
9	4/28 (T)
0	4/29 (W)

can be expedited and issued in five days. Pennsylvanians can apply for SNAP online at www.compass.state.pa.us.

Mail In Ballot for 2020 Primary Encouraged

As Pennsylvania continues mitigation efforts to fight COVID-19, Governor Tom Wolf is encouraging registered voters to apply for a mail-in ballot for the June 2 primary election. The governor also announced the Department of State has launched an awareness campaign to inform the public about the new primary election date and how to apply for a mail-in ballot, including sending 4.2 million postcards to primary voters. In-person voting at polling places will remain available.

Registered voters can apply online for a mail-in or absentee ballot at votespa.com. The deadline is 5 p.m., May 26. So far, 462,085 voters have applied for a mail-in ballot and 139,572 voters have applied for an absentee ballot.

The department is also purchasing infection-protection kits for all counties to provide to precincts so poll workers can maintain a safe voting environment at polling locations on June 2. These kits will include masks, gloves, hand sanitizer, floor marking tape and other sanitizing supplies and will be provided to the counties at no cost to them.

www.votespa.com

Life Is Good

Life is good! Live a better life and live life to the fullest and never give up on your life for anything or for anyone. Live life better for your family and friends because they need you in their life. We all love and care for each other everyday. Go by and we have faith, trust and respect for one another That is why we have family and friends who do all that for you.

~Krysta C.

Coronavirus

Coronavirus
A bad thing, a dreaded thing,
A thing to be over.
The World-
will be glad-
when it ENDS!

~By Yvonne S.

My Plans

I plan to be staying in, if not all of May then most of May. I plan to venture out when this coronavirus thing is better under control. Maybe not till July until things are regular again.

~Yvonne S.

National Parks Week 2020



COVID-19 didn't stop the annual celebration of National Parks week from April 18-26. This year had a focus on digital experiences in 2020. There are also special days during the week to highlight the different ways everyone can enjoy national parks. For more information visit www.nps.gov where you can visit many National Park Service sites virtually, collect passport stamps and access other factoids.

Store & Government Closures / Dates

- ⇒ Giant Eagle stores will be open from 7 a.m. to 10 p.m. One-way directional signage will be added on the floor in each aisle of our supermarkets. Our supermarkets will open one hour early for those who are age 60 and older, differently-abled or immune-compromised.
- ⇒ Walmart stores will be open from 7 a.m. to 8:30 p.m. with the 7-8 a.m. hour reserved for customers 60 years and older to shop. Face Coverings MUST be worn, site traffic will be limited and aisles will have directional traffic.
- ⇒ 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. Additionally, a traffic control measures including single entrance and exit, one-way aisles and register lines have been established.
- ⇒ 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.
- ⇒ Pennsylvania Department of Conservation and Natural Resources (DCNR) as extended the closure of state parks and forests until May 8. The public will still be able to access trails, lakes, forests, roads, and parking areas for passive and dispersed recreation, such as hiking. Also closed are park and forest offices and visitor centers, restrooms, reservable facilities, public programs, events and trainings.
- ⇒ The Department of Transportation officials have announced an May 31 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 16-31. PennDOT officials reminded customers that many services are available on the website, www.dmv.pa.gov.
- ⇒ Goodwill of SW PA's no-touch donation centers will be open daily from 9am until 5pm. Periodic closures of our donations centers are necessary for our staff to replace full donation containers. These closures are meant to ensure safe social distancing for our limited staff and you! Once all bins are ready, our center will reopen. We thank you for your patience and understanding. Sheetz requires the wearing of a face covering and has designated 2-3 PM on Sunday as the designated shopping hour for vulnerable populations.
- ⇒ Dollar tree and Family Dollar have reserved their first hour for seniors and the vulnerable. As well as close a hour early to sanitize the store.

Department of Banking offers tips for those receiving paper economic stimulus checks:

Many Pennsylvania residents have received — or will receive — their economic impact payments via direct deposit. But others are awaiting paper checks, and the Department of Banking and Securities has some recommendations for those residents.

Economic impact payments are specifically defined as a "government check" in the law that regulates check cashers in Pennsylvania. A maximum fee of 1.5 percent of the value of the check may be assessed for any consumer who uses a licensed check casher or a registered retail check casher such as a grocery store to cash this check.

For example, on a \$1,200 check, the maximum allowed fee is \$18. A consumer would receive cash in the amount of \$1,182. If an establishment cashes a government check and charges more than 1.5 percent, please contact DoBS immediately by calling 1-800-PA-BANKS or visiting the website at dobs.pa.gov. It is important that consumers retain records of the transactions, including receipts.

To be sure that the establishment they are using to cash their check is properly licensed or registered, consumers can search on the NMLS Consumer Access website or call 1-800-PA-BANKS.

It

If I can keep my eyes focused on what's ahead,
And allow what's behind me to simply be dead
– Then I will make it.

If I can keep a firm grip on the present elements in my hand,
And wisely position my feet so that I always stand –
Then I will make it.

If I can accept that rocky ground and steep climbs
Are necessary obstacles to be conquered with patience and time –
Then I will make it.

If I can muster my strength to keep pressing on,
Especially in times when it seems I'm being baked by the sun –
Then I will make it.

If I can learn to crucify my pride,
By praying for strength and allowing my friends to stand at my side –
Then I will make it.

If I can fully embrace the good that's inside,
Relinquishing fear, doubt, and shame, so it can shine –
Then I will make it.

If I can do all of these things one day at a time,
Knowing that I'm not perfect, and that being fine – Then I will make it.

~Malcolm O. Varner
~Submitted by Danny G.

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>
- ⇒ Connellsville Community Ministries has a Drive-Up Food Pantry for non-pantry residents at Connellsville Community Center 10-1 Daily
- ⇒ 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

Carryout PA is launched to support Small Restaurants

This week, a new website by the Commonwealth of Pennsylvania has been released to place a central directory of all restaurants in Pennsylvania that offer carry out and delivery. That website is www.carryoutpa.com This magnificent resource lists all restaurants near your street address that offer take out and delivery service for these trying times for the small restaurants across our commonwealth that rely heavily on dine-in businesses to thrive. I personally have heard that all restaurants are thoroughly being monitored by their licensing entities to ensure complete compliance of regulations set forth during this national emergency ~Dustin M.

Recipe: Perfect Party Spinach Dip , By Amanda C.



Ingredients

- 1) 1 Envelope Lipton Recipe Secrets Vegetable Soup Mix
- 2) 1 Cup Hellman's Mayonnaise
- 3) 1 Container (8 Ounces) Light Sour Cream
- 4) 1 Package (10 Ounces) frozen chopped spinach, thawed and squeezed dry
- 5) 1 Can (8 ounces) water chestnuts, drained and chopped (optional)

* Also terrific with Lipton Recipe Secrets Savory Herb and Garlic Soup Mix

Directions

1. In a medium bowl, combine all ingredients; Chill at least 2 hours
2. Serve with Your Favorite Dippers.

Recipe: Hot Artichoke Dip , By Amanda C.

Ingredients

- 1) 1 Envelope Lipton Recipe Secrets Onion Soup Mix
- 2) 1 Can (14 Ounces) Artichoke Hearts, drained and chopped
- 3) 1 Cup Hellman's Mayonnaise
- 4) 1 Container (8 Ounces) Sour Cream
- 5) 1 Cup shredded Swiss or Mozzarella Cheese (About 4 Ounces)

Directions

1. Preheat the Oven to 350 degrees. In 1 quart casserole, combine all ingredients
2. Bake uncovered 30 minutes or until heated through.
3. Serve with Your Favorite Dinners



Cold Artichoke Dip: Omit Swiss Cheese. Stir in, if desired, 1/4 Cup Parmesan Cheese. Do not bake.

Recipe Tip: When serving hot dip at a party, try baking it in 2 smaller Casseroles. When the first casserole is empty, replace it with the second one, fresh from the oven.

Wolf Plans Phased Return to Normal

This week, Pennsylvania Governor Tom Wolf announced a phased return plan to release restrictions that Pennsylvania has had for almost a month now. This plan resembles a traffic light theory

RED—Red represents the **CURRENT phase we are in and ALL Pennsylvania Counties will be in this phase until at least Friday, May 8. Of course, this could be reverted at any time should Coronavirus symptoms worsen.**

YELLOW—The Cautionary or Yellow Phase will occur when a region or county is below a certain threshold of active cases in the selected area. At this point, the stay at home order is lifted, although many other practices stay in place and some of the initial restrictions such as the closure of **SOME** congregate businesses such as gyms, spas, restaurants remain in place, crowds with masking still in place will be limited to no more than 25 in one area but mass gatherings will be prohibited. While the governor did not give explicit specifics, he mentioned counties and regions with cases of less than 50 per county (e.g. Northcentral and Northwest would likely be the first to go to this phase.

GREEN—This phase will allow when conditions for some normality will take place, however this may require masking or other measures that the CDC will lay out. This is where the "new normal" will begin.

Again as a reminder if conditions worsen, the process can be reversed.

~Dustin M. With help from April B.

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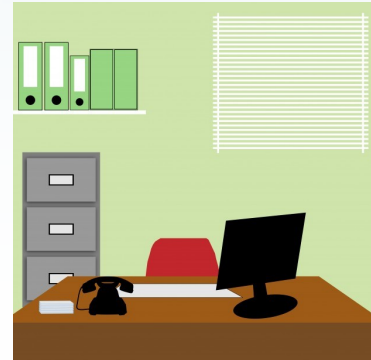
Getting Back to the “New Normal.”

When the time comes that the stay-at-home order is lifted, I believe that things will be very different from what our lives were before the pandemic. I still believe that things like social distancing and use of PPEs (i.e. masks) will still be in effect. I also think that large gatherings like sporting events, concerts, etc. will not be the same either. I would not be surprised if teams played to empty stadiums.

As far as our Clubhouse goes, I predict it will be a gradual opening with a limit on the amount of people in the building at a time with the use of social distancing and PPEs. I also think that some of the “virtual Clubhouse” activities we have been doing will also remain in place to some extent.

Regardless of how things end up, I hope that this whole affair will make everyone appreciate the freedoms and relationships they had before all of this happened.

~Scott Bombach. B.S. CPRP
Program Director



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



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/linesupport/>
- ⇒ **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! Please see our schedule below and the instructions for joining the groups to the right! 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/>

