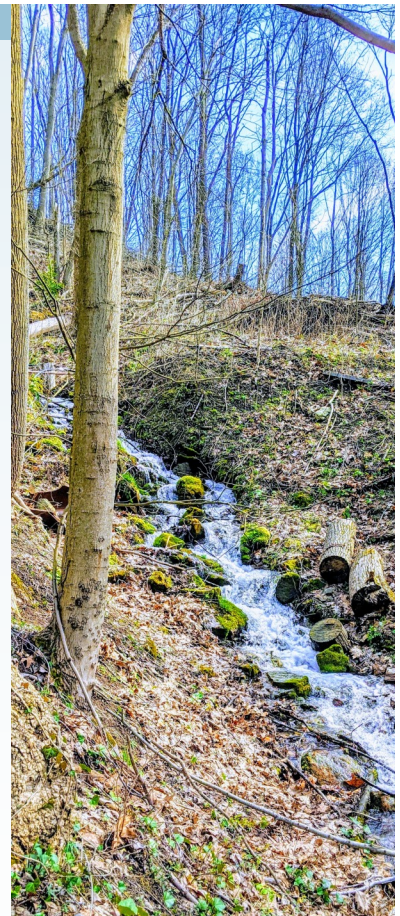


Union Station Clubhouse Weekly

Bonfire with my Cousin's Son Spencer



I had a great time with my family. We had a bonfire outside last Saturday. It was fun and a memorial for my uncle since his passing a year ago. We all miss him and love him. Enjoy the time you have with the ones you love. You may not get a second chance and just believe in yourself
~Amanda C.



Easter Day: Nice Weather, Good Food

It was really nice out on Easter Sunday, so I got to ride the four wheeler. For Dinner, I spent Easter with my dad. We had ham, mashed potatoes, dinner rolls, and butter noodles. It was really nice. We still kept our distance by not having family over. It was only two of us. Although we are in lock down, we still had a nice Easter just spending time together.

~Toni F.

Economic Impact Payment Update

People receiving SSI and SSDI are entitled to the COVID 19 Economic Stimulus checks that are being sent out. However, if you do not file taxes (many people who get SSI and SSDI do not have to file taxes), the government may not have your bank account info and therefore your payment may be delayed. For those of you who do not file taxes, it is important to click on the link below for the IRS website and follow the instructions. The form is 2 pages long and takes about 5 minutes. You will need your bank account routing number and bank account number. Both of these things can be found at the bottom of one of your checks.

<https://www.irs.gov/coronavirus/non-filers-enter-payment-info-here>

More information
on Economic Im-
pact
Statements can
be found at :
[https://
www.irs.gov/
coronavirus/
economic-impact
-payments](https://www.irs.gov/coronavirus/economic-impact-payments)

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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
- 2:30 PM Groups :
Monday: Open
Tuesday & Thursday: Cooking
Wednesday: Getting Out N' At
Friday : Friday Nigh Live:



Easter Prayer

I Died to Save You,
Don't Have let me died in Vain.

Jesus
But I didn't Stay Dead,
I Rose Again,
So you can live Too.

Jesus
~By Yvonne S.

What Easter Means to Me:

It's all about Jesus who came into this world and into our lives and gave us our moms and dads and gave me good health and to celebrate him. God Bless you all and Happy Easter to you and your family.
~April B.

Yvonne's Easter

I woke early but got up late. I took my medicines & had breakfast. I made a package of mac and cheese and had some for my lunch & supper. I watched the History Channel from 2PM until midnight. It told about the bible and showed the major stories, including Jesus' Life on Earth, Death and Resurrection. Also the major events following including in Revelation. Then I showered and went to Bed.

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/covid.html>
- ⇒ Coronavirus Symptom Checker <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/index.html#>

Daily Reminders—From Pennsylvania Department of Health

- ⇒ 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

Easter with my Family

@s my Clubhouse family knows, I usually spend my holidays with my Family. While I did due to the COVID-19 risk at my apartment building within the last month, We did have a weekend of meals Saturday. We had Pork chops, Potatoes and Gluten-Free Cornbread along with deviled eggs. Easter Sunday, we had a Roasted Chicken and Home-made Potatoes and various other deserts. While I didn't get to spend time with my sister and her family, and my niece's birthday (who was on Easter.) We will have a combined Easter and both birthday celebrations for my niece and my nephew who has a birthday in May and likes to celebrate Easter when the COVID-19 is over. I had signed up for a class on Municipal Government through the Penn State Extension that I will take on the weekends to keep me busy. Everyone has to find something to do and a routine helps that. Look for and take advantage of the free resources to keep you busy.



Palm Sunday Cross at Saint John the Evangelist Roman Catholic Church in Connellsville on March 28, 2019

Corona Common Sense from a Nurse

Since they are calling on a Respiratory therapist to help fight the Coronavirus, and I am a retired one, too old to work in a hospital setting. I'm going to share some common sense wisdom with those that have the virus and trying to stay home. If my advice is followed as given you will improve your chances of not ending up in the hospital on a ventilator. This applies to the otherwise generally healthy population, so use discretion.

1. Only high temperatures kill a virus, so let your fever run high. Tylenol, Advil. Motrin, Ibuprofen etc. will bring your fever down allowing the virus to live longer. They are saying that Ibuprofen, Advil etc. will actually exacerbate the virus. Use common sense and don't let fever go over 103 or 104 if you got the guts. If it gets higher than that take your Tylenol, not Ibuprofen or Advil to keep it regulated. It helps to keep the house warm and cover up with blankets so body does not have to work so hard to generate heat. It usually takes about 3 days of this to break the fever.
2. The body is going to dehydrate with the elevated temperature so you must rehydrate yourself regularly, whether you like it or not. Gatorade with real sugar, or Pedialyte with real sugar for kids, works well. Why the sugar? Sugar will give your body back the energy it is using up to create the fever. The electrolytes and fluid you are losing will also be replenished by the Gatorade. If you don't do this and end up in the hospital they will start an IV and give you D5W (sugar water) and Normal Saline to replenish electrolytes. Gatorade is much cheaper, pain free, and comes in an assortment of flavors
3. You must keep your lungs moist. Best done by taking long steamy showers on a regular basis, if your wheezing or congested use a real minty toothpaste and brush your teeth while taking the steamy shower and deep breath through your mouth. This will provide some bronchial dilation and help loosen the phlegm. Force yourself to cough into a wet washcloth pressed firmly over your mouth and nose, which will cause greater pressure in your lungs forcing them to expand more and break loose more of the congestion.
4. Eat healthy and regularly. Got to keep your strength up.
5. Once the fever breaks, start moving around to get the body back in shape and blood circulating.
6. Deep breath on a regular basis, even when it hurts. If you don't it becomes easy to develop pneumonia. Pursed lip breathing really helps. That's breathing in deep and slow then exhaling through tight lips as if you're blowing out a candle, blow until you have completely emptied your lungs and you will be able to breathe in an even deeper breath. This helps keep lungs expanded as well as increase your oxygen level.
7. Remember that every medication you take is merely relieving the symptoms, not making you well.
8. If you're still dying, go to the ER.

~Thank you to April B. for Contributing this story.

Community Action Operations Update

Update April 7 - 4:10pm:

Women, Infants and Children (WIC): ***Brownsville and Masontown WIC Offices*** are temporarily closed. Clients are instructed to come to the Uniontown WIC Office at their regularly scheduled appointment to receive their benefits curbside. Clients will receive a phone call prior to their scheduled appointment.

Uniontown and Connellsville WIC Offices are open. Clients will receive a phone call prior to their scheduled appointment. The appointment will be conducted over the phone and food benefits will be issued curbside. Clients are encouraged to call the Uniontown WIC Office with updated phone numbers or with any questions. 724-437-6050 ext. 3211.

Volunteer Income Tax Assistance

(VITA) Program: The VITA free tax preparation site at Uniontown Mall remains closed. We will be contacting individuals who have appointments during this time. If you have questions, please contact 724-430-6430.

Food Bank and food pantries: The FCCAA Food Bank continues to deliver to food pantries, which are operating on the normal schedule. Some pantries operating as drive-through pantries, and if a pantry is interested in operating as a drive-through pantry, please contact David Bork, Food Bank Project Manager at 724-580-7001. If you have questions for the Food Bank, please contact David Bork.

Emergency food boxes: If someone is in need of an emergency food box, please contact Rita Masi, Director of Customer Service at 724-437-6050 ext. 3213.

Source: <http://fccaa.org/press-room.jsp>

Store & Government Closures / Dates

- ⇒ Giant Eagle stores will be open from 7 a.m. to 10 p.m.
- ⇒ 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 h
- ⇒ Pennsylvania Department of Conservation and Natural Resources (DCNR) as extended the closure of state parks and forests until April 30. The public will still be able to access trails, lakes, forests, roads, and parking areas for passive and dispersed recreation, such as hiking. Closures include campgrounds, cabins and all overnight accommodations. Anyone with reservations in this time period will be contacted, and full refunds will be made. 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.
- ⇒ Responding to the needs of the public, Goodwill of Southwestern Pennsylvania has opened "no-contact," self-service donation areas at each of their 27 southwestern Pennsylvania store locations. The donation centers are open daily from 9am until 5pm. Donors can drive up to a self-service area located outside their Goodwill store, and place items in specially marked bins or donation areas.
- ⇒ The hard-to-recycle event that was planned for 9 a.m.-2 p.m. April 25 at the Uniontown Mall has been canceled.
- ⇒ 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. 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.
- ⇒ Family Dollar and Dollar Tree close at 8:00 PM Daily
- ⇒ Dollar General has a senior shopping hour during the first hour of business. Likewise, stores will close a hour earlier than normal closing time to sanitize stores.
- ⇒ Rural King will be open daily hours, although the first hour of business will be restricted to seniors and those at risk.
- ⇒ Saint Vincent DePaul in Uniontown is CLOSED until Further Notice
- ⇒ For our listing of banks in Fayette County that are open visit: <http://coronavirus.unionstationclubhouse.com/resources/banks.htm>
- ⇒ For a listing of Pharmacies and their modified services, visit: <http://coronavirus.unionstationclubhouse.com/resources/pharmacy.htm>
- ⇒ For our listing of Food Resources visit: <http://coronavirus.unionstationclubhouse.com/resources/grocery.html>
- ⇒ To see the Fayette Take-Out Blitz by the Fayette Chamber of Commerce, Visit: <https://www.fayettechamber.com/fayette-takeout-blitz.html>

Perfect Hard Boiled Eggs By Yvonne S.

- ⇒ Using A cook pot with lid
- ⇒ Eggs to cover the bottom
- ⇒ Cover eggs a inch above with water
- ⇒ Cook on high heat till water boils
- ⇒ Remove from heat cover
- ⇒ Let stand till cool
- ⇒ When\ Cool run ice water over eggs,
- ⇒ To loosen shells. Peel enjoy use in other cooking.



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

I found a penny today,
Just laying on the ground.
But it's just not a penny
This little coin I've found.

Found pennies come from Heaven,
That's what my Grandpa told me.
He said Angel's toss them down
Oh, how I loved that story

He said when an Angel misses you,
They toss a penny down.
Sometimes just to cheer you up
To make a smile out of a frown.

So don't pass by that penny,
When you are feeling blue.
It maybe a penny from Heaven,
That an Angel's tossed to you!

Standard of the Week:

4. All members have equal access to every Clubhouse opportunity with no differentiation based on diagnosis or level of functioning.

It's a FACT: FACT Operational Updates

During the period of the Governor's emergency disaster announcement related to the COVID-19 coronavirus, the use of MATP will be limited.

Fayette Area Coordinated Transportation (FACT) is closely monitoring the spread of the coronavirus (COVID-19) and is taking preventative measures as recommended by the Center for Disease Control. Effective immediately, all high touch surfaces inside vehicles are disinfected every evening.

All riders are encouraged to help prevent the exposure to and spread of germs and illness. Wash hands with soap and water, do not sneeze or cough into your hands, anyone who feels sick is encouraged to stay home.

When possible, sit a distance from other riders on the bus. FACT will be reducing shared-ride service due to site closures and will be continuing to provide essential and critical services to our passengers.

For now, fixed route will operate reduced schedules as noted below. Any senior citizen needing to access their local senior center to obtain a pick-up meal, should call FACT to schedule a ride. Any questions regarding the change in service should call FACT at 724-628-7433.

- ⇒ Temporary schedule change to Uniontown A and Uniontown B effective March 23, 2020. [Download PDF file.](#)
- ⇒ Brownsville-Republic and Brownsville Express routes will be combined Monday-Saturday. [Download PDF file.](#)
- ⇒ Connellsville bus is currently running the Saturday schedule Monday-Saturday.
- ⇒ Uniontown B/Nemacolin route Monday-Friday is currently ending at 9:30 p.m.
- ⇒ Uniontown B/Nemacolin route will be running the Sunday schedule on Saturdays and Sundays.
- ⇒ Pittsburgh Commuter Route is currently running normal schedule.

Source: www.factbus.com

Recipe of the Week: Charred Summer Salad, By Angie F.

Ingredients

1. 3 Small or 2 Medium Zucchini
 2. 2 ears of corn
 3. 1 Tablespoon olive oil or vegetable oil
 4. Salt and pepper to taste
 5. 2 ounces Crumbled cojita or feta cheese
 6. 1 cup popped popcorn
- Dressing:
1. Juice of 1 lime
 2. 1 Tablespoon of olive oil
 3. 1/2 teaspoon chilli powder, plus more for dusting
 4. Salt and Pepper to taste

Directions

1. Turn your oven's broiler to high

2. Chop both ends of the zucchini then slice each into four long sticks. Shuck the corn. Lay the zucchini and corn on a baking sheet, then rub them with the oil, making sure they're well coated. Sprinkle with salt and pepper.
3. Broil the zucchini and corn for 2 to 5 minutes, depending on how powerful your broiler is. The zucchini should start to blacken in some spots. This is good! Turn the corn over as needed (but not the zucchini!) to make sure it cooks evenly. Broil until the vegetables are lightly charred, another 2 to 5 minutes. Let them cool.
4. To make the dressing, mix the lime juice, olive oil, chili powder, salt and pepper in a large bowl. Taste and adjust the seasoning if necessary,
5. Chop the zucchini into bite size pieces and slice the corn kernels from the cobs.
6. Transfer the vegetables into the bowl with the dressing. Add the crumbled cojita crisps and feta and mix well. Sprinkle the popcorn over the top, then dust with a little extra chili powder, salt and pepper

Easter Was Different



Easter was different this year but also good. My boyfriend and I cooked ham cabbage pickled eggs devil eggs ham and cheese quiche sweet potatoes and beans. We ate at 12 and again at 3pm. it was a quiet but good day and we had on nice clothes and I wished my family a Happy Easter !

~Rebekah M.



TO CUT OFF A COB OF CORN

Hold the cob by the stem, vertically inside a large bowl. Rest the other end of the corn on the bottom of the bowl. Using a sharp knife, slice the kernels off the cob as far down as you can go until your wrist hits the lip of the bowl. Slice all the way around the cob. Flip the cob over vertically and slice the kernels that you missed closer to the pointy end.



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Social Media



@ [unionstation15401](https://www.facebook.com/unionstation15401)



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From the Director

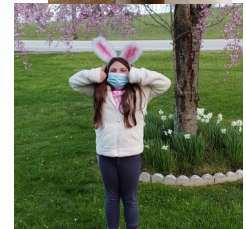
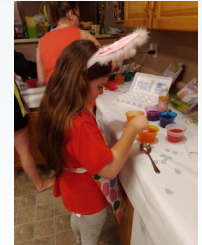
For our Easter, we decided to try to do things as normal as possible with the given situation. On the evening of Good Friday, my daughters and my wife and I colored Easter eggs and decorated our house. Normally I have the house decorated weeks before. But, with the pandemic, it just didn't get me excited about the holiday.

On Saturday, after much thinking and figuring out, my youngest daughter (Joslynn) and I went to visit my mother. Although we were concerned with the possibility of infected my elderly mother, we took precautions (wore masks) and went to see her. We took her flowers and cards. I haven't seen her since the pandemic started, and I was so happy to see her.

On Easter Sunday we went to my in-law's house for a nice meal (which consisted of one of my favorites, "Easter cheese"). As always the kids had candy and baskets waiting from the Easter Bunny.

It was an odd experience, but regardless, the best part (as with any holiday) is getting to share it with loved ones.

~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
- ⇒ 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! 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/>

