

Archway Station Short Takes January 2016

Check out Short Takes on the web @ <http://archwaystationinc.org> choose links on the left, then Short Takes

Archway Station
Wellness &
Recovery Center
121 Memorial
Avenue
Cumberland, MD
21502
301-724-2582
Ext. 103
Website-<http://archwaystation-inc.org>

Special Points of Interest:

Van Run

Resource
Information

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Games & Puzzles

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Procedure

Here's How To Take Care Of Your Mind This Year

<http://time.com/3641834/mental-health-reresolutions/>

1. **Pay attention to emotional pain.** Psychological pain is much like physical pain—if something hurts for more than a few days, you need to do something about it. If you experience rejection, failure, or have a bad mood that lingers too long, don't ignore it.
2. **Take action when you feel lonely.** Chronic loneliness is devastating to your emotional and physical health because it increases your chances of an early death by 14%. Therefore, when you feel lonely, actions like reaching out to family members, friends or joining a dating website can help. Make a list of people who you've been close to in the past (use your phone book, social media friends, and email contacts) and reach out to one of them each day to chat or to make plans. It will feel scary and risky to take those kinds of steps, but that's what you need to do to break the cycle of disconnection and end your emotional isolation.
3. **Stop your emotional bleeding.** Psychological wounds tend to create vicious cycles that get worse with time. Failure can lead to feelings of helplessness that in turn can make you more likely to fail again in the future. To break the negative cycle of failure, find ways to gain control of the situation. Our minds are not as reliable as we tend to think, so ignore misleading feelings from your gut that tell you to give up, and focus on the aspects within your control, such as your preparation, planning, effort and execution.
4. **Protect your self-esteem.** Your self-esteem is like an emotional immune system—it can increase your resilience and protect you from stress and anxiety. Good emotional hygiene involves monitoring your self-esteem and boosting it when it's low. How? Avoid negative self-talk that damages it further—despite how tempting it might be to indulge these kinds of thoughts at times.
5. **Revive your self-worth after a rejection.** It's very common to be self-critical after you get rejected. It's an unfortunate reaction, since that's when your self-esteem is already hurting. You're most likely to call yourself names, list all your faults and shortcomings and generally kick yourself when you're already down. The most important thing you can do after getting rejected is to treat yourself with compassion. Make sure your inner voice is kind, understanding and supportive.
6. **Battle negative thinking.** When something upsetting happens, it's natural to brood over it. But replaying the scene over and over in your mind will not give you much insight or closure. The best way to break a brooding cycle is to distract yourself with a task that requires concentration, like a game on your cell phone, a quick run or a crossword puzzle.

Archway Station, Inc.

Person-centered Planning Philosophy

Archway believes in and uses the philosophy and approaches of person-centered planning. One critical way to show respect for each person's individuality is through the use of person-centered planning which focuses on first, understanding the person and then, helping the person use effective decision-making skills to guide their journey of recovery.

Person-centered-planning means that we listen to you closely in order to understand what is important to you in your life. We listen to what is and isn't working for you and what you think needs to change. Workers form a helping partnership with you and work together on a plan that is meaningful to you. We help you find a main goal to work on and break it down into a few steps that will help you reach your goals.

RECOGNITION DAY

Join us on Friday, January 29th at the Wellness & Recovery Center to celebrate Recognition Day. Recognition Day takes place at the beginning of the day. Participants receive and give positive feedback for successes throughout the month, little successes and big ones too! You can get an “A” for effort! We talk about the importance of goal setting and working towards a positive outcome. This is a good time to practice speaking in front of others in the group, by sharing your personal insights, feelings and thoughts. There are a few rewards, too.



HAPPY BIRTHDAY!

Afterwards, we have a nice meal and cake to celebrate any birthday in the current month. Many thanks go out to Clara, Cindy and the kitchen volunteers. If you are celebrating a birthday, please join us. Even if you can't make it in for the Recognition Group, please come for the meal and birthday celebration. We hope you join in the fun celebration!

January 2016

W&R Center ACTIVITY Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00					1 AM Circle & Short Takes Review ----- Lunch ----- PM Circle & Wii, Play Station & Xbox
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00	4 AM Circle & Armchair Travel ----- Lunch ----- PM Circle & My Expressive Music	5 Community Integration—Meet at Rose's @ 9am to volunteer downtown or go to Hope Station. Return to Rose's @ 12pm and get a packed lunch.	6 AM Circle & Self-Advocacy ----- Lunch ----- PM Circle & Card/Board Games – Player's Choice	7 Community Integration—Meet at Rose's @ 9am to volunteer downtown or go to the CCM. Return to Rose's @ 12pm and get a packed lunch.	8 AM Circle & Be a Volunteer ----- Lunch ----- PM Circle & Armchair Yoga
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00	11 AM Circle & HIV Prevention and Protection ----- Lunch ----- PM Circle & Karaoke	12 Community Integration—Meet at Rose's @ 9am to volunteer downtown or go to Hope Station. Return to Rose's @ 12pm and get a packed lunch.	13 AM Circle & Men/Women's Group ----- Lunch ----- PM Circle & Newspaper Tower	14 Community Integration—Meet at Rose's @ 9am to volunteer downtown or go to the CCM. Return to Rose's @ 12pm and get a packed lunch.	15 AM Circle & Current Events ----- Lunch ----- PM Circle & Team Charades













9:30-11:00 <hr/> 11:00-11:45 <hr/> 11:45-1:00	18 AM Circle & Asthma w/ Lisa <hr/> Lunch <hr/> PM Circle & Bingo—win some prizes	19 Community Integration—Meet at Rose's @ 9am to volunteer downtown or go to Hope Station. Return to Rose's @ 12pm and get a packed lunch.	20 AM Circle & Would You Rather? <hr/> Lunch <hr/> PM Circle & Name That Tune	21 Community Integration—Meet at Rose's @ 9am to volunteer downtown or go to the CCM. Return to Rose's @ 12pm and get a packed lunch.	22 AM Circle & Emotions <hr/> Lunch <hr/> PM Circle & Craft Project – You Choose
9:30-11:00 <hr/> 11:00-11:45 <hr/> 11:45-1:00	25 AM Circle & HIG? Meeting <hr/> Lunch <hr/> PM Circle & Make a Healthy Recipe	26 Community Integration—Meet at Rose's @ 9am to volunteer downtown or go to Hope Station. Return to Rose's @ 12pm and get a packed lunch.	27 AM Circle & Personal Best Healthlines <hr/> Lunch <hr/> PM Circle & Dancing – You Choose	28 Community Integration—Meet at Rose's @ 9am to volunteer downtown or go to the CCM. Return to Rose's @ 12pm and get a packed lunch.	29 AM Circle & Recognition Day <hr/> Lunch <hr/> Fun @ the YMCA

COMMUNITY VOLUNTEER SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SCHEDULE		Downtown 9am-12pm Packed lunch		Downtown 9am-12pm Packed lunch	Food Bank Cleaning 9:30am-11am
11:00 – 11:45	LUNCH		LUNCH		LUNCH
AFTERNOON SCHEDULE	Recycling as needed 11:45am-1:15pm				
FOOD BOX DELIVERY ONE MONDAY & FRIDAY PER MONTH	1/4/16 FOOD BOX HOME DELIVERY 9:30am-11am				1/8/16 FOOD BOX HOME DELIVERY 11:45am-1:15pm

January 2016 - COMMUNITY ACTIVITIES

Earn 5 Recovery Points the week before at the W&R Center and then you can pick a community activity you want to join the following week.

DAY/DATE	ACTIVITY	
	Morning 9:30-11am	Afternoon 11:45-1pm
<p>Wednesday, January 6 5 Recovery Points!</p> 	<p>Shopping at the Fruit Bowl & Bakery</p> 	<p>YMCA – You Choose</p> 
<p>Wednesday, January 13 5 Recovery Points!</p> 	<p>Allegany County Library</p> 	<p>Bowling at White Oaks</p> 
<p>Wednesday, January 20 5 Recovery Points!</p> 	<p>Tour the W. MD Railroad Station</p> 	<p>YMCA – You Choose</p> 
<p>Wednesday, January 27 5 Recovery Points!</p> 	<p>Allegany County Library</p> 	<p>Bowling at White Oaks</p> 

Wellness & Recovery Center
Morning Snack (9:00AM-9:30AM)
JANUARY 2016

Mon	Tue	Wed	Thu	Fri
				1 French Toast Milk
4 Cheese Crackers Grapes	5 N/A CLOSED	6 Pancake Milk	7 N/A CLOSED	8 Bagel Apple
11 Cottage Cheese Pineapple	12 N/A CLOSED	13 English Muffin Banana	14 N/A CLOSED	15 Vanilla Wafers Milk
18 Cinnamon Toast Milk	19 N/A CLOSED	20 Biscuit Peaches	21 N/A CLOSED	22 Waffle Milk
25 Peanut Butter Crackers Juice	26 N/A CLOSED	27 Vanilla Wafers Banana	28 N/A CLOSED	29 Corn Muffin Juice

Wellness & Recovery Center

Lunch M-W-F (11am-11:45am)

T & Th. Packed lunches will be delivered to Rose's @ 12pm if ordered by 10am each day

(All meals served with bread, milk & salad bar on M-W-F)

JANUARY 2016

Mon	Tue	Wed	Thur	Fri
				1 Hot Roast Beef Potato Wedges Applesauce
4 Hot Dog Baked Beans Cantaloupe	5 Order by 10am Ham Salad Sandwich Celery Banana	6 Tomato Soup Ham Sandwich Peaches	7 Order by 10am Roast Beef Wrap Carrots Strawberries	8 Chicken Teriyaki Peas Baked Apples
11 Sausage Sub Carrots Grapes	12 Order by 10am Ham & Cheese Sandwich Cauliflower Raspberries	13 Cheeseburger Butter Beans Grapes	14 Order by 10am Chicken Salad Sandwich Banana Beets	15 Shrimp Salad Brussel Sprouts Honeydew
18 Hamburger Gravy over Biscuit Green Beans Peaches	19 Order by 10am Buffalo Chicken Sandwich Celery Strawberries	20 Tuna Casserole Peas Apricots	21 Order by 10am Crab Salad Sandwich Cheese Sticks Cherry Tomatoes Pineapple	22 Bean Soup Ham Sandwich Jell-O w/Fruit
25 Sloppy Joe Cheesy Potatoes Cantaloupe	26 Order by 10am Bologna & Cheese Sandwich Broccoli	27 Hoagie Baked Fries Apple	28 Order by 10am Cheese Salad Sandwich Radishes Blackberries	29 Salisbury Steak Mashed Potato Applesauce

Wellness & Recovery Center
Afternoon Snack (1:00pm—1:30pm)
JANUARY 2016

Mon	Tue	Wed	Thu	Fri
				1 Cottage Cheese Peaches
4 Corn Muffin Juice	5 N/A CLOSED	6 Yogurt Pretzels	7 N/A CLOSED	8 Tropical Fruit Cocktail Toast
11 Cheese Crackers Milk	12 N/A CLOSED	13 Rice Krispie Treat Peanut Butter	14 N/A CLOSED	15 English Muffin Pears
18 Yogurt Vanilla Wafers	19 N/A CLOSED	20 Graham Crackers Peanut Butter	21 N/A CLOSED	22 Ritz Crackers Cheese Stick
25 Bagel Milk	26 N/A CLOSED	27 Grapes Pretzels	28 N/A CLOSED	29 Cinnamon Toast Peaches

Archway Wellness & Recovery Van Run

There will be no public buses running on 1/1, 1/13 & 1/18. Therefore, the Wellness & Recovery Center will be doing a van run.

Below is the time and place the Wellness & Recovery Center van will be stopping to pick up those who plan to come to the Center.

Morning run:

- 9:00 am - Rose's

If you need the van to make another stop that isn't listed, please call the Wellness & Recovery Center @ 301-724-2582 Ext. 118, at least 1 day ahead to arrange being picked up.

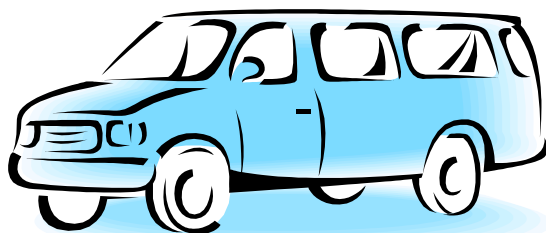
The van will leave the Wellness & Recovery Center at 1:15pm to drop people off at Rose's in the afternoon.

FYI: This is the link to the new bus schedule and bus route map:

<http://www.gov.allconet.org/ACT/schedules.html>

http://www.gov.allconet.org/act/printable/Bus_Schedule_Legal.pdf

On this web page, you can also type in where you want to be picked up, at what time, and where you need to go. It will calculate a bus route for you.



Vote for Your Favorite Worker!

At a How's It Going? meeting, it was suggested that people have the chance to recognize workers who they thought were doing a great job. So, here's your chance!

If you think someone is really great, tell us why. Fill out this form and send it to Sue Pyles at the Wellness and Recovery Center by Friday, January 22nd. Sue will bring all the forms to the HIG meeting on Monday, January 25th. The group will pick one staff person to be recognized for their good work during the quarter.

Please pick someone who has not won in the past year.

Here's who has won:
Sarah M., Janet G., Teresa. & Joe B.

Person's name _____

Why I think this person
is doing a great job:

ALLEGANY COUNTY TRANSIT **ALERTS AVAILABLE**

Allegany County Transit is now offering alerts regarding unexpected, temporary changes to the bus schedules.

To receive updates, such as road construction, detours and weather-related bus schedule changes, text TRANSIT to 888-777 or go to: www.gov.allconet.org/ACT. The alerts will be available by text messaging or email.

The service is free but standard messaging rates and fees may apply. Users may unsubscribe at any time.



Beef & Broccoli Casserole

Ingredients

1 5lb bag of tater tots
2 cans of cream of mushroom soup
1 lb of ground beef (80/20) *
2 bags of frozen broccoli
1 16oz bag of the 4 cheese shredded cheese (normally used on tacos)

*The meat does not have to be beef you could substitute with ground turkey canned chicken tuna or canned salmon

Directions

- Preheat the oven to 350 degrees F
- Spray the 9x13 pan with cooking spray or grease lightly with oil soaked paper towel

Line the tater tots up neatly in the bottom of the pan (Make sure to line them up in neat rows. If not, it will not cook evenly).

Cook the ground beef thoroughly then put on top of the tater tots after straining the grease off of the meat

Pour the 2 cans of cream of mushroom soup over that

Boil the frozen broccoli & drain off all the water

Pour the broccoli over the soup & spread out evenly

Next you sprinkle the shredded cheese over everything evenly be sure to use the entire bag

Cover the pan with aluminum foil

Cook for 45-50 minutes or until cheese is golden brown

Be sure to let it stand for 2-3 minutes before serving

Make sure ingredients are in even layers to avoid undercooking



January 2016 Bizarre & Unique Holidays & Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 New Year's Day Paul Revere b. 1735 Ellis Island Opened 1892	2 Boo-Boo Bear's Birthday
3 Drinking Straw Patented, 1888 Festival of Sleep Day J.R.R. Tolkien b. 1892	4 Trivia Day Isaac Newton b. 1643	5 Nat'l Bird Day Louis Braille b. 1809	6 Bean Day Sherlock Holmes b. 1854 Cuddle Up Day	7 First U.S. Presidential Election held, 1789 Rock Day	8 Bubble Bath Day Elvis Presley b. 1935	9 Nat'l Apricot Day Nat'l Static Electricity Day First iPhone introduced in 2007
10 Secret Pal Day Peculiar People Day Houseplant Appreciation Day	11 Milk Day - Milk delivered in bottles for the 1 st time, 1878 Amelia Earhart solo flight over Pacific, 1935	12 Work Harder Day Nat'l Pharmacist Day	13 Make Your Dreams Come True Day	14 Nat'l Dress Up Your Pet Day Revolutionary War Ended, 1784	15 1 st Super Bowl Played in 1967 (Green Bay 35, Kansas City 10)	16 Nat'l Nothing Day Prohibition began in 1920
17 Muhammad Ali (aka Cassius Clay) b. 1942 Ben Franklin b. 1706 Ditch New Years Resolutions Day	18 Dr. Martin Luther King, Jr. b. 1929 Thesaurus Day Winnie the Pooh Day	19 Nat'l Popcorn Day	20 Cheese Day Penguin Awareness Day 1 st Traffic Rules Published (1900)	21 Nat'l Hugging Day 1 st flight of the Supersonic Concorde (1976)	22 Nat'l Blonde Brownie Day	23 Nat'l Pie Day Nat'l Handwriting Day Measure Your Feet Day
24 Compliment Day Gold Discovered in California (1848 at Sutter's Mill by John Marshall)	25 Opposite Day Bubble Wrap Appreciation Day 1 st Winter Olympics, 1924 in France	26 Australia Day (1 st settled, 1788) Spouse's Day	27 Chocolate Cake Day Punch the Clock Day Nat'l Geographic Society founded 1888	28 Fun at Work Day Nat'l Kazoo Day	29 Nat'l Puzzle Day Baseball Hall of Fame est. 1936	30 Franklin D. Roosevelt b. 1882
31 Backwards Day Inspire Your Heart with Art Day	January is National -Bath Safety Month, Blood Donor Month, Braille Literacy Month, Hobby Month, Hot Tea Month, Oatmeal Month & Soup Month.					

December Trivia Answers

1. Why did Austrian priest Joseph Mohr write Silent Night in 1818?

- a. Because the church organ was broken**
- b. For his children
- c. He didn't like 'Away in a Manger'
- d. At the request of his bishop

2. Which country was the first to commemorate Christmas with a postage stamp?

- a. England
- b. Russia
- c. USA
- d. Austria**

3. What town is the setting for the Christmas film classic "It's a Wonderful Life"?

- a. Bailey Park
- b. Sleepy Hollow
- c. Bedford Falls**
- d. Pottersville

4. What is the name of Tiny Tim's father in the story, 'A Christmas Carol'?

- a. Bob Cratchit**
- b. Charles Dickens
- c. Jean-Luc Picard
- d. Big Tim

5. Where did the real St. Nicholas live?

- a. Bohemia
- b. Holland
- c. Turkey**
- d. Hungary

6. When are the '12 Days of Christmas'?

- a. December 21 to January 1
- b. Christmas Eve to January 4
- c. December 26 to January 6**
- d. December 14 to December 25

7. Which of the following was not a gift from the three wise men?

- a. Gold
- b. Diamonds**
- c. Frankincense
- d. Myrrh

JANUARY TRIVIA

1. Which of the following is not affected by wind chill?
a. person b. dog c. car radiator d. bird
2. What is the coldest temperature ever recorded in Washington, DC?
a. -10°F b. -7°F c. 0°F d. -15°F
3. What is the difference between sleet, hail, and freezing rain?
4. True or False. It must be 32°F or colder for it to snow.
5. On the average, one inch of rain is equivalent to how many inches of snow?
a. 10 inches b. 1 inch c. 5 inches d. a foot
6. Which of the following impacts can Maryland and Virginia expect from a "Great Nor'easter"?
a. Heavy snow b. High winds c. Coastal Flooding
d. Blizzard e. All of the above f. None of the above
7. What is the greatest 24 hour snowfall in Washington, DC?
a. 21 inches b. 15 inches c. 26 inches d. 18 inches
8. Can it snow from clear skies?
9. What is more hazardous to trees and power lines?
a. One inch of wet snow b. One inch of ice



Christmas Word Scramble Answers

1. yhadoils holidays
2. arhDse Dasher
3. ydacn sneca candy canes
4. ksgnicto sfrftseu stocking stuffers
5. Vxeni Vixen
6. eendrier reindeer
7. hNotr Poel North Pole
8. norneD Donner
9. sCsrtiamh Christmas
10. hriCts Christ
11. suesJ Jesus
12. siaMhes Messiah
13. ganerm manger
14. Stain iclaNos Saint Nicolas
15. olne Noel

January Word Scramble



QUESTIONS	ANSWERS
1. LOCD	1.
2. ETAHER	2.
3. ATCO	3.
4. AOENSS	4.
5. WOSN	5.
6. ICCRAT	6.
7. CIE	7.
8. SARFC	8.
9. IDLAZRZB	9.
10. EZREFE	10.
11. LKNEFWSAO	11.
12. TRSFO	12.
13. KSI	13.
14. IABRETHEN	14.
15. OSDNWARBO	15.
16. FREI	16.
17. IECILC	17.
18. SGEOLV	18.
19. SNNWMAO	19.
20. SREATWE	20.

January Word Search

Did you enjoy this puzzle? Visit: <http://www.puzzles.ca/wordsearch.html>

R R L S E V O L G R L L O
T S K N I T C A P S R W S
I N D S T D L O C S S N E
E A S T M E R F C E O P S
O G K O E I R A L W T A S
T G N O I E T C Z C S R L
B O K B E T I T F Z L K E
S B D Z E C S S E R I A C
P O E E I D K T E N O L I
O T L I L N I E O T S S B
C S A M T S I R H C A G T
S O T C O N N O F T Z K C
S C A R F I G E L I A T S

BLIZZARD	ICE	SKATES
BOOTS	ICICLES	SKIING
CHRISTMAS	KNIT	SLED
COLD	CAP	SLEET
FREEZE	MITTENS	SNOW
FROST	PARKA	TOBOGGAN
GLOVES	SCARF	

Archway Station's Complaint Process

Before Using the Complaint Procedure

Remember, many times things can be worked out if people just talk things out. If you really think someone's done you wrong, try to tell the person what you're feeling. It's important to do that respectfully. It's important to be open, honest, and adult-to-adult. A beginning conversation might go something like this, "When you did _____, it made me feel _____." Sometimes it helps to practice what you're going to say. Try it!

Complaint Process

- It's meant to be quick and EASY.
- No matter what you complain about, no one will hold it against you.
- Forms are posted throughout the agency.
- Ask anyone to help support you.
- The BEST way to resolve an issue is try & talk directly with the person to work things out.
- If that's not possible, talk to your TEAM LEADER.
- The Compliance Officer will review the complaint and try to resolve things if that becomes necessary.
- If necessary, Executive Director gets INVOLVED.
- The Board's Review Committee makes FINAL decision.

*If you have any questions about this process, contact
Archway's Compliance Officer at 777-3208 Ext. 104*

Summary of Complaints January 2016

11/13/15: A complaint was received from a consumer who called the Executive Director and asked that a message be passed to a person that was important to this service user. The service user expected that important person to contact her right away. When that did not happen, the service user assumed the Executive Director did not pass her message on to the person as requested and became upset. The important person did contact the service user but not as quickly as expected. The Executive Director and the Team Leader called and talked with the service user and explained that the call was made as requested and even had a text message to the important person to prove the message was passed as requested. The important person just did not contact the service user as quickly as expected. In the end, the two were able to connect and this complaint was resolved.