

Archway Station Short Takes January 2017

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

Favorite Worker
Selected

Transit Alerts

Inside this Issue:

Wellness &
Recovery Center
Information

Games & Puzzles

Complaint
Procedure

Becoming a More Thankful Person: 3 Easy Steps

Adapted from: <http://www.readersdigest.ca/health/healthy-living/3-ways-feel-thankful/4/>

1. Rethink Your Worldview

When something bad happens, try to be appreciative that things aren't worse. It takes practice to connect with those feelings under duress. Try spontaneous gratitude by jotting down three things you're looking forward to each morning or three things you're thankful for each night. It may sound hokey, but in fact, there's a scientific basis to this approach. In March 2016, researchers at Indiana University found that people still felt thankful a few weeks after completing short writing tasks on the subject; months later, they showed more gratitude-related brain activity. Repetition is key. Practicing creates new neural pathways until it becomes easier, almost habitual.

2. Appreciate the Little Things

We are always looking for novelty, and when we get something we really want, we enjoy it, but only until our pleasure spikes and our appreciation fades. A famous 1978 study conducted by the Northwestern University in Illinois and the University of Massachusetts found that even after winning the lottery, people eventually returned to their baseline of happiness.

But according to a 2007 report from the University of California, Riverside, channeling gratitude can combat that sense of deflation. Pausing to take stock prolongs your happiness, even after the initial thrill wears off. Watching the sun create an interesting shadow, for instance – there's joy in that, even if it's only for a second.

Giving back can bolster those feelings. Volunteering to help someone less fortunate changes your perspective. It shifts your focus onto other people and away from your own problems, and it can keep you in a space of gratitude.

3. Make Significant Connections

In today's world, it's always about "me, me, me." This is why our relationships with friends, family and romantic partners are weak. You can't connect with other people if you're thinking about yourself all the time!

The best way to build better relationships with everyone is through positivity. Listening and understand, trusting, being honest, being a giver and letting go of the need to be right. These things won't happen overnight but with steady practice they can become routine.

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 Monday, January 30th 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. We then head out in the community for some fun activity. 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 2017

W&R Center ACTIVITY Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30-11:00 <hr/> 11:00-11:45 <hr/> 11:45-1:00	2 AM Circle & Short Takes Review <hr/> Lunch <hr/> PM Circle & Recreational Activity – You Choose	3 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.	4 AM Circle & Men/Women's Group <hr/> Lunch <hr/> PM Circle & Phone Book Trivia	5 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.	6 AM Circle & Learn How to Download Apps on Phones & Tablets <hr/> Lunch <hr/> PM Circle & Family Feud
9:30-11:00 <hr/> 11:00-11:45 <hr/> 11:45-1:00	9 AM Circle & Current Events <hr/> Lunch <hr/> PM Circle & Name that Tune	10 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.	11 AM Circle PTSD <hr/> Lunch <hr/> PM Circle & Recreational Activity – You Choose	12 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.	13 AM Circle & Relaxation for Better Health <hr/> Lunch <hr/> PM Circle & Pasta Master
9:30-11:00 <hr/> 11:00-11:45 <hr/> 11:45-1:00	16 AM Circle & Cold Weather Concerns w/ Lisa <hr/> Lunch <hr/> PM Circle & Karaoke	17 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.	18 AM Circle & Movie <hr/> Lunch <hr/> Movie Continued	19 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.	20 AM Circle & Armchair Travel <hr/> Lunch <hr/> PM Circle & Recreational Activity – You Choose













9:30-11:00 <hr/> 11:00-11:45 11:45-1:00	23 AM Circle & HIG? Meeting <hr/> Lunch <hr/> PM Circle & Finish the Verse	24 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.	25 AM Circle & Personal Best Healthlines <hr/> Lunch <hr/> PM Circle & Recreational Activity – You Choose	26 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.	27 AM Circle & Changing a Bad Habit <hr/> Lunch <hr/> PM Circle & Bingo—win some prizes
9:30-11:00 <hr/> 11:00-11:45 11:45-1:00	30 AM Circle & Recognition Day <hr/> Lunch <hr/> Fun @ the YMCA	31 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.			

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	1/9/17 FOOD BOX HOME DELIVERY 9:30am-11am				1/6/17 FOOD BOX HOME DELIVERY 11:45am-1:15pm

January 2017 - 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
Wednesday, January 4 5 Recovery Points! 	Shopping at White Oaks 	Bowling at White Oaks 
Wednesday, January 11 5 Recovery Points! 	Allegany County Library 	YMCA – You Choose 
Wednesday, January 18 5 Recovery Points! 	Tour the W. MD Railroad Station 	Bowling at White Oaks 
Wednesday, January 25 5 Recovery Points! 	Allegany County Library 	YMCA – You Choose 

Wellness & Recovery Center
Morning Snack (9:00am—9:30am)
January 2017

Mon	Tue	Wed	Thu	Fri
2 Cheese Crackers Grapes	3 N/A	4 Pancake Milk	5 N/A	6 Bagel Apple
9 Cottage Cheese Pineapple	10 N/A	11 English Muffin Banana	12 N/A	13 Hard-Boiled Egg Milk
16 Cinnamon Toast Milk	17 N/A	18 Biscuit Peaches	19 N/A	20 Waffle Milk
23 Peanut Butter Crackers	24 N/A	25 Vanilla Wafers Yogurt	26 N/A	27 Corn Muffin Juice
30 French Toast Milk	31 N/A			

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 2017

Mon	Tue	Wed	Thur	Fri
2 Hamburger Gravy over Biscuit Green Beans Peaches	3 Buffalo Chicken Sandwich Broccoli Strawberries	4 Tuna Casserole Peas Apricots	5 Roast Beef Wrap Cherry Tomatoes Pineapple	6 Bean Soup Ham Sandwich Fruit Cocktail
9 Sausage Sub Carrots Grapes	10 Ham & Cheese Sandwich Cauliflower Raspberries	11 Cheeseburger Butter Beans Applesauce	12 Chicken Sandwich Beets Banana	13 Shrimp Salad Corn Honeydew
16 Hot Dog Baked Beans Cantaloupe	17 Ham Salad Sandwich Celery Raisins	18 Sloppy Joe Cheesy Potatoes Clementine	19 Krab Salad Sandwich Carrots Kiwi	20 Chicken Teriyaki Peas Baked Apples
23 Tomato Soup Ham Sandwich Peaches	24 Chicken Salad Sandwich Radishes Blackberries	25 Meat Loaf Brussel Sprouts Pears	26 Bologna & Cheese Sandwich Broccoli Apple	27 Salisbury Steak Potato Wedges Tropical Fruit
30 Hot Roast Beef Mashed Potatoes Cantaloupe	31 Pulled Chicken Sandwich Carrots Grapes			

Wellness & Recovery Center
Afternoon Snack (1:00PM-1:30PM)
January 2017

Mon	Tue	Wed	Thu	Fri
2	3	4	5 N/A	6
9	10 N/A	11	12 N/A	13
16	17 N/A	18	19 N/A	20
23	24 N/A	25	26 N/A	27
30	31 N/A			

Congratulations

**Favorite Worker of the Quarter:
Josie Shirey**



Here's what was said about Josie:

- She is always smiling.
- She is patient.
- She is compassionate.

Congratulations, Josie!

Archway Wellness & Recovery Van Run

There will be no public buses running on...

Monday, January 2
Monday, January 16

The Wellness & Recovery Center van will be stopping to pick up those who plan to come to the Center at Rose's at 9:00am.

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.

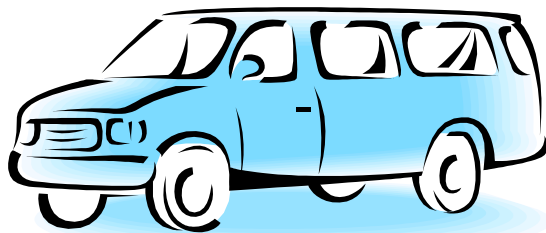
The van will leave the Wellness & Recovery Center at 1:15pm to drop people off at Rose's in the afternoon.

FYI: These are the links to the new bus schedule and bus route map:

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

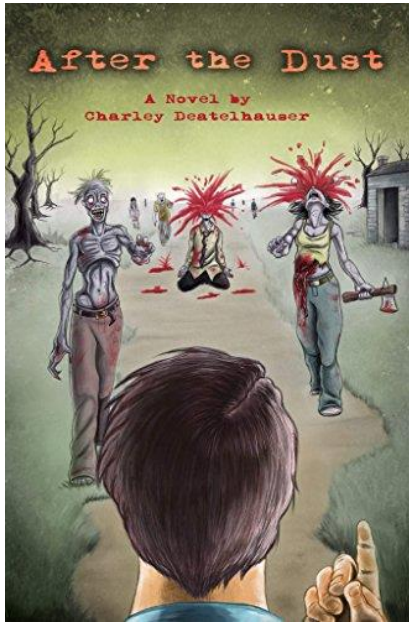
http://www.gov.allconet.org/act/printable/Bus_Schedule_Legal.pdf

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.



“After the Dust”

Narration By: Charles Deatelhauser



“It’s a zombie apocalypse where a few have gained special abilities.

The story follows the journey of one particular summer as he struggles to maintain his sanity in an ever-darkening world.

The protagonist embraces his new existence as a leader of fellow, super-power sociopaths.

Through violence; gritty and gruesome, Deatelhauser finds balance while navigating the line between the age old war of good vs. evil”

If you like zombies, super-villains and psychopaths then download “After the Dust” on the Amazon Kindle App, found in the Apple App Store for I-phone Users or check out the Google Play Store to find “After the Dust.”

Charley is currently working on “After the Voice”, book 2 of 3, as a follow-up to “After the Dust.”

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.



Chicken and Barley Soup



INGREDIENTS:

1 tablespoon olive oil
4 bone-in, skin-on chicken thighs
Kosher salt and black pepper
2 carrots, sliced
2 celery stalks, sliced
1 onion, chopped
10 cups low-sodium chicken broth
½ cup pearl barley
½ cup fresh flat-leaf parsley, chopped
1 teaspoon finely grated lemon zest, plus lemon wedges for serving

DIRECTIONS:

1. Heat the oil in a large pot over medium-high heat. Season the chicken with ½ teaspoon salt and ¼ teaspoon pepper. Cook, skin-side down, until the skin is golden brown, 7 to 8 minutes. (The chicken will not be cooked through yet.) Transfer to a plate; reserve the pot.
2. Add the carrots, celery, onion, ½ teaspoon salt, and ¼ teaspoon pepper to the reserved pot. Cook, stirring occasionally, until the vegetables are tender, 4 to 6 minutes. Add the broth, barley, and chicken and bring to a boil. Reduce heat and simmer, covered, until the chicken is cooked through and the barley is tender, 30 to 40 minutes.
3. Meanwhile, combine the parsley, lemon zest, and ¼ teaspoon each salt and pepper in a small bowl.
4. Transfer the chicken to a plate, discard the skin and bones, and shred the meat. Return the meat to the pot.
5. Serve the soup topped with the parsley mixture with the lemon wedges alongside.

CHRISTMAS TRIVIA ANSWERS

1. Who wrote the song "Here Comes Santa Claus?"

- ☐ Michael Jackson
- ☒ **Gene Autry**
- ☐ Persy Douglas
- ☐ Leroy Jones

2. Which of these companies was the first to use Santa Claus in an advertisement?

- ☐ Pepsi
- ☒ **Coca-Cola**
- ☐ 7-Up
- ☐ Fanta

3. Which president was the first to decorate the White House Christmas tree?

- ☐ Franklin Pierce
- ☒ **Benjamin Franklin**
- ☐ George Washington
- ☐ Abraham Lincoln

4. In what year was "A Christmas Carol", by Charles Dickens, published?

- ☒ **1765**
- ☐ 1843
- ☐ 1860
- ☐ 1906

5. What is the name of the Grinch's dog in the movie "How the Grinch Stole Christmas?"

- ☐ Pete
- ☐ Sam
- ☐ Ruth
- ☒ **Max**

JANUARY TRIVIA

1. How many states are there in the United States of America?

- a. 30
- b. 48
- c. 50
- d. 40

2. In which city would you find the "Eiffel Tower?"

- a. Rome
- b. Madrid
- c. New York
- d. Paris

3. Radio City Music Hall, the World's Largest Cinema, is located in which city?

- a. Berlin
- b. New York
- c. Rome
- d. Ottawa

4. Where in the world is the city of Rome located?

- a. France
- b. Germany
- c. Italy
- d. Spain

5. In which country would you find the Empire State Building?

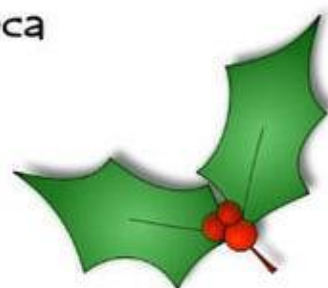
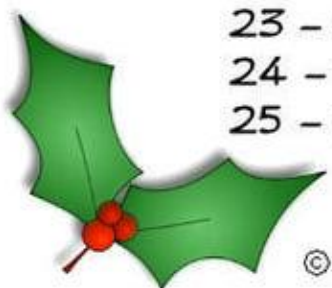
- a. Poland
- b. England
- c. Australia
- d. United States



Christmas Word Scramble Answers



- 1 - bells - lelbs
- 2 - poinsettia - isentpiota
- 3 - candle - cleand
- 4 - gingerbread - gigabrndeer
- 5 - wreath - tewhar
- 6 - carols - scralo
- 7 - reindeer - edinerer
- 8 - stocking - gostinck
- 9 - cookies - esokoci
- 10 - eggnog - gngego
- 11 - sleigh - gliseh
- 12 - elves - leves
- 13 - presents - tenessrp
- 14 - garland - dranlag
- 15 - mistletoe - sottlemie
- 16 - gift - fitg
- 17 - holiday - yalohid
- 18 - angel - legan
- 19 - noel - leno
- 20 - ornaments - stranemon
- 21 - december - credembe
- 22 - snowman - womanns
- 23 - candy cane - dancy enca
- 24 - tinsel - sliten
- 25 - yule - eylu





Football Word Scramble



1. kclaet _____
2. lheetm _____
3. onwcthduo _____
4. kctabeqraru _____
5. ecnnerterief _____
6. oubcchkat _____
7. etfysa _____
8. rbckrcneoa _____
9. fnohdaf _____
10. alaetrl _____
11. recervie _____
12. empnolcito _____
13. nteicntipero _____
14. rentec _____
15. eefree _____
16. ludhde _____
17. tmerevio _____
18. aaemkfsc _____
19. iskgnip _____
20. tnapeyl _____

WORD SEARCH!

WINTER FUN

FIND AND CIRCLE THE WORDS ON THE LIST...WORDS MAY BE FOUND ACROSS, DOWN, OR DIAGONALLY
--FORWARDS, BACKWARDS, AND SOMETIMES OVERLAPPING. HAVE FUN!

WORD LIST

BOBSLED
DOGSLED
HOCKEY
HUNTING
ICE FISHING
ICE SKATE
SHOVEL
SKI
SKIJORING
SLED
SLEIGH RIDE
SNOW
SNOW ANGEL
SNOWBALL
SNOWBLOWER
SNOWBOARD
SNOWMAN
SNOWMOBILE
SNOWSHOES
TOBOGGAN

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



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 2017

No complaints have been received since the last issue of *Short Takes*. There is nothing to report.

Archway Station's Complaint Form

Any person receiving or providing services may use this form. Follow the step-by-step process.

Your name: _____

Today's date: ____/____/____

Your complaint: _____

What you want done: _____

(use another page if necessary)

(use another page if necessary)

STEP 1: Talk to the person(s) directly involved with your complaint. If you can't or if you're not satisfied, talk with the person's Team Leader. TL must follow up within 2 wks.

Team Leader: _____ Date discussed: ____/____/____

Results of discussion: _____

(use another page if necessary)

Complaint: ____ has been resolved (end of process) _____
____ has not been resolved

Signature of person making complaint
(provide a copy to the person)

In either case, send the form to Archway's *Compliance Officer*.

STEP 2: Complaint review by the Compliance Officer.

Date received: ____/____/____ Date reviewed: ____/____/____ (**within 2 weeks**) With whom: _____

Results of Review: _____

(use another page if necessary)

Complaint: ____ has been resolved (end of process) _____
____ has not been resolved

Signature of person making complaint
(provide a copy to the person)

If not resolved, send form to Archway's *Executive Director*.

STEP 3: Complaint reviewed by Executive Director

Date received: ____/____/____ Date reviewed: ____/____/____ (**within 2 weeks**) With whom: _____

Results of Review: _____

(use another page if necessary)

Complaint: ____ has been resolved (end of process) _____
____ has not been resolved

Signature of person making complaint
(provide a copy to the person)

If complaint is not resolved, ED communicates the situation to the Board's Review Committee and follows recommendations of the Committee which are due in 2 weeks. Documentation of all complaints are kept by the Compliance Officer.