

Archway Station Short Takes January 2019

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Archway Station
Wellness &
Recovery Center
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Website-<http://archwaystation.net>

Special Points of Interest:

Favorite
Worker Selected

Van Run

Drivers
Available

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Healthy Mental Health New Years Resolutions

Adapted from: <https://www.pca-nwa.com/new-years-resolutions-for-mental-health>

I will take action on my mental health. There's enough stigma around mental health in the U.S. that many people choose not to visit a therapist even when they know that a trained, unbiased listener is exactly what they need. A therapist has tools for dealing with mental health issues effectively; and for personal growth and development, too. In fact, that a regular appointment is one of the nicest things you can do for yourself.

I will be kind to myself. Does your self talk sound like something you would never say to the people you love? We see people on Facebook posting, "I was a big fat pig" with a photo of their holiday dinner. A friend was heard saying he puts notes up in his house saying, "Don't smoke that cigarette, dummy!" You don't deserve that. Treat yourself with respect.

I will set healthy boundaries. Sometimes we give other people too much power in our lives. Letting our significant others, our kids, or our bosses make our lives more difficult can masquerade as kindness, but it's not always good for us. Define your limits at work, at home, and in other relationships. Maybe you're not willing to do personal errands for your boss, to lie for your spouse, or to accept verbal abuse from your friends. Let this be the year you say so, directly and without anger.

I will exercise regularly. Does that sound like a physical health resolution? In fact, there is a lot of evidence that regular movement, especially outdoors, helps our mental health as well as our physical help. Put a daily walk, bike ride, or swim on your calendar and stick to it no matter what. Feeling too low for a walk? Move for three minutes, and then you can head home... if you still want to.

I will resist negative thinking. It's easy for us to figure that positive attitudes and happy thoughts are wishful thinking and that negative thoughts are realistic and practical. Actually, going over and over the negative feelings and anxious thoughts that pop into our heads — is neither practical nor realistic. Distracting ourselves with work, exercise, or a puzzle is a healthier choice.

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.

RECOGNITION DAY

Join us on Wednesday, 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 awards, 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 2019

W&R Center **ACTIVITY** Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00		1 Community Integration — Participate in a community activity of your choice. Meet W&R staff at the Frederick St. bus stop @ 12pm to pick up your ordered packed lunch.	2 AM Circle & Short Takes Review ----- Lunch ----- PM Circle & Recreational Activity – You Choose	3 Community Integration — Meet at the Frederick St. bus stop @ 9am to choose a community activity to participate in. Return there @ 12pm to pick up your packed lunch.	4 AM Circle & Personal Best Healthlines ----- Lunch ----- PM Circle & Recreational Activity – You Choose
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00	7 AM Circle, Armchair Travel & Monthly Progress Review ----- Lunch ----- PM Circle, Progress Review & Rec. Activity – You Choose	8 Community Integration — Participate in a community activity of your choice. Meet W&R staff at the Frederick St. bus stop @ 12pm to pick up your ordered packed lunch.	9 AM Circle, Movie & Monthly Progress Review ----- Lunch ----- PM Circle, Movie Continued, Progress Review & Rec. Activity – You Choose	10 Community Integration — Meet at the Frederick St. bus stop @ 9am to choose a community activity to participate in. Return there @ 12pm to pick up your packed lunch.	11 AM Circle, Social Media w/ Lisa & Monthly Progress Review ----- Lunch ----- PM Circle, Progress Review & Rec. Activity – You Choose
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00	14 AM Circle, Men & Women's Group ----- Lunch ----- PM Circle & Recreational Activity – You Choose	15 Community Integration — Participate in a community activity of your choice. Meet W&R staff at the Frederick St. bus stop @ 12pm to pick up your ordered packed lunch.	16 AM Circle & PTSD ----- Lunch ----- PM Circle & Recreational Activity – You Choose	17 Community Integration — Meet at the Frederick St. bus stop @ 9am to choose a community activity to participate in. Return there @ 12pm to pick up your packed lunch.	18 AM Circle & Relaxation for Better Health ----- Lunch ----- PM Circle & Recreational Activity – You Choose





9:30-11:00 <hr/> 11:00-11:45 11:45-1:00	21 AM Circle & Martin Luther King Trivia <hr/> Lunch <hr/> PM Circle & Recreational Activity – You Choose	22 Community Integration — Participate in a community activity of your choice. Meet W&R staff at the Frederick St. bus stop @ 12pm to pick up your ordered packed lunch.	23 AM Circle & First Aid <hr/> Lunch <hr/> PM Circle & HIG? Meeting	24 Community Integration — Meet at the Frederick St. bus stop @ 9am to choose a community activity to participate in. Return there @ 12pm to pick up your packed lunch.	25 AM Circle & Current Events <hr/> Lunch <hr/> PM Circle & Recreational Activity – You Choose
9:30-11:00 <hr/> 11:00-11:45 11:45-1:00	28 AM Circle & Emergency Drill <hr/> Lunch <hr/> PM Circle & Recreational Activity – You Choose	29 Community Integration — Participate in a community activity of your choice. Meet W&R staff at the Frederick St. bus stop @ 12pm to pick up your ordered packed lunch.	30 AM Circle & Recognition Day <hr/> Lunch <hr/> Fun @ the YMCA 	31 Community Integration — Meet at the Frederick St. bus stop @ 9am to choose a community activity to participate in. Return there @ 12pm to pick up your packed lunch.	

COMMUNITY VOLUNTEER SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SCHEDULE					Food Bank Cleaning 9:30am-11am
11:00 – 11:45	LUNCH	PACKED LUNCH	LUNCH	PACKED LUNCH	LUNCH
AFTERNOON SCHEDULE	Recycling as needed 11:45am-1:15pm				
FOOD BOX DELIVERY ONE MONDAY & FRIDAY PER MONTH	1/14/19 FOOD BOX HOME DELIVERY IF NEEDED 11:45am-1:15pm				1/4/19 FOOD BOX HOME DELIVERY 11:45am-1:15pm

January 2019 - COMMUNITY ACTIVITIES

Earn 4 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, 2nd 4 Recovery Points!	Allegany County Library 	Shopping at Industrial Blvd. 
Wednesday, 9th 4 Recovery Points!	N/A MONTHLY PROGRESS REVIEW	
Wednesday, 16th 4 Recovery Points!	Allegany County Library 	YMCA – You Choose 
Wednesday, 23th 4 Recovery Points!	Shopping at the Fruit Bowl & Bakery 	Bowling @ White Oak Lanes 
Wednesday, 30th 4 Recovery Points!	Allegany County Library 	Recognition Day YMCA – You Choose 

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 2019

Mon	Tue	Wed	Thur	Fri
	1 CLOSED HAPPY NEW YEAR!	2 Chicken Teriyaki Mixed Veggies Apple Slices	3 Roast Beef Wrap Celery Banana	4 Bean Soup Ham Sandwich Jello with Fruit
7 Sausage Sub Carrots Grapes	8 Chicken Salad Sandwich Asian Salad Raspberries	9 Stuffed Steak Butter Beans Tropical Fruit	10 Ham & Cheese Sandwich Beets Clementine	11 Shrimp Salad Corn Honeydew
14 Hamburger Gravy over Biscuit Mashed Potatoes Pears	15 Buffalo Chicken Sandwich Broccoli Blueberries	16 Tuna Casserole Peas Apricots	17 Turkey Salad Sandwich Green Peppers Pineapple	18 Tomato Soup Grilled Cheese Sandwich Peaches
21 Sloppy Joe Cucumber Salad Cantaloupe	22 Bologna and Cheese Sandwich Red Peppers Raisins	23 Cheeseburger Potato Wedges Apple	24 Hoagie Broccoli Mandarin Oranges	25 Hot Dog Baked Beans Honeydew
28 Salisbury Steak Green Beans Applesauce	29 BBQ Chicken Sandwich Radishes Blackberries	30 Hot Roast Beef Mashed Potatoes Fruit Cocktail	31 Tuna Salad Sandwich Chickpeas Strawberries	

Wellness & Recovery Center
Morning Snack (9:00am-9:30am)
JANUARY 2019

Mon	Tue	Wed	Thu	Fri
	1 CLOSED HAPPY NEW YEAR	2 French Toast Milk	3 NA	4 Cheese Stick Grapes
7 Pancake Milk	8 NA	9 Bagel Pears	10 NA	11 Cottage Cheese Pineapple
14 Oatmeal Milk	15 NA	16 Boiled Egg English Muffin	17 NA	18 Cinnamon Toast Applesauce
21 Biscuit Peaches	22 NA	23 Waffle Milk	24 NA	25 Peanut Butter Banana
28 Pretzels Cheese	29 NA	30 Strawberries Yogurt	31 NA	

Archway Wellness & Recovery Van Run

There will be no public buses running on Tuesday, January 1st. and Monday, January 21st. The W&R Center will be closed on the 1st, however, the Wellness & Recovery Center will provide transportation from the Frederick Street bus stop and back on the 21st.

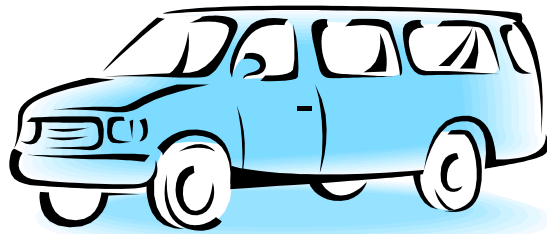
Morning run on 1/21:

- 9:00 am leaving Frederick Street Bus Stop to W&R

If you need the van to make another stop that isn't listed, please call the Wellness & Recovery Center @ 301-724-2582 Ext. 5118, at least 1 day ahead to arrange being picked up.

Afternoon run on 1/21:

- 1:15pm leaving W&R to Frederick Street Bus Stop



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.

DRIVERS AVAILABLE



dreamstime.com

List of Driver's

- 1. Darwin Moore 202-674-1342**
- 2. Michael Wallace 240-522-6996 (will also do in town)**

From time to time people have out-of-town appointments, and they need a ride. We are making a list of people who would be interested in providing rides for a fee. If you are interested in having your name added to this list, please call Sue at the W&R Center @ 301-724-2582 Ext. 5105.

International Holocaust Remembrance Day



On November 1, 2005, the UN General Assembly adopted resolution 60/7 to designate January 27 as International Holocaust Remembrance Day. The date marks the liberation of Auschwitz-Birkenau and is meant to honor the victims of Nazism. The same resolution supports the development of educational programs to remember the Holocaust and to prevent further genocide.

Resolution 60/7 not only establishes January 27th as “International Day of Commemoration in memory of the victims of the Holocaust,” it also rejects any form of Holocaust denial. The resolution encourages member states of the UN to actively preserve sites that the Nazis used during the "Final Solution" (for example, killing centers, concentration camps, and prisons.) Drawing from the Universal Declaration of Human Rights, the resolution condemns all forms of “religious intolerance, incitement, harassment or violence against persons or communities based on ethnic origin or religious belief” throughout the world.

<https://encyclopedia.ushmm.org/content/en/article/international-holocaust-remembrance-day>

Roasted Shrimp Cocktail



Ingredients:

- 1) 2lbs (12 to 15) count shrimp
- 2) 1tbsp good olive oil
- 3) ½ tsp kosher salt
- 4) ½ tsp freshly ground black pepper
- 5) ½ cup chili sauce
- 6) ½ cup ketchup
- 7) 3tbsp prepared horseradish
- 8) 2tbsp freshly squeezed lemon juice
- 9) ½ tsp Worcestershire sauce
- 10) ¼ tsp hot sauce

Directions:

- 1) Preheat the oven to 400 degrees F.
- 2) Peel and devein the shrimp, leaving the tails on. Place them on a sheet pan with the olive oil, salt, and pepper and spread them in one layer. Roast for 8 to 10 minutes just until pink and firm and cooked through. Set aside to cool.

For the sauce, combine the chili sauce, ketchup, horseradish, lemon juice, Worcestershire and hot sauce. Serve as a dip with the shrimp.

December Trivia Answers

- 1) Which of the following awards are normally handed out in December?
 - a) Academy Awards
 - b) Nobel Prizes**
 - c) Grammy Awards
 - d) Juno Awards
- 2) What is the birthstone for December?
 - a) Garnet
 - b) Turquoise**
 - c) Opal
 - d) Emerald
- 3) If you were born on the 26th of December what would your zodiac sign be?
 - a) Gemini
 - b) Cancer
 - c) Capricorn**
 - d) Libra
- 4) What is the recognized flower for December?
 - a) Gardenia
 - b) Narcissus**
 - c) Petunia
 - d) Lady's Slipper
- 5) What infamous event occurred on the seventh of December?
 - a) The bombing of Pearl Harbor.**
 - b) The sinking of the Titanic.
 - c) John F. Kennedy was shot.
 - d) Start of the Civil War.
- 6) What piece of land did the United States acquire on the 20th day of December 1803?
 - a) Louisiana**
 - b) Florida
 - c) Alaska
 - d) Manhattan
- 7) What day in December is National Chocolate Day?
 - a) The 27th**
 - b) The 3rd
 - c) The 15th
 - d) The 18th
- 8) What famous piece of sports equipment was invented on the 29th of December?
 - a) The downhill ski
 - b) The bowling ball**
 - c) The golf club
 - d) The badminton racquet

January Trivia

- 1) Named by the Romans, the month of January was named after the Roman God Janus. Janus is the god of?
 - a) Beginnings
 - b) Resolutions
 - c) Celebrations
 - d) War
- 2) The Internet's Domain Name System was created in January of what year?
 - a) 1985
 - b) 1975
 - c) 1995
 - d) 2005
- 3) The birthstone for January is the?
 - a) Ruby
 - b) Garnet
 - c) Diamond
 - d) Emerald
- 4) In Australia, Australia Day is celebrated on?
 - a) January 14
 - b) January 7
 - c) January 26
 - d) January 30
- 5) What is the British flower for the month of January?
 - a) Rose
 - b) Poppy
 - c) Carnation
 - d) Lily of the Valley
- 6) What is the American flower for the month of January?
 - a) Daisy
 - b) Snowdrop
 - c) Morning Glory
 - d) Honeysuckle
- 7) Which of the following American presidents was born in January?
 - a) Bill Clinton
 - b) Richard Nixon
 - c) Ronald Reagan
 - d) Barack Obama
- 8) In January of what year did the euro banknotes and coins enter circulation?
 - a) 2004
 - b) 2002
 - c) 2000
 - d) 2006

December Word Scramble Answers

1. bllse

Bells

2. cdrei

Cider

3. lvsee

Elves

4. llhyo

Holly

5. lghtsi

Lights

6. msttlioee

Mistletoe

7. smttnie

Mittens

8. nrpthooe

North Pole

9. rnmntsoae

Ornaments

10. whtrea

Wreath

January Word Scramble

1. bzzlrda

2. blstryei

3. rmffseau

4. ggnrbrdeei

5. frzngiee

6. mttnsie

7. ccliie

8. snwflkoae

9. snwblloa

10. snwmnoa

January Word Search

Instructions: Try to find all of the hidden winter words in the word search puzzle below.

(Words can be spelled forwards, backwards, diagonally, up, or down.)



WORD LIST

BLIZZARD	FOG	SKATING
BOBSLEDS	HOLIDAY	SLIDE
CARNIVALS	ICICLES	SNOWFLAKES
COLD	SCARVES	TOBOGGAN

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 to try to 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 777-1700 Ext.2125*

Summary of Complaints November 2018

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.