

Archway Station Short Takes JANUARY 2020

**Check out Short Takes on the web @ <http://archwaystation.net>
choose “Resources | links” located at the top, right of the page,
then select Archway Short Takes”**

Archway Station
Wellness &
Recovery Center
121 Memorial
Avenue
Cumberland, MD
21502
301-724-2582
Ext. 5118
Website-
<http://archwaystation.net>

Special Points of Interest:

Juvenile Justice
Reform

No Favorite Worker

Transit Alerts

Inside this Issue:

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January is National Mentoring Month

www.mentoring.org/why-mentoring/mentoring-impact

Launched in 2002 by MENTOR: The National Mentoring Partnership (MENTOR) and the Harvard T.H. Chan School of Public Health, National Mentoring Month focuses national attention on the need for mentors, as well as how each of us—individuals, businesses, government agencies, schools, faith communities and nonprofits—can work together to increase the number of mentors to help ensure positive outcomes for our young people. This campaign celebrates mentoring and the positive effect it can have on young lives.

Its goals are to:

- Raise awareness of mentoring in its various forms;
- Recruit individuals to mentor, especially in programs that have waiting lists of young people;
- Promote the rapid growth of mentoring by recruiting organizations to engage their constituents in mentoring;

National partners work with local leaders to organize special events in their communities supported by local media outlets and public officials. These events help interested adults learn how to turn their concern for young people into direct action by becoming mentors. Each year since its launch, National Mentoring Month has enjoyed the strong support of the U.S. President and members of Congress. Other well-known supporters include the late Maya Angelou and Senator John McCain, Clint Eastwood, Quincy Jones, General Colin L. Powell, Cal Ripken Jr., Bill Russell and Usher.

Why Mentor?

Mentoring, at its core, guarantees young people that there is someone who cares about them, assures them they are not alone in dealing with day-to-day challenges, and makes them feel like they matter. Research confirms that quality mentoring relationships have powerful positive effects on young people in a variety of personal, academic, and professional situations. Ultimately, mentoring connects a young person to personal growth and development, and social and economic opportunity. Yet one in three young people will grow up without this critical asset.

Young adults who were at-risk for falling off track but had a mentor are:

- *55% more likely to enroll in college;
- *78% more likely to volunteer regularly;
- *90% are interested in becoming a mentor;
- *130% more likely to hold leadership positions!

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 31st, 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 opportunity 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 dessert to celebrate any birthdays 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 2020

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 & Recreational Activity – You Choose	2 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 ordered packed lunch.	3 AM Circle & Anxiety ----- Lunch ----- PM Circle & Recreational Activity – You Choose
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00	6 AM Circle, Movie/Rec. Activity & Monthly Progress Review ----- Lunch ----- PM Circle, Movie/Rec. Activity & Monthly Progress Review	7 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.	8 AM Circle, Smoking Cessation w / Lisa & Monthly Progress Review ----- Lunch ----- PM Circle, Rec. Activity & Progress Review	9 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 ordered packed lunch.	10 AM Circle, Movie/Rec. Activity & Monthly Progress Review ----- Lunch ----- PM Circle, Movie/Rec. Activity & Monthly Progress Review
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00	13 AM Circle & Emergency Drill ----- Lunch ----- PM Circle & Recreational Activity – You Choose	14 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.	15 AM Circle & Current Events ----- Lunch ----- PM Circle & Recreational Activity – You Choose	16 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 ordered packed lunch.	17 AM Circle & Let's Talk about Dry Mouth & Mouth Hygiene ----- Lunch ----- PM Circle & Recreational Activity – You Choose









9:30-11:00	20 AM Circle & HIG? Meeting	21 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.	22 AM Circle & Martin Luther King Trivia	23 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 ordered packed lunch.	24 AM Circle & Guided Imaging
11:00-11:45	Lunch		Lunch		Lunch
11:45-1:00	PM Circle & Recreational Activity – You Choose		PM Circle & Recreational Activity – You Choose		PM Circle & Recreational Activity – You Choose
9:30-11:00	27 AM Circle & Men & Women's Group	28 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.	29 AM Circle & Personal Best Healthlines	30 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 ordered packed lunch.	31 AM Circle & Recognition Day
11:00-11:45	Lunch		Lunch		Lunch
11:45-1:00	PM Circle & Recreational Activity – You Choose		PM Circle & Recreational Activity – You Choose		PM Circle & Recreational Activity – You Choose

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	1/13/20 FOOD BOX HOME DELIVERY IF NEEDED 11:45am-1:15pm				1/3/20 FOOD BOX HOME DELIVERY 11:45am-1:15pm

January 2020 - 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, 1st 4 Recovery Points!	Allegany County Library 	Shopping at Braddock Square 
Wednesday, 8th 4 Recovery Points!	N/A MONTHLY PROGRESS REVIEW	
Wednesday, 15th 4 Recovery Points!	Allegany County Library 	YMCA – You Choose 
Wednesday, 22nd 4 Recovery Points!	Shopping at the LaVale Plaza 	Bowling @ White Oak Lanes 
Wednesday, 29th 4 Recovery Points!	Allegany County Library 	YMCA – You Choose 

Wellness & Recovery Center Lunch January 2020

Lunch M-W-F is served with wheat grain bread, milk, & salad bar between 11am-11:45am

Packed lunches for Tuesday & Thursday must be ordered by 12pm the prior day

Packed lunches on Tuesday & Thursday will be delivered as follows:

Tuesday & Thursday:

Hope Station between 11:15-11:30 & Frederick St. Bus Stop 11:30-12pm

The USDA, MSDE and Archway Station are equal opportunity providers

Mon	Tue	Wed	Thur	Fri
		1 Closed Happy New Year	2 Turkey Salad Radishes Blackberries	3 Chicken Teriyaki Mixed Veggies Applesauce
6 Sausage Sub Carrots Grapes	7 Roast Beef Wrap Chick Peas Strawberries	8 Cheese Steak Sub Butter Beans Peaches	9 Ham Salad Sandwich Beets Clementine	10 Shrimp Salad Corn Honey Dew
13 Sloppy Joe Sandwich Peas Cantaloupe	14 Buffalo Chicken Sandwich Red Pepper Strips Blueberries	15 Cheese Burger Potato Wedges Apple	16 Crab Salad Sandwich Broccoli Pineapple	17 Salisbury Steak Green Beans Pears
20 Hamburger- Gravy Cucumber Salad Fruit Cocktail	21 Ham & Cheese Sandwich Asian Salad Raspberries	22 Tuna Casserole Peas Banana	23 Bologna Sandwich Green Peppers Orange	24 Bean Soup Ham Sandwich Pineapple
27 Hot Dogs Baked Beans Kiwi	28 Chicken Salad Celery Grapes	29 Hot Roast Beef Mashed Potatoes Tropical Fruit	30 Hoagie Broccoli Honey Dew	31 Fish Sandwich Carrots Peaches

Wellness & Recovery Center

Morning Snack M-W-F (9:00am-9:30am)

January 2020

The USDA, MSDE and Archway Station are equal opportunity providers

Mon	Tue	Wed	Thu	Fri
		1 Closed Happy New Year	2 N/A	3 French Toast Milk
6 Cottage Cheese Peaches	7 N/A	8 Pancake Milk	9 N/A	10 Bagel Strawberries
13 Oatmeal Milk	14 N/A	15 Cinnamon Toast Applesauce	16 N/A	17 Peanut Butter Banana
20 Hard-Boiled Egg Toast	21 N/A	22 Waffle Milk	23 N/A	24 Cereal Milk
27 Cheese Stick Apple Slices	28 N/A	29 Yogurt Pretzels	30 N/A	31 Biscuit Pineapple

FAVORITE WORKER!!!!

It is with great regret to report:

NO FAVORITE WORKER WAS CHOSEN THIS QUARTER



Please remember to vote for the next quarter selection. You will find the form in next month's issue of Short Takes.

This is a great way to have your voice heard and also recognize your favorite worker for a job well done!

Hope to hear from YOU!

Archway Wellness & Recovery Van Run

There will be no public buses running on
Wednesday, January 1st and Monday, January 20th.

In celebration of New Years Day, the **W&R Center** will be
CLOSED on Wednesday, January 1st.

On Monday, January 20th, the W&R Center will provide transportation from the Frederick Street bus stop and back*.

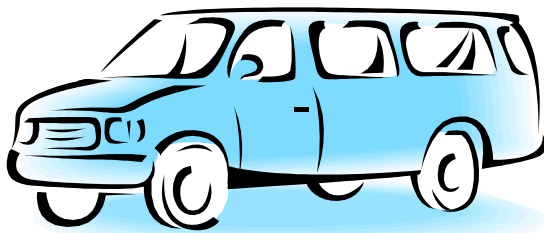
Morning run on 1/20/20:

- 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.

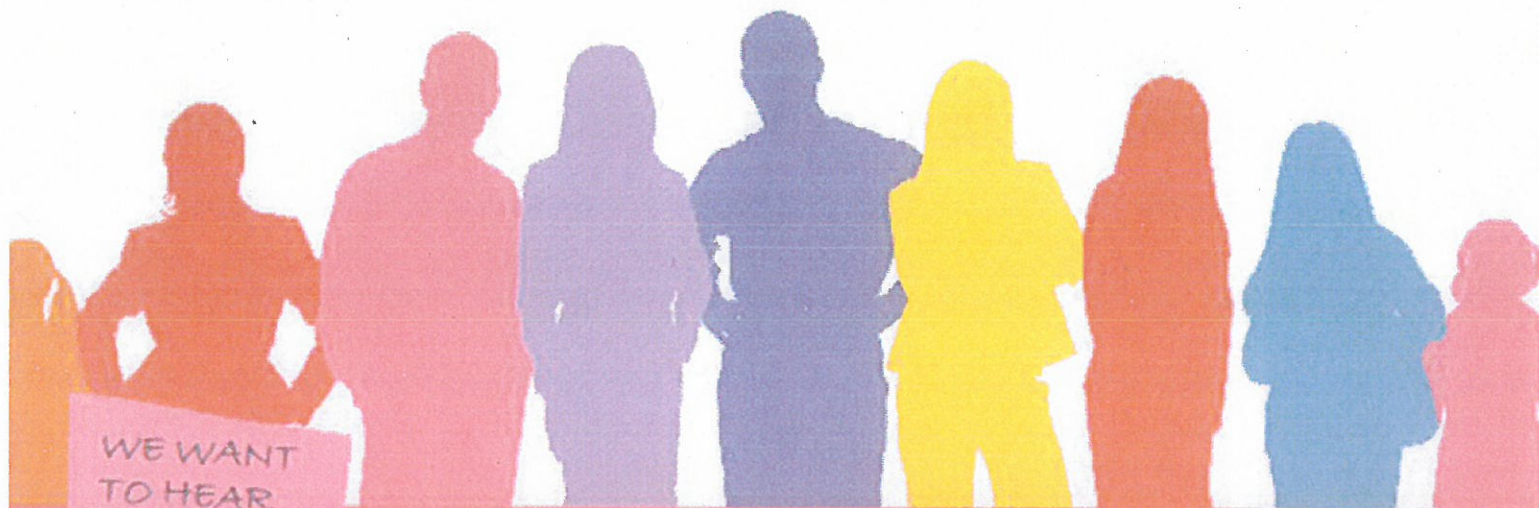
Afternoon run on 1/20/20:

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



FYI: This is the link to the current bus schedule and bus route map:
www.gov.allconet.org/1634/Bus-Schedule

On this web page, you will find information on how to request a route modification and/or make request for non-routine pick up sites.



WE WANT
TO HEAR
FROM YOU!

Established by the Maryland General Assembly

JUVENILE JUSTICE REFORM COUNCIL LISTENING SESSION

Education

Substance
Abuse

Family &
Youth
Engagement

Behavioral
Health

Community
Programs

Community
Safety

WHERE: Allegany College of Maryland - Continuing Education Bldg
12401 Willowbrook Rd SE Room CE 19
Cumberland, MD 21502

WHEN: January 9 @ 1:30pm-3:30pm OR 6:30pm-8:30pm

CONTACT: Renee Kniseley @ renee.kniseley@maryland.gov

Sign-up begins 30 minutes prior to each session

All those who wish to speak must sign-up.

Juvenile Justice Reform Council

Listening Session Information

You can register on **eventbrite**

<https://www.eventbrite.com/>

Session 1 – 1:30pm-3:30pm

<https://www.eventbrite.com/e/juvenile-justice-reform-council-listening-session-1st-session-tickets-85528775871>

Session 2 – 6:30pm-8:30pm

<https://www.eventbrite.com/e/juvenile-justice-reform-council-listening-session-2nd-session-tickets-85529030633>

Should you want to speak at the session sign-ups will begin 30 minutes prior to each session. All those who wish to speak **MUST** sign-up.

The council would also love to hear from consumers of services, parents/relatives or anyone that is interested. So if you know of someone that would be interested in attending, please extend the invitation to them as well.

Any questions please feel free to contact Renee Kniseley at 301-784-7060 or renee.kniseley@maryland.gov.

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.



Porkolt

Hungarian Stew Made With Pork



Prep: 20 M

Cook: 1 H 55M

Total: 2H 15M

Serves: 14

Calories Per Serving: 323

INGREDIENTS:

5 slices bacon, diced

2 large onions, diced

1/4 cup Paprika

5 pounds boneless pork, trimmed

1 large yellow bell pepper, seeded and diced

2 (14 ounce) cans diced tomatoes, with liquid

2/3 cup beef broth

2C reduced-fat sour cream

2 (6 ounce) packages wide egg noodles

1. Place the bacon in a large, deep skillet, and cook over medium-high heat until evenly browned, about 10 minutes. Drain, and reserve the drippings. Add the onions to the bacon and cook together until the onion is translucent. Remove skillet from heat and stir the paprika, garlic powder, and pepper into the bacon mixture. Transfer the mixture into a large stockpot.
2. Heat a small amount of the reserved bacon drippings in the skillet again over medium-high heat. Cook the pork chops in batches in the hot drippings until evenly browned on both sides. Use additional bacon drippings for each batch as needed. Remove the pork chops to a cutting board and blot excess fat off the surface of the chops with a paper towel; cut into bite-sized cubes and stir into the bacon mixture.
3. Heat a small amount of the bacon drippings in the skillet; cook and stir the bell pepper in the hot drippings until softened and fragrant; drain on a plate lined with paper towels. Stir the cooked pepper into the bacon mixture.
4. Pour the tomatoes with liquid and beef broth into a stockpot and place the pot over medium-high heat. Bring to a simmer and reduce heat to medium-low. Cook until the stew begins to thicken, stirring occasionally, about 90 minutes. Stir the sour cream into the stew just before serving.
5. Bring a pot with lightly-salted water and bring to a rolling boil; add the egg noodles to the water and return to a boil. Cook uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 5 minutes. Drain well in a colander set in the sink. Ladle the stew over the drained noodles to serve.

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

December Word Scramble

Answers

lescnad

candles

kcsoeio

cookies

istgf

gifts

sidoyhal

holidays

sintskogc

stockings

rtesat

treats

oyj

joy

enirwt

winter

rwhate

wreath

gshlei

sleigh



New Year's Word Scramble

Instructions: Unscramble the letters to find the New Year's.

srtreemas

Onslalbo

bnnngegii

aesksrmieno

nuotdcown

afevslit

nrfetceoli

eitoftcn

mdngihit

egigrtsne

csncoioa



HAPPY NEW YEAR

Wordsearch

Search for the words going up, down, left and right.



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

CELEBRATION

COUNTDOWN

EXTRAVAGANZA

FIREWORKS

GATHERING

INVITATION

JANUARY

MIDNIGHT

NOISEMAKER

PARTY

RESOLUTION

TRADITION



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 January 2020

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.