

Archway Station Short Takes March 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:

WRAP Class
starting

Emergency Room
(ER) Use

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Recovery
Center
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Games &
Puzzles

Complaint
Procedures

Mental and Physical Spring-Cleaning <http://www.cignabehavioral.com>

It is springtime again! During this time of year we pay great attention to our physical health, but often neglect to recognize our mental health. One should realize, if your mind is not healthy and happy, neither is your body. Most Americans believe that good emotional health is just as important as good physical health. In fact, the majority of Americans feel psychological health is important for overall good health. Then why don't we hear things like "Slim down that stress," or "Get ready for relationship season" or "Battle those winter blues!" The answer is not clear. Years ago, we might have blamed this on stigma — but fortunately with awareness, education, and acceptance, more and more people are understanding and appreciating the importance of good mental health care. People may still feel a bit of unease or sense of privacy around issues of mental illness. Here are some helpful tips we can do to feel better on a daily basis.

- **Breathe!** Take 10 deep breaths and empty your mind to help slow you down.
- **Prioritize.** Make task checklists and start on the most important ones first. Check tasks off as you go and don't procrastinate.
- **Do one thing at a time.** Avoid doing two or three things at once to help reduce stress.
- **Communicate.** Relieve bottled up tension by talking with your spouse, partner, friends or family members about your concerns. Learn to address conflict calmly.
- **Be tolerant and forgiving.** Learning these skills help you reduce frustration and anger.
- **Exercise.** Engage in physical activities. Get outside for some fresh air — it's invigorating.
- **Take a break.** Always have a lunch break or take some "me-time" so you can relax and unwind.
- **Put things in perspective.** Make a list of the things that are troubling you; then fold it and put it away for the rest of the day. Think to yourself, "Will this matter in a week, month or year from now?"
- **Stay positive.** Be a positive person and praise yourself and others for good work.
- **Sleep.** Make sure you are getting enough rest.
- **Eat** a balance diet.

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 Wednesday, March 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.




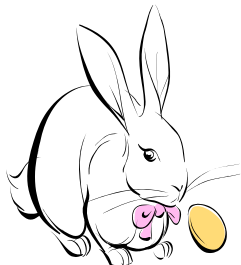
HAPPY BIRTHDAY!

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. 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!

March 2016

W&R Center ACTIVITY Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30-11:00 11:00-11:45 11:45-1:00	HAPPY ST. PATRICKS DAY 	1 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.	2 AM Circle & Short Takes Review Lunch PM Circle & Wii, Play Station & Xbox	3 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.	4 AM Circle & Armchair Travel Lunch PM Circle & Trivia
9:30-11:00 11:00-11:45 11:45-1:00	7 AM Circle & 12 Ways to Get & Stay Fit Lunch PM Circle & Card/Board Games – Player's Choice	8 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.	9 AM Circle & Current Events Lunch PM Circle & Worst Case Scenario	10 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.	11 AM Circle & Fire Safety at Home Lunch PM Circle & Karaoke
9:30-11:00 11:00-11:45 11:45-1:00	14 AM Circle & Men/Women's Group Lunch PM Circle & Craft Project – You Choose	15 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.	16 AM Circle & Depression - A Treatable Illness Lunch PM Circle & Make a Healthy Recipe	17 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.	18 AM Circle & Women's Health w/ Lisa Lunch PM Circle & Strength Training w/ Hand Weights














9:30-11:00 <hr/> 11:00-11:45 11:45-1:00	21 AM Circle & HIG? Meeting <hr/> Lunch PM Circle & Name That Tune	22 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.	23 AM Circle & Who Did It? <hr/> Lunch PM Circle & Name that Person	24 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.	25 AM Circle & When to Use the Emergency Room <hr/> Lunch PM Circle & Bingo—win some prizes
9:30-11:00 <hr/> 11:00-11:45 11:45-1:00	28 AM Circle & Personal Best Healthlines <hr/> Lunch PM Circle & Dancing – You Choose	29 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.	30 AM Circle & Recognition Day <hr/> Lunch Fun @ the YMCA	31 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.	HAPPY EASTER 

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	3/7/16 FOOD BOX HOME DELIVERY 9:30am-11am				3/4/16 FOOD BOX HOME DELIVERY 11:45am-1:15pm

March 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
Wednesday, March 2 5 Recovery Points! 	Shopping at Braddock Square 	YMCA – You Choose 
Wednesday, March 9 5 Recovery Points! 	Allegany County Library 	Bowling at White Oaks 
Wednesday, March 16 5 Recovery Points! 	Visit the Pet Store 	YMCA – You Choose 
Wednesday, March 23 5 Recovery Points! 	Allegany County Library 	Bowling at White Oaks 
Wednesday, March 30 5 Recovery Points!	Visit the Queen City Transportation Museum 	Recognition Day Everyone going to the YMCA

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

Mon	Tue	Wed	Thu	Fri
	1 N/A CLOSED	2 French Toast Milk	3 N/A CLOSED	4 Cottage Cheese Pineapple
7 Bagel Applesauce	8 N/A CLOSED	9 English Muffin Banana	10 N/A CLOSED	11 Cinnamon Toast Milk
14 Vanilla Wafers Milk	15 N/A CLOSED	16 Oatmeal Raisins	17 N/A CLOSED	18 Cereal Milk
21 Waffle Peanut Butter	22 N/A CLOSED	23 Biscuit Baked Apples	24 N/A CLOSED	25 Pancake Tropical Fruit
28 Oatmeal Cookie Milk	29 N/A CLOSED	30 Blueberry Muffin Milk	31 N/A CLOSED	

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)

MARCH 2016

Mon	Tue	Wed	Thur	Fri
	1 Order by 10am Turkey Wrap Celery Kiwi	2 Chili Dog Baked Beans Jell-O w/ Fruit	3 Order by 10am Hoagie Baby Carrots Apple	4 Baked Ziti Salad Orange
7 Cheesy Chicken Corn Chowder Pineapples	8 Order by 10am Bologna & Cheese Sandwich Broccoli Fruit Cocktail	9 Chicken Fajita Black Beans Banana	10 Order by 10am Peanut Butter & Jelly Sandwich Cauliflower Plum	11 Fish Stewed Tomatoes Grapes
14 Hot Turkey Sandwich Green Beans Baked Apples	15 Order by 10am Egg Salad Sandwich Carrots Watermelon	16 Country Steak Mashed Potatoes Applesauce	17 Order by 10am Buffalo Chicken Sandwich Broccoli Nectarine	18 Shepherds Pie Honeydew
21 BBQ Beef Cole Slaw Pears	22 Order by 10am Ham Sandwich Cherry Tomatoes Clementine	23 Spaghetti Salad Peaches	24 Order by 10am Roast Beef Wrap Chick Peas Strawberries	25 Cream Chick- en Peas Blueberries
28 Chicken Stuffing Spinach Tropical Fruit Salad	29 Order by 10am Ham Salad Sandwich Red Pepper Strips Blackberries	30 Hamburger Gra- vy over Biscuit Corn Cantaloupe	31 Order by 10am Chicken Salad Sandwich Beets Raisins	

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

Mon	Tue	Wed	Thu	Fri
	1 N/A CLOSED	2 Cottage Cheese Pineapple	3 N/A CLOSED	4 Banana Peanut Butter
7 Oatmeal Cookie Milk	8 N/A CLOSED	9 Cheese Crackers Milk	10 N/A CLOSED	11 Apple Cheese Stick
14 Bagel Juice	15 N/A CLOSED	16 Yogurt Pretzels	17 N/A CLOSED	18 Rice Krispie Treat Milk
21 Orange Milk	22 N/A CLOSED	23 Peanut Butter Crackers Juice	24 N/A CLOSED	25 Vanilla Wafers Milk
28 Graham Crackers Peanut Butter	29 N/A CLOSED	30 Wheat Crackers Cheese Stick	31 N/A CLOSED	

*New WRAP Class & Reunion
Monday, April 4th. 1-2:15 PM
121 Memorial Avenue
Conference Room*

We are combining the first WRAP class of this section with the WRAP reunion; therefore, new members will get to hear how WRAP has helped others.

(Wellness & Recovery Action Planning)

Wrap is a tool that you can learn and use to help you take control of your own recovery from mental illness.

Wrap is empowering—every person's plan is their own personal plan.

Wrap is a shared experience. In class we share our lived experiences, we get support and we give support to each other.

Wrap Class meets every Monday afternoon at Archway's Wellness & Recovery Center at 121 Memorial Avenue, Cumberland, MD.

If you are interested in attending this session, call Sue Pyles to register @ 301-724-2582 Ext. 105.

Facilitator: Joe Bittinger

Refreshments will be served! Please join us!

GETTING AHEAD

in a Just-Getting-By World

Come Build Your Resources for a Better Life

Look at how a lack of resources affects you and how you can move toward the future that you really want!

Join a small group of people once a week for 16 weeks

- share your experiences
- build your resources
- create a new future

Transportation and child care are available if needed.

Incentive will be provided to active participants.

Select the time and location that works best for you.

Tuesdays 9:00am – 11:30am

Jane Frazier Village- Community Room
635 E. First Street, Cumberland

February 16 –May 31, 2016

Thursdays 3:30pm – 6:00pm

Allegany College of Maryland
Center for Continuing Education Room 19
12401 Willowbrook Road, Cumberland

March 3- June 23, 2016*

(*No class on March 24)

If these options do not fit your schedule, please let us know.

To register, call 240-964-8422



Knowing When to Go to the Emergency Room (ER) or Call 911

Emergency room visits are for the very sick or severely injured. Don't use the emergency room for convenience! Med Express and/or Urgent Care Facilities are great alternatives!

Go to the hospital or call 911 if you have:

- A mental health emergency
- Severe breathing trouble
- Chest pain or pressure
- Choking
- Fainting, sudden dizziness or excruciating headache
- Sudden confusion or weakness
- Any sudden or severe pain
- Sudden injury due to motor vehicle accident, burns or deep wounds
- Uncontrolled bleeding
- Severe vomiting or diarrhea
- Severe abdominal pain
- Coughing up blood
- Sudden speech or vision difficulty
- Head, spine or eye injury
- Broken bones or fractures
- Drug overdose or poisoning
- Unconsciousness
- Blood sugar level, blood pressure is extremely high or low (per your PCP recommendations)

See your Primary Care Physician (PCP) if you have:

- Painful or difficult urination
- Dizzy spells or blackouts
- Blood in urine or stools
- Unexplained lump, sores or swelling
- Unrelieved headache or stomach pain
- Unrelieved diarrhea or constipation
- Coughs lasting beyond 2 weeks
- Fever above 101* F beyond 2 days
- Unexplained weight loss or gain
- Hives, skin rash or infections
- Persistent eye irritations
- Persistent leg or joint pain

Local walk-in clinics that are alternatives for the ER when you cannot get in to see your PCP:

- **MedExpress Urgent Care**
1219 National Hwy. ~ LaVale, MD
301-729-0529
- **Cumberland Emergency Med. Group**
600 Memorial Ave. ~ Cumberland, MD
301-723-4070
- **Doctors Urgent Care**
17204 McMullen Hwy. SW ~ Cumberland, MD
301-729-0060
- **Health Matters Urgent Care**
14302 Barton Blvd. SW ~ Cumberland, MD
301-729-3278
- **Hunt Club Medical Clinic**
11 Hunt Club Plaza ~ Ridgeley, WV
304-726-4501

Peanut Butter Eggs



Ingredients:

- 1-16 ounce package of confectioner's sugar
- 1 cup of creamy peanut butter
- $\frac{1}{4}$ cup of butter
- 1 tablespoon of milk
- 8-1 ounce squares semi-sweet chocolate
- 1 tablespoon of shortening

Directions:

1. In a mixing bowl, combine confectioner's sugar, peanut butter, butter and milk (if needed for moisture) until blended. Shape mixture into two 1/2 pound eggs or make a bunch of smaller eggs. Freeze eggs for 1 hour.
2. While the eggs are freezing, cut semi-sweet chocolate into small pieces and place in top of double boiler with shortening. Melt over medium heat, stirring frequently until smooth. Stick a long-tined fork in top of each peanut butter egg, dip it in melted chocolate to cover then drain on waxed paper. When the eggs are cooled and chocolate has hardened, decorate on waxed paper.

FEBRUARY TRIVIA ANSWERS

1. Let's start with the symbol of the "X" and why it represents the kiss? Do you know? This goes back to the Middle Ages when a person did which of the following:

- A) Was forced to kiss all documents over his signature.
- B) He signed his name and then a priest had to kiss the signature to verify it.
- C) Only the people who couldn't read made an "x" and then kissed it in front of 2 or more witnesses to show their sincerity.**

2. What is the term when a male and female each pay for their own meals or entertainment on a date?

- A) Having a "Square Meal"
- B) Going Dutch**
- C) Even Steven

3. What percent of Valentine Cards are romantic as compared to the humorous?

- A) 90%
- B) 50%
- C) 75%**

4. The most popular way to celebrate Valentine's Day is to send someone a card
What is the second best way?

- A) Call to say "I Love You."**
- B) Go out to Dinner
- C) Send Flowers
- D) Give a Gift

5. The most common shape for a Valentine is?

Heart

6. Who were the first television husband and wife to sleep in a double bed?

- (A) Ricky and Lucy Ricardo
- (B) Rob and Laura Petrie
- (C) Mike and Carol Brady**
- (D) Herman and Lilly Munster

March Trivia Questions

1. The “wearing of the green” is done in observance of St. Patrick’s Day, however, which color actually would be more authentic?
 - A. blue
 - B. red
 - C. black

2. The color associated with St. Patrick’s Day and with Ireland is green. What green nickname does Ireland go by?
 - A. Emerald Isle
 - B. Green Land
 - C. Grassy Hill

3. Which gemstone is associated with March?
 - A. Aquamarine
 - B. Diamond
 - C. Ruby

4. Which of the Roman Gods is March named for?
 - A. Mars
 - B. Mercury
 - C. Minerva

5. The most common shape used for St Patrick’s Day is?

February Word Scramble Answers



1. CHERUB
2. LOVE
3. CUPID
4. CANDY
5. KISS
6. VALENTINE
7. SWEETHEART
8. FLOWERS
9. CHOCOLATE
10. FEBRUARY



Spring Word Scramble

WBNIAR	_____
BLLAMURE	_____
WFLORE	_____
PLITU	_____
NERGE	_____
MLOBO	_____
PLRIA	_____
LFBTUTREY	_____
NIAR	_____
DREGNA	_____
EBE	_____
YMA	_____
GNRIPS	_____
HSSNIEUN	_____
YBNUN	_____
CAMHR	_____
EDES	_____



March Word Search

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

April
bunny
clover
Easter
Easter bunny

Easter eggs
leprechaun
rainbow
spring
ST. Patrick

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 March 2016

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