

Archway Station Short Takes March 2018

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

Archway Station
Wellness &
Recovery Center
121 Memorial
Avenue
Cumberland, MD
21502
301-724-2582
Ext. 118
Website-<http://archwaystation.net>

Special Points of Interest:

When To Use
Urgent Care vs
Emergency Room

Drivers Still
Needed

Inside this Issue:

Wellness &
Recovery Center
Information

Games & Puzzles

Complaint
Procedure

Ten Natural Depression Treatments

Adapted from: <https://www.webmd.com/depression/features/natural-treatments#1>

1. **Get in a routine** - Setting a simple daily schedule can help you get back on track.
2. **Set goals** - When you are depressed, you may feel like you can't accomplish anything, which makes you feel worse about yourself. To push back, set daily goals for yourself.
3. **Exercise** - Regular exercise seems to encourage the brain to re-wire itself in positive ways.
4. **Eat Healthy** - There is evidence that foods with omega-3 fatty acids (such as salmon and tuna) and folic acid (such as spinach and avocado) could help ease depression.
5. **Get enough sleep** - Go to bed and get up at the same time every day. Try not to nap. Take all the distractions out of your bedroom - no computer and no TV.
6. **Take on responsibilities** - Staying involved and having daily responsibilities can help you maintain a lifestyle that can help counter depression. They give you a sense of accomplishment.
7. **Challenge negative thoughts** - The next time you're feeling terrible about yourself, use logic as a natural depression treatment. You may feel like no one likes you, but is there real evidence of that? You might feel like the most worthless person on the planet, but is that really likely?
8. **Check with your doctor before using supplements** - Always check with your doctor before starting any supplement, especially if you're already taking medications.
9. **Do something new** - When you're depressed, you're in a rut. Push yourself to do something different. Go to a museum. Pick up a used book and read it on a park bench. Volunteer at a soup kitchen.
10. **Try to have fun** - Make time for things you enjoy. Even if nothing seems fun anymore, keep trying.

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, 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. 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!

March 2018

W&R Center **ACTIVITY** Schedule

**Groups Subject to Change

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00	<p style="text-align: center;">HAPPY ST. PATRICKS DAY</p> 			1 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.	2 AM Circle & Short Takes Review ----- <p style="text-align: center;">Lunch</p> ----- PM Circle & Recreational Activity – You Choose
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00	5 AM Circle & Movie ----- <p style="text-align: center;">Lunch</p> ----- Movie Continued or Recreational Activity – You Choose	6 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.	7 AM Circle & Emergency Drill ----- <p style="text-align: center;">Lunch</p> ----- PM Circle & Recreational Activity – You Choose	8 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.	9 AM Circle & Understanding Medicaid w/ Lisa ----- <p style="text-align: center;">Lunch</p> ----- PM Circle & Recreational Activity – You Choose
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00	12 AM Circle & Dual Diagnosis ----- <p style="text-align: center;">Lunch</p> ----- PM Circle & Recreational Activity – You Choose	13 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.	14 AM Circle & Men @ Women's Group ----- <p style="text-align: center;">Lunch</p> ----- PM Circle & Recreational Activity – You Choose	15 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.	16 AM Circle & St Patrick's Day Trivia & History ----- <p style="text-align: center;">Lunch</p> ----- PM Circle & Recreational Activity – You Choose









9:30-11:00 <hr/> 11:00-11:45 11:45-1:00	19 AM Circle & Current Events <hr/> Lunch PM Circle & Recreational Activity – You Choose	20 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.	21 AM Circle & Personal Best Healthlines <hr/> Lunch PM Circle & Recreational Activity – You Choose	22 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.	23 AM Circle & Armchair Travel <hr/> Lunch PM Circle & Recreational Activity – You Choose
9:30-11:00 <hr/> 11:00-11:45 11:45-1:00	26 AM Circle & HIG? Meeting <hr/> Lunch PM Circle & Recreational Activity – You Choose	27 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.	28 AM Circle & Improve Your Self Esteem <hr/> Lunch PM Circle & Recreational Activity – You Choose	29 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.	30 AM Circle & Recognition Day <hr/> Lunch Bowling or Billiards @ White Oaks

COMMUNITY VOLUNTEER SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SCHEDULE	Walk Dogs @ the Animal Shelter 9:30am-11am	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 11:45am-1:15pm				
FOOD BOX DELIVERY ONE MONDAY & FRIDAY PER MONTH	3/5/18 FOOD BOX HOME DELIVERY 9:30am-11am				3/9/18 FOOD BOX HOME DELIVERY 11:45am-1:15pm

March 2018 - 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, March 7 4 Recovery Points!	Shopping at White Oaks 	YMCA – You Choose 
Wednesday, March 14 4 Recovery Points!	Allegany County Library 	Bowling at White Oaks 
Wednesday, March 21 4 Recovery Points!	Shopping at the Fruit Bowl & Bakery 	YMCA – You Choose 
Wednesday, March 28 4 Recovery Points!	Allegany County Library 	Visit the Pet Store 

Wellness & Recovery Center
Morning Snack (9:00am-9:30am)
March 2018

Mon	Tue	Wed	Thu	Fri
			1 NA	2 Cottage Cheese Pineapple
5 Bagel Apple Sauce	6 NA	7 English Muffin Raisins	8 NA	9 Cereal Milk
12 Vanilla Wafers Yogurt	13 NA	14 Oatmeal Milk	15 NA	16 Hard-Boiled Egg Toast
19 Waffle Peanut Butter	20 NA	21 Biscuit Banana	22 NA	23 Cinnamon Toast Juice
26 Raspberries Milk	27 NA	28 French Toast Milk	29 NA	30 Pancake Tropical Fruit Salad

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 2018

Mon	Tue	Wed	Thur	Fri
			1 Hoagie Baby Carrots Apricots	2 Baked Ziti Salad Mandarin Oranges
5 Cheesy Chicken Corn Chowder Salad Pineapple	6 Bologna and Cheese Sandwich Broccoli Kiwi	7 Chicken Fajita Black Beans Spanish Rice Banana	8 Peanut Butter & Jelly Sandwich Cauliflower Plum	9 Fish Stewed Tomatoes Grapes
12 Hot Turkey Sandwich Green Beans Baked Apples	13 Egg Salad Sandwich Carrots Watermelon	14 Chili Dog Baked Beans Jell-O w/Fruit	15 Buffalo Chicken Sandwich Asian Salad Nectarine	16 Shepherd's Pie Salad Honeydew
19 BBQ Beef Coleslaw Pears	20 Ham Sandwich Cherry Tomatoes Clementine	21 Spaghetti Salad Peaches	22 Roast Beef Wrap Chick Peas Strawberries	23 Cream Chicken Peas Blueberries
26 Chicken w/ Stuffing Spinach Tropical Fruit	27 Ham Salad Sandwich Red Pepper Strips	28 Hamburger Corn Cantaloupe	29 Chicken Salad Sandwich Beets Raisins	30 Country Steak Mashed Potatoes Apple Sauce

URGENT CARE vs ED

When to Visit Urgent Care



Rashes



Tooth Pain



Strains and Sprains



Cuts needing stitches



Sore Throat



Low back pain



Eye redness/irritation



Bites and Stings



Cold and Flu

When to Visit Emergency Dept



Stomach Pain



Allergic Reactions



Eye & Head Injuries



Serious Burns



Stroke



Breathing Difficulty



Chest Pain/Heart Attack



High Fever



Poisoning or drug overdose

WMHS
URGENT
CARE CENTERS

Frostburg Medical Center Frostburg Plaza: 301-689-3229
Hunt Club Medical Clinic Hunt Club Plaza: 304-726-4501

DRIVERS NEEDED



dreamstime.com

From time to time people have out of town appointments, and they need a ride. We are trying to make 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. 105.

Corned Beef and Cabbage

(An Old St. Patty's Day Tradition)

Acquired from: <http://allrecipes.com/recipe/16310/corned-beef-and-cabbage-i/print/?recipeType=Recipe&servings=5&isMetric=false>

Ingredients

- 3 pounds corned beef brisket with spice packet (it should come with the corned beef)
- 10 small red potatoes
- 5 carrots, peeled and cut into 3-inch pieces
- 1 large head cabbage, cut into small wedges

Directions

1. Place corned beef in large pot or Dutch oven and cover with water. Add the spice packet that came with the corned beef. Cover pot and bring to a boil, then reduce to a simmer. Simmer approximately 50 minutes per pound or until tender.
2. Add whole potatoes and carrots, and cook until the vegetables are almost tender. Add cabbage and cook for 15 more minutes. Remove meat and let rest 15 minutes.
3. Place vegetables in a bowl and cover. Add as much broth (cooking liquid reserved in the Dutch oven or large pot) as you want. Slice meat across the grain.

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.



February Trivia Answers

1) What is February's birthstone?

c. Amethyst

2) Which famous person(s) was born in February?

c. Garth Brooks

3) What sporting event is February known for in the United States?

c. Super bowl

4) What are the February Zodiac signs?

a. Aquarius and Pisces

5) Who is known for the saying "winners never quit and quitters never win?"

c. Vince Lombardi

March Trivia

1. What day in March does St. Patrick's Day fall on?
 - a. 14th
 - b. 31st
 - c. 7th
 - d. 17th
2. What plant is associated with St. Patrick's Day?
 - a. rose
 - b. clover
 - c. carnation
 - d. orchid
3. What metal is often found at "the end of the rainbow?"
 - a. silver
 - b. bronze
 - c. gold
 - d. platinum
4. What color is often associated with St. Patrick's Day?
 - a. red
 - b. blue
 - c. gold
 - d. green
5. Which of the following cities is not in Ireland?
 - a. Limerick
 - b. Dublin
 - c. Boise
 - d. Cork

February Word Scramble Answers

1. HOT CHOCOLATE

2. SNOWMAN

3. COLD

4. JACKET

5. HOLIDAY

6. SNOWFLAKE

7. CANDY

8. HEARTS

9. PROPOSAL

10. AMETHYST

11. VIOLET

March Word Scramble

ecvolr

kocamrsh

nedrila

lmeader

cmhra

dglo

uacnhpelr

March Word Search

<http://www.mogenk.com/free-printable-kids-activities/activity-free-printable-kids-activities-st-patrick-s-day-word-find-2/>

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



RAINBOW ST PATRICK IRELAND
GREEN POT GOLD JIG LUCKY

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.125*

Summary of Complaints March 2018

1/31/18: A complaint was submitted by a person residing in Community Residential and noted: 1) RRS staff have not helped him/her to move back to his/her own apartment, 2) not agreeing with being required to remain in RRS per Conditional Release, and 3) situation being unfair and having to wait for Community Forensic Aftercare Program (CFAP) to grant permission to move. The team leader met and reviewed with the person what has been done to date with providing supports to achieve his/her long term goal of moving out of RRS. The team leader sent a register letter to the CFAP so that confirmation of the person's request is received and a certified receipt was provided to the person. The team leader also reviewed that it's ultimately CFAP's decision and that Archway has no control over the matter. The person acknowledged understanding this and agreed to consider this complaint resolved as he/she waits CFAP's decision.

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.