

Archway Station Short Takes March 2020

**Check out Short Takes on the web @ <http://archwaystation.net>
choose “Resources I 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:

Transit Info.

Getting Ahead Class

Affordable Housing
Options

Inside this Issue:

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Recovery Center
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Games & Puzzles

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March is Woman’s History Month

<https://www.womenshistory.org/womens-history/womens-history-month>

Every year March is designated Women’s History Month by Presidential proclamation. The month is set aside to honor women’s contributions in American history.

Did You Know? Women’s History Month started as Women’s History Week!

Women’s History Month began as a local celebration in Santa Rosa, California. The Education Task Force of the Sonoma County (California) Commission on the Status of Women planned and executed a “Women’s History Week” celebration in 1978. The organizers selected the week of March 8 to correspond with International Women’s Day. The movement spread across the country as other communities initiated their own Women’s History Week celebrations the following year.

In 1980, a consortium of women’s groups and historians—led by the National Women’s History Project (now the National Women’s History Alliance)—successfully lobbied for national recognition. In February 1980, President Jimmy Carter issued the first Presidential Proclamation declaring the Week of March 8th, 1980 as “National Women’s History Week”.

Subsequent Presidents continued to proclaim a National Women’s History Week in March until 1987 when Congress passed Public Law 100-9, designating March as “Women’s History Month.” Between 1988 and 1994, Congress passed additional resolutions requesting and authorizing the President to proclaim March of each year as Women’s History Month. Since 1995, each president has issued an annual proclamations designating the month of March as “Women’s History Month.”

The National Women’s History Alliance selects and publishes the yearly theme. The 2020 Women’s History Month theme is “Valiant Women of the Vote.” The theme honors “the brave women who fought to win suffrage rights for women, and for the women who continue to fight for the voting rights of others.”

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, 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 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!

March 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	3/9/20 FOOD BOX HOME DELIVERY IF NEEDED 11:45am-1:15pm				3/6/20 FOOD BOX HOME DELIVERY 11:45am-1:15pm

March 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, 4th 4 Recovery Points!	Allegany County Library 	Shopping at Braddock Square 
Wednesday, 11th 4 Recovery Points!	N/A MONTHLY PROGRESS REVIEW	
Wednesday, 18th 4 Recovery Points!	Allegany County Library 	YMCA – You Choose 
Wednesday, 25th 4 Recovery Points!	Shopping at the LaVale Plaza 	Bowling @ White Oak Lanes 
!		

Wellness & Recovery Center Lunch March 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
2 Chicken Thigh Broccoli Peaches	3 Tuna Salad Sandwich Chick Peas Plum	4 Stuffed Pepper Coleslaw Tropical Fruit	5 Buffalo Chicken Sandwich Celery Blackberries	6 Bean Soup Ham Sandwich Grapes
9 Taco Salad Black Beans Banana	10 Turkey Sandwich Asian Salad Apple	11 Chicken Nuggets Cauliflower Fruit	12 Hoagie Baby Carrots Orange	13 Baked Fish Mac & Cheese Beets & Kiwi
16 Hot Chicken Sandwich Green Beans Applesauce	17 Egg Salad Sandwich Cherry Tomatoes Blueberries	18 Ham Cabbage and Potatoes Honeydew	19 Beef Bologna Sandwich Broccoli Spears Cranberries	20 Hot dog Baked Beans Cantaloupe
23 Cheeseburger Steak Fries Clementine	24 Turkey Wrap 3 bean Salad Raspberries	25 Teriyaki Chicken Mixed Veggies Pears	26 Roast beef Sandwich Red Pepper Strips Strawberries	27 Baked Ham Peas Pineapple
30 Pork Chop Roasted Potatoes Peaches	31 Krab Salad Celery Sticks Kiwi			

Wellness & Recovery Center

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

March 2020

The USDA, MSDE and Archway Station are equal opportunity providers

Mon	Tue	Wed	Thu	Fri
2 Waffles Applesauce	3 N/A	4 Cereal Milk	5 N/A	6 Celery Peanut Butter
9 Cottage Cheese Peaches	10 N/A	11 Wheat Crackers String Cheese	12 N/A	13 Pancake Milk
16 Yogurt Strawberries	17 N/A	18 Graham Crackers Peanut Butter	19 N/A	20 Cinnamon Toast Pineapple
23 Pretzels Banana	24 N/A	25 Oatmeal Milk	26 N/A	27 Hard Boiled Egg Toast
30 Orange Juice Pancake	31 N/A			



SHPMANAGEMENTCORP
BUILDING STRONG, SUSTAINABLE COMMUNITIES FOR RESIDENTS AND OWNERS



- * 24-hour emergency maintenance
- * Professional onsite management
- * Ample on-site parking
- * On-site laundry facility
- * Private balcony
- * Energy efficient appliances and high efficiency lighting fixtures
- * Custom cabinetry and ample closet space
- * All utilities included
- * Individually controlled heat and air conditioning
- * Studio and one-bedroom

Amenities

How do you apply?

Income restrictions apply and are discussed during your site visit. Rents are based on 30% of your monthly income with no hidden fees.

How do you qualify?

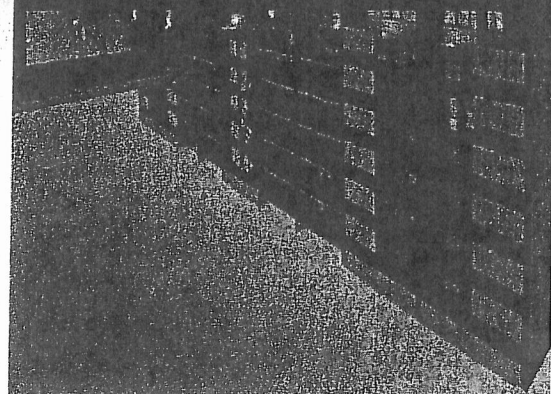
Affordable Housing—Now Accepting Applications!

Mountainview Tower

220 Somerville Avenue
Cumberland, MD 21502

Phone: 301-777-7603
TTY/TDD Users dial 711 or
800-255-0056 (TDD/TTY) or
800-255-0135 (Voice Callers)

Email: mountainview@shpmanagement.com





GETTING AHEAD

In A
Just-Getting-By World Class

Ready to make a change?
Trying and nothing happens?
Think no one cares?

Part 1: 4 Weeks

Day/Time: Thursdays/10:00 – 12:00

Dates: March 5th – April 2nd
(no class March 12th)

Location: TBA

**JOIN
us for**

**Part
1**

Part 1: 4 Weeks

Day/Time: Wednesdays/9:00 – 11:00

Dates: April 8th – 29th

Location: TBA

Transportation & Childcare Available

To register call Pam at (240) 964-8417

SHARE

Your experiences

BUILD

Your resources

CREATE

Your new future

Roasted Brussels Sprouts with Grapes

- Level: Easy
- Total: 45 min
- Active: 45 min
- Yield: 6 to 8 servings



Ingredients

2 pounds Brussels sprouts, trimmed and halved if large

3 tablespoons extra-virgin olive oil

Kosher salt and freshly ground pepper

3 tablespoons unsalted butter

2 cups red seedless grapes

2 teaspoons chopped fresh thyme

1 bunch scallions, cut into 1-inch pieces

2 tablespoons honey

1/4 cup chopped skinned hazelnuts

Directions

1. Put a baking sheet on the middle oven rack and preheat to 450 degrees F. Toss the Brussels sprouts with the olive oil, 1/2 teaspoon salt and a few grinds of pepper in a large bowl. Spread on the hot baking sheet and roast, tossing halfway through, until tender and charred in spots, 20 to 30 minutes.
2. Meanwhile, melt the butter in a large skillet over medium-high heat. Add the grapes and thyme and cook, tossing, until the grapes start to burst, about 4 minutes. Add the scallions and honey. Increase the heat to high and bring to a boil. Reduce the heat to medium low and simmer until the juices thicken and the grapes are glazed, 1 to 2 minutes. Season with salt and pepper. Transfer the Brussels sprouts to a serving dish; spoon the grapes over the top and sprinkle with the hazelnuts.

February Trivia Answers

1. Which US state entered into the union on the 14th of February 1912?

- a. Hawaii
- b. Alaska
- c. Washington
- d. Arizona**

2. In February of 1959, whose plane crashed?

- a. Glenn Miller
- b. Carole Lombardi
- c. Buddy Holly**
- d. Rocky Marciano

3. Which famous celebrity succumbed to anorexia on the fourth of February 1983?

- a. Karen Carpenter**
- b. Isabelle Caro
- c. Renee Vivien
- d. Lena Zavaroni

4. Which band was featured on the Ed Sullivan show on the ninth of February, 1964?

- a. The Beatles**
- b. Elvis Presley
- c. The Rolling Stones
- d. The Who

5. Who won the first Medal of Honor for their actions on the thirteenth of February, 1861?

- a. Peyton March
- b. William Sherman
- c. Colonel J. D. Irwin**
- d. Tasker Bliss

March Trivia

- 1) In the original Roman calendar, which month was March?
 - a) First
 - b) Second
 - c) Third
 - d) Fourth
- 2) Which Roman God is March named after?
 - a) Mars
 - b) Neptune
 - c) Cupid
 - d) Saturn
- 3) What is the most commonly considered flower for March?
 - a) Daffodil
 - b) Pansy
 - c) Orchid
 - d) Crocus
- 4) March has more than one birthstone, True or False?
 - a) True
 - b) False
- 5) Which of these occurs in March: a solstice or equinox?
 - a) Solstice
 - b) Equinox

February Word Scramble

ANSWERS

nadyc

candy

rsadc

cards

porlws ebu

super bowl

piudc

cupid

uyrarebf

february

rtienw

winter

swno

snow

rdogoghnu

groundhog

inneealtv

valentine

hoskayctblri

black history

March Word Scramble

Instructions: Unscramble the letters to find the answers.

erksal

gacim

adrjon

ttgolbetrosre

kobcls

tissas

hcaco

wsih

ndessam

ckip

ttiumoe



St. Patrick's Day Word Search



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



CLOVER
COINS
CORNED BEEF
TRADITION
GREEN

IRELAND
IRISH
LEPRECHAUN
LUCK
MARCH

PARADE
PATRICK
POT OF GOLD
RAINBOW
SHAMROCK



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.