

Archway Station Short Takes April 2017

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

Archway Station
Wellness &
Recovery Center
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21502
301-724-2582
Ext. 103
Website-<http://archwaystation-inc.org>

Special Points of Interest:

Favorite Worker
Selected

Annual Satisfaction
Survey

Inside this Issue:

Wellness &
Recovery Center
Information

Games & Puzzles

Complaint
Procedure

April Is Autism Awareness Month

www.washingtonautismadvocacy.org

What is Autism?

Autism Spectrum Disorder (ASD) is a complex neurological disorder that typically appears in the first three years of life. Though every case is unique, ASD typically impacts the ability of a person to socially interact with others, and can (though not always) bring with it a variety of learning difficulties.

Like many other neurological disorders, cases of ASD vary widely in severity. Some people with ASD develop significant language and communication difficulties before the age of three. Others do not have these challenges but still experience significant problems with social skills and nonverbal communication. The scope and severity of these symptoms can change over time, with an individual experiencing leaps of progress or serious regression at different stages of his or her development.

Signs & Symptoms of Autism in Children

The following “red flags” may indicate a child is at risk for an autism spectrum disorder. If your child exhibits any of the following, please don’t delay in asking your pediatrician or family doctor for an evaluation:

- No big smiles or other warm, joyful expressions by six months or thereafter
- No back-and-forth sharing of sounds, smiles or other facial expressions by nine months
- No babbling by 12 months
- No back-and-forth gestures such as pointing, showing, reaching or waving by 12 months
- No words by 16 months

Why is it called the “Autism spectrum?”

Many with ASD’s have exceptional visual and memorization skills, excel in music, technology and academics. About 46 percent have average to above average intellectual abilities. Many persons on the spectrum take deserved pride in their unique abilities and “atypical” ways of learning. Others with autism have significant disability and are unable to live independently. About 25 percent of individuals with ASD are nonverbal or have very limited verbal language proficiency but can learn to communicate using augmentative communication.

Is ASD treatable? How do these treatments help?

ASD is a highly treatable medical condition. Treatments recommended by the national standards often significantly improve communication, social behaviors, self-regulation and independence. For someone with ASD, getting the right help can mean the difference between being a productive member of society or being forced to rely on family members and social services for extensive support. For a range of evidence based treatment options, visit a medical professional with expertise in evidence based treatment of autism for evaluation and treatment.

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, April, 28th 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!

April 2017

W&R Center ACTIVITY Schedule

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|--|
| 9:30-11:00 <hr/> 11:00-11:45 <hr/> 11:45-1:00 | 3 AM Circle & Short Takes Review <hr/> Lunch <hr/> PM Circle & Name that Tune | 4 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. | 5 AM Circle & Men/Women's Group <hr/> Lunch <hr/> PM Circle & Recreational Activity – You Choose | 6 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. | 7 AM Circle & Armchair Travel <hr/> Lunch <hr/> PM Circle & Strength Training w/ Hand Weights |
| 9:30-11:00 <hr/> 11:00-11:45 <hr/> 11:45-1:00 | 10 AM Circle & Movie <hr/> Lunch <hr/> Movie | 11 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. | 12 AM Circle & Let's Celebrate Diversity Month <hr/> Lunch <hr/> PM Circle & Karaoke | 13 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. | 14 AM Circle & STI (Sexually Transmitted Infection) w/ Lisa <hr/> Lunch <hr/> PM Circle & Recreational Activity – You Choose |
| 9:30-11:00 <hr/> 11:00-11:45 <hr/> 11:45-1:00 | 17 AM Circle & HIG? Meeting <hr/> Lunch <hr/> PM Circle & Bingo—win some prizes | 18 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. | 19 AM Circle & Understanding Depression <hr/> Lunch <hr/> PM Circle & Recreational Activity –You Choose | 20 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. | 21 AM Circle & Earth Day Trivia <hr/> Lunch <hr/> PM Circle & Earth Day Craft |











| | | | | | |
|--------------------|---|--|--|---|--------------------------------|
| 9:30-11:00 | 24 AM Circle & Current Events | 25 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. | 26 AM Circle & Personal Best Healthlines | 27 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. | 28 AM Circle & Recognition Day |
| 11:00-11:45 | Lunch | | Lunch | | Lunch |
| 11:45-1:00 | PM Circle & Recreational Activity –You Choose | | PM Circle & Make a Healthy Snack | | Fun @ Constitution Park |

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 | 4/3/17 FOOD BOX HOME DELIVERY 9:30am-11am | | | | 4/7/17 FOOD BOX HOME DELIVERY 11:45am-1:15pm |

April 2017 - 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, April 5 5 Recovery Points!  | Shopping at Braddock Square  | Take a Walk on the Canal  |
| Wednesday, April 12 5 Recovery Points!  | Allegany County Library  | Fun @ Constitution Park  |
| Wednesday, April 19 5 Recovery Points!  | Let's Go Fishing  | Bowling at White Oaks  |
| Wednesday, April 26 5 Recovery Points!  | Allegany County Library  | Visit D.Q or Page's  |

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)

April 2017

| Mon | Tue | Wed | Thur | Fri |
|--|---|---|---|--|
| 3 Eggs Sausage Hash Browns Fruit Cocktail | 4 Bologna & Cheese Sandwich Red Pepper Strips Raspberries | 5 Hamburgers Baked Beans Watermelon | 6 Peanut Butter & Jelly Sandwich Broccoli Banana | 7 Tomato Soup Ham Sandwich Tropical Fruit |
| 10 Sloppy Joe Tater Tots Applesauce | 11 Roast Beef Wrap Broccoli Peaches | 12 Filipino Chicken Adobo Snow Peas Filipino Fruit Salad | 13 Turkey Salad Sandwich Cherry Tomatoes Grapes | 14 Smoked Sausage Peppers & Onions Strawberries |
| 17 Hamburger Gravy over Biscuit Corn Cantaloupe | 18 Turkey & Cheese Wrap Tomato Salad Raisins | 19 Fish Beets Nectarine | 20 Buffalo Chicken Sandwich Broccoli Cranberries | 21 Chili Cornbread Baked Apples |
| 24 Hot Dog Squash Pears | 25 Chicken Salad Sandwich Broccoli | 26 Bean Soup Ham Sandwich Honeydew | 27 Tuna Salad Chick Peas Blackberries | 28 Meatloaf Mashed Potatoes Apricots |
| | | | | |

Wellness & Recovery Center
Morning Snack (9:00am-9:30am)
April 2017

| Mon | Tue | Wed | Thu | Fri |
|----------------------------------|-----------------------------------|------------------------------|-----------------------------------|---------------------------------|
| 3 Cereal Milk | 4 N/A CLOSED | 5 Cinnamon Toast Juice | 6 N/A CLOSED | 7 Chex Mix Peaches |
| 10 Hard-Boiled Egg Milk | 11 N/A CLOSED | 12 Grapes Cheese Stick | 13 N/A CLOSED | 14 English Muffin Orange |
| 17 Biscuit Applesauce | 18 N/A CLOSED | 19 Oatmeal Milk | 20 N/A CLOSED | 21 Blueberry Muffin Juice |
| 24 Wheat Crackers Milk | 25 N/A CLOSED | 26 Yogurt Strawberries | 27 N/A CLOSED | 28 Banana Peanut Butter |
| | | | | |

Congratulations

Favorite Worker of the Quarter: Stephanie “Eppy” Porter



Here's what was said about Eppy:

- She makes me laugh even when I'm in a bad mood
- She takes time out of her day to help people learn how to do things.

Also nominated was Tonya C.

Congratulations to you both!



ARCHWAY STATION

Annual Satisfaction Survey



Be Sure to Tell Us How We're Doing

We would like to know how you feel about the services you receive so we can make sure we are meeting your needs. Your input will help us improve the services we provide. We value and appreciate your feedback. Tell us what we are doing well and what we can do better.

In April you will be receiving our written satisfaction survey in the mail. Your participation in the survey is voluntary and kept completely confidential. Your responses only will be reviewed & shared for quality improvement purposes.

If you would like assistance with completing the survey, please contact Archway's Compliance Officer at 301-777-3208 x104.

Again, thank you for providing your feedback and giving Archway the opportunity to serve your needs.

Save the Date

Tuesday, April 25, 2017

9:30AM — 1:00 PM

Allegany College of Maryland
Continuing Ed Bldg
12401 Willowbrook Rd
Cumberland MD 21502
Room 12-13-14

Free & Open to the Public

Fair Housing: Resource Toolkit
&
Complimentary Refreshments
Provided

Registration Required
Space is Limited

“Community In Crisis”

City of Cumberland Fair Housing Event

Featuring: Expert Guest Speakers
Dynamic Afternoon Interactive Workshop

TOPICS TO BE DISCUSSED

- Addiction & Mental Health Crisis
- Drug Abatement Response Team Program
 - Bridges to Opportunity

Special Invitation To:

Renters/Homeowners
Rental Housing Management
Persons with Disabilities
Landlords
Veterans
Housing Counseling Agencies
Non-Profits
Realtors

Please Register by April 19th

Contact:

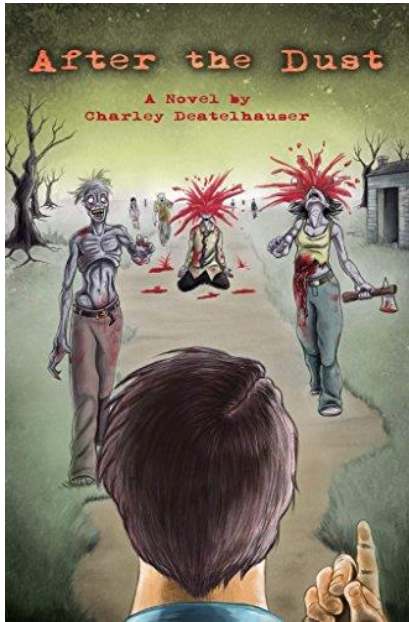
Lee Borrer

301-759-6437 • lee.borrer@cumberlandmd.gov



“After the Dust”

Narration By: Charles Deatelhauser



“It’s a zombie apocalypse where a few have gained special abilities.

The story follows the journey of one particular summer as he struggles to maintain his sanity in an ever-darkening world.

The protagonist embraces his new existence as a leader of fellow, super-power sociopaths.

Through violence; gritty and gruesome, Deatelhauser finds balance while navigating the line between the age old war of good vs. evil”

If you like zombies, super-villains and psychopaths then download “After the Dust” on the Amazon Kindle App, found in the Apple App Store for I-phone Users or check out the Google Play Store to find “After the Dust.”

Charley is currently working on “After the Voice”, book 2 of 3, as a follow-up to “After the Dust.”

Fruit Coulis (Topping)

Ingredients

1 lb. (3 ½ cups) raspberries, fresh or frozen (defrosted)
¾ to 1 cup sugar (added to taste)
1 to 2 Tbsp lemon juice (added to taste)
1 8 pack sponge cake cups

Method

- 1) Place the prepared fruit in a saucepan with ¾ cup sugar & 1 Tbsp of lemon juice.
- 2) Simmer over medium heat until the sugar is dissolved, about 10 minutes.
- 3) Strain the coulis through a fine-mesh strainer.
- 4) Adjust flavor by adding sugar & lemon juice to taste.
- 5) Cool.
- 6) Spoon over individual sponge cake cups.
- 7) Serve.

YEILDS 2 CUPS & SERVING SIZE IS 3 TBSP

***Substitute fresh or frozen strawberries or blueberries for the raspberries.**

***Substitute peeled & pitted mango for the raspberries.**

***To thicken combine 1 Tbsp. water & 2 Tbsp. cornstarch. Bring the topping to a boil & gradually whisk in the thickening. Bring it back to a boil and turn off. Cool.**

MARCH TRIVIA ANSWERS

1. In the year 1900 in the U.S. what were the most popular first names given to boy and girl babies?

- A. William and Elizabeth
- C. John and Mary**

- B. Joseph and Catherine
- D. George and Anne

2. In the Roy Rogers -Dale Evans Museum, you will find Roy and Dales stuffed horses. Roy's horse was named Trigger, which was Dales horse?

- A. Buttermilk**
- C. Scout

- B. Daisy
- D. Tulip

3. Which of the following items was owned by the fewest U.S. homes in 1990?

- A. home computer
- C. cordless phone

- B. compact disk player**
- D. dishwasher

4. During the 1980s for six consecutive years what breed of dog was the most popular in the U.S.?

- A. Cocker spaniel**
- C. Labrador retriever

- B. German shepherd
- D. Poodle

5. In 1985, five percent of U.S. households had telephone answering machines. By 1990 what percentage of homes had answering machines?

- A. 10 percent
- C. 31 percent**

- B. 15 percent
- D. 51 percent

6. Which of these characters turned 40 years old in 1990?

- A. Charlie Brown**
- C. Mickey Mouse

- B. Bugs Bunny
- D. Fred Flintstone

7. Before becoming George Bush's Secretary of Defense, what was Dick Cheney's position?

- A. congressman from Wyoming**
- C. secretary of defense under Ronald Reagan

- B. governor of New Hampshire

8. What year was it that the Census Bureau first reported that a majority of new mothers were remaining in the new job market?

- A. 1968

- B. 1978

- C. 1988**

9. Florence Nightingale became known as "the Lady With the Lamp" during which war?

- A. American Civil War

- B. Crimean War**

- C. World War I

10. In J. Edgar Hoover, what did the J stand for?

- A. James

- B. John**

- C. Joseph

April Trivia

- 1) The birthstone of April is?
 - a) ruby
 - b) amethyst
 - c) diamond
 - d) emerald

- 2) This man broke Babe Ruth's home run record on April 8, 1974?
 - a) Glenn Abbott
 - b) Henry Aaron
 - c) Larry Demery
 - d) Ray Busse

- 3) Abraham Lincoln was assassinated by John Wilkes Booth on this date
 - a) April 14, 1865
 - b) April 21, 1864
 - c) April 14, 1863
 - d) April 7, 1865

- 4) The original name of April Fool's Day was called?
 - a) April Dunce
 - b) April Idiot
 - c) April Monkey
 - d) April Fish

- 5) The ocean liner that sank on April 15, 1912?
 - a) USS Maine
 - b) Britannica
 - c) Titanic
 - d) USS Charlotte

St. Patrick's Day Word Scramble Answers

<http://www.abcteach.com>

1. LUCK

2. GREEN

3. IRISH

4. GOLD

5. MARCH

6. RAINBOW

7. SHAMROCK

8. PINCH

9. PATRICK

10. SNAKES

Easter Word Scramble

Instructions: Unscramble the letters to find the Easter words from the list below.

cdyan

ckaqu

pltui

asetre

thun

lbam

srags

stbeka

fimyla

bunyn

cdldyu

drpaae

eltpas

crloo

Easter Word Search

Find the hidden words pertaining to Easter.

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

BASKET
BONNET
BUNNY
CANDY
CHICKS
CHOCOLATE
CHRISTIAN
DINNER
EASTER
EASTERLILY
EASTRE
EGGS
EQUINOX
FERTILITY
GODDESS
GOODFRIDAY
GRASS
HUNT
LAMB
LENT
MARSHMALLOW
PALMSUNDAY
RESURRECTION
SPRING
VERNAL

All About Puzzles

puzzles.about.com

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 April 2017

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)

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.

(use another page if necessary)

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.