

ATTENTION

THE W&R CENTER IS
CLOSED UNTIL
FURTHER NOTICE

Archway Station Short Takes APRIL 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:

Recognition Day

Earth Day Ideas

Getting Ahead Class

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Recovery Center
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National Pet Month

Pet Potential for Health and Wellness

Humans are the complete social being. Like many animals, humans live in our own packs and strive to form a connection with other living things.

In 10,000 B.C., dogs, thought to be the first domesticated animal, were found buried cradled in the arms of their owners. In 7,500 B.C., the first evidence of domesticated cats were found in Egyptian burials.

"Pets continue to be an optional part of our modern lives. Research shows that our desire to connect with our pets can be a valuable asset for those struggling with physical and emotional pain; mental illnesses, such as depression and anxiety; and environmental factors, such as loneliness," says Jennifer Wickham, licensed professional counselor at Mayo Clinic Health System.

The potential benefits of pet ownership and pet therapy were first explored in research in the 1980s. This research found that the companionship of pets may be important in fostering positive mental health and well-being in people.

In July 2011, the American Psychological Association reported on a study that found pets serve as an important social and emotional support for "everyday people" and for those with "significant health challenges." This study examined the outcomes of those individuals who owned a pet and those who did not. The results show that "pet owners fared better in terms of well-being outcomes."

"Though not a replacement for social interaction with people, pets do provide social support and stress reduction," adds Wickham. "We know, through medical research, that increased levels of the stress hormone cortisol slows immune response to injury sites. When this occurs, the healing process can be delayed causing increased recovery times. Developing strategies for reducing stress in everyday life and in health crisis situations has been a recent focus for all."

Many hospitals and clinics now have policies allowing pets to be present to provide emotional support and companionship to ease the stress of illness and pain.

"So, if you own a pet, take good care of them, because they take care of you. Their unconditional love for us bestows many wellness benefits," says Wickham.

Adapted from: <https://newsnetwork.mayoclinic.org/discussion/my-pet-my-wellness/>

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, April 29th, 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!

APRIL 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 ----- 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 & Being a Responsible Pet Owner ----- Lunch ----- Recreational Activity – You Choose
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00	6 AM Circle, Armchair Travel, Rec. Activity & Monthly Progress Review ----- Lunch ----- 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, Movie/Rec. Activity & Monthly Progress Review ----- Lunch ----- Rec. Activity & Monthly 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 ----- Rec. Activity & Monthly Progress Review
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00	13 AM Circle & Emergency Drill ----- Lunch ----- 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 & Personal Best Healthlines ----- Lunch ----- 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 & PTSD ----- Lunch ----- 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 & Heart Health w/ Lisa	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 & Current Events
11:00-11:45	Lunch		Lunch		Lunch
11:45-1:00	Recreational Activity – You Choose		Recreational Activity – You Choose		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 & Recognition Day	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.	
11:00-11:45	Lunch		Lunch		
11:45-1:00	Recreational Activity – You Choose		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	4/13/20 FOOD BOX HOME DELIVERY IF NEEDED 11:45am-1:15pm				4/3/20 FOOD BOX HOME DELIVERY 11:45am-1:15pm

April 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, 1 st 4 Recovery Points!	Allegany County Library 	Shopping at White Oaks 
Wednesday, 8 th	N/A MONTHLY PROGRESS REVIEW	
Wednesday, 15 th 4 Recovery Points!	Allegany County Library 	YMCA – You Choose 
Wednesday, 22 nd 4 Recovery Points!	Let's go Fishing 	Bowling @ White Oak Lanes 
Wednesday, 29 th	N/A RECOGNITION DAY	

Wellness & Recovery Center Lunch April 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 Shrimp Salad Carrots Cantaloupe	2 Turkey Sandwich Asian Salad Strawberries	3 Chili Cornbread Blueberries
6 Hot Turkey Sandwich Mashed Potatoes Apple Slices	7 Tuna Salad Sandwich Green Peppers Cherries	8 Chicken Teriyaki Baked Beans Pears	9 Hoagie Broccoli Raspberries	10 Fish Sandwich Sweet Potato Fries Applesauce
13 Sausage Sub Peppers and Onions Plum	14 Turkey Wrap Red Pepper Strips Kiwi	15 Meatloaf Butter Beans Orange	16 Ham Sandwich Chick Peas Tropical Fruit	17 Fiesta Chicken Black Beans Watermelon
20 Crab Cake Cole Slaw Pineapple	21 Roast Beef Sandwich Broccoli Clementine	22 Taco Salad Black Beans Peaches	23 BBQ Chicken Sandwich Cherry Tomatoes Blackberries	24 Hot Dog Steak Fries Honeydew
27 Spaghetti Salad Pineapple	28 Turkey Sandwich Cauliflower Banana	29 Salisbury Steak Mashed Potatoes Orange	30 Chicken Salad Sandwich Asian Salad Grapes	

Wellness & Recovery Center

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

April 2020

The USDA, MSDE and Archway Station are equal opportunity providers

Mon	Tue	Wed	Thu	Fri
		1 Strawberries Yogurt	2 N/A	3 Pancake Milk
6 Cheese Stick Grapes	7 N/A	8 Cottage Cheese Peaches	9 N/A	10 Bagel Fruit Cocktail
13 Celery Peanut Butter	14 N/A	15 Sliced Apples String Cheese	16 N/A	17 Chex Mix Raspberries
20 English Muffin Applesauce	21 N/A	22 Cereal Milk	23 N/A	24 Banana Ritz Crackers
27 Waffle Milk	28 N/A	29 Boiled Egg Toast	30 N/A	



April Fool's Cake

Retrieved from <https://www.tasteofhome.com/recipes/april-fools-cake/>

Ingredients

- 1 jar (14 ounces) pizza sauce
- 1/2 pound bulk Italian sausage, cooked and crumbled
- 1 package (8 ounces) sliced pepperoni
- 3 cups biscuit/baking mix
- 3/4 cup whole milk
- 2 large eggs
- 2 tablespoons butter, melted
- 1 teaspoon garlic salt
- 5 to 6 slices mozzarella cheese

Directions

- In a bowl, combine the pizza sauce, sausage and pepperoni; set aside. In another bowl, combine the biscuit mix, milk, eggs, butter and garlic salt. Spread half of the batter on the bottom and up the sides of a greased 10-in. fluted tube pan. Spoon meat mixture over batter; cover with remaining batter.
- Bake at 375° for 35-40 minutes or until browned and a toothpick comes out clean. Invert onto a [baking sheet](#). Arrange cheese over cake. Return to the oven for 5 minutes or until cheese is melted. Using two large metal spatulas, transfer cake to a serving platter; serve immediately.

Nutrition Facts:

1 piece: 497 calories, 33g fat (13g saturated fat), 113mg cholesterol, 1776mg sodium, 33g carbohydrate (5g sugars, 2g fiber), 18g protein.



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



What is Earth Day?

Earth Day is an annual event, celebrated on April 22, on which events are held worldwide to demonstrate support for environmental protection. It was first celebrated in 1970, and is now coordinated globally by the Earth Day Network, and celebrated in more than 192 countries each year.

What Can I do for Earth Day?

Here are some ideas of how you can help protect our Earth, on Earth Day and every day! We offer recycling services at the Wellness and Recovery Center to help do our part to keep our planet clean. You can learn more about Earth Day at earthday.org!

PROTECTING OUR PLANET STARTS WITH YOU 			
BIKE MORE DRIVE LESS 	 reduce REUSE recycle Cut down on what you throw away. Follow the three "R's" to conserve natural resources and landfill space.	choose sustainable  seafood Learn how to make smart seafood choices at www.FishWatch.gov .	Trees provide food and oxygen. They help save energy, clean the air, and help combat climate change.  PLANT A TREE
 EDUCATE When you further your own education, you can help others understand the importance and value of our natural resources.	CONSERVE WATER  The less water you use, the less runoff and wastewater that eventually end up in the ocean.	 -SHOP- WISELY Buy less plastic and bring a reusable shopping bag.	 Don't send chemicals into our waterways. Choose nontoxic chemicals in the home and office.
 Volunteer! Volunteer for cleanups in your community. You can get involved in protecting your watershed too!		 Long-lasting light bulbs - ARE A - BRIGHT IDEA Energy efficient light bulbs reduce greenhouse gas emissions. Also flip the light switch off when you leave the room!	

oceanservice.noaa.gov

March Trivia Answers

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

April Fool's Trivia

- 1) In 1996, on April Fool's Day, what historical treasure did Taco Bell claim they had purchased?
 - a. Liberty Bell
 - b. Empire State Building
 - c. Declaration of Independence
 - d. Statue of Liberty
- 2) According to tradition, what time should all pranks cease?
 - a. Midnight
 - b. Noon
 - c. Sunset
 - d. 3 pm
- 3) Which famous celebrity was shot on April 1st, 1984?
 - a. John Lennon
 - b. Akon
 - c. Sam Cooke
 - d. Marvin Gaye
- 4) One theory states that the origin of April Fool's Day goes back to which biblical figure?
 - a. Moses
 - b. Judas
 - c. Noah
 - d. Cain
- 5) As a prank in 2009, where did Expedia say travelers could go?
 - a. Orion's belt
 - b. The moon
 - c. Pluto
 - d. Mars

March Word Scramble Answers

Erksal

Lakers

Gacim

Magic

Adrjon

Jordan

Ttgolbetrosre

Globetrotters

Kobcls

Blocks

Tissas

Assist

Hcaco

Coach

Wsihs

Swish

Ndessam

Madness

Ckip

Pick

Ttiumoe

Timeout

April Word Scramble

Instructions: Unscramble the letters to find the answers.

Wesrlfo

Nari

Seatre

Kejos

Ftuterbyl

Snshunie

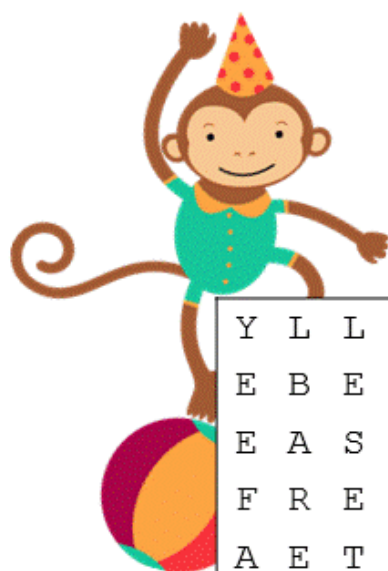
Yaerthda

Brwonai

Lobmo

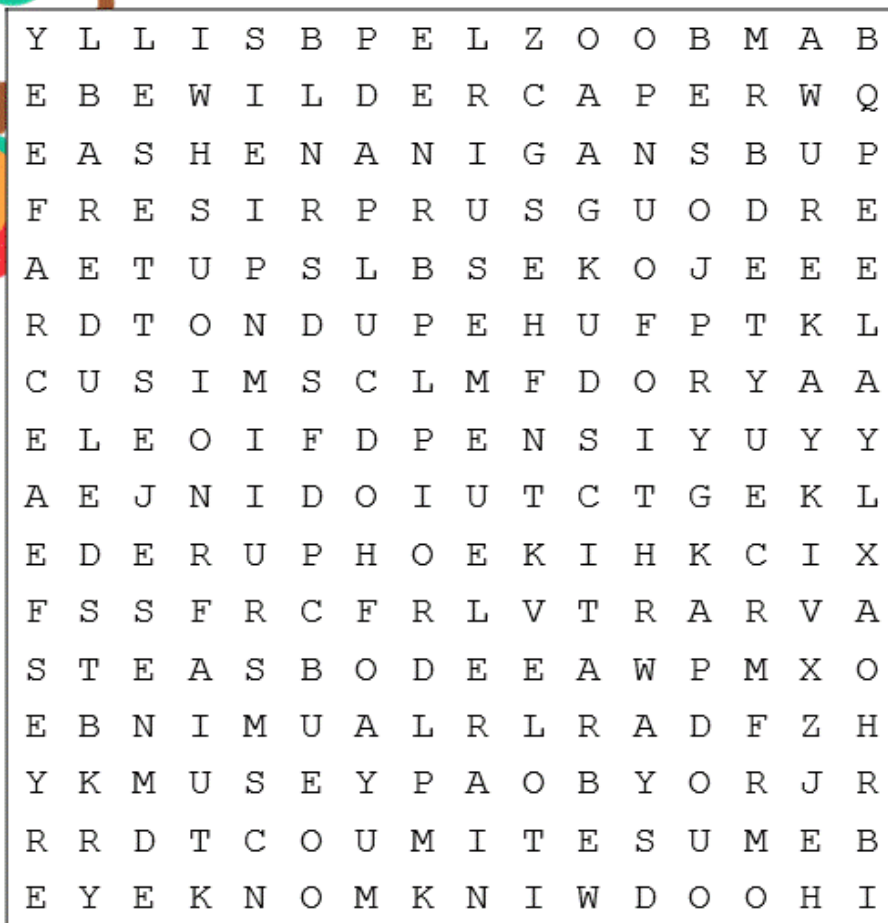
Disay

Bnyun



APRIL FOOL'S Day

APRIL 1st



APRIL
BAMBOOZLE
BEFUDDLE
BEMUSE
BEWILDER
CAPER
DELUDE
DUMBFOUND
DUPE
FARCE

FIRST
HOAX
HOODWINK
JEST
JOKES
LAUGHTER
LEVITY
MALARKEY
MISCHIEF
MONKEY

BUSINESS
PRANK
PREPOSTEROUS
SHENANIGANS
SILLY
SURPRISE
TOMFOOLERY
TRICK
WACKY



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 April 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.