

Archway Station Short Takes June 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:

Annual Picnic

Advisory
Committee
Members Needed

Inside this Issue:

Wellness &
Recovery
Center
Information

Games &
Puzzles

Complaint
Procedures

National PTSD Awareness Day (June 27, 2015)

<http://www.ptsd.va.gov>

About PTSD Awareness

The National Center for PTSD promotes awareness of PTSD and effective treatments throughout the year. Starting in 2010, Congress named June 27th PTSD Awareness Day (S. Res. 455). In 2014, the Senate designated the full month of June for National PTSD Awareness (S. Res. 481).

After a traumatic event, most people have painful memories. For many people, the effects of the event fade over time. But for others, the memories, thoughts and feelings don't go away - even months or years after the event is over. Mental health experts are not sure why some people develop PTSD and others do not. If stress reactions do not improve over time and they disrupt everyday life, it is important to seek help to determine if PTSD is present.

The purpose of PTSD Awareness Month is to encourage everyone to raise public awareness of PTSD and effective treatments.

Raise PTSD Awareness

Dr. Paula P. Schnurr says a greater understanding and awareness of PTSD will help Veterans and others recognize symptoms, seek and obtain needed care.

Commitment to Veterans and Others

VA provides effective treatment for our Nation's Veterans and conducts research on PTSD, including the prevention of stress disorders. It's important that Veterans, their families, and all those who have experienced trauma get care. Be a part of PTSD Awareness Month.

Secretary of Veterans Affairs, Robert A. McDonald, says raising PTSD awareness is essential to overcoming the myth, misinformation and stigma surrounding this mental health problem and encourages everyone to join in raising awareness.

Archway Station, Inc.

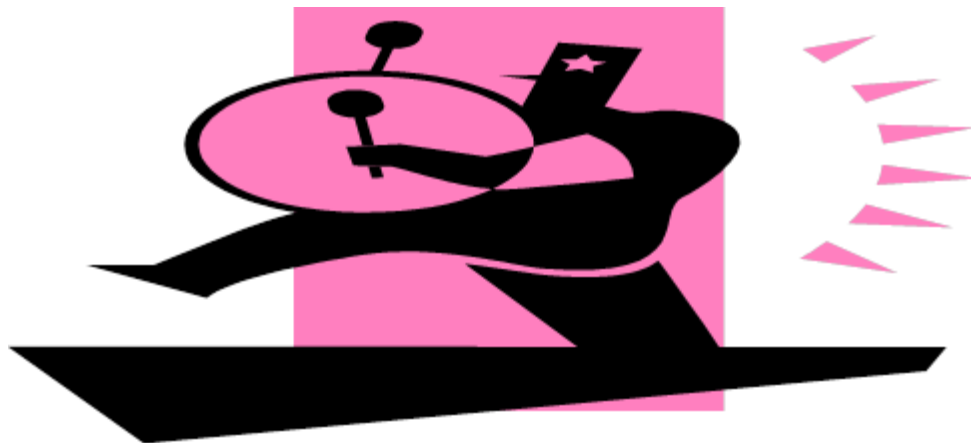
Person-Centered Planning Philosophy

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


On Wednesday, June 29th, we will be celebrating Recognition Day by spending the full day at Rocky Gap State Park. We will leave the Center at 9:30AM. Lunch will be provided. We will return to the Center at 1:00PM. Hope you can join us!



June 2016

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 & Board Games- You Choose	2 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.	3 AM Circle & Money Management ----- Lunch ----- Fun @ Constitution Park
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00	6 AM Circle & Men/ Women's Group ----- Lunch ----- PM Circle & Make a Shirt for the Picnic	7 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.	8 AM Circle & Car Wash ----- Lunch ----- Car Wash	9 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.	10 AM Circle & Armchair Travel ----- Lunch ----- Fun @ AC
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00	13 AM Circle & Positive Affirmations ----- Lunch ----- PM Circle & Name That Tune	14 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.	15 CLOSED FOR AGENCY PICNIC	16 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.	17 AM Circle & Poison Prevention w/ Lisa ----- Lunch ----- Bowling or Billiards












9:30-11:00 11:00-11:45 11:45-1:00	20 AM Circle & HIG? Meeting Lunch PM Circle & Karaoke	21 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.	22 AM Circle & Current Events Lunch PM Circle & Wii, Play Station & Xbox	23 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.	24 AM Circle & A Healthy Home Lunch Go to the Flea Market
9:30-11:00 11:00-11:45 11:45-1:00	27 AM Circle & Personal Best Healthlines Lunch PM Circle & Bingo—win some prizes	28 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.	29 Recognition Day at Rocky Gap 	30 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.	

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	6/6/16 FOOD BOX HOME DELIVERY 9:30am-11am				6/3/16 FOOD BOX HOME DELIVERY 11:45am-1:15pm

June 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, June 1 5 Recovery Points! 	Let's Go Fishing 	Bowling at White Oaks 
Wednesday, June 8 5 Recovery Points! 	Shopping at Alpine Pantry 	Walk on the Canal 
Wednesday, June 15 5 Recovery Points! 	CLOSED FOR AGENCY PICNIC, NEW PICNIC TIME 12P	
Wednesday, June 22 5 Recovery Points! 	Allegany County Library 	Fun @ Constitution Park 
Wednesday, June 29 5 Recovery Points! 	RECOGNITION DAY ALL DAY @ ROCKY GAP	

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

Mon	Tue	Wed	Thu	Fri
		1 Waffle Juice	2 N/A CLOSED	3 Cereal Milk
6 Cinnamon Toast Juice	7 N/A CLOSED	8 Chex Mix Fruit Cocktail	9 N/A CLOSED	10 Peanut Butter Crackers Milk
13 Blueberry Muffin Juice	14 N/A CLOSED	15 CLOSED FOR PICNIC—NEW PICNIC TIME 12PM	16 N/A CLOSED	17 Rice Krispie Treat Milk
20 Yogurt Pretzels	21 N/A CLOSED	22 Oatmeal Milk	23 N/A CLOSED	24 Pop Tart Milk
27 Corn Muffin Milk	28 N/A CLOSED	29 Banana Milk	30 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)

June 2016

Mon	Tue	Wed	Thur	Fri
		1 Shrimp Salad 3 Bean Salad Pineapple	2 Order by 10 am Bologna Sandwich Red Peppers Strips	3 Eggs Sausage Hash Brown Banana
6 Sloppy Joes Tator Tots Applesauce	7 Order by 10am Roast Beef Wrap Broccoli Peaches	8 Bean Soup Ham Sandwich Honey Dew	9 Order by 10am Turkey Sandwich Cherry Tomatoes Grapes	10 Meatball Sub Brussel Sprouts Strawberries
13 Hamburger Gravy Corn Cantaloupe	14 Order by 10am Turkey Cheese Wrap Tomato Salad Raisins	15 CLOSED FOR PICNIC—NEW PICNIC TIME 12PM	16 Order by 10am Buffalo Chicken Sandwich Broccoli Cranberries	17 Chili Cornbread Baked Apples
20 Hot Dog Ranch Potato Salad Pears	21 Order by 10am Chicken Salad Sandwich Chick Peas Fruit Cocktail	22 Tomato Soup Grilled Cheese Tropical Fruit	23 Order by 10am Tuna Salad Cauliflower Blackberries	24 Meatloaf Broccoli Apricots
27 Chicken Thighs Broccoli Plum	28 Order by 10am Peanut Butter & Jelly Sandwich Celery Tropical Fruit Salad	29 Hamburger Baked Beans Watermelon	30 Order by 10am Chicken Wrap Red Peppers Strips Clementine	

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

Mon	Tue	Wed	Thu	Fri
		1 Bagel Applesauce	2 N/A Closed	3 Rice Krispie Treat Juice
6 String Cheese Pretzels	7 N/A Closed	8 Banana Vanilla Wafers	9 N/A Closed	10 Celery Peanut Butter
13 English Muffin Oranges	14 N/A Closed	15 CLOSED FOR PICNIC—NEW PICNIC TIME 12PM	16 N/A Closed	17 Grapes Cheese Stick
20 Biscuit Applesauce	21 N/A Closed	22 Cheese Crackers Milk	23 N/A Closed	24 Oatmeal Cookie Milk
27 Carrots Ranch Dip Milk	28 N/A Closed	29 Yogurt Strawberries	30 N/A Closed	



Your Invitation To:



The Archway Annual Recognition Picnic ...

Theme: Superheroes!
Who is YOUR favorite Superhero?



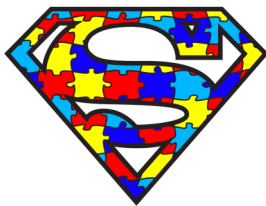
June 15, 2016

NEW TIME

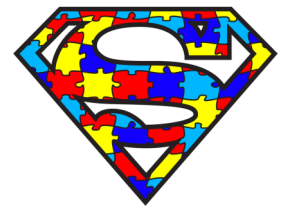
12-3PM



RSVP to Tammy Wolford @ Archway by 6/9/16
(301) 777-1700 X111



LOCATION



Allegany County Fairground Multi-Purpose Building

Directions: Take 220 South (McMullen Highway) thru Bowling Green until you see Shooter's Bar on the left. Turn left onto Moss Avenue. Cross railroad tracks and bear to your right.

~ Look for signs!



ADVISORY COMMITTEE MEMBERS NEEDED!



Archway's Advisory Committee (AC) made up of people who use our services, has openings and we need YOU!! Standard agenda items through the year include:

- Review of complaints received
- Review of surveys
- Health and Safety review and audit
- Strategic Planning
- Financial review
- Hiring review
- Accessibility issues
- HIG action items

The AC meets the week before the regular meetings of the Board of Directors. The next meeting is September 20.

If you are interested, tear out this page, fill in the back, and forward to Joy at the 408 N. Centre Street office. Joy will be in touch if we choose you. We choose a committee that best represents the people we serve.

Yes, I am interested in being a member of the new Advisory Committee. I commit to attending all of the scheduled meetings.

Name: _____

Address: _____

Phone: _____

Email: _____



Please send to Joy at 408 !!

Macaroni and Cheese



Ingredients:

- Butter, for greasing dish
- 12 ounces wide egg noodles
- 2 cups heavy cream
- 2 1/2 cups whole milk
- 2 teaspoons all-purpose flour
- 1/2 teaspoon salt, plus more for pasta water
- 1/4 teaspoon freshly ground black pepper
- 2 cups (packed) grated Fontina
- 3/4 cup (packed) finely grated Parmesan
- 3/4 cup (packed) grated mozzarella
- 4 ounces cooked ham, diced, optional
- 2 tablespoons finely chopped fresh Italian parsley leaves

Directions:

Preheat the oven to 450 degrees F.

Butter a 13 by 9-inch glass baking dish and set aside. Cook the noodles in a large pot of boiling salted water until tender but still firm to bite, stirring frequently, about 5 minutes. Drain well, but do not rinse.

Whisk the cream, milk, flour, 1/2 teaspoon salt, and pepper in large bowl to blend. Stir in 1 cup Fontina, 1/2 cup Parmesan, 1/2 cup mozzarella, ham, if using, and parsley. Add the noodles and toss to coat. Transfer the noodle mixture to the prepared baking dish. Toss the remaining 1 cup Fontina, 1/4 cup Parmesan, and 1/4 cup mozzarella in a small bowl to blend. Sprinkle the cheese mixture over the noodle mixture. Bake until the sauce bubbles and the cheese melts and begins to brown on top, about 20 minutes. Let stand for 10 minutes before serving.

May Trivia Answers

1. How do crickets hear?
 - A. **Through their wings**
 - B. Through their belly
 - C. Through their knees
 - D. Through their tongue
2. What's the best way to stop crying while peeling onions?
 - A. Lick almonds
 - B. **Suck lemons**
 - C. Eat cheese
 - D. Chew gum
3. Which animal only sleeps five minutes per day?
 - A. Chameleon
 - B. Koala
 - C. **Giraffe**
 - D. Beaver
4. What's a frog's favorite color?
 - A. **Blue**
 - B. Orange
 - C. Yellow
 - D. Brown
5. On average a person does what 15 times a day?
 - A. **Laugh**
 - B. Burp
 - C. Blink
 - D. Lick your lips

June Trivia

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
 - B. Joseph and Catherine
 - C. John and Mary
 - D. George and Anne
2. When did the Liberty Bell get its name?
 - A. when it was made, in 1701
 - B. when it rang on July 4, 1776
 - C. in the 19th century, when it became a symbol of the abolition of slavery
 - D. none of the above
3. In the Roy Rogers -Dale Evans Museum, you will find Roy and Dale's stuffed horses. Roy's horse was named Trigger, what was Dale's horse named?
 - A. Buttermilk
 - B. Daisy
 - C. Scout
 - D. Tulip
4. Daniel Boone's museum at the home where he died can best be described how?
 - A. a log cabin in Kentucky
 - B. a two-story clapboard house in Tennessee
 - C. a four-story Georgian-style home in Missouri
 - D. a three story brick house in Arkansas
5. Which of the following items was owned by the fewest U.S. homes in 1990?
 - A. home computer
 - B. compact disk player
 - C. cordless phone
 - D. dishwasher
6. Who holds the record for the most victories in a row on the professional golf tour?
 - A. Jack Nicklaus
 - B. Arnold Palmer
 - C. Byron Nelson
 - D. Ben Hogan

May Picnic Word Scramble Answers

1. MAYLIF

2. ERRUGBS

3. STABEK

4. STAPLE

5. NOELDEAM

6. LIGLR

7. DACHWINS

8. MESGA

9. NSAT

10. STOODRUO

11. SCIPELK

12. GIVESGE

13. REELOWMANT

14. ROCLOE

15. RICASH

16. TOKOCUO

17. SCIPH

1. FAMILY

2. BURGERS

3. BASKET

4. PLATES

5. LEMONADE

6. GRILL

7. SANDWICH

8. GAMES

9. ANTS

10. OUTDOORS

11. PICKLES

12. VEGGIES

13. WATERMELON

14. COOLER

15. CHAIRS

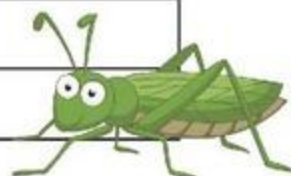
16. COOKOUT

17. CHIPS

Insects Word Scramble

All of the scrambled words below are names of insects you have probably heard about. Can you put the letters in the right order to spell the 19 different insect names correctly?

OUTMQISO	
BTLTEUYFR	
MTHO	
LEEBET	
CCIDAA	
ELYFSRHO	
PAWS	
ITKSC GBU	
AYGPRNI NMATSI	
EBE	
ALFE	
LNFOAYGRD	
AGDBLYU	
PSESHRA GPOR	
EIRETTM	
COOCHRKAC	
NAT	
RIEKCTC	
YLF	



Rainforest Animal Word Search

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

AGOUTI

ANACONDA

BUTTERFLY

CAPYBARA

CHIMPANZEE

GORILLA

JAGUAR

LEOPARD

MONKEY

OCELOT

ORANGUTAN

SLOTH

TAPIR

TIGER

TOUCAN



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 June 2016

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: _____

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: _____

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.