

Archway Station Short Takes June 2017

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

Recognition Day @
Rocky Gap

Protecting Yourself
Tips

Inside this Issue:

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National HIV Testing Month

adapted from: [www.National HIV Testing Day](http://www.NationalHIVTestingDay.org)

HIV is a preventable disease. Effective HIV prevention interventions have been proven to reduce HIV transmission.

People who get tested for HIV and learn that they are infected can make significant behavior changes to improve their health and reduce the risk of transmitting HIV to their sex or drug-using partners. More than 50 percent of new HIV infections occur as a result of the 21 percent of people who have HIV but do not know it.

In the era of increasingly effective treatments for HIV, people are living longer, healthier, and more productive lives. Deaths from HIV infection have greatly declined in the United States since the 1990s. As the number of people living with HIV grows, it is more important than ever to increase awareness of prevention and treatment.

Public perception in the United States about the seriousness of the HIV epidemic has declined in recent years. There is evidence that risky behaviors may be increasing among uninfected people, especially gay and bisexual men. Ongoing HIV prevention interventions for uninfected people who engage in risky behaviors are critical.

Please visit the Allegany County Health Department for free HIV testing. They take walk-ins or appointments, Monday-Friday 8a-11a and 1p-3p. For questions call: 301-759-5138.

Archway Station, Inc.

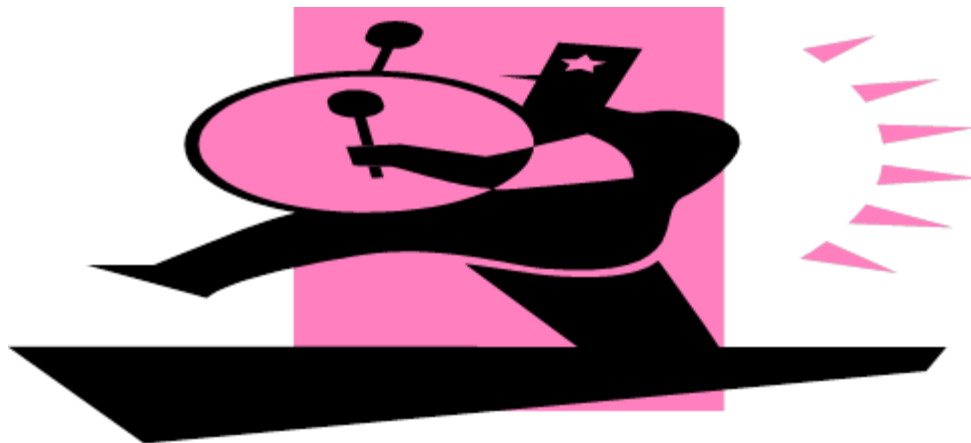
Person-Centered Planning Philosophy

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 Friday, June 30th, 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 2017

W&R Center ACTIVITY Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00				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 ----- Lunch ----- Fun @ Constitution Park
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00	5 AM Circle & Movie ----- Lunch ----- PM Circle & Movie Continued	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 & Car Wash ----- Lunch ----- Car Wash	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 & Make a Shirt for the Picnic ----- Lunch ----- Bowling or Billiards
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00	12 AM Circle & Men/Women's Group ----- Lunch ----- 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 & Armchair Travel ----- Lunch ----- PM Circle & Bingo—win some prizes	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 & Schizophrenia ----- Lunch ----- Fun @ Constitution Park









9:30-11:00 <hr/> 11:00-11:45 11:45-1:00	19 AM Circle & Personal Best Healthlines <hr/> Lunch <hr/> PM Circle & Karaoke	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 CLOSED FOR ANNUAL AGENCY PICNIC @ FAIRGROUNDS 11:30am	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 & Current Events <hr/> Lunch <hr/> Go to the Flea Market
9:30-11:00 <hr/> 11:00-11:45 11:45-1:00	26 AM Circle & HIG? Meeting <hr/> Lunch <hr/> PM Circle & Name that Tune	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 & Stress Reduction Part 2 w/ Lisa <hr/> Lunch <hr/> 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 Recognition Day at Rocky Gap 

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	6/5/17 FOOD BOX HOME DELIVERY 9:30am-11am				6/9/17 FOOD BOX HOME DELIVERY 11:45am-1:15pm

June 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, June 7 5 Recovery Points! 	Let's go Fishing 	Shopping at Fruit Bowl & Bakery 
Wednesday, June 14 5 Recovery Points! 	N/A - due to the Car Wash	N/A - due to the Car Wash
Wednesday, June 21 5 Recovery Points! 	N/A CLOSED FOR ANNUAL AGENCY PICNIC @ FAIRGROUNDS 11:30am	
Wednesday, June 28 5 Recovery Points! 	Take a walk on the Canal 	Bowling at White Oaks 

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 2017

Mon	Tue	Wed	Thur	Fri
			1 Turkey Sandwich Celery Orange	2 Shrimp Salad 3 Bean Salad Pineapple
5 Sloppy Joe Tator Tots Applesauce	6 BBQ Chicken Sandwich Broccoli Peaches	7 Bean Soup Ham Sandwich Honey Dew	8 Roast Beef Wrap Cherry Tomatoes Grapes	9 Meatball Sub Brussel Sprouts Strawberries
12 Hamburger Gravy Over Biscuit Corn Watermelon	13 BBQ Pork Sandwich Cauliflower Raisins	14 Spaghetti Pizza Salad Tropical Fruit	15 Buffalo Chicken Sandwich Tomato Salad Cranberries	16 Chili Cornbread Baked Apples
19 Pork Chops Ranch Potatoes Pears	20 Shredded Chicken Sandwich Chick Peas Fruit Cocktail	21 Closed for the Annual Agency Picnic @ Fairgrounds	22 BBQ Beef Sandwich Broccoli Blackberries	23 Baked Fish Stewed Tomatoes Apricots
26 Chicken Thigh Green Beans Plum	27 Turkey Wrap Carrots Kiwi	28 Egg Sausage Hash Browns Banana	29 Ham Sandwich Watercress Salad Clementine	30 Hamburger Baked Beans Cantaloupe

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

Mon	Tue	Wed	Thu	Fri
			1 NA	2 Hard-Boiled Egg Juice
5 String Cheese Pretzels	6 NA	7 Banana Vanilla Wafers	8 NA	9 Celery Peanut Butter
12 English Muffin Orange	13 NA	14 Cheese Crackers Milk	15 NA	16 Oatmeal Cookie Milk
19 Biscuit Applesauce	20 NA	21 Closed for the Annual Agency Picnic @ Fairgrounds	22 NA	23 Grapes Cheese Stick
26 Carrots Milk	27 NA	28 Yogurt Strawberries	29 NA	30 Oatmeal Milk



You're invited to:



***The Archway Annual
Recognition Picnic***

Theme:



June 21, 2017

Take notice of time!

11:30 a.m.

RSVP to Tammy Wolford @ Archway by 6/16/17
(301) 777-1700 X111 (leave message)



LOCATION

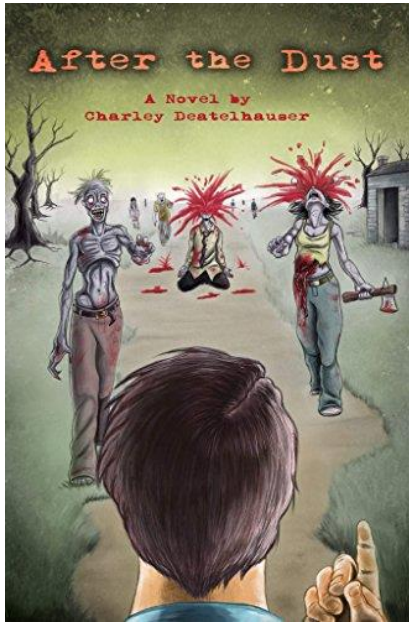


Allegany County Fairground Multi-Purpose Building

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.

“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.”

How to Protect Yourself on City Streets

Street crime is on the increase in most U.S. cities. It is also becoming prevalent in small communities. The following list of "safeguards" will help protect you and may help to save your life.

1. When leaving home, make sure all doors and windows are locked - including the garage door.
2. Watch loiterers and do not carry large amounts of money. If possible travel with another person. This is especially true after dark.
3. When carrying a purse women should have only 3-4 one dollar bills placed inside. Credit cards, currency, driver's license, keys and jewelry should be carried in a coat or sweater pocket or concealed on your person to reduce the opportunity of large losses. If you do carry a purse, don't wrap the strap around your shoulder, neck or wrist. If your purse is grabbed, a strong strap will not yield easily and you may be injured. Some purse snatch victims have been thrown off balance and gotten concussions, broken arms, hips or legs. Don't carry anything with more value then you can afford to lose. Always leave all unnecessary credit cards at home. When you shop and carry a purse, put it in your shopping bag.
4. At night travel only well lighted and well traveled streets.
5. Never hitchhike or accept rides from strangers.
6. Walk on the side of the street nearest to oncoming traffic. If accosted by someone in a car, run in the opposite direction from the way the car is headed.
7. Beware of people who approach asking directions; keep a polite and safe distance.
8. A good suggestion for men is to carry a second wallet containing a few \$1.00 bills and old expired credit cards, which are normally destroyed or discarded. If confronted by knife or at gun point, give the suspect the second wallet and concentrate on a good physical description to help police in making the arrest.
9. Upon returning home, particularly after dark, do not linger at the entrance of your residence. Make a quick check for your mail and newspapers and enter immediately. If you feel something is strange, don't enter but go elsewhere and call police for assistance.
10. If you feel someone is following you, go to the nearest occupied residence or building, and ask for assistance.
11. If you are confronted with dangerous situations cry out for assistance by yelling "FIRE! FIRE" instead of "Help". It will bring faster attention.

How to Protect Yourself on Public Transportation

1. While waiting for a bus or a taxi, stand near others who are also waiting.
2. If the immediate area is deserted or in darkness, stand near an occupied building in a lighted area until transportation arrives.
3. Once on a bus or taxi, be aware of those around you. If someone looks or acts suspicious, notify the driver.
4. If the coach is empty or near empty, sit as far upfront and as close to the driver as possible.
5. If someone begins to bother you, get up and notify the driver immediately.
6. Upon arriving at your stop, beware of those whom get off with you. If you feel you are being followed, go to the nearest occupied building and ask for assistance.
7. After dark, attempt to get off the bus in well lighted streets and reach your final destination.

Elevator Safety

1. Observe elevator interior before entering. Wait until the next elevator if you are uncertain of any occupant.
2. Females riding the elevator alone should always stand near the control panel, and if accosted, press ALL buttons.
3. If suspicious person enters the elevator, exit before the door closes.
4. Before exiting the elevator, observe the corridor for suspicious activity.



State of Maryland
Department of Human Resources

Tel: 301-784-7000
Fax: 301-784-7243
TTY: 301-784-7250



Allegany County Department of Social Services

Richard E. Paulman, Ed.D., Director
One Frederick Street
Cumberland, Md 21502

Housing Resources – Allegany County
January 2016

Public Housing

Allegany County Housing Authority – 301-759-2880, 701 Furnace Street, Cumb, MD

- Grande View Apartments (Elderly or Disabled)
- Willow Valley Apartments (Elderly or Disabled)

Cumberland Housing Authority – 301-724-6606, 635 E. First Street, Cumberland, MD

- Jane Frazier Village
- Fort Cumberland Homes
- Banneker Gardens
- John F. Kennedy Apartments (Elderly & Disabled)
- Queen City Towers (Elderly & Disabled)

Frostburg Housing Authority – 301-689-9700, 101 Meshach Frost Village, Frostburg, MD

- Meshach Frost Village

YMCA Housing Programs – 205 Baltimore Avenue, Cumberland, MD 21502

- Men's Housing Unit: 28 private rooms, shared kitchen/bath
Rent: \$265 per month Call 301-724-5445 Ext 113 to apply
- Family Housing Units: 1 Bedroom Units, Rent: \$385, 2 Bedroom Units, Rent: \$425
Have own bath and kitchenette. Total of 11 units Call 301-724-5445 Ext 102 to apply
- Women's Single Units: 4 private units, shared kitchen/bath
Rent: \$295 per month. Call 301-724-5445 Ext 108 to apply
- Community Supportive Housing Program: 20 slots for housing in the community that are supported thru funds from YMCA. All or portion of rent will be paid for limited time.
Call 301-724-5445 Ext 112 to apply.

HUD/RAP Program (Rent Assistance)

HRDC, 125 Virginia Avenue, Cumberland, MD 21502 Phone 301-783-1880

- Wait List for HUD/Section 8 is closed as of December 12, 2013. No new applications can be added to wait list until further notice from HRDC.
- RAP (Rent Allowance Program) has limited funding. RAP office maintains 3 month wait list, then applicants must reapply.

Applicants for RAP must:

- Be truly homeless or have court ordered eviction notice
- Have a referral from a homeless shelter or Department Social Services
- Have some type of income since RAP grant only pays part of monthly rent

Waldorf Salad



Ingredients

- 1) 1/3 cup dried cherries
- 2) 1 cup boiling water
- 3) 1/4 cup mayonnaise
- 4) 3 tbsp sour cream
- 5) 1 tbsp lemon juice
- 6) 1/2 tsp sugar
- 7) 2 apples, cored, & medium dice
- 8) 2/3 cup celery, sliced very thin
- 9) 2/3 cup grapes, washed & halved

Directions

- 1) Soak cherries in 1 cup boiling water until softened, about 10 minutes.
- 2) Drain.
- 3) Whisk mayonnaise & next 3 ingredients in large bowl.
- 4) Add apples, celery, grapes, & cherries; toss.
- 5) Season with salt & pepper.
- 6) Arrange lettuce on platter.
- 7) Spoon salad over.

*top salad with candied walnuts and/or pecans if desired.

MAY TRIVIA ANSWERS

1) Which is most active this time of year?

- a) hurricanes
- b) tsunamis
- c) **tornadoes**
- d) avalanches

2) What is the transition that spring makes?

- a) fall to winter
- b) summer to winter
- c) **winter to summer**
- d) fall to spring

3) Spring is between what 3 months in a year?

- a) June, July, August
- b) September, October, November
- c) December, January , February
- d) **March, April, May**

4) When does the sun rise in May compared to November?

- a) late morning hours
- b) **early morning hours**
- c) late afternoon hours
- d) early afternoon hours

5) April showers brings May what?

- a) shoes
- b) rocks
- c) eggs
- d) **flowers**

JUNE TRIVIA

1. How many days did June have in the early Roman calendar?
 - a. 30
 - b. 29
 - c. 31
 - d. 28
2. Which month was June in the early Roman calendar?
 - a. sixth
 - b. fourth
 - c. fifth
 - d. third
3. In the old saying what is 'a swarm of bees in June' worth?
 - a. wooden spoon
 - b. golden spoon
 - c. silver spoon
 - d. tin spoon
4. From what musical does the song *June is busting out all over* come?
 - a. My Fair Lady
 - b. Oklahoma
 - c. Carousel
 - d. State Fair
5. Which of these is not one of the three June gems?
 - a. ruby
 - b. alexandrite
 - c. moonstone
 - d. pearl

May/Spring Word Scramble Answers

1. LOFREWS flowers

2. TTUIREEFLSB butterflies

3. GGARNNIED gardening

4. INAR rain

5. IRBDS birds

6. NNUYS sunny

7. GNEER SSARG green grass

8. INSOBR robins

9. BOSINWRA rainbows

10. LEAINCNG PRGNIS Spring Cleaning

June Word Scramble

1. mseumr
2. nicpci
3. iwmgmsni
4. nssinuhe
5. dsibr
6. sbee
7. uooimqtse
8. wnal eromw
9. oth syda
10. yianr syda

Free Printable Word Search Puzzles

Summer

Find and circle all of the summer words that are hidden in the grid.
The remaining letters spell an additional summer item.

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

ANTS
AUGUST
BARBECUE
BASEBALL
BEACH
BEES
BICYCLE
BLUE SKY
BOATING
BREEZE
CAMPING

FISHING
FLIES
FLOWERS
GARDENING
GOLF
GREEN GRASS
HAT
HIKING
HOLIDAYS
HOT
ICE CREAM

JULY
JUNE
MOSQUITOES
NO SCHOOL
PICNIC
ROLLER BLADES
SANDALS
SKATEBOARD
SOCCER
SOLSTICE
SPRINKLERS

SUNBURN
SUNGLASSES
SUNSCREEN
SUNSHINE
SUNTAN
SWEAT
SWIMMING
U V RAYS
WASPS
WATER FIGHTS
WATERMELON

[Did you enjoy this puzzle? Visit:](http://www.puzzles.ca/wordsearch.html) <http://www.puzzles.ca/wordsearch.html>

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 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)

(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.