

Archway Station Short Takes June 2018

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

Archway Station
Wellness &
Recovery Center
121 Memorial
Avenue
Cumberland, MD
21502
301-724-2582
Ext. 118
Website-<http://archwaystation.net>

Special Points of Interest:

Agency Picnic

Advisory
Committee needs
New Members

Getting Ahead
Classes

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Procedure

How to Be Useful and Contribute to Society

Adapted from; <https://www.wikihow.com/Be-Useful-and-Help-Contribute-to-Society>

The feeling of being useless can come from deep psychological mechanisms. Simply being useful may not stop the feeling of being useless. However, not contributing to society may create or increase many negative feelings.

Here are some steps to try:

1. Join a charity and raise money and awareness for a cause.
2. Consider the effects each of your actions will have on others.
3. Feelings are infectious. Smile and be polite to those you meet.
4. Give more than you take.
5. When you tell/share a negative feeling with somebody else, let them share theirs. Try to balance up by sharing something positive as well.
6. When you spot a chance to make a difference, take the chance and do it with a smile.
7. Observe. Sometime you can support a person being subjected to corruption and injustice by showing the victim that you agree with him/her.
8. Give blood. Blood and blood plasma are always in demand.
9. Never discriminate, even if groups are over-represented in statistics, this says nothing about each individual.
10. Protect the weak.
11. Save a life! Register as a stem cell donor to help save people from leukemia.

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 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 and return to the Center at 1:00PM.


Many thanks go out to Clara & Cindy, who will be bringing lunch & dessert (to celebrate birthdays).

Hope you can join us!

June 2018

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 & Why Vote? ----- Lunch ----- PM Circle & Recreational Activity – You Choose
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00	4 AM Circle & Assertiveness ----- Lunch ----- PM Circle & Recreational Activity – You Choose	5 Community Integration—Meet at the Frederick St. bus stop @ 9am to choose a community activity to participate in. Return there @ 12pm and get a packed lunch.	6 AM Circle, Car Wash & Recreational Activity – You Choose ----- Lunch ----- Car Wash & Recreational Activity – You Choose	7 Community Integration—Meet at the Frederick St. bus stop @ 9am to choose a community activity to participate in. Return there @ 12pm and get a packed lunch.	8 AM Circle & Emergency Drill ----- Lunch ----- PM Circle & Recreational Activity – You Choose
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00	11 AM Circle, Monthly Progress Review & Armchair Travel ----- Lunch ----- PM Circle, Progress Review & Recreational Activity – You Choose	12 Community Integration—Meet at the Frederick St. bus stop @ 9am to choose a community activity to participate in. Return there @ 12pm and get a packed lunch.	13 AM Circle, Monthly Progress Review & Summer Safety w/ Lisa ----- Lunch ----- PM Circle, Progress Review & Recreational Activity – You Choose	14 Community Integration—Meet at the Frederick St. bus stop @ 9am to choose a community activity to participate in. Return there @ 12pm and get a packed lunch.	15 AM Circle, Monthly Progress Review & Movie ----- Lunch ----- PM Circle, Progress Review, Movie & Rec. Activity – You Choose



9:30-11:00 <hr/> 11:00-11:45 <hr/> 11:45-1:00	18 AM Circle & Personal Best Healthlines <hr/> Lunch <hr/> PM Circle & Recreational Activity – You Choose	19 Community Integration—Meet at the Frederick St. bus stop @ 9am to choose a community activity to participate in. Return there @ 12pm and get a packed lunch.	20 CLOSED FOR AGENCY PICNIC 11:30am @ FAIRGROUNDS	21 Community Integration—Meet at the Frederick St. bus stop @ 9am to choose a community activity to participate in. Return there @ 12pm and get a packed lunch	22 AM Circle & Men & Women's Group <hr/> Lunch <hr/> PM Circle & Recreational Activity – You Choose
9:30-11:00 <hr/> 11:00-11:45 <hr/> 11:45-1:00	25 AM Circle & HIG? Meeting <hr/> Lunch <hr/> PM Circle & Recreational Activity – You Choose	26 Community Integration—Meet at the Frederick St. bus stop @ 9am to choose a community activity to participate in. Return there @ 12pm and get a packed lunch.	27 AM Circle & Coping Skills <hr/> Lunch <hr/> PM Circle & Recreational Activity – You Choose	28 Community Integration—Meet at the Frederick St. bus stop @ 9am to choose a community activity to participate in. Return there @ 12pm and get a packed lunch.	29 Recognition Day at Rocky Gap 

COMMUNITY VOLUNTEER SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SCHEDULE	Walk Dogs @ the Animal Shelter 9:30am-11am				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	6/4/18 FOOD BOX HOME DELIVERY 9:30am-11am				6/8/18 FOOD BOX HOME DELIVERY 11:45am-1:15pm

June 2018 - 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, June 6 4 Recovery Points!	N/A CAR WASH	
Wednesday, June 13 4 Recovery Points!	N/A MONTHLY PROGRESS REVIEW	
Wednesday, June 20 4 Recovery Points!	N/A AGENCY PICNIC – 11:30AM @ FAIRGROUNDS	
Wednesday, June 27 4 Recovery Points!	Allegany County Library 	Bowling at White Oaks 

Wellness & Recovery Center
Morning Snack (9:00am-9:30am)
June 2018

Mon	Tue	Wed	Thu	Fri
				1 French Toast Milk
4 Cantaloupe Toast	5 NA	6 Bagel Applesauce	7 NA	8 Pancake Juice
11 Cottage Cheese Pineapple	12 NA	13 English Muffin Peaches	14 NA	15 Waffle Pears
18 Oatmeal Milk	19 NA	20 Closed for Agency Picnic 11:30am @ Fairgrounds	21 NA	22 Hard-Boiled Egg Cheese Stick
25 Yogurt Pretzels	26 NA	27 Cereal Milk	28 NA	29 Bananas Vanilla Wafers

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 2018

Mon	Tue	Wed	Thur	Fri
				1 Stuffed Shells Spinach Mandarin Orange
4 Stuffed Steak Mashed Potatoes Honeydew	5 Turkey Wrap Celery Strawberries	6 Fish Quinoa Stewed Tomatoes Tropical Fruit	7 Roast Beef Sandwich Asian Salad Kiwi	8 Pork Chop California Blend Grapes
11 Shrimp Creole Rice Corn on the Cob Pears	12 Cold Meatloaf Sandwich Southwest Salad Raspberries	13 Ham Sandwich Tomato Soup Clementine	14 Bologna Sandwich Chick Peas Banana	15 Beef Pot Pie Baked Apples
18 Taco Salad Southwest Mac and Cheese Plum	19 Buffalo Chicken Sandwich Celery Peaches	20 Closed for Agency Picnic 11:30am @ Fairgrounds	21 Roast Beef Sandwich 3 Bean Salad Blackberries	22 Cream Chicken Over Biscuit Carrots Apricots
25 Chili Cornbread Pineapple	26 Hoagie Broccoli Blueberries	27 Spaghetti and Meatballs Cherries	28 Pulled Chicken Sandwich Corn Salad Raisins	29 Hamburger Baked Beans Watermelon



You're invited to:



***The Archway Annual
Recognition Picnic***

Theme:



June 20, 2018

Take notice of time!

11:30 a.m.



RSVP to Tammy Wolford @ Archway by 6/15/18
(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.

DRIVERS NEEDED



dreamstime.com

From time to time people have out-of-town appointments, and they need a ride. We are trying to make a list of people who would be interested in providing rides for a fee. If you are interested in having your name added to this list, please call Sue at the W&R Center @ 301-724-2582 Ext. 105.

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 5x a year, the week before the regular meetings of the Board of Directors.

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!!



GETTING AHEAD

In a Just-Getting-By-World

FY '19 Class Schedule (20 weeks per class)



Day/Time: Tuesdays/Thursdays, 9:15 – 11:45

Dates: **June 19th – August 23rd, 2018**

June 19, 21, 26, 28, July 3, 5, 10, 12, 17, 19, 24, 26, 31, August 2, 7, 9, 14, 16, 21, 23

Location: Jane Frazier Community Room

Day/Time: Wednesdays, 1:30 – 4:00

Dates: **August 29, 2018 – January 23, 2019**

August 29, September 5, 12, 19, 26, October 3, 10, 17, 24, 31, November 7, 14, 28,
December 5, 12, 19, January 2, 9, 16, 23

Location: Bruce Outreach, 398 Philos Ave., Westernport, MD 21562

Day/Time: Thursdays, 5:00 – 7:30

Dates: **October 4, 2018 – February 14, 2019**

October 4, 11, 18, 25, November 1, 8, 15, 29, December 6, 13, 20, January 3, 10, 17,
24, 31, February 7, 14, 21, 28

Location: Department of Social Services

Day/Time: Tuesdays, 1:00 – 3:30

Dates: **January 2 – May 15, 2019**

January 2, 9, 16, 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27, April 3, 10, 17, 24,
May 1, 8, 15

Location: Union Rescue Mission

To register call Pam at (240) 964-8417

COOL 'N EASY Strawberry Pie

<http://www.kraftrecipes.com/recipes/cool-n-easy-strawberry-pie-53372.aspx>



Ingredients:

2 cups fresh strawberries, divided

2/3 cup boiling water

1 (3oz.) pkg. - Strawberry Flavor JELL-O
ice cubes

1/2 cup cold water

1 (8oz.) tub COOL WHIP LITE Whipped Topping, thawed

1 (6 oz.) ready-to-use reduced-fat graham cracker crumb crust

Directions:

Slice 1 cup strawberries; refrigerate for later use. Chop remaining strawberries; set aside.

Add boiling water to gelatin mix; stir 2 min. until completely dissolved.

Add enough ice to cold water to measure 1 cup. Add to gelatin; stir until slightly thickened. Remove any un-melted ice.

Whisk in COOL WHIP. Stir in chopped strawberries. Refrigerate 20 to 30 min. or until mixture is very thick and will mound. Spoon into crust.

Refrigerate 6 hours or until firm. Top with sliced berries just before serving.

May Trivia Answers

1. Which of these holidays falls in the month of May?
a. Cinco de Mayo
b. Martin Luther King Day
c. Labor Day
d. Father's Day
2. Which of these celebrities **was not** born in May?
a. Dwayne "The Rock" Johnson
b. Adele
c. Roma Downey
d. LL Cool J
3. What is May's birthstone?
a. Ruby
b. Topaz
c. Emerald
d. Garnet
4. What are May's birth flowers?
a. Lily of the Valley and Hawthorn
b. Iris and Chrysanthemum
c. Rose and Buttercup
d. Black-eyed Susan and Daisy
5. 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

June Trivia

1. Which holiday is in the month of June?
 - a. Flag Day
 - b. Fathers' Day
 - c. Paul Bunyan Day
 - d. All of the Above
2. What is the flower for the month of June?
 - a. Lily
 - b. Chrysanthemum
 - c. Rose
 - d. Daisy
3. What food is the National food for the month of June?
 - a. Hotdog
 - b. Pizza
 - c. Candy
 - d. Daisy
4. What is the birthstone for June?
 - a. Garnet
 - b. Ruby
 - c. Emerald
 - d. Pearl
5. How many days did June have in the early Roman calendar?
 - a. 30
 - b. 29
 - c. 31
 - d. 28

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. umsemr _____

2. cnicpi _____

3. siwmmnig _____

4. unssineh _____

5. caainovt _____

6. bsee _____

7. quooimtses _____

8. oosotcku _____

9. tdionaraug _____

10. teocriraen _____

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>

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. 125*

Summary of Complaints June 2018

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.