

Archway Station Short Takes June 2019

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

June is PTSD Awareness Month

Adapted from: <https://www.ptsd.va.gov/>

There are currently about 8 million people in the United States with PTSD.

Even though PTSD treatments work, most people who have PTSD don't get the help they need. June is PTSD Awareness Month. Help us spread the word that effective PTSD treatments are available. Everyone with PTSD—whether they are Veterans or civilian survivors of sexual assault, serious accidents, natural disasters, or other traumatic events—needs to know that treatments really do work and can lead to a better quality of life.

Below is information that may help you or someone you know living with PTSD:

How to Break Out of a PTSD Episode

While PTSD episodes aren't always preventable, there are ways to help you lessen their intensity and reduce their frequency. Forming healthy habits and educating yourself on your symptoms can go a long way toward improving your life.

While you may feel helpless when you're experiencing an episode, there are a few things you can do to help break out of it.

Breathe deeply

When anxiety strikes, we often take quick, shallow breaths, which can exacerbate the symptoms of an intense PTSD episode. Slow, deep breathing can lower your heart rate and reduce feelings of panic, restoring oxygen flow through your body.

Talk yourself down

If you're having a flashback, tell yourself that the sensations you're experiencing aren't real, that they are merely memories of the past. Remind yourself that you're currently safe and in control.

Get moving

Running, jumping, or walking around can break you out of an episode by grounding you in the present moment and interrupting your body's stress response. It can also help by releasing endorphins to improve your state of mind.

Connect with others

Reach out to supportive friends and family members who can listen to your concerns, remind you of what's real, and assure you that you're not alone.

Archway Station
Wellness &
Recovery Center
121 Memorial
Avenue
Cumberland, MD
21502
301-724-2582
Ext. 5118
Website-<http://archwaystation.net>

Special Points of Interest:

Agency Annual
Picnic

Advisory
Committee
Members Needed

Urgent Care vs ED

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Complaint
Procedure

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 first on understanding the person and then helping the person use effective decision making skills to guide their journey of recovery.

RECOGNITION DAY



On Friday, June 28th, 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 approximately 1:00PM.

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

Hope you can join us!

June 2019

W&R Center **ACTIVITY** Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30-11:00 11:00-11:45 11:45-1:00	3 AM Circle & Short Takes Review Lunch PM Circle & Recreational Activity – You Choose	4 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.	5 AM Circle & Armchair Travel Lunch PM Circle & Recreational Activity – You Choose	6 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.	7 AM Circle & Current Events Lunch PM Circle & Recreational Activity – You Choose
9:30-11:00 11:00-11:45 11:45-1:00	10 AM Circle, Movie/Rec. Activity & Monthly Progress Review Lunch PM Circle, Movie/Rec. Activity & Monthly Progress Review	11 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.	12 AM Circle, STI Choices & Changes w/ Lisa & Monthly Progress Review Lunch PM Circle, Rec. Activity – You Choose & Progress Review	13 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.	14 AM Circle, Movie/Rec. Activity & Monthly Progress Review Lunch PM Circle, Movie/Rec. Activity & Monthly Progress Review
9:30-11:00 11:00-11:45 11:45-1:00	17 AM Circle & Men & Women's Group Lunch PM Circle & Recreational Activity – You Choose	18 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.	19 AM Circle & Personal Best Healthlines Lunch PM Circle & Recreational Activity – You Choose	20 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.	21 AM Circle & Emergency Drill Lunch PM Circle & Recreational Activity – You Choose





9:30-11:00	24 AM Circle & HIG? Meeting	25 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.	26	27 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.	28
11:00-11:45	Lunch		CLOSED FOR AGENCY PICNIC		Recognition Day @ Rocky Gap All Day
11:45-1:00	PM Circle & Recreational Activity – You Choose		11:30am @ FAIRGROUNDS		

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	6/3/19 FOOD BOX HOME DELIVERY IF NEEDED 11:45am-1:15pm				6/7/19 FOOD BOX HOME DELIVERY 11:45am-1:15pm

June 2019 - 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, 5th 4 Recovery Points!	Let's Go Fishing 	Shopping at Industrial Blvd. 
Wednesday, 12th 4 Recovery Points!	N/A MONTHLY PROGRESS REVIEW	
Wednesday, 19th 4 Recovery Points!	Allegany County Library 	Constitution Park 
Wednesday, 26nd 4 Recovery Points!	CLOSED FOR AGENCY PICNIC 11:30am @ FAIRGROUNDS	

Wellness & Recovery Center


Lunch M-W-F (11am-11:45am)

T & Th. Packed lunches will be delivered to Frederick St. Bus Stop


@ 12pm if ordered the day before

(All meals served with bread, milk & salad bar on M-W-F)

June 2019

Mon	Tue	Wed	Thur	Fri
3 Taco Salad Black Beans Apricots	4 Ham Sandwich Cauliflower Banana	5 Shrimp Salad Carrots Cantaloupe	6 Turkey Sandwich Asian Salad Strawberries	7 Fiesta Chicken Black Beans Blueberries
10 Hot Turkey Sandwich Sweet Potatoes Baked Apples	11 Tuna Salad Sandwich Green Peppers Cherries	12 Chicken Teriyaki Ranch Potatoes Pears	13 Hoagie Broccoli Raspberries	14 Chili Cornbread Watermelon
17 Sausage Sub Pepper & Onions Plum	18 Turkey Wrap Baby Carrots Kiwi	19 Meatloaf Butter Beans Orange	20 BBQ Chicken Sandwich Chick Peas Blackberries	21 Fish Sandwich Corn Applesauce
24 Crab Cake Coleslaw Pineapple	25 Roast Beef Sandwich Broccoli Clementine	26 ANNUAL PICNIC 	27 Ham Sandwich Cherry Tomatoes Tropical Fruit	28 Chicken Thigh Baked Beans Honeydew

Wellness & Recovery Center
Morning Snack M-W-F (9:00am-9:30am)
June 2019

Mon	Tue	Wed	Thu	Fri
3 Boiled Egg Toast	4 NA	5 Yogurt Strawberries	6 NA	7 Pancake Milk
10 Cheese Stick Grapes	11 NA	12 Cottage Cheese Peaches	13 NA	14 Bagel Fruit Cocktail
17 Celery Peanut Butter	18 NA	19 Sliced Apples String Cheese	20 NA	21 Chex Mix Raspberries
24 English Muffin Apple Juice	25 NA	26 ANNUAL PICNIC 	27 NA	28 Cereal Milk

Congratulations

**Favorite Worker of the Quarter:
Claudia Wade**

Picture Unavailable

Congratulations, Claudia!

**Here's some of the great things that were said
about Claudia:**

"Every day I see her is a good day."

"She's not just my HSW, she's my friend."

"She's always there for us."

"She's real and true and stays overtime to help us."

"She is a pleasure to be around."

**"She always makes time to listen and will go out of her
way to make sure we're good."**

Also Nominated:

Sarina Smith, Rebecca Pryor, and Joe Bittinger



You're invited to:



The Archway Annual Recognition Picnic ...

Theme:  'Stache Bash

June 26, 2019 @ 11:30 a.m.

Take notice of time!



RSVP to Tammy Wolford @ Archway by 6/21/19



(301) 777-1700 Extension 2111 (leave message)

LOCATION OF PICNIC

Allegany County Fairground Multi-Purpose Bldg

Directions: Take 2205 (McMullen Highway) thru Bowling Green until you see Shooter's Bar on the left. Turn left onto Moss Ave. Cross railroad tracks and bear to your right.

So much fun! Don't miss this event!

New this year!

Wear your best mustache or get one from us!



Raffles: Stop by the First Aid Table to enter a raffle for a chance to win a \$100 gift card, a \$50 gift card, or a \$25 gift card

(must be present to win)

and

A Bounce House Ice Cream Cones

ADVISORY COMMITTEE MEMBERS NEEDED!



Archway's Advisory Board Committee (ABC) 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 ABC meets 5x a year, the opposite month (February, April, August, October, and December) of regular meetings of the Board of Directors.

If you are interested, tear out this page, fill in the back, and forward to Jeannie at the 45 Queen Street office. Jeannie 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 Archway's Advisory Board Committee. I commit to attending all of the scheduled meetings.

Name: _____

Address: _____

Phone: _____

Email: _____



Please send to Jeannie at 45 Queen!!

Alfredo Chicken Bake

<https://tasty.co/recipe/alfredo-chicken-bake>



***Makes 4 Servings**

Ingredients:

- 3 chicken breasts
- salt (to taste)
- pepper (to taste)
- 24 oz. alfredo sauce (or more, to preference)
- 1 lb. broccoli, chopped
- 1 cup parmesan cheese

Preparation

1. Preheat oven to 400°F (200°C).
2. Spread a layer of Alfredo sauce on the baking dish. Place chicken breast over sauce. Season chicken with salt and pepper, to taste.
3. Spread broccoli over chicken.
4. Pour remaining Alfredo over chicken and broccoli.
5. Top with Parmesan cheese.
6. Bake for 40 minutes.
7. Enjoy!

URGENT CARE vs ED

When to Visit Urgent Care



Rashes



Tooth Pain



Strains and Sprains



Cuts needing stitches



Sore Throat



Low back pain



Eye redness/irritation



Bites and Stings



Cold and Flu

When to Visit Emergency Dept



Stomach Pain



Allergic Reactions



Eye & Head Injuries



Serious Burns



Stroke



Breathing Difficulty



Chest Pain/Heart Attack



High Fever



Poisoning or drug overdose

WMHS
URGENT
CARE CENTERS

Frostburg Medical Center Frostburg Plaza: 301-689-3229
Hunt Club Medical Clinic Hunt Club Plaza: 304-726-4501

May Trivia Answers

1) The original genie lamp from which show/film fetched almost \$40,000 at auction in May 2017?

- a. The Thief of Baghdad
- b. The 7th Voyage of Sinbad
- c. I Dream of Jeannie
- d. Aladdin

2) Which TV host was investigated by the FCC over a sexually explicit joke he told about Donald Trump and Vladimir Putin?

- a. James Corden
- b. Stephen Colbert
- c. Trevor Noah
- d. Jimmy Fallon

3) American musician Chris Cornell committed suicide by hanging himself on May 17th, 2017. Chris was best known as the lead vocalist of which band?

- a. Sound Garden
- b. Foo Fighters
- c. Pearl Jam
- d. Alice in Chains

4) The grandson of which reggae legend signed a professional contract with the NFL's Washington Redskins?

- a. Bob Marley
- b. Peter Tosh
- c. Bunny Wailer
- d. Beanie Man

5) Directed by Ridley Scott and released in May of 2017, what is the title of the latest film in the "Alien" franchise?

- a. Prometheus
- b. Resurrection
- c. Sea of Sorrows
- d. Covenant

June Trivia

1. How many days did June have in the early Roman calendar?
 - a) 29
 - b) 31
 - c) 30
 - d) 28
2. Which month was June in the early Roman calendar?
 - a) third
 - b) sixth
 - c) fourth
 - d) fifth
3. Others believe that June was named for the word juniores, a Latin word. What does it mean?
 - a) infants
 - b) young men
 - c) flowers
 - d) justice
4. From what musical does the song 'June is busting out all over' come?
 - a) Carousel
 - b) State Fair
 - c) Oklahoma
 - d) My Fair Lady
5. Which of these is not one of the three June gems?
 - a) ruby
 - b) alexandrite
 - c) moonstone
 - d) pearl
6. In the old saying what is 'a swarm of bees in June' worth?
 - a) silver spoon
 - b) tin spoon
 - c) golden spoon
 - d) wooden spoon
7. What is the flower for June?
 - a) lily
 - b) marigold
 - c) fern
 - d) rose

May

Word Scramble Answers

1. glsshaoe galoshes
2. cmtryeee cemetery
3. pnccii picnic
4. lmndeeoa lemonade
5. wkndeee weekend
6. mmrleoia memorial
7. brbrquaae barbeque
8. mgrteia migrate
9. mthroe mother
10. bsksae basket

June Word Scramble

1. belu _____

2. alsdnce _____

3. acbteeinlro _____

4. sicno _____

5. itehg _____

6. maifly _____

7. itsfg _____

8. sithlg _____

9. trsa _____

10. ohidaly _____



Summer Search

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

August

beach

bikini

boat

camping

fan

fishing



hat

hot

ice cream

July

June

lotion

mosquito

shorts

sunburn

sunglasses

suntan

swimming

tent

vacation



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 June 2019

April 15, 2019: A Community RRS resident filed a complaint stating that a staff person had no right accessing his/her personal property. The complaint described that the staff had shoved two books into the residents backpack and when doing so, had broken the person's earbuds that were inside. During a meeting with the Team Leader, worker and resident, it was agreed that it was inappropriate for the staff to enter the backpack without permission. The TL reported new earbuds were ordered to replace the damaged pair. The person was satisfied with the resolution and the complaint was considered resolved.

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.