

Archway Station Short Takes July 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:

Favorite Worker
Selected

Advisory
Committee
Members Needed

Inside this Issue:

Wellness &
Recovery
Center
Information

Games &
Puzzles

Complaint
Procedures

Living with Bipolar Disorder

<https://www.seroquelxr.com/bipolar-disorder/living-with-bipolar-disorder.html>

Bipolar disorder and symptoms of depression are not as uncommon as you may think. Millions of American adults are affected by bipolar disorder. A diagnosis of bipolar disorder may be overwhelming at first; but finding the right treatment plan for you will make it manageable.

Impact of bipolar disorder:

Bipolar disorder may make it harder to get along with others and have good relationships. Divorce rates, for example, are almost 2 to 3 times higher for people with bipolar disorder than for people without it. Holding down a job, completing an education, taking care of children, and managing money may also be more difficult. Bipolar disorder may make drinking too much alcohol or abusing drugs more likely. It may cause you to take risks that could cause harm to yourself. The depressive symptoms, also called bipolar depression, can be extremely disruptive to a person's life. However using the following healthy routines can help.

Healthy routines—Positive first step:

- Get regular sleep. Do your best to go to sleep and wake up at the same time each day.
- Eat regular meals and get regular exercise.
- Reduce stress. People with bipolar disorder may find that an episode of depression or mania might start after they have been under more stress than usual.
- Take medication regularly. If your health care professional has prescribed medication for you as part of your treatment plan, be sure to take it at the same time every day.
- Having a routine may make it easier to remember to take your medication as prescribed.
- Get help for substance abuse, if needed. People with bipolar disorder may be more likely to use and abuse alcohol or other drugs. This can trigger episodes of illness or make your episodes last longer. If you think you may have a problem with drugs or alcohol, talk to your health care professional about options for dealing with these issues.

Getting the help you need:

Work with your health care professional to develop a plan for managing your bipolar disorder and follow your treatment plan closely. Remember not all plans work the same for everyone, so keep working to find the one that works for you. Having hope and support are very important. Support can come from many different people such as family, friends, advocacy groups, and support groups.

Archway Station, Inc.

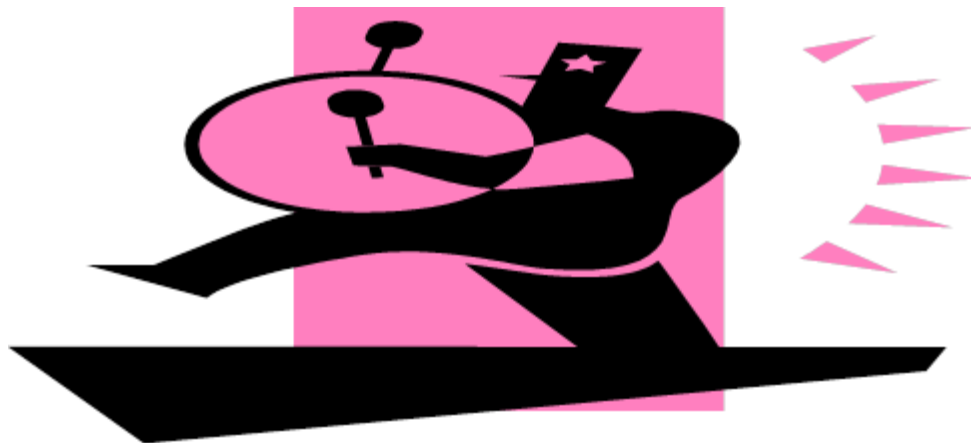
Person-Centered Planning Philosophy

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, July 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!



July 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 ----- Fun @ Constitution Park
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00	4 AM Circle & Yard Games – You Choose ----- Lunch ----- PM Circle & Invention	5 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.	6 AM Circle & Car Wash ----- Lunch ----- Car Wash	7 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.	8 AM Circle & Armchair Travel ----- Lunch ----- Fun @ AC
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00	11 AM Circle & Diabetes ----- Lunch ----- PM Circle & Board Games- You Choose	12 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.	13 AM Circle & Summer Safety& w/ Lisa ----- Lunch ----- PM Circle & Name That Musician	14 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.	15 AM Circle & Managing Anger ----- Lunch ----- Bowling or Billiards











9:30-11:00 <hr/> 11:00-11:45 <hr/> 11:45-1:00	18 AM Circle & HIG? Meeting <hr/> Lunch <hr/> PM Circle & Wii, Play Station & Xbox	19 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.	20 AM Circle & Men/ Women's Group <hr/> Lunch <hr/> PM Circle & Karaoke	21 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.	22 AM Circle & Current Events <hr/> Lunch <hr/> Fun @ Constitution Park
9:30-11:00 <hr/> 11:00-11:45 <hr/> 11:45-1:00	25 AM Circle & HIG? Meeting <hr/> Lunch <hr/> PM Circle & Craft Project – You Choose	26 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.	27 AM Circle & Personal Best Healthlines <hr/> Lunch <hr/> PM Circle & Bingo—win some prizes	28 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.	29 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	7/11/16 FOOD BOX HOME DELIVERY 9:30am-11am				7/8/16 FOOD BOX HOME DELIVERY 11:45am-1:15pm

July 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, July 6 5 Recovery Points! 	N/A CAR WASH	
Wednesday, July 13 5 Recovery Points! 	Let's Go Fishing 	Bowling at White Oaks 
Wednesday, July 20 5 Recovery Points! 	Allegany County Library 	Fun @ Constitution Park 
Wednesday, July 27 5 Recovery Points! 	Visit the Pet Store 	Walk on the Canal 

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

Mon

Tue

Wed

Thu

Fri

				1 Pop Tart Milk
4 Cottage Cheese Pineapples	5 N/A CLOSED	6 Waffle Milk	7 N/A CLOSED	8 Rice Cake Juice
11 Cereal Milk	12 N/A CLOSED	13 Cinnamon Toast Pears	14 N/A CLOSED	15 Bagel Applesauce
18 Oatmeal Raisin	19 N/A CLOSED	20 French Toast Pears	21 N/A CLOSED	22 Banana Muffin Juice
25 Pancake Pineapples	26 N/A CLOSED	27 CLOSED FOR FULL STAFF MEETING	28 N/A CLOSED	29 Oatmeal Milk

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)

July 2016

Mon	Tue	Wed	Thur	Fri
				1 Ham Sweet Potato Casserole Pineapples
4 Cheeseburger Cole Slaw Fruit Salad	5 Order by 10am Roast Beef Sandwich Broccoli Grapes	6 Hamburg Gravy Over Biscuit Roasted Chili Chick Peas Pears	7 Order by 10am Turkey & Cheese Sandwich Baby Carrots Plums	8 Fish Stewed Tomatoes Peaches
11 Stuffed Steak Green Beans Watermelon	12 Order by 10am Krab Salad Cheese Stick Cauliflower Strawberries	13 Honey Mustard Chicken Rice Carrots Applesauce	14 Order by 10am Roast Beef Wrap Celery Banana	15 Shrimp Salad w/ Lettuce & Tomato Cantaloupe
18 Sloppy Joe Cole Slaw Grapes	19 Order by 10am Buffalo Chicken Sandwich Green Peppers Cherries	20 Chili Corn Bread Honeydew	21 Order by 10am Egg Salad Baby Carrots Raspberries	22 Chicken Thigh Orzo Succotash Fruit Cocktail
25 Hot Roast Beef Mashed Potatoes Apricots	26 Order by 10am Chicken Salad Broccoli Blueberries	27 CLOSED FOR FULL STAFF MEETING	28 Order by 10am Hoagie w/ Lettuce & Tomato Broccoli Kiwi	29 Smoked Sausage Cucumber Salad Watermelon

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

Mon	Tue	Wed	Thu	Fri
				1 English Muffin Banana
4 Cheese Stick Vanilla Wafers	5 N/A CLOSED	6 Chex Mix Juice	7 N/A CLOSED	8 Cheese Crackers Orange
11 Rice Krispie Treat Peaches	12 N/A CLOSED	13 Yogurt Plum	14 N/A CLOSED	15 Corn Muffin Milk
18 Chex Mix Fruit Cocktail	19 N/A CLOSED	20 Half Peanut Butter Sandwich	21 N/A CLOSED	22 Pears Milk
25 Yogurt Pretzels	26 N/A CLOSED	27 CLOSED FOR FULL STAFF MEETING	28 N/A CLOSED	29 Bagel Pears

Congratulations

Favorite Worker of the Quarter: Liz Wagoner

Here's what people shared with us:

- . Liz does her job right.
- . Liz is respectful to everyone.
- . Liz is very helpful.
- . Liz provides a listening ear.

Also nominated was Kim Spiker

Congratulations to you both!

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 !!

Archway Wellness & Recovery Van Run

There will be no public buses running on Monday 7/4. Therefore, the Wellness & Recovery Center will be doing a van run.

Below is the time and place the Wellness & Recovery Center van will be stopping to pick up those who plan to come to the Center.

Morning run:

- 9:00 am - Rose's

If you need the van to make another stop that isn't listed, please call the Wellness & Recovery Center @ 301-724-2582 Ext. 118, at least 1 day ahead to arrange being picked up.

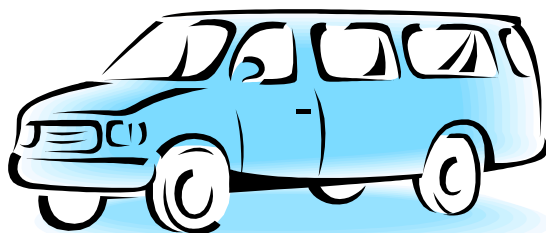
The van will leave the Wellness & Recovery Center at 1:15pm to drop people off at Rose's in the afternoon.

FYI: This is the link to the new bus schedule and bus route map:

<http://www.gov.allconet.org/ACT/schedules.html>

http://www.gov.allconet.org/act/printable/Bus_Schedule_Legal.pdf

On this web page, you can also type in where you want to be picked up, at what time, and where you need to go. It will calculate a bus route for you.



Sweet-Hot Baby Back Ribs



Ingredients:

2 tablespoons ground ginger
1 teaspoon salt
1 teaspoon black pepper
1/2 teaspoon dried crushed red pepper
3 slabs baby back pork ribs (about 5 1/2 lb.)
2 limes, halved

Directions:

1. Combine first 4 ingredients in a small bowl.
2. Rinse and pat ribs dry. If desired, remove thin membrane from back of ribs by slicing into it with a knife and then pulling it off. (This will make ribs tenderer.)
3. Rub ribs with cut sides of limes, squeezing as you rub. Massage ginger mixture into meat, covering all sides. Wrap ribs tightly with plastic wrap, and place in zip-top plastic freezer bags or a 13 x 9 inch baking dish; seal or cover, and chill 8 hours. Let ribs stand at room temperature 30 minutes before grilling. Remove plastic wrap.
4. Light 1 side of grill, heating to medium-high heat (350° to 400°); leave other side unlit. Place rib slabs over unlit side, stacking 1 on top of the other.
5. Grill, covered with grill lid, 40 minutes. Reposition rib slabs, moving bottom slab to the top, and grill 40 minutes. Reposition 1 more time, moving bottom slab to the top; grill 40 minutes.
6. Lower grill temperature to medium heat (300° to 350°); unstack rib slabs, and place side by side over unlit side of grill. Cook ribs 30 more minutes, basting with half of Sweet-Hot 'Cue Sauce. Remove ribs from grill, and let stand 10 minutes. Cut ribs, slicing between bones. Serve ribs with remaining Sweet-Hot 'Cue Sauce.

June Trivia Answers

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

July Trivia - Name That Place Quiz

1. The heads of which presidents are carved into Mount Rushmore?

- a. Washington, Madison, Theodore Roosevelt, Monroe
- b. Washington, Lincoln, Nixon, Eisenhower
- c. Washington, Jefferson, Theodore Roosevelt, Lincoln

Hint: The project was finished in 1941.

2. Where should you go if you want to visit the world's smallest park, totaling 452 square inches?

- a. Portland, Ore.
- b. Springfield, Mass.
- c. Tiny, Miss.

Hint: This city was almost named "Boston"—founders Amos Lovejoy from Massachusetts and Francis Pettygrove from Maine flipped a coin to decide the name of the new town. Pettygrove won the toss and named the place after his hometown.

3. According to the Hosiery Association, this southern city is the "Sock Capital of the World." Name it.

- a. Birmingham, Ala.
- b. Argyle, Miss.
- c. Fort Payne, Ala.

Hint: This city is in DeKalb County.

4. This watery vacation spot is considered part of both California and Nevada. Name this lake.

- a. Lake Tahoe
- b. Lake Mead
- c. Lake Como

Hint: Its name comes from the Native American language of the Washoe people and is the word for "big water."

5. At the Women's Rights National Historical Park in Seneca Falls, N.Y., visitors may tour the Wesleyan Chapel, site of the first Women's Rights Convention, in 1848. Also on site is the home of what women's rights leader?

- a. Elizabeth Cady Stanton
- b. Susan B. Anthony
- c. Frances Perkins

Hint: She drafted the Declaration of Sentiments, which expresses the hopes for equality of women.

6. What is the birthplace of Virginia Dare, the first child of English parents born in America?

- a. Roanoke Island
- b. Jamestown
- c. Providence

Hint: Dare was born in 1587.

7. In what city will you find NASA's headquarters for all piloted U.S. space projects?

- a. Cape Canaveral, Fla.
- b. Houston, Texas
- c. Hampton, Va.

Hint: Johnson Space Center

Insects Word Scramble

SOLUTION

OUTMQISO	MOSQUITO
BTLTEUYFR	BUTTERFLY
MTHO	MOTH
LEEBET	BEETLE
CCIDAA	CICADA
ELYFSRHO	HORSEFLY
PAWS	WASP
ITKSC GBU	STICK BUG
AYGPRNI NMATSI	PRAYING MANTIS
EBE	BEE
ALFE	FLEA
LNFOAYGRD	DRAGONFLY
AGDBLYU	LADYBUG
PSESHRA GPOR	GRASSHOPPER
EIRETTM	TERMITE
COOCHRKAC	COCKROACH
NAT	ANT
RIEKCTC	CRICKET
YLF	FLY



Fourth of July Word Scramble



Unscramble the words, then use the highlighted letters to write out the scrambled secret message.

ASTSET

--	--	--	--	--	--

ENDDEEPPNICH

--	--	--	--	--	--	--	--	--	--	--	--	--

DEARAP

--	--	--	--	--	--

LUEB

--	--	--	--

TENIUD

--	--	--	--	--	--

TWEHI

--	--	--	--	--

AEQTIULY

--	--	--	--	--	--	--	--

ERIRFKWOS

--	--	--	--	--	--	--	--	--

ARLANCDITEO

--	--	--	--	--	--	--	--	--	--

FDREOME

--	--	--	--	--	--	--

DER

--	--	--

ILBEYTR

--	--	--	--	--	--	--



--	--	--

--	--	--

--	--	--

--	--	--	--	--	--

--	--	--	--	--



July Forth Word Search



ADAMS
AMERICA
BARBECUE
COLONIES
CONGRESS
DECLARATION
EQUALITY
FIREWORKS

FOURTH
FREEDOM
HOTDOGS
INDEPENDENCE
JEFFERSON
JULY
LIBERTY

NATION
PARADE
REVOLUTION
RIGHTS
STATES
THIRTEEN
UNITED

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 July 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)

_____ (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.