

# Archway Station Short Takes August 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. 5118  
Website-<http://archwaystation.net>

## **Special Points of Interest:**

Vote for Favorite  
Worker

New Phone  
Directory

Resources

## **Inside this Issue:**

Wellness &  
Recovery Center  
Information

Games & Puzzles

Complaint

## **Top Ten Reasons To Get Vaccinated**

<http://www.nfid.org/about-vaccines/reasons>

1. Vaccine preventable diseases haven't gone away.
2. Vaccines will keep you healthy.
3. Vaccines are as important to your health as diet and exercise.
4. Vaccination can mean the difference between life and death.
5. Vaccines are safe and effective.
6. Vaccines won't give you the diseases they are designed to prevent.
7. Young and healthy people can get very sick too.
8. Vaccine preventable diseases are expensive.
9. When you get sick your children, grandchildren, and parents are at risk too.
10. Your family and coworkers need you.

# **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 August 31, 2018 we will be celebrating Recognition Day by spending the full day at Rocky Gap State Park. We will leave the Wellness & Recovery Center at 9:30AM and return to the Wellness & Recovery Center at 1:00PM.


Many thanks go out to Clara & Cindy, who will be bringing lunch to the park. They will also bring dessert to celebrate August birthdays.

Hope you can join us!

# August 2018

## W&R Center **ACTIVITY** Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<div>9:30-11:00</div> <div>-----</div> <div>11:00-11:45</div> <div>-----</div> <div>11:45-1:00</div>		<div>1 AM Circle &amp; Short Takes Review</div> <div>-----</div> <div>Lunch</div> <div>-----</div> <div>PM Circle &amp; Recreational Activity – You Choose</div>	<div>2 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 packed lunch.</div>	<div>3 AM Circle &amp; Personal Hygiene</div> <div>-----</div> <div>Lunch</div> <div>-----</div> <div>PM Circle &amp; Recreational Activity – You Choose</div>	
<div>9:30-11:00</div> <div>-----</div> <div>11:00-11:45</div> <div>-----</div> <div>11:45-1:00</div>	<div>6 AM Circle, Monthly Progress Review &amp; Armchair Travel</div> <div>-----</div> <div>Lunch</div> <div>-----</div> <div>PM Circle, Progress Review &amp; Rec. Activity – You Choose</div>	<div>7 Community Integration — Participate in a community activity of your choice. Meet W&amp;R staff at the Frederick St. bus stop @ 12pm to pick up your ordered packed lunch.</div>	<div>8 AM Circle, Monthly Progress Review &amp; Movie</div> <div>-----</div> <div>Lunch</div> <div>-----</div> <div>PM Circle, Progress Review, Cont. movie &amp; Rec. Activity – You Choose</div>	<div>9 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 packed lunch.</div>	<div>10 AM Circle, Monthly Progress Review &amp; State of Injuries w/ Lisa</div> <div>-----</div> <div>Lunch</div> <div>-----</div> <div>PM Circle, Progress Review &amp; Rec. Activity – You Choose</div>
<div>9:30-11:00</div> <div>-----</div> <div>11:00-11:45</div> <div>-----</div> <div>11:45-1:00</div>	<div>13 AM Circle &amp; Personal Best Healthlines</div> <div>-----</div> <div>Lunch</div> <div>-----</div> <div>PM Circle &amp; Recreational Activity – You Choose</div>	<div>14 Community Integration — Participate in a community activity of your choice. Meet W&amp;R staff at the Frederick St. bus stop @ 12pm to pick up your ordered packed lunch.</div>	<div>15 AM Circle &amp; Healthy Recipes</div> <div>-----</div> <div>Lunch</div> <div>-----</div> <div>CLOSING @ 11:30am.</div>	<div>16 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 packed lunch.</div>	<div>17 AM Circle &amp; Emergency Drill</div> <div>-----</div> <div>Lunch</div> <div>-----</div> <div>PM Circle &amp; Recreational Activity – You Choose</div>

<b>9:30-11:00</b>  <hr/> <b>11:00-11:45</b>  <hr/> <b>11:45-1:00</b>	<b>20 AM</b> Circle & HIG? Meeting  <hr/> <b>Lunch</b> <hr/> PM Circle & Recreational Activity – You Choose	<b>21</b> 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.	<b>22 AM Circle &amp; Basic Budgeting</b>  <hr/> <b>Lunch</b> <hr/> PM Circle & Recreational Activity – You Choose	<b>23</b> 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 packed lunch.	<b>24 AM Circle &amp; Men &amp; Women's Group</b>  <hr/> <b>Lunch</b> <hr/> PM Circle & Recreational Activity – You Choose
<b>9:30-11:00</b>  <hr/> <b>11:00-11:45</b>  <hr/> <b>11:45-1:00</b>	<b>27 AM</b> Circle & Current Events  <hr/> <b>Lunch</b> <hr/> PM Circle & Recreational Activity – You Choose	<b>28</b> 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.	<b>29 AM Circle &amp; Comparing Yourself to Others</b>  <hr/> <b>Lunch</b> <hr/> PM Circle & Recreational Activity – You Choose	<b>30</b> 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 packed lunch.	<b>31</b> <b>Recognition Day at Rocky Gap</b>  

## COMMUNITY VOLUNTEER SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MORNING SCHEDULE</b>	Walk Dogs or Landscape 9:30am-11am				Food Bank Cleaning 9:30am-11am
<b>11:00 – 11:45</b>	<b>LUNCH</b>	<b>PACKED LUNCH</b>	<b>LUNCH</b>	<b>PACKED LUNCH</b>	<b>LUNCH</b>
<b>AFTERNOON SCHEDULE</b>	Recycling as needed 11:45am-1:15pm				
<b>FOOD BOX DELIVERY ONE MONDAY &amp; FRIDAY PER MONTH</b>	<b>8/6/18</b> FOOD BOX HOME DELIVERY IF NEEDED 11:45am-1:15pm				<b>8/3/18</b> FOOD BOX HOME DELIVERY 11:45am-1:15pm

## August 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, August 1 4 Recovery Points!	Allegany County Library 	Shopping at White Oaks 
Wednesday, August 8 4 Recovery Points!	<b>N/A</b> <b>MONTHLY PROGRESS REVIEW</b>	
Wednesday, August 15 4 Recovery Points!	Let's Go Fishing 	<b>N/A</b> <b>CLOSING @</b> <b>11:30am</b>
Wednesday, August 22 4 Recovery Points!	Allegany County Library 	Constitution Park 
Wednesday, August 29 4 Recovery Points!	Visit the Pet Store 	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)**

**August 2018**

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thur</b>	<b>Fri</b>
		1 Hamburger Gravy over Biscuit Mixed Veggies	2 Pulled Chicken Sandwich Cucumber Salad	3 Hot Roast Beef Mashed Potatoes Grapes
6 Crab Cake Cole Slaw Pineapple	7 Ham Sandwich Cherry Tomatoes Blackberries	8 BBQ Beef Broccoli Jell-O with Fruit	9 Buffalo Chicken Sandwich Chick Peas Clementine	10 Turkey Corn Applesauce
13 Cheeseburger Ranch Potatoes Pears	14 Turkey Salad Sandwich Green Peppers Cherries	15 Pizza Spaghetti Watermelon	16 Hoagie 3 Bean Salad Raspberries	17 Creamed Chicken over Biscuit Carrots Baked Apples
20 Taco Salad Black Beans Apricots	21 Bologna Sandwich Tomato Salad Strawberries	22 Chicken Peas Blueberries	23 Roast Beef Sandwich Cauliflower Tropical Fruit	24 Stuffed Shells Spinach Mandarin Oranges
27 Sausage Sub Peppers and Onions Plum	28 Ham Wrap Baby Carrots Kiwi	29 Fish Sandwich Butter Beans Orange	30 Cold Meatloaf Sandwich Asian Salad Peaches	31 Hot Dog Potato Salad Banana

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

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
		1 Pineapple Cheese Stick	2 N/A	3 Kiwi Milk
6 Toast Pears	7 N/A	8 Chex Mix Tropical Fruit	9 N/A	10 Waffle Milk
13 Pancake Milk	14 N/A	15 Bagel Fruit Cocktail	16 N/A	17 Vanilla Wafers Grapes
20 Cottage Cheese Mandarin Oranges	21 N/A	22 English Muffin Juice	23 N/A	24 Cereal Milk
27 Apples String Cheese	28 N/A	29 Celery Peanut Butter	30 N/A	31 Yogurt Rasberries



# Vote for Your Favorite Worker!

At a How's It Going? meeting, it was suggested that people have the chance to recognize workers who they thought were doing a great job. So, here's your chance!

If you think someone is really great, tell us why. Fill out this form and send it to Sue Pyles at the Wellness and Recovery Center by Friday, 17th. Sue will bring all the forms to the HIG? meeting on Monday, 20th, the group will pick one staff person to be recognized for their good work during the quarter.

Please pick someone who has not won in the past year.

Here's who has won:

Marc Phillips, Joe Bittinger, Lori Jordon & Brett Shaffer

Person's name \_\_\_\_\_

Why I think this person  
is doing a great job:

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Submitted by: \_\_\_\_\_

# 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. 5105.**

# Rosemary Chicken Kabobs

Adapted from: <http://www.myrecipes.com/recipe/rosemary-chicken-kabobs>



## **Ingredients:**

1/3 cup red wine vinegar  
1/3 cup olive oil  
4 garlic cloves, pressed  
1 tablespoon fresh rosemary leaves  
1 teaspoon salt  
1 teaspoon dijon mustard  
1 pound skinned and boned chicken breasts, cut into 2-inch pieces  
1 large green bell pepper, cut into 2- inch pieces  
1 pt. cherry tomatoes 1 (8-oz.) package fresh mushrooms  
16 (6-inch) metal skewers

## **Directions:**

### **Step 1**

Preheat grill to 350° to 400° (medium-high) heat.

Whisk together first 6 ingredients in a small bowl.

Pour half of olive oil mixture into a shallow bowl or zip-top plastic freezer bag; add chicken, turning to coat. Cover or seal, and let stand 10 minutes.

Pour remaining olive oil mixture into another bowl or freezer bag; add bell pepper, tomatoes, and mushrooms, and toss to coat; cover or seal, and let stand 10 minutes.

### **Step 2**

Remove chicken and vegetables from marinade, discarding marinade. Thread chicken onto 8 skewers. Thread vegetables alternately onto remaining 8 skewers.

### **Step 3**

Grill kabobs, covered with grill lid, 10 to 12 minutes or until chicken is done and vegetables are tender, turning occasionally. Remove kabobs from grill. Let stand 5 minutes before serving

## July Word Trivia Answers

1. What is the birthstone for July?
  - a. Garnet
  - b. Diamond
  - c. Ruby**
  - d. Topaz
  
2. Which of these holidays are observed in July?
  - a. Independence Day
  - b. Bastille Day
  - c. Memorial Day
  - d. A & B**
  
3. July is national \_\_\_\_\_ month.
  - a. Pickle**
  - b. Peach
  - c. Apple
  - d. Pizza
  
4. What are the Zodiac signs for July?
  - a. Aquarius and Capricorn
  - b. Pisces and Aries
  - c. Cancer and Leo**
  - d. None of the above
  
5. On average, how many hotdogs are consumed on the 4<sup>th</sup> of July?
  - a. 50 million
  - b. 100 million
  - c. 150 million**
  - d. 250 million
  
6. July and what other month start on the same day every year?
  - a. April**
  - b. December
  - c. March
  - d. October

# August Trivia

1. How many items are in a baker's dozen?
  - a. 12
  - b. 13
  - c. 14
  - d. 11
  
2. How many 'outs' are in a regulation baseball game?
  - a. 18
  - b. 24
  - c. 42
  - d. 54
  
3. What causes 'high' and 'low' tide?
  - a. Sun
  - b. Stars
  - c. Moon
  - d. Earthquakes under the ocean
  
4. What is the second highest mountain in the world
  - a. Everest
  - b. Lhotse
  - c. K2
  - d. Kangchenjunga
  
5. How many mammals in the world lay eggs?
  - a. 2
  - b. 4
  - c. 5
  - d. 0
  
6. Which one of the following is not one of the five senses?
  - a. Sight
  - b. Thinking
  - c. Touch
  - d. Smell

## July Word Scramble Answers

1. Sparklers
2. Democracy
3. Government
4. Celebration
5. Declaration
6. Independence
7. Barbecue
8. Fireworks
9. Constitution
10. Heritage
11. Confetti
12. Balloons

# **August Word Scramble**

- 1) SRBNDIE
- 2) SBKOO
- 3) SLPNCIE
- 4) SPNE
- 5) SGGHHHTRLIIE
- 6) RSYCNOA
- 7) STCHREEA
- 8) SSSCLAE
- 9) MRRKSAE
- 10) RRTPOE SCRDA

# Summer Word Search

See if you can find the hidden words associated with Summer.

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

AUGUST  
BARBECUE  
BEACH  
FUN  
HEAT  
HOTDOGS  
ICECREAM  
JULY  
JUNE  
LEMONADE  
LIGHTNING  
LOTION  
PICNIC  
POOL  
SHADE  
STORMS  
SUMMER  
SUNBURN  
SUNGLASSES  
SUNTAN  
SWIMMING  
THUNDER  
VACATION

**All About Puzzles**  
puzzles.about.com

Adapted from: <https://www.thespruce.com/printable-word-search-puzzles-4086390>



# 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 August 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)

**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.

# Attention!

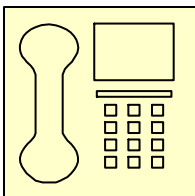
Material beyond this point doesn't change often, therefore, we will only include it quarterly.

If there is a change to any of this information in between times, we will alert you.

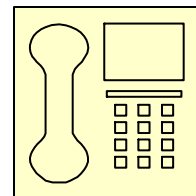
Be mindful:

If you use this information regularly, please keep this copy on hand.

Your next copy with this information included will be in the November Short Takes.



## REACHING YOUR TEAM



**Keep this directory handy to help you reach your team and other Archway staff**

### **Queen Street 301-777-1700**

Team 1	Press 1
Team 2	Press 2
Team 3	Press 3
Referrals	Press 4
CAYA	Press 5
BHA Residential Services	Press 6
DDA	Press 7
Chantal	Ext. 2125

### **Wellness and Recovery Center 301-724-2582**

Wellness & Recovery Center Staff Office	Press 4
Targeted Case Management	Press 5
Kitchen	Ext. 5100

### **Community Residential**

Piedmont	301-722-3836
Penn / Utah	301-722-1314
Penn Square	301-777-8492

### **24hr. Residential**

204 Fulton	301-777-3208
206 Fulton	301-724-1531

**My HSW's extension is \_\_\_\_\_**

# Archway Phone Directory by First Name -- Effective July 09, 2018

To view this directory via our website go to [www.archwaystation.net](http://www.archwaystation.net) . Select "Contacts", then "Staff Phone Directory".

Department/Program	45 Queen St. Offices Phone #	Leader/Team Office	Ext
Administration	301-777-1700	Joy Reckley-Murphy - Executive Director	2105
Administration	301-777-1700	Griffin Detrick - Fiscal Director	2116
Administration - BHA	301-777-1700	Jeannie Cady - BHA Program Director	2119
Administration - DDA	301-777-1700	Judy Hamilton - DDA Program Director	2124
Supported Housing (SH) Team 1	301-777-1700	Tracy Tipton - SH Team 1 Team Leader Team office	2107 2106
Supported Housing (SH) Team 2	301-777-1700	Greg Miller - SH Team 2 Team Leader Team office	2114 2102
Supported Housing (SH) Team 3	301-777-1700	Shelly Davis - SH Team 3 Team Leader Team office	2104 2109
Anchor Team	301-777-1700	Steve Payne - Anchor Team Leader Marcia Corwell - Anchor Team Leader & Team Office	2103 2103
Children, Adolescents & Young Adults (CAYA) Team	301-777-1700	Charlene Syx - CAYA Team Leader Team office	2110 2115
Intake & Referrals	301-777-1700	Intake Team Office Sammi Stott & Chrissy Wingate	2112
BHA Residential -- 24-hour RRS Fulton	301-777-1700 301-777-3208	Wendy Stewart - 24-hour RRS Team Leader Team office	2120 N/A
BHA Residential -- Community RRS Piedmont, Penn Squared, Penn, Utah	301-777-1700 See team #s below	Dee Becker - Community RRS Team Leader Team offices	2118 N/A
DDA Residential Columbia, South & Fayette	See team #s below See team #s below	DDA House Manager Team offices	TBA N/A

Fax Numbers for Queen St. Staff & Satellite Residential Staff Offices
<b>45 Queen Street:</b> SH, Anchor, & Judy H.: 301-777-2942 Admin & Fiscal: 301-722-1209 Intake & Referrals & Jeannie C.: 301-777-8020 CAYA & Tina T.: 301-777-0080
<b>24-hour RRS:</b> 24-hour RRS Fulton staff & Wendy S.: 301-777-8446
<b>BHA Community Residential (RRS):</b> RRS Penn, Utah, Piedmont staff & Dee B.: 301-722-7881
<b>DDA Community Living:**</b> DDA Columbia Ave. staff: 301-724-0609 DDA South St. staff: 301-722-0369 DDA Fayette St. staff: 301-722-2816

Department/Program	121 Memorial Ave. Offices Phone #	Leader/Team Office	Ext
Wellness & Recovery Center	301-724-2582	Sue Pyles - Wellness Center Team Leader Wellness Center team office	5105 5118
Targeted Case Management (TCM)	301-724-2582	Team office	5104

Fax Numbers for Memorial Ave. Staff
<b>Wellness Center Staff:</b> Wellness Center Staff & Sue Pyles: 301-777-3489
<b>Targeted Case Management Staff:</b> TCM Staff: 301-722-2757

## Team Leaders and Directors in bold.

First Name	Last Name	Number	Ext or VM Box	Team
Alana	Miller	301-777-1700	Team ext. 2103	Anchor @ Queen St.
Allen	Lechlitter	301-777-1700	Team ext. 2106	Supported Housing Team 1 @ Queen St.
Amanda	Lippold	301-777-8492	N/A	BHA Community RRS @ Penn Squared
Amber	Barncord	301-777-1700	Ext. 3384	Supported Housing Team 1 @ Queen St.
Amy	Iman	301-722-0369	N/A	DDA @ South St. (downstairs and upstairs)
Antionette	Allen	301-777-1700	Ext. 3352	Supported Housing Team 2 @ Queen St.
April	Powell	301-722-1314	N/A	BHA Community RRS @ Penn/Utah
Ashley	Harold	301-777-1700	Team ext. 2103	Anchor @ Queen St.
Ashley	Johnson	301-722-1314	N/A	BHA Community RRS @ Penn/Utah
Bernard	Wynder	301-777-1700	Team ext. 2115	CAYA @ Queen St.
Bernetta	Winans	301-777-3208	N/A	BHA 24-hr RRS @ Fulton St.
Bethany	Wotring	301-777-1700	Ext. 3372	Supported Housing Team 3 @ Queen St.
Bob	Kegg	301-777-3208	N/A	BHA 24-hr RRS @ Fulton St.
Bob	Nair	301-724-0609	N/A	DDA @ Columbia Ave. (upstairs)
Brenden	Staub	Varies	N/A	DDA SUB
Brett	Shaffer	301-777-3208	N/A	BHA 24-hr RRS @ Fulton St.
Bristie	Thomas	301-724-0609	N/A	DDA @ Columbia Ave. (upstairs)
Carly	Borror	301-724-0609	N/A	DDA @ Columbia Ave. (upstairs)
Carrie	Whetzel	301-722-0369	N/A	DDA @ South St. (downstairs and upstairs)
Cat	Glocker	301-777-1700	3335	Supported Housing Team 2 @ Queen St.
Chantal	Simpson	301-777-1700	2125	Admin @ Queen St.
<b>Charlene</b>	<b>Syx</b>	<b>301-777-1700</b>	<b>2110</b>	<b>CAYA TL @ Queen St.</b>
Chrissy	Wingate	301-777-1700	Team ext. 2112	Intake @ Queen St.
Christopher	Tomko	301-777-1700	2108	Admin - IT @ Queen St.
Cindy	Sawyers	301-724-2582	Ext. 5100	Wellness Center @ Memorial Ave.
Clair	Chambers	301-722-3863	N/A	BHA Community RRS SUB
Clara	Powell	301-724-2582	5100	Wellness Center @ Memorial Ave.
Claudia	Wade	301-777-3208	N/A	BHA 24-hr RRS @ Fulton St.
Colette	Whittingham	Varies	N/A	BHA Community RRS SUB
Cynthia	Grabenstein	301-777-1700	3336	Supported Housing Team 2 @ Queen St.
Darby	Twigg	Varies	N/A	BHA Community RRS SUB
Darla	Miller	301-777-1700	2101	Admin - Fiscal @ Queen St.
Darlene	Smith	301-722-3863	N/A	BHA Community RRS @ Piedmont Ave.
Darren	Durbin	301-722-2816	N/A	DDA @ Fayette St. (downstairs)
Dawna	Murphy	301-777-8492	N/A	BHA Community RRS @ Penn Squared
Deb	Robosson	301-724-2582	Ext. 5104	Targeted Case Management @ Memorial Ave.
<b>Dee</b>	<b>Becker</b>	<b>301-777-1700</b>	<b>Ext. 2118</b>	<b>Community RRS TL @ Queen St.</b>
Diane	McTaggart	301-777-3208	N/A	BHA 24-hr RRS @ Fulton St.
Erica	Stafford	DDA SWING	N/A	DDA SWING
Evan	Williams	301-724-0609	N/A	DDA @ Columbia Ave. (downstairs)
Frank	Lewis	301-777-1700	2123	Admin - Property Manager @ Queen St.

If you call a number and it's not right, please let Tina Thomas know (777-1700 ext. 2117) -- thanks!

Gary	Sindy	Varies	N/A	BHA RRS SUB
Gavin	Shannon	301-777-8492	Team #	BHA Community RRS @ Penn Squared
<b>Greg</b>	<b>Miller</b>	<b>301-777-1700</b>	<b>2114</b>	<b>Supported Housing Team 2 TL @ Queen St.</b>
<b>Griffin</b>	<b>Derrick</b>	<b>301-777-1700</b>	<b>2116</b>	<b>Admin - Fiscal Director @ Queen St.</b>
Gwen	Bible	301-722-2816	N/A	DDA @ Fayette St. (upstairs)
Gwinn	Spitzer	301-777-1700	Ext. 3347	Supported Housing Team 3 @ Queen St.
Heather	Velasquez	301-777-1700	Team ext. 2115	CAYA @ Queen St.
Henriette	Soro	301-777-3208	N/A	BHA 24-hr RRS @ Fulton St.
Hollie	Frantz	301-724-0609	N/A	DDA @ Columbia Ave. (downstairs)
Jackie	Clarke	301-724-0609	N/A	DDA @ Columbia Ave. (upstairs)
Jade	Washington	301-777-3208	N/A	BHA 24-hr RRS @ Fulton St.
Jakhari	Redman	301-722-0369	N/A	DDA @ South St. (downstairs and upstairs)
Janet	Gower	301-777-1700	Ext. 3323	Supported Housing Team 2 @ Queen St.
Jason	Gaither	301-777-3208	N/A	BHA 24-hr RRS @ Fulton St.
<b>Jeannie</b>	<b>Cady</b>	<b>301-777-1700</b>	<b>Ext. 2119</b>	<b>BHA Program Director @ Queen St.</b>
Jenn	Pyles	301-777-1700	Team ext. 2115	CAYA @ Queen St.
Jennifer	Whitman	301-724-0609	N/A	DDA @ Columbia Ave. (downstairs)
Joanna	Eastham	301-722-2816	N/A	DDA @ Fayette St. (downstairs)
Jody	Ross	301-722-3863	N/A	BHA Community RRS @ Piedmont Ave.
Joe	Bittinger	301-724-2582	Team ext. 5118	Wellness Center @ Memorial Ave.
John	Bohrer	301-777-8492	N/A	BHA Community RRS @ Penn Squared
John	Meyers	301-777-3208	N/A	BHA 24-hr RRS @ Fulton St.
Josh	Richmond	301-724-0609	N/A	DDA @ Columbia Ave. (downstairs)
<b>Joy</b>	<b>Reckley-Murphy</b>	<b>301-777-1700</b>	<b>Ext. 2105</b>	<b>Admin - Executive Director @ Queen St.</b>
<b>Judy</b>	<b>Hamilton</b>	<b>301-777-1700</b>	<b>Ext. 2124</b>	<b>DDA Program Director @ Queen St.</b>
Julie	Murtha	301-777-3208	N/A	BHA 24-hr RRS @ Fulton St.
Julie	Squires	301-722-0369	N/A	DDA @ South St. (downstairs and upstairs)
Julie	Wodaski	301-724-0609	N/A	DDA @ Columbia Ave. (downstairs)
Kara Joe	Brown	301-724-0609	N/A	DDA @ Columbia Ave. (downstairs)
Kayla	Kisner	301-722-0369	N/A	DDA @ South St. (downstairs and upstairs)
Kaylee	James	301-722-0369	N/A	DDA @ South St. (downstairs and upstairs)
Kendall	Hayes	301-722-2816	N/A	DDA @ Fayette St. (downstairs)
Kennie	Keefer	301-724-0609	N/A	DDA @ Columbia Ave. (downstairs)
Kim	Spiker	301-777-1700	Ext. 3315	Supported Housing Team 3 @ Queen St.
Kim	Twigg	301-777-1700	Team ext. 2106	Supported Housing Team 1 @ Queen St.
Kim	Welker	301-777-1700	2113	Admin - Fiscal @ Queen St.
Krista	Hockman	Varies	N/A	DDA Vacation Swing
Krystyna	Avers	301-777-1700	Team ext. 2115	CAYA @ Queen St.
Larry	Bowling	301-722-3863	N/A	BHA Community RRS @ Piedmont Ave.
Lia	Paciotti	Varies	N/A	BHA RRS SUB
Linda	Fox	301-777-3208	N/A	BHA 24-hr RRS @ Fulton St.
Liz	Wagoner	301-777-1700	Ext. 3308	Supported Housing Team 1 @ Queen St.
Lori	Jordan	301-722-1314	N/A	BHA Community RRS @ Penn/Utah
Madison	DeFranco	301-722-3863	N/A	BHA Community RRS @ Piedmont Ave.
Mandy	Smith	301-777-1700	Team ext. 2103	Anchor @ Queen St.
Marc	Phillips	301-722-1314	N/A	BHA Community RRS @ Penn/Utah
Marcia	Corwell	301-777-1700	Team ext. 2103	Anchor @ Queen St.
Marci	Dare	301-777-1700	Team ext. 2102	Supported Housing Team 2 @ Queen St.
Marilyn	Peck	301-777-3208	N/A	BHA 24-hr RRS @ Fulton St.
Marty	Evans	301-777-1700	Ext. 3371	Supported Housing Team 1 @ Queen St.
Mary Ellen	McGoye	301-724-2582	Team ext. 5104	Targeted Case Management @ Memorial Ave.
Meagan	Kitchen	301-722-2816	N/A	DDA @ Fayette St. (upstairs)
Melanie	Abe	301-722-2816	N/A	DDA @ Fayette St. (downstairs)
Mike	Lease	301-724-0609	N/A	DDA @ Columbia Ave. (downstairs)
Nicki	Peer	301-722-3863	N/A	BHA Community RRS @ Piedmont Ave.
Nina	Shirey	301-724-0609	N/A	DDA @ Columbia Ave. (upstairs)
Rebecca	Secrist	301-724-2582	Team ext. 5118	Wellness Center @ Memorial Ave.
Rhiannon	Holler	301-724-2582	Team ext. 5118	Wellness Center @ Memorial Ave.
Rick	Gross	301-724-0609	N/A	DDA @ Columbia Ave. (upstairs)
Rick	Huff	301-724-2582	118 (team ext)	Wellness Center @ Memorial Ave.
Robin	Held	301-777-1700	3357	Supported Housing Team 3 @ Queen St.
Rosemary	Wolford	301-777-3208	N/A	BHA 24-hr RRS @ Fulton St.
Sammi	Stott	301-777-1700	Team ext. 2112	Intake @ Queen St.
Sara	Gulledge	301-722-0369	N/A	DDA @ South St. (downstairs and upstairs)
Sara	Volk	301-722-2816	N/A	DDA @ Fayette St. (downstairs)
Sarah	Gross	301-722-3863	N/A	BHA Community RRS @ Piedmont Ave.
Sarah	McKenney	301-777-1700	N/A	Supported Housing Team 1 SUB @ Queen St.
Sarina	Smith	301-777-1700	Team ext. 2103	Anchor @ Queen St.
Shane	Sours	301-724-0609	N/A	DDA @ Columbia Ave. (upstairs)
Shay	Hamilton	301-724-0609	Team #	DDA @ Columbia Ave. (downstairs)
<b>Shelly</b>	<b>Davis</b>	<b>301-777-1700</b>	<b>Ext. 2104</b>	<b>Supported Housing Team 3 TL @ Queen St.</b>
Shirley	Pifer	301-724-0609	N/A	DDA @ Columbia Ave. (downstairs)
Skylar	Keefer	301-724-0609	N/A	DDA @ Columbia Ave. (downstairs)
Steph	Porter	301-722-2816	N/A	DDA @ Fayette St. (downstairs)
Steve	Green	301-724-2582	Team ext. 5104	Targeted Case Management @ Memorial Ave.
Steve	Parsons	Team ext. 2115	301-777-1700	CAYA @ Queen St.
<b>Steve</b>	<b>Payne</b>	<b>301-777-1700</b>	<b>Team ext. 2103</b>	<b>Anchor TL @ Queen St.</b>
<b>Sue</b>	<b>Pyles</b>	<b>301-724-2582</b>	<b>Ext. 5105</b>	<b>Wellness Center TL @ Memorial Ave.</b>
Tammy	Wolford	301-777-1700	Ext. 2111	Admin - Support @ Queen St.
Terri	Stevenson	301-777-1700	Ext. 2121	Admin - Fiscal @ Queen St.

Terry	Wolfe	Varies	N/A	DDA Swing
Tiffany	Dunn	301-777-3208	N/A	BHA 24-hr RRS @ Fulton St. SUB
Tiffany	Rea	301-777-1700	3361	Supported Housing Team 3 @ Queen St.
Tina	Thomas	301-777-1700	2117	Admin - HR @ Queen St.
Tiona	Rice	301-777-3208	N/A	24-hr RRS @ Fulton St.
Tonya	Clayton	301-724-2582	Team ext. 5118	Wellness Center @ Memorial Ave.
Tori	Willis	301-777-1700	3346	Supported Housing Team 1 @ Queen St.
<b>Tracy</b>	<b>Tipton</b>	<b>301-777-1700</b>	<b>2107</b>	<b>Supported Housing Team 1 TL @ Queen St.</b>
Travis	Hedrick	301-724-0609	N/A	DDA @ Columbia Ave. (upstairs)
Trevor	Bates	Varies	N/A	DDA Vacation Swing
<b>Wendy</b>	<b>Stewart</b>	<b>301-777-1700</b>	<b>Ext. 2120</b>	<b>BHA 24-hr RRS Team Leader @ Queen St.</b>
Yvonne	Burkett	301-777-1700	Team ext. 2103	Anchor @ Queen St.

W&R CENTER'S SCHEDULE  
MONDAY-WEDNESDAY-FRIDAY

**9:00 - 9:30**  
**9:30 - 10:00**  
**10:00 - 10:10**  
**10:10 - 10:30**  
**10:30 - 10:40**  
**10:40 - 11:00**  
**11:00— 11:45**  
**11:45 - 12:05**  
**12:05 - 12:15**  
**12:15 - 12:35**  
**12:35 - 12:45**  
**12:45 - 1:00**  
**1:30**

**WELCOME & SNACK**  
**GROUP # 1 STARTS**  
**BREAK**  
**2nd PART OF GROUP #1**  
**BREAK**  
**3rd Part of Group #1**  
**LUNCH**  
**GROUP # 2 STARTS**  
**BREAK**  
**2nd PART OF GROUP #2**  
**BREAK**  
**3rd PART OF GROUP #2**  
**CENTER CLOSES**



*If the weather is bad, the Center will go by what the Allegany County Transit System is doing. If they don't run, we don't open. If they don't start running until after 9 am, we open when they start running. Please listen to your radio when the weather is bad.*

## **Attention!**



*Tuesday & Thursday the Center is closed. Center staff will meet folks downtown @ 9am every Thursday and on Tuesday by request only to participate in Community Integration Activities. Please join us!*

## **Cab Issues**

*If you have a complaint about the cab services while using a cab voucher, please call Terri Stevenson @ 408 Centre Street 301-777-1700 Ext. 2121.*



# Earning Recovery Points!

Another way you can have some fun is by earning **enough recovery points** to be able to attend **special community-based activities** one time a week. **If you earn four (4) recovery points during the week, the following week you can be part of a community activity.**

Some examples of activities are: swimming, bowling, canoeing, art exhibits, or special events. You can earn recovery points through any combination of the various level of supports below.

Level of Participation	Points Per Day	Pts. Earned from Previous Week
Get in a group or activity	One group or more a day	1 point a day
Volunteer at the Center	One hour or more a day	2 points a day
Volunteer in the Community	One hour or more a day	3 points a day

## EXAMPLES OF HOW YOU CAN EARN ENOUGH RECOVERY POINTS TO PARTICIPATE IN A COMMUNITY ACTIVITY:

- #1 Group Participant: Attend one (1) group a day for four (4) days = 4 recovery points.
- #2 Volunteer at the Center: One (1) hour a day = two (2) points and participate in two (2) groups is a total of 4 recovery points.
- #3 Volunteer in the Community : One (1) hour per day = three (3) points and participate in one (1) groups for a total of four (4) recovery points.
- #4 Combination: Any combination of the above totaling four (4).



Call Sue Pyles for More  
Information

301-724-2582 Ext. 5105



# Volunteer Opportunities!

Feel Fulfillment and Purpose

## Center Volunteer Positions:

- Kitchen Aide
- Maintenance Aide
- Short Takes Staff
- Clerical Aide
- Group Leaders
- Store



Process for moving up from Center Volunteer to Community Volunteer:

After you have been successfully volunteering at the Wellness and Recovery Center (W&R), you may become eligible to begin volunteer work in the community. W&R Workers give feedback to all volunteers and let them know how they are doing. If you are interested in moving up to Community Volunteer, talk to a Center HSW and ask how you are doing and what improvements you might need to work on to become a Community Volunteer. The Team Leader and Center HSW decide who should be volunteering in the community based on individual performance.

## Community Volunteer Options:

- Food Bank Worker
- Downtown Mall Worker
- Dog walker (as available)
- Recycling
- Food Box Worker, etc.
- Other opportunities as they become available



## Characteristics of a Good Volunteer:

- Reliable—Completes volunteering duties at Center as assigned.
- Honest—Tells the truth about things—maybe even when it is hard to tell the truth. Admits mistakes.
- Accepts Feedback and Direction—Able to hear critique of work from W&R Center staff; able to take directions and follow them.
- Positive Attitude—Shows a happy, upbeat attitude about the work.
- Team Player—Gets along well with others.
- Mature Person—Acts like an adult; uses appropriate language; no horseplay.
- Safety Conscious—Uses equipment safely and doesn't take risks.
- Goal Oriented—Stays on the task at hand.

## **Archway Station, Inc.**

### **Individual Rights & Responsibilities**

#### **Your rights**

- We will treat you with courtesy and respect, even when we're working through a problem.
- We'll respect your culture and spiritual life.
- We'll give you information so that you can make informed decisions.
- While we're providing you services, there won't be any mental, physical, verbal, or sexual abuse or neglect from staff. Staff won't humiliate you.
- Staff will not take advantage of you, especially when it comes to your money and things you own.
- We don't use any sort of chemical restraint. When providing mental health services, physical restraints are not used. When providing services funded by the Developmental Disabilities Administration, physical restraints are used only when pre-approved as part of the person's behavioral plan.
- We will protect your privacy. Your records are protected and aren't available to staff who don't need to see them.
- You can see your Archway records by asking to do so. We'll respond quickly.
- We share information about you only with your permission.
- You have the right to develop your Individual Plan, as well as the right to have other people help you write it.
- We will do our best to resolve any of your complaints quickly. No one will hold it against you if you complain.
- We'll let you know how to contact self-help and advocacy services.
- We support your right to follow or not follow your treatment and health plans, including medications.

#### **Your responsibilities**

Our services are based on a partnership between you and the staff. We'll work together to write a plan that will help you reach your goals and follow through with the action steps. Your responsibilities include:

- Make choices that help you stay healthy & meet your goals.
- Participate in activities that promote physical, emotional, and spiritual health.
- Learn about your disability and treatment options.
- Understand benefits, risks, and side effects of medication so you can make informed choices.
- Apply for all eligible entitlement benefits.
- Participate in mental health treatment.
- Keep your appointments.
- Honor Archway's "Respecting Each Other" statement.
- Pay your portion or copay for services (if required).
- Respect Archway property as well as property of other services users.
- Report suspected fraud and abuse.

We'll review these rights and responsibilities when you start services and each July. If you ever need any of this information explained or if you feel your rights have been violated, contact Archway's Compliance Officer at 301-777-1700, Ext 2125. You can also fill out a complaint. Forms are posted at agency buildings.

## Food Club

### **What Is The Food Club?**

The food club is a voluntary membership program to help your food budget last longer. The program is through the Western Maryland Food Bank and is operated by Archway's Wellness & Recovery Center.

### **How Does The Food Club Work?**

You donate at least a \$6.00 membership fee every month and we'll (staff with help from members) deliver a box of food and non-food items to your home. You need to pay your donation at time of delivery.

### **How Do I Join?**

Get an Application and Receipt & Release Form from your Human Service Worker. Fill out both forms and ask your HSW to turn them into the Wellness & Recovery Center.

### **That's It!**

Someone from the Wellness & Recovery Center will call you to confirm a delivery date.

Below is the delivery schedule. If you have any questions, please call Rhiannon or Sue at the Wellness and Recovery Center @ 301-724-2582 Ext. 5118 or 5105.

### **Delivery Schedule**

Cumberland

9:30am – 11:00am on one **Monday** per month—**see date on Community Volunteer Schedule**

LaVale / Frostburg / Lonaconing / Barton / Westernport / Rt.220:

11:45am-1:00pm on one **Friday** per month—**see date on Community Volunteer Schedule**

## FOOD RESOURCES

<b>Resources</b>	<b>Resources Address</b>	<b>Days for Pick Up</b>	<b>Time for Pick Up</b>	<b>Requirements</b>	<b>What's Available</b>	<b>How Often</b>	<b>Other Important Information</b>
Salvation Army Food Pantry 301-777-7600	701 East First St. Cumberland, MD 301-777-7600	Monday-Friday	9:00am-4:00pm Calling Ahead Recommended	Name, ID, SSN, Income & Birth Date For All In The Home	Commodity Foods	Q 30 days	N/A
Second Baptist Church 301-722-5190	1 Grand Avenue Cumberland, MD	Tuesday & Thursday	9:30am-12:30pm	Fill Out Application	Non-perishables Cleaning Supplies When Available	Q 60 days	Kids & 65+ receive special consideration
Woman, Infants & Children (WIC) 301-759-5020 Call For Appointment	Allegany County Health Department Cumberland, MD	Monday- Friday	8am- 4:30 pm	Picture ID, Proof of Income, Proof of Address	WIC Vouchers	N/A	WIC Vouchers are birth to 5 yrs. Must complete intake & meet requirements
YMCA Brown Bag 301-724-5445	205 Baltimore Avenue Cumberland, MD	2nd Tuesday Of Every Month	1pm-4pm	Must Attend at Least 5 programs at Family Center a Month Prior to Food Pick-up	Variety of Food and Cleaning Supplies	Q 30 days	Family Programs Offered 9am- 4pm Monday-Thursday Call for Van Schedule 301-724-5445 Ext.107
Frostburg Food Pantry Bill Fafferty 301-707-0330	Hill Street School Frostburg, MD	Monday- Friday	By Appointment Time Only	Referral Through DSS, Red Cross & some Churches	Non-Perishable Food Voucher to Save-a-lot or B&B Meats	Q 60 days	Frostburg, Eckhart & Mt Savage Resident Only
USDA Government Food Program 301-724-4467	12504 Naves Cross Rd. Cumberland, MD	Wednesday & Thursday Friday	9 am - 2 pm 9 am- 5 pm	Fill Out Application, Proof of Income and SSN ( All in house hold)	Non- Perishable Cleaning Supplies Paper Products Various Food Items	Q 30 days	\$8.00 Donation Must meet requirements
Union Rescue Mission 301-724-1585	16 Queen City Pavement Cumberland, MD	Monday - Friday	Lunch 11:30am - 1:00pm Dinner 5:00 PM	NA	A meal & a bed	All the time	See Dan Taylor 301-724-1585


## FOOD RESOURCES (Continued)

<b>Resources</b>	<b>Resources Address</b>	<b>Days for Pick Up</b>	<b>Time for Pick Up</b>	<b>Requirements</b>	<b>What's Available</b>	<b>How Often</b>	<b>Other Important Information</b>
First Nazarene Church 301-777-1480	508 E. Oldtown Rd Cumberland, MD	Emergency Only	Emergency Food Only	Fill out application Proof of income, SSN All in household	Food	Q 30n days	See Pastor Gary Barkley
Interfaith Community Pantry Call DSS	301 Cumberland St Cumberland, MD	Monday - Friday Closed when country schools are closed due to bad weather	9:30 am - 3:00 pm	Referral Through DSS Red Cross and some Churches	Non- Perishables Cleaning Supplies on Occasion	Q 30 days	Excludes Lavale, Frostburg Eckhart, Mt. Savage, George's Creek, and Westernport
LaVale United Methodist Church 301-722-6800	565 National Hwy. Lavale, MD	Tuesday & Thursday	1:00-2:30pm	Picture ID Referral Needed	Non- Perishables	Q 60 days	N/A

To apply for an Independence Card, visit DSS at Frederick St., Cumberland, MD, Monday through Friday 8 a.m. to 2 p.m. For more information, call 301-784-7000. To see if you qualify for the programs above that require a DSS referral, please contact Diane Dolly at 301-784-7254.




# Alegany County Transit

Questions? Please call 301-722-6360 Monday - Friday 8 am to 4 pm -- Or visit our website: <http://alleganygov.org>  
am times (shown in light type)    **pm times** (shown in **bold type**)

 = Cumberland Roses Stop       = Country Club Mall (*Theaters*)       = Country Club Mall (*Walmart*)  
*Schedule Effective January 1, 2017*

## Red Line




Monday to Friday 7:30 am - 4:00 pm

	Downtown To Willowbrook Rd							Downtown to South Cumberland						
Cumberland Roses	Kent Ave ( <i>Johnson Heights</i> ) *	Health Department	WMHS Regional Medical Ctr	Alegany College of MD	Finan Center	Decatur St & Baltimore Ave	Cumberland Roses	Cumberland Martin's	HRDC Virginia Ave	Potomac St & Virginia Ave	HRDC Virginia Ave	Cumberland Martin's	Cumberland Roses	
7:30	7:35	7:39	7:41	7:44	7:18	7:52	8:00	--	--	--	--	--	--	
8:00	8:05	8:09	8:11	8:14	8:14	8:22	8:30	8:33	8:37	8:41	8:47	8:50	8:56	
9:00	9:05	9:09	9:11	9:14	9:18	9:22	9:30	9:33	9:37	9:41	9:47	9:50	9:56	
10:00	10:05	10:09	10:11	10:14	10:18	10:22	10:30	10:33	10:37	10:41	10:47	10:50	10:56	
11:00	11:05	11:09	11:11	11:14	11:18	11:22	11:30	11:33	11:37	11:41	11:47	11:50	11:56	
<b>1:00</b>	<b>1:05</b>	<b>1:09</b>	<b>1:11</b>	<b>1:14</b>	<b>1:18</b>	<b>1:22</b>	<b>1:30</b>	<b>1:33</b>	<b>1:37</b>	<b>1:41</b>	<b>1:47</b>	<b>1:50</b>	<b>1:56</b>	
<b>2:00</b>	<b>2:05</b>	<b>2:09</b>	<b>2:11</b>	<b>2:14</b>	<b>2:18</b>	<b>2:22</b>	<b>2:30</b>	<b>2:33</b>	<b>2:37</b>	<b>2:41</b>	<b>2:47</b>	<b>2:50</b>	<b>2:56</b>	
<b>3:00</b>	<b>3:05</b>	<b>3:09</b>	<b>3:11</b>	<b>3:14</b>	<b>3:18</b>	<b>3:22</b>	<b>3:30</b>	<b>3:33</b>	<b>3:37</b>	<b>3:41</b>	<b>3:47</b>	<b>3:50</b>	<b>3:56</b>	

\* If you need to go to Urology Associates or Alegany Regional Complex on Williams Rd, please request the driver to stop when you pay your fare





## Blue Line

Monday to Friday 8:00 am - 4:30 pm

	Downtown to White Oaks							Downtown to Willowbrook Rd						
Cumberland Roses	Cumberland Martin's	S.Cumb. Marketplace ( <i>Sav-a-lot</i> )	Mountain View Apts/ Cascades	Archway / Jane Frazier	Cumberland Martin's	Cumberland Roses	Decatur St & Baltimore Ave	WMHS Regional Medical Cntr	Alegany College of MD	Cumberland Meadows/ Willowbrook Woods	Decatur St & Baltimore Ave	Cumberland Roses		
8:00	8:03	8:11	8:13	8:15	8:20	8:30	8:34	8:39	8:40	8:45	8:51	8:55		
9:00	9:03	9:11	9:13	9:15	9:20	9:30	9:34	9:39	9:40	9:45	9:51	9:55		
10:00	10:03	10:00	10:13	10:15	10:20	10:30	10:34	10:39	10:40	10:45	10:51	10:55		
11:00	11:03	11:11	11:13	11:15	11:20	11:30	11:34	11:39	11:40	11:45	11:51	11:55		
<b>1:00</b>	<b>1:03</b>	<b>1:11</b>	<b>1:13</b>	<b>1:15</b>	<b>1:20</b>	<b>1:30</b>	<b>1:34</b>	<b>1:39</b>	<b>1:40</b>	<b>1:45</b>	<b>1:51</b>	<b>1:55</b>		
<b>2:00</b>	<b>2:03</b>	<b>2:11</b>	<b>2:13</b>	<b>2:15</b>	<b>2:20</b>	<b>2:30</b>	<b>2:34</b>	<b>2:39</b>	<b>2:40</b>	<b>2:45</b>	<b>2:51</b>	<b>2:55</b>		
<b>3:00</b>	<b>3:03</b>	<b>3:11</b>	<b>3:13</b>	<b>3:15</b>	<b>3:20</b>	<b>3:30</b>	<b>3:34</b>	<b>3:39</b>	<b>3:40</b>	<b>3:45</b>	<b>3:51</b>	<b>3:55</b>		
<b>4:00</b>	<b>4:03</b>	<b>4:11</b>	<b>4:13</b>	<b>4:15</b>	<b>4:20</b>	<b>4:30</b>								





## Green Line

Monday to Friday 7:30 am - 4:00 pm

	Downtown to Bedford Rd					Downtown to LaVale and Mall						Mall to Cresaptown				
Cumberland Roses	Naves Cross Rd <i>(Sheetz)</i>	Western MD Recovery	Bedford Rd & Acre Ln <i>(VFD)</i>	Bedford St & Marietta St	Cumberland Roses	Centre St & Valley St	Nat'l Hwy & Campground d Rd <i>(D'Attri's)</i>	LaVale Plaza <i>(Ollie's)</i>	Red Hill Plaza	Braddock Sq <i>(Gabriel Brothers)</i>	Country Club Mall <i>(Theaters)</i>	US220 & Moss Ave <i>(Shooters)</i>	Goodwill Industries	Greene St & Fayette St <i>(Dingle)</i>	Kelly Rd <i>(YMCA)</i>	Cumberland Roses
7:30	7:35	7:39	7:43	7:51	8:00	8:05	8:15	8:18	8:20	8:21	8:30	8:40	8:43	8:52	--	8:57
9:00	9:05	9:09	9:13	9:21	9:30	9:35	9:45	9:48	9:49	9:51	10:00	10:10	--	10:18	10:20	10:27
10:30	10:35	10:39	10:43	10:51	11:00	11:05	11:15	11:18	--	11:21	11:30	11:40	--	11:48	11:50	11:57
<b>1:00</b>	<b>1:05</b>	<b>1:09</b>	<b>1:13</b>	<b>1:21</b>	<b>1:30</b>	<b>1:35</b>	<b>1:45</b>	<b>1:48</b>	--	<b>1:51</b>	<b>2:00</b>	<b>2:10</b>	--	<b>2:18</b>	<b>2:20</b>	<b>2:27</b>
<b>2:30</b>	<b>2:35</b>	<b>2:39</b>	<b>2:43</b>	<b>2:51</b>	<b>3:00</b>	<b>3:05</b>	<b>3:15</b>	<b>3:18</b>	--	<b>3:21</b>	<b>3:30</b>	<b>3:40</b>	<b>3:43</b>	<b>3:52</b>	<b>3:50</b>	<b>3:57</b>

## Gold Line





Monday to Friday 8 am - 4:30 pm





	Downtown via Dingle to Mall				LaVale via Route 40 to Frostburg to Mall												
Cumberland Roses	Lee St & Paca St ( <i>Queen City Towers</i> )	Greene St & Fayette St ( <i>Dingle</i> )	Country Club Mall ( <i>Theaters</i> )	Weis Market	Frostburg Plaza ( <i>ACS</i> )	Bowery St & Paul St	Braddock Rd ( <i>Active Network</i> )	College Ave & Maple St	State St & Broadway ( <i>Meshach Frost Vil</i> )	Main St ( <i>Palace Theater</i> )	Frostburg Plaza ( <i>ACS</i> )	Weis Market	Country Club Mall ( <i>Theaters</i> )	National Hwy & Long Dr	Cumberland Roses		
8:00	<-----Express via I-68----->						8:15	8:20	8:23	8:27	8:32	<-Express via National Hwy->				8:54	
9:00	9:05	9:09	9:20	9:31	9:34	9:39	--	9:41	9:44	9:48	9:53	9:55	10:10	10:14	10:26		
10:30	<Express to Mall>		10:40	10:51	--	10:59	--	11:10	11:12	11:16	11:21	--	11:30	--	--		
--	--	--	11:35	11:51	11:54	11:59	--	1:10	1:12	1:16	1:21	1:25	1:40	1:44	1:56		
<b>2:00</b>	<b>2:05</b>	<b>2:09</b>	<b>2:20</b>	<b>2:31</b>	<b>2:34</b>	<b>2:39</b>	--	<b>2:41</b>	<b>2:44</b>	<b>2:48</b>	<b>2:53</b>	<b>2:55</b>	<b>3:10</b>	<b>3:14</b>	<b>3:26</b>		
<b>3:30</b>	<Express to Mall>		<b>3:40</b>	<b>3:51</b>	<b>3:54</b>	<b>3:59</b>	<b>4:05</b>	<b>4:10</b>	<b>4:12</b>	<b>4:16</b>	<-----Express via Interstate 68----->				<b>4:30</b>		

SHADED TRIPS WILL ONLY OPERATE when Frostburg State University is **NOT** in Fall or Spring session:





January 1 - 29, 2017; March 18 - 26, 2017; May 25 - August 27, 2017; November 22 - 26, 2017; December 19, 2017 - January 29, 2018




Purple Line



Tuesday & Friday													
	Kelly Rd to Seton Dr to Mall				Mall to Lonaconing and Westernport					Mall to Seton Dr to Kelly Rd			
Cumberland Roses	Kelly Rd <i>(YMCA)</i>	Lee St & Paca St <i>(Queen City Towers)</i>	Seton Dr <i>(Lions Rehab Center)</i>	Country Club Mall <i>(Theaters)</i>	MD 36 & Douglas Ave <i>(Lonaconing)</i>	MD 135 at <i>(McDonald's)</i>	Westernport Senior Center	MD 36 & Douglas Ave <i>(LanaLu Apts)</i>	Country Club Mall <i>(Theaters)</i>	Seton Dr <i>(Lions Rehab Center)</i>	Greene St & Fayette St <i>(Dingle)</i>	Kelly Rd <i>(YMCA)</i>	Cumberland Roses
8:00	8:07	8:10	8:19	8:30	8:55	9:15	9:17	9:30	9:55	10:05	10:10	10:16	10:25 -->
1:30	1:37	1:40	1:49	2:00	2:25	2:45	2:47	3:00	3:25	3:35	3:40	3:46	3:55

	Downtown to LaVale and Mall					Mall to Cresaptown and Cumberland				Downtown to Bedford Road				
Cumberland Roses	Centre St & Valley St	National Hwy/Campground Rd (D'Atri's)	LaVale Plaza (Ollie's)	Braddock Sq (Gabriel Brothers)	Country Club Mall (Theaters)	US220 & Moss Ave (Shooters)	Greene St & Fayette St (Dingle)	Kelly Rd (YMCA)	Cumberland Roses	Naves Cross Rd (Sheetz)	Western MD Recovery	Bedford Rd & Acre Ln (VFD)	Bedford St & Marietta St	Cumberland Roses
10:30	10:35	10:45	10:48	10:51	11:00	11:10	11:18	11:20	11:30	11:35	11:39	11:43	11:51	12:00

Evening Service/ Yellow Line

Monday to Friday 3:50 pm - 8:00 pm															
Downtown to White Oaks and South					Downtown to Willowbrook Rd					Mall Express via Dingle & I-68					Downtown to Willowbrook Rd
Virginia Ave & Offutt St	HRDC Virginia Ave	Cumberland Martin's	Cumberland Roses	Naves Cross Rd <i>(Sheetz)</i>	WMHS Regional Medical Ctr	Allegany College of MD	Decatur St & Baltimore Ave	Cumberland Roses	Lee St & Paca St <i>(Queen City Towers)</i>	Greene St & Fayette St <i>(Dingle)</i>	Country Club Mall <i>(Theaters)</i>	Cumberland Roses	WMHS Regional Medical Ctr	Allegany College of MD	Decatur St & Baltimore Ave
3:50	3:53	3:56	4:00	4:16	4:22	4:25	4:28	4:30	4:37	4:40	4:45	5:05	5:13	5:15	5:20

	Downtown to White Oaks and South Cumberland										LaVale via US 40 to Frostburg				
Cumberland Roses	Cumberland Martin's	South Cumberland Market Place	Mountain View Apts/Cascades	Archway / Jane Frazier	Virginia Ave & Offutt St	HRDC Virginia Ave	Cumberland Martin's	Cumberland Roses	Country Club Mall <i>(Theaters)</i>	LaVale Plaza <i>(Ollie's)</i>	Weis Market/Frostburg Plaza	Annapolis Hall	Edgewood Commons	Braddock Rd <i>(Active Network)</i>	College Ave & Maple St
5:25	5:30	5:36	5:40	5:42	5:58	6:00	6:02	6:05	6:15	6:25	6:34	6:44	6:45	6:46	6:48

Frostburg via US 40 to LaVale						Downtown to White Oaks and South Cumberland			
Main St <i>(Palace Theater)</i>	Frostburg Plaza/Weis Market	Braddock Sq <i>(Gabriel's)</i>	Country Club Mall <i>(Theaters)</i>	Cumberland Roses	Cumberland Martin's	South Cumberland Market Place	Mountain View Apts/Cascades	Archway / Jane Frazier	Virginia Ave & Offutt St
6:54	6:57	7:08	7:15	7:30	7:33	7:45	7:50	7:52	8:00













Fares

\$2.00 cash - No transfer fees.

Passengers 5 and under ride free with fare-paying passenger.

Half fares are available for those with Medicare, and qualifying ACT-issued half fare cards. Call 301-722-6360 for information about qualifications and application details.

Silver Line

Monday to Friday 5:55 am - 2:35 pm																	
South Cumberland			To Willowbrook Rd					Downtown to LaVale via US 40					Express to Frostburg via I-68				
Virginia Ave & Offutt St <i>(CSX)</i>	Opposite HRDC Virginia Ave	Cumberland Roses	Decatur St & Baltimore Ave	WMHS Hospital	Allegany College of MD	Decatur St & Baltimore Ave	Cumberland Roses	Centre St & Valley St	National Hwy & Long Dr	National Hwy & Vocke Rd <i>(D'Atri's)</i>	Braddock Sq <i>(Gabriel's)</i>	Country Club Mall <i>(Walmart)</i>	Braddock Rd <i>(Active Network)</i>	Main St <i>(Palace Theater)</i>	Frostburg Plaza <i>(ACS)</i>	Country Club Mall <i>(Walmart)</i>	
5:55	6:00	6:05	6:09	6:14	6:17	6:23	6:25	6:30	6:42	6:45	6:48	7:00	7:12	7:20	7:26	7:35	
Cresaptown & Cumberland			Downtown to South Cumberland and Allegany Nursing Home & Adult Day Care														
US220 & Moss Ave <i>(Shooters)</i>	Greene St & Fayette St <i>(Dingle)</i>	Cumberland Roses	Mechanic St. <i>(JFK Apts)</i>	Maryland Ave & Cecila St	Park St & Central Ave	Baltimore Ave & Decatur	Maryland Ave & Oldtown Rd	Mountain View Apartments	Oldtown Rd & Race St	Virginia Ave & Potomac St	Maryland Ave & Cecila St	Park St Gilcrist Center	Valley St & Henderson Ave	Allegany Nursing Home & Adult Day Care	Mechanic St & Franklin St <i>(JFK Apts)</i>	Cumberland Roses	
7:45	7:52	8:00	8:05	8:08	8:10	8:12	8:21	8:27	8:38	8:45	8:55	8:58	9:00	9:02	9:12	9:15	9:30
	Greene St & US 220 to Mall				Braddock Road & Lavale to Frostburg							ARRIVES TO	Frostburg to LaVale				
Cumberland Roses	Lee St & Paca St <i>(Queen City Towers)</i>	Greene St & Fayette St <i>(Dingle)</i>	US220 & Moss Ave <i>(Pit &amp; Go)</i>	Country Club Mall <i>(Walmart)</i>	Seton Dr <i>(Lions Center)</i>	LaVale Plaza <i>(Ollie's)</i>	Weis Market	Frostburg Plaza <i>(ACS)</i>	Bowery St & Paul St	College Ave & Maple St	State St & Broadway <i>(Meshach Frost Vil)</i>	Main St <i>(Palace Theater)</i>	Weis Market	Country Club Mall <i>(Walmart)</i>	Seton Dr <i>(Lions Center)</i>	National Hwy & Long Dr	Cumberland Roses
9:30	9:35	9:37	9:43	10:00	10:10	10:20	10:35	10:40	10:45	10:47	10:50	10:54	10:59	11:15	11:25	11:35	11:50
	Allegany Nursing Home & Adult Day Care to Downtown						South Cumberland to Downtown										
Cumberland Roses	Henderson Ave & Glenn St.	Valley St & Henderson Ave	Allegany Nursing Home & Adult Day Care	Valley St & Mechanic St	Mechanic Street <i>(JFK Apts)</i>	Cumberland Roses	Maryland Ave & Cecila St	Park St & Central Ave	Baltimore Ave & Decatur St.	Maryland Ave & Oldtown Rd	Mountain View Apartments	Oldtown Rd & Race St	Virginia Ave & Potomac St	Opposite HRDC	Cumberland Martin's	Cumberland Roses	
12:50	12:53	12:55	1:00	1:20	1:25	1:30	1:33	1:35	1:37	1:43	1:55	2:15	2:20	2:25	2:30	2:35	

Schedule Effective January 1, 2017



## *Local & Regional Resources*

### **Physical Fitness**

**YMCA Riverside Rec. Center –601 Kelly Road– Cumberland**

**Phone : 301-777-9622**

**Hours of operation : Open 7 days a week.**

**Income –based membership (Call for information).**

**Some highlights: indoor swimming pool, a therapy pool, wall climbing, fitness center, indoor walking track, gym and more.**



### **WELLNESS & RECOVERY PROGRAM**

**Hope Station 632 N. Centre Street, Cumberland, MD 21502**

**Phone: 240-362-7168 Fax: 240-362-7170**

**email: [HOPEStation@atlanticbbn.net](mailto:HOPEStation@atlanticbbn.net)**

**Dan Snyder, Program Director Kelly Snyder, Advocate**

**This program is run by people recovering from mental illness for people recovering from mental illness.**

**Hours of operation:**

**Monday—Friday 9:00am-5:00pm**

**Transportation Available (call for more Information)**



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

## Fair Housing Laws

### City of Cumberland

Chapter 9 of the Cumberland Code makes it illegal to discriminate in the sale or rental of housing based on race, color, religion, national origin, age, sex, sexual orientation, marital status, familial status, or physical or mental disability. The Human Relations Commission (HRC) investigates and conciliates complaints filed under Chapter 9.

### The Federal Government

The Fair Housing Amendments Act makes it illegal to discriminate in the sale or rental of housing on the basis of race, color, religion, national origin, sex, disability, or familial status. The Department of Housing and Urban Development investigates and conciliates housing complaints filed under the Fair Housing Amendments Act of 1988 (FHAA). Persons who consider themselves to be victims of housing discrimination can file suit in Federal Court.

### Related federal laws include:

*Section 504 of the Rehabilitation Act  
Americans with Disabilities Act  
Equal Credit Opportunity Act*

### The State of Maryland

Title 20 of the MD Annotated Code makes it illegal to discriminate on the bases of race, sex, familial status, color, national origin, age, religion, marital status, sexual orientation, genetic testing, physical and/or mental disability. The MD Commission on Human Relations investigates and conciliates complaints filed under Title 20. Real Estate Law (BOP, Section 16-526), forbids discriminatory practices by real estate brokers or agents, putting them at risk of losing their license. The Real Estate Commission enforces this law.

## Fair Housing Laws

Title VIII of the Civil Rights Act of 1968, commonly known as the Fair Housing Act forbids discrimination based on race, color, religion or national origin in the sale, rental or financing of housing. In 1974, discrimination on the basis of sex was added. In 1988 Congress passed the Fair Housing Amendments Act that added people with mental and physical disabilities and families with children to the list of people protected by the Act. The amended law requires many public and private owners, developers and operators of housing to change any policies and practices that exclude people with disabilities. Also, any new multi-family housing built to be occupied for the first time after March 13, 1991 must be architecturally accessible. The 1988 amendments also created a stronger enforcement system, making it easier to file a complaint and to remedy discriminatory housing practices. Chapter 9 of the City of Cumberland Code extends the above protection to persons on the bases of their source of income, sexual orientation, age and family responsibilities.

## To File A Complaint

### Contact:

Cumberland Human Relations Commission  
57 N. Liberty Street  
Cumberland, MD 21502  
[joliver@allconet.org](mailto:joliver@allconet.org)  
[www.ci.cumberland.md.us](http://www.ci.cumberland.md.us)  
(301) 759-6433

Maryland Commission on Human Relations  
6 Saint Paul St.  
Baltimore, Maryland 21202  
[www.mchr.state.md.us](http://www.mchr.state.md.us)  
(800) 637-6247

U.S. Department of Housing Urban  
Development  
10 S. Howard St., 5th Floor  
Baltimore, MD 21201  
[md\\_webmanager@hud.gov](mailto:md_webmanager@hud.gov)  
[www.hud.gov](http://www.hud.gov)  
1-(800) 955-2232

### Are they Support Animals or Pets

The Fair Housing Amendments Act of 1988, Section 504 of the Rehabilitation Act of 1973, and Title II of the Americans with Disabilities Act protect the right of people with disabilities to keep emotional support animals, even when a landlord's policy explicitly prohibits pets. Because emotional support and service animals are not "pets," but rather are considered to be more like assistive aids such as wheelchairs, the law will generally require the landlord to make an exception to its "no pet" policy so that a tenant with a disability can fully use and enjoy his or her dwelling.

## HUMAN RELATIONS COMMISSION CUMBERLAND, MARYLAND

### FAIR HOUSING FOR PERSONS WITH DISABILITIES

How to Recognize  
Discriminatory  
Housing Practices



WE DO BUSINESS IN ACCORDANCE  
WITH THE FEDERAL HOUSING LAW



## Who is protected by Fair Housing Laws?

Fair Housing Laws provides protection from housing discrimination for housing applicants, tenants and buyers with any kind of disability. Whether it is a hearing or vision impairment, mental illness, physical disability, mental retardation, AIDS or HIV infection, epilepsy, cerebral palsy or any condition which substantially limits one or more major life activities. If you use a walker or a wheelchair, or have an assistive animal or a personal-care attendant, these laws protect you against housing discrimination. You're also covered if you have a record of having a mental or physical disability or if you are regarded as having a mental or physical disability.

### Who must comply?

Property owners, landlords, housing managers, real estate agents, brokerage service agencies and lending institutions must comply. The Fair Housing Laws cover both privately owned housing and housing subsidized by federal funds, such as low-income public housing. Multi-family housing constructed for first occupancy after March 13, 1991 must comply with guidelines that make the complex adaptable for persons with disabilities. If the complex does not have an elevator, all first floor units must be adaptable. If there is an elevator, then all units on all floors must be built in compliance with the guidelines. Adaptable features include an accessible route from the parking to the entrance to the unit; an accessible entrance into the unit; maneuvering space throughout the unit; light switches, electric plugs and environmental controls at specified heights; usable space in the kitchen and bathroom, and reinforcements in the bathroom walls for addition of grab bars. In addition, tenants must be able to access areas of public use, such as the rental office, laundry facilities, mailboxes, and recreational facilities.

## REASONABLE ACCOMMODATION

Fair Housing Laws require that housing providers make reasonable accommodations in their rules, policies, practices or services to give a person with a disability an equal opportunity to use and enjoy a dwelling unit or common space. Accommodations are "reasonable" when they're practical and feasible.

### How can you get a reasonable accommodation?

You must request it. As the tenant, you have the responsibility to ask for an accommodation when it's needed.

### How about assistive animals?

Any tenant who is in medical need of an assistive animal is protected even *if the housing development has a "No Pets" policy.*

### Can you get reserved parking?

Persons with disabilities have the right to request that landlords reserve them safe and convenient parking in close proximity to their living unit.



## REASONABLE MODIFICATION

When physical changes to your own unit are necessary to accommodate your disability, the housing provider must let you make them, if you pay for them yourself, as long as the changes are reasonable. The housing provider can require you to restore the premises reasonably to its original condition when you leave. If you are unable to pay for reasonable modifications that are necessary to accommodate your disability, you may ask the housing provider to provide the modifications through an interactive process.



## Can you be asked about your disability?

**NO!** No matter why they're asked, questions about your disability are prohibited by the Fair Housing Laws. A landlord, property manager, seller or lender may not use an application form that asks if you have or have had a mental or physical disability or that seeks information about the nature or severity of your disability. You may not be asked to provide your medical records or to sign a document allowing others to see them.

### What questions can you be asked?

As long as all applicants are asked the same questions, a landlord can ask for information to show that you can meet the same obligations as any other tenant, with or without a disability.

For example you can be asked:

Questions about financial information to show if you can pay the rent or mortgage.

For references about your history as a tenant.

If you are willing to comply with the building's rules about such things as sanitation and no smoking in common areas.

If you qualify for housing designated for people with a specific disability.

If you are currently using drugs illegally.

If you have been convicted of the illegal manufacture or distribution of a controlled substance.

**Remember - The landlord can only ask you these questions if they are asked of all applicants. Asking these questions only of a person who has a disability violates The Fair Housing Laws!**

## ALCOHOLICS ANONYMOUS MEETING LIST

Sunday-Monday	Monday Continued - Tuesday	Wednesday
11:00am O/D <b>Sunday Serenity</b> Fort Recovery 418 N. Centre St. Cumberland, MD	7:00pm CLOSED SP/D/ST <b>New Freedom &amp; Happiness Step Group</b> St. Luke's Lutheran Church Frederick St. Cumberland, MD	7:00am –7:30am O/D <b>Early Bird</b> Gilchrist Building 205 Baltimore St. Cumberland, MD
3:00pm O/D/HA*/IN <b>Massie Meeting</b> Massie Unit/Finan Center Country Club Rd Cumberland, MD	8:00pm O/SP/D <b>Frostburg Monday Night Group</b> First Presbyterian Church 33 Broadway St. Frostburg, MD	12:00pm O/D/SP <b>New Life Group</b> Fort Recovery 418 N. Centre St. Cumberland, MD
6:00pm O/D <b>New Beginnings</b> Salem United Church 78 Broadway St. Frostburg, MD	<b>Tuesday</b>	5:00pm O/D <b>Recovery 101</b> Allegany College of Maryland Student Center Room 41 Willowbrook Rd. Cumberland, MD
8:00pm O/D/S/ST <b>Sunday Night Step Meeting</b> St. Paul's Lutheran Church 15 N. Smallwood St. Cumberland, MD	7:00am –7:30am O/D <b>Early Bird</b> Gilchrist Building 205 Baltimore St. Cumberland, MD	6:30pm O/D/BB <b>Kindred Spirits Women's Group</b> First Presbyterian Church 33 Broadway St. Frostburg, MD
<b>Monday</b>	11:00am O/D/BB <b>HOW Group</b> Trinity Lutheran Church 328 N. Centre St. (Corner of N. Centre & Smith St.) Cumberland, MD	8:00pm O/SP/D <b>Easier Softer Way Group</b> First Presbyterian Church 33 Broadway St. Frostburg, MD
7:00am –7:30am O/D <b>Early Bird</b> Gilchrist Building 205 Baltimore St. Cumberland, MD	8:00pm O/SP <b>Fort Cumberland Group</b> Emmanuel Episcopal Church (Lower Parish) Corner of Washington & Greene St. Cumberland, MD	8:00pm O/SP/D/HA* <b>New Hope Group</b> St Patrick's Catholic Church 201 N. Centre St. Cumberland, MD
12:00pm O/SP/D <b>New Life Group</b> Fort Recovery 418 N. Centre St. Cumberland, MD	8:00pm O/D/BB <b>Little Big Book</b> Salem United Church 78 Broadway St. Frostburg, MD	8:00pm IN/O/D/HA* <b>Massie Meeting</b> Massie Unit/Finan Center Country Club Rd. Cumberland, MD

Thursday	Friday	Saturday
7:00—7:30am O/D <b>Early Bird</b> Gilchrist Building 205 Baltimore St. Cumberland, MD	7:00—7:30am O/D <b>Early Bird</b> Gilchrist Building 205 Baltimore St. Cumberland, MD	12:00pm O/D/HA* <b>New Hope Group</b> St. Patrick's Catholic Church 201 N. Centre St. Cumberland, MD
11:00am O/D <b>Chapel Hill Group</b> Church of Christ 4th St. & Memorial Ave Cumberland, MD	12:00pm O/D <b>New Life Group</b> Fort Recovery 418 N. Centre St. Cumberland, MD	8:00 p.m. O/D <b>Frostburg A.A. Grapevine</b> First Presbyterian Church 33 Broadway St. Frostburg, MD
1:00pm SP/IN/HA* <b>Finan Center Meeting</b> Thomas B. Finan Center Country Club Rd. Cumberland, MD	8:00pm O/SP/D <b>Frostburg Serenity Group</b> First Presbyterian Church 33 Broadway St. Frostburg, MD	8:00 p.m. SP/HA*/IN <b>Saturday Night Live</b> Massie Unit/Finan Center Country Club Rd. Cumberland, MD
8:00pm O/D/S <b>Back to Basics Meeting of the Little Big Book Group</b> Salem United Church 78 Broadway St. Frostburg, MD	8:00pm O/SP/D <b>Fort Cumberland Group</b> Emmanuel Episcopal Church (Lower Parish). Corner of Washington St. & Greene St. Cumberland, MD	
8:00pm O/BB/HA* <b>Ridgeley Renegades</b> Calvary United Methodist Church Prospect St. Ridgeley, WV		<b>ABBREVIATION KEY</b> <b>O</b> = Open <b>D</b> = Discussion <b>HA</b> = Handicapped
	<b>Serenity Prayer</b> God grant me the serenity to accept the things I cannot change, courage to change the things I can, the wisdom to know the difference.	Accessible <b>BB</b> = Big Book <b>SP</b> = Speaker <b>ST</b> = Step <b>IN</b> = Institutional <b>CLOSED</b> = Member's Only



Archway operates with public funds and with money donated from individuals. The agency has an ethical obligation to ensure that the money is spent wisely. More importantly, the agency needs to ensure that the money is spent openly and honestly, in the best interest of the agency and the people it serves.

If you witness anything that falls short of this goal, please report it. It's real easy. Call:

301-777-1700 Extension 4444

No one will answer, but you can leave a message. The messages are checked each week (if it can't wait, you can contact our Compliance Officer at 301.777.1700, Ext. 2125). Please leave your name and telephone number so we can re-contact you while we investigate. As the whistleblower, no action will be taken against you for making a report in good faith.

Thanks!

Revised 07/2018