

Archway Station Short Takes September 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:

Advisory
Committee
Members Needed

Recovery &
Wellness Walk

Inside this Issue:

Wellness &
Recovery
Center
Information

Games &
Puzzles

Complaint
Procedures

National Preparedness Month: What You Can Do?

If an emergency occurred tomorrow, would you be ready?

<http://www.nws.noaa.gov/com/weatherreadynation/prep.html>

National Preparedness Month is a time to prepare yourself and those in your care for emergencies and disasters, both large scale and smaller local events. We know that emergencies can happen unexpectedly in communities just like yours, to people like you. We've seen tornado outbreaks, river floods and flash floods, historic earthquakes, tsunamis, and even water main breaks and power outages that impact communities for days at a time.

You are not helpless in the face of an emergency. With just a few simple steps, you can *Be a Force of Nature* by knowing your risk, taking action and being an example in your community.

Know your risk:

Emergencies can happen anywhere, at any time. It is important to understand potential risks where you live.

What you can do:

1. Bookmark weather.gov to stay informed on severe weather.
2. Learn about Wireless Emergency Alerts, messages that will be sent to your phone during an emergency.
3. Get practical tips on preparing for disaster at ready.gov.

Take action:

Make sure that you and your family are prepared for an emergency. Ensure that you can go for at least three days without electricity, water service, access to a supermarket, or other local services.

What you can do:

1. Prepare a Disaster Supply Kit with at least three days of food and water.
2. Create a Family Emergency Plan, so that your family knows how to communicate during an emergency.
3. Obtain a NOAA Weather Radio.

Archway Station, Inc.

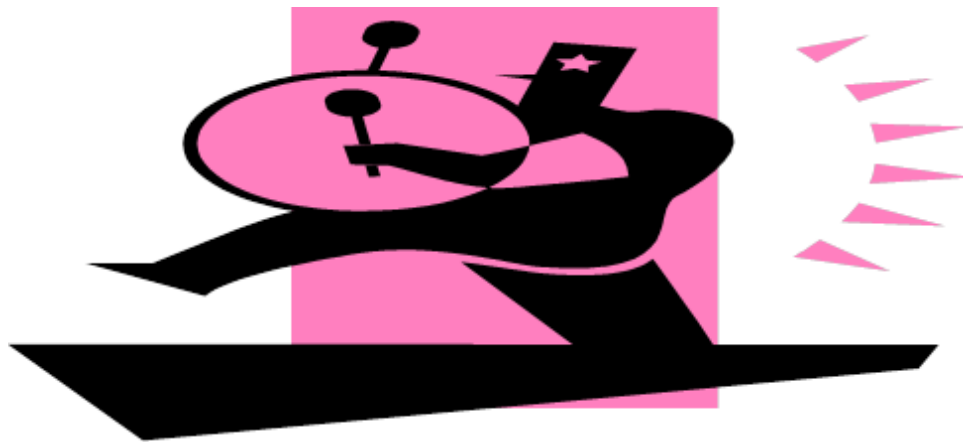
Person-Centered Planning Philosophy

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, September 30th, we will be celebrating Recognition Day by spending the full day at Rocky Gap State Park. We will leave the Center at 9:30AM. Lunch will be provided. We will return to the Center at 1:00PM. Hope you can join us!



September 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 Community Integration— Meet at Rose's @ 9am to volunteer downtown or go to the CCM. Return to Rose's @ 12pm and get a packed lunch.	2 AM Circle & Short Takes Review ----- Lunch ----- Fun @ Constitution Park
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00	5 Labor Day Celebration @ Riverside Park  	6 Community Integration— Meet at Rose's @ 9am to volunteer downtown or go to Hope Station. Return to Rose's @ 12pm and get a packed lunch.	7 AM Circle & Armchair Travel ----- Lunch ----- PM Circle & Craft Project – You Choose	8 Community Integration— Meet at Rose's @ 9am to volunteer downtown or go to the CCM. Return to Rose's @ 12pm and get a packed lunch.	9 AM Circle & Accessing Internet Resources ----- Lunch ----- Fun @ AC
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00	12 AM Circle & Personal Best Healthlines ----- Lunch ----- PM Circle & Wii, Play Station & Xbox	13 Community Integration— Meet at Rose's @ 9am to volunteer downtown or go to Hope Station. Return to Rose's @ 12pm and get a packed lunch.	14 AM Circle & Understanding Medicaid w/ Lisa ----- Lunch ----- PM Circle & Name that Tune	15 Community Integration— Meet at Rose's @ 9am to volunteer downtown or go to the CCM. Return to Rose's @ 12pm and get a packed lunch.	16 AM Circle & Vitamins and You ----- Lunch ----- Bowling or Billiards













9:30-11:00 <hr/> 11:00-11:45 <hr/> 11:45-1:00	19 AM Circle & HIG? Meeting <hr/> Lunch <hr/> PM Circle & Dancing – You Choose	20 Community Integration—Meet at Rose's @ 9am to volunteer downtown or go to Hope Station. Return to Rose's @ 12pm and get a packed lunch.	21 AM Circle & Current Events <hr/> Lunch <hr/> PM Circle & Archway's Remembrance Day	22 Community Integration—Meet at Rose's @ 9am to volunteer downtown or go to the CCM. Return to Rose's @ 12pm and get a packed lunch.	23 AM Circle & Yard Games – You Choose <hr/> Lunch <hr/> Fun @ Constitution Park
9:30-11:00 <hr/> 11:00-11:45 <hr/> 11:45-1:00	26 AM Circle & Men/Women's Group <hr/> Lunch <hr/> PM Circle & Karaoke	27 Community Integration—Meet at Rose's @ 9am to volunteer downtown or go to Hope Station. Return to Rose's @ 12pm and get a packed lunch.	28 AM Circle & The Road Not Taken <hr/> Lunch <hr/> PM Circle & Bingo—win some prizes	29 Community Integration—Meet at Rose's @ 9am to volunteer downtown or go to the CCM. Return to Rose's @ 12pm and get a packed lunch.	30 Recognition Day at Rocky Gap 

COMMUNITY VOLUNTEER SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SCHEDULE		Downtown 9am-12pm Packed lunch		Downtown 9am-12pm Packed lunch	Food Bank Cleaning 9:30am-11am
11:00 – 11:45	LUNCH		LUNCH		LUNCH
AFTERNOON SCHEDULE	Recycling as needed 11:45am-1:15pm				
FOOD BOX DELIVERY ONE MONDAY & FRIDAY PER MONTH	9/12/16 FOOD BOX HOME DELIVERY 9:30am-11am				9/9/16 FOOD BOX HOME DELIVERY 11:45am-1:15pm

September 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, September 7 5 Recovery Points! 	Allegany County Library 	Shopping at the Fruit Bowl & Bakery 
Wednesday, September 14 5 Recovery Points! 	Let's Go Fishing 	Fun @ Constitution Park 
Wednesday, September 21 5 Recovery Points! 	Allegany County Library 	Bowling at White Oaks 
Wednesday, September 28 5 Recovery Points! 	Visit the Pet Store 	Fun @ Constitution Park 

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

Mon	Tue	Wed	Thu	Fri
			1 N/A CLOSED	2 French Toast Milk
5 Pop Tart Milk	6 N/A CLOSED	7 Bagel Applesauce	8 N/A CLOSED	9 Corn Muffin Juice
12 Cottage Cheese Pineapple	13 N/A CLOSED	14 Vanilla Wafers Milk	15 N/A CLOSED	16 Waffle Pears
19 Oatmeal Cookie Milk	20 N/A CLOSED	21 Cinnamon Toast Grapes	22 N/A CLOSED	23 Applesauce Cheese Stick
26 Yogurt Pretzels	27 N/A CLOSED	28 Vanilla Wafers Banana	29 N/A CLOSED	30 Bagel 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)

September 2016

Mon	Tue	Wed	Thur	Fri
			1 Ham & Cheese Sandwich Cherry Tomatoes Cantaloupe	2 Stuffed Shells Spinach Applesauce
5 Cheeseburger Sweet Potato Fries Honeydew	6 Turkey Wrap Celery Strawberries	7 Fish Peas Tropical Fruit Cocktail	8 Peanut Butter & Jelly Sandwich Beets Kiwi	9 Bean Soup Ham Sandwich Grapes
12 Shrimp Creole Orzo Pears	13 Cold Meatloaf Sandwich Broccoli Raspberries	14 Chicken Thigh Corn on Cob Jell-O w/ Fruit	15 Bologna Cheese Sandwich Broccoli Banana	16 Spaghetti Pizza Salad Pineapple
19 Meatloaf Mashed Potatoes Plum	20 Buffalo Chicken Sandwich Celery Peaches	21 Hot Turkey Sandwich Mashed Potatoes Cranberry Relish	22 Roast Beef Sandwich 3 Bean Salad Blackberries	23 Cream Chicken over Biscuit Carrots Apricot
26 Spaghetti w/ Meat Sauce Baked Apples	27 Hoagie Radishes Blueberries	28 Beef Pot Pie Clementine	29 Pulled Chicken Sandwich Beets Raisins	30 Hot Dog Baked Beans Watermelon

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

Mon	Tue	Wed	Thu	Fri
			1 N/A CLOSED	2 Vanilla Wafers Yogurt
5 Celery Peanut Butter	6 N/A CLOSED	7 Oatmeal Cookie Milk	8 N/A CLOSED	9 Cottage Cheese Fruit Cocktail
12 1/2 Peanut Butter Sandwich	13 N/A CLOSED	14 Banana Yogurt	15 N/A CLOSED	16 English Muffin Milk
19 Cheese Crackers Juice	20 N/A CLOSED	21 Graham Crackers Peanut Butter	22 N/A CLOSED	23 Cheese Cubes Ritz Crackers
26 Bagel Applesauce	27 N/A CLOSED	28 Rice Krispie Treat Milk	29 N/A CLOSED	30 Grapes String Cheese

Archway Wellness & Recovery Van Run

There will be no public buses running on Monday 9/5.
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.

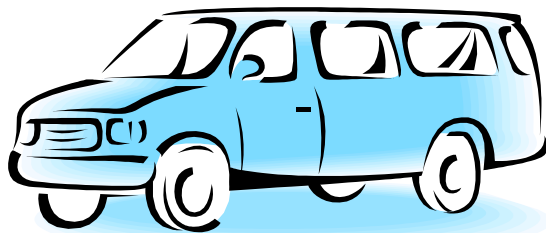
The van will leave the Wellness & Recovery Center at 1:15pm to drop people off at Rose's in the afternoon.

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.



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: _____

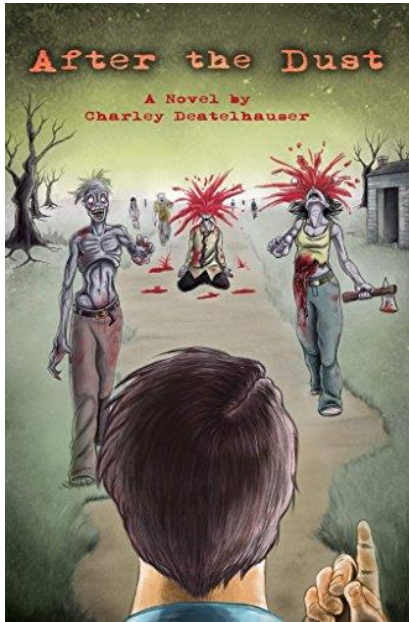
Email: _____



Please send to Joy at 408 !!

“After the Dust”

Narration By: Charles Deatelhauser



“It’s a zombie apocalypse where a few have gained special abilities.

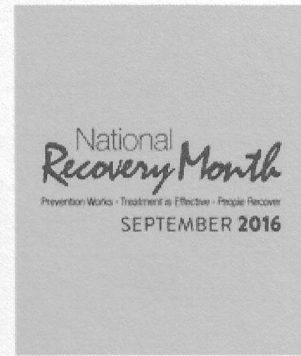
The story follows the journey of one particular summer as he struggles to maintain his sanity in an ever-darkening world.

The protagonist embraces his new existence as a leader of fellow, super-power sociopaths.

Through violence; gritty and gruesome, Deatelhauser finds balance while navigating the line between the age old war of good vs. evil”

If you like zombies, super-villains and psychopaths then download “After the Dust” on the Amazon Kindle App, found in the Apple App Store for I-phone Users or check out the Google Play Store to find “After the Dust”.

Charley is currently working on “After the Voice”, book 2 of 3, as a follow-up to “After the Dust”.



Allegany County Health Department

Behavioral Health Services

Invites you to a

RECOVERY AND WELLNESS WALK

Date: Wednesday, September 21, 2016

Time: 1:00-2:30 p.m.

Place: Allegany College of Maryland (on the track)

This is a free event: Registration begins at 12:30pm followed by a welcome proclamation, guest speakers, the recovery and wellness walk, light refreshments and door prizes. Wear your sneakers – if you walk the entire 8 laps, you will be registered in the grand prize drawing. There will be many other great giveaways for walkers and non-walkers.

**EVERY PERSON IMPACTED BY BEHAVIORAL HEALTH ISSUES HAS A
REASON TO CELEBRATE THEIR STORY AND ACCOMPLISHMENTS.**

COME HELP US CELEBRATE THIS EXCITING EVENT!



GETTING AHEAD

In a

Just-Getting-By World



SHARE

Your experiences

BUILD

Your resources

CREATE

A new future

"You think there is nobody out there that cares. You feel down on your luck. You go to this class and you get the knowledge and it changes your life. I didn't feel like I was in a class and it was something I wasn't stressed about going to. I thought I was going to sit in a room and be taught by a teacher and instead I felt like I was the voice and they listened. It was something to have fun at and also get the know-how of going from poverty to where you want to be. " - **Getting Ahead**

Graduate

Join a small group of people once a week for 16 weeks
Transportation and childcare are available if needed
Incentive will be provided to active participants

First Presbyterian Church

1 East Main Street, Lonaconing

Tuesdays 9:00am – 11:30am

Orientation: August 30th

Class dates: September 6, 13, 20, 27

October 4, 11, 18, 25

November 1, 15, 22, 29 (no class 11/8)

December 6, 13, 20

Graduation: December 21st (530-7pm) WMRMC

South Penn Elementary School

500 East Second Street, Cumberland

Wednesdays 12:30-3:00pm

Orientation: September 7th

Class dates: September 14, 21, 28

October 5, 12, 19, 26

November 2, 9, 16, 30 (no class 11/23)

December 7, 12 (Monday), 14, 19 (Monday)

Graduation: December 21st (530-7pm) WMRMC

To register, call 240-964-8422

Chicken in Red Wine Sauce



Ingredients:

- 1 tablespoon minced garlic
- 3 pounds skinless, boneless chicken breast halves
- 1 tablespoon paprika
- 1 cup red wine
- 1 cup brown sugar
- 1 tablespoon olive oil

Directions:

Heat oil in a large skillet over medium high heat. Cook garlic in oil until tender. Place chicken in the skillet, and cook about 10 minutes on each side, until no longer pink and juices run clear.

Drain oil from skillet. Sprinkle chicken with paprika and 1 cup brown sugar. Pour red wine around chicken. Cover, and simmer about 15 to 20 minutes; lightly baste chicken with wine sauce while cooking. Season to taste with salt and pepper.

August Trivia Answers

1) What is the birthstone for August?

A) Diamond B) Onyx C) **Peridot**

2) Who was the month of August named in honor of?

A) **Augustus Caesar** B) Augustus Saint-Gaudens C) Augustus Gregory

3) Who sailed into what is now known as the Hudson Bay in 1610?

A) Kate Hudson B) Oliver Hudson C) **Henry Hudson**

4) Which astrological sign isn't in August?

A) Leo B) **Taurus** C) Virgo

5) August is national awareness month for _____

A) Fire Prevention B) Cholesterol Education C) **National Immunization**

6) Who wasn't born in August?

A) Jerry Garcia B) Cecil B. Mille C) **Andrew Jackson**

7) The flower for August is _____

A) Sunflower B) **Gladiolus** C) Ragweed

8) When did the 1st census start?

A) **August 1790** B) August 1920 C) August 1770

9) What date did Ferdinand Magellan start his voyage to sail around the world?

A) December 21, 1620 B) July 4, 1776 C) **August 10, 1519**

10) Which hurricane started in August?

A) **Katrina** B) Sandy C) Isabelle

SEPTEMBER TRIVIA

1. What was September named for?
 - a. A Number
 - b. A Roman General
 - c. A Greek God
 - d. A Flower

2. If you were born on the 27th of September what would your zodiac sign be?
 - a. Capricorn
 - b. Libra
 - c. Aries
 - d. Gemini

3. What is the birthstone for September?
 - a. Topaz
 - b. Sapphire
 - c. Turquoise
 - d. Ruby

4. Who wrote and recorded the song *Wake Me up When September Ends*?
 - a. Elton John
 - b. Nickleback
 - c. Green Day
 - d. John Lennon

5. What is the flower for September?
 - a. Sweet Pea
 - b. Aster
 - c. Hollyhock
 - d. Blue Bells

August Word Scramble Answers

AUGUST

VIRGO

LEO

HENRY HUDSON

AUGUSTUS CAESAR

KATRINA

CENSUS

FERDINAND MAGELLON

PERIDOT

NATIONAL IMMUNIZATION

GLAIOLUS

FRIENDSHIP DAY

WOMEN'S EQUALITY DAY

CHRISTOPHER COLUMBUS

September/Autumn Word Scramble

1. ALLF _ _ _ _

2. UMTUAN _ _ _ _ _

3. AELF _ _ _ _

4. EKAR _ _ _ _

5. EHARTVS _ _ _ _ _

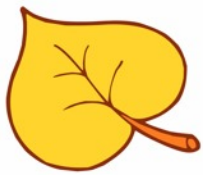
6. AHTNGVSNIKGI _ _ _ _ _

7. NMKPIPU _ _ _ _ _

8. SCEWACROR _ _ _ _ _

9. UKRTEY _ _ _ _ _

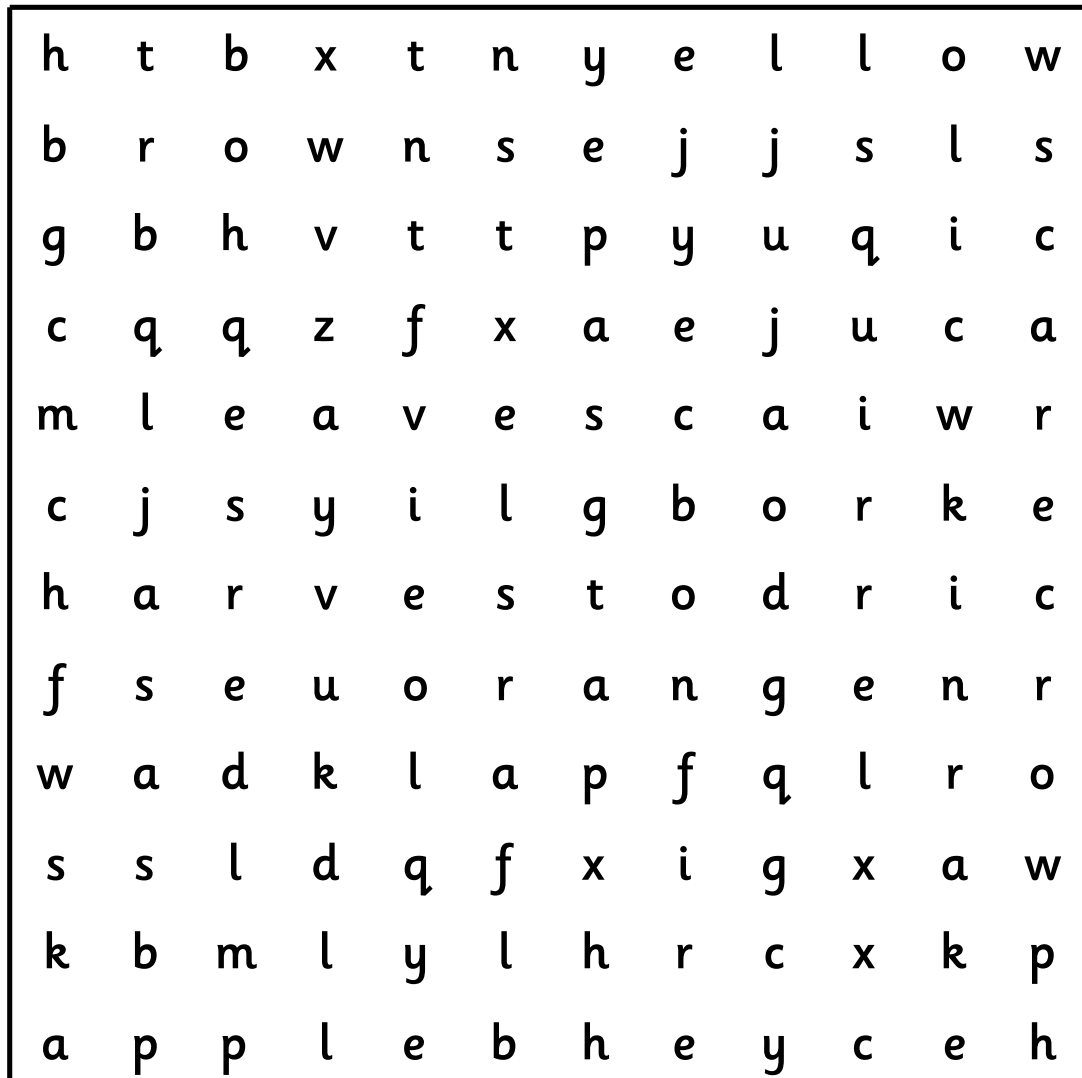
10. PLAPE EDICR _ _ _ _ _



Autumn Word Search



Can you find the Autumn words in the puzzle below?



rake

scarecrow

brown

yellow

squirrel

leaves

apple

red

bonfire

harvest

fall

pear

orange

acorn



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 September 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.