

Archway Station Short Takes SEPTEMBER 2019

*Check out Short Takes on the web @ <http://archwaystation.net>
choose “Resources | links” located at the top, right of the page,*

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

Special Points of Interest:

Recognition Day

Closed for Labor
Day

Urgent Care vs.
ED

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Recovery Center
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SUICIDE PREVENTION AWARENESS MONTH

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

Each year, more than 41,000 individuals die by suicide, leaving behind their friends and family members to navigate the tragedy of loss. In many cases, friends and families affected by a suicide loss (often called “suicide loss survivors”) are left in the dark. Too often the feelings of shame and stigma prevent them from talking openly.

September is National Suicide Prevention Awareness Month—a time to share resources and stories in an effort to shed light on this highly taboo and stigmatized topic. We use this month to reach out to those affected by suicide, raise awareness and connect individuals with suicidal thoughts to treatment services. It is also important to ensure that individuals, friends and families have access to the resources they need to discuss suicide prevention. National Alliance on Mental Illness is here to help.

CRISIS RESOURCES

- If you or someone you know is in an emergency, call **911** immediately.
- If you are in crisis or are experiencing difficult or suicidal thoughts, call the National Suicide Hotline at **1-800-273 TALK (8255)**.
- If you're uncomfortable talking on the phone, you can also **text NAMI to 741-741** to be connected to a free, trained crisis counselor on the Crisis Text Line.

AWARENESS RESOURCES

Help promote awareness by sharing images and graphics on your website and social media accounts. Use **#SuicidePrevention** or **#StigmaFree**.

While suicide prevention is important to address year-round, Suicide Prevention Awareness Month provides a dedicated time to come together with collective passion and strength around a difficult topic. The truth is, we can all benefit from honest conversations about mental health conditions and suicide, because just one conversation can change a life.

Adapted from <https://www.nami.org/get-involved/awareness-events/suicide-prevention-awareness-month>

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 Monday, 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 and return to the Center at approximately 1:00PM.


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

Hope you can join us!

September 2019

W&R Center **ACTIVITY** Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30-11:00 11:00-11:45 11:45-1:00	2 CLOSED HAPPY LABOR DAY	3 Community Integration — Meet at the Frederick St. bus stop @ 9am to choose a community activity to participate in. Return there @ 12pm to pick up your ordered packed lunch.	4 AM Circle & Short Takes Review Lunch PM Circle & Recreational Activity – You Choose	5 Community Integration — Meet at the Frederick St. bus stop @ 9am to choose a community activity to participate in. Return there @ 12pm to pick up your ordered packed lunch.	6 AM Circle & Health Home Overview w/ Leslie Lunch PM Circle & Recreational Activity – You Choose
9:30-11:00 11:00-11:45 11:45-1:00	9 AM Circle & Movie/Rec. Activity & Monthly Progress Review Lunch PM Circle, Movie/Rec. Activity & Monthly Progress Review	10 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.	11 AM Circle & Medical Care & You w/ Lisa & Monthly Progress Review Lunch PM Circle, Rec. Activity – You Choose & Progress Review	12 Community Integration — Meet at the Frederick St. bus stop @ 9am to choose a community activity to participate in. Return there @ 12pm to pick up your ordered packed lunch.	13 AM Circle & Movie/Rec. Activity & Monthly Progress Review Lunch PM Circle, Movie/Rec. Activity & Monthly Progress Review
9:30-11:00 11:00-11:45 11:45-1:00	16 AM Circle & HIG? Meeting Lunch PM Circle & Recreational Activity – You Choose	17 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.	18 AM Circle & Armchair Travel Lunch PM Circle & Recreational Activity – You Choose	19 Community Integration — Meet at the Frederick St. bus stop @ 9am to choose a community activity to participate in. Return there @ 12pm to pick up your ordered packed lunch.	20 AM Circle & Current Events Lunch PM Circle & Recreational Activity – You Choose






9:30-11:00	23 AM Circle & Men & Women's Group	24 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.	25 AM Circle & Personal Best Healthlines	26 Community Integration — Meet at the Frederick St. bus stop @ 9am to choose a community activity to participate in. Return there @ 12pm to pick up your ordered packed lunch.	27 AM Circle & Emergency Drill
11:00-11:45	Lunch		Lunch		Lunch
11:45-1:00	PM Circle & Recreational Activity – You Choose		PM Circle & Annual Archway Remembrance Day		PM Circle & Recreational Activity – You Choose
9:30-11:00	30 Recognition Day @ Rocky Gap All Day 				
11:00-11:45					
11:45-1:00					

COMMUNITY VOLUNTEER SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SCHEDULE					Food Bank Cleaning 9:30am-11am
11:00 – 11:45	LUNCH	PACKED LUNCH	LUNCH	PACKED LUNCH	LUNCH
AFTERNOON SCHEDULE	Recycling as needed 11:45am-1:15pm				
FOOD BOX DELIVERY ONE MONDAY & FRIDAY PER MONTH	9/9/19 FOOD BOX HOME DELIVERY IF NEEDED 11:45am-1:15pm				9/6/19 FOOD BOX HOME DELIVERY 11:45am-1:15pm

September 2019 - COMMUNITY ACTIVITIES

Earn 4 Recovery Points the week before at the W&R Center and then you can pick a community activity you want to join the following week.

DAY/DATE	ACTIVITY	
	Morning 9:30-11am	Afternoon 11:45-1pm
Wednesday, 4 th 4 Recovery Points!	Let's go Fishing 	Shopping at LaVale Plaza 
Wednesday, 11 th 4 Recovery Points!	N/A MONTHLY PROGRESS REVIEW	
Wednesday, 18 th 4 Recovery Points!	Constitution Park 	Bowling @ White Oak Lanes 
Wednesday, 25 th 4 Recovery Points!	Allegany County Library 	ARCHWAY ANNUAL REMEMBRANCE SERVICE

Wellness & Recovery Center Lunch September 2019

Lunch M-W-F is served with bread, milk, & salad bar between 11am-11:45am

Packed lunches for Tuesday & Thursday must be ordered by 12pm the prior day

Packed lunches on Tuesday & Thursday will be delivered as follows:

Tuesday & Thursday: Hope Station between 11:15-11:30 &

Frederick St. Bus Stop 11:30-12pm

The USDA, MSDE and Archway Station are equal opportunity providers

Mon	Tue	Wed	Thur	Fri
2 CLOSED FOR LABOR DAY	3 Ham Sandwich Cauliflower Banana	4 Shrimp Salad Carrots Cantaloupe	5 Turkey Sandwich Asian Salad Strawberries	6 Fiesta Chicken Black Beans Blueberries
9 Hot Turkey Sandwich Sweet Potatoes Baked Apples	10 Hoagie Broccoli Raspberries	11 Chicken Teriyaki Ranch Potatoes Pears	12 Tuna Salad Sandwich Green Peppers Cherries	13 Chili Cornbread Watermelon
16 Sausage Sub Pepper and Onions Plum	17 Turkey Wrap Baby Carrots Kiwi	18 Meatloaf Butter Beans Orange	19 BBQ Chicken Sandwich Chick Peas Blackberries	20 Fish Sandwich Corn Applesauce
23 Crab Cake Cole Slaw Pineapple	24 Roast Beef Sandwich Broccoli Clementine	25 Chicken Thigh Baked Beans Honeydew	26 Ham Sandwich Cherry Toms Tropical Fruit	27 Taco Salad Black Beans Apricots
30 Hamburger Potato Salad Cantaloupe				

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

SEPTEMBER 2019

The USDA, MSDE and Archway Station are equal opportunity providers

Mon	Tue	Wed	Thu	Fri
2 CLOSED FOR LABOR DAY	3	4 Yogurt Strawberries	5	6 Pancake Milk
9 Cheese Stick Grapes	10	11 Cottage Cheese Peaches	12	13 Bagel Fruit Cocktail
16 Celery Peanut Butter	17	18 Apple Slices String Cheese	19	20 Chex Mix Raspberries
23 English Muffin Apple Juice	24	25 Boiled Egg Toast	26	27 Cereal Milk
30 Banana Peanut Butter				

The Wellness and Recovery Center will be CLOSED on:

MONDAY, SEPTEMBER 2ND
in observance of Labor Day



Have a happy and safe holiday!

There will be no public buses running on:

MONDAY, SEPTEMBER 2ND

FYI: These are the links 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.

URGENT CARE vs ED

When to Visit Urgent Care



Rashes



Tooth Pain



Strains and Sprains



Cuts needing stitches



Sore Throat



Low back pain



Eye redness/irritation



Bites and Stings



Cold and Flu

When to Visit Emergency Dept



Stomach Pain



Allergic Reactions



Eye & Head Injuries



Serious Burns



Stroke



Breathing Difficulty



Chest Pain/Heart Attack



High Fever



Poisoning or drug overdose

WMHS
URGENT
CARE CENTERS

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

Never Forgotten

Suicide Prevention & Memorial Walk

We walk in memory.

We walk for hope.

We walk to honor or support a loved one.

We walk for change.

We walk for awareness.

We walk because we care.

Sunday, September 30, 2018

1:00 - 3:00 p.m.

Rocky Gap State Park

Schedule of Events:

1:00 p.m.: Opening ceremony

Speaker(s)

1:30 - 2:15 p.m.: Optional Walk

2:15 p.m.: Closing ceremony

*Leaf release, saying goodbyes, sharing artwork,
reading of poems and more*

Sponsored by:

Behavioral Health System's Office, Consumer Advisory Board,
Western Maryland Health System, Rocky Gap State Park

For more information, please contact Carey Moffatt at 240-964-8418.

September Recipe

Tortilla Pie

TOTAL TIME: Prep/Total Time: 30 min. **YIELD:** 4 servings.

Ingredients

- 1/2 pound lean ground beef (90% lean)
 - 1/2 cup chopped onion
 - 2 garlic cloves, minced
 - 1 teaspoon chili powder
 - 1/2 teaspoon ground cumin
 - 1 can (14-1/2 ounces) Mexican diced tomatoes, drained
 - 3/4 cup reduced-fat ricotta cheese
 - 1/4 cup shredded part-skim mozzarella cheese
 - 3 tablespoons minced fresh cilantro, divided
 - 4 whole wheat tortillas (8 inches)
 - 1/2 cup shredded cheddar cheese
-

Directions

- **1.** Preheat oven to 400°. In a large skillet, cook and crumble beef with onion and garlic over medium heat until no longer pink, 4-6 minutes. Stir in spices and tomatoes. Bring to a boil; remove from heat. In a small bowl, mix ricotta cheese, mozzarella cheese and 2 tablespoons cilantro.
 - **2.** Place one tortilla in a 9-in. round baking pan coated with cooking spray. Layer with half of the meat sauce, one tortilla, ricotta mixture, another tortilla and remaining meat sauce. Top with remaining tortilla; sprinkle with cheddar cheese and remaining cilantro.
 - **3.** Bake, covered, until heated through, 15-20 minutes.
-



August Trivia Answers

1. Which animal is associated with summer?

- a. Tiger
- b. Pig
- c. Goat
- d. Ox

2. Which country singer was born on the 21st of August 1938?

- a. Travis Tritt
- b. Garth Brooks
- c. Kenny Rogers
- d. Conway Twitty

3. What or who was the month of August named after?

- a. A British King
- b. A Roman Emperor
- c. The First Pope
- d. An Ancient Battle

4. What is the birth flower for August?

- a. Marigold
- b. Gladiola
- c. Violet
- d. Pansy

5. What is the gemstone for August?

- a. Sapphire
- b. Peridot
- c. Opal
- d. Garnet

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

- | | |
|--------------|------------------|
| 1.njoba | <u>banjo</u> |
| 2. lleco | <u>cello</u> |
| 3.raeinctl | <u>clarinet</u> |
| 4. dmurs | <u>drums</u> |
| 5. etlfu | <u>flute</u> |
| 6. raugit | <u>guitar</u> |
| 7. ricoahmna | <u>harmonica</u> |
| 8. rahp | <u>harp</u> |
| 9. dlimnnao | <u>mandolin</u> |
| 10. ngroa | <u>organ</u> |

September Word Scramble (Insects)

1. reopssahgrp _____
2. riekct _____
3. nta _____
4. lbbumbeee _____
5. hnilngitg ubg _____
6. rladfogny _____
7. etnrho _____
8. glbdayu _____
9. smtuooiq _____
10. yaprgni iamnts _____

Autumn

Find and circle all of the Autumn words that are hidden in the grid.
The remaining letters spell a secret message - an Albert Camus quotation.

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

ACORN
APPLE
BIRD MIGRATION
BLOWING LEAVES
BLUSTERY DAY
CANNING
CHESTNUTS
CHILLY
COLD
CROPS

EQUINOX
FALL
FARMING
FEAST
FROST
HALLOWEEN
HARVEST
HAYSTACK
HICKORY NUTS
LONGER NIGHTS

NOVEMBER
OCTOBER
ORANGE LEAVES
PIE
PUMPKIN
RAKE
RED LEAVES
SCARECROW
SCHOOL
SEASON

SEPTEMBER
SHORTER DAYS
SQUASH
SWEET POTATOES
THANKSGIVING
TURKEY
WINDY
YELLOW LEAVES

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 September 2019

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.