

Archway Station Short Takes October 2017

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. 118
Website-<http://archwaystation.net>

October is Breast Cancer Awareness Month

Adapted from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4441182/#ref4>

Breast cancer and treatment, including mastectomy, can cause feelings of mutilation, depreciation in the value of the body, reduction in attractiveness, and lead to mental disorders and hopelessness.

Breast cancer is the most common cancer in women in most societies and is the most reported cause of death for woman in the world. Breast cancer after it's removal is not a physical disability but usually has an altered psychological effects on patients. During the treatment process of this disease the patient has to deal with multiple issues. The impact of breast cancer and treatment methods, such as mastectomy, include adverse effects on the patients mental health.

Some patients deal with mood disorders, such as; depression, anxiety, anger, hopelessness and changes in body esteem.

A combination of individual and group treatment sometimes works best. Individual sessions with a licensed psychologist typically emphasize the understanding and modification of patterns of thinking and behavior.

Group psychological treatment with others who have breast cancer gives women a chance to give and receive emotional support and learn from the experiences of others. To be most effective, groups should be made up of women at similar stages of the disease and led by psychologists or other mental health professionals with experience in breast cancer treatment.

If you have experience this disease, just remember it is curable and there is treatment and support available.

Special Points of Interest:

Favorite
Worker Selected

Getting Ahead
Class Schedule

Tuesday Grief
Support Group

Inside this Issue:

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Recovery Center
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Games & Puzzles

Complaint
Procedure

Archway Station, Inc.

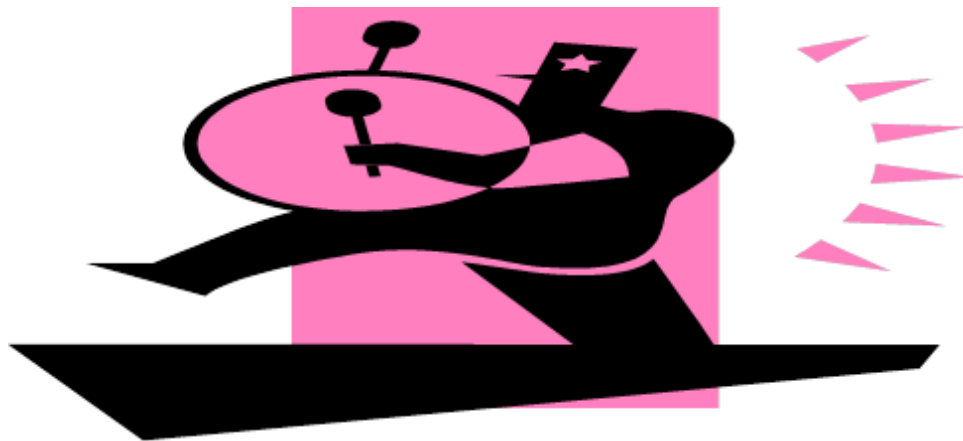
Person-Centered Planning Philosophy

Archway believes in and uses the philosophy and approaches of person-centered planning. One critical way to show respect for each person's individuality is through the use of person-centered planning which focuses 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, October 30th, we will be celebrating Recognition Day by spending the full day at Brookdale Farms. 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!



October 2017

W&R Center ACTIVITY Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30-11:00 11:00-11:45 11:45-1:00	2 AM Circle & Short Takes Review Lunch PM Circle & Name that Tune	3 Community Integration—Meet at Rose's @ 9am to participate in a community activity. Return to Rose's @ 12pm and get a packed lunch.	4 AM Circle & Psychiatric Advanced Directives Lunch PM Circle & Recreational Activity - You Choose	5 Community Integration—Meet at Rose's @ 9am to participate in a community activity. Return to Rose's @ 12pm and get a packed lunch.	6 AM Circle & How to Sleep Well Lunch PM Circle & Fall Trivia
9:30-11:00 11:00-11:45 11:45-1:00	9 AM Circle & Personal Best Healthlines Lunch PM Circle & Indoor Volleyball	10 Community Integration—Meet at Rose's @ 9am to participate in a community activity. Return to Rose's @ 12pm and get a packed lunch.	11 AM Circle & Movie Lunch Movie Continued	12 Community Integration—Meet at Rose's @ 9am to participate in a community activity. Return to Rose's @ 12pm and get a packed lunch.	13 AM Circle & Anger Management Lunch PM Circle & Recreational Activity - You Choose
9:30-11:00 11:00-11:45 11:45-1:00	16 AM Circle & Men's Health w/ Lisa - Women's Group w/ Center Staff Lunch PM Circle & Team Concentration	17 Community Integration—Meet at Rose's @ 9am to participate in a community activity. Return to Rose's @ 12pm and get a packed lunch.	18 AM Circle & Emergency Drill Lunch PM Circle & Recreational Activity – You Choose	19 Community Integration—Meet at Rose's @ 9am to participate in a community activity. Return to Rose's @ 12pm and get a packed lunch.	20 AM Circle & Armchair Travel Lunch PM Circle & Karaoke













9:30-11:00 11:00-11:45 11:45-1:00	23 AM Circle & HIG? Meeting <p>-----</p> <p>Lunch</p> <p>-----</p> PM Circle & Recreational Activity - You Choose	24 Community Integration—Meet at Rose's @ 9am to participate in a community activity. Return to Rose's @ 12pm and get a packed lunch.	25 AM Circle & Current Events <p>-----</p> <p>Lunch</p> <p>-----</p> PM Circle & Bingo	26 Community Integration—Meet at Rose's @ 9am to participate in a community activity. Return to Rose's @ 12pm and get a packed lunch.	27 Normal Hours Halloween Party & Costume Contest
9:30-11:00 11:00-11:45 11:45-1:00	30 Recognition Day @ Brookdale Farms All Day 9:30am-1pm Packed Lunches Provided	31 Community Integration—Meet at Rose's @ 9am to participate in a community activity. Return to Rose's @ 12pm and get a packed lunch.			

COMMUNITY VOLUNTEER SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SCHEDULE	Walk Dogs @ the Animal Shelter 9:30am-11am	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	10/9/17 FOOD BOX HOME DELIVERY 9:30am-11am				10/6/17 FOOD BOX HOME DELIVERY 11:45am-1:15pm

October 2017 - 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, October 4 5 Recovery Points! 	Allegany County Library 	Shopping at White Oaks 
Wednesday, October 11 5 Recovery Points! 	Take a walk on the Canal 	Visit the Pet Store (Daddio's) 
Wednesday, October 18 5 Recovery Points! 	Visit the Western Maryland Train Station & Display 	Bowling at White Oaks 
Wednesday, October 25 5 Recovery Points! 	Allegany County Library 	Basketball @ Constitution Park 

Wellness & Recovery Center
Morning Snack (9:00am-9:30am)
October 2017

Mon	Tue	Wed	Thu	Fri
2 Waffle Juice	3 NA	4 Cereal Milk	5 NA	6 Bagel Milk
9 Orange Ritz Crackers	10 NA	11 Yogurt Vanilla Wafers	12 NA	13 Peanut Butter Crackers Banana
16 Wheat Crackers Cheese Stick	17 NA	18 Pancake Milk	19 NA	20 Corn Muffin Applesauce
23 Yogurt Pretzels	24 NA	25 French Toast Milk	26 NA	27 Cottage Cheese Pineapple
30 Oatmeal Cookie Banana	31 NA			

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)

October 2017

Mon	Tue	Wed	Thur	Fri
2 Smoked Sausage Sub Butter Beans Pears	3 Tuna Salad Sandwich Celery Orange	4 Meatloaf Mashed Potatoes Peaches	5 Buffalo Chicken Sandwich Watercress Salad Raspberries	6 Chili Cornbread Watermelon
9 Beef Stew Salad Apple	10 Ham & Cheese Green Peppers Kiwi	11 Curry Chicken Peas Cantaloupe	12 Turkey Sandwich 3 Bean Salad Apricots	13 Roast Beef Carrots Tropical Fruit
16 Pork Chop Yams Grapes	17 Pulled Chicken Sandwich Cucumber Salad Banana	18 Hot Dog Sauerkraut Mashed Potatoes Pineapple	19 Cold Meatloaf Sandwich Chick Peas Strawberries	20 Fish Broccoli Baked Apples
23 Spaghetti Salad Honeydew	24 Chicken Salad Sandwich Beets Fruit Cocktail	25 Hamburger Gravy over Biscuit Mixed Veggies Plum	26 Roast Beef & Cheese Wrap Broccoli Raisins	27 Halloween Party Pizza Chips Dessert
30 Hoagie Cole Slaw Cantaloupe	31 Bologna & Cheese Sandwich Celery Grapes			

Congratulations

**Favorite Worker of the Quarter:
Marc Phillips**



Here's what was said about Marc:

He is a cool guy.

He is always encouraging.

He really listens to me.

Even if I fail at something he encourages me.

Also nominated was Tiffany D.

Congratulations to you both!

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. 105.



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 20 weeks.

Transportation and childcare are available if needed.

Incentive will be provided to active participants

Day/Time: Wednesdays, 9-11:30am
Dates: August 16, 2017 -January 3, 2018
Location: Centre Street United Methodist Church

Day/Time: Tuesdays, 1-3:30pm
Dates: October 10, 2017 – February 27, 2018
Location: Jane Frazier Community Room

Day/Time: Wednesdays, 330-6pm
Dates: January 3, 2018- May 16, 2018
Location: Allegany College of Maryland

Day/Time: Tuesday, 9-11:30am
Dates: February 6, 2018-June 19, 2018
Location: Downtown YMCA

To register, call 240-964-8422.

**A GRIEF SUPPORT GROUP
FOR
FAMILY MEMBERS AND FRIENDS
OF
THOSE WHO HAVE DIED AS A RESULT OF AN ADDICTION**

A COST-FREE SERVICE HELD AT
SOUTH CUMBERLAND LIBRARY
100 SEYMOUR STREET, CUMBERLAND

MEETS THE THIRD TUESDAY OF THE MONTH AT 5 PM

For additional information contact:

Anne DeV Vaughn

301-777-8779

Mark Perman

860-212-5668

In cooperation with the Community Strengthening Coalition

(a network of individuals and organizations in Allegany County striving to empower community members to better our community with the current focus on addressing the local opioid crisis)

Broccoli Salad



Ingredients:

4 oz broccoli spears, cut into bite size pieces
2 slices of cooked bacon, crumbled
1 $\frac{1}{2}$ oz. halved cherry tomatoes
1 $\frac{1}{2}$ oz. of chopped red onion
2 oz. of sharp cheddar, shredded
 $\frac{1}{4}$ C raisins (if desired)
 $\frac{1}{4}$ C mayonnaise
 $\frac{1}{2}$ tbsp white vinegar
 $\frac{1}{2}$ tbsp sugar
Salt & freshly ground black pepper

Directions:

Trim the large leaves from the broccoli stem. Remove the tough stalk at the end and wash broccoli head thoroughly. Cut the head into flowerets and the stem into bite-size pieces. Place in a large bowl. Add the crumbled bacon, tomatoes, onion, cheese, and raisins (if desired). In a small bowl, combine the remaining ingredients, stirring well. Add to broccoli mixture and toss gently.

September Trivia Answers

- 1) September is known for being _____
 - a) Chicken Month
 - b) Leukemia/Lymphoma Awareness Month
 - c) Self-Improvement Month
 - d) **all of the above**

- 2) What are September's three birth flowers?
 - a) rose, tulip, and iris
 - b) **forget me not, morning glory, and aster**
 - c) daisy, sunflower, and apple blossom
 - d) safflower, cornflower, and Black-Eyed Susan

- 3) You can celebrate this holiday on the first Sunday after Labor Day _____
 - a) **Grandparent's Day**
 - b) Native American Day
 - c) Siblings Day
 - d) National Teddy Bear Day

- 4) "Ahoy, Mate!" you can celebrate this on September 19th?
 - a) Pirate Day
 - b) Jack Sparrow Day
 - c) **International "Talk Like a Pirate" Day**
 - d) Captain Crunch Day

- 5) On September 1st, 1830, this poem was published:
 - a) Phenomenal Woman by Maya Angelou
 - b) **Mary Had A Little Lamb by Sarah Josepha Hale**
 - c) If You Forget Me by Pablo Neruda
 - d) The Road Not Taken by Robert Frost

October Trivia

- 1) October is known for being _____?
 - a) Apple Month
 - b) Lupus Awareness Month
 - c) Breast Cancer Awareness Month
 - d) French Fry Month

- 2) The birthstones for October are _____?
 - a) Pearl and amethyst
 - b) Sapphire and Quartz
 - c) Citron and Diamond
 - d) Tourmaline and Opal

- 3) What is the birth flower for October?
 - a) Lilly
 - b) Mums
 - c) Calendula
 - d) Rose

- 4) Which of the following are recognized for the month of October?
 - a) National Pizza Month
 - b) National Seafood Month
 - c) National Vegetarian Month
 - d) All of the above

- 5) On what date did Christopher Columbus land in America?
 - a) October 12, 1492
 - b) September 30, 1472
 - c) October 30, 1472
 - d) October 2, 1492

September Word Scramble Answers

1. SEPTEMBER
2. AUTUMN
3. FOLIAGE
4. CHANGING LEAVES
5. PUMPKIN
6. TURKEY
7. SEASON
8. WHEAT
9. GEESE
10. ACORN

October Word Scramble

1. OOTBREC
2. PPKMNUI
3. CSTEMUO
4. CYNDA
5. HLLWSOA EEV
6. DSSRE PU
7. TTSREA
8. TCKSRI
9. PELSAP
10. LBOISGN

Signs of Fall Word Search

Find the hidden words within the puzzle.



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

acorn
cornstalk
harvest
leaves

pumpkin
rake
scarecrow
school

Thanksgiving
turkey

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 October 2017

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.