

Archway Station Short Takes November 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](http://archwaystation-inc.org)

Special Points of Interest:

Vote For Your
Favorite Worker

Quarterly Resource
Information

Inside this Issue:

Wellness &
Recovery
Center
Information

Games &
Puzzles

Complaint
Procedures

What to Do If Someone Goes Into Diabetic Shock

<http://www.livestrong.com/article/19003-someone-goes-diabetic-shock/>

Recognize the Symptoms

Many seasoned diabetics are aware when their blood sugar is low. However, if their blood sugar is low enough, they may not be lucid enough to recognize that something is wrong. Hypoglycemia causes changes in personality and cognitive function---they may even appear intoxicated. Other symptoms include dizziness and sweating, clumsy movements, irritability and confusion. In severe cases, the person may actually fall unconscious. However, the key here is recognizing the symptoms early on and administering immediate care.

Administer Sugar

The best response to a hypoglycemic attack is sugar. Most diabetics should carry glucose tablet with them, for just such an emergency. In the absence of glucose tablets, candy, juice, sugary soft drinks and anything else with straight sugar will do. It has to be sugar. According to the American Diabetes Association, the ideal dosing is three glucose tablets or 1/2 cup of fruit juice or five to six pieces of hard candy.

Glucagon Injections

Some diabetics may have their physicians prescribe glucagon. Glucagon is a hormone, produced by the pancreas, that raises blood sugar. Glucagon is administered by injection, like insulin, and the diabetic may be able to inject themselves. If the person is not, then you or someone else may need to.

Call Emergency Services

If the person has lost consciousness, or if you are unable to administer sugar or glucagon, contact 911 immediately. The longer you wait, the lower the blood sugar levels will drop and the greater the risk of slipping into a coma. If the diabetic does pass out, do not administer sugar or insulin, do not inject glucagon and do not give them food or liquids. Wait with them until help arrives and make them as comfortable as possible. Make note of the time of the attack because the paramedics will ask.

Archway Station, Inc.

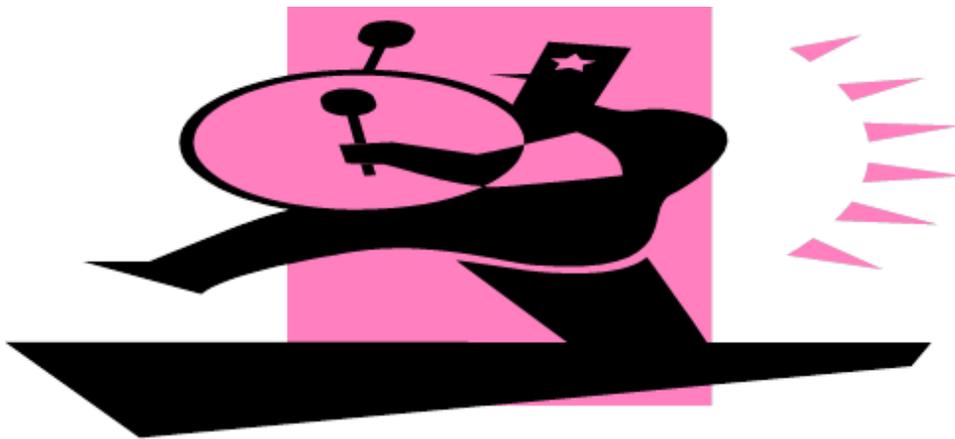
Person-Centered Planning Philosophy

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 Wednesday, November 30th, we will be celebrating Recognition Day by going to the YMCA. We will leave the Center at 11:45AM. We will return to the Center at 1:00PM. Hope you can join us!



November 2016

W&R Center ACTIVITY Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:30-11:00</p> <p>-----</p> <p>11:00-11:45</p> <p>-----</p> <p>11:45-1:00</p>		<p>1 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.</p>	<p>2 AM Circle & Short Takes Review</p> <p>-----</p> <p style="text-align: center;">Lunch</p> <p>-----</p> <p>PM Circle & Sewing Basics</p>	<p>3 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.</p>	<p>4 AM Circle & Heroin/Opioid Abuse w/ Lisa</p> <p>-----</p> <p style="text-align: center;">Lunch</p> <p>-----</p> <p>PM Circle & Craft Project – Football Team Logo</p>
<p>9:30-11:00</p> <p>-----</p> <p>11:00-11:45</p> <p>-----</p> <p>11:45-1:00</p>	<p>7 AM Circle & Advanced Directives</p> <p>-----</p> <p style="text-align: center;">Lunch</p> <p>-----</p> <p>PM Circle & Recreational Activity – You Choose</p>	<p>8 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.</p>	<p>9 AM Circle & Current Events</p> <p>-----</p> <p style="text-align: center;">Lunch</p> <p>-----</p> <p>PM Circle & Team Card Tower</p>	<p>10 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.</p>	<p>11 AM Circle & Movie</p> <p>-----</p> <p style="text-align: center;">Lunch</p> <p>-----</p> <p>Movie Continued</p>
<p>9:30-11:00</p> <p>-----</p> <p>11:00-11:45</p> <p>-----</p> <p>11:45-1:00</p>	<p>14 AM Circle & HIG? Meeting</p> <p>-----</p> <p style="text-align: center;">Lunch</p> <p>-----</p> <p>PM Circle & Name that Tune</p>	<p>15 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.</p>	<p>16 AM Circle & The Benefits Of Humor</p> <p>-----</p> <p style="text-align: center;">Lunch</p> <p>-----</p> <p>PM Circle & Recreational Activity – You Choose</p>	<p>17 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.</p>	<p>18 AM Circle & Men/Women's Group</p> <p>-----</p> <p style="text-align: center;">Lunch</p> <p>-----</p> <p>PM Circle & Make a Healthy Snack</p>

<p>9:30-11:00</p> <p>-----</p> <p>11:00-11:45</p> <p>-----</p> <p>11:45-1:00</p>	<p>21 AM Circle & Seasonal Affective Disorder (SAD)</p> <p>-----</p> <p>Lunch</p> <p>-----</p> <p>PM Circle & Bingo—win some prizes</p>	<p>22 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.</p> <p>-----</p> <p>Lunch</p> <p>-----</p> <p>PM Circle & Karaoke</p>	<p>23 AM Circle & Mental Illness-Facts not Myths</p> <p>-----</p> <p>Lunch</p> <p>-----</p> <p>PM Circle & Karaoke</p>	<p>24</p> <p>CLOSED</p> <p>HAPPY THANKSGIVING</p>	<p>25 AM Circle & Personal Best Healthlines</p> <p>-----</p> <p>Lunch</p> <p>-----</p> <p>PM Circle & Recreational Activity – You Choose</p>
<p>9:30-11:00</p> <p>-----</p> <p>11:00-11:45</p> <p>-----</p> <p>11:45-1:00</p>	<p>28 AM Circle & Armchair Travel</p> <p>-----</p> <p>Lunch</p> <p>-----</p> <p>PM Circle & Tai Chi</p>	<p>29 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.</p> <p>-----</p> <p>Lunch</p> <p>-----</p> <p>Fun @ the YMCA</p>	<p>30 AM Circle & Recognition Day</p> <p>-----</p> <p>Lunch</p> <p>-----</p> <p>Fun @ the YMCA</p>		

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 or Animal Shelter 11:45am-1:15pm				
FOOD BOX DELIVERY ONE MONDAY & FRIDAY PER MONTH	11/7/16 FOOD BOX HOME DELIVERY 9:30am-11am				11/4/16 FOOD BOX HOME DELIVERY 11:45am-1:15pm

November 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
<p>Wednesday, November 2 5 Recovery Points!</p> <div style="text-align: center;"></div>	<p>Shopping at Braddock Square</p> <div style="text-align: center;"></div>	<p>YMCA – You Choose</p> <div style="text-align: center;"></div>
<p>Wednesday, November 9 5 Recovery Points!</p> <div style="text-align: center;"></div>	<p>Allegany County Library</p> <div style="text-align: center;"></div>	<p>Bowling at White Oaks</p> <div style="text-align: center;"></div>
<p>Wednesday, November 16 5 Recovery Points!</p> <div style="text-align: center;"></div>	<p>Visit the Pet Store</p> <div style="text-align: center;"></div>	<p>YMCA – You Choose</p> <div style="text-align: center;"></div>
<p>Wednesday, November 23 5 Recovery Points!</p> <div style="text-align: center;"></div>	<p>Allegany County Library</p> <div style="text-align: center;"></div>	<p>Bowling at White Oaks</p> <div style="text-align: center;"></div>
<p>Wednesday, November 30 5 Recovery Points!</p> <div style="text-align: center;"></div>	<p>Art Exhibit: Visit the Allegany Arts Council</p> <div style="text-align: center;"></div>	<p style="text-align: center;">N/A Recognition Day</p>

Wellness & Recovery Center
Morning Snack (9:00am—9:30am)
November 2016

Mon	Tue	Wed	Thu	Fri
	1 N/A CLOSED	2 Fruit Cocktail Milk	3 N/A CLOSED	4 Vanilla Wafers Grapes
7 English Muffin Banana	8 N/A CLOSED	9 Hard Boiled Egg Biscuit	10 N/A CLOSED	11 Rice Krispie Treat Milk
14 Apricots Bagel	15 N/A CLOSED	16 Cottage Cheese Tropical Fruit	17 N/A CLOSED	18 Cereal Milk
21 Blueberry Muffin Milk	22 N/A CLOSED	23 French Toast Juice	24 N/A CLOSED	25 Bagel Cheese Stick
28 Waffle Peaches	29 N/A CLOSED	30 Pretzels Yogurt		

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)

November 2016

Mon	Tue	Wed	Thur	Fri
	1 Hoagie Baby Carrots Apple	2 Chili Dog Baked Beans Jell-O w/ Fruit	3 Turkey Wrap Celery Kiwi	4 Baked Ziti Salad Orange
7 Cheesy Chicken Corn Chowder Pineapple	8 Roast Beef Wrap Chick Peas Blueberries	9 Chicken Fajita Black Beans Banana	10 Peanut Butter & Jelly Sandwich Celery Raspberries	11 Baked Fish Stewed Tomatoes Grapes
14 Chicken Thigh Brussel Sprouts Apple Sauce	15 Ham Sandwich Red Pepper Strips Pears	16 Hamburger Gravy over Biscuit Green Beans Peaches	17 Bologna & Cheese Sandwich Broccoli Strawberries	18 Shepherds Pie Honey Dew
21 BBQ Beef Cole Slaw Watermelon	22 Chicken Salad Sandwich Cherry Tomatoes Tropical Fruit	23 Turkey Stuffing Mashed Potatoes Cranberry Relish Pie	24 Closed Happy Thanksgiving	25 Turkey Pot Pie Cantaloupe
28 Cream Chicken over Biscuit Mix Vegetables Fruit Cocktail	29 Ham Salad Sandwich Green Pepper Strips Blackberries	30 Meatloaf Sweet Potatoes Grapes		

Wellness & Recovery Center
Afternoon Snack (1:00PM-1:30PM)
November 2016

Mon	Tue	Wed	Thu	Fri
	1 N/A CLOSED	2 Peanut Butter Crackers Juice	3 N/A CLOSED	4 Yogurt Pretzels
7 Apple Cheese Stick	8 N/A CLOSED	9 Peaches Toast	10 N/A CLOSED	11 Cheese Crackers Juice
14 Baby Carrots Milk	15 N/A CLOSED	16 Vanilla Wafers Banana	17 N/A CLOSED	18 Oatmeal Cookie Milk
21 Cottage Cheese Pineapple	22 N/A CLOSED	23 Rice Krispie Treat Milk	24 N/A CLOSED	25 Graham Crackers Peanut Butter
28 String Cheese Apricots	29 N/A CLOSED	30 Corn Muffin Milk		

Archway Wellness & Recovery Van Run

There will be no public buses running on...

Friday November 11
Thursday November 24
Friday November 25

- The Wellness and Recovery Center will be closed on November 24.
- The Wellness & Recovery Center will be doing a van run on November 11th and 25th.

The Wellness & Recovery Center van will be stopping to pick up those who plan to come to the Center at Rose's at 9:00am.

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 day before the regular meetings of the Board of Directors. The next meeting is November 15.

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 !!

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, November 11, 2016. Sue will bring all the forms to the HIG meeting on Monday, November 14, 2016. 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:
Joe B., Alex C. , Liz W. & Larry B.

Person's name _____

Why I think this person
is doing a great job:

*New WRAP Class @ Hope Station
Tuesday, November 29th. 1-3PM
632 N. Centre Street, Cumberland, MD 21502
Phone: 240-362-7168 Fax: 240-362-7170
email: HOPEStation@atlanticbbn.net*

Wellness & Recovery Action Planning)

Wrap is a tool that you can learn and use to help you take control of your own recovery from mental illness.

Wrap is empowering—every person's plan is their own personal plan.

Wrap is a shared experience. In class we share our lived experiences, we get support and we give support to each other.

Wrap Class meets every Tuesday afternoon at Hope Station for 8 weeks.

If you are interested in attending this session, call or e-mail Dan @ Hope Station 240-362-7168.

Facilitators: Dan & Kelly Snyder

Puppy Sleepers

Ingredients:

- 1 lb of Kielbasa
- 2 cans of Pillsbury Grand Biscuits
- 1 bag of 4-cheese shredded cheese
- 3 boxes of Egg Beaters
- Salt & pepper to taste (optional)
- 1 can of Pam cooking spray

Directions:

- 1) Preheat the oven to 200 degrees F.
- 2) Grease the muffin tin with the Pam cooking spray & wipe gently with a napkin so the cooking spray is evenly spread in each muffin tin cup.
- 3) Start cutting the Kielbasa into about ¼ inch by cubing the meat.
- 4) Preheat the stove burner on high & grease your skillet thoroughly.
- 5) Put the Kielbasa in the skillet & cook for about 5-10 minutes or until browned (salt & pepper to taste - optional).
- 6) Cut the biscuits in ½ & flatten them to make them flat enough to stretch over the edge just a tiny bit to catch the food if it runs.
- 7) Start putting the biscuits in the muffin tins.
- 8) Start filling the biscuits with the Kielbasa pieces only ¼ full.
- 9) Before pouring the Egg Beaters, shake well & fill only ½ full.
- 10) Finish filling by using the bag of 4-cheese shredded cheese to fill only ¼ full.
- 11) Make sure the biscuits are not overflowing before you put them in the oven.
- 12) Cook for about 15-20 minutes. If the eggs are still runny, cook for an additional 5 minutes.
- 13) When cool you can serve immediately or stick them in the fridge for a later time.
- 14) If refrigerated just heat them up in the microwave for about 30-40 seconds.

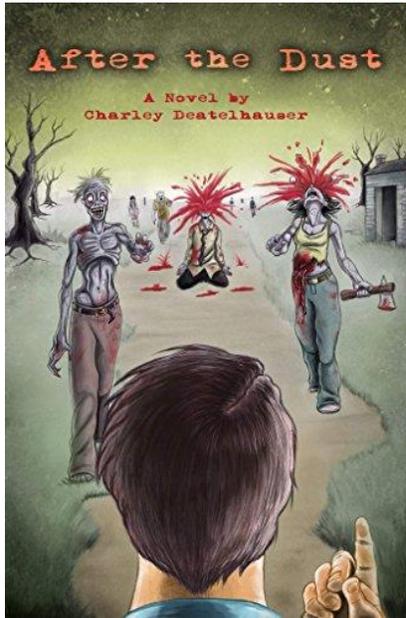
Yields:

About 20 servings

Enjoy!!!!

“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.”

OCTOBER TRIVIA ANSWERS

1. Name the winner of the 2001 Academy Award for Best Picture.

- a. Gosford Park
- b. A Beautiful Mind**
- c. The Fellowship of the Ring
- d. Moulin Rouge!

2. Name the winner of the 2002 Academy Award for Best Picture.

- a. Gangs of New York
- b. Chicago**
- c. The Hours
- d. The Pianist

3. Name the winner of the 2003 Academy Award for Best Picture.

- a. Mystic River
- b. Seabiscuit
- c. Lost in Translation
- d. The Return of the King**

4. Name the winner of the 2004 Academy Award for Best Picture.

- a. Finding Neverland
- b. Million Dollar Baby**
- c. The Aviator
- d. Ray

5. Name the winner of the 2005 Academy Award for Best Picture.

- a. Good Night, and Good Luck
- b. Brokeback Mountain
- c. Crash**
- d. Munich

NOVEMBER TRIVIA

1. According to the Butterball Corporation, they recommend that you thaw a wrapped turkey in the refrigerator how long per 4 pounds of bird?

- (a) One hour per 4 lbs.
- (b) 8 Hours per 4 lbs.
- (c) One Day per 4 Lbs.
- (d) 4 hours per 4 Lbs (or one hour per pound)

2. Which President was the first to establish Thanksgiving as a legal national holiday to be held the 4th Thursday in November?

- (a) Abraham Lincoln
- (b) Franklin D. Roosevelt
- (c) Thomas Jefferson
- (d) James Madison

3. The first department store to hold a Thanksgiving parade was:

- (a) Montgomery Wards
- (b) J.C. Penney's
- (c) Gimbel's
- (d) Macy's

4. The term "Cornucopia" means what?

- (a) Tall Corn
- (b) Greek God of Corn
- (c) Horn of Plenty
- (d) A traditional New England relish

5. Which state produces the most turkeys?

- (a) North Carolina
- (b) North Dakota
- (c) Texas
- (d) California

Halloween Word Scramble Answers

QUESTIONS	ANSWERS
1. LESENKTO	1. SKELETON
2. SMKA	2. MASK
3. OMEZBI	3. ZOMBIE
4. TGHOS	4. GHOST
5. PIDRES	5. SPIDER
6. EATRT	6. TREAT
7. MSROTEN	7. MONSTER
8. PNKMUPI	8. PUMPKIN
9. DNCAY	9. CANDY
10. POKOSY	10. SPOOKY
11. IMEARVP	11. VAMPIRE
12. ICTRK	12. TRICK
13. CIFONF	13. COFFIN
14. ERTOCBO	14. OCTOBER
15. HTWCI	15. WITCH
16. YUMMM	16. MUMMY
17. UCEOMST	17. COSTUME
18. RSYAC	18. SCARY
19. EATHUDN	19. HAUNTED
20. TBA	20. BAT

November Word Scramble



1. eutykr
2. fgstunif
3. kmiuppn
4. rbcrrreeain
5. lirmsipg
6. utlaknfh
7. awerymflo
8. paared
9. altfoblo
10. drnine

Veterans Day

November 11

Word Search

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

See how many of these newspaper related words you can find in the puzzle.
The words can be forward, backward or diagonal.

Created by Sue Lindlauf
Grand Forks Herald 2011

- | | | | |
|-------------|--------------|---------------|-------------|
| 1. Veterans | 5. Armistice | 9. Holiday | 13. Medals |
| 2. Honor | 6. Character | 10. Courage | 14. History |
| 3. Service | 7. Soldiers | 11. Wars | 15. Hero |
| 4. Military | 8. Americans | 12. Sacrifice | 16. Thanks |

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 November 2016

No complaints have been received since the last issue of *Short Takes*. There is nothing to report.

Attention!

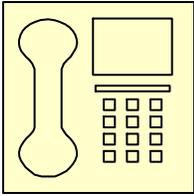
Material beyond this point doesn't change often, therefore, we will only include it quarterly.

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

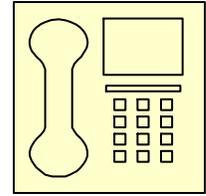
Be mindful:

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

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



REACHING YOUR TEAM



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

408 North Centre St (301-777-1700):

Team 1 - press 1
Team 2 - press 2
Team 3 - press 3
Referrals- press 4

Wellness and Recovery Center (301-724-2582):

Kid's Service - press 2
DDA - press 3
Wellness & Recovery Center Staff - press 4

Longview (301-777-3208):

Longview Staff - press 1
Wendy Stewart - press 2
Chantal Simpson - press 3

My HSW's extension is _____

W&R CENTER'S SCHEDULE

MONDAY-WEDNESDAY-FRIDAY

9:00 - 9:30

WELCOME & SNACK

9:30 - 10:00

GROUP # 1 STARTS

10:00 - 10:10

BREAK

10:10 - 10:30

2nd PART OF GROUP #1

10:30 - 10:40

BREAK

10:40 - 11:00

3rd Part of Group #1

11:00— 11:45

LUNCH

11:45 - 12:05

GROUP # 2 STARTS

12:05 - 12:15

BREAK

12:15 - 12:35

2nd PART OF GROUP #2

12:35 - 12:45

BREAK

12:45 - 1:00

3rd PART OF GROUP #2

1:00 - 1:30

PM SNACK

1:30

CENTER CLOSSES



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 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. 117.

Earning Recovery Points!

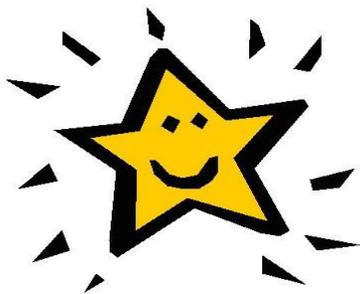
Another way you can have some fun is by earning **enough recovery points to be able to attend special community-based activities** one time a week. **If you earn five(5) recovery points during the week, the following week you can be part of a community activity.**

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 five (5) days = 5 recovery points.
- #2 Volunteer at the Center: One (1) hour a day = two (2) points and participate in three (3) groups is a total of 5 recovery points.
- #3 Volunteer in the Community : One (1) hour per day = three (3) points and participate in two (2) groups for a total of five (5) recovery points.
- #4 Combination: Any combination of the above totaling five (5).



Call Sue Pyles for More Information

301-724-2582 Ext.105



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 Coach and ask how you are doing and what improvements you might need to work on to become a Community Volunteer. The Team Leader and Recover Coaches decide who should be volunteering in the community based on individual performance.

Community Volunteer Jobs:

- Food Bank Worker
- Downtown Mall Worker
- Cumberland Arms Apartment Cleaning
- Toys for Happiness Worker
- 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.

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. 118 or 105.

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**

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 301-777-3208, Ext 104. You can also fill out a complaint. Forms are posted at agency buildings.

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

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)

Allegany County Transit

Questions? Please call **301-722-6360** Monday - Friday 8 am to 4 pm -- Or visit our website: <http://gov.allconet.org/act>

am times (shown in light type)

pm times (shown in bold type)

Schedule Effective August 3, 2015

Red Line

Monday - Friday 7:30 am - 4 pm

	←----- Loop 1 -----→						←----- Loop 2 -----→							
DEPARTS FROM	Downtown To Willowbrook Rd						DEPARTS FROM	Downtown to South Cumberland						ARRIVES TO
Downtown Cumberland	Kent Ave <i>(Johnson Heights)*</i>	Health Department	WMHS Regional Medical Ctr	Allegany College of MD	Finan Center	Decatur St & Baltimore Ave	Downtown Cumberland	Cumberland	HRDC Virginia Ave	Potomac St & Virginia Ave	Opposite HRDC Virginia Ave	Cumberland	Downtown Cumberland	
Roses														
7:30	7:35	7:39	7:41	7:44	7:48	7:52	8:00	8:33	8:37	8:41	8:47	8:50	8:56	
8:00	8:05	8:09	8:11	8:14	8:18	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	
1:00	1:05	1:09	1:11	1:14	1:18	1:22	1:30	1:33	1:37	1:41	1:47	1:50	1:56	
2:00	2:05	2:09	2:11	2:14	2:18	2:22	2:30	2:33	2:37	2:41	2:47	2:50	2:56	
3:00	3:05	3:09	3:11	3:14	3:18	3:22	3:30	3:33	3:37	3:41	3:47	3:50	3:56	

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

Blue Line

Monday - Friday 8 am - 4:30 pm

	←----- Loop 1 -----→						←----- Loop 2 -----→							
DEPARTS FROM	Downtown to White Oaks						DEPARTS FROM	Downtown to Willowbrook Rd						ARRIVES TO
Downtown Cumberland	Cumberland	White Oaks Ave & Church St	S.Cumb. Marketplace <i>(Savalot)</i>	Mountain View Apts/ Cascades	Archway/ Jane Frazier	Cumberland	Downtown Cumberland	Decatur St & Baltimore Ave	WMHS Regional Medical Ctr	Allegany College of MD	Cumberland Meadows/ Willowbrook Woods	Decatur St & Baltimore Ave	Downtown Cumberland	
Roses														
8:00	8:03	8:09	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	9:09	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	10:09	10:11	10:13	10:15	10:20	10:30	10:34	10:39	10:40	10:45	10:51	10:55	
11:00	11:03	11:09	11:11	11:13	11:15	11:20	11:30	11:34	11:39	11:40	11:45	11:51	11:55	
1:00	1:03	1:09	1:11	1:13	1:15	1:20	1:30	1:34	1:39	1:40	1:45	1:51	1:55	
2:00	2:03	2:09	2:11	2:13	2:15	2:20	2:30	2:34	2:39	2:40	2:45	2:51	2:55	
3:00	3:03	3:09	3:11	3:13	3:15	3:20	3:30	3:34	3:39	3:40	3:45	3:51	3:55	
4:00	4:03	4:09	4:11	4:13	4:15	4:20	4:30							

* If you need to go to South Cumberland Marketplace (Save-A-Lot), please request the driver to stop when you pay your fare

Green Line

Monday - Friday 7:30 am - 4 pm

	←----- Loop 1 -----→					←----- Loop 2 -----→												
DEPARTS FROM	Downtown to Bedford Rd					DEPARTS FROM	Downtown to LaVale and Country Club Mall					DEPARTS FROM	Country Club Mall to Cresaptown and Cumberland					ARRIVES TO
Downtown Cumberland	Naves Cross Rd <i>(Sheetz)</i>	Western MD Recovery	Bedford Rd & Acre Ln <i>(VFD)</i>	Bedford St & Marietta St	Downtown Cumberland	Downtown Cumberland	Centre St & Valley St	Nat'l Hwy & Campground Rd <i>(D'Attri's)</i>	LaVale Plaza <i>(Ollie's)</i>	Red Hill Plaza <i>(Cumb. Treatment Cntr)</i>	Braddock Sq <i>(Gabriel's)</i>	Country Club Mall <i>(Theaters)</i>	US220 & Moss Ave <i>(Shooters)</i>	Goodwill Industries	Kelly Rd <i>(YMCA)</i>	Downtown 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	--	8:57			
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	--	10:20	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	--	11:50	11:57			
1:00	1:05	1:09	1:13	1:21	1:30	1:35	1:45	1:48	--	1:51	2:00	2:10	--	2:20	2:27			
2:30	2:35	2:39	2:43	2:51	3:00	3:05	3:15	3:18	--	3:21	3:30	3:40	3:43	3:50	3:57			

Gold Line

Monday - Friday 8 am - 4:30 pm

LEAVES FROM	Downtown via Dingle to Mall	LEAVES FROM	LaVale via US 40 to Frostburg	LEAVES FROM	Frostburg via US 40 to LaVale	EXPRESS FROM	EXPRESS TO								
	Lee St & Paca St <i>(Queen City Towers)</i>	Greene St & Fayette St <i>(Dingle)</i>	Country Club Mall <i>(Theaters)</i>	Food Lion <i>(via Old Nat'l Pike)</i>	Frostburg Plaza <i>(ACS)</i>	Bowery St & Paul St	Braddock Rd <i>(Active Network)</i>	State St & Broadway <i>(Meshach Frost VII)</i>	Main St <i>(Palace Theater)</i>	Frostburg Plaza <i>(ACS)</i>	Food Lion	Country Club Mall <i>(Theaters)</i>	National Hwy & Long Dr	Downtown Cumberland Roses	
	Express to Frostburg		Express to Frostburg		Express to Frostburg		Express to Frostburg		Express to Frostburg		Express to Frostburg		Express to Frostburg		
8:00								8:15	8:20	8:23	8:27	8:32	8:35	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	10:54	10:59	--	11:10	11:12	11:16	11:21	--	11:30		
	<-- Mall to Frostburg -->		11:35	11:51	11:54	11:59	--	1:10	1:12	1:16	1:21	1:25	1:40	1:44	1:56
2:00	2:05	2:09	2:20	2:31	2:34	2:39	--	2:41	2:44	2:48	2:53	2:55	3:10	3:14	3:26
3:30	<Express to Mall>		3:40	3:51	3:54	3:59	4:05	4:10	4:12	4:16			<----- Express via Interstate-68 ----->		4:30

Shaded trips operate only when FSU is NOT in session: May 21 - August 28, 2015; November 25-29, 2015; December 21, 2015- January 22, 2016; March 14-18, 2016; May 19- August 29, 2016

Purple Line

Tuesday & Friday

LEAVES FROM	Seton Dr to Mall	LEAVES FROM	Country Club Mall to Lonaconing and Westernport	LEAVES FROM	Mall to Seton Dr	ARRIVES TO							
	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>	Downtown 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

am times (shown in light type)

pm times (shown in bold type)

DEPARTS FROM	Downtown to LaVale and Country Club Mall	DEPARTS FROM	Country Club Mall to Cresaptown and Cumberland	DEPARTS FROM	Downtown to Bedford Road	ARRIVES TO								
	National Hwy & Campground Rd <i>(D'Atri's)</i>	LaVale Plaza <i>(Ollie's)</i>	Braddock Sq <i>(Gabriel Brothers)</i>	Country Club Mall <i>(Theaters)</i>	US220 & Moss Ave <i>(Shooters)</i>	Greene St & Fayette St <i>(Dingle)</i>	Kelly Rd <i>(YMCA)</i>	Downtown Cumberland Roses	Naves Cross Rd <i>(Sheetz)</i>	Western MD Recovery	Bedford Rd & Acre Ln <i>(VFD)</i>	Bedford St & Marietta St	Downtown 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

Using the Schedules

STOPS read left to right. TIMES read top to bottom. --- IF THERE IS NO TIME LISTED but it is along the route, don't worry, the bus will stop there. ROUTE MAPS and the TRIP PLANNER can be found on our website: gov.allconet.org/ACT ---- Arrival time will vary within the interval between fixed stops. Please be generous as you estimate time.

Allegany County Transit

Morning Service

Monday - Friday 5:50 am - 8:30 am

DEPARTS FROM	South Cumberland to Downtown				DEPARTS FROM	Downtown to Willowbrook Rd				ARRIVES TO
Virginia Ave & Offutt St (CSX)	Opposite HRDC Virginia Ave	Cumberland Martin's	Downtown Cumberland Roses	Downtown Decatur St & Baltimore Ave	WMHS Regional Medical Ctr	Allegany College of MD	Decatur St & Baltimore Ave	Downtown Cumberland Roses		
5:50	5:53	5:56	6:05	6:09	6:14	6:17	6:23	6:25		

DEPARTS FROM	Downtown to LaVale via US 40				DEPARTS FROM	Express to Frostburg via I-68				DEPARTS FROM	To Cresaptown & Cumberland		ARRIVES TO
Downtown Cumberland Roses	Centre St & Valley St	National Hwy & Long Dr	Vocke Rd (D'Attri's)	Braddock Sq (Gabriel's)	Country Club Mall (Walmart)	Braddock Rd (Active Network)	Main St (Palace Theater)	Frostburg Plaza (ACS)	Country Club Mall (Walmart)	US220 & Moss Ave (Shooters)	Greene St & Fayette St (Dingle)	Downtown Cumberland Roses	
6:25	6:30	6:42	6:45	6:48	7:00	7:12	7:20	7:26	7:35	7:45	7:52	8:00	

DEPARTS FROM	LaVale Express via Dingle & I-68						EXPRESS TO	ARRIVES TO
Downtown Cumberland Roses	Kelly Road (YMCA)	Lee St & Paca St (Queen City Towers)	Greene St & Fayette St (Dingle)	LaVale Plaza (Ollie's)	Red Hill Plaza	Country Club Mall (Walmart)	Downtown Cumberland Roses	
8:00	8:05	8:08	8:10	8:15	8:18	8:25	8:30	

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.

Evening Service

Monday - Friday 3:50 pm - 8:00 pm

DEPARTS FROM	Downtown to White Oaks and South Cumberland								ARRIVES TO
Downtown Cumberland Roses	Cumberland Martin's	S. Cumberland Marketplace (Savalot)	Mountain View Apts/ Cascades	Archway / Jane Frazier	Virginia Ave & Offutt St	Opposite HRDC Virginia Ave	Cumberland Martin's	Downtown Cumberland Roses	
5:25	5:30	5:36	5:40	5:42	3:50	3:53	3:56	4:05	
7:30	7:33	7:45	7:50	7:52	5:58	6:00	6:02	6:05	

DEPARTS FROM	Downtown to Willowbrook Rd				DEPARTS FROM	Mall Express via Dingle & I-68				ARRIVES TO
Downtown Cumberland Roses	Naves Cross Rd (Sheetz)	WMHS Regional Medical Ctr	Allegany College of MD	Decatur St & Baltimore Ave	Downtown Cumberland Roses	Lee St & Paca St (Queen City Towers)	Greene St & Fayette St (Dingle)	Country Club Mall (Theaters)	Downtown Cumberland Roses	
4:05	4:16	4:22	4:25	4:28	4:30	4:37	4:40	4:45	5:05	
5:05	--	5:13	5:15	5:20	5:25					

DEPARTS FROM	EXPRESS TO	LaVale via US 40 to Frostburg						DEPARTS FROM	Frostburg via US 40 to LaVale		EXPRESS via Braddock Rd	ARRIVES TO	
Downtown Cumberland Roses	Country Club Mall (Theaters & Walmart)	LaVale Plaza (Ollie's)	Food Lion/Frost Plaza (ACS)	Annapolis Hall	Edgewood Commons	Braddock Rd (Active Network)	College Ave & Maple St	Main St (Palace Theater)	Frostburg Plaza	Food Lion	Braddock Sq (Gabriel's)	Country Club Mall (Theaters & Walmart)	Downtown Cumberland Roses
6:05	6:15	6:25	6:34	6:44	6:45	6:46	6:48	6:54	6:57	7:00	7:08	7:15	7:30

am times (shown in light type)

pm times (shown in bold type)

FOOD RESOURCES

Resources	Resources Address	Days for Pick Up	Time for Pick Up	Requirements	What's Available	How Often	Other Important Information
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)

Resources	Resources Address	Days for Pick Up	Time for Pick Up	Requirements	What's Available	How Often	Other Important Information
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.

ALCOHOLICS ANONYMOUS MEETING LIST

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

Thursday	Friday	Saturday
7:00—7:30am O/D Early Bird Gilchrist Building 205 Baltimore Street Cumberland, MD	7:00—7:30am O/D Early Bird Gilchrist Building 205 Baltimore Street Cumberland, MD	12:00pm O/D/HA* New Hope Group St. Patrick's Catholic Church 201 N. Centre St. Cumberland, MD
11:00am O/D Chapel Hill Group Church of Christ 4th St. & Memorial Ave Cumberland, MD	12:00pm O/D New Life Group Fort Recovery 418 N. Centre St. Cumberland, MD	8:00 p.m. O/D Frostburg A.A. Grapevine First Presbyterian Church 33 Broadway St. Frostburg, MD
1:00pm SP/IN/HA* Finan Center Meeting Thomas B. Finan Center Country Club Rd. Cumberland, MD	8:00pm O/SP/D Frostburg Serenity Group First Presbyterian Church 33 Broadway St. Frostburg, MD	8:00 p.m. SP/HA*/IN Saturday Night Live Massie Unit/Finan Center Country Club Rd. Cumberland, MD
8:00pm O/D Back to Basics Meeting of the Little Big Book Group Salem United Church 78 Broadway St. Frostburg, MD	8:00pm O/SP/D Fort Cumberland Group Emmanuel Episcopal Church (Lower Parish). Corner of Washington St. & Greene Street Cumberland, MD	
8:00pm O/BB/HA* Ridgeley Renegades Calvary United Methodist Church Prospect Street Ridgeley, WV		ABBREVIATION KEY O = Open D = Discussion HA = Handicapped
	Serenity Prayer 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 BB = Big Book SP = Speaker ST = Step IN = Institutional CLOSED = Member's Only

NARCOTICS ANONYMOUS MEETING LIST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7pm Friendship Haven Church 248 Williams St. Cumberland, MD 21502	7pm Friendship Haven Church 248 Williams St. Cumberland, MD 21502	7pm Fort Recovery 418 N. Centre St. Cumberland, MD 21502	7pm First Presbyterian Church 11 Washington St. Cumberland, MD 21502	7:30pm Fort Recovery 418 N. Centre St. Cumberland, MD 21502	7pm Fort Recovery 418 N. Centre St. Cumberland, MD 21502 10pm Fort Recovery 418 N. Centre St. Cumberland, MD 21502	6pm First Presbyterian Church 11 Washington St. Cumberland, MD 21502 7:30pm Emmanuel Episcopal Church 16 Washington St. Cumberland, MD 21502



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. But even 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 444

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 301-777-3208, ext. 104). Please leave your name and telephone number so we can recontact you while we investigate. As the whistleblower, no action will be taken against you for making a report in good faith.

Thanks!

Revised 2/2015