

Archway Station Short Takes December 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)

5 Tips To Survive The Holidays

Holidays<http://blogs.psychcentral.com>

The holidays are a stressful time for a lot of people. Those who experience social anxiety are bombarded with situations that toss them into a sea of people, parties, shopping for gifts, and family get-togethers. So, with all this stress, how can you survive the holidays? Here are some tips:

- 1. Remember that the only thing you can control is the way you react.**
Maybe your cousin makes snide comments about your weight, maybe your grandma grills you about the fact that you aren't married yet – remember that you are in control of your reaction. You cannot control their actions or words.
- 2. Try to stick to a normal sleep schedule.**
Nothing can affect your moods more than the amount of sleep you get. Remember, it is important to take care of yourself. Try to stick with your normal sleeping habits.
- 3. Get some air.**
Its good to take breaks from the commotion of the holidays. Step outside for some air or go for a walk. Being outside can be calming, if that's not possible simply escape to a bathroom. No one will bother you there. Just take a few minutes to yourself when needed.
- 4. Keep your expectations low.**
Don't set your expectations for the holidays too high. Remember that no family is perfect, no partner is perfect, and children are not perfect. Everything will probably not go as you plan, so try to start out with lower expectations. Go into the situation expecting bumps and mess-ups and then it won't be as devastating when these things happen.
- 5. Try to enjoy yourself.**
Focus on the positive. So your cousin is mean, maybe your nephew adores you. Focus on him. Maybe you can't stand your family, but love the Christmas ham. Focus on the food. Maybe you don't get the present you were hoping for, but gave your mother a card that made her tear up. Focus on that. It need not be a big thing that makes you happy, maybe it is just the music on the radio. Try to find the joy in the season because there is a lot to be thankful for. You are alive and here to enjoy another holiday. Make the best of it.

Special Points of Interest:

Poetry by a Peer

Christmas Cookie
Recipe

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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, December 30th, we will be celebrating Recognition Day by going to White Oak Lanes for Bowling or Billiards. We will leave the Center at 11:45AM. We will return to the Center at 1:00PM. We hope you can join us!



December 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 go to the CCM and shop for Toys For Happiness then to CiCi's for lunch *****	2 AM Circle & Short Takes Review ----- Lunch ----- PM Circle & Craft Project -Make a Christmas Gift You Choose
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00	5 AM Circle & Men/Women's Group ----- Lunch ----- PM Circle & Recreational Activity – You Choose	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 & Changing Negative thoughts to Positive ----- Lunch ----- N/A CLOSING EARLY	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 & Germs & Flu w/ Lisa ----- Lunch ----- PM Circle & Name that Christmas Tune
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00	12 AM Circle & Christmas Movie ----- Lunch ----- Christmas Movie Continued	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 & Computer Use & Abuse w/ Shawn ----- Lunch ----- PM Circle & Recreational Activity – You Choose	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 & Holiday Stress & Depression ----- Lunch ----- PM Circle & Karaoke












9:30-11:00 <hr/> 11:00-11:45 11:45-1:00	19 AM Circle & HIG? Meeting <hr/> Lunch PM Circle & Christmas Trivia	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 & Substance Abuse <hr/> Lunch PM Circle & Bingo—win some prizes	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 & Current Event <hr/> Lunch PM Circle & Recreational Activity – You Choose
9:30-11:00 <hr/> 11:00-11:45 11:45-1:00	26 AM Circle & Personal Best Healthlines <hr/> Lunch PM Circle & What Rhymes with What?	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 & Armchair Travel <hr/> Lunch PM Circle & Team Jokers Wild	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 AM Circle & Recognition Day <hr/> Lunch Bowling or Billiards @ White Oak Lanes

COMMUNITY VOLUNTEER SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING SCHEDULE	12/12/16 Visit Nursing Home 9:45am-11:15am	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	12/5/16 FOOD BOX HOME DELIVERY 9:30am-11am				12/9/16 FOOD BOX HOME DELIVERY 11:45am-1:15pm

December 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, December 7 5 Recovery Points! 	Shopping at LaVale Plaza 	N/A CLOSING EARLY
Wednesday, December 14 5 Recovery Points! 	Allegany County Library 	YMCA – You Choose 
Wednesday, December 21 5 Recovery Points! 	Visit the Christmas Train Display at the Fairgrounds 	Bowling at White Oaks 
Wednesday, December 28 5 Recovery Points! 	Allegany County Library 	YMCA – You Choose 

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

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

December 2016

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

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

Mon	Tue	Wed	Thu	Fri
			1 N/A	2 Vanilla Wafers Yogurt
5 Celery Peanut Butter	6 N/A	7 N/A CLOSING EARLY	8 N/A	9 Cottage Cheese Fruit Cocktail
12 Cheese Crackers Juice	13 N/A	14 Rice Pudding Banana	15 N/A	16 Carrots Peanut Butter
19 1/2 Peanut Butter Sandwich	20 N/A	21 Apple Milk	22 N/A	23 Cheese Stick Ritz Crackers
26 Blueberry Muffin Apricots	27 N/A	28 Graham Crackers Peanut Butter	29 N/A	30 Oatmeal Cookie Milk

Archway Wellness & Recovery Van Run

There will be no public buses running on...

Friday, December 23
Monday, December 26
Friday, December 30

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.

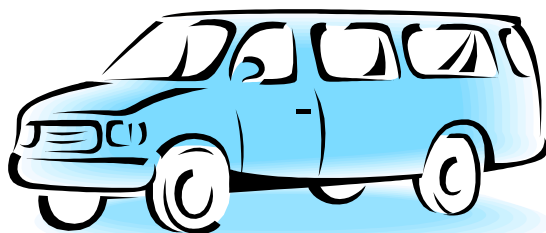
The van will leave the Wellness & Recovery Center at 1:15pm to drop people off at Rose's in the afternoon.

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.





A LITTLE OF EVERYTHING

WHEN YOU'RE GOING THROUGH
LIFE'S VALLEYS, AND THINK
THERE'S NO WAY OUT
YOU'RE NOT THE FIRST
TO FEEL THIS WAY
THERE'S HOPE, WITHOUT DOUBT

LISTEN TO WHAT GOD HAS TO SAY
PRAY TO HIM EACH & EVERY DAY
LOVE WILL COME FROM THE VERY START
TO EVERY OPEN HUMBLE HEART

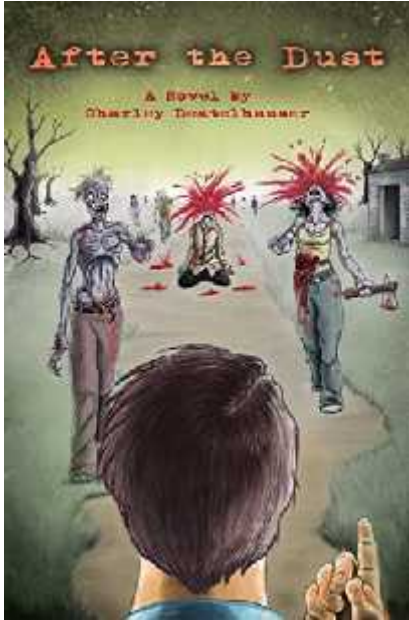
YOU WERE THERE FOR ME
WHEN I NEEDED YOU
YOU CARED FOR ME
WHEN I CRIED TO YOU
YOU FOUGHT FOR ME
WHEN I COULDN'T STAND
YOU HELD ME UP WITH
A GIVING HAND

Author: Janet Hymes



“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.”

Pumpkin Whoopie Pies



INGREDIENTS:

For the cookies:

1. 1½ cups all-purpose flour, spooned and leveled
2. 1 ½ teaspoons pumpkin pie spice
3. ½ teaspoon baking powder
4. ½ teaspoon baking soda
5. ½ teaspoon kosher salt
6. 1 cup pure pumpkin puree (not pumpkin pie filling)
7. ½ cup granulated sugar
8. ½ cup packed light brown sugar
9. ½ cup canola oil
10. 1 large egg
11. 1 teaspoon pure vanilla extract

For the filling:

1. 4 ounces cream cheese, at room temperature
2. 4 tablespoons (½ stick) unsalted butter, at room temperature
3. 1 ½ cups confectioners' sugar
4. ½ teaspoon pure vanilla extract

DIRECTIONS

1. **Make the cookies:** Heat oven to 350° F with the racks in the upper and lower thirds. Line two large rimmed baking sheets with parchment paper. In a medium bowl, whisk together the flour, pumpkin pie spice, baking powder, baking soda, and salt; set aside.
2. In a large bowl, whisk together the pumpkin puree, sugars, oil, egg, and vanilla until combined. Mix in the flour mixture until just moistened (do not overmix).
3. Drop mounds of the dough (about 2 tablespoons each) onto the baking sheets, spacing them 2 inches apart. Bake until golden and firm to the touch, 12 to 14 minutes. Let cool for 5 minutes in the pan, then transfer to a wire rack to cool completely.
4. **Make the filling:** With an electric mixer, beat the cream cheese, butter, confectioners' sugar, and vanilla until fluffy, 2 to 3 minutes.
5. **Make the whoopie pies:** Spread a heaping tablespoon of filling on the flat side of half the cookies. Top with the remaining cookies. If soft, chill for 20 to 25 minutes.
6. **Storage suggestion:** Keep the whoopie pies refrigerated, between sheets of wax paper in an airtight container, for up to 1 day. Bring to room temperature before serving, if desired.

NOVEMBER TRIVIA ANSWERS

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

CHRISTMAS TRIVIA

1. Who wrote the song "Here Comes Santa Claus"?

- Michael Jackson
- Gene Autry
- Persy Douglas
- Leroy Jones

2. Which of these companies was the first to use Santa Clause in an advertisement?

- Pepsi
- Coca-Cola
- 7-Up
- Fanta

3. Which president was the first to decorate the White House Christmas tree?

- Franklin Pierce
- Benjamin Franklin
- George Washington
- Abraham Lincoln

4. In what year was "A Christmas Carol", by Charles Dickens, published?

- 1765
- 1843
- 1860
- 1906

5. What is the name of the Grinch's dog in the movie "How the Grinch Stole Christmas"?

- Pete
- Sam
- Ruth
- Max

November Word Scramble Answers



1. turkey
2. stuffing
3. pumpkin
4. cranberries
5. pilgrims
6. thankful
7. mayflower
8. parade
9. football
10. dinner



Christmas Word Scramble



lelbs
isentpiota
cleand
gigabrndeer
tewhar
scralo
edinerer
gostinck
esokoci
ngego
gliseh
leves
tenessrp
dranlag
sottlemie
fitg
yalohid
legan
leno
stranemon
credembe
womanns
dancy enca
sliten
eylu

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- 24- _____
- 25- _____





Christmas



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

BELLS

CANDY CANES

CAROLS

CHRISTMAS

DECEMBER

ELVES

FAMILY

LIGHTS

PRESENTS

REINDEER

RUDOLF

SANTA CLAUS

SILENTNIGHT

SNOWMAN

TREE

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 December 2016

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

