

Archway Station Short Takes December 2018

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. 5118
Website-<http://archwaystation.net>

Special Points of Interest:

Advisory Member
Needed

Driver Available

Allegany County
Transit Alerts

Hope Station
Hour Change

Inside this Issue:

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NATIONAL PEARL HARBOR REMEMBRANCE DAY

Adapted from: <https://nationaltoday.com/national-pearl-harbor-day-remembrance/>

A day of infamy, the day Japan attacked the United States at Pearl Harbor, is commemorated with the National Pearl Harbor Day of Remembrance each year on December 7th. On that day in 1941, more than 2,400 people died in Japan's attack on the Hawaiian base of America's Pacific Fleet. Hundreds of aircraft were destroyed or damaged, as were most of the ships in the harbor, and thousands of service men and women were killed or injured. It was an unprecedented surprise attack that precipitated the United States entry into WW II as we sided with the Allies and declared war on Japan.

HOW TO OBSERVE NATIONAL PEARL HARBOR DAY OF REMEMBRANCE

Send a care package to a member of the Armed Forces overseas:

Find a local organization sending care packages—there should be one in your community. Basic grooming needs, phone cards, canned treats, even just a kind note of appreciation are all simple expressions of concern that mean so much to soldiers thousands of miles from home. Get your church or civic organization to help and your impact will be so much greater.

Loved ones staying at home need comfort too:

The families left behind often struggle with expenses and loneliness while their husbands and wives are overseas. Adopt a family in your community and be there to offer help. It could be as simple as attending the kid's games, dropping off some food, or giving a gas card. Small acts of kindness can help keep a family together even when they are apart.

Treat yourself well, too:

The life you are living today would be impossible without the sacrifices of December 7 and of all the wars this country has been in. Honor the memory of those lost by living the best life you can, and work to make life better for those coming after you.

WHY NATIONAL PEARL HARBOR DAY OF REMEMBRANCE IS IMPORTANT

It was the worst attack on American soil by a foreign country:

The United States was in peace talks with Japan when Japan launched 350 warplanes in a surprise air attack on Pearl Harbor, home of the Pacific Fleet. 330 U.S. planes and 19 ships were damaged or destroyed, and thousands of people were killed or injured.

The Pearl Harbor attack drew the United States into WW II:

Japan's designs on the Philippines, then a territory of the United States, precipitated their attack on Pearl Harbor in an attempt to destroy the Pacific Fleet and buy time for them to conquer what they referred to as the Southern Resource Zone. Up until then, the mainly isolationist position of the US prevented our entrance into WW II. That position disintegrated with the attack, as the American people united in a call to war—a call that eventually led to the Allies winning that war.

It is a day to honor our military:

This is a good time to think of the hardships and ordeals endured by our service men and women every day and everywhere in the world. The United States is in a position of being the policemen of the world, with hundreds of thousands of service men and women deployed in the protection of our country and people everywhere. Remember them in your actions and your prayers.

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

Join us on Friday, December 28th at the Wellness & Recovery Center to celebrate Recognition Day. Recognition Day takes place at the beginning of the day. Participants receive and give positive feedback for successes throughout the month, little successes and big ones too! You can get an “A” for effort! We talk about the importance of goal setting and working towards a positive outcome. This is a good time to practice speaking in front of others in the group, by sharing your personal insights, feelings and thoughts. There are a few rewards, too.





HAPPY BIRTHDAY!

Afterwards, we have a nice meal and cake to celebrate any birthday in the current month. Many thanks go out to Clara, Cindy and the kitchen volunteers. We then head out to do some kind of fun activity in the community. If you are celebrating a birthday, please join us. Even if you can't make it in for the Recognition Group, please come for the meal and birthday celebration. We hope you join in the fun celebration!

December 2018

W&R Center **ACTIVITY** Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00	3 AM Circle & Short Takes Review ----- Lunch ----- PM Circle & Recreational Activity – You Choose	4 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.	5 AM Circle & Mental Illness – Facts/Myths? ----- Lunch ----- PM Circle & Recreational Activity – You Choose	6 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 packed lunch.	7 AM Circle & Christmas Trivia ----- Lunch ----- PM Circle & Recreational Activity – You Choose
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00	10 AM Circle, Armchair Travel & Monthly Progress Review ----- Lunch ----- PM Circle, Progress Review & Rec. Activity – You Choose	11 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.	12 AM Circle, Dealing w/ Cold Weather w/ Lisa & Monthly Progress Review ----- Lunch ----- PM Circle, Progress Review & Rec. Activity – You Choose	13 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 packed lunch.	14 AM Circle, Movie & Monthly Progress Review ----- Lunch ----- PM Circle, Movie Continued, Progress Review & Rec. Activity – You Choose
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00	17 AM Circle & HIG? meeting ----- Lunch ----- PM Circle & Recreational Activity – You Choose	18 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.	19 AM Circle & Men & Women's Group ----- Lunch ----- PM Circle & Recreational Activity – You Choose	20 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 packed lunch.	21 AM Circle & Emergency Drill ----- Lunch ----- PM Circle & Recreational Activity – You Choose







9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00	24 CLOSED MERRY CHRISTMAS	25 CLOSED MERRY CHRISTMAS	26 AM Circle & Current Events ----- Lunch ----- PM Circle & Recreational Activity – You Choose	27 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 packed lunch.	28 AM Circle & Recognition Day ----- Lunch ----- Allegany County Library 
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00	31 CLOSED HAPPY NEW YEAR				

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	12/3/18 FOOD BOX HOME DELIVERY IF NEEDED 11:45am- 1:15pm				12/7/18 FOOD BOX HOME DELIVERY 11:45am- 1:15pm

December 2018 - 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, 5th 4 Recovery Points!	Allegany County Library 	Shopping at LaVale Plaza 
Wednesday, 12th 4 Recovery Points!	N/A MONTHLY PROGRESS REVIEW	
Wednesday, 19th 4 Recovery Points!	Visit the Christmas Train Display at the Fairgrounds 	YMCA – You Choose 
Wednesday, 26th 4 Recovery Points!	Visit the Pet Store 	Bowling at White Oaks 

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 2018

Mon	Tue	Wed	Thur	Fri
3 Spaghetti Pizza Salad Pineapple	4 Turkey Wrap Red Pepper Strips Strawberries	5 Steak & Cheese Sub Baked Fries Honeydew	6 Peanut Butter & Jelly Sandwich Beets Kiwi	7 Potato Soup Ham Sandwich Grapes
10 Shrimp Salad Carrots Pears	11 Cold Meatloaf Sandwich Celery Raspberries	12 Chicken Thigh Corn on the Cob Jello w/ Fruit	13 Bologna Sandwich Corn Salad Banana	14 Stuffed Shells Spinach Applesauce
17 Fish Sandwich Stewed Tomatoes Plum	18 Buffalo Chicken Sandwich Broccoli Salad Peaches	19 Hot Turkey Sandwich Mashed Potatoes Orange	20 Roast Beef Sandwich 3 Bean Salad Blackberries	21 Ham Sweet Potatoes Green Beans Pie
24 CLOSED MERRY CHRISTMAS	25 CLOSED MERRY CHRISTMAS	26 Chili Dog Baked Beans Watermelon	27 Pulled Chicken Sandwich Cherry Tomatoes Raisins	28 Pork Sauerkraut Corn Cantaloupe
31 CLOSED HAPPY NEW YEAR				

Wellness & Recovery Center
Morning Snack (9:00am-9:30am)
December 2018

Mon	Tue	Wed	Thu	Fri
3 Pancake Milk	4 NA	5 Bagel Applesauce	6 NA	7 French Toast Juice
10 Cottage Cheese Pineapple	11 NA	12 Waffle Milk	13 NA	14 Yogurt Pretzels
17 Oatmeal Milk	18 NA	19 Graham Crackers Peanut Butter	20 NA	21 Hard-Boiled Egg Biscuit
24 CLOSED MERRY CHRISTMAS	25 NA	26 English Muffin Banana	27 NA	28 Cereal Milk
31 CLOSED HAPPY NEW YEAR				

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
- Review of HIG? Meeting follow-up items

The AC meets 5x a year, the day before the regular meetings of the Board of Directors.

If you are interested, tear out this page, fill in the back, and forward to Jeannie at 45 Queen Street. Jeannie will be in touch if you are chosen. We do our best to choose a committee that best represents the people we support.

Yes, I am interested in being a member of the Advisory Committee. I commit to attending all of the scheduled meetings.

Name: _____

Address: _____

Phone: _____

Email: _____



Please send to Jeannie

DRIVERS



dreamstime.com

From time to time people have out-of-town appointments, and they need a ride. We are making 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.

List of Driver's

- 1. Darwin Moore 202-674-1342**
- 2. Michael Wallace 240-522-6996 (will also do in town)**

DUNGEONS & DRAGONS®

Do you enjoy playing D&D but don't have a group to play with?

Would you like to run a game of D&D but don't know anyone who plays?

Well, here is your chance...

I am trying to get a game together and need a Dungeon Master and other players to play with. I am free most days and evenings. I live downtown and can easily have access to JFK for a location to play.

If you are interested, please feel free to call me, Melissa, @ 540-313-0765.

Double Decker Marshmallow Fudge



Ingredients

Cooking spray	(2) ½ cups cold water
1/4 cup butter	3 (.25 oz.) packages unflavored gelatin
1 (14 oz.) can sweetened condensed milk	2 cups white sugar
3 cups semi-sweet chocolate chips	1 cup confectioners' sugar

Directions

- 1) Line a 9X13-inch cake or jelly roll pan with aluminum foil; coat with cooking spray.
- 2) Melt butter in a medium saucepan over medium heat, stir in condensed milk. Pour in chocolate chips, cook and stir until melted, 5 to 10 minutes.
- 3) Pour chocolate mixture into the prepared saucepan. Coat a spatula with cooking spray and use to press chocolate mixture into an even layer. Refrigerate fudge until cooled and set, about 2 hours.
- 4) Combine ½ cup cold water and gelatin in a bowl, set aside until gelatin starts to thicken about 15 minutes.
- 5) Mix white sugar and ½ cup cold water in a saucepan over medium heat; cook and stir until sugar dissolves, 5 to 8 minutes. Bring sugar to a boil and cook until temperature reaches 240 degrees F (116 degrees C) on a candy thermometer, 2 to 3 minutes. Remove from heat.
- 6) Slowly pour sugar mixture into gelatin mixture while simultaneously beating with an electric mixer set on low. Gradually increase speed to high and continue beating until marshmallow butter is very thick but not stiff, 10 to 15 minutes.
- 7) Pour marshmallow butter over fudge, smoothing the surface with spatula coated with cooking spray. Let sit uncovered at room temperature until completely set, about 6 hours.
- 8) Dust the top of marshmallow layer with most of the confectioners' sugar. Refrigerate marshmallow fudge for at least 2 hours.
- 9) Lift marshmallow fudge out of the pan by the edges of the foil and place on a large cutting board. Dip a large knife in the remaining confectioners' sugar and slice into 1 ½ -inch squares, continually dipping the knife in the sugar after each slice.

ALLEGANY COUNTY TRANSIT **ALERTS AVAILABLE**

Allegany County Transit is now offering alerts regarding unexpected, temporary changes to the bus schedules.

To receive updates, such as road construction, detours and weather-related bus schedule changes, text TRANSIT to 888-777 or go to: www.gov.allconet.org/ACT. The alerts will be available by text messaging or email.

The service is free but standard messaging rates and fees may apply. Users may unsubscribe at any time.



New Hours of Operation:

HOPE STATION



Dan Snyder
Program Director
Kelly Snyder

**This program is run by people recovering from mental illness
for people recovering from mental illness.**

**632 N. Centre Street, Cumberland, MD 21502
Phone: 240-362-7168 Fax: 240-362-7170
email: HOPEStation@atlanticbbn.net**

Peer Support Line 301-707-8330 Tue-Sat 5pm-9pm

***Transportation Available (call for more Information)**

November Trivia Answers

1. In Latin the word *November* means
 - a. eleventh month
 - b. Scorpio month
 - c. frost month
 - d. ninth month**
2. What famous group of paintings was first exhibited November 1st of 1512?
 - a. Da Vinci's *Holy Family*
 - b. Michelangelo's works at the Sistine Chapel**
 - c. Titian's *Seasons*
 - d. Portabella's *Mushrooms*
3. What official North American bureau began operations on November 1st, 1870?
 - a. The United States Weather Bureau**
 - b. The Canadian Bureau of Psychic Affairs
 - c. The U.S. Bureau of Virgin Islands
 - d. The U.S. Bureau of Native American Affairs
4. What gem has the longest history of being worn as a traditional birthstone for November?
 - a. amber
 - b. topaz**
 - c. yellow jade
 - d. yellow diamond
5. What former First Lady was born November 4, 1946?
 - a. Barbara Bush
 - b. Hillary Clinton
 - c. Laura Bush**
 - d. Nancy Reagan
6. On November 6, 1860 this man became the first Republican to be elected President of the United States. He was:
 - a. Andrew Jackson
 - b. Abraham Lincoln**
 - c. Andrew Johnson
 - d. Millard Filmore
7. Austria, Germany and Switzerland celebrate what on November 9th?
 - a. Lederhosen Day
 - b. Mead Day
 - c. Inventors Day**
 - d. Sausage Day
8. What song by Irving Berlin was first performed on November 11, 1938 (sung by Kate Smith)?
 - a. Big Mama's House
 - b. God Bless America**
 - c. Hey, Big Spender
 - d. Long, Lanky Pilgrim Boy

December Trivia

- 1) Which of the following awards are normally handed out in December?
 - a) Academy Awards
 - b) Nobel Prizes
 - c) Grammy Awards
 - d) Juno Awards
- 2) What is the birthstone for December?
 - a) Garnet
 - b) Turquoise
 - c) Opal
 - d) Emerald
- 3) If you were born on the 26th of December what would your zodiac sign be?
 - a) Gemini
 - b) Cancer
 - c) Capricorn
 - d) Libra
- 4) What is the recognized flower for December?
 - a) Gardenia
 - b) Narcissus
 - c) Petunia
 - d) Lady's Slipper
- 5) What infamous event occurred on the seventh of December?
 - a) The bombing of Pearl Harbor
 - b) The sinking of the Titanic
 - c) John F. Kennedy was shot
 - d) Start of the Civil War
- 6) What piece of land did the United States acquire on the 20th day of December 1803?
 - a) Louisiana
 - b) Florida
 - c) Alaska
 - d) Manhattan
- 7) What day in December is National Chocolate Day?
 - a) The 27th
 - b) The 3rd
 - c) The 15th
 - d) The 18th
- 8) What famous piece of sports equipment was invented on the 29th of December?
 - a) The downhill ski
 - b) The bowling ball
 - c) The golf club
 - d) The badminton racquet

November Word Scramble Answers

- | | |
|---------------------|-------------------------|
| 1. ppmknui | <u>Pumpkin</u> |
| 2. thnksggvnail | <u>Thanksgiving</u> |
| 3. tyrkeu | <u>Turkey</u> |
| 4. hma | <u>Ham</u> |
| 5. stffngiu | <u>Stuffing</u> |
| 6. hdra bledei ggse | <u>Hard Boiled Eggs</u> |
| 7. crnbrryea sceau | <u>Cranberry Sauce</u> |
| 8. mshdae pttsooae | <u>Mashed Potatoes</u> |
| 9. dnnrei | <u>Dinner</u> |
| 10. hldyoia | <u>Holiday</u> |

December Word Scramble

1. bllse

2. cdrei

3. lvsee

4. llhyo

5. lghtsi

6. msttlioee

7. smttnie

8. nrpthooel

9. rnmntsoae

10. whtrea

Holiday Tunes

Away in a Manger
 Choir of the Bells
 Dominick the Donkey
 Frosty the Snowman
 Holly Jolly Christmas
 Jingle Bell Rock
 Jingle Bells
 Let it Snow
 Little Drummer Boy
 Little St Nick
 O Holy Night
 Rudolph
 Santa Baby
 Silent Nigh
 Silver Bells
 The Christmas Song
 The First Noel
 Winter Wonderland

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

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 December 2018

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)

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.

(use another page if necessary)

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.