

Archway Station Short Takes August 2021

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

Diabetes Virtual
Classes

Dental Help

Inside this Issue:

Wellness &
Recovery Center
Information

Menu/ Activity
Schedule

Games & Puzzles

Complaint Process

Psoriasis Awareness Month

(adapted from <https://www.healthline.com/health/psoriasis>)

It may sometimes feel isolating to live with symptoms of a chronic condition like psoriasis. Although friends and family are caring and helpful, they can't fully understand what you're experiencing day to day unless they've also been diagnosed with psoriasis.

That's why every August, the National Psoriasis Foundation (NPF) celebrates Psoriasis Awareness Month. Planned activities connect people living with psoriasis and increase awareness of this common skin disorder, which affects at least 100 million people worldwide.

Psoriasis Awareness Month unites people living with psoriasis for the month of August, so they can support each other and champion the common goal of finding a cure for psoriasis.

You may enjoy participating in Psoriasis Awareness Month because it's an opportunity to share your psoriasis journey and hear about other people's experiences. Doing so can build community and deepen your understanding of the condition.

Raising awareness also encourages new research into psoriasis in order to improve our current knowledge and treatments.

Misconceptions about psoriasis can lead to stigma. Research from 2020 suggests that living with psoriasis can affect an individual's social well-being.

Increasing psoriasis awareness shatters myths about the condition, which better supports people living with psoriasis. Sharing the facts about psoriasis with more people creates a more inclusive environment for people living with this chronic condition.

For example, some people believe that psoriasis is contagious. This may lead to unfounded fear and avoidance of people who have the condition. It's important to help others understand that psoriasis isn't contagious but is caused by an overly active immune system.

Psoriasis Awareness Month is also an opportunity to support the case for psoriasis research. There's a lot we don't know about this chronic skin disorder, and there is no cure. However, with treatment, psoriasis can be managed. And more research can help people with psoriasis understand how best to live with their condition — and get us closer to finding a cure.

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, August 30, 2021 we will be celebrating Recognition Day by spending the full day at Rocky Gap State Park.

We will leave the W & R Center at 9:30AM and return around 1:00PM.

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

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 think are 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. Sue will bring all the forms to the next HIG? Meeting. The group will then review and pick one staff person to be recognized for their great work.

Person's name _____

Why I think this person
is doing a great job:



Submitted by: _____

August 2021

W&R Center **ACTIVITY** Schedule

MONDAY – FRIDAY FROM 9AM – 1:30 PM.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00	2 Short Takes Review ----- <i>Lunch</i> ----- Recreational Activity – You Choose	3 COMMUNITY INTEGRATION THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.	4 Comparing Yourself to Others ----- <i>Lunch</i> ----- Recreational Activity – You Choose	5 COMMUNITY INTEGRATION THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.	6 Depression ----- <i>Lunch</i> ----- Recreational Activity – You Choose
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00	9 Armchair Travel, Rec. Activity & Monthly Progress Review ----- <i>Lunch</i> ----- Rec. Activity & Monthly Progress Review	10 COMMUNITY INTEGRATION THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.	11 Movie/Rec. Activity & Monthly Progress Review ----- <i>Lunch</i> ----- Rec. Activity & Monthly Progress Review	12 COMMUNITY INTEGRATION THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.	13 Movie/Rec. Activity & Monthly Progress Review ----- <i>Lunch</i> ----- Rec. Activity & Monthly Progress Review

<p>9:30-11:00</p> <p>-----</p> <p>11:00-11:45</p> <p>-----</p> <p>11:45-1:00</p>	<p>16 Current Events</p> <p>-----</p> <p>Lunch</p> <p>-----</p> <p>Recreational Activity – You Choose</p>	<p>17 COMMUNITY INTEGRATION THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.</p>	<p>18 Men & Women’s Group</p> <p>-----</p> <p>Lunch</p> <p>-----</p> <p>Recreational Activity – You Choose</p>	<p>19 COMMUNITY INTEGRATION THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.</p>	<p>20 Healthy Recipes</p> <p>-----</p> <p>Lunch</p> <p>-----</p> <p>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>23 Personal Best Healthlines</p> <p>-----</p> <p>Lunch</p> <p>-----</p> <p>Recreational Activity – You Choose</p>	<p>24 COMMUNITY INTEGRATION THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.</p>	<p>25 Emergency Drill</p> <p>-----</p> <p>Lunch</p> <p>-----</p> <p>Recreational Activity – You Choose</p>	<p>26 COMMUNITY INTEGRATION THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.</p>	<p>27 State of Injuries with Lisa</p> <p>-----</p> <p>Lunch</p> <p>-----</p> <p>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>30 Recognition Day @ Rocky Gap All Day</p> <p></p>	<p>31 COMMUNITY INTEGRATION THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.</p>			

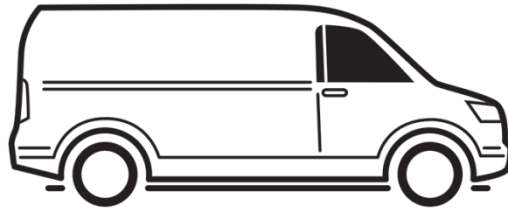
Wellness & Recovery Center Lunch August 2021

Mon, Wed, & Fri - Lunch served at W&R Center with Bread & Milk
between 11am-11:45am.

Tue & Thu - Packed Lunches can be picked up at W&R and/or delivered to
Frederick St. Bus Stop or Hope Station at Noon, if ordered the day before at
301-724-2482 ext. 5100.

Mon	Tue	Wed	Thur	Fri
2 Shrimp Salad Peas Watermelon	3 Turkey Sandwich Asian Salad Apple	4 Chicken Nuggets Cauliflower Fruit Cocktail	5 Hoagie Baby Carrots Orange	6 Leftovers
9 Chicken Thigh Broccoli Apricots	10 Tuna Salad Chickpeas Plum	11 Tomato Soup Grilled Cheese Tropical Fruit	12 Buffalo Chicken Salad Sandwich Cauliflower Blackberries	13 Leftovers
16 Hot Turkey Sandwich Green Beans Applesauce	17 Ham Salad Sandwich Cherry Tomatoes Blueberries	18 Taco Salad Black Beans Bananas	19 Bologna Sandwich Broccoli Cranberries	20 Leftovers
23 Cheeseburger Steak Fries Clementine	24 Turkey Wrap 3 Bean Salad Raspberries	25 Teriyaki Chicken Mixed Veggies Pears	26 Ham Sandwich Red Pepper Strips Strawberries	27 Leftovers
30 Hot Dog Potato Salad Cantaloupe Dessert	31 Chicken Salad Sandwich Celery Kiwi			

W&R Van Run



Pickup at ~

- 9:00 am - Naves Crossroads Sheetz
- 9:05 am - Centre Street Pit-n-Go
- 9:10 am - Greene Street Sheetz

Drop off at ~ the same locations starting at 1:15 pm

★★★ If these don't work for you call us 24 hrs. In advance at 301-724-2582 Ex. 5118 and we will try to work something out.

REACHING YOUR TEAM

This directory can help you reach your team and other Archway Staff

Queen Street 301-777-1700

Team 1 (Community Based Support Services - PRP)	Press 1
Team 2 (Community Based Support Services - PRP)	Press 2
Team 3 (Community Based Support Services - PRP)	Press 3
Intake & Enrollment	Press 4
CAYA	Press 5
BHA Residential Services	Press 6
DDA	Press 7
Dee	Ext. 2118
Wendy	Ext. 2120
Chantal	Ext. 2125

Wellness & Recovery Center 301-724-2582

Health Home	Press 3
Wellness & Recovery Center Staff Office	Press 4
DDA House Managers	Press 6
Kitchen	Ext. 5100
Sue	Ext. 5105

24/7 Residential

Longview	301-777-3208
----------	--------------

Community Residential

Piedmont	301-722-3836
Penn	301-722-1314
Penn ²	301-777-8492

40 Hour Residential

Utah	301-722-1314
------	--------------

My HSW's extension is: _____

PREVENT DIABETES

NATIONAL DIABETES PREVENTION PROGRAM: A PROVEN LIFESTYLE CHANGE PROGRAM

Are you eligible for the program?



- ☐ At least 18 years of age
- ☐ BMI ≥ 25 (≥ 23 if Asian)
- ☐ Diagnosis of pre-diabetes or Gestational diabetes from your provider (fasting blood glucose 100-125, OGTT 140-199 after 2 hrs or A1c 5.7-6.4%)
- ☐ Not pregnant
- ☐ Not previously diagnosed with Diabetes (exception: Gestational)

Where:

VIRTUAL CLASS

When:

Starts July 28th

Online classes:

Wednesdays, 9-10am

To sign-up call:

**Community Wellness
240.964.8424**

In this class you will learn:



EAT HEALTHY



BE ACTIVE



SELF-MONITOR



PROBLEM
SOLVE



MANAGE
STRESS



CHANGE YOUR
LIFESTYLE



STAY
MOTIVATED



BE
POSITIVE



**UPMC
Western Maryland**



Health Right *Supporting Oral Health*

The Health Right Dental Access Program serves low income adults who need fillings or extractions but cannot afford treatment. We began offering dental help 18 years ago, first as a program of Allegany Health Right, and since 2017 as a program of AHEC West.



We are fortunate to have had grant support from a variety of funders over the years, as well as partnerships with caring dental providers who see patients referred by our program. The generosity and compassion of our funders and providers are what make the program work.

As a result of the pandemic, many people postponed dental visits. Dentists are able to see patients with safety protocols in place, and it is our hope that those who are experiencing dental pain will not hesitate to contact us if assistance is needed. Following a simple intake process, a referral is made to a participating dentist for qualifying applicants.

Those interested in assistance are asked to call Program Coordinator Jan Chippendale at 301-777-9150, ext. 112 for more information. Health care providers and community agencies are encouraged to share information about Health Right as a resource for those they serve. Together we can work to improve the oral health of those in our community.

Apartment For Rent



Frostburg: 3rd floor unit. Large, 2 bedroom unit, with bonus room, \$400.00 plus utilities. Coin operated laundry in the building.

Contact Keren Miller for more info:
301-707-1224

Beef & Broccoli Casserole

Ingredients

- 1) 5lb bag of tater tots
- 2) 2 cans of cream of mushroom soup
- 3) 1lb of ground beef (80/20) *
- 4) 2 bags of frozen broccoli
- 5) 1 16oz bag of the 4 cheese shredded cheese
(normally used on tacos)

**The meat does not have to be beef you can always substitute it for another meat.*

Directions

- 1) Preheat the oven to 350 degrees F.
- 2) Spray the 9x13 pan with cooking spray or grease lightly with a cooking oil soaked paper towel.
- 3) Line the tater tots up neatly in the bottom of the pan (Make sure to line them up in neat rows. If not, it will not cook evenly).
- 4) Cook the ground beef thoroughly then put the meat on top of the tater tots after straining the grease off of the meat.
- 5) Pour the 2 cans of cream of mushroom soup over the meat.

- 6) Boil the frozen broccoli & be sure to drain all of the water off of the broccoli once it is thoroughly cooked. (The broccoli should be soft & not hard or crunch when eaten).
- 7) Be sure to spread the broccoli over the soup evenly.
- 8) Sprinkle the shredded cheese over everything evenly & be sure to use the entire bag.
- 9) Cover the pan with aluminum foil (make sure it is tightly secured because it does not cook properly when there are openings in the foil).
- 10) Cook the casserole for 45-50 minutes or until the cheese is golden brown.
- 11) Be sure to let the casserole stand for 2-5 minutes before serving & to prevent accidental burning.

ENJOY!!!!!!!!!!!!!!!!!!!!!!

COMMUNITY ASSISTANCE PROGRAM



HOPE Station Wellness & Recovery

A Program of the Office of Consumer Advocates

Next food drop will be held on

Thursday, August 19th

11:00 – 3:00

Sponsored by

The Western Maryland Food Bank

632 N. Centre Street

For more information call

240-362-7168

Summer Trivia Answers

June/July 2021

1. In the US, what is the best-selling BBQ meat?

- a. **Hot dogs**
- b. Hamburger
- c. Chicken
- d. Pulled Pork

2. Which season is proved to be the most joyous season?

- a. Winter
- b. Spring
- c. **Summer**
- d. Fall

3. What vitamin can you get from direct sunlight?

- a. **Vitamin D**
- b. Vitamin C
- c. Vitamin B
- d. Vitamin K

4. Which three fresh fruits outsell all other fruits during the summer in America?

- a. **Watermelon**
- b. **Tomatoes**
- c. **Peaches**
- d. Strawberries

5. Which month of the year is National Ice Cream Month?

- a. June
- b. **July**
- c. August
- d. September

Back To School Trivia

August 2021

- 1) Which of the below options are an odd number?
 - a) 1
 - b) 4
 - c) 12

- 2) What is New Mexico?
 - a) A country
 - b) A city
 - c) A state

- 3) $\frac{3}{4}$ is an example of which of these?
 - a) A decimal
 - b) A fraction
 - c) An odd number

- 4) The top number of a fraction is the numerator what is the bottom number called?
 - a) The denominator
 - b) The numerated
 - c) The sine

- 5) The planet closest to the Sun is?
 - a) Earth
 - b) Mercury
 - c) Jupiter

- 6) Which of the world's oceans is the largest?
- a) Atlantic
 - b) Pacific
 - c) Indian
- 7) Which of these refer to a young deer?
- a) Babe
 - b) Fawn
 - c) Pup
- 8) How many continents are there?
- a) 5
 - b) 6
 - c) 7
- 9) The state that is home to the Grand Canyon is called?
- a) Alabama
 - b) Arizona
 - c) Alaska
- 10) Something that is "portable" is easily?
- a) Carried
 - b) Fixed
 - c) Defeated

Summer Word Scramble Answers

June/July 2021

pneo esouh

open house

nuje

june

lyju

july

inccip

picnic

unssnehi

sunshine

terawlonem

watermelon

glnusssae

sunglasses

shifgni

fishing

locero

cooler

ngimpac

camping

Back To School Word Scramble

August 2021

kkccbaaps

eehtr ginr rnibde

ooktxetbs

Incepis

enps

hhhiiggltrs

ulersr

oosle afle pprea

doabrhcakls

moosslrcas



BACK TO SCHOOL

Word Search



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



WORD LIST

ASSEMBLY
AUDITORIUM
BACKPACK

BULLETIN BOARD
CHANGE
CLUBS

DESK
EDUCATION
EXCITEMENT

LECTURE
NERVOUS
NEW

STUDENT
TEACHER
WELCOME



Muse Printables
Copyright © 2018 MusePrintables.com

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 August 2021

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: _____

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: _____

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: _____

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.