

# Archway Station Short Takes October 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:**

Hope Station Food  
Pantry & Activity  
Schedule

Toxic Trash  
Collection

Quarterly  
Information

## **Inside this Issue:**

Wellness &  
Recovery Center  
Information

Menu/ Activity  
Schedule

Games & Puzzles

Complaint Process

## **MENTAL ILLNESS AWARENESS WEEK**

[HTTPS://WWW.NAMI.ORG/GET-INVOLVED/AWARENESS-EVENTS/MENTAL-ILLNESS-AWARENESS-WEEK](https://www.nami.org/get-involved/awareness-events/mental-illness-awareness-week)

Each year, millions of Americans face the reality of living with a mental health condition. However, mental illness affects everyone directly or indirectly through family, friends or coworkers. That is why each year, during the first week of October, NAMI and participants across the country raise awareness of mental illness, fight discrimination and provide support through Mental Illness Awareness Week (MIAW).

We believe that mental health conditions are important to discuss year-round, but highlighting them during MIAW provides a dedicated time for mental health advocates across the country to come together as one unified voice. Since 1990, when Congress officially established the first full week of October as MIAW, advocates have worked together to sponsor activities, large or small, to educate the public about mental illness.

This year's MIAW is centered around our new awareness campaign, “Together for Mental Health,” where we will focus on the importance of advocating for better care for people with serious mental illness (SMI). Each day throughout the week, we will be raising the voices of people with lived experience to talk about SMI and the need for improved crisis response and mental health care.

## **MENTAL ILLNESS AWARENESS WEEK 2021**

Mental Illness Awareness Week runs from October 3–9 and coincides with additional related events:

- Tuesday Oct. 5: National Day of Prayer for Mental Illness Recovery and Understanding
- Thursday Oct. 7: National Depression Screening Day
- Saturday Oct. 9: NAMI Walks United Day of Hope
- Sunday Oct. 10: World Mental Health Day

# **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 Thursday, October 21, 2021 we will  
be celebrating Recognition Day  
by spending the full day at  
Brookedale Farm.

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).

# Wellness & Recovery Center Lunch

## October 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
				1 Leftovers
4 Italian Sausage w/ Tomatoes & Onions over Rice Grapes	5 Chicken Salad Sandwich Asian Salad Raspberries	6 Spaghetti & Meat Sauce Salad Bar	7 Ham and Cheese Sandwich 3 Bean Salad Clementine	8 <b>Closed</b>
11 Cheesy Cauliflower Soup Turkey Sandwich Peaches	12 Bologna & Cheese Sandwich Red Pepper Strips Raisins	13 Tuna Casserole Peas Apricots	14 Buffalo Chicken Sandwich Broccoli Blueberries	15 Leftovers
18 Chicken Teriyaki Broccoli Baked Apples	19 Tuna Salad Sandwich Celery Strawberries	20 Cheeseburger Baked Beans Blackberries	21 Hoagie Potato Salad Chips Cantaloupe Dessert	22 Leftovers
25 Salisbury Steak Green Beans Applesauce	26 Turkey Salad Sandwich Carrots Pineapple	27 Stuffed Peppers Corn Orange	28 BBQ Chicken Sandwich Chickpeas Banana	29 Leftovers




# October 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					1 Short Takes Review ----- <b>Lunch</b> ----- Recreational Activity – You Choose
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00	4 Current Events ----- <b>Lunch</b> ----- Recreational Activity – You Choose	5 <b>COMMUNITY INTEGRATION THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.</b>	6 Men & Women's Group ----- <b>Lunch</b> ----- Recreational Activity – You Choose	7 <b>COMMUNITY INTEGRATION THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.</b>	8 <b>CLOSED FOR STAFF TRAINING</b>

<p><b>9:30-11:00</b></p> <p>-----</p> <p><b>11:00-11:45</b></p> <p>-----</p> <p><b>11:45-1:00</b></p>	<p>11 Movie/Rec. Activity &amp; Monthly Progress Review</p> <p>-----</p> <p><b>Lunch</b></p> <p>-----</p> <p>Movie/Rec. Activity &amp; Monthly Progress Review</p>	<p>12</p> <p><b>COMMUNITY INTEGRATION THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.</b></p>	<p>13 Armchair Travel/Rec. Activity&amp; Monthly Progress Review</p> <p>-----</p> <p><b>Lunch</b></p> <p>-----</p> <p>Rec. Activity &amp; Monthly Progress Review</p>	<p>14</p> <p><b>COMMUNITY INTEGRATION THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.</b></p>	<p>15 Movie/Rec. Activity &amp; Monthly Progress Review</p> <p>-----</p> <p><b>Lunch</b></p> <p>-----</p> <p>Movie/Rec. Activity &amp; Monthly Progress Review</p>
<p><b>9:30-11:00</b></p> <p>-----</p> <p><b>11:00-11:45</b></p> <p>-----</p> <p><b>11:45-1:00</b></p>	<p>18 Brain Storm</p> <p>-----</p> <p><b>Lunch</b></p> <p>-----</p> <p>Recreational Activity – You Choose</p>	<p>19</p> <p><b>COMMUNITY INTEGRATION THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.</b></p>	<p>20 Schizoaffective Disorder</p> <p>-----</p> <p><b>Lunch</b></p> <p>-----</p> <p>Recreational Activity – You Choose</p>	<p>21 <b>Recognition Day at Brookdale Farms All Day</b></p> 	<p>22 Healthy Recipes</p> <p>-----</p> <p><b>Lunch</b></p> <p>-----</p> <p>Recreational Activity – You Choose</p>
<p><b>9:30-11:00</b></p> <p>-----</p> <p><b>11:00-11:45</b></p> <p>-----</p> <p><b>11:45-1:00</b></p>	<p>25 Advocating for Yourself</p> <p>-----</p> <p><b>Lunch</b></p> <p>-----</p> <p>Recreational Activity – You Choose</p>	<p>26</p> <p><b>COMMUNITY INTEGRATION THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.</b></p>	<p>27 Emergency Drill</p> <p>-----</p> <p><b>Lunch</b></p> <p>-----</p> <p>Recreational Activity – You Choose</p>	<p>28</p> <p><b>COMMUNITY INTEGRATION THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE</b></p>	<p>29 Health Newsletter</p> <p>-----</p> <p><b>Lunch</b></p> <p>-----</p> <p>Recreational Activity – You Choose</p>

# 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:

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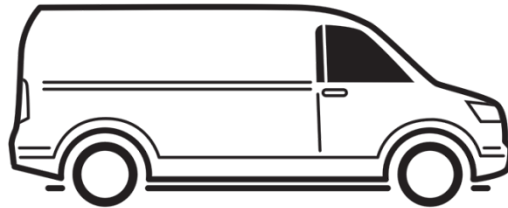
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Submitted by: \_\_\_\_\_

# **W&R Van Run**



## **Pickup at ~**

- 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.



## *Pasta Salad With Pesto Vinaigrette*

### *Ingredients:*

- 1) 2lb (6 ½ cups) Elbow, penne, or similar pasta shape, cooked & cooled
- 2) 10oz (1 ¾ cups) Tomatoes, diced
- 3) 20z (1/2 cup) Olives, pitted & chopped
- 4) 50z (1 ¼ cups) Celery, diced
- 5) 10z (2 Tbsp) Pine nuts, toasted
- 6) 30z (¾ cup) Onions, red or sweet, diced
- 7) 10 fl oz Vinaigrette
- 8) Salt & pepper, black, freshly ground

### *Directions:*

- 1) Combine all the ingredients.
- 2) Marinate for several hours under refrigeration.

*Credits To Pearson Prentice Hall Publishing*

## **My Story**

A lot of service men & women return from Afghanistan, Iraq, etc. & struggle with PTSD. This disorder is real & far reaching. It affects the whole family. Other people may acquire PTSD on their home turf. For instance, a couple of years ago I endured a level of distress that I have never experienced before. I am talking about a life changing event. Essentially, I drank too much at a Frostburg bar & subsequently got attacked by five college students. I was choked & dragged & thrown head first down a few steps. Nobody came out to check on me. A police officer sat in his patrol car across the street. I pulled myself together & drove to the Emergency Room. The E.R. doctor said my wrist was broken. Furthermore, I am convinced that I must learn & grow from this experience. I most genuinely forgive the individuals who hurt me in so many ways. First, I need to understand that alcohol consumption & trouble go hand in hand. I need to be good to myself & stay away from bars. If I don't let go of this array of painful emotions, I will be a slave indefinitely to these emotions.

**Written by: Scott Gibson**

## **Experience**

I left my job at the social service agency -  
My boss, she had an explosive tendency.  
The situation would have been my mountain to climb,  
But trauma left me from this challenge behind.  
I was unable to interpret the present correctly.  
My fundamental darkness took over, the past asserted strongly.  
My Dad, for my entire life, was explosive, too,  
Leaving trauma in my body for half a century anew.  
But my boss she had to learn to be tough,  
While I found the slightest change in voice to be enough.

A month after I left my job,  
My landlord said to me that she would rob,  
My apartment from me to give to her son,  
No choice had I the deal was done!  
But my heart was glad for the opportunity he had,  
To learn independence with the autism that he'd been clad.

The universe had something special in mind,  
My new apartment, you see, is one of a kind!  
An old building converted to residences,  
I took one look and had no hesitations!  
It was everything I'd chanted for - an inclusive community,  
Three bedrooms for me, my godson, and creativity.  
There are windows on 2 sides and it's very spacious,  
A fifteen foot ceiling in the living room - so gracious!  
Wooden beams in the walls, a washer and dryer,  
Trees right outside and trains that are quieter!  
It is my sanctuary where I find rejuvenation,  
With my Gohonzon and my human revolution.

I resolved my trauma with my Dad  
No more fear at all did I have!  
I have to thank my boss for this  
Because I had to stand up and quit.  
By taking a stand, I said NO MORE !!!  
To all the abusers who had come before.  
I put a halt to the job search so within I could explore  
The deep pain within my body from before.  
In healing I find setting boundaries is a crucial process  
To protect and assert myself while preventing psychological mess.  
It is a see-saw of triggers and pain,

The fulcrum of trauma always to remain,  
Without which, though, never would I learn  
How to set those boundaries, a necessity to earn!  
Indeed, the dark has become my light -  
Enlightenment in every state is my might.

**This is human revolution number one**  
**The hell of my life is Tranquil Light become.**

**"Neither the pure land nor hell exists outside oneself; both lie only within one's own heart. Awakened to this, one is called a Buddha; deluded about it, one is called an ordinary person. The Lotus Sutra reveals this truth, and one who embraces the Lotus Sutra will realize that hell is itself the Land of Tranquil Light." (WND-1, Hell is the Land of Tranquil Light, p. 456)**

Nose to the grindstone with intensive chanting,  
I could taste that convenience store interview that I was creating.  
A determination Buddha company indeed  
I was hired right away and from unemployment freed!

It was a tough adjustment to my work; I'd never done this before!  
My morning meds were foggy, and the cash register tough in the store.  
But I took good notes and studied at night  
And researched healthy caffeine sources so I could get it right.  
I passed my training and my manager changed my shift.  
It was just what I needed and now I know I can persist!

In my work I clearly see  
A spectrum of people making choices of degree -  
Some healthy, most not - it creates in me compassion  
Some things being in conflict with my judgment and fashion.  
I am becoming more assertive and confident with concrete tasks  
And giving three hundred percent and anything the business asks.  
I assess the customer's life force with each encounter in kind  
Returning my smile, humor, conversation, and mind.  
And send them off as my mentor has taught me:  
"Make it a great day!" - their own responsibility.

**I have opened my eyes to Human Revolution number two:**  
**This is my current mission; creating value is what I do.**

**"Tsunesaburo Makiguchi, [first Soka Gakkai President], believed that educators create value by developing happy individuals who would go into society and contribute, in turn, to the well-being of others." (WT Staff, WT June 4, 2021, p. 8)**

Because it comes from different sources I am diagnosed with Complex Trauma.  
I am still having trouble in the morning in my pajama.



This for me is nothing new  
To scan my environment and take a review  
Of the things that need to be done in plain sight  
From trauma I find myself overwhelmed and in fright.  
Depression sets in and I stop and I stare  
And for a moment I get nowhere.  
As it is emphasized in Buddhism to set daily goals,  
I hope to function with structure and to feel more whole.  
**It is my driving force to be in the present instead of the past.**  
**This is my human revolution to attain at last!**

To achieve this, though, to my godson I turn  
To encourage and be inspired by for it is together that we learn.  
I work intensely with him, my main shoji  
Building relationship for kosen-rufu!  
The universe paired us and it was soon that we'd find,  
We are many in body but one in mind.  
He's entering seventh grade, and already times three  
Racial and disability discrimination has experienced he.  
And add to the list, outright bullying  
It's karma following him, in many ways it's impairing.  
In a society where he's a minority, for himself to find release  
And come out as his own self, unafraid and unfreezed.  
And further, for him, his mom has died.  
He grieves her so and many days he has cried.

So, I sat him down and in a way framed  
His issues and encouraged him that he could change  
Himself and that as a result his environment would alter -  
I asked him if he were ready to make a conviction and not falter.  
Since he has no privacy at home went we  
To the bathroom and shut the door gently.  
This would be his private space after breakfast each day  
Brushing his teeth, also Nam-myoho-enge-kyo say.  
I taught him about my friend's presentation -  
And made a simple and positive intervention . . .  
Chant with gratitude I said to he  
And manifest how you'd like your life to be.

I said, "THIS IS THE GREATEST GIFT I CAN GIVE THEE!"  
He replied, "THE GREATEST GIFT HAS BEEN GIVING YOUR SELF TO ME!"  
He went on to say that **HE IS ALREADY CHANTING !!!**  
I was amazed at the results of the seed that I had been planting!  
For five years now and nurtured by our community

The seed had sprouted as a stand-alone spirit in he.  
My godson the lion, a Bodhisattva is he  
Mentor and disciple together are we !!!

**"By following the path of mentor and disciple, we can develop and improve ourselves. It holds the key to realizing our fullest human potential."** (SGI President Ikeda's Guidance, Living Buddhism, February 2018, p. 61)

As I chant about this poetic piece  
The ninth consciousness bores through all states to release  
An enlightened awareness from all I have learned:

**Light and value in the present moment always to yearn!**

This is my story at this time and this place

I'm an ordinary person with no special grace.

**NAM-MYOHO-RENGE-KYO OPENS THE PATH**

**FOR ALL PEOPLE TO BECOME ENLIGHTENED FOREVER AT LAST !!!**

**"When we chant Nam-myoho-renge-kyo to the Gohonzon, the sound of the Mystic Law reaches the realm of Buddhahood in the universe as well as the Buddha nature within us, unlocking its innate compassion, wisdom and courage. It fills us with the energy to face every difficulty, strengthens our life force and makes us unbeatable. It enables us to exercise our wisdom and intellect, sets us on a sure path leading to good fortune and benefit and allows us to advance toward victory. The true purpose of our Buddhist practice is to elevate our life state."**  
(SGI President Ikeda's guidance, "To Our Future Division Members, the Torchbearers of Justice -- Our Hope for the Future," Pt. 2, Installment 63, *Living Buddhism*, April 2021, p. 57)

I share this experience as evidence that struggles give light to one's journey and that with light there is always hope! May you be empowered by your path, my friends!

Cheri Duncan



*Helping those in need!*



## HOPE Station Wellness & Recovery Food Pantry

632 North Centre St. Cumberland MD. 21502

*Grand opening October 11<sup>th</sup>*

Monday – Friday 9:30 -1:30

**BY APPOINTMENT ONLY**

CALL:240-362-7168



MARYLAND  
FOOD BANK

***Food pantry is available once monthly.  
No food bank card needed.***


# HOPE Station

A program of the Office of Consumer Advocates

632 North Centre St.  
Cumberland, MD 21502  
240-362-7168  
240-362-7170 Fax

**By Appointment Only:**  
Laundry: Mon. – Fri.: Last load @ 2:00  
Food Pantry: Mon. – Fri. 9:30 – 1:30

## OCTOBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 How's It Going w/ Abby @ 10:30 Mindful Art w/ Carl Begins @ 11:00	5 Chess or Pool Club @ 11:00 Fitness Fun w/ Abby @ 1:00	6 Committed To Change @ 10:00 Outreach Lisa Moran of Priority Partners w/ Women's Health @ 10:00 Depression Support w/ Abby @ 1:00	7 Carey Moffatt of UPMC Setting Goals @ 10:30 Self-Awareness Group w/ Joy @ 1:00	8 <b>Celebration Day</b> 
11 Opening day of the HOPE Station Food Pantry By appointment only 9:30 – 1:30	12 Potomac Behavior Health Outreach @ 9:00 Chess Club @ 10:30 Language Matters w/ Abby @ 1:00	13 Round Table Discussion w/ Joy @ 11:00 Word Search & Puzzles	14 Rachel Sproat, RDN, LDN of UPMC Diabetes @ 10:30 Villa Maria Outreach on Zoom @ 12:00 Gaming w/ Us @ 1:30	15 Game Day Or Peer Choice
18 How's It Going w/ Abby @ 10:30 Mindful Art w/ Carl Begins @ 11:00	19 Lori Lewis of Allegany Law on Advanced Directives @ 10:30 Chess & Pool Clubs @ 11:30 Fitness Fun w/ Abby @ 1:00	20 Round Table Discussion w/ Joy @ 11:00 Depression Support w/ Abby @ 1:00	21 <b>PANTRY ON THE GO</b> 11-3	22 <b>Center Closed</b> Staff Development Day
25 Mindful Art w/ Carl @ 10:30 HOPE Station: How are we doing? A feedback session @ 1:00	26 Lisa Moran of Priority Partners w/ Heart /Cardiovascular Health @ 10:00 Chess or Pool Club @ 10:30 Language Matters w/ Abby @ 1:00	27 Round Table Discussion w/ Joy @ 11:00 Movie & Conversation 1:30	28 Nicole Brant of HRDC @ 10:30 Self-Awareness Group w/ Joy @ 1:00	29 Pop up Library 11-1 Alison Cline of the Allegany County Library System Halloween Party: BINGO Costumes Welcome

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# COMMUNITY ASSISTANCE PROGRAM



**HOPE Station Wellness & Recovery**

**A Program of the Office of Consumer Advocates**



**Next food drop will be held on**

**Thursday, October 21<sup>st</sup>**

**11:00 – 3:00**

**Sponsored by**

***The Western Maryland Food Bank***



**632 N. Centre Street**

**For more information call**

**240-362-7168**

# TOO TOXIC TO TRASH

DISPOSE OF HOUSEHOLD HAZARDOUS WASTE THE RIGHT WAY AT THIS  
COLLECTION EVENT HOSTED BY THE ALLEGANY COUNTY RECYCLING OFFICE

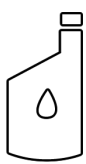


**WHEN** Saturday, October 9, 2021  
9 am - 2 pm  
Rain or Shine

**WHERE** Allegany County Fairgrounds  
11490 Moss Avenue  
Cumberland, MD

## FREE DISPOSAL OF:

### AUTOMOTIVE



Gasoline  
Oil & Grease  
Fluids  
Polish & Wax  
Road Flares  
Lead Acid Batteries

### HOBBY



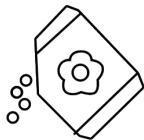
Spray Paint  
Chemistry Kits  
Glues & Adhesives  
Nail Polish & Remover  
Photographic Chemicals

### HOUSEHOLD



Cleaning Products  
Paint Thinner  
Drain Cleaners  
Aerosol Cans  
Smoke Detectors  
Batteries  
Mercury  
(Thermometers/Blood Pressure Cuffs)  
Fluorescent Bulbs  
Fire Extinguishers  
Rat Poison  
Cooking Oil  
Non-Latex Paint  
(Latex Paint is Recycled for \$3/Can)

### GARDEN



Pesticides  
Herbicides  
Fertilizers  
Flea Collars  
Moth Balls

### EXTERIOR



Pool Chemicals  
Propane Tanks  
Driveway Sealer  
Camp Fuel  
Insect Repellent

## PAINT RECYCLING

\$3 per Container



- Cash, check, and credit cards accepted.
- Quart, 1-gallon, or 5-gallon bucket.
- Latex paint only; in any condition.
- Paint must be in original container with OEM label.

## ~~DO NOT BRING~~

- Tires
- Ammunition
- Electronics
- Explosives
- Medicine
- Medical Waste

## Questions?

Call 301-777-5933 x359 or  
Visit [alleganygov.org/recycle](http://alleganygov.org/recycle)



## Please keep in mind...

- This is only a partial list, see website for details.
- Proof of Allegany County residency is required.
- Bring products in original containers.
- Do not mix or consolidate products.
- Stay in vehicle and let volunteers unload items.
- Residential volumes of waste only. No contractor or business waste will be accepted.



Burgmeier's  
Hauling Inc.



NEFCO  
Recycle, Reuse, Restore



This event is made possible by the Allegany County Commissioners, Burgmeier's Hauling, Inc.,  
Chesapeake Bay Trust, City of Cumberland, City of Frostburg, NEFCO, and Yuck Old Paint.

# ***Stress Less for Better Health***

## **An Eight-Week Journey**

### **Virtual Class**

**October 14<sup>th</sup> – December 9<sup>th</sup>**

**(no class November 25<sup>th</sup>)**

**10:00 AM – 12:00 PM**

### **Virtual Class**

**October 14<sup>th</sup> – December 9<sup>th</sup>**

**(no class November 25<sup>th</sup>)**

**4:00 PM – 6:00 PM**

Stress Less for Better Health is a mind-body skills group that follows the evidence-based research model of the Center for Mind-Body Medicine.

Learn self-care skills to help reduce stress and build resilience.

Topics include:

- Breath work
- Meditation
- Guided imagery
- Art
- Movement
- Mindful eating

**Registration Required**

**Please contact Pam at (240) 964-8417**







UPMC  
WESTERN  
MARYLAND



## CHILDREN'S ENVIRONMENTAL HEALTH DAY

JOIN US ON THURSDAY, OCTOBER 14TH FROM 4-6 PM FOR FUN AND ACTIVITIES!!! \*

WHERE: ROCKY GAP STATE PARK, DAY USE AREA

### SCHEDULE OF EVENTS:

4:00 – FITNESS FUN

4:20 – SCAVENGER HUNT

4:40 – ANIMALS IN NATURE

5:00 – RANGER RELAY

5:20 – MINDFULNESS/BREATHING IN NATURE

5:40 – "IN THE WIND" ART & MOVEMENT CRAFT

\* PRE-REGISTER YOUR CHILD BY OCTOBER 5 FOR A FREE SHIRT AND OTHER FUN GEAR BY EMAILING BRITTANY FRIEND AT [MILBOURNEFRIENDB@UPMC.EDU](mailto:MILBOURNEFRIENDB@UPMC.EDU) OR BY CALLING THE UPMC WELLNESS CENTER AT 240-964-8424.

PRE-REGISTRATION IS NOT REQUIRED TO ATTEND THE EVENT. ALL AGES WELCOME!

# Labor Day Trivia Answers

September 2021

- 1) Labor Day is observed in the United States on
  - A) The first Friday of August
  - B) **The forth Sunday of May (Taken from a inaccurate website)**  
**Sorry, the correct answer wasn't an option:**  
**\*\*\*\*The first Monday of September**
  - C) The first Monday of May
  - D) The first Sunday of August
- 2) Labor Day is said to have conceived by
  - a) Gaylord Nelson
  - b) John McConnell
  - c) **Peter J McGuire**
  - d) George Bush
- 3) Earlier Labor Day was observed on the first Saturday in which month
  - a) May
  - b) **June**
  - c) July
  - d) August
- 4) First important national Labor Day organization in the United States is
  - a) **Knights of Labor**
  - b) Grand National Consolidated Trade Union
  - c) Natural Labor Union
  - d) The American Federation of Labor
- 5) First Labor Day celebration was held in
  - a) Boston
  - b) **New York City**
  - c) Chicago
  - d) Philadelphia

- 6) Labor Day is dedicated to all the men & women who work in every nation.
- a) **True**
  - b) False
- 7) Labor Day was declared a United States national holiday on
- a) **June 28, 1894**
  - b) September 5, 1882
  - c) May 8, 1873
  - d) July 21, 1972
- 8) Labor Day was first celebrated in New York City on
- a) April 22, 1970
  - b) March 21, 1969
  - c) June 28, 1894
  - d) **September 5, 1882**
- 9) The Labor Day bill was passed under the United States President
- a) Bill Clinton
  - b) **Grover Cleveland**
  - c) Ronald Reagan
  - d) George Washington
- 10) Workers should be honored definitely. In what century this particular idea was first proposed
- a) 18<sup>th</sup>
  - b) **19<sup>th</sup>**
  - c) 20<sup>th</sup>
  - d) 21<sup>st</sup>

# Halloween Trivia

October 2021

- 1) The first Jack-O-Lanterns were made out of what?
  - a) Watermelons
  - b) Turnips
  - c) Coconuts
  - d) Pumpkins
  
- 2) Halloween is generally considered to have evolved from what ancient festival?
  - a) Ostara
  - b) Lammas
  - c) Beltane
  - d) Samhain
  
- 3) According to legend a unibrow tattoos & a long middle finger are all signs of what Halloween creature?
  - a) Witch
  - b) Golem
  - c) Vampire
  - d) Werewolf
  
- 4) In what century did the practice of trick or treating begin?
  - a) 20<sup>th</sup> century
  - b) 14<sup>th</sup> century
  - c) 16<sup>th</sup> century
  - d) 18<sup>th</sup> century
  
- 5) Which of the following is NOT a term for a scarecrow?
  - a) Bwbach
  - b) Gallybagger
  - c) Mawkin
  - d) Doodle sack

- 6) From base to point what is the order of colors on a piece of candy corn?
  - a) Orange yellow white
  - b) Yellow orange white
  - c) Orange white yellow
  - d) White orange yellow
  
- 7) Which of these Halloween films was NOT directed by Tim Burton?
  - a) Frankenweenie
  - b) The Nightmare Before Christmas
  - c) Corpse Bride
  - d) Beetlejuice
  
- 8) What might you “bob” for on Halloween?
  - a) Sweet potatoes
  - b) Snickers
  - c) Pumpkins
  - d) Apples
  
- 9) If you want to keep spirits out of your home on Halloween what should you sprinkle on your doorstep?
  - a) Garlic
  - b) Holy water
  - c) Sage
  - d) Salt
  
- 10) What classic horror film is based on a true story?
  - a) The Amityville Horror
  - b) Poltergeist
  - c) Halloween
  - d) The Blair Witch Project

# Labor Day Word Scramble Answers

September 2021

ydnmoa

monday

kwor

work

bbreeuqa

barbeque

pdreaa

parade

olrab

labor

oootukc

cookout

iiccpn

picnic

oolhcs

school

mmntouiyc

community

eeenkwd

weekend

ibtuter

tribute

# Halloween Word Scramble

October 2021

ukppmni

---

cajkonanretl

---

ynadc

---

gornae

---

clkab

---

setart

---

yiktercr

---

ccrnnyoda

---

lleehawno

---

ooksyp

---

# HALLOWEEN WORD SEARCH

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



Bat  
Pumpkin  
Halloween  
Mummy  
Vampire  
Witch  
Spooky  
Trick or Treat

Fun  
Ghost  
Costume  
Skeleton  
Candy  
Scary  
Monster  
Haunted House





# *Apartment For Rent*



Frostburg: 3<sup>rd</sup> 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

# 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 October 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)

\_\_\_\_\_

(use another page if necessary)

**STEP 1: Talk to the person(s) directly involved with your complaint. If you can't or if you're not satisfied, talk with the person's Team Leader. TL must follow up within 2 wks.**

Team Leader: \_\_\_\_\_ Date discussed: \_\_\_\_/\_\_\_\_/\_\_\_\_

Results of discussion: \_\_\_\_\_

\_\_\_\_\_

(use another page if necessary)

Complaint: \_\_\_\_ has been resolved (end of process) \_\_\_\_\_  
\_\_\_\_ has not been resolved

Signature of person making complaint  
(provide a copy to the person)

In either case, send the form to Archway's *Compliance Officer*.

**STEP 2: Complaint review by the Compliance Officer.**

Date received: \_\_\_\_/\_\_\_\_/\_\_\_\_ Date reviewed: \_\_\_\_/\_\_\_\_/\_\_\_\_ (**within 2 weeks**) With whom: \_\_\_\_\_

Results of Review: \_\_\_\_\_

\_\_\_\_\_

(use another page if necessary)

Complaint: \_\_\_\_ has been resolved (end of process) \_\_\_\_\_  
\_\_\_\_ has not been resolved

Signature of person making complaint  
(provide a copy to the person)

If not resolved, send form to Archway's *Executive Director*.

**STEP 3: Complaint reviewed by Executive Director**

Date received: \_\_\_\_/\_\_\_\_/\_\_\_\_ Date reviewed: \_\_\_\_/\_\_\_\_/\_\_\_\_ (**within 2 weeks**) With whom: \_\_\_\_\_

Results of Review: \_\_\_\_\_

\_\_\_\_\_

(use another page if necessary)

Complaint: \_\_\_\_ has been resolved (end of process) \_\_\_\_\_  
\_\_\_\_ has not been resolved

Signature of person making complaint  
(provide a copy to the person)

If complaint is not resolved, ED communicates the situation to the Board's Review Committee and follows recommendations of the Committee which are due in 2 weeks. Documentation of all complaints are kept by the Compliance Officer.

# 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.

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

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

# 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
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## Community Residential

Piedmont	301-722-3836
Penn	301-722-1314
Penn <sup>2</sup>	301-777-8492

## 40 Hour Residential

Utah	301-722-1314
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My HSW's extension is: \_\_\_\_\_

# **W&R CENTER'S SCHEDULE**

## **MONDAY-WEDNESDAY-FRIDAY**

<b>09:00am - 09:30am</b>	<b>WELCOME &amp; SNACK</b>
<b>09:30am - 10:00am</b>	<b>GROUP # 1 STARTS</b>
<b>10:00am - 10:10am</b>	<b>BREAK</b>
<b>10:10am - 10:30am</b>	<b>2nd PART OF GROUP #1</b>
<b>10:30am - 10:40am</b>	<b>BREAK</b>
<b>10:40am - 11:00am</b>	<b>3rd Part of Group #1</b>
<b>11:00am - 11:45am</b>	<b>LUNCH</b>
<b>11:45am - 12:05pm</b>	<b>GROUP # 2 STARTS</b>
<b>12:05pm - 12:15pm</b>	<b>BREAK</b>
<b>12:15pm - 12:35pm</b>	<b>2nd PART OF GROUP #2</b>
<b>12:35pm - 12:45pm</b>	<b>BREAK</b>
<b>12:45pm - 01:00pm</b>	<b>3rd PART OF GROUP #2</b>
<b>01:30pm</b>	<b>CENTER CLOSES</b>



## **TUESDAY-THURSDAY**

**Tuesday and Thursday will be Community Integration.**

**The Wellness & Recovery Center will be open from 9am-1:30 pm.**

**You will have the opportunity to volunteer in the community and/or participate in community activities. A packed lunch will be available if you call the day before to order 301-724-2582 ext. 5100.**

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### **Weather:**

If the weather is bad, the W & R 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. Also, you can receive text messages from Allegany County Transit about delays/closings by texting TRANSIT to 888-777.

### **Cab Issues:**

If you have a complaint about the cab services while using a cab voucher, please call Terri Stevenson @ 45 Queen Street 301-777-1700 Ext. 2121.

## **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 301-777-1700, Ext 2125. You can also fill out a complaint. Forms are posted at agency buildings.

## **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](http://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.







## **Behavioral Health Services Transportation Opportunity**

The Allegany Health Department Behavioral Health Services is offering free transportation to individuals meeting the qualifications below. These individuals will be picked up and dropped off for appointments with the Behavioral Health Services.\*

**To qualify, you must meet one or more of the following criteria:**

1. Mothers of drug-addicted infants
2. Parents of children in need of assistance
3. Hospital emergency room admittees
4. Needy families receiving Temporary Cash Assistance
5. Foster care children and parents
6. Children in after-school programs and their parents, including children and parents in programs supported by the Maryland After-School Opportunity Fund
7. Adolescents
8. Parents subject to arrearage in child support payments
9. Drug offenders under the supervision of the Division of Parole and Probation
10. Pretrial correctional inmates
11. Pre-release correctional inmates
12. The general inmate population within county-managed correctional facilities
13. Parents of children entering out-of-home placements, or at risk of entering out-of-home placements
14. Drug offenders under the supervision of the problem-solving courts

***\*NOTE: Must utilize existing transportation services if available before contacting the Health Department for transportation.***

**FREE TRANSPORTATION  
Don't Miss an Appointment!**

***Contact us to place a transportation request.***

**Allegany County Health Department Behavioral Health Services  
12503 Willowbrook Road SE, Cumberland, MD 21502**

**301-759-5050**

ALLEGANY COUNTY TRANSIT SCHEDULE

Effective August 2020

M-F 730 am - 4 pm RED LINE									
		To Hospital & ACM							
FREDERICK STREET	730	800	900	1000	1100	100	200	300	
Kent Ave Johnson Heights	735	805	905	1005	1105	105	205	305	
Health Department	739	809	909	1009	1109	109	209	309	
WHMS - Hospital	741	811	911	1011	1111	111	211	311	
Allegany College of Maryland	744	814	914	1014	1114	114	214	314	
Finan Center	--	--	918	--	--	--	218	--	
Decatur St. & Baltimore Ave	752	822	922	1022	1122	122	222	322	
		To Virginia Ave							
FREDERICK STREET	800	830	930	1030	1130	130	230	330	
Cumberland Martin's	--	833	933	1033	1133	133	233	333	
HRDC Virginia Avenue	--	837	937	1037	1137	137	237	337	
Potomac St. & Virginia Ave	--	841	941	1041	1141	141	241	341	
HRDC Virginia Avenue	--	847	947	1047	1147	147	247	347	
Cumberland Martin's	--	850	950	1050	1150	150	250	350	
FREDERICK STREET	856	956	1056	1156	156	256	356		
RED LINE REQUEST STOPS - Urology Associates or Surgery Center									
M-F 8 am - 430 pm BLUE LINE									
		To S. Cumberland							
FREDERICK STREET	800	900	1000	1100	100	200	300	400	
Cumberland Martin's	803	903	1003	1103	103	203	303	403	
S.Cumberland Marketplace	--	911	--	1111	--	211	--	411	
Mt. View Apts/Cascades	813	913	1013	1113	113	213	313	413	
Archway / Jane Frazier	815	915	1015	1115	115	215	315	415	
Cumberland Martin's	820	920	1020	1120	120	220	320	420	
		To Hospital & ACM							
FREDERICK STREET	830	930	1030	1130	130	230	330		
Decatur St./Baltimore Ave	834	934	1034	1134	134	234	334	--	
WHMS - Hospital	839	939	1039	1139	139	239	339	--	
Allegany College of Maryland	840	--	1040	--	140	--	340	--	
Cumberland Meadows Apts	845	--	1045	--	145	--	345	--	
Decatur St. & Baltimore Ave	851	945	1051	1145	151	245	351	--	
FREDERICK STREET	855	950	1055	1150	155	250	355	--	
M-F 730 am - 4 pm GREEN LINE									
		To Naves Cross Road							
FREDERICK STREET	730	900	1030	100	230	--	--		
Naves Cross Road. Sheetz	735	905	1035	105	235	--	--		
Western Md Recovery	739	909	1039	109	239	--	--		
Bedford Rd & Acre Ln / VFD	743	913	1043	113	243	--	--		
Bedford St & Marietta St	751	921	1051	121	251	--	--		
		To LaVale							
FREDERICK STREET	800	930	1100	130	300	--	--		
Centre St & Valley St	805	935	1105	135	305	--	--		
Nat'l Hwy & Campground Rd	815	945	1115	145	315	--	--		
LaVale Plaza (Ollies)	818	948	1118	148	318	--	--		
Red Hill Plaza	820	949	--	--	--	--	--		
Braddock Square	821	951	1121	151	321	--	--		
CC Mall Theaters & Walmart	830	1000	1130	200	330	--	--		
US 220 & Moss Ave (Shooters)	840	1010	1140	210	340	--	--		
Goodwill Industries	843	--	--	--	343	--	--		
Greene St & Fayette St.(Dingle)	852	1018	1148	218	352	--	--		
Kelly Rd YMCA (*By Request)	*	*	*	220	*	--	--		
FREDERICK STREET	857	1027	1155	225	357	--	--		
* Green Line Request stops - YMCA or Tri State Clinic									
M-F 8 am - 430 pm GOLD LINE									
		(To CC Mall & Frostburg)							
FREDERICK STREET	800	900	X1030	--	--	200	330		
Lee St & Paca St (Q C Towers)	--	905	--	--	--	205	--		
Greene St & Fayette St (Dingle)	--	909	--	--	--	209	--		
CC Mall Theaters Only	--	920	1040	--	*1135	220	340		
Weis Market	--	931	1051	--	*1151	231	351		
Frostburg Plaza Upon request*	--	934	--	--	--	234	--		
Bowery St & Paul St	--	939	1059	--	*1159	239	354		
**** Lowdens Lot	--	--	1108	1122	1142	--	356		
F Annapolis Hall	--	--	1110	1130	1150	--	400		
S Edgewood Commons	--	--	1113	1133	1153	--	403		
U Active network upon request*	815	*	*	*	*	*	405		
LOOP Pullen Hall (PE Center)	--	--	1118	1138	1158	--	407		
**** Guild Center	--	--	1120	1140	1200	--	408		
College Ave & Maple St	820	941	--	*1110	110	241	410		
State St & Broadway	823	944	--	*1112	112	244	412		
To Country Club Mall,LaVale, & Downtown Cumberland									
Main St Palace Theater	827	948	--	*1116	116	248	416		
Frostburg Plaza Upon request*	832	953	--	*1121	121	--	--		
Weis Market	--	955	--	--	125	255	422		
Braddock Square	--	Y	--	*1127	Y	Y	430		
CC Mall Theaters Only	--	1010	--	*1130	140	310	435		
Nat'l Hwy & Long Dr	--	1014	--	--	144	314	439		
FREDERICK STREET	854	1026	--	--	156	326	450		
*Shaded trip on Gold Line does NOT run to C C Mall when FSU classes are in session. Gold line covers FSU Campus Loop.									
GOLD LINE Request Stop - *Active Network, (X=Express I-68) Y=Yes Passes-Stops on street									

Tues & Fri only PURPLE LINE									
		To LaVale, Lonaconing & Westernport							
FREDERICK STREET	800	--	130						
Kelly Rd YMCA	807	--	137						
Lee St & Paca St (Queen City Towers)	810	--	140						
Seton Dr.	819	--	149						
CC Mall Theaters & Walmart	830	--	200						
MD 36 & Douglas Ave (Lonaconing)	855	--	225						
MD 135 McDonald's (Westernport)	915	--	245						
Westernport Senior Center	917	--	247						
MD 36 & Douglas Ave (Lonaconing)	930	--	300						
CC Mall Theaters & Walmart	955	--	325						
Seton Dr	1005	--	335						
Greene St & Fayette St (Dingle)	1010	--	340						
Kelly Rd YMCA	1016	--	346						
FREDERICK STREET To LaVale	1025	--	355						
Centre St & Valley St	1035	--	--						
Nat'l Hwy /Campground Rd	1045	--	--						
LaVale Plaza (Ollie's)	1048	--	--						
Braddock Square	1051	--	--						
CC Mall Theaters & Walmart	1100	--	--						
US 220 & Moss Ave (Shooters)	1110	--	--						
Greene St & Fayette St (Dingle)	1118	--	--						
Kelly Rd YMCA	1120	--	--						
FREDERICK STREET To Naves Cross Rd	1130	--	--						
Naves Cross Rd (Sheetz)	1135	--	--						
Western MD Recovery	1139	--	--						
Bedford Rd & Acre Ln VFD	1143	--	--						
Bedford Rd & Marietta St	1151	--	--						
FREDERICK STREET	1200	--	--						
M-F 550am - 230pm SILVER LINE - MORNING SERVICE									
Virginia Ave & Offutt	555	--	--						
HRDC Virginia Ave	600	--	--						
FREDERICK STREET To Hospital & ACM	605	--	--						
WHMS - Hospital	614	--	--						
Allegany College of Maryland (ACM)	617	--	--						
FREDERICK STREET - To CC Mall	630	--	--						
Centre St & Valley St.	632	--	--						
Nat'l Hwy & Long Dr.	642	--	--						
Nat'l Hwy & Vocke Rd	645	--	--						
Braddock Square Shopping Plaza	648	--	--						
Country Club Mall - Walmart	700	--	--						
Active Network - *By Request Only	*	--	--						
Main St Palace Theater (Frostburg)	720	--	--						
Frostburg Plaza	726	--	--						
Country Club Mall - Walmart	735	--	--						
US 220 & Moss Ave (Shooters)	745	--	--						
Greene St & Fayette St (Dingle)	752	--	--						
FREDERICK STREET	805	--	--						
FREDERICK STREET	810	--	--						
Mechanic St (JFK Apartments)	815	--	--						
Mountain View Apartments	825	--	130						
Louisanna & Oldtown Rd	828	--	133						
Kent Ave Johnson Heights	830	--	140						
Post Office - Park Street	832	--	143						
Allegany Nursing & Adult Day Care	900	100	--						
Mechanic St (JFK Apartments)	920	110	--						
FREDERICK STREET - To CC Mall	925	--	146						
FREDERICK STREET - To CC Mall	930	--	150						
Lee St & Paca St. (Queen City Towers)	935	--	155						
Greene St & Fayette St (Dingle)	937	--	159						
US 220 & Moss Ave (Pit & Go)	943	--	--						
Country Club Mall - Theaters/Walmart	1000	--	--						
Seton Dr.	1010	--	--						
Lavale Plaza (Ollie's)	1025	--	--						
Weis Market	1035	--	--						
Frostburg Plaza	1040	--	--						
Bowery St & Paul St	1045	--	--						
State Street & Broadway Frost Village	1050	--	--						
Main St Palace Theater (Frostburg)	1054	--	--						
Frostburg Plaza / Weis Market	1059	--	--						
Braddock Square Kohl's	1108	--	--						
Country Club Mall Theaters/Walmart	1115	--	--						
Seton Dr	1125	--	210						
Nat'l Hwy & Long Dr	1135	--	--						
Greene St & Fayette St. (Dingle)	--	--	218						
FREDERICK STREET -To S Cumberland	1150	--	225						

YELLOW LINE EVENING SERVICE ON BACK

M-F 350p-8pm <b>YELLOW LINE - EVENING SERVICE</b>			
Virginia Ave & Offutt St	350	--	--
HRDC Virginia Ave	353	--	--
<b>FREDERICK STREET - To Hospital &amp; ACM</b>	<b>400</b>	<b>505</b>	
Naves Cross Rd (Sheetz)	413	--	--
<b>WHMS - Hospital</b>	<b>419</b>	<b>513</b>	--
Allegany County Health Department	422	--	--
Allegany College of Maryland (ACM)	425	515	--
<b>FREDERICK STREET - To CC Mall Express</b>	<b>430</b>	<b>525</b>	
Lee St & Paca St Queen City Towers	435	--	--
Greene St & Fayette St (Dingle)	437	--	--
CC Mall Theaters Only (Express via I-68)	445	--	--
<b>FREDERICK STREET - To Hospital &amp; ACM</b>	<b>505</b>		
<b>FREDERICK STREET - To South Cumberland</b>	<b>525</b>	<b>745</b>	
Cumberland Martin's	528	748	
South Cumberland Market Place	536	800	
Mountain View Apts/Cascades	540	*	
Archway Jane Frazier	542	*	
Virginia Ave & Offutt St	550	*	
HRDC Virginia Ave	600	--	
Cumberland Martin's	602	--	
<b>FREDERICK STREET - To CC Mall &amp; Frostburg</b>	<b>605</b>	--	
CC Mall (Express I-68) Theaters & Walmart	615	--	
LaVale Plaza (Ollie's)	625	--	
Weis Market/Frostburg Plaza	634	--	
Annapolis Hall	644	--	
Edgewood Commons	645	--	
Active Network <b>(*By Request)</b>	*	--	
College Ave & Maple St	648	--	
Main St Palace Theater	654	--	
Frostburg Plaza Weis Market	657	--	
Braddock Square	708	--	
CC Mall Theaters	Lay over for a few 715	--	
CC Mall Walmart	725	--	
<b>FREDERICK STREET -To South Cumberland</b>	<b>745</b>		
<b>*Flex trip - end of day drop off only - return to yard</b>			

Transfers
Transfers are free and only good for a one way trip when a second bus is needed to get to your destination. <i>Please ask the driver for a transfer when boarding.</i> <i>For your return trip you must follow the same procedure.</i> Most transfers take place Downtown Cumberland or the Country Club Mall.

Bus Passes
Monthly, Semester Passes, and One-way punch cards are available for purchase at the office. (Address below) or send a check or money order payable to Allegany County Transit, (be sure to include a return address) stating the type of pass requested.

Service Cancellations and Delays
When weather conditions become unsafe, service may be suspended, delayed, or cancelled with as much notice as possible. Announcements of service interruptions will be announced on local radio stations WCBC, WTBO, and Magic 100.5. Notices can be received by text and email if you subscribe to Transit Alerts. Text <b>TRANSIT</b> to <b>888-777</b> .

**Allegany County Transit** office hours Monday through Friday 8 am to 4 pm  
**Address:** 1000 Lafayette Avenue, Cumberland Md 21502  
**Telephone:** General information. 301-722-6360  
**Alltrans Telephone:** Information or to make an appointment. 301-724-1255  
**Visit our website:** [www.alleganygov.org](http://www.alleganygov.org) Click Departments then click Transit

**Schedule Effective August 2020**

Fares
\$2.00 CASH - No transfer fees.
Passengers 5 years and under ride free with 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 applications details.

Holidays	
THERE WILL BE NO SERVICE ON THE FOLLOWING HOLIDAYS	
New Year's Day	Veteran's Day
Martin Luther King Day	Thanksgiving Day
Memorial Day	Day After Thanksgiving
4th of July	Christmas Eve/Christmas Day
Labor Day	New Years' Eve

TRANSIT ALERTS
You can receive service related updates on your cell phone via text or email. To sign up, text <b>TRANSIT</b> to <b>888-777</b> or sign up at our website. You may unsubscribe at anytime. Standard messaging rates and fees may apply.

Alltrans - ADA Service
Alltrans is our ADA service, designed to meet the needs of our senior and disabled citizens who are unable to ride our fixed route, accessible buses. Trips must be reserved the day before service is requested. This transportation can be used for work, shopping, medical appointments, and recreation. The drivers are trained in CPR, first-aid, and passenger assistance. To request an application or schedule a pick-up call 301-724-1255 Monday - Friday, 8 am - 4 pm.

Nondiscrimination Policy
Allegany County Transit (ACT) is committed to ensuring that no person is excluded from participation in or denied the benefits of the transit services offered by ACT. This policy is consistent with the requirements of Title VI of the Civil Rights Act of 1964. If you believe you have been subjected to unequal treatment because of race, color, or national origin, you have the right to file a formal complaint. Complaints must be filed within one-hundred-eighty (180) days following alleged discriminatory actions. For more information or to submit a complaint, contact ACT by: mail, telephone, or e-mail. Elizabeth Robison-Harper, Transit Superintendent Allegany County Transit 1000 Lafayette Avenue Cumberland, MD 21502 Ph. 301-722-6360 <a href="mailto:erobison-harper@alleganygov.org">erobison-harper@alleganygov.org</a>



# URGENT CARE vs ED

## When to Visit Urgent Care



*Rashes*



*Tooth Pain*



*Strains and Sprains*



*Cuts needing stitches*



*Sore Throat*



*Low back pain*



*Eye redness/irritation*



*Bites and Stings*



*Cold and Flu*

## When to Visit Emergency Dept



*Stomach Pain*



*Allergic Reactions*



*Eye & Head Injuries*



*Serious Burns*



*Stroke*



*Breathing Difficulty*



*Chest Pain/Heart Attack*



*High Fever*



*Poisoning or drug overdose*

**WMHS**  
**URGENT**  
CARE CENTERS

Frostburg Medical Center Frostburg Plaza: 301-689-3229  
Hunt Club Medical Clinic Hunt Club Plaza: 304-726-4501

## FOOD RESOURCES

Resources	Resources Address	Days for Pick Up	Time	Requirements	What's Available	How Often	Other Important Information
<b>Frostburg Interfaith Food Pantry</b> 301-687-1728	44 W. Main St. Frostburg, MD	Tue, Thu	9am-10:30am	Referral Through DSS, Red Cross & some Churches	Non-Perishable Food Voucher to Save-a-lot or B&B Meats	Every 30 days	Frosburg Area
<b>Healing Hunger</b> 301-724-4467	12504 Naves Cross Rd. Cumberland, MD	Wednesday & Thursday Friday	9 am - 2 pm  9 am- 5 pm		Non- Perishable Cleaning Supplies Paper Products Various Food Items Medical Supplies	When Open	Priced as Marked
<b>Interfaith Community Pantry</b> 301-777-7882	301 Cumberland St. Cumberland, MD	Monday - Friday	11 am - 1:30 pm	Referral needed (DSS, St. Paul's Lutheran Church, Western MD Foodbank)	Non- Perishables, Perishable Food Voucher, Cleaning Supplies available on the 2nd and 4th weeks of the month.	Every 30 days	Excludes Lavale, Frostburg Eckhart,Mt. Savage, George's Creek, and Westernport Call upon arrival, menu to fill out.
<b>LaVale United Methodist Church</b> 301-722-6800	565 National Hwy. Lavale, MD	Tuesday & Thursday Tuesday	1:00pm-2:30pm 5pm-6pm	Photo ID	Non- Perishables Summer - Fresh fruits and Vegetables	As Needed	Around Back - Drive Through
<b>Salvation Army Food Pantry</b> 301-777-7600	701 East First St. Cumberland, MD 301-777-7600	Mon, Wed, Fri	2:00pm-4:00pm	Questionnare	Commodity Foods	Every 30 days	Wear a mask, only one person in the building at a time.
<b>Second Baptist Church</b> 301-722-5190	1 Grand Ave. Cumberland, MD	Tuesday & Thursday Closed on 3rd Thursday of the month	9:30am-12:30pm	Name & Address	Non-perishables Cleaning Supplies When Available	Once a month	First come, First served
<b>St. Anthony's Place Food Pantry</b>	300 E. Oldtown RD. Suite 2	Monday - Friday	1:00pm-3:00pm	Photo ID	Non-perishables Voucher with referral	Once a month	Wear a Mask
<b>St. Johns Lutheran Church</b>	400 Arch St. Cumberland, MD	3rd Wednesday of each month	2pm-4pm	MD Resident	Food Giveaway	Monthly	In parking lot
<b>Union Rescue Mission</b> 301-724-1585	16 Gulf Memorial Dr. Cumberland, MD	Monday- Saturday 3 meals a day offered Sunday - Breakfast and Supper available	Breakfast 8am-8:30am Lunch 11:30-12:30 Supper 5pm-5:30pm	NA	Breakfast, Lunch and Supper	Daily	301-724-1585
<b>Woman, Infants &amp; Children (WIC)</b> 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 is for expecatant mothers, and children birth to five years old. Must apply and meet requirements.

## Alcoholic and Narcotic Anonymous Meeting Information

<b>Day</b>	<b>Place and Phone Number</b>	<b>Address</b>	<b>Time</b>
Sunday	St. Patrick's Catholic Church NA Meeting	201 N. Centre St. Cumberland, MD	7:00pm
Sunday	St. Mary's Catholic Church Friends of NA and AA	300 E. Oldtown RD. Cumberland, MD	7:30pm
Tuesday	Smitty's Tire and Truck Services Book Meeting 301-463-2665	101 Frostburg Industrial Park RD. Frostburg, MD	7:00pm
Wednesday	First Presbyterian Church NA Meeting 301-777-3700	33 Broadway St. Frostburg, MD	7:00pm
Wednesday	St. Patrick's Catholic Church AA Meeting	201 N. Centre St. Cumberland, MD	8:00pm
Friday	Smitty's Tire and Truck Services Open Meeting 301-463-2665	101 Frostburg Industrial Park RD. Frostburg, MD	7:00pm
Saturday	St. Patrick's Catholic Church AA Meeting	201 N. Centre St. Cumberland, MD	12:00pm
Saturday	First Presbyterian Church AA Meeting 301-777-3700	33 Broadway St. Frostburg, MD	6:00pm
Saturday	St. Patrick's Catholic Church NA Meeting	201 N. Centre St. Cumberland, MD	8:00pm



## DISCOVER THE POWER OF CHOICE!

**SMART Recovery®** is the leading SELF-EMPOWERING addiction recovery support group. Our participants learn tools for recovery based on the latest scientific research.

We can help people recover from all types of addiction and addictive behaviors, including: alcoholism, drug abuse, drug addiction, substance abuse, alcohol abuse, gambling addiction, cocaine addiction, and addiction to other substances and activities.

We are a self-empowering, abstinence based, self-help support group (*NOT a spiritual program*) for both men and women based on concepts of Rational Emotive Behavior Therapy (REBT).

The SMART Recovery 4-Point Program® offers tools and techniques for each program point:

- ➡ Point 1: Building and Maintaining Motivation
- ➡ Point 2: Coping with Urges
- ➡ Point 3: Managing Thoughts, Feelings and Behaviors
- ➡ Point 4: Living a Balanced Life

**When:**        **Sundays**

**Where:**      **Zoom Meeting ID: 883 6902 1722 Password: 716284**  
<https://us02web.zoom.us/j/88369021722?pwd=cXdsWVQ3OFg3RVZFOFhOWUhRVkICUT09>

**Time:**        **12 Noon Eastern Time**



## Western Maryland Cup of Tea for Parents and Caregivers Online Support Group

### Cup of Tea Support Group! Now Online!

Grab a cup of tea (or your favorite relaxing beverage) and join this online support group for parents and caregivers of children with ADHD, autism, anxiety, conduct disorders or other behavioral health challenges.

You'll have the opportunity to learn about resources while sharing ideas and experiences with other parents. You'll also benefit by taking some relaxing time for yourself.

*This group is for families that reside in Western Maryland*

**When:** 4th Friday of the Month

**Time:** 1:00 to 2:00 PM

**Where:** Online Zoom Meeting\*

**Cost:** Free

\*Zoom is a free video and phone conferencing tool. Just click in and join from your computer, tablet, or smart phone. Downloading the free Zoom app is recommended, but not required.

*"We can support each other by sharing our stories, knowing that we're not alone...and never giving up."*



**For more information and to receive the Zoom link, contact  
Ula Slider at  
[uslider@mdcoalition.org](mailto:uslider@mdcoalition.org) or 240-818-3534**





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. 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 4444

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 301.777.1700, Ext. 2125). Please leave your name and telephone number so we can re-contact you while we investigate. As the whistleblower, no action will be taken against you for making a report in good faith.

Thanks!

Revised 07/2018