

Archway Station Short Takes March 2022

**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:
archwaystation.net

Special Points of Interest:

Diabetes
Education

Health Home
Notes

Hope Station
Schedule and
Pantry on the Go

Tax Help

Inside this Issue:

Wellness &
Recovery Center
Information

Menu/ Activity
Schedule

Games & Puzzles

Complaint Process

How to Deal with Self Harm

Adapted from: <https://www.crisistextline.org/topics/self-harm/#what-is-self-harm-1>

We all need healthy ways to cope with the hard stuff.
We're here to help you find a healthy alternative to self-harm.

What is Self-Harm?

For some people, when depression and anxiety lead to a tornado of emotions, they turn to self-harm looking for a release. Self-harm and self-injury are any forms of hurting oneself on purpose. Usually, when people self-harm, they do not do so as a suicide attempt. Rather, they self-harm as a way to release painful emotions.

How to Deal With Self-Harm

Emotions can be really painful sometimes. It's totally normal to need ways to cope with and process the hard things in your life. If you are using self-harm to manage your emotions, we're here for you. And, we want to help keep you safe. Here are some ways to push through, process, and cope with your emotions.

- **Text to cool down.** If you're dealing with painful emotions, we're here to help. Shoot us a text to connect with a real human and strategize healthy coping mechanisms to manage your emotions. Text HOME to 741741 to connect with a real human.
- **Get creative.** Studies show that diving into making art can help people process emotions. So, next time you're feeling like self-harming, grab your sharpie and doodle your worries away. A bonus: you can totally suck at it and still reap the same rewards.
- **Find your Zen.** Keeping yourself safe from self-harming is all about finding healthy alternatives to work through the hard stuff. Researchers found taking time to re-center through meditation to be a powerful way to find your cool and calm. Try using an app like Headspace to get on the meditation bandwagon.
- **Talk to a pro.** Self-harm is serious. And, while the intention behind self-harm usually is not death, it can still be dangerous - both physically and emotionally. Talking to someone who can help you find alternatives is incredibly important. Of course, you can start by texting us. Also, consider telling someone you know who can help you connect with a professional.

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, March 31, 2022
we will be celebrating Recognition Day
by visiting the:

YMCA

We will leave the W & R Center
at 9:30 AM and return around 11:30 AM.

In Celebrating the monthly Birthday's
we will have dessert with lunch on
Wednesday 3/30/22.

Wellness & Recovery Center Lunch March 2022

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 Shrimp Salad Celery Apple	2 Chicken Tenders Baked Beans Fruit Cocktail	3 Hoagie Broccoli Orange	4 Leftovers
7 Bake Fish Brown Rice Grapes	8 Egg Salad Red Peppers Plum	9 Sloppy Joe Potato Wedges Pineapple	10 Turkey Salad Cauliflower Peach	11 Leftovers
14 Meatball Sub Steak Fries Cole slaw Cantaloupe	15 Tuna Salad Chick Peas Honeydew	16 Chicken Pot Pie Banana	17 Ham Sandwich Cherry Tomatoes Clementine	18 Leftovers
21 Stuffed Peppers Cole Slaw Tropical Fruit	22 Chicken Sandwich Broccoli Raspberries	23 Pizza Pasta Bake Salad Pears	24 Peanut Butter & Jelly Baby Carrots Banana	25 Leftovers
28 Honey Mustard Chicken Broccoli Apricots	29 Turkey Wrap Asian Salad Blackberries	30 Ham Sweet Potatoes Mandarin Oranges	31 Roast Beef Sandwich Pea Salad Kiwi	

March 2022

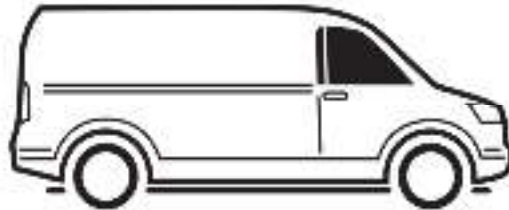
W&R Center **ACTIVITY** Schedule

MONDAY – FRIDAY FROM 9AM – 1:30 PM.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30-11:00 <hr/> 11:00-11:45 <hr/> 11:45-1:00		1 COMMUNITY INTEGRATION THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.	2 How's it Going Meeting <hr/> Lunch <hr/> Recreational Activity – You Choose	3 COMMUNITY INTEGRATION THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.	4 Short Takes Review <hr/> Lunch <hr/> Recreational Activity – You Choose
9:30-11:00 <hr/> 11:00-11:45 <hr/> 11:45-1:00	7 Movie/Rec. Activity & Monthly Progress Review <hr/> Lunch <hr/> Recreational Activity – You Choose & Monthly Progress Review	8 COMMUNITY INTEGRATION THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.	9 Armchair Travel/Rec. Activity & Monthly Progress Review <hr/> Lunch <hr/> Recreational Activity – You Choose & Monthly Progress Review	10 COMMUNITY INTEGRATION THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.	11 Mental Health and Musicians <hr/> Lunch <hr/> Recreational Activity – You Choose & Monthly Progress Review

9:30-11:00 <hr/> 11:00-11:45 <hr/> 11:45-1:00	14 Resilience <hr/> Lunch <hr/> Recreational Activity – You Choose	15 COMMUNITY INTEGRATION THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.	16 Emergency Drill <hr/> Lunch <hr/> Recreational Activity – You Choose	17 COMMUNITY INTEGRATION THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.	18 Men & Women's Group <hr/> Lunch <hr/> Recreational Activity – You Choose
9:30-11:00 <hr/> 11:00-11:45 <hr/> 11:45-1:00	21 Equality <hr/> Lunch <hr/> Recreational Activity – You Choose	22 COMMUNITY INTEGRATION THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.	23 Brain Storm <hr/> Lunch <hr/> Recreational Activity – You Choose	24 COMMUNITY INTEGRATION THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.	25 How nutrition effects our Mental health <hr/> Lunch <hr/> Recreational Activity – You Choose
9:30-11:00 <hr/> 11:00-11:45 <hr/> 11:45-1:00	28 Phobias <hr/> Lunch <hr/> Recreational Activity – You Choose	29 COMMUNITY INTEGRATION THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.	30 Emergency Preparedness w/ Lisa <hr/> Lunch <hr/> Recreational Activity – You Choose	31 Recognition Day <hr/> Lunch <hr/> Fun @ the YMCA	

W&R Van Run



Pickup by Request in the Cumberland Area

To schedule a pickup please call by 8:30am

301-724-2582 Ex. 5118

REMINDER:

As winter weather approaches the Wellness and Recovery Center runs by the same schedule as the Allegany County Transit system. When weather conditions become unsafe, service may be suspended, delayed, or cancelled. So, for example, if they are on a 2 hour delay we will open at 11:00am, if they are not running we will be closed. Announcements of bus service interruptions will be announced on local radio stations WCBC, WTBO, and Magic 100.5. Also, notices can be received by text and email if you subscribe to Transit Alerts. **Text TRANSIT to 888-777.**

MARCH HEALTH HOME NOTES

March is American Red Cross and Nutritional Month!

What does the American Red Cross do? The Red Cross works with disaster relief (such as natural disasters, house fires, etc.), Lifesaving blood donations/drives, trainings and certifications (CPR, First aid, water safety) and other healthcare classes assist military families (leaves due to emergency), and international services (overseas medical care).

How can I help? Volunteers help respond to an average of more than 60,000 disasters every year. More than 25,000 volunteers support Red Cross blood services. 25% of volunteers are age 24 and younger.

Did you know? Dangerously Low Blood Supply...The Red Cross is experiencing the worst blood shortage in over a decade.

Information obtained from AmericanRedCross.org

Upcoming local blood drives:

First Presbyterian Church

March 7th 1:30-7:00

Allegany College of Maryland

March 9th 9:30-3:00

St. Luke's Lutheran Church

March 9th 1:30-6:30

Riverside YMCA

March 18th 12:30-6:00

COVID CORNER!

Vaccine Clinics:

Walk-in

Allegany County Fairgrounds

Primary Care Providers

UPMC – Urgent Care Clinics

Booster Clinic:

Must have been vaccinated 6+ months ago

Questions or for an appointment, call (301) 759-5000

COVID Testing

See Urgent Care or your PCP

Unless you are having shortness of breath or severe symptoms, the ER is NOT the place to get a COVID test.

Tips to help prevent COVID:

-Wash your hands and use sanitizer.

-Wear a mask.

-Social distance.

-Avoid people that are sick.

-Get your vaccine and booster.

-Monitor your health-report concerns to your doctor.

Here are some healthy and simple recipes to try for nutritional month! We hope you enjoy!

Crunchy Chicken Nuggets

Yield: 25 chicken nuggets

Prep time: 15 minutes

Cook time: 30 minutes

Total time: 45 minutes

Ingredients:

1 pound chicken breasts (boneless, skinless, cut into 1-inch cubes)

$\frac{1}{2}$ cup barbeque sauce

3 cups cereal (flakes)

Steps

1. Preheat oven to 375 degrees.
2. Mix chicken and barbeque sauce in a large bowl.
3. Pour cereal flakes into a large plastic bag and crush into small pieces.
4. Place chicken pieces in the bag, reseal, and toss to coat.
5. Lightly coat a baking sheet with cooking spray. Arrange coated chicken pieces on the baking sheet.
6. Bake until crispy and golden brown and chicken is no longer pink inside, about 20 to 25 minutes.
7. Refrigerate leftovers within 2 hours.

Notes

- For a dipping sauce, mix $\frac{1}{4}$ cup mayonnaise, 1 tablespoon honey, and 1 tablespoon whole-grain mustard.
- For a home-made barbeque sauce, mix the following ingredients:
 - $\frac{1}{4}$ cup ketchup
 - $\frac{1}{4}$ teaspoon each black pepper, salt, oregano, basil and thyme
 - 1 teaspoon paprika
 - 1 teaspoon parsley
 - 2 tablespoons finely chopped yellow onion
 - $1\frac{1}{2}$ tablespoons light brown sugar
 - 1 tablespoon apple cider vinegar
 - 1 teaspoon Dijon mustard
 - $1\frac{1}{2}$ teaspoons Worcestershire sauce
 - $\frac{1}{2}$ teaspoon minced garlic or 1 pinch of garlic powder

Tortilla Cups with Eggs

Yield: 3 servings

Ingredients: 4 tortillas (6-inch, flour)

4 eggs

$\frac{1}{4}$ cup mushrooms (chopped)

$\frac{1}{4}$ cup bell pepper (chopped)

1 teaspoon black pepper

Steps

1. Preheat oven to 350 degrees F.
2. Wash hands with soap and water.
3. Gently rub produce under cool running water.
4. Cut each tortilla in half and then in half again. This will result in four equal pieces per tortilla.
5. Spray six muffin tin cups with non-stick cooking spray. Overlap two to three pieces of tortilla in each muffin tin to cover completely and create a cup. Press into muffin tin. Spray with nonstick cooking spray.
6. Bake tortilla cups for 10 minutes. Remove from oven and set aside to cool.
7. Mix eggs, mushrooms, bell peppers and black pepper in a medium mixing bowl.
8. Pour egg mixture equally into tortilla cups.
9. Cook for 20-25 minutes until eggs are cooked through, or when internal temperature reaches 160 degrees F.

Notes

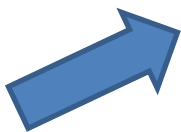
- Optional: Top with salsa, green onions, or sour cream.
- One serving is two tortilla cups.

Any questions or concerns about your health or just need your blood pressure checked?

Stop by or call Nina Likens, Health Home Nurse Care Manager or

Bob Nair, Health Home HSW3.

Office: 301-724-2582 ext. 5117 or ext. 5110





UPMC Western Maryland Diabetes Prevention Program

The Diabetes Prevention Program (DPP) at UPMC Western Maryland is a Center for Disease Control (CDC) recognized lifestyle change program. The goal of the program is to delay or prevent the onset of type 2 diabetes for those who are prediabetic or are at high risk for the disease.

The one-year program focuses on long-term changes and lasting results. Participants meet weekly for the first 6 months (the weight loss portion of the program) and then monthly for the second 6 months (the maintenance portion). A trained lifestyle coach leads the program to help individuals change certain aspects of their lifestyle, such as:

- Eating healthier
- Reducing stress
- Increasing physical activity
- Increasing energy
- Improving their overall health

Participants are specifically encouraged to lose 5-7% of their body weight and add 150 minutes of exercise per week to cut their risk of developing type 2 diabetes.

The program offers 4 modes of attendance: in-person, virtual, online, or combination (virtual and online). The in-person and virtual offerings use the CDC's Prevent T2 curriculum. The HALT curriculum is used for online and combination. The program also includes group support from others who share your goals and struggles.

Participants that are interested can go directly to <https://www.wmhs.com/diabetes-prevention-program-dpp/> and fill out the referral. You can fax the referral to 240-964-8415 or contact Community Health directly at 240-964-8424 for assistance.



UPMC Western MD Diabetes Prevention Program Referral Form

****Should be completed by health care provider (Provider referral not required) ****

Patient Name:	Patient Date of Birth:		
Patient Address:	Patient Phone:	Cell:	
City:	State:	Zip:	Patient Email:

To qualify, participants must:

- ☐ Be at least 18 years of age; **and**
- ☐ Be overweight or obese (Body Mass Index ≥ 25 , ≥ 23 if Asian); **and**
- ☐ Have no previous diagnosis of Type 1 or Type 2 diabetes: **and**
- ☐ Have prediabetes, as verified by a blood test **or** history of gestational diabetes.

Body Mass Index:

Height: _____ inches **Weight:** _____ pounds **BMI:** _____ kg/m² (Must be ≥ 25 , ≥ 23 if Asian)

Pre-Diabetes Information (check all that apply **AND** enter value):

- ☐ Fasting plasma glucose (FPG) _____ mg/dL (100-125 mg/dL) **or**
- ☐ 2-hour plasma glucose (OGTT) _____ mg/dL (140-199 mg/dL) **or**
- ☐ Hemoglobin A1C _____ % (5.7%–6.4%)
- ☐ History of Gestational Diabetes
- ☐ Have a positive screening for prediabetes based on the Prediabetes Risk Test
<https://www.cdc.gov/prediabetes/takethetest/>

Provider Information:

Provider Name:	Practice Address:		
Practice Name:	City:	State:	Zip:
Practice Phone:	Practice Fax:		

AUTHORIZATION TO RELEASE PERSONAL HEALTH INFORMATION

I agree and request that the health information on this form be released to UPMC for the purpose of referring me to the Diabetes Prevention Program. I have the right to revoke this authorization at any time by contacting UPMC Wellness Department. I understand that signing this authorization is voluntary. I understand this information is collected solely for data tracking purposes and that my personally identifiable information will be kept secure according to the Health Information Portability and Accountability Act (HIPAA).

Patient name (print): _____

Patient Signature: _____ Date: _____

FAX COMPLETED FORM TO: Community Health, UPMC Western Maryland
Fax: 240-964-8415

UPMC WMD Diabetes Support Group
Adult and Young Adult

Whether you have recently been diagnosed with diabetes or have been living with it for years, a support group can be helpful. You can share your experience and learn tips for managing your diabetes. Facilitators for the group include certified diabetes educators.

Adult Diabetes Support Group

Meets the first Tuesday of each month from 5:30 to 6:30 p.m.

Center for Clinical Resources at
WMHS Medical Arts Center, Suite 300
12500 Willowbrook Rd
Cumberland, MD 21502

For more information: 240-964-8789

Young Adult Diabetes Support Group
(Primary focus on Type 1 Diabetes)

Meets the fourth Thursday of every other month
from 4:30 to 5:30 p.m.

Western Maryland Health System Auditorium
12500 Willowbrook Rd
Cumberland, MD 21502
Contact

For more information: 240-964-8676

Support Groups

	Date	Time	Group	Host Organization	Target Audience
1	Thursdays	8pm	Virtual Support Meeting for Behavioral Health Professionals	Maryland Addiction Recovery Center & Kolmac Outpatient Recovery	Behavioral Health Professionals
2	Fridays (beginning in May)	Afternoons	Children of First Responders Support Group	Bmore Mindful Counseling	Children of First Responders
3	Second and Fourth Tuesday of the Month	7:30pm	Survivors of Suicide Support Group	Baltimore Chapter SOS	Survivors of Suicide
4	Multiple Groups		Parent and Caregiver Support Groups	Maryland Coalition of Families	Families impacted by behavioral health needs
5	Mondays	10 am	Motivational Mondays	On Our Own Maryland	Adults- all are welcome to join
6	Wednesdays	4pm	Wellness Wednesdays	On Our Own Maryland	Adults- All are welcome to join
7	Friday	5 pm	Focus Fridays	On Our Own Maryland	Adults- All Welcome to join

Target Topic	Link
Support for those providing services during COVID-19. More Info: https://files.constantcontact.com/b5df60a0401/1066e410-da1f-40d9-9506-a3bcf7d1374f.pdf	https://zoom.us/j/738288807
Coping skills, Self-care and promoting connection to others	Bmoremindfulcounseling@gmail.com
Support for those who lost a loved one to suicide. For newcomers please email: sos@sosbaltimore.org	sos@sosbaltimore.org
Multiple groups for parents and caregivers: substance use, grief, problem gambling, and mental health needs.	http://www.mdcoalition.org/get-help-now/parent-caregiver-support-groups
If you need a break and some support: https://onourownmd.org/virtual-support-groups-by-oomd/	https://onourownmd.org/virtual-support-groups-by-oomd/
If you need a break and some support: https://onourownmd.org/virtual-support-groups-by-oomd/	https://onourownmd.org/virtual-support-groups-by-oomd/
If you need a break and some support: https://onourownmd.org/virtual-support-groups-by-oomd/	https://onourownmd.org/virtual-support-groups-by-oomd/



AFFORDABLE CONNECTIVITY PROGRAM

WHAT IS IT?

The Affordable Connectivity Program is an FCC program that helps connect families and households struggling to afford internet service.

The benefit provides:

- Up to \$30/month discount for internet service;
- Up to \$75/month discount for households on qualifying Tribal lands; and
- A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider.

WHO IS ELIGIBLE?

A household is eligible if one member of the household meets at least one of the criteria below:

- Has an income that is at or below 200% of the Federal Poverty Guide lines;
- Participates in certain assistance programs, such as SNAP, Medicaid, Federal Public Housing Assistance, SSI, WIC, or Lifeline;
- Participates in Tribal specific programs, such as Bureau of Indian Affairs General Assistance, Tribal TANF, or Food Distribution Program on Indian Reservations;
- Is approved to receive benefits under the free and reduced-price school lunch program or the school breakfast program, including through the USDA Community Eligibility Provision;
- Received a Federal Pell Grant during the current award year; or
- Meets the eligibility criteria for a participating broadband provider's existing low-income program.

TWO STEPS TO ENROLL

1

Go to **ACPSBenefit.org** to submit an application or print out a mail-in application.

2

Contact your preferred participating provider to select an eligible plan and have the discount applied to your bill.

Some providers may have an alternative application that they will ask you to complete.

Eligible households must both apply for the program and contact a participating provider to select a service plan.

LEARN MORE



Call **877-384-2575**, or



Visit **fcc.gov/acp**



Does tax time **STRESS** you out?



Let the IRS certified staff at HRDC prepare your taxes
for **FREE** so you can

KEEP YOUR ENTIRE REFUND FOR YOURSELF!

If you worked in 2021 and earned up to the amounts listed below for your household type,
you may be eligible for an **EARNED INCOME TAX CREDIT**.

Children raised by worker:	Earned up to:	Married Filing Jointly:	Earned Income Credit up to:
3 or more children	\$51,464	\$57,414	\$6,728
2 children	\$47,915	\$53,865	\$5,980
1 child	\$42,158	\$48,108	\$3,618
No children in household*	\$21,430	\$27,380	\$1,502

*Workers who are not raising children must be between the ages of 25 and 64 to be eligible for the EITC.

*Investment income of less than \$10,000 for the year

HRDC's trained staff will ensure all eligible households receive this credit and any others they
may be eligible for while preparing their tax returns for **FREE!!!**

For more information, call 301-783-1800 (beginning January 17, 2022)

To ensure the safety of our staff and the public during the 2022 tax season, **ALL** of our tax sites
will operate on an **APPOINTMENT ONLY** basis and masks will be required.
Drop-off appointments will be available at HRDC's main office on 125 Virginia Ave, Cumberland.
Beginning January 17, 2022, call 301-783-1800 to schedule your appointment.

Income requirements do apply.

We will not be able to serve those without an appointment.



FREE TAX PREPARATION and e-FILING!!

Online filing - Federal and State returns!

Yes, it's hard to wait on a federal refund but huge interest & big fees from paid preparer products can take a big bite out of YOUR hard earned money.

Why not **KEEP** that money in **YOUR** pocket instead?

Let HRDC's IRS certified staff prepare your tax returns for **free!**

Locations:

Cumberland - 125 Virginia Avenue

Tuesdays & Thursdays: 6-9 pm

Saturdays: 10am-2pm

Lonaconing - Georges Creek Senior Center

Tuesdays: 6-9pm

1st & 3rd Saturday of the month: 10am-2pm

Westernport - Westernport Senior Center

Thursdays: 6-9pm

2nd & 4th Saturday of the month: 10am-2pm

Oldtown - Schoolhouse Kitchen

Saturdays: 10am-2pm

Frostburg - Frostburg Senior Center

Tuesdays: 9am-2pm

Starting January 17, 2022, call 301-783-1800 for information and/or an appointment



Thank you for getting your COVID-19 vaccine and keeping yourself, your family and loved ones safe.



Aetna Better Health® of Maryland



Aetna Better Health® of Maryland

To select your \$100 GIFT CARD please visit
www.myAetnaRewards.com or
call us at 1-888-689-3420

Walmart



amazon.com

Walgreens

Choose from these brands and many more...

Your Gift Claim Code Expires
October 31, 2022

Gift Claim Code

Please visit the web site listed above to select your gift card. Please do this before the date shown. As a selected Aetna member, you have received one \$100 gift card. Do not lose or misplace this Reward Card. We will not replace lost or stolen gift claim codes. You can learn more about your gift by going to www.myAetnaRewards.com or by calling **1-888-689-3420**. Operators are available Mon. - Fri. 8 a.m. - 8 p.m. (EST). Our company is not connected with the companies' gift cards shown, nor are they sponsors of this program. We have permission to use these names and logos. All trademarks are the property of their owners. Gift cards have terms and conditions. Please see the gift card for additional terms and conditions, which are subject to change. We are not liable for any actual or alleged claims related to this offer. All logos are registered trademarks. All rights reserved. Must be 12 years or older to participate. A U.S address is needed for delivery. We are not responsible for lost or stolen gift cards. Gift cards cannot be converted for cash. You cannot return a gift cards for a cash refund. Gift cards cannot be reloaded, resold, transferred for value, redeemed for cash or applied to any other account, except to the extent required by law.

Merchants make no warranties on their gift cards. In the event a gift card claim code doesn't work, we will replace the code. Certain state laws do not allow limits on or limitation of certain damages. If these laws apply to you, some or all of the above may not apply to you. You might have additional rights.

Aetna complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ENGLISH: ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call the number on the back of your ID card or 1-800-385-4104 (TTY: 711).

SPANISH: ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que aparece en el reverso de su tarjeta de identificación o al 1-800-385-4104 (TTY: 711).

CHINESE: 注意:如果您使用繁體中文,您可以免費獲得語言援助服務。請致電您的 ID 卡背面的電話號碼或 1-800-385-4104 (TTY: 711)。



offering **\$100** Gift Card

Get Your COVID-19 Shot.

Get \$100

It's Safe, It's Easy, It's Available, and It's FREE!

Visit **mpcMedicaid.com/Vaccine** to redeem your gift card!



Maryland Physicians Care will offer a **\$100** gift card to MPC members who become fully vaccinated between December 15, 2021, and March 31, 2022.

To qualify for the gift card, MPC members must:

- Be 12 years old or older
- Have received the full vaccination dosage between December 15, 2021, and March 31, 2022

What does "fully vaccinated" mean? For this program, you are considered fully vaccinated when:

- You receive the second dose of a two-dose vaccine series (Pfizer or Moderna), or
- A single dose of a single-dose vaccine (Johnson & Johnson).

To qualify for the gift card, MPC members must submit a redemption form on the MPC website at **mpcMedicaid.com/Vaccine** (or scan the QR code with your smart phone camera). MPC will verify that the member qualifies and is fully vaccinated before sending the \$100 gift card.

NOTE: Completion of the redemption form does not guarantee a gift card.

To Find a Vaccination Clinic Near You:

- Visit **coronavirus.maryland.gov/pages/vaccine**
- Call **855-MD-GOVAX**
- Contact your nearest pharmacy
- Call your Primary Care Provider
- Visit an Urgent Care Center



Get the COVID-19 Vaccine, Get a \$100 Gift Card

PRIORITY PARTNERS MCO MEMBERS CAN RECEIVE A \$100 GIFT CARD WHEN THEY RECEIVE THE COVID-19 VACCINE.

How It Works

To receive the gift card, you must:

- Be a Priority Partner member
- Become fully vaccinated between **Dec. 15, 2021** and **March 31, 2022**.
“Fully vaccinated” means one dose of the Janssen/Johnson & Johnson vaccine or two doses of the Pfizer-BioNTech or Moderna vaccines.
- Fill out and submit the **request form**.

Act Now — Schedule Your Vaccination

Go to: marylandvax.org or find local **Mobile Vaccination Sites**.

Questions? Call us at [800-654-9728](tel:800-654-9728).

Information on the transportation program at ACHD

Bill Weber (301-759-5050) is the contact, and Michael Bice is his supervisor. The following is from Michael Bice:

Our transportation program is designed to help Allegany County residents get to substance abuse and mental health treatment appointments. An individual is eligible for transportation if they meet one of the following criteria:

- Mothers of substance exposed newborns
- Parents and children in need of assistance
- Individuals admitted to the emergency department.
- Needy families receiving TCA
- Foster care children and parents
- Children in after-school programs
- Adolescents
- Parents subject to arrearage in child support
- Drug offenders under Parole and Probation
- Pretrial correctional inmates
- Pre-release correctional inmates
- Members of general inmate population
- Parents of children entering or at risk of out of home placement
- Drug offenders under Drug Court

The program is accessed by calling 301-759-5050 and asking for transportation help to one of our behavioral health services.

We do have a flier for our program but given the recent MDH network incident, that flier is inaccessible for me to be able to send to you at this time. Once it becomes available, we can send it to you. We also help people connect with Medtrans, EMT, and Mobility Manager if they are eligible. Our transportation program can also provide transportation until people eligible for those services (who meet the criteria above) can get established with them so that there is no delay in seeking treatment.

As far as your question about the Finzel resident, that individual may want to explore treatment options available in Grantsville through the Garrett County Health Department since they have an office there and the patient wouldn't have to spend so much time in travel, which would likely be easier for them. Also, Garrett Transit Services can provide transportation to Garrett County residents to a variety of medical appointments and operates in Garrett County in a similar fashion to how EMT operates in Allegany County.

If there is a reason that a person could not seek services in Garrett County, we would always be willing to look at a specific case to see how we might be able to help. The grant that we have is for Allegany County residents and that is the population we are looking to target.

HOPE Station

A program of the Office of Consumer Advocates

632 North Centre St.
Cumberland, MD 21502
240-362-7168
Fax: 240-362-7170
Center Hours:
Monday – Friday 10-4

By Appointment Only:
Laundry: Mon. – Fri.: Last load @ 2:00
Lunch Served Daily @ 12:00
Food Pantry Hours:
Monday - Friday 9:30 – 1:30

MARCH 2022

Social distancing and masks required

Monday	Tuesday	Wednesday	Thursday	Friday
<i>National Reading Month</i>	1 Bingo @ 10:30 Food Pick up @ 12:30	2 Lisa Moran CHA, PP MCO of Priority Partners Allergies @ 10:00	3 Mindful Eating (via zoom) w/ Carey Moffatt Health Coach, Wellness Center of UPMC @ 10:30	4 HOPE Station Deep Clean Day
7 Mindful Art Day Afternoon Conversations @ 2:00 w/ Joy & Jennifer	8 Patricia A. Tichnell, RN Of the Division of Infectious Diseases at Johns Hopkins School of Medicine speaking on and testing for Hep-C @ 10:30	9 Social Wellness w/ Joy @ 10:30 Physical Wellness w/ Abby @ 2:00	10 Aetna Community Development Coordinator, Sarah Bush Speaking on Stress Management @ 10:30 Dungeons & Dragons @ 1:00	11 Celebration Day Achievements & Challenges w/ Abby @ 2:00
14 Mindful Art Day Afternoon Conversations @ 2:00 w/ Joy & Jennifer	15 Men's Group w/ Larry @ 10:30 Spades @ 11:00 Depression Support w/ Abby @ 2:00	16 Round Table Discussion w/ Joy @ 10:30 Power of Positive Thinking w/ Abby @ 2:00	17 <i>St. Patrick's Day</i> Rachel Sprout RDN, LDN of UPMC w/ Healthy Snacks @ 10:30 Dungeons & Dragons @ 1:00	18 Bingo @ 10:30 Afternoon Puzzle w/ Joy @ 2:30
21 Mindful Art Day Lisa Moran CHA, PP MCO of Priority Partners Creamy Zucchini @ 10:00	22 Brain Games w/ Larry @ 10:30 Depression Support w/ Abby @ 2:00	23 Social Wellness w/ Joy @ 10:30 Physical Wellness w/ Abby @ 2:00	24 Pantry On the Go 11-3	25 Peer Choice Morning Soul Haven's Alan speaking on: Life with TBI 12:20 – 1:00
28 Mindful Art Day Afternoon Conversations @ 2:00 w/ Joy & Jennifer	29 HOPE Station Meeting 10:30	30 Round Table Discussion w/ Joy @ 10:30 Power of Positive Thinking w/ Abby @ 2:00	31 Julia Wiland of the Cumberland YMCA @ 10:30 Dungeons & Dragons @ 1:00	Brain Injury Awareness Month

HOPE Station Wellness & Recovery

A Program of the Office of Consumer Advocates

Pantry on the go

Thursday, March 24th

11:00 – 3:00

Sponsored by

The Western Maryland Food Bank



632 N. Centre Street

For more information call

240-362-7168



Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



20 Health Tips

1. Eat Breakfast

Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal.

2. Make Half Your Plate Fruits and Vegetables

Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

3. Watch Portion Sizes

Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt. Measuring cups may also help you compare your portions to the recommended serving size.

4. Be Active

Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym – take a walk after dinner or put on music and dance at home.

5. Get to Know Food Labels

Reading the Nutrition Facts panel can help you choose foods and drinks to meet your nutrient needs.

6. Fix Healthy Snacks

Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese or hummus, or a tablespoon of nut or seed butter with an apple or banana.

7. Consult an RDN

Whether you want to lose weight, lower your health-risks or manage a chronic disease, consult the experts! Registered dietitian nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.

8. Follow Food Safety Guidelines

Reduce your chances of getting sick with proper food safety. This includes: regular hand washing, separating raw foods from ready-to-eat foods, cooking foods to the appropriate internal temperature, and refrigerating food promptly. Learn more about home food safety at www.homefoodsafety.org.

9. Drink More Water

Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, an older adult or live or work in hot conditions.

10. Get Cooking

Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans.

11. Order Out without Ditching Goals

You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.

12. Enact Family Meal Time

Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

13. Banish Brown Bag Boredom

Whether it's for work or school, prevent brown bag boredom with easy-to-make, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard boiled egg.

14. Reduce Added Sugars

Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review the new and improved Nutrition Facts Label or ingredients list to identify sources of added sugars.

15. Eat Seafood Twice a Week

Seafood – fish and shellfish – contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

16. Explore New Foods and Flavors

Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or your family.

17. Experiment with Plant-Based Meals

Expand variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start.

18. Make an Effort to Reduce Food Waste

Check out what foods you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy perishable foods you will use or freeze within a couple of days. Managing these food resources at home can help save nutrients and money.

19. Slow Down at Mealtime

Instead of eating on the run, try sitting down and focusing on the food you're about to eat. Dedicating time to enjoy the taste and textures of foods can have a positive effect on your food intake.

20. Supplement with Caution

Choose foods first for your nutrition needs. A dietary supplement may be necessary when nutrient requirements can't be met or there is a confirmed deficiency. If you're considering a vitamin, mineral or herbal supplement, be sure to discuss safe and appropriate options with an RDN or another healthcare provider before taking.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit www.eatright.org.

Academy of Nutrition and Dietetics

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Spring Fruit Pizza



Ingredients

- 1 pouch (1 lb. 1.5 oz.) sugar cookie mix
- ½ cup butter or margarine (melted)
- 1 egg
- 1 cup whipping cream
- ½ cup cream cheese frosting (from 1 lb. container)
- 3 ½ cups assorted fresh fruit

Directions

- 1) Heat oven to 375 degrees F. Lightly spray 14 inch pizza pan or 15x10 inch baking pan with cooking spray.
- 2) In medium bowl stir cooking mix, melted butter, & egg until soft dough forms. Press dough into bottom of pan. Bake 10-15 minutes or until light golden brown. Cool completely about 45 minutes.
- 3) In chilled medium bowl beat whipping cream with electric mixer on high speed until soft peaks form. Gently stir frosting into whipped cream. Spread over cookie pizza. Arrange the fruit on top.

Presidents Day Trivia

February 2022

1. Which U.S. President served the shortest presidency, dying just 32 days after he was elected.
A. Calvin Coolidge
B. James A. Garfield
C. William Henry Harrison
D. William Howard Taft
2. Who is the only president to serve more than two terms?
A. George W. Bush
B. Franklin D. Roosevelt
C. James Buchanan
D. Woodrow Wilson
3. Which U.S. President signed the treaty to purchase Alaska from Russia?
A. Andrew Johnson
B. James Buchanan
C. William Howard Taft
D. Ulysses S. Grant
4. Who is the only president to resign from office?
A. Franklin Pierce
B. Calvin Coolidge
C. Richard Nixon
D. Andrew Johnson
5. Who was the first president to live in the White House?
A. William Howard Taft
B. John Adams
C. Andrew Jackson
D. George Washington
6. Who was the oldest elected president?
A. Dwight D. Eisenhower
B. Abraham Lincoln
C. Joe Biden
D. George Washington
7. Who was the tallest president?
A. Donald Trump
B. Barack Obama
C. Abraham Lincoln
D. Thomas Jefferson
8. Who was the first president to appear on T.V?
A. Harry S. Truman
B. John F. Kennedy
C. Gerald Ford
D. Franklin D. Roosevelt
9. Who was the first president born outside the contiguous United States?
A. Benjamin Harrison
B. Dwight D. Eisenhower
C. Franklin Pierce
D. Barack Obama
10. Who was the only president to serve two non-consecutive terms?
A. Grover Cleveland
B. George Washington
C. Ronald Reagan
D. Theodore Roosevelt

March Trivia

1. When is St. Patrick's Day celebrated?
 - a. March 2st
 - b. March 14th
 - c. March 17th
 - d. March 21st
2. What planet is the month of March named after?
 - a. Pluto
 - b. Mercury
 - c. Saturn
 - d. Mars
3. Who organizes March Madness every year?
 - a. NCAA
 - b. NBA
 - c. The Basketball League
 - d. FIBA
4. With which month always ends on the same day of the week as the month of March, every year?
 - a. February
 - b. June
 - c. August
 - d. December
5. When is Pi Day celebrated?
 - a. March 2st
 - b. March 14th
 - c. March 17th
 - d. March 21st
6. What was March called in Old English?
 - a. Hlyda
 - b. Hilda
 - c. Mars
 - d. March
7. When is "Read Across America" celebrated?
 - a. March 2st
 - b. March 14th
 - c. March 17th
 - d. March 21st
8. What is the birth flower of March?
 - a. Tulip
 - b. Forget Me Not
 - c. Daffodil
 - d. Daisy
9. According to astrology, what are the zodiac signs associated with the month of March?
 - a. Pisces
 - b. Taurus
 - c. Aries
 - d. Capricorn
10. Which US National Park was founded in March 1872?
 - a. Denali National Park
 - b. Yellowstone National Park
 - c. Jellystone National Park
 - d. Redwood National Park

FACT OR FICTION?

National Nutrition Month® 2022 Quiz

Circle the correct answer.

1. Most Americans consume more than enough calcium, potassium, vitamin D and dietary fiber. **FACT OR FICTION?**
2. Only people with medical conditions, such as diabetes or high blood pressure, need to limit their intake of added sugars and salt. **FACT OR FICTION?**
3. It's a good idea to wash all fruits and vegetables, even ones with peels that may not be eaten. **FACT OR FICTION?**
4. Drinking milk is the only way to meet the daily recommendation of three cups from the Dairy Group. **FACT OR FICTION?**
5. A vegetarian diet can provide adequate protein for athletes. **FACT OR FICTION?**
6. All carbohydrate foods, also known as "carbs", are the same and provide no nutritional value. **FACT OR FICTION?**
7. Using MyPlate as a guide, half the plate should include fruits and vegetables. **FACT OR FICTION?**
8. All vegetables offer the same types and amounts of vitamins and minerals. **FACT OR FICTION?**
9. Only foods that taste salty are high in sodium. **FACT OR FICTION?**
10. A registered dietitian nutritionist can help you develop a healthy eating plan that is as unique as you are. **FACT OR FICTION?**

Valentine's Day Word Scramble

February 2022

- | | |
|-------------------|-----------------------|
| 1) Itvnnseeal yda | <u>Valentines Day</u> |
| 2) oocchalest | <u>chocolates</u> |
| 3) wfsorel | <u>flowers</u> |
| 4) tdae ghint | <u>date night</u> |
| 5) ssskei | <u>kisses</u> |
| 6) rraamieg | <u>marriage</u> |
| 7) mnggeeetan | <u>engagement</u> |
| 8) yafcn nnired | <u>fancy dinner</u> |
| 9) ddignwe | <u>wedding</u> |
| 10) voel | <u>love</u> |

Word Scramble

March 2022

- | | |
|------------------|-----------|
| 1. chram damsesn | 1. _____ |
| 2. ip yad | 2. _____ |
| 3. snita tripcka | 3. _____ |
| 4. canlperehu | 4. _____ |
| 5. wobnira | 5. _____ |
| 6. hmsackor | 6. _____ |
| 7. srpngi | 7. _____ |
| 8. ffodadli | 8. _____ |
| 9. nerge | 9. _____ |
| 10. pinch | 10. _____ |

Movie Love Quotes

Write the number of the quote next to the movie it was said in.

17 Forrest Gump
10 Patch Adams
8 City of Angels
2 Notting Hill
19 Moulin Rouge

12 Good Will Hunting
15 Ever After: A Cinderella Story
5 Sixteen Candles
13 Bridges of Madison County
14 As Good As It Gets

7 The Cutting Edge
18 Love Actually
11 Casablanca
20 Pearl Harbor
4 Practical Magic

6 Fools Rush In
3 Meet Joe Black
9 Fifth Element
16 Runaway Bride
1 Love Story

1. Love means never having to say you're sorry.
2. I'm just a girl standing in front of a boy asking him to love her.
3. Take love, multiply it by infinity and take it to the depths of forever.
4. Do you ever put your arms out and just spin and spin and spin? Well that's what love is like.
5. That's why they call them crushes. If they were easy, they'd call them something else.
6. You are what I never knew I always wanted.
7. Don't say we aren't right for each other, the way I see it is, we aren't right for anyone else.
8. When they ask me what I liked best, I'll tell them it was you.
9. I give my smile to everyone, but I give my heart to only one.
10. I love you without knowing how, why, or even from where.
11. Kiss me. Kiss me as if it were the last time.
12. The only feeling of real loss is when you love someone more than you love yourself.
13. Love won't obey our expectations. Its mystery is pure and absolute.
14. You make me want to be a better man.
15. I kneel before you not as a prince, but as a man in love.
16. But I also guarantee, that if I don't ask you to be mine, I'll regret it for the rest of my life.
17. I may not be a smart man, but I know what love is.
18. And if you look for it, I've got a sneaking suspicion that love actually is all around.
19. The greatest thing you'll ever learn is just to love and have that love returned.
20. If I had one more night to live, I would want to spend it with you.



Name: _____

Date: _____



Spring Words Word Search Puzzle



y d d l b d a g n f g n s i o f
u d t n m r y r h l b r f v j l
l p a j i a i e h s n e a m k o
b a i f f x y e f u n y g s q w
u z d c f u a n y s z n r r s e
g o s y n o l b l o s s o m a r
s r s o b i d e n y i i w v c s
s o x h r u c i n y m n t l d x
x b z p o p g i l p q a h c t b
q i a a u w a n e b q e r c h s
z n r t n r e n j u o i p c a r
b e e s q d u r n d i i k z h i
n t x c r j v z s s l g m u d r
n m j a v a x v c u x u j a o i
n n g j b s f m t m d u d b y s
o w h b u l b s c r o c u s h y

FIND THESE **SPRING WORDS**

daffodil

garden

blossom

bees

June

robin

May

March

showers

flowers

growth

April

green

bulbs

buds

ladybug

crocus

iris

grass

rainy

mud

bugs

tulip

picnic



The words may be hidden vertically, horizontally or diagonally.

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 March 2022

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.