

Archway Station Short Takes April 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:

Water Bill
Assistance

Housing Questions
Discussion

Mental Health
Awareness Event

Inside this Issue:

Wellness &
Recovery Center
Information

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Complaint Process

Resource Materials

April is Stress Awareness Month

Tips to Help You Cope

Adapted from: <https://integracareclinics.com/april-is-stress-awareness-month-tips-to-help-you-cope/>

Stress Awareness Month has been recognized every April since 1992. Learning to cope with our stress and finding healthy ways to deal with these situations can go a long way in living a healthy and positive life. After all, stress can impact many aspects of your body. We all experience stress – yet we may experience it in very different ways. Because of this, there is no single definition for stress, but the American Institute of Stress states the most common explanation is a “physical, mental, or emotional strain or tension.”

Effecting more than just your mind

Long term stress can prove to be more than just a mental issue. From headaches to stomach disorders to depression – even very serious issues like stroke and heart disease can come as a result of stress. When you are placed in a stressful situation, specific stress hormones rush into your bloodstream leading to an increase in heart rate, blood pressure and glucose levels. This is helpful in emergency situations, but having this “rush” for extended periods of time can be dangerous and make you susceptible to the issues mentioned previously.

Learn to overcome issues you can not change

- Recognize when you don’t have control, and let it go.
- Avoid getting anxious about situations that you cannot change.
- Take control of your reactions and focus your mind on something that makes you feel calm and in control.
- Develop a vision for healthy living, wellness, and personal growth, and set realistic goals to help you realize your vision.

Tips for coping with your stress

- Take care of yourself – eat healthy, exercise regularly, get plenty of sleep, give yourself a break if you feel stressed.
- Discuss your problems with a parent, friend or another trusted source.
- Avoid drugs and alcohol.
- Recognize when you need more help – know when to talk to a psychologist, social worker or counselor if things continue.

Potentially the most valuable takeaway here is knowing how to talk to others about your stress. This goes both ways, as you need to know how to discuss your problems with others as well as talk to anyone that comes to you with their issues.

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, 4/28/2022 we will be celebrating Recognition Day by visiting

Constitution Park

We will leave the W & R Center at 11:00 AM and return around 1:00 PM.

In Celebrating the monthly Birthday's we will have dessert with lunch on Friday 4/29/22.

Wellness & Recovery Center Lunch April 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 Leftovers
4 Scrambled Eggs Sausage Hashbrown Banana	5 Shrimp Salad Sandwich Red Pepper Strips Raspberries	6 Chicken Thigh Broccoli Plum	7 Peanut Butter & Jelly Sandwich Celery Tropical Fruit	8 Leftovers
11 Sloppy Joe Tater Tots Coleslaw Applesauce	12 CLOSED FOR STAFF TRAINING	13 Tomato Soup Grilled Cheese Sandwich Apple	14 Turkey Salad Sandwich Cherry Tomatoes Grapes	15 CLOSED FOR EASTER HOLIDAY
18 Hot Dog Sauerkraut Mashed Potatoes Pears	19 Turkey Sandwich Cherry Tomatoes Raisins	20 Fish Sandwich Mixed Vegetables Nectarine	21 Buffalo Chicken Sandwich Asian Salad Blackberry's	22 Leftovers
25 Hamburger Gravy over Biscuit Green Beans Cantaloupe	26 Chicken Salad Sandwich Broccoli Fruit Cocktail	27 Bean Soup Ham Sandwich Honeydew	28 Hoagie Potato Salad Watermelon	29 Leftovers Dessert

April 2022

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 ----- Lunch ----- Recreational Activity – You Choose
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00	4 Mental Health & Athletes ----- Lunch ----- Recreational Activity – You Choose	5 SHOPPING & or MOVIE @ CCM THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.	6 HIG Meeting ----- Lunch ----- Recreational Activity – You Choose	7 FOOD BOX DELIVER w/ HRDC THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.	8 Communication Skills ----- Lunch ----- Recreational Activity – You Choose

<p>9:30-11:00</p> <p>11 Movie/Rec. Activity & Monthly Progress Review</p> <p>-----</p> <p>11:00-11:45</p> <p><i>Lunch</i></p> <p>-----</p> <p>11:45-1:00</p> <p>Recreational Activity – You Choose & Monthly Progress Review</p>	<p>12</p> <p>CLOSED FOR STAFF TRAINING</p>	<p>13</p> <p>Stress Reduction w/ Pam (UPMC)</p> <p>-----</p> <p><i>Lunch</i></p> <p>-----</p> <p>Recreational Activity – You Choose & Monthly Progress Review</p>	<p>14</p> <p>FISHING @ THREE PONDS</p> <p>THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.</p>	<p>15</p> <p>CLOSED FOR EASTER HOLIDAY</p>
<p>9:30-11:00</p> <p>18 Men & Women's Group</p> <p>-----</p> <p>11:00-11:45</p> <p><i>Lunch</i></p> <p>-----</p> <p>11:45-1:00</p> <p>CIVILITY ACTIVITY</p>	<p>19</p> <p>COMMUNITY VOLUNTEER</p> <p>THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.</p>	<p>20</p> <p>Brainstorm</p> <p>-----</p> <p><i>Lunch</i></p> <p>-----</p> <p>Recreational Activity – You Choose</p>	<p>21</p> <p>SHOPPING</p> <p>THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.</p>	<p>22</p> <p>Nutrition/Taking Charge of Your Health w/ Lisa</p> <p>-----</p> <p><i>Lunch</i></p> <p>-----</p> <p>Recreational Activity – You Choose</p>
<p>9:30-11:00</p> <p>25 Sense of Spring</p> <p>-----</p> <p>11:00-11:45</p> <p><i>Lunch</i></p> <p>-----</p> <p>11:45-1:00</p> <p>Recreational Activity – You Choose</p>	<p>26</p> <p>COMMUNITY VOLUNTEER</p> <p>THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.</p>	<p>27</p> <p>Gardening</p> <p>-----</p> <p><i>Lunch</i></p> <p>-----</p> <p>Recreational Activity – You Choose</p>	<p>28</p> <p>Constitution Park for RECOGNITION DAY</p> <p>THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.</p>	<p>29</p> <p>Emergency Drill</p> <p>-----</p> <p><i>Lunch</i></p> <p>-----</p> <p>Recreational Activity – You Choose</p>

Congratulations

Favorite Worker of the Quarter:

Alexanne Trevorror



Congratulations, Alexanne!

Here's what was said about Alexanne:

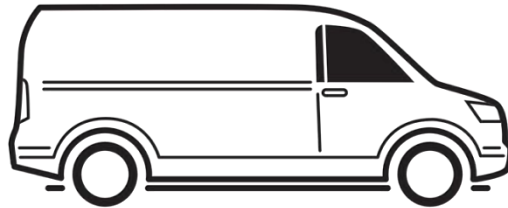
Alex is a good listener and really enjoys her job.

She goes above and beyond her job.

She always knows how to cheer me up.

She is a blessing to me.

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:

Announcements of bus service interruptions and cancelations will be announced on local radio stations

WCBC, WTBO, and Magic 100.5.

Also, you can be notified by receiving a text and or email if you subscribe to Transit Alerts. Text TRANSIT to 888-777 or go to www.gov.allconet.org/ACT

April Health Home Notes

April is National Donate Life Month

Facts about Organ donation

Who can be a donor?

People of all ages and medical histories should consider themselves potential organ, eye and tissue donors. Your medical condition at the time of death will determine what organs and tissue can be donated.

Living donors should be in good overall physical and mental health and older than 18 years of age. Some medical conditions could prevent an individual from being a living donor. Transplant programs complete a full patient evaluation to protect both living donor and recipient health and safety.

Does my social and/or financial status play any part in whether I will receive an organ if I ever need one?

No. A national system matches available organs from the donor with people on the waiting list based on blood type, body size, how sick they are, donor distance, tissue type and time on the list. Race, income, gender, celebrity and social status are never considered.

Why should I register my decision to be a donor?

The vast majority of Americans support donation as an opportunity to give life and health to others. Unfortunately, many people overlook the important step of registering as a donor. Donors are often people who die suddenly and unexpectedly. Their families are then faced with making the decision at a time of shock and grief. Registering relieves your family of this burden.

Organ Donation Statistics

- In 2021, more than 41,000 transplants from 20,300 donors brought renewed life to patients and their families and communities.
- More than 100,000 people are waiting for lifesaving organ transplants.
- 60% of patients awaiting lifesaving transplants are minorities.
- Another person is added to the nation's organ transplant waiting list every 9 minutes.
- 17 people each day while waiting for a transplant. 6151 transplant candidates died in 2020 while on the national transplant waiting list
- 85% of patients on the waiting list are waiting for a kidney. The average waiting time for a kidney from a deceased donor is 3 to 5 years. A kidney from a living donor offers patients an

alternative to years of dialysis and time on the national transplant waiting list (the living donor's remaining kidney will increase in size, doing the work of two healthy kidneys).

- 11% of patients waiting are in need of a liver. Living donation of part of the liver can help these patients (the remaining portion of the donor liver will regenerate and regain full function).
- More than one-third of all deceased donors are age 50 or older; 7% are age 65 or older.
- More than 2.5 million lifesaving and healing tissue transplants are performed each year, offering patients a new chance at healthy, productive, and normal lives.
- A single tissue donor can help more than 75 people.
- More than 85,600 corneal transplants help to restore sight each year.
- More than 170 million people are registered organ, eye and tissue donors.

(Information obtained from The Living Legacy Foundation website)

COVID Vaccines, boosters, and tests are still available through the Allegany County Health Department by calling 301-759-5000 or at the walk-in clinic at Allegany County Fairgrounds on Wednesday's from 9a – 1a

Stop by the Women's Health and Wellness EXPO at the Cumberland YMCA on Kelly Road on Wednesday, April 20th from 3p – 6p see Health Home staff for additional information. There will be multiple exhibits and access to resources.

Any questions and/or concerns about your health stop by or call the Health Home office and speak with our staff.

Nina Likens RN-BSN, Health Home Nurse Care Manager
301-724-2582 ext. 5117 or 301-876-1477
Bob Nair, Health Home HSW3
301-724-2582 ext. 5110 or 301-876-1857

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

April 2022

Social distancing, and masks required

Monday	Tuesday	Wednesday	Thursday	Friday
				¹ Peer Choice
⁴ Lisa Moran CHA, PP MCO of Priority Partners Budgeting @ 10:00 Mindful Art Day w/ Carl or Cindy	⁵ Men's Group w/ Chris @ 10:30 Environmental Wellness w/ Joy @ 2:00	⁶ Women's Group w/ Joy & Abby @ 11:00 Depression Support w/ Abby @ 2:00	⁷ What is Smart Recovery? w/ Carey Moffatt Health Coach, Wellness Center of UPMC @ 10:30 Round Table Discussion w/ Eric @ 2:00	⁸ Morning Conversations w/ Jennifer & Todd Power of Positive Thinking w/ Abby @ 2:00
¹¹ Mindful Art Day w/ Carl or Cindy	¹² Men's Group w/ Chris @ 10:30 Emotional Wellness w/ Cindy & Abby @ 2:00	¹³ Women's Group w/ Joy & Abby @ 11:00 Depression Support w/ Abby @ 2:00	¹⁴ Phone Navigation w/ us @ 10:30 Round Table Discussion w/ Eric @ 2:00 Easter Celebration	¹⁵ Center Closed Good Friday
¹⁸ Mindful Art Day w/ Carl or Cindy	¹⁹ Grant Writing conversation w/ Yvonne Perret @ 10:30 Environmental Wellness w/ Joy @ 2:00	²⁰ Lisa Moran CHA, PP MCO of Priority Partners Healthy Habits @ 10:00 Center Closes at 2:00 Women's Wellness Expo 3-6	²¹ Pantry on the Go 11-3	²² Morning Conversations w/ Jennifer & Todd Power of Positive Thinking w/ Abby @ 2:00
²⁵ Mindful Art Day w/ Carl or Cindy	²⁶ Men's Group w/ Chris @ 10:30 Emotional Wellness w/ Cindy & Abby @ 2:00	²⁷  GAME DAY	²⁸ BINGO @ 10:30 Round Table Discussion w/ Eric @ 2:00	²⁹ Morning Conversations w/ Jennifer & Todd Achievements & Challenges w/ Abby @ 2:00

COMMUNITY ASSISTANCE PROGRAM



HOPE Station Wellness & Recovery

A Program of the Office of Consumer Advocates



Next food drop will be held on

April 21st

11:00 – 3:00

Sponsored by

The Western Maryland Food Bank



632 N. Centre Street

For more information call

240-362-7168

OUR STORIES HAVE POWER RECOVERY MESSAGING



Monday, April 4th & Tuesday, April 5th, 2022

12:00pm – 4:30pm EST

Faces & Voices groundbreaking messaging advances the recovery agenda.

There is no more potent weapon against stigma than the thousands of people that have been trained using the Our Stories Have Power recovery messaging tools. They are sharpening their skills as recovery communicators, learning how to tell their story with a purpose.

REGISTER:

[HTTPS://FACESANDVOICESOFRECOVERY.ORG/TRAINING-REGISTRATION/?TRAINING=A003S00000PJDZW](https://facesandvoicesofrecovery.org/training-registration/?training=A003S00000PJDZW)



**FACES & VOICES
OF RECOVERY**



Need assistance with your water and/or wastewater bill?



You may be eligible for the Low Income Household Water Assistance Program

What is LIHWAP?

The Low Income Household Water Assistance Program (LIHWAP) is available statewide and provides Maryland households with financial relief toward water and/or wastewater bills. Eligible households may receive up to \$2,000. LIHWAP funding is limited and applications will be accepted on a first come, first served basis.

Who is Eligible?

To be eligible for LIHWAP, an applicant must meet the following criteria:

- The applicant (or a member of the household) must be a U.S. citizen or qualified non-citizen.
- The applicant must be a Maryland resident who is responsible for a water and/or wastewater bill issued by a public water system or treatment works and must live at the property for which assistance is being provided.
- The applicant must submit a current water and/or wastewater bill showing accrued arrearages of at least \$100.
- The total household income (previous 30 days) may not exceed the gross income threshold which is 60% of the State Median Income.
- An applicant may be categorically eligible if they (or someone in their household) are receiving one of the following benefits at the time of application:
 - Low Income Household Energy Assistance (MEAP)
 - Supplemental Nutrition Assistance (SNAP)
 - Temporary Cash Assistance (TCA)
 - Temporary Disability Assistance (TDAP)
 - Supplemental Security Income (SSI)
 - Emergency Rental Assistance (ERAP)
 - Means Tested Veterans Benefits

Maximum Monthly Gross (before taxes) Income Standards for Households

(Effective July 1, 2021 to June 30, 2022 based on 60% of the State Median Income)

1	\$3,121 / mo
2	\$4,081 / mo
3	\$5,041 / mo
4	\$6,002 / mo
5	\$6,962 / mo
6	\$7,922 / mo
7	\$8,102 / mo
8	\$8,282 / mo

For each additional household member add: \$180 / mo

How Do I Apply?

You can apply for LIHWAP assistance safely and conveniently online using our consumer portal at mydmthink.maryland.gov. If you are unable to apply online, you may request an application be mailed to you through our service hotline at **1-800-332-6347** or by calling your local Department of Social Services or OHEP office. A printable paper application can be found at dhs.maryland.gov/office-of-home-energy-programs/low-income-household-water-assistance-program.

Questions?

You can contact us Monday through Friday, 8:30am to 5:00 pm by calling our customer service hotline at 1-800-332-6347 or by calling your local Department of Social Services or Office of Home Energy Programs Office.

Funding
is
Limited

Funding is limited and applications will be accepted on a first come, first served basis. In order for an applicant to receive LIHWAP assistance, the water/wastewater supplier has to agree to accept payment from the Department of Human Services on behalf of the customer.





*The Human Relations
Commission of Cumberland
Presents*

RESOLVING COMPLEX HOUSING QUESTIONS

**SERVICE/EMOTIONAL SUPPORT
ANIMAL DISCUSSION**

Save the Date

**WEDNESDAY, APRIL 27, 2022
9:00 AM to 1:00 PM**

**Register by April 22, 2022
Space is Limited!**

Register to attend In-Person:

<https://www.eventbrite.com/e/239421856217>

Or, register to Attend Virtually:

<https://www.eventbrite.com/e/239437242237>

**Allegany College of Maryland
Continuing Education Building
12401 Willowbrook Road
Cumberland MD 21502
Room CE12-14**

Complimentary Lite Fare & Resources Available On-Site

**This Fair Housing Event is Sponsored By The Cumberland
Human Relations Commission and is Open to the Public.**



For more information,
call Lee Borrer at 301.759.6437



Save the Date

May Mental Health Awareness Event



May 6, 2022

9 a.m.–1 p.m.

The Maryland Department of Health's Behavioral Health Administration celebrates our Peer Recovery Specialist workforce with a virtual event. The event will include keynote speaker Dr. Pat Deegan and a presentation from On Our Own of Maryland.

CEUs for Peer Recovery Specialists will be made available for those who attend the event in its entirety.

Registration link to come



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

Bird's Nests



Ingredients

- 3 ½ cups crisp rice cereal
- 1 cup flaked coconut
- 1 cup miniature marshmallows
- 1 cup + 5 tbsp chunky peanut butter
- ½ cup brown sugar (firmly packed)
- 1/3 cup light corn syrup
- 1 tsp vanilla extract
- 1 (7 oz) package small jelly beans

Directions

- 1) Combine cereal & coconut in large bowl & set aside.
- 2) Combine marshmallows, 1 cup of the peanut butter, brown sugar, & corn syrup in a saucepan. Cook over medium heat, stirring constantly until smooth.
- 3) Remove from heat & stir in vanilla.
- 4) Pour over cereal & coconut stirring to coat evenly.
- 5) Shape mixture into 1 ½ inch balls. Make indentation in center of ball with thumb.
- 6) Using the 5 tablespoons of reserved peanut butter, spoon about ½ teaspoon of peanut butter into each indentation.
- 7) Place 3 small jelly beans on each portion of peanut butter.

March Trivia Answers

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 Nat. Park**
 - c. Jellystone National Park
 - d. Redwood National Park

Easter Trivia



Name _____ Correct Answers _____

1. How do the majority of children eat their chocolate bunnies?

- A. Broken into pieces
- B. Tail first
- C. Ears first
- D. Feet first

2. How did eggs come to be associated with Easter?

- A. Edible treat easy to decorate
- B. Came from a chicken that is a symbol of Easter
- C. Because it was inexpensive
- D. It was considered a symbol of life

3. What is the most popular jellybean flavor?

- A. Cherry
- B. Strawberry
- C. Lime
- D. Grape

4. What kind of bread is associated with Easter?

- A. Bagel
- B. Hot cross buns
- C. Banana bread
- D. Biscuit

5. What is the name for the traditional Ukrainian craft of egg decorating?

- A. Scratched eggs
- B. Etched eggs
- C. Pysanka
- D. Paschal eggs

6. From which country the Easter Bunny was brought to America?

- A. Italy
- B. Germany
- C. Ukraine
- D. Hungary

7. The Easter Bunny was not a rabbit at first. What was it?

- A. A dove
- B. A hare
- C. A cat
- D. A possum

8. Where is the world's largest collection of Easter eggs?

- A. Poland
- B. Ukraine
- C. Canada
- D. United States

9. On which day is a tradition to make pancakes?

- A. Ash Wednesday
- B. Easter Monday
- C. Good Friday
- D. Shrove Tuesday

10. Which flower is associated with Easter?

- A. Rose
- B. Dahlia
- C. Tulip
- D. Lily

11. Where is the world's largest decorated Easter egg?

- A. Canada
- B. United States
- C. Germany
- D. Ukraine

12. What are the Easter colors?

- A. Pink and Purple
- B. Yellow and Pink
- C. Purple and Yellow
- D. Green and Purple

Word Scramble Answers

March 2022

- | | |
|------------------|-------------------------|
| 1. chram damsesh | 1. <u>March Madness</u> |
| 2. ip yad | 2. <u>Pi Day</u> |
| 3. snita tripcka | 3. <u>Saint Patrick</u> |
| 4. canlperehu | 4. <u>Leprachaun</u> |
| 5. wobnira | 5. <u>Rainbow</u> |
| 6. hmsackor | 6. <u>Shamrock</u> |
| 7. srpngi | 7. <u>Spring</u> |
| 8. ffodadli | 8. <u>Daffodil</u> |
| 9. nerge | 9. <u>Green</u> |
| 10. pinch | 10. <u>Pinch</u> |



SPRING

Word Scramble



Unscramble the Spring themed words below.

1. UARBMEEL _____

2. UESFBTRTEIL _____

3. RLSOFWE _____

4. UNSYN _____

5. IPLSTU _____

6. EISNSNUH _____

7. OLOSSBM _____

8. OIAWNRB _____

9. CICNIP _____

10. NGEARD _____



SPRING



Word Search

Search for the twelve Spring themed words below.

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

APRIL
BIRDS
BLOOM
BUNNY

BUTTERFLY
FLOWERS
GARDEN
MAY

RAINBOW
SPRING
SUNSHINE
WARM

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 April 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.

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.

Be mindful:

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

Your next copy with this information included will be in the July 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 ²	301-777-8492

40 Hour Residential

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

Archway Phone Directory by First Name -- Updated December 30, 2021

If you discover an error in any of the information below, please contact Tina Thomas at 301-777-1700, extension 2117.

To view this directory via our website go to www.archwaystation.net. Select "Contacts", then "Staff Phone Directory".

Department/Program	45 Queen St. Offices Phone #	Leader/Team Office	Ext
Administration	301-777-1700	Jim Raley	2105
Administration	301-777-1700	Charity Francis - Fiscal Director	2116
Administration - BHA	301-777-1700	Stephanie Farber - BHA Program Director	2119
Administration - DDA	301-777-1700	Judy Hamilton - DDA Program Director	2124
Community Based Support Services CBSS Team 1	301-777-1700	Tracy Tipton - CBSS Team 1 Team Leader Team office	2107 2106
Community Based Support Services CBSS Team 2	301-777-1700	Greg Miller - CBSS Team 2 Team Leader Team office	2114 2102
Community Based Support Services CBSS Team 3	301-777-1700	Shelly Davis - CBSS Team 3 Team Leader Team office	2104 2109
Anchor Team	301-777-1700	Marc Phillips - Anchor Team Manager Anchor Team Manager & Team Office	2103 2103
Children, Adolescents & Young Adults (CAYA) Team	301-777-1700	Charlene Syx - CAYA Team Leader Team office	2110 2115
Intake & Referrals	301-777-1700	Intake Team Office Liz Wagoner & Chrissy Wingate	2112
BHA Residential -- 24-hour RRS Longview	301-777-1700 301-777-3208	Wendy Stewart - 24-hour RRS Team Leader Team office	2120 N/A
BHA Residential -- Community RRS Piedmont, Penn Squared, Penn	301-777-1700 See team #s below	Dee Becker - Community RRS Team Leader Team offices	2118 N/A

Fax Numbers for Queen St. Staff & Satellite Residential Staff Offices

45 Queen Street: CBSS & Anchor: 301-777-2942 Admin & Fiscal: 301-722-1209 Intake/Referrals & Stephanie F.: 301-777-8020 CAYA & Tina T.: 301-777-0080
24-hour RRS: Longview, Utah, & Wendy S.: 301-777-8446
BHA Community Residential (RRS): RRS Penn, Piedmont staff & Dee B.: 301-722-7881

Other Admin Staff at Queen St. Phone # 301-777-1700

Darla Miller - Billing Coordinator	Ext. 2101
Chantal Simpson - Compliance	Ext. 2125
Mike Montague - IT Assistant	Ext. 2148
Terri Stevenson - Fiscal Assistant	Ext. 2121
Tina Thomas - Human Resources	Ext. 2117
Christopher Tomko - IT	Ext. 2108
Kim Welker - Benefits & Payroll	Ext. 2113

Department/Program	121 Memorial Ave. Offices Phone #	Leader/Team Office	Ext
Wellness & Recovery Center	301-724-2582	Sue Pyles - Wellness Center Team Leader Wellness Center team office	5105 5118
Health Home	301-724-2582	Nina Likens - Nurse Manager RN Bob Nair, HSW3	5117 5113 5110

Fax Numbers for Memorial Ave. Staff

Wellness Center and Health Home Staff: Wellness Center Staff & Sue Pyles: 301-777-3489 Health Home Staff - 301-777-3489
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Department/Program	DDA	Leader/Team Office	Ext
DDA Residential Columbia - Wed - Sat coverage	301-724-2582	Gwen Bible - DDA House Manager Office at Memorial Ave.	5103
DDA Residential South & Fayette - Sun - Wed coverage	301-724-2582	Jenn Pyles - DDA House Manager Office at Memorial Ave.	5103

Fax Numbers for DDA Community Living Staff

DDA Director, Judy Hamilton: 301-777-2942 DDA House Managers, Gwen & Jenn: 301-722-2757 DDA Columbia Ave. staff: 301-724-0609 DDA South St. staff: 301-722-0369 DDA Fayette St. staff: 301-722-2816

Team Leaders and Directors in bold.

First Name	Last Name	Office Number	Ext or VM Box	Team	Other Info
Alana	Miller	301-724-0609	N/A	DDA @ Columbia Ave. (upstairs)	Calls Auto Transfer to Cell
Alex	Kleinschmitz	301-724-0609	N/A	DDA @ Columbia Ave. (upstairs)	Calls Auto Transfer to Cell
Alexanne	Trevorrow	301-724-2582	Ext. 5118	Wellness Center @ Memorial Ave.	N/A
Allen	Lechliter	301-777-1700	Team ext. 2109	CBSS Team 3 @ Queen St.	Cell # 301-707-1676
Amy	Iman	301-722-0369	N/A	DDA @ South St. (downstairs and upstairs)	Calls Auto Transfer to Cell
Andrea	Mongold	301-777-3208	N/A	BHA 24-hr RRS @ Longview	Calls Auto Transfer to Cell
Austin	Keller	301-777-3208	N/A	BHA 24-hr RRS @ Longview	Calls Auto Transfer to Cell
Autumn	Ward	301-777-1700	Team ext. 2109	CBSS Team 3 @ Queen St.	Cell # 301-707-8941
Bernard	Wynder	301-777-1700	5104	TBD	Cell # 301-707-8905
Bethany	Wotring	301-777-1700	Team ext. 2109	CBSS Team 3 @ Queen St.	Cell # 301-707-8957
Bob	Nair	301-724-2582	5110	Health Home	Cell # 301-876-1857
Brenden	Staub	301-722-2816	N/A	DDA @ Fayette St. (upstairs)	Calls Auto Transfer to Cell
Brett	Shaffer	301-777-3208	N/A	BHA 24-hr RRS @ Longview	Calls Auto Transfer to Cell
Brittany	Meeks	301-722-0369	N/A	DDA @ South St. (upstairs)	Calls Auto Transfer to Cell
Caitlyn	Leatherman	Varies	Varies	DDA Day Coverage	Calls Auto Transfer to Cell
Casey	Berg	301-722-0369	N/A	DDA @ South St. (downstairs and upstairs)	Calls Auto Transfer to Cell
Cat	Glocker	301-777-1700	Team ext. 2103	Anchor Shift Leader @ Queen St.	N/A
Chantal	Simpson	301-777-1700	2125	Admin - Compliance Officer @ Queen St.	N/A
Charity	Francis	301-777-1700	2116	Admin - Fiscal Director @ Queen St.	N/A
Charlene	Syx	301-777-1700	2110	CAYA TL @ Queen St.	Cell # 301-268-8510
Chrissy	Beeman	301-777-3208	N/A	BHA 24-hr RRS @ Longview	Calls Auto Transfer to Cell
Chrissy	Wingate	301-777-1700	Team ext. 2112	Intake @ Queen St.	Calls Auto Transfer to Cell
Christopher	Tomko	301-777-1700	2108	Admin - IS Officer @ Queen St.	N/A
Cindy	Sawyers	301-724-2582	5100	Wellness Center @ Memorial Ave.	N/A
Clara	Powell	301-724-2582	5100	Wellness Center @ Memorial Ave.	N/A
Clarence	Murphy	301-722-2816	N/A	DDA @ Fayette St. (downstairs)	Calls Auto Transfer to Cell
Claudia	Wade	301-777-3208	N/A	BHA 24-hr RRS @ Longview	Calls Auto Transfer to Cell
Corey	Barger	301-777-1700	Team ext. 2109	CBSS Team 3 @ Queen St.	Cell # 240-362-6228
Cynthia	Grabenstein	301-777-1700	Team ext. 2102	CBSS Team 2 @ Queen St.	Cell # 301-707-3985
Darla	Miller	301-777-1700	2101	Admin - Billing Coordinator @ Queen St.	N/A
Dave	Kinser	301-777-1700	2123	Admin - Property Manager @ Queen St.	N/A
Dawna	Murphy	301-777-8492	N/A	BHA Community RRS @ Penn Squared	Calls Auto Transfer to Cell
Dee	Becker	301-777-1700	2118	Community RRS TL @ Queen St.	Cell # 301-707-4299
Diane	McTaggart	301-777-3208	N/A	BHA 24-hr RRS @ Longview	Calls Auto Transfer to Cell
Doreen	Yosha	301-722-3863	N/A	BHA Community RRS @ Piedmont Ave.	Calls Auto Transfer to Cell
Emily	Cope	301-777-3208	N/A	BHA 24-hr RRS @ Longview	Calls Auto Transfer to Cell
Erica	Stafford	301-724-0609	N/A	DDA @ Columbia Ave. (downstairs)	Calls Auto Transfer to Cell
Greg	Miller	301-777-1700	2114	CBSS Team 2 TL @ Queen St.	N/A

39	Gwen	Bible	301-724-2582	5103	DDA House Manager - Works from Memorial Ave.	Cell # 240-362-2885
40	Gwinn	Spitzer	301-722-1314	N/A	BHA Community RRS @ Penn	Calls Auto Transfer to Cell
41	Heather	Twigg	Varies	N/A	RRS Sub	N/A
42	Hollie	Frantz	Varies	N/A	DDA Sub	N/A
43	Jaqueline	Barnes-Powell	301-722-0369	N/A	DDA @ South St. (downstairs and upstairs)	Calls Auto Transfer to Cell
44	Jenn	Pyles	301-724-2582	5103	DDA House Manager - Works from Memorial Ave.	Cell # 301-876-1594
45	Jenn	Wills	Varies	N/A	DDA Vacation Coverage (Sun - Wed)	N/A
46	Jennifer	Whitman	301-722-2816	N/A	DDA @ Fayette St. (downstairs)	Calls Auto Transfer to Cell
47	Jess	Schultz	301-722-2816	N/A	DDA @ Fayette St. (downstairs and upstairs)	Calls Auto Transfer to Cell
48	Jim	Raley	301-777-1700	Ext. 2105	Admin - Executive Director @ Queen St.	N/A
49	Joanna	Eastham	301-724-0609	N/A	DDA @ Columbia Ave. (downstairs)	Calls Auto Transfer to Cell
50	Joe	Digilarmo	301-724-0609	N/A	DDA @ Columbia Ave. (upstairs)	Calls Auto Transfer to Cell
51	John	Bohrer	301-777-8492	N/A	BHA Community RRS @ Penn Squared	Calls Auto Transfer to Cell
52	Judy	Hamilton	301-777-1700	Ext. 2124	Admin - DDA Program Director @ Queen St.	N/A
53	Julie	Davis	301-777-8492	N/A	BHA Community RRS @ Penn Squared	Calls Auto Transfer to Cell
54	Julie	Squires	301-722-0369	N/A	DDA @ South St. (downstairs and upstairs)	Calls Auto Transfer to Cell
55	Karen	Mexico	301-777-3208	N/A	BHA 24-hr RRS @ Longview	Calls Auto Transfer to Cell
56	Kelly	Miller	301-722-3863	N/A	BHA Community RRS @ Piedmont Ave.	Calls Auto Transfer to Cell
57	Kennie	Keefer	301-724-0609	N/A	DDA @ Columbia Ave. (upstairs)	Calls Auto Transfer to Cell
58	Kim	Spiker	301-777-1700	Team ext. 2109	Supported Housing Team 3 @ Queen St.	Cell # 301-707-0280
59	Kim	Warren	301-777-3208	N/A	BHA 24-hr RRS @ Longview	Calls Auto Transfer to Cell
60	Kim	Welker	301-777-1700	2113	Admin - Payroll & Benefits Mngr. @ Queen St.	N/A
61	Laura	Watson	301-777-1700	Team ext. 2106	CBSS Team 1 @ Queen St.	Cell # 301-268-8862
62	Leah	Wamsley	301-777-1700	Team ext. 2115	CAYA @ Queen St.	Cell # 301-268-4017
63	Linda	Fox	301-777-3208	N/A	BHA 24-hr RRS @ Longview	Calls Auto Transfer to Cell
64	Lisa	Bittinger	301-722-0369	N/A	DDA @ South St. (upstairs)	Calls Auto Transfer to Cell
65	Lisa	Payton	Varies	N/A	DDA Vacation Coverage (Wed - Sat)	N/A
66	Lisa	Thomas	301-777-1700	Team ext. 2102	CBSS Team 2 @ Queen St.	Cell # 301-707-8952
67	Liz	Wagoner	301-777-1700	Team ext. 2112	Intake @ Queen St.	Calls Auto Transfer to Cell
68	Loren	Broadwater	301-777-3208	N/A	BHA 24-hr RRS @ Longview	Calls Auto Transfer to Cell
69	Marc	Phillips	301-777-1700	Team ext. 2103	Anchor Team Manager @ Queen St.	N/A
70	Markiana	Arnold	301-722-2816	N/A	DDA @ Fayette St. (downstairs)	Calls Auto Transfer to Cell
71	Marty	Evans	301-777-1700	Team ext. 2106	CBSS Team 1 @ Queen St.	Cell # 301-707-8915
72	Meagan	Kitchen	301-724-0609	N/A	DDA @ Columbia Ave. (downstairs)	Calls Auto Transfer to Cell
73	Megan	Seib	301-777-8492	N/A	BHA Community RRS @ Penn Squared	Calls Auto Transfer to Cell
74	Melanie	Abe	301-722-2816	N/A	DDA @ Fayette St. (downstairs)	Calls Auto Transfer to Cell
75	Mike	Lease	301-722-3863	N/A	BHA Community RRS @ Piedmont Ave.	Calls Auto Transfer to Cell
76	Mike	Montague	301-777-1700	2148	IT Assistant	N/A
77	Nina	Likens	301-722-2582	5117	Health Home - Nurse Care Manager	Cell # 301-876-3499
78	Nina	Shirey	301-724-0609	N/A	DDA @ Columbia Ave. (upstairs)	Calls Auto Transfer to Cell
79	Rebecca	Doyle	301-724-2582	Ext. 5118	Wellness Center @ Memorial Ave.	N/A
80	Rick	Gross	301-724-0609	N/A	DDA @ Columbia Ave. (upstairs)	Calls Auto Transfer to Cell
81	Rick	Huff	301-724-2582	118 (team ext)	Wellness Center @ Memorial Ave.	N/A
82	Rob	Williams	301-722-0369	N/A	DDA @ South St. (downstairs and upstairs)	Calls Auto Transfer to Cell
83	Rosemary	Wolford	301-777-3208	N/A	BHA 24-hr RRS @ Longview	Calls Auto Transfer to Cell
84	Rusty	Lease	Varies	N/A	DDA Floating Coverage (Wed - Sat)	N/A
85	Sarah	St. Clair	301-777-8492	N/A	BHA Community RRS @ Penn Squared	Calls Auto Transfer to Cell
86	Shay	Hamilton	301-724-0609	Team #	DDA @ Columbia Ave. (downstairs)	Calls Auto Transfer to Cell
87	Sheena	Wills	Varies	N/A	DDA Floating Coverage (Sun - Wed)	N/A
88	Shelly	Davis	301-777-1700	Ext. 2104	CBSS Team 3 TL @ Queen St.	Cell # 301-268-3844
89	Shenay	Bright	Varies	N/A	DDA Floating Coverage (Sun - Wed)	N/A
90	Skylar	Keefer	301-722-0369	N/A	DDA @ South St. (downstairs and upstairs)	Calls Auto Transfer to Cell
91	Stephanie	Farber	301-777-1700	Ext. 2119	BHA Program Director @ Queen St.	Cell # 301-268-3949
92	Sue	Pyles	301-724-2582	Ext. 5105	Wellness Center TL @ Memorial Ave.	Cell # 301-707-3859
93	Tara	Pope	301-777-1700	Team ext. 2115	CAYA @ Queen St.	Cell # 301-707-8918
94	Tarbrina	Squires	301-722-2816	N/A	DDA @ Fayette St. (upstairs)	Calls Auto Transfer to Cell
95	Terri	Stevenson	301-777-1700	Ext. 2121	Admin - Fiscal Assistant @ Queen St.	N/A
96	Terry	Wolfe	301-724-0609	N/A	DDA @ Columbia Ave. (upstairs)	Calls Auto Transfer to Cell
97	Tina	Thomas	301-777-1700	2117	Admin - Human Resources @ Queen St.	N/A
98	Tiona	Rice	301-777-3208	N/A	24-hr RRS @ Longview	Calls Auto Transfer to Cell
99	Tori	Willis	301-777-1700	Team ext. 2106	CBSS Team 1 @ Queen St.	Cell # 301-707-8930
100	Tracy	Tipton	301-777-1700	2107	Supported Housing Team 1 TL @ Queen St.	Cell # 301-707-8916
101	Travis	Hedrick	301-722-0369	N/A	DDA @ South St. (downstairs and upstairs)	Calls Auto Transfer to Cell
102	Tremaina	Bullett	TBD	N/A	DDA Day Program	N/A
103	Vanessa	Jessie	301-777-1700	Team ext. 2102	CBSS Team 2 @ Queen St.	Cell # TBA
104	Wendy	Stewart	301-777-1700	Ext. 2120	BHA 24-hr RRS Team Leader @ Queen St.	Cell # 301-707-5057
105	Yvonne	Burkett	301-777-1700	Team ext. 2102	CBSS Team 2 @ Queen St.	N/A

W&R CENTER'S SCHEDULE

MONDAY-WEDNESDAY-FRIDAY

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



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.

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.

Wellness & Recovery Center

ACTIVITY SUGGESTION/COMMENT SHEET

Submit any ideas/comments to the W&R Center.

2. All ideas/comments will be reviewed at the next ***How's It Going Meeting.***
3. The Center is always working a month ahead to get the schedule into Short Takes – submit ideas/comments far enough ahead so we can use them the following month. Example: By the end of July, the August schedule is already done – so any ideas submitted at the end of July would have to be for September.

Your name: _____ Date submitted: ____/____/____

If your idea/comment can pass these few guidelines, please continue. If not, talk to the team leader about your idea. Check yes or no:

YES	NO	ACTIVITY GUIDELINE QUESTIONS
		1) Does it focus on wellness & health? Is it a recover-focused activity?
		2) Can it be completed in about an hour?
		3) Is it free or very inexpensive to complete?

If your idea/comment passed these 3 guidelines, please explain it below in detail and we will discuss it at the next How's It Going meeting! Thanks!

Reviewed on ____/____/____ by (Team Leader): _____

ROUTING: Save in planning folder until scheduled, and then destroy.

(Form found in: U-drive/Wellness & Recovery Center/Forms/Program forms/Activity Suggestion Sheet)

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



ALLEGANY COUNTY TRANSIT SCHEDULE

JULY 2021

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	1101	--	--	110	241 410
State St & Broadway		823	944	1104	--	--	112	244 412
To Country Club Mall,LaVale, & Downtown Cumberland								
Main St Palace Theater		827	948	1108	--	--	116	248 416
Frostburg Plaza Upon request*		832	953	--	--	--	121	-- --
Weis Market		--	955	1113	--	--	125	255 422
Braddock Square		--	Y	1120	--	--	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
REGULAR GOLD LINE ROUTE- FSU SHUTTLE LUNCH COVER								
(*Shaded trip to Country Club Mall runs when FSU is NOT in session.) Spring, Summer and Winter breaks.								
GOLD LINE Request Stop - *= Active Network - X=Express I-68 Y=Passes								

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 YELLOW LINE - EVENING SERVICE			
Virginia Ave & Offutt St	350	--	--
HRDC Virginia Ave	353	--	--
FREDERICK STREET - To Hospital & ACM	400	505	
Naves Cross Rd (Sheetz)	413	--	--
WHMS - Hospital	419	513	--
Allegany County Health Department	422	--	--
Allegany College of Maryland (ACM)	425	515	--
FREDERICK STREET - To CC Mall Express	430	525	
Lee St & Paca St Queen City Towers	435	--	--
Greene St & Fayette St (Dingle)	437	--	--
CC Mall Theaters Only (Express via I-68)	445	--	--
FREDERICK STREET - To Hospital & ACM	505		
FREDERICK STREET - To South Cumberland	525	745	
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	--	
FREDERICK STREET - To CC Mall & Frostburg	605	--	
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 (*By Request)	*	--	
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	--	
FREDERICK STREET -To South Cumberland	745		
*Flex trip - end of day drop off only - return to yard			

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 TRANSIT to 888-777 .

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 Click Departments then click Transit

Schedule Effective July 2021

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 TRANSIT to 888-777 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 erobison-harper@alleganygov.org

FOOD RESOURCES

Resources	Resources Address	Days for Pick Up	Time	Requirements	What's Available	How Often	Other Important Information
Frostburg Interfaith Food Pantry 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
Healing Hunger 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
Interfaith Community Pantry 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.
LaVale United Methodist Church 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
Salvation Army Food Pantry 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.
Second Baptist Church 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
St. Anthony's Place Food Pantry	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
St. Johns Lutheran Church	400 Arch St. Cumberland, MD	3rd Wednesday of each month	2pm-4pm	MD Resident	Food Giveaway	Monthly	In parking lot
Union Rescue Mission 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
Woman, Infants & Children (WIC) 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.



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**



PHONE NUMBERS

ALCOHOLICS ANONYMOUS

WHERE AND WHEN

MEETING DIRECTORY



WESTERN MARYLAND

INTERGROUP

24 HOUR ANSWERING SERVICE

844 568 3422

www.westernmarylandaa.org

westernmarylandaa@gmail.com

Send Changes or suggestions to :

thereisasolution1935@yahoo.com

SERENITY PRAYER

"God, grant me the SERENITY to
accept the things I cannot change, the
COURAGE to change the things I can,
and the WISDOM to know the
difference."

Abbreviation key

O~ open CLOSED~ AA members

ST~ step W~ Women's meeting

D~ discussion SP ~Speaker

BB~ big book TT/ Twelve and Twelve

H/A Handicapped Accessible

Winter 2021

12 Steps of Alcoholics Anonymous

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity
3. Made a decision to turn our will and our lives over to the care of God as we understood him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly ask Him to remove our shortcomings
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people whenever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admit it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to alcoholics, and practice these principles in all our affairs.

12 Traditions of Alcoholics Anonymous

1. Our common welfare should come first; personal recovery depends on A.A. unity.
2. For our group purpose there is but one ultimate authority—a loving God as he may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.
9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Western Maryland Intergroup

P.O. Box 403

Cumberland Md. 21502

Intergroup meets 3rd Friday of each month 6-7:30

January thru April

Unitarian Universalist Church of Greater Cumberland

211 Lee St. Cumberland Md.

May thru August

Liberty Club

125 Liberty St. Oakland, Md.

September thru December

First Presbyterian Church

33 Broadway St Frostburg ,Md.

SUNDAY

8 a.m. Early Bird Group

Fort Recovery

418 N. Centre St Cumberland Md O/D

10 a.m. The Mustard Seed Group

Liberty Club

125 Liberty St, Oakland ,Md. O/D

11 a.m. Sunday Serenity Group

Fort Recovery

418 N. Centre St. Cumberland, Md. O/D

6 p.m. Oakland Reflections Group

Liberty Club

125 East Liberty St. Oakland, Md. O/D

8 p.m. Sunday Night Step Group

Fort Recovery

418 N, Centre St, Cumberland Md.

MONDAY

12 Noon New Life Group Fort Recovery

418 N. Centre St Cumberland, Md. O/D

6 p.m. Into Action

Christ Lutheran Church

180 Main St. Grantsville, Md. O/D/HA

6:30 p.m. UNITY Group

Fort Recovery

418 N. Centre St. Cumberland Md. O/D/HA

8p.m. Frostburg Monday Night Group

First Presbyterian Church

33 S. Broadway Frostburg, Md. SP/O/D/HA

8 p.m. Oakland Big Book

Liberty Club

125 East Liberty St. Oakland, Md. O/BB

8 p.m. Friendsville Step Study

First Christian Church of Friendsville

828 First Avenue, Friendsville, Md.

TUESDAY

7 a.m. Early Bird Group

Fort Recovery

418 N. Centre St Cumberland Md O/D

11 a.m. HOW Group

Trinity Lutheran Church

328 N Centre St. Cumberland, Md.

5:30p.m. Atheist /Agnostic/

Free Thinker group

Fort Recovery

418 N. Centre St. Cumberland, Md. O/D

7p.m Meet and Tater Group

Smitty's Tire Shop

101 Frostburg Industrial Park, Frostburg, Md

7:30 p.m. New Way of Life Group

Liberty Club

125 East Liberty St. Oakland, Md. O/D

8 p.m. Fort Cumberland Group

Emmanuel Episcopal Church

16 Washington St. Cumberland, Md. O/SP

8 p.m. Lake Group

Deep Creek Baptist Church

19841 Rt. 219 McHenry, Md. O/D

WEDNESDAY

12 Noon The Mustard Seed Group

Liberty Club

125 East Liberty St. .Oakland, Md. O/D

12 Noon New Life Group,

Twelve and Twelve

Fort Recovery

418 N. Centre St,

Cumberland, Md.

8 p.m. New Hope Group

St. Patrick's Catholic Church

201 N. Centre St. Cumberland, Md.

THURSDAY

7 a.m. Early Bird Group

Fort Recovery

418 N. Centre St Cumberland Md O/D

11a.m. Chapel Hill Group

First Church of God

29 Delaware Ave, Cumberland, Md. O/D

8 p.m. Helping Hands Group

St. Paul's Methodist Church

122 Main St. Grantsville, Md. O/D

8 p.m. Oakland Serenity

Group men and Women's

Liberty Club

125 East Liberty St. Oakland ,Md. O/D

8 p.m. Ridgeley Renegades

Calvary United Methodist Church

28 Knobley St.. Ridgeley, WV O/BB/D

ZOOM MEETINGS

6:30 p.m. WEDNESDAY

Kindred Spirits Women's Group

Zoom ID: 6321704411 PW: together

6:30 p.m. FRIDAY

Zooming into Recovery

Zoom ID: 5530536321 PW: serenity

10 a.m. SUNDAY

Mustard Seed Group Online Meeting

Zoom ID: 883 6902 1722

**"I am responsible. . .when anyone,
anywhere, reaches out for help,
I want the hand of AA always to be
there. And for that:
I am responsible."**

FRIDAY

12 Noon New Life Group

Fort Recovery

418 N Centre St. Cumberland, Md. O/D

7p.m Sick & Tire Meeting

Smitty's Tire Shop

101 Frostburg Industrial Park Frostburg, Md

8 p.m. Frostburg Serenity Group

First Presbyterian Church

33 Broadway Frostburg, Md. O/D/HA

8 p.m. Fort Cumberland Group

Emmanuel Episcopal Church

16 Washington St. Cumberland, Md. O/D

8 p.m. Oakland Serenity Group

Liberty Club

125 East Liberty St. Oakland, Md. O/D

SATURDAY

8 a.m. Early Bird Group

Fort Recovery

418 N. Centre St Cumberland Md O/D

10 a.m. The Mustard Seed Group:

As Bill Sees It

Liberty Club

125 Liberty St. Oakland, Md. O/D

12 Noon New Hope Group

St Patrick's Catholic Church

201 N Centre St. Cumberland, Md. O/D/HA

8 p.m. Sisters in Sobriety

Saint Anthony's Catholic Church

121 Main St. Ridgley, WV 26753

MENTAL HYGIENE ADMINISTRATION
Homeless I.D. Project APPLICATION/ INTAKE

Client Information:

Client Name: _____ D.O.B. _____ Phone number: _____

Client MA #, Gray Zone # or Medicare #: _____ Social Security # _____

Current Living Situation: ☐ Emergency Shelter ☐ Transitional Housing ☐ Hospital ☐ Hotel/Motel
☐ Jail ☐ Street, Park, Car, Bus Station, Bridge, etc. ☐ Living with Relatives/Friends

Other: _____

Zip Code of Last residence: _____ Chronically Homeless: ☐ Yes ☐ No

Housing Status: ☐ Literally Homeless ☐ Imminently Losing Housing

Veteran: ☐ Yes ☐ No Gender: ☐ Male ☐ Female Race: _____ Ethnicity: _____

Disability: Mental Illness _____ Co-occurring _____

Person completing form: _____ Phone # _____

Address: _____

Documentation of Homelessness Received: ☐ Yes ☐ No

*CSA will maintain file applications

Request: (Please check all that apply)

☐ State Identification Card (\$24.00 Maximum)

☐ Maryland Birth Certificate (\$30.00 Maximum)

☐ Out of State Birth Certificate State & Cost: _____ (\$50.00 Maximum)

CSA Making the Request: Allegany County

Requesting Provider has verified that this is not a duplicate request for funding for this individual within the past 6 months: ☐ Yes ☐ No *Note: There is a **maximum of 2** IDs or Birth Certificates

Check payee: _____ Phone #: _____

Payee address: _____

Account # if applicable: _____

Total Cost: _____ Amount Requested: _____ Amount Approved by CSA: _____

(For CSA use Only)

Allegany County Adult Coordinator Date

Wash Co CSA Representative Date

revised 6/30/15

Fair Housing Laws

City of Cumberland

Chapter 9 of the Cumberland Code makes it illegal to discriminate in the sale or rental of housing based on race, color, religion, national origin, age, sex, sexual orientation, marital status, familial status, or physical or mental disability. The Human Relations Commission (HRC) investigates and conciliates complaints filed under Chapter 9.

The Federal Government

The Fair Housing Amendments Act makes it illegal to discriminate in the sale or rental of housing on the basis of race, color, religion, national origin, sex, disability, or familial status. The Department of Housing and Urban Development investigates and conciliates housing complaints filed under the Fair Housing Amendments Act of 1988 (FHAA). Persons who consider themselves to be victims of housing discrimination can file suit in Federal Court.

Related federal laws include:

*Section 504 of the Rehabilitation Act
Americans with Disabilities Act
Equal Credit Opportunity Act*

The State of Maryland

Title 20 of the MD Annotated Code makes it illegal to discriminate on the bases of race, sex, familial status, color, national origin, age, religion, marital status, sexual orientation, genetic testing, physical and/or mental disability. The MD Commission on Human Relations investigates and conciliates complaints filed under Title 20. Real Estate Law (BOP, Section 16-526), forbids discriminatory practices by real estate brokers or agents, putting them at risk of losing their license. The Real Estate Commission enforces this law.

Fair Housing Laws

Title VIII of the Civil Rights Act of 1968, commonly known as the Fair Housing Act forbids discrimination based on race, color, religion or national origin in the sale, rental or financing of housing. In 1974, discrimination on the basis of sex was added. In 1988 Congress passed the Fair Housing Amendments Act that added people with mental and physical disabilities and families with children to the list of people protected by the Act. The amended law requires many public and private owners, developers and operators of housing to change any policies and practices that exclude people with disabilities. Also, any new multi-family housing built to be occupied for the first time after March 13, 1991 must be architecturally accessible. The 1988 amendments also created a stronger enforcement system, making it easier to file a complaint and to remedy discriminatory housing practices. Chapter 9 of the City of Cumberland Code extends the above protection to persons on the bases of their source of income, sexual orientation, age and family responsibilities.

To File A Complaint

Contact:

Cumberland Human Relations Commission
57 N. Liberty Street
Cumberland, MD 21502
joliver@allconet.org
www.ci.cumberland.md.us
(301) 759-6433

Maryland Commission on Human Relations
6 Saint Paul St.
Baltimore, Maryland 21202
www.mchr.state.md.us
(800) 637-6247

U.S. Department of Housing Urban
Development
10 S. Howard St., 5th Floor
Baltimore, MD 21201
md_webmanager@hud.gov
www.hud.gov
1-(800) 955-2232

Are they Support Animals or Pets

The Fair Housing Amendments Act of 1988, Section 504 of the Rehabilitation Act of 1973, and Title II of the Americans with Disabilities Act protect the right of people with disabilities to keep emotional support animals, even when a landlord's policy explicitly prohibits pets. Because emotional support and service animals are not "pets," but rather are considered to be more like assistive aids such as wheelchairs, the law will generally require the landlord to make an exception to its "no pet" policy so that a tenant with a disability can fully use and enjoy his or her dwelling.

HUMAN RELATIONS COMMISSION CUMBERLAND, MARYLAND

FAIR HOUSING FOR PERSONS WITH DISABILITIES

How to Recognize
Discriminatory
Housing Practices



WE DO BUSINESS IN ACCORDANCE
WITH THE FEDERAL HOUSING LAW

Who is protected by Fair Housing Laws?

Fair Housing Laws provides protection from housing discrimination for housing applicants, tenants and buyers with any kind of disability. Whether it is a hearing or vision impairment, mental illness, physical disability, mental retardation, AIDS or HIV infection, epilepsy, cerebral palsy or any condition which substantially limits one or more major life activities. If you use a walker or a wheelchair, or have an assistive animal or a personal-care attendant, these laws protect you against housing discrimination. You're also covered if you have a record of having a mental or physical disability or if you are regarded as having a mental or physical disability.

Who must comply?

Property owners, landlords, housing managers, real estate agents, brokerage service agencies and lending institutions must comply. The Fair Housing Laws cover both privately owned housing and housing subsidized by federal funds, such as low-income public housing. Multi-family housing constructed for first occupancy after March 13, 1991 must comply with guidelines that make the complex adaptable for persons with disabilities. If the complex does not have an elevator, all first floor units must be adaptable. If there is an elevator, then all units on all floors must be built in compliance with the guidelines. Adaptable features include an accessible route from the parking to the entrance to the unit; an accessible entrance into the unit; maneuvering space throughout the unit; light switches, electric plugs and environmental controls at specified heights; usable space in the kitchen and bathroom, and reinforcements in the bathroom walls for addition of grab bars. In addition, tenants must be able to access areas of public use, such as the rental office, laundry facilities, mailboxes, and recreational facilities.

REASONABLE ACCOMMODATION

Fair Housing Laws require that housing providers make reasonable accommodations in their rules, policies, practices or services to give a person with a disability an equal opportunity to use and enjoy a dwelling unit or common space. Accommodations are "reasonable" when they're practical and feasible.

How can you get a reasonable accommodation?

You must request it. As the tenant, you have the responsibility to ask for an accommodation when it's needed.

How about assistive animals?

Any tenant who is in medical need of an assistive animal is protected even *if the housing development has a "No Pets" policy.*

Can you get reserved parking?

Persons with disabilities have the right to request that landlords reserve them safe and convenient parking in close proximity to their living unit.



REASONABLE MODIFICATION

When physical changes to your own unit are necessary to accommodate your disability, the housing provider must let you make them, if you pay for them yourself, as long as the changes are reasonable. The housing provider can require you to restore the premises reasonably to its original condition when you leave. If you are unable to pay for reasonable modifications that are necessary to accommodate your disability, you may ask the housing provider to provide the modifications through an interactive process.



Can you be asked about your disability?

NO! No matter why they're asked, questions about your disability are prohibited by the Fair Housing Laws. A landlord, property manager, seller or lender may not use an application form that asks if you have or have had a mental or physical disability or that seeks information about the nature or severity of your disability. You may not be asked to provide your medical records or to sign a document allowing others to see them.

What questions can you be asked?

As long as all applicants are asked the same questions, a landlord can ask for information to show that you can meet the same obligations as any other tenant, with or without a disability.

For example you can be asked:

Questions about financial information to show if you can pay the rent or mortgage.

For references about your history as a tenant.

If you are willing to comply with the building's rules about such things as sanitation and no smoking in common areas.

If you qualify for housing designated for people with a specific disability.

If you are currently using drugs illegally.

If you have been convicted of the illegal manufacture or distribution of a controlled substance.

Remember - The landlord can only ask you these questions if they are asked of all applicants. Asking these questions only of a person who has a disability violates The Fair Housing Laws!



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



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 or 240-818-3534**



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



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