

**Archway Station Short Takes July 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](http://archwaystation.net)

**Special Points  
of Interest:**

**Inside this  
Issue:**

Wellness &  
Recovery Center  
Information

Menu/ Activity  
Schedule

Complaint Process

Resource Materials

## National Minority Mental Health Awareness Month

Adapted from: <https://www.nami.org/Get-Involved/Awareness-Events/Bebe-Moore-Campbell-National-Minority-Mental-Health-Awareness-Month>

Mental health conditions do not discriminate based on race, color, gender or identity. Anyone can experience the challenges of mental illness regardless of their background. However, background and identity can make access to mental health treatment much more difficult. Bebe Moore Campbell National Minority Mental Health Awareness Month was established in 2008 to start changing this.

Each year millions of Americans face the reality of living with a mental health condition.

Taking on the challenges of mental health conditions, health coverage and the stigma of mental illness requires all of us. In many communities, these problems are increased by less access to care, cultural stigma and lower quality care.

### **About Together For Mental Health**

For 2022’s Bebe Moore Campbell National Minority Mental Health Awareness Month, NAMI (National Alliance on Mental Illness) will amplify the message of “Together for Mental Health.” We will use this time to bring our voices together to advocate for mental health and access to care through NAMI’s blog, personal stories, videos, digital toolkits, social media engagements and national events.

Together, we can realize our shared vision of a nation where anyone affected by mental illness — no matter their background, culture, ethnicity or identity — can get the appropriate support and quality of care to live healthy, fulfilling lives.

Help us spread the word through awareness, support and advocacy activities. Share awareness information, images and graphics for #MMHAM throughout July.

America’s entire mental health system needs improvement, including when it comes to serving marginalized communities. Learn more about how you can get involved during this awareness month.

# **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, 7/28/2022 we will be celebrating Recognition Day by visiting

## **Rocky Gap**

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

In Celebrating the monthly Birthday's we will have dessert with lunch on Friday 7/29/22.

# Wellness & Recovery Center Lunch July 2022

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

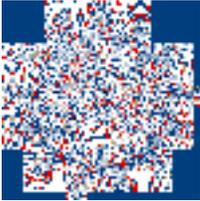
Tue & Thu - Packed Lunches can be picked up at W&R and/or delivered to Frederick St. Bus Stop or Hope Station at Noon, if ordered the day before at 301-724-2482 ext. 5100.

Mon	Tue	Wed	Thur	Fri
				1 Leftovers
4 <b>Closed for 4th of July</b>	5 Tuna Wrap Asian salad Strawberries	6 Spaghetti w/Meat Sauce Applesauce	7 Buffalo Chicken Sandwich Celery Clementine	8 Leftovers
11 Scrambled Eggs Hashbrowns Sausage Cantaloupe	12 Ham Salad Sandwich Green Peppers Snips Cherries	13 <b>Picnic In The Park</b>	14 Roast Beef Hoagie Broccoli Raspberries	15 Leftovers
18 Meatloaf Mashed Potatoes Green Beans Blackberries	19 Egg Salad Sandwich Corn Salad Pears	20 Chicken Thighs Baked Beans Honeydew	21 <b>Closed For Training</b>	22 <b>Closed For Training</b>
25 Italian Sausage Peppers & Onions Plum	26 Turkey sandwich Baby Carrots Kiwi	27 Chili Salad Pineapple	28 <b>Rocky Gap</b> Hot Dog Potato Salad Watermelon	29 Leftovers Dessert

# July 2022

## W&R Center **ACTIVITY** Schedule

MONDAY – FRIDAY FROM 9 AM – 1:30 PM

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00	 <p><b>HAPPY 4<sup>th</sup> of JULY</b></p>				1 Short Takes Review ----- <b>Lunch</b> ----- Recreational Activity & Monthly Progress Review
9:30-11:00 ----- 11:00-11:45 ----- 11:45-1:00	4 <b>CLOSED 4<sup>TH</sup> OF JULY</b> 	5 <b>Community Garden (Painting)</b> ----- <b>Packed Lunch</b> ----- <b>THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.</b>	6 Emergency Drill ----- <b>Lunch</b> ----- Movie/Rec. Activity & Monthly Progress Review	7 <b>HRDC Food Box Delivery</b> ----- <b>Packed Lunch</b> ----- <b>THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.</b>	8 Field Day/ Outside Games ----- <b>Lunch</b> ----- Recreational Activity – You Choose

<p><b>9:30-11:00</b></p> <hr/> <p><b>11:00-11:45</b></p> <hr/> <p><b>11:45-1:00</b></p>	<p><b>11</b> Movie/Rec. Activity &amp; Monthly Progress Review</p> <hr/> <p><b>Lunch</b></p> <hr/> <p>Recreational Activity – You Choose</p>	<p><b>12</b> <b>FISHING</b></p> <hr/> <p><b>Packed Lunch</b></p> <hr/> <p><b>THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.</b></p>	<p><b>13</b></p> <p><b>PICNIC AT THE PARK</b> <b>10 AM – 2 PM</b></p> <hr/> <p><b>Packed Lunch</b></p> <hr/> <p><b>THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.</b></p>	<p><b>14</b> <b>FARMER’S MARKET – MENTAL HEALTH AWARENESS</b></p> <hr/> <p><b>Packed Lunch</b></p> <hr/> <p><b>THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.</b></p>	<p><b>15</b> GERD (Gastro-Esophageal Reflux Disease)</p> <hr/> <p><b>Lunch</b></p> <hr/> <p>Recreational Activity – You Choose</p>
<p><b>9:30-11:00</b></p> <hr/> <p><b>11:00-11:45</b></p> <hr/> <p><b>11:45-1:00</b></p>	<p><b>18</b> Bee Keeping w/ Dave</p> <hr/> <p><b>Lunch</b></p> <hr/> <p>Recreational Activity – You Choose</p>	<p><b>19</b> <b>COMMUNITY CLEAN-UP</b></p> <hr/> <p><b>Packed Lunch</b></p> <hr/> <p><b>THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.</b></p>	<p><b>20</b> How’s It Going? Meeting</p> <hr/> <p><b>Lunch</b></p> <hr/> <p>Recreational Activity – You Choose</p>	<p><b>21</b></p> <p><b>CLOSED STAFF TRAINING</b></p>	<p><b>22</b></p> <p><b>CLOSED STAFF TRAINING</b></p>
<p><b>9:30-11:00</b></p> <hr/> <p><b>11:00-11:45</b></p> <hr/> <p><b>11:45-1:00</b></p>	<p><b>25</b> Men &amp; Women’s Group - Acceptance</p> <hr/> <p><b>Lunch</b></p> <hr/> <p>Recreational Activity – You Choose</p>	<p><b>26</b> <b>RECYCLING</b></p> <hr/> <p><b>Picnic Lunch</b></p> <hr/> <p><b>THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.</b></p>	<p><b>27</b> Suicide Prevention</p> <hr/> <p><b>Lunch</b></p> <hr/> <p>Recreational Activity – You Choose</p>	<p><b>28</b> <b>RECOGNITION DAY &amp; ROCKY GAP</b></p> <hr/> <p><b>Packed Lunch</b></p> <hr/> <p><b>THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.</b></p>	<p><b>29</b> Tobacco Education w/ Lisa</p> <hr/> <p><b>Lunch</b></p> <hr/> <p>Recreational Activity – You Choose</p>

# 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:

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

## JULY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Center Cleaning Day
4 <i>Independence Day</i> Center Closed	5 Men's Group w/ Chris @ 10:30 Fitness Club @ 1:00	6 Lisa Moran CHA, PP MCO of Priority Partners @ 10:00 Recovery Together w/ Joy @ 1:00	7 Health Coach, of the UPMC Wellness Center Carey Moffatt @10:30	8 <i>Celebration Day:</i> Carnival Game Fun
11 <i>Mindful Art Day</i>	12 Aetna Community Development Coordinator, Sarah Bush @ 10:30 Women's Group w/ Abby & Joy @ 1:00	13 <b>Peer Choice Day</b>	14 Family Crisis Resource Center, INC. Kat Kline speaking on the <b>Power of Words</b> @ 11:00	15 Morning Conversations w/ US @ 10:30 Grief Support w/ Abby @ 1:00
18 <i>Mindful Art Day</i>	19 Men's Group w/ Chris @ 10:30 Fitness Club @ 1:00	20 Lisa Moran CHA, PP MCO of Priority Partners @ 10:00 Recovery Together w/ Joy @ 1:00	21 Family Crisis Resource Center, INC. Kat Kline speaking on the <b>Boundaries</b> @ 11:00	22 Morning Conversations w/ US @ 10:30 Movie & Conversation @ 1:30
25 <i>Mindful Art Day</i>	26 Men's Group w/ Chris @ 10:30 Women's Group w/ Abby & Joy @ 1:00	27 <b>Game Day: Bingo</b>	28 <b>Pantry On the Go 11-3</b>	29 Morning Conversations w/ US @ 10:30 Grief Support w/ Abby @ 1:00

# Congratulations

**Favorite Worker of the Quarter:**

**Gwinn Spitzer**



**Congratulations, Gwinn!**

Here's what was said about Gwinn:

- She is compassionate, genuine & understanding. She's an all-around great person.
- She has a good personality.
- She does a great job at the house.
- She always has time to stop and listen to them. No matter how busy you are you talk to them.

# July Health Home Notes

---

July 4<sup>th</sup> – Independence Day

July 17<sup>th</sup> – National Tattoo Day

July is National Picnic and UV Safety Month

## Independence Day Safety

### FIREWORKS SAFETY

The safest way to enjoy fireworks is to attend a public firework show put on by professionals. Stay at least 500 feet away from the show. Many states outlaw most fireworks. Leave any area immediately where untrained amateurs are using fireworks. If you are setting fireworks off at home, follow these safety steps:

1. Never give fireworks to small children, and never throw or point a firework toward people, animals, vehicles, structures or flammable materials. Always follow the instructions on the packaging.
2. Keep a supply of water close by as a precaution.
3. Make sure the person lighting fireworks always wears eye protection.
4. Light only one firework at a time and never attempt to relight "a dud."
5. Store fireworks in a cool, dry place away from children and pets.



### PICNIC SAFETY

1. Don't leave food out in the hot sun. Keep perishable foods in a cooler with plenty of ice or freezer gel packs.
2. Wash your hands before preparing the food.
3. If you are going to cook on a grill, always supervise the grill when in use. Don't add charcoal starter fluid when coals have already been ignited. Use the long-handled tools especially made for cooking on the grill to keep the chef safe.
4. Never grill indoors. Keep the grill out in the open, away from the house, the deck, tree branches, or anything that could catch fire.
5. Make sure everyone, including pets, stays away from the grill.

## **SUN SAFETY**

Some people think about sun protection only when they spend a day at the lake, beach, or pool. But sun exposure adds up day after day, and it happens every time you are in the sun. Even though sunlight is the main source of UV rays, you don't have to avoid the sun completely. And it would be unwise to stay inside if it would keep you from being active, because physical activity is important for good health. But getting too much sun can be harmful. There are some simple steps you can take to limit your exposure to UV rays.

1. Stay in the Shade
2. Wear clothing to cover your skin
3. Apply sunscreen and use it properly – at least a SPF 30
4. Wear a wide brim hat
5. Wear sunglasses that block UVA and UVB rays
6. Avoid tanning beds and sun lamps

## **WATER SAFETY**

Children and adults should learn to swim so they at least achieve the skills of water competency: be able to enter the water, get a breath, stay afloat, change position, swim a distance and then get out of the water safely. Watch the weather and get out of the water at the first sign of lightning or the rumble of thunder. Stay indoors and away from water for 30 minutes after the last lightning flashes or thunder roars.

Plan ahead for aquatic activities:

1. Provide close and constant attention to children you are supervising in or near water
2. Fence pools and spas with adequate barriers, including four-sided fencing
3. Learn swimming and water survival skills
4. Children, inexperienced swimmers, and all boaters should wear properly fitted U.S. Coast Guard-approved life jackets;
5. Always swim in a lifeguarded area.

## **BEACH SAFETY**

1. If you plan to swim in the ocean, a lake or river, be aware that swimming in these environments is different than swimming in a pool. Be sure you have the skills for these environments.
2. Swim only at a beach with a lifeguard, within the designated swimming area. Obey all instructions and orders from lifeguards and ask them about local conditions.
3. Make sure you swim sober and that you always swim with a buddy. Know your limitations and make sure you have enough energy to swim back to shore.
4. Protect your neck – don't dive headfirst. Walk carefully into open waters. Watch out for and avoid aquatic life.
5. If you are caught in a rip current, try not to panic. Signal to those on shore that you need assistance. Swim parallel to the shore until you are out of the current. Once you are free, swim toward shore. If you can't swim to the shore, float or tread water until you are free of the rip current and then head toward shore.

# TATTOO SAFETY

Tattoos: Understand risks and precautions - Tattoos might be more common than ever, but don't take the risks lightly. Understand basic safety precautions and aftercare.

## How tattoos are done

A tattoo is a permanent mark or design made on your skin with pigments inserted through pricks into the skin's top layer. Typically, the tattoo artist uses a hand-held machine that acts much like a sewing machine, with one or more needles piercing the skin repeatedly. With every puncture, the needles insert tiny ink droplets.

The process — which is done without anesthetics — causes a small amount of bleeding and slight to potentially significant pain.

## Know the risks

Tattoos breach the skin, which means that skin infections and other complications are possible, including:

- **Allergic reactions.** Tattoo dyes — especially red, green, yellow and blue dyes — can cause allergic skin reactions, such as an itchy rash at the tattoo site. This can occur even years after you get the tattoo.
- **Skin infections.** A skin infection is possible after tattooing.
- **Other skin problems.** Sometimes an area of inflammation called a granuloma can form around tattoo ink. Tattooing also can lead to keloids — raised areas caused by an overgrowth of scar tissue.
- **Bloodborne diseases.** If the equipment used to create your tattoo is contaminated with infected blood, you can contract various bloodborne diseases — including methicillin-resistant *Staphylococcus aureus* (MRSA), hepatitis B and hepatitis C.
- **MRI complications.** Rarely, tattoos or permanent makeup might cause swelling or burning in the affected areas during magnetic resonance imaging (MRI) exams. In some cases, tattoo pigments can interfere with the quality of the image.

Medication or other treatment might be needed if you experience an allergic reaction to the tattoo ink or you develop an infection or other skin problem near a tattoo.

## Make sure you're ready

Before you get a tattoo, think carefully about it. If you're unsure or worried that you might regret it, give it more time. Don't allow yourself to be pressured into getting a tattoo, and don't get a tattoo if you're under the influence of alcohol or drugs. Choose the location of the tattoo carefully. Consider whether you want the option to hide your tattoo under clothing. Also remember that weight gain — including pregnancy weight gain — might distort the tattoo or affect its appearance.

## Insist on safety precautions

To make sure your tattoo will be applied safely, ask these questions:

- **Who does the tattooing?** Go to a reputable tattooing studio that employs only properly trained employees. Keep in mind that regulation requirements and licensing standards vary from state to state. Check with your city, county or state health department for information on local licensing and regulations.

- **Does the tattoo artist wear gloves?** Make sure the tattoo artist washes his or her hands and wears a fresh pair of protective gloves for each procedure.
- **Does the tattoo artist use proper equipment?** Make sure the tattoo artist removes the needle and tubes from sealed packages before your procedure begins. Any pigments, trays or containers should be unused as well.
- **Does the tattoo artist sterilize non-disposable equipment?** Make sure the tattoo artist uses a heat sterilization machine (autoclave) to sterilize all non-disposable equipment between customers. Instruments and supplies that can't be sterilized with an autoclave — including drawer handles, tables and sinks — should be disinfected with a commercial disinfectant or bleach solution after each use.

### **Take good care of your tattoo**

How you care for your new tattoo depends on the type and extent of work done. Typically, however, you'll need to:

- **Keep the tattooed skin clean.** Use plain soap and water and a gentle touch. While showering, avoid direct streams of water on the newly tattooed skin. Pat — don't rub — the area dry.
- **Use moisturizer.** Apply a mild moisturizer to the tattooed skin several times a day.
- **Avoid sun exposure.** Keep the tattooed area out of the sun for at least a few weeks.
- **Avoid swimming.** Stay out of pools, hot tubs, rivers, lakes and other bodies of water while your tattoo is healing.
- **Choose clothing carefully.** Don't wear anything that might stick to the tattoo.
- **Allow up to 2 weeks for healing.** Don't pick at any scabs, which increases the risk of infection and can damage the design and cause scarring.

\*If you think your tattoo might be infected or you're concerned that your tattoo isn't healing properly, contact your doctor. If your tattoo isn't what you expected and you're interested in tattoo removal, ask your dermatologist about laser surgery or other options for tattoo removal.

# Urgent Care vs. Emergency Department

## Our Urgent Care Centers Treat:

- Animal bites
- Dehydration
- Ear pain
- Fever
- Flu-like symptoms
- Infections
- Lacerations
- Mild asthma
- Minor burns
- Nose bleeds
- Mild sprains and fractures
- Painful urination
- Persistent diarrhea
- Skin rashes and other irritations
- Sore throat
- Urinary tract infection
- Vomiting

All require prompt care but are not immediately life-threatening. The Cumberland, Frostburg or McHenry Urgent Care Centers will likely be able to give treatment far more quickly than an Emergency Department.

## Our Emergency Department Treats:

- Abdominal pain
- Coughing up blood
- Drug overdose
- Head injury
- Seizures
- Severe burns
- Severe diarrhea or vomiting
- Shortness of breath
- Spinal injuries
- Sudden changes in vision
- Sudden mental confusion
- Sudden or severe chest pain
- Uncontrolled bleeding

As a patient in the UPMC Western Maryland Emergency Department, you will have access to advanced treatment and equipment. If needed, the staff will admit you to the hospital for surgery or other immediate treatment.

Information obtained from UPMC Western Maryland website.

\*\*\*Please note: If you frequently visit the ER, or have been in the ER within 6 months, you will likely be contacted by Potomac Case Management. They have received funding and are working with the hospital to reduce ER visits and re-admissions to the hospital. They are notified by the hospital staff, not by Archway. They will want to arrange a meeting with you and talk about your discharge instructions and follow-up care.

# Health Home COVID Corner Notes!

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

## Watch for Symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

→ This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19. Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

## How to Protect Yourself & Others

- Get vaccinated and stay up to date on your COVID-19 vaccines
- Wear a mask
- Stay 6 feet away from others
- Avoid poorly ventilated spaces and crowds
- Test to prevent spread to others
- Wash your hands often
- Cover coughs and sneezes
- Clean and disinfect
- Monitor your health daily

**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**

We wish everyone a happy and safe 4<sup>th</sup> of July!

# My Story

## PART 1

A couple of years ago I had an unpleasant experience at UPMC Diagnostic Center waiting room. I was waiting patiently for test results when all of a sudden a child started making a lot of noise. I essentially felt anxiety all over my body. So, I confronted the kid's parents. I began to cuss when the mother didn't seem to care. Then another man, who was also waiting, confronted me. Now, I am getting way over my head and wished I hadn't opened my big mouth. Next, two security guards emerged and escorted me out of the building.

So...I had this anger over something I couldn't control over something I couldn't manage. I had upset at least three people. If I could take it back, I would. I failed to have a plan before I entered this facility. I contend that I am not merely a pain in the butt but I am someone who doesn't have a grip on my emotions. I need coping skills! If I am going to go out in public I am going to need a plan B in case I get jammed up! It's basically up to me to have my ducks in a row. I truly learned a good bit from this event and that my demeanor affects others.

## PART 2

In the June edition of Short Takes, I shared an article called "My Story". I wrote about getting kicked out of the Diagnostic Center at UPMC for arguing with other patients. I briefly mentioned that I should have a plan so I am not unprepared. I will offer some more insight and elaboration on why I can explode in the community.

Have you ever practiced **self-talk**? You see...I tell myself that I am guilty of being loud and offensive. I have not always behaved myself either. I have flaws; thus, I should practice empathy to get myself through the tough moments. If I can put myself in someone else's shoes I can limit my anxious reactions, confrontation, embarrassment and, so on.

By: Scott Gibson

## Nice to Meet You, My Name is Scott

When I was in A.A. (Alcoholics Anonymous) around the end of December 1986, I attended a meeting at Arundel Hospital in Glen Burnie, MD. I had noticed this big and burly man with his leather jacket and motorcycle. He looked cool and rather tough. I had hoped for the opportunity to be introduced to him. I wanted this person to like me but I did not have the confidence to go up to him. Then, I found out that he had died in a motorcycle accident! I was so overwhelmed and very sad. I had admired a person that I thought would make a good friend, although on the exterior he looked a little rough. I hope I never ignore my feelings again for as long as I live. I just didn't have the self-esteem to go up to a stranger and say "nice to meet you, my name is Scott".

By: Scott Gibson

## **Time to Clear out Your Unwanted Stuff**

We're looking for donations  
for our upcoming yard sale  
at the Wellness & Recovery Center



Please send in donations by July 15th  
Wellness and Recovery Center  
(121 Memorial Ave, Cumberland)



# AMERICA'S FIRST 3-DIGIT MENTAL HEALTH CRISIS LINE

Even before the COVID-19 pandemic, America was suffering historically high suicide and overdose rates and mental health challenges. In 2020 Congress approved 988 to help, but a phone number alone isn't enough. Each state must have a fully-funded crisis response system supporting 988 when it goes live by July 2022.



## What is 988?

988 is a safety net for people experiencing a mental health emergency. If fully funded, mobile crisis teams will respond in-person and connect people to care when needed.



## Who should use it?

Once 988 goes live, if you or someone you know is having suicidal thoughts, experiencing delusions, or displaying severe symptoms of mental illness, you should call 988 instead of 911.



## Why do we need it?

Traditionally, police have responded to mental health emergencies, which require tremendous local resources and often result in criminalizing mental illness. In fact, in 2017, an average of 10% of law enforcement agencies' total budgets and 21% of staff time were spent responding to and transporting persons with mental illness.<sup>1</sup> People with untreated mental illness are 16 times more likely to be killed during a police encounter than other civilians.<sup>2</sup>



## What is needed to make 988 work?

Every state needs:

- 24/7 call centers that are adequately staffed by mental health professionals who are specially trained to respond to crises.
- Mobile response teams that are equipped for differing scenarios.
- Crisis stabilization services that also connect people to follow-up care.

## HOW CAN YOU HELP?



### General public & advocates

- Contact your Congressional representatives and ask them to support states in building a crisis response infrastructure that ensures people get the help they need.
- Contact your state representatives and ask them to pass a bill that includes 988 user fees to support a crisis system that provides a mental health response to mental health crises.
- Ensure 988 implementation and crisis services are key priorities in policy agendas for both state and federal policymakers.
- Engage people with lived experience to inform policy asks.

### State policymakers

- Introduce and pass bills that include 988 user fees to support crisis call centers and non-billable mobile crisis and crisis stabilization program costs.

### Federal policymakers

- Ensure federal coordination and technical assistance for 988 implementation.
- Provide funding for states to develop and maintain an effective crisis response infrastructure.
- Ensure all payers, including commercial insurers, cover crisis services.



<sup>1</sup> <https://www.treatmentadvocacycenter.org/road-runners>

<sup>2</sup> [www.treatmentadvocacycenter.org/key-issues/criminalization-of-mental-illness/2976-people-with-untreated-mental-illness-16-times-more-likely-to-be-killed-by-law-enforcement](http://www.treatmentadvocacycenter.org/key-issues/criminalization-of-mental-illness/2976-people-with-untreated-mental-illness-16-times-more-likely-to-be-killed-by-law-enforcement)

The National Action Alliance for Suicide Prevention's Mental Health & Suicide Prevention National Response to COVID-19 ("National Response") collaborated with chief executives of the nation's leading mental health advocacy organizations and professional associations ("The CEO Huddle") to develop this infographic, which reflects the alignment of both the National Response's *An Action Plan for Strengthening Mental Health and the Prevention of Suicide in the Aftermath of COVID-19* and the CEO Huddle's *A Unified Vision for the Future of Mental Health, Addiction, and Well-Being in the United States*. To learn more, visit [NationalMentalHealthResponse.org/CrisisResponse](http://NationalMentalHealthResponse.org/CrisisResponse).

# **Constitution Park Pool**



## **Hours of Operation**

- June and July - Daily from Noon to 7 p.m.
- August - Daily from Noon to 6 p.m. until public schools open
- Labor Day Weekend - Noon to 6 p.m.

## **General Admission**

- Adults: \$5
- Students / youth (ages 5 - 17): \$4
- Children under age 5: \$3
- Infants under age 1: Free
- Senior citizens 62 and older: \$3
- Group rates (25 or more): \$3

## **Swimming Lessons**

- Admission: \$2 per day
- Days: Monday - Friday
- Dates: Contact the Constitution Park Pool for the schedule
- Time: 11 - 11:45 a.m.
- Registration: Register at the pool

## **Special Events**

- Twilight swim (5 p.m. to closing)
- Half price August - reduced rates

# Frostburg Pool



The Frostburg Pool is a seasonal pool owned by the City of Frostburg and managed & operated by the Frostburg Parks & Recreation Department. The pool season typically runs from Memorial Day through Labor Day of each year. The end of the season is followed by the annual Frostburg Dog Splash at the pool on Saturday and Sunday, the weekend after Labor Day.

The Frostburg Pool is located at 200 South Water Street in Frostburg Community Park. It was originally dug out by local coal miners in the spring of 1921 during a miner strike. They decided to create a swimming hole next to Sand Spring Run for the locals. The concrete walls of the pool today cover the stone walls constructed by the miners in 1921. That's why it has an irregular seven-sided shape. It holds approximately 420,000 gallons of water and is nearly one-third of an acre in size. The pool's zero depth entry is ADA compliant as the pool gradually slopes past the water play features into the diving well. This allows kids of all ages and swimming abilities to use in the same pool. The pool offers daily admission rates as well as season passes and 15 admission punch passes which can be purchased as well at City Hall (37 South Broadway). The pool operating schedule for 2022 is as follows:

## **2022 Pool Operating Hours:**

- May 28-30 & June 4-5: Noon - 6 pm
- June 11 - July 28: Mon - Thur, Noon - 7 pm; Fri - Sun, Noon - 6 pm
- July 29 - Sept 5: Daily, Noon - 6 pm

*\*Operating hours are subject to change due to weather and other circumstances beyond our control. Any changes to operating hours will be posted on the Frostburg Pool's Facebook Page.*

# Dans Mountain State Park

---

## Swimming Pool

The Dans Mountain swimming pool is the perfect place to cool down on a hot summer day. This Olympic-sized swimming pool features a giant water slide! On chilly days, the pool is heated to maintain the perfect temperature. The pool is staffed by certified lifeguards and is fully accessible for persons with disabilities. A snack bar and restrooms are provided.



### Pool Season and Hours:

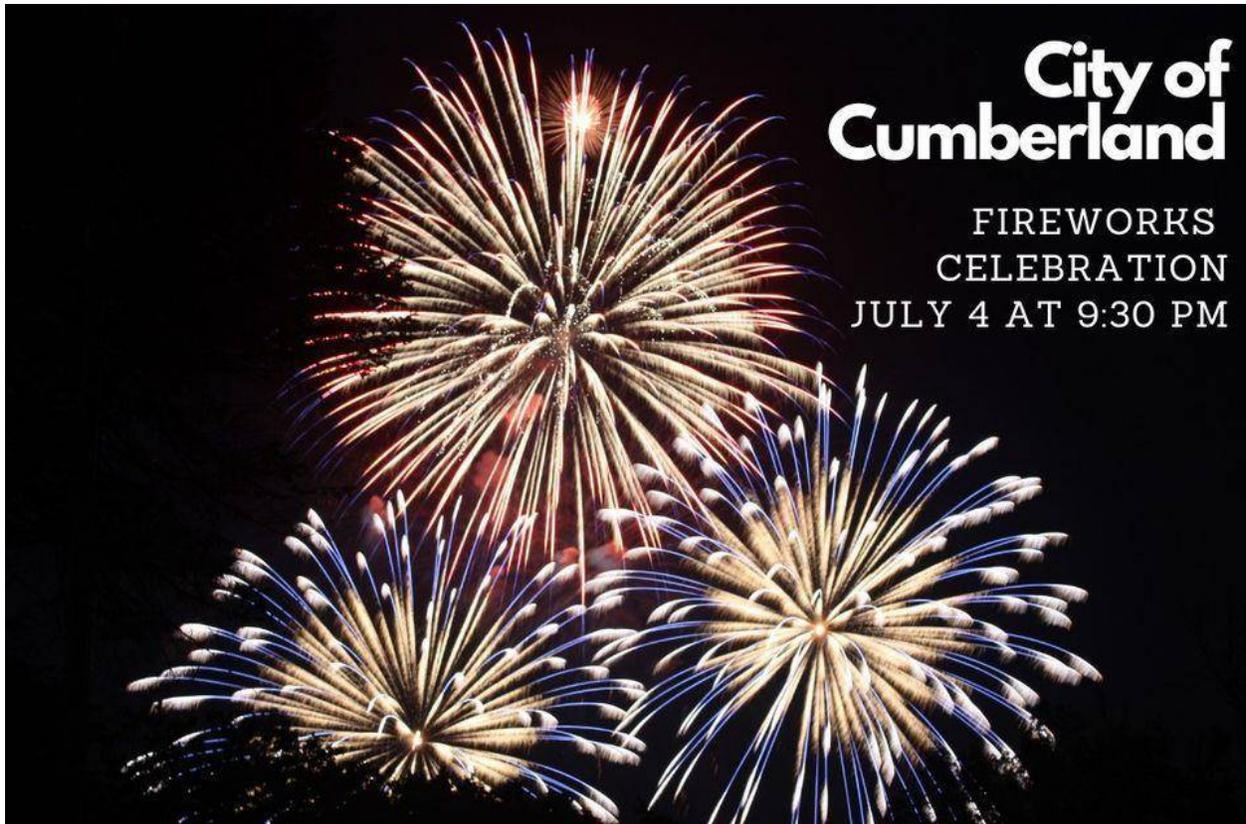
Dans Mountain Pool is typically open Memorial Day Weekend - Labor Day, 11 a.m. to 6 p.m. The pool season and hours are subject to change based on staffing, weather and other factors, so visitors are encouraged to call ahead to confirm status: 301-895-5453.

### Pool Rates

The fee for pool use is \$4 per person per day. Children 5 and under are free. Golden Age Pass holders and Maryland Park Service Annual Passport holders are admitted free of charge. Punch passes are also available at a rate of \$50 for 25 visits or \$30 for 10 visits. Groups of 25 people or more are encouraged to call ahead and purchase a punch pass.

### Private Pool Parties

The Dans Mountain pool is available by reservation for private pool parties with certified lifeguards on duty. Reservations are available from 6 p.m. to 8 p.m. daily. Reservations should be made at least two weeks in advance. For more information or to make a reservation, please call the ranger station at 301-895-5453.



The City of Cumberland will be celebrating Independence Day with a Fireworks display at Constitution Park on Monday, July 4, 2022, commencing at approximately 9:30 p.m. Leading up to the fireworks display, Constitution Park Pool will be open on July 4th from 11:00 a.m. to 3:00 p.m., with the park closing to the public at 4:00 p.m. Pine Avenue will be closing to thru traffic at 4:00 also, but local traffic will still have access to their homes. In the unlikely event of rain, Tuesday, July 5th has been set as the rain date. Any questions regarding the City's Independence Day Celebration may be directed to the Parks and Recreation Department by calling 301-759-6636 or emailing [diane.johnson@cumberlandmd.gov](mailto:diane.johnson@cumberlandmd.gov).

# ALLEGANY COUNTY FARMERS MARKETS



May through October, enjoy healthy, locally-produced food & goods at one of five weekly Farmers Markets located throughout the county!  
Select healthy, home-grown, local produce - vegetables, herbs, plants & flowers - and home baked items.

## **Market Locations and Times:**

- Country Club Mall (LaVale): Tuesdays, 9:30 AM-2 PM
- West Cumberland at WMHS: Wednesday, 2 PM-5 PM
- Downtown Cumberland Mall: Thursdays, 9:30 AM-1 PM
- City Place (Frostburg): Fridays, 9:30 M-1 PM
- Canal Place (Cumberland): Saturdays, 9:30 AM-2 PM

# Allegany County Fair & AG Expo

July 15 – 23, 2022

Commercial Area Open July 18-23 – 4:00 PM – 10:30 PM

FREE SHOW: The Human Cannonball Daredevils Schedule of Events

## Friday, July 15 – Sneak a Peek

### Night

5:00 PM – Rides Open

## Saturday, July 16

8:00 AM – 1:00 PM – 4-H Animals Arrive

5:00 PM – Rides Open

7:30 PM – 4 Cylinder and Minivan  
Demo Derby

## Sunday, July 17

7:00 AM – Livestock Weigh-in

10:00 AM – Market Rabbit Weigh-In

12:00 PM – Enter Exhibits  
(From 12:00 – 4:00)

5:00 PM – Rides Open- \$15 POP  
(with 3 canned goods)

6:00 PM – Vespers Service

## Monday, July 18

9:30 AM – Indoor Exhibit Judging

9:30 AM – 4-H Swine Showmanship &  
Judging

1:00 PM – 4-H Rabbit Skillathon

3:00 PM – 4-H Horse Show

3:00 PM – Exhibit Area Open  
(From 3:00 – 9:00 PM)

5:00 PM – Rides Open

6:00 PM – Baked Good Auction

6:30 PM – Arion Band

8:00 PM – The Newsboys with Adam Agee

## Tuesday, July 19

9:30 AM – 4-H Rabbit Showmanship &  
Judging

2:00 PM – 4-H Horticulture Judging

3:00 PM – Exhibit Area Open (From 3:00 –  
9:00 PM)

5:00 PM – Rides Open – P.O.P

5:00 PM – 4-H Beef Cattle Showmanship &  
Judging

8:00 PM – Get the Lead Out

## Wednesday, July 20

9:00 AM – 4-H Livestock Evaluation Contest

3:00 PM – Exhibit Area Open  
(From 3:00 – 9:00 PM)

5:00 PM – 4-H Sheep Showmanship &  
Judging

5:00 PM – 4-H Robotics Competition

5:00 PM – Rides Open – Times-News Day –  
P.O.P

8:00 PM – Niko Moon

## Thursday, July 21

1:00 PM – 4-H Poultry Skillathon

3:00 PM – Exhibit Area Open  
(From 3:00 – 9:00 PM)

5:00 PM – 4-H Meat Goat Showmanship &  
Judging

5:00 PM – Rides Open – Merchants Day –  
P.O.P

7:30 PM – Antique Tractor Parade

7:30 PM – Tractor, Truck, Semi-Truck Pull

## Friday, July 22

9:00 AM – 4-H Tractor Contest

2:00 PM – 4-H Presents

3:00 PM – Exhibit Area Open  
(From 3:00 – 9:00 PM)

5:00 PM – 4-H Master Showman Contest

5:00 PM – Rides Open

7:30 PM – 6 Cylinder and 8 Cylinder  
Demolition Derby

10:30 PM- Fireworks

## Saturday, July 23

9:00 AM – 4-H Livestock Sale (Registration  
begins at 8:00 AM)

3:00 PM – Exhibit Area Open  
(From 3:00 – 9:00 PM)

5:00 PM – Rides Open

7:30 PM – Mud Bog – *Purchase Tickets*

# COMMUNITY ASSISTANCE PROGRAM

## HOPE Station Wellness & Recovery

*A Program of the Office of Consumer Advocates*



**Next food drop will be held on**

**July 28<sup>th</sup> from 11:00 - 2:00**

**Sponsored by**

*The Western Maryland Food Bank*



**632 N. Centre Street**

**For more information call**

**240-362-7168**

*(Fresh Produce)*

## *Deviled Eggs*



### *Ingredients*

6 eggs (hard cooked, cooled, & peeled)  
(3 oz) mayonnaise  
(2 tsp) mustard (prepared)  
Salt (to taste)  
Pepper (to taste)

### *Directions*

- 1) Slice the eggs in half lengthwise. Separate the yolks from the whites. Reserve the whites separately.
- 2) Rub the yolks through a sieve into a bowl or food processor. Add the mayonnaise, mustard, salt, & pepper. Mix or process the ingredients into a smooth paste.
- 3) Pipe (using a star tip) or spoon the yolk mixture into the cavities of the egg whites.

## *Inside Out Cheeseburgers*



### *Ingredients*

- ¼ cup shredded cheddar cheese
- ¼ cup gruyere cheese
- 1 lb (80/20) ground chuck
- 1 tbsp Worcestershire sauce
- 1 ½ tsp paprika
- ¼ tsp freshly ground black pepper

### *Directions*

- 1) Preheat the grill to medium high or preheat the broiler.
- 2) Combine cheddar & gruyere in a small bowl.
- 3) Gently mix beef, Worcestershire, paprika, & pepper in a large bowl preferably with your hands without overworking.
- 4) Shape into 8 thin 4 inch wide patties.
- 5) Mound 2 tablespoons of the cheese mixture on each of the 4 patties leaving a half inch border. Cover each 1 of the remaining patties. Crimp & seal the edges closed.
- 6) To grill: Lightly oil the grill rack. Grill the stuffed patties over medium high heat for about 4 minutes per side for medium well. (Be sure not to press the burgers as they cook or they'll split open & the cheese will ooze out).
- 7) To broil: Cover a broiler pan with foil & coat with cooking spray. Broil the stuffed patties in the upper third of the oven about 4 minutes per side for medium well. In either case let the burgers stand for 5 minutes before serving.

# Summer Days TRIVIA



PICK THE ANSWER YOU THINK IS  
CORRECT FOR EACH QUESTION



1. WHEN IS THE OFFICIAL FIRST DAY OF SUMMER?  
A. MAY 26      B. JUNE 21  
C. JULY 4      D. JUNE 24  
\_\_\_\_\_ B
2. WHAT IS THE OLDEST BEACH IN AMERICA?  
A. VIRGINIA BEACH    B. MIAMI BEACH  
C. REVERE BEACH    D. OLD ORCHARD BEACH  
\_\_\_\_\_ C
3. WHAT WAS THE FIRST ICE CREAM FLAVOR?  
A. CHERRY      B. PEANUT BUTTER  
C. VANILLA      D. STRAWBERRY  
\_\_\_\_\_ C
4. WHAT YEAR WAS THE FIRST BEACH BALL INVENTED?  
A. 1938      B. 1921  
C. 1932      D. 1942  
\_\_\_\_\_ A
5. WHAT IS THE TOP SELLING SUMMER ITEM?  
A. SUNSCREEN      B. SHORTS  
C. SUNGLASSES    D. SWIMSUITS  
\_\_\_\_\_ D
6. THE ENGLISH WORD SUMMER CAME FROM WHICH OF THESE WORDS?  
A. SUMERAZ      B. SIMERN  
C. ZIMER      D. SATURN  
\_\_\_\_\_ A
7. SUMMER SOLSTICE OCCURS ON WHICH 2 DAYS IN THE NORTHERN HEMISPHERE?  
A. JUNE 20-21ST      B. JULY 14-15TH  
C. JULY 20-21ST      D. AUGUST 4-5TH  
\_\_\_\_\_ C
8. WHAT ARE THE 3 SUMMER ZODIAC SIGNS?  
A. GEMINI CANCER LEO    B. SCORPIO SAGITARIUS LIBRA  
C. CANCER LEO VIRGO    D. CAPRICORN LEO CANCER  
\_\_\_\_\_ B
9. WHICH 3 FRESH FRUITS OUTSELL ALL OTHERS IN SUMMER?  
A. GRAPES BLUEBERRIES PEACHES    B. PEACHES WATERMELON TOMATOES  
C. TOMATOES WATERMELONS LEMONS    D. BLACKBERRIES BLUEBERRIES COCONUTS  
\_\_\_\_\_ D
10. WHICH SUMMER ACTIVITY CLAIMS THE LEAST INJURIES EACH YEAR?  
A. SWIMMING      B. VOLLEYBALL  
C. FISHING      D. SKINNY DIPPING  
\_\_\_\_\_

NAME: \_\_\_\_\_ SCORE: \_\_\_\_\_





# SUMMER

## Word Scramble



ebahc

Beach

wiustsim

Swimsuit

rieccema

Ice cream

danelome

Lemonade

cgaimnp

Camping

picpsloe

Popsicle

laensdscta

Sandcastle

rteavl

Travel

bbrcaeeu

Barbecue

ntavioca

Vacation

ursmem

Summer

cneao

Ocean

gfnisih

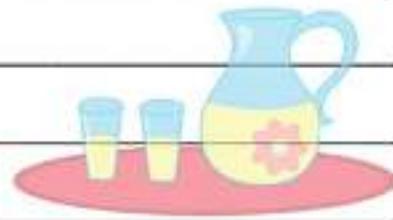
Fishing

asndlas

Sandals

olop

Pool



# Independence Day Word Scramble

July 2022

1) ktooouc \_\_\_\_\_

2) dgthoos \_\_\_\_\_

3) bnhrrsgae \_\_\_\_\_

4) irllg \_\_\_\_\_

5) srrkfoiwe \_\_\_\_\_

6) ymlfia \_\_\_\_\_

7) nbrlaoceeit \_\_\_\_\_

8) nnnlbiitcaee \_\_\_\_\_

9) hipss \_\_\_\_\_

10) ytbreli lbel \_\_\_\_\_

# 4th of July Word Search

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



AMERICA  
BLUE  
BRITAIN  
DECLARATION  
FIREWORKS  
FLAG  
FOURTH

FREEDOM  
INDEPENDENCE  
JULY  
LIBERTY  
NATION  
PARADE  
RED

REVOLUTION  
RIGHTS  
STATES  
SUMMER  
THIRTEEN  
UNITED  
WHITE



# 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 July 2022

**No complaints have been received since the last issue of *Short Takes*. There is nothing to report.**



# 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 October 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
----------	--------------

## Community Residential

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

## 40 Hour Residential

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

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](http://www.archwaystation.net). Select "Contacts", then "Staff Phone Directory".

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

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

<b>45 Queen Street:</b> CBSS & Anchor: 301-777-2942 Admin & Fiscal: 301-722-1209 Intake/Referrals & Stephanie F.: 301-777-8020 CAYA & Tina T.: 301-777-0080
<b>24-hour RRS:</b> Longview, Utah, & Wendy S.: 301-777-8446
<b>BHA Community Residential (RRS):</b> 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	<b>Sue Pyles - Wellness Center Team Leader</b> Wellness Center team office	5105 5118
Health Home	301-724-2582	<b>Nina Likens - Nurse Manager</b> RN Bob Nair, HSW3	5117 5113 5110

**Fax Numbers for Memorial Ave. Staff**

<b>Wellness Center and Health Home Staff:</b> Wellness Center Staff & Sue Pyles: 301-777-3489 Health Home Staff - 301-777-3489
--

Department/Program	DDA	Leader/Team Office	Ext
DDA Residential Columbia - Wed - Sat coverage	301-724-2582	<b>Gwen Bible - DDA House Manager</b> Office at Memorial Ave.	5103
DDA Residential South & Fayette - Sun - Wed coverage	301-724-2582	<b>Jenn Pyles - DDA House Manager</b> 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

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



# 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 break fast 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 **ACPBenefit.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](https://www.fcc.gov/acp)**



# W&R CENTER'S SCHEDULE

## MONDAY-WEDNESDAY-FRIDAY

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



## TUESDAY-THURSDAY

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

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

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

---

### **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.

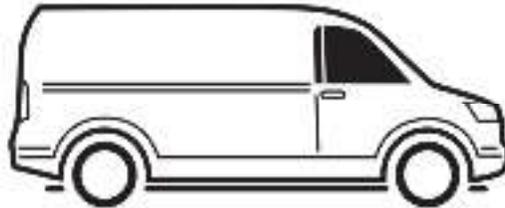
### **Your responsibilities**

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.

# **W&R Van Run**



**Pickup by Request in the Cumberland Area  
on Monday, Wednesday & Friday**

**To schedule a pickup please call by 8:30 am**

**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](http://www.gov.allconet.org/ACT)**



## **Behavioral Health Services Transportation Opportunity**

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

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

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

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

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

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

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

**301-759-5050**

# ALLEGANY COUNTY TRANSIT SCHEDULE

JULY 2021

M-F 730 am - 4 pm		RED LINE						
		To Hospital & ACM						
<b>FREDERICK STREET</b>	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
<b>WHMS - Hospital</b>	741	811	911	1011	1111	111	211	311
<b>Allegany College of Maryland</b>	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						
<b>FREDERICK STREET</b>	800	830	930	1030	1130	130	230	330
<b>Cumberland Martin's</b>	--	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
<b>Cumberland Martin's</b>	--	850	950	1050	1150	150	250	350
<b>FREDERICK STREET</b>	856	956	1056	1156	1256	156	256	356
RED LINE REQUEST STOPS - Urology Associates or Surgery Center								
M-F 8 am - 430 pm		BLUE LINE						
		To S. Cumberland						
<b>FREDERICK STREET</b>	800	900	1000	1100	100	200	300	400
<b>Cumberland Martin's</b>	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
<b>Cumberland Martin's</b>	820	920	1020	1120	120	220	320	420
		To Hospital & ACM						
<b>FREDERICK STREET</b>	830	930	1030	1130	130	230	330	--
Decatur St./Baltimore Ave	834	934	1034	1134	134	234	334	--
<b>WHMS - Hospital</b>	839	939	1039	1139	139	239	339	--
<b>Allegany College of Maryland</b>	840	--	1040	--	140	--	340	--
Cumberland Meadows Apts	845	--	1045	--	145	--	345	--
Decatur St. & Baltimore Ave	851	945	1051	1145	151	245	351	--
<b>FREDERICK STREET</b>	855	950	1055	1150	155	250	355	--
M-F 730 am - 4 pm		GREEN LINE						
		To Naves Cross Road						
<b>FREDERICK STREET</b>	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						
<b>FREDERICK STREET</b>	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 (Ollie's)	818	948	1118	148	318	--	--	--
Red Hill Plaza	820	949	--	--	--	--	--	--
Braddock Square	821	951	1121	151	321	--	--	--
<b>CC Mall Theaters &amp; Walmart</b>	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	*	--	--	--
<b>FREDERICK STREET</b>	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)						
<b>FREDERICK STREET</b>	800	900	X1030	--	--	200	330	--
Lee St & Paca St (Q C Towers)	--	905	--	--	--	205	--	--
Greene St & Fayette St (Dingle)	--	909	--	--	--	209	--	--
<b>CC Mall Theaters Only</b>	--	920	1040	1135	--	220	340	--
Weis Market	--	931	1051	1151	--	231	351	--
Frostburg Plaza <i>Upon request*</i>	--	934	--	--	--	234	--	--
Bowery St & Paul St	--	939	1059	1159	--	239	354	--
**** <i>Lowdens Lot</i>	--	--	1108	--	1122	1142	--	356
F <i>Annapolis Hall</i>	--	--	1110	--	1130	1150	--	400
S <i>Edgewood Commons</i>	--	--	1113	--	1133	1153	--	403
U <i>Active network upon request*</i>	815	*	*	--	*	*	*	405
LOOP <i>Pullen Hall (PE Center)</i>	--	--	1118	--	1138	1158	--	407
**** <i>Guild Center</i>	--	--	1120	--	1140	1200	--	408
College Ave & Maple St	820	941	1101	--	--	110	241	410
<b>State St &amp; Broadway</b>	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 <i>Upon request*</i>	832	953	--	--	--	121	--	--
Weis Market	--	955	1113	--	--	125	255	422
Braddock Square	--	Y	1120	--	--	Y	Y	430
<b>CC Mall Theaters Only</b>	--	1010	1130	--	--	140	310	435
Nat'l Hwy & Long Dr	--	1014	--	--	--	144	314	439
<b>FREDERICK STREET</b>	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		
<b>FREDERICK STREET</b>	800	--	130	--
Kelly Rd YMCA	807	--	137	--
Lee St & Paca St (Queen City Towers)	810	--	140	--
Seton Dr.	819	--	149	--
<b>CC Mall Theaters &amp; Walmart</b>	830	--	200	--
MD 36 & Douglas Ave (Lonaconing)	855	--	225	--
<b>MD 135 McDonald's (Westernport)</b>	915	--	245	--
<b>Westernport Senior Center</b>	917	--	247	--
MD 36 & Douglas Ave (Lonaconing)	930	--	300	--
<b>CC Mall Theaters &amp; Walmart</b>	955	--	325	--
Seton Dr	1005	--	335	--
Greene St & Fayette St (Dingle)	1010	--	340	--
Kelly Rd YMCA	1016	--	346	--
<b>FREDERICK STREET To LaVale</b>	1025	--	355	--
Centre St & Valley St	1035	--	--	--
Nat'l Hwy /Campground Rd	1045	--	--	--
LaVale Plaza (Ollie's)	1048	--	--	--
Braddock Square	1051	--	--	--
<b>CC Mall Theaters &amp; Walmart</b>	1100	--	--	--
US 220 & Moss Ave (Shooters)	1110	--	--	--
Greene St & Fayette St (Dingle)	1118	--	--	--
Kelly Rd YMCA	1120	--	--	--
<b>FREDERICK STREET To Naves Cross Rd</b>	1130	--	--	--
Naves Cross Rd (Sheetz)	1135	--	--	--
Western MD Recovery	1139	--	--	--
Bedford Rd & Acre Ln VFD	1143	--	--	--
Bedford Rd & Marietta St	1151	--	--	--
<b>FREDERICK STREET</b>	1200	--	--	--
M-F 550am - 230pm				
SILVER LINE - MORNING SERVICE				
Virginia Ave & Offutt	555	--	--	--
HRDC Virginia Ave	600	--	--	--
<b>FREDERICK STREET To Hospital &amp; ACM</b>	605	--	--	--
<b>WHMS - Hospital</b>	614	--	--	--
Allegany College of Maryland (ACM)	617	--	--	--
<b>FREDERICK STREET - To CC Mall</b>	630	--	--	--
Centre St & Valley St.	632	--	--	--
Nat'l Hwy & Long Dr.	642	--	--	--
Nat'l Hwy & Vocke Rd	645	--	--	--
Braddock Square Shopping Plaza	648	--	--	--
<b>Country Club Mall - Walmart</b>	700	--	--	--
Active Network - <i>*By Request Only</i>	*	--	--	--
Main St Palace Theater (Frostburg)	720	--	--	--
Frostburg Plaza	726	--	--	--
<b>Country Club Mall - Walmart</b>	735	--	--	--
US 220 & Moss Ave (Shooters)	745	--	--	--
Greene St & Fayette St (Dingle)	752	--	--	--
<b>FREDERICK STREET</b>	805	--	--	--
<b>FREDERICK STREET</b>	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	--	--
<b>FREDERICK STREET - To CC Mall</b>	925	--	146	--
<b>FREDERICK STREET - To CC Mall</b>	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	--	--	--
<b>Country Club Mall - Theaters/Walmart</b>	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	--	--	--
<b>Country Club Mall Theaters/Walmart</b>	1115	--	--	--
Seton Dr	1125	--	210	--
Nat'l Hwy & Long Dr	1135	--	--	--
Greene St & Fayette St. (Dingle)	--	--	218	--
<b>FREDERICK STREET -To S Cumberland</b>	1150	--	225	--

YELLOW LINE EVENING SERVICE ON BACK

M-F 350p-8pm <b>YELLOW LINE - EVENING SERVICE</b>			
Virginia Ave & Offutt St	350	--	--
HRDC Virginia Ave	353	--	--
<b>FREDERICK STREET - To Hospital &amp; ACM</b>	<b>400</b>	<b>505</b>	
Naves Cross Rd (Sheetz)	413	--	--
<b>WHMS - Hospital</b>	<b>419</b>	<b>513</b>	--
Allegany County Health Department	422	--	--
Allegany College of Maryland (ACM)	425	515	--
<b>FREDERICK STREET - To CC Mall Express</b>	<b>430</b>	<b>525</b>	
Lee St & Paca St Queen City Towers	435	--	--
Greene St & Fayette St (Dingle)	437	--	--
CC Mall Theaters Only (Express via I-68)	445	--	--
<b>FREDERICK STREET - To Hospital &amp; ACM</b>	<b>505</b>		
<b>FREDERICK STREET - To South Cumberland</b>	<b>525</b>	<b>745</b>	
Cumberland Martin's	528	748	
South Cumberland Market Place	536	800	
Mountain View Apts/Cascades	540	*	
Archway Jane Frazier	542	*	
Virginia Ave & Offutt St	550	*	
HRDC Virginia Ave	600	--	
Cumberland Martin's	602	--	
<b>FREDERICK STREET - To CC Mall &amp; Frostburg</b>	<b>605</b>	--	
CC Mall (Express I-68) Theaters & Walmart	615	--	
LaVale Plaza (Ollie's)	625	--	
Weis Market/Frostburg Plaza	634	--	
Annapolis Hall	644	--	
Edgewood Commons	645	--	
Active Network (*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	--
<b>FREDERICK STREET -To South Cumberland</b>	<b>745</b>		

\*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.  
*Please ask the driver for a transfer when boarding.*  
*For your return trip you must follow the same procedure.*  
 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.

**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](mailto:erobison-harper@alleganygov.org)

**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](http://www.alleganygov.org) Click Departments then click Transit

**Schedule Effective July 2021**

# URGENT CARE vs ED

## When to Visit Urgent Care



Rashes



Tooth Pain



Strains and Sprains



Cuts needing stitches



Sore Throat



Low back pain



Eye redness/irritation



Bites and Stings



Cold and Flu

## When to Visit Emergency Dept



Stomach Pain



Allergic Reactions



Eye & Head Injuries



Serious Burns



Stroke



Breathing Difficulty



Chest Pain/Heart Attack



High Fever



Poisoning or drug overdose

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

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

## FOOD RESOURCES

Resources	Resources Address	Days for Pick Up	Time	Requirements	What's Available	How Often	Other Important Information
<b>Frostburg Interfaith Food Pantry</b> 301-687-1728	44 W. Main St. Frostburg, MD	Tue, Thu	9am-10:30am	Referral Through DSS, Red Cross & some Churches	Non-Perishable Food Voucher to Save-a-lot or B&B Meats	Every 30 days	Frosburg Area
<b>Healing Hunger</b> 301-724-4467	12504 Naves Cross Rd Cumberland, MD	Wednesday & Thursday Friday	9 am - 2 pm 9 am- 5 pm		Non- Perishable Cleaning Supplies Paper Products Various Food Items Medical Supplies	When Open	Priced as Marked
<b>Interfaith Community Pantry</b> 301-777-7882	301 Cumberland St. Cumberland, MD	Monday - Friday	11 am - 1:30 pm	Referral needed (DSS, St. Paul's Lutheran Church, Western MD Foodbank)	Non- Perishables, Perishable Food Voucher, Cleaning Supplies available on the 2nd and 4th weeks of the month.	Every 30 days	Excludes Lavale, Frostburg Eckhart, Mt. Savage, George's Creek, and Westernport Call upon arrival, menu to fill out.
<b>LaVale United Methodist Church</b> 301-722-6800	565 National Hwy. Lavale, MD	Tuesday & Thursday Tuesday	1:00pm-2:30pm 5pm-6pm	Photo ID	Non- Perishables Summer - Fresh fruits and Vegetables	As Needed	Around Back - Drive Through
<b>Salvation Army Food Pantry</b> 301-777-7600	701 East First St. Cumberland, MD 301-777-7600	Mon, Wed, Fri	2:00pm-4:00pm	Questionnaire	Commodity Foods	Every 30 days	Wear a mask, only one person in the building at a time.
<b>Second Baptist Church</b> 301-722-5190	1 Grand Ave. Cumberland, MD	Tuesday & Thursday Closed on 3rd Thursday of the month	9:30am-12:30pm	Name & Address	Non-perishables Cleaning Supplies When Available	Once a month	First come, First served
<b>St. Anthony's Place Food Pantry</b>	300 E. Oldtown RD. Suite 2	Monday - Friday	1:00pm-3:00pm	Photo ID	Non-perishables Voucher with referral	Once a month	Wear a Mask
<b>St. Johns Lutheran Church</b>	400 Arch St. Cumberland, MD	3rd Wednesday of each month	2pm-4pm	MD Resident	Food Giveaway	Monthly	In parking lot
<b>Union Rescue Mission</b> 301-724-1585	16 Gulf Memorial Dr. Cumberland, MD	Monday- Saturday 3 meals a day offered Sunday - Breakfast and Supper available	Breakfast 8am-8:30am Lunch 11:30-12:30 Supper 5pm-5:30pm	NA	Breakfast, Lunch and Supper	Daily	301-724-1585
<b>Woman, Infants &amp; Children (WIC)</b> 301-759-5020 Call For Appointment	Allegany County Health Department Cumberland, MD	Monday- Friday	8am- 4:30 pm	Picture ID, Proof of Income, Proof of Address	WIC Vouchers	N/A	WIC is for expectant mothers, and children birth to five years old. Must apply and meet requirements.



## 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

## 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](mailto:joliver@allconet.org)  
[www.ci.cumberland.md.us](http://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](http://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](mailto:md_webmanager@hud.gov)  
[www.hud.gov](http://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!



## 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) \*\***

<b>Patient Name:</b>	<b>Patient Date of Birth:</b>		
<b>Patient Address:</b>	<b>Patient Phone:</b>	<b>Cell:</b>	
<b>City:</b>	<b>State:</b>	<b>Zip:</b>	<b>Patient Email:</b>

**To qualify, participants must:**

- Be at least 18 years of age; **and**
- Be overweight or obese (Body Mass Index  $\geq 25$ ,  $\geq 23$  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/m<sup>2</sup> (Must be  $\geq 25$ ,  $\geq 23$  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:**

<b>Provider Name:</b>	<b>Practice Address:</b>		
<b>Practice Name:</b>	<b>City:</b>	<b>State:</b>	<b>Zip:</b>
<b>Practice Phone:</b>	<b>Practice Fax:</b>		

**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

Keren Miller, Inc.  
P O Box 498,  
Accident, MD 21520  
301.707.1224

June 8, 2022

Please post the following on your housing bulletin board or distribute to clients looking for housing.

**TENANTS:** Since we update our applications regularly, please check with us for our most recent revision. Discard older applications and use only current ones. A current application is available on request.

A completed application along with all listed information is required. Please call **ONLY** between 8 a.m. and 4:30 p.m. for more info, requirements, or current application. **NOTE** to all agencies assisting clients; please do not email any applications or info to us unless we request that you do so. **ALL APPLICATIONS ALONG WITH THE REQUIRED INFO, PAPERWORK, FEES, DOCUMENTS, ETC. MUST BE MAILED TO US AS ONE PACKAGE. DO NOT SUBMIT ANY INCOMPLETE OR PARTIAL APPLICATIONS.**

We are pet friendly in most units, with some terms and conditions. Pets are extra. Application and information required. Other units become available from time to time. Call for more info. Most units have a stove and fridge.

#### **GARRETT COUNTY**

##### Grantsville

1 Bedroom 2<sup>nd</sup> floor, \$425.00 + utilities. This building has off street parking, is close to park and has a coin operated laundry in the building.

##### Mt. Lake Park

Efficiency unit. \$525.00 plus utilities, first floor with 3 steps to unit.

##### Friendsville:

1 bedroom unit, first floor with porch, \$500.00 + utilities.

2 bedroom unit (2 available) \$620.00 per month + utilities.

##### Oakland

2 bedroom first floor unit, recently remodeled. \$700.00 + utilities + pets. Small yard, on street parking.

#### **ALLEGANY COUNTY, MD**

Frostburg: 3<sup>rd</sup> floor unit. Large 2 bedroom unit, with bonus room, \$400.00 plus utilities. Coin op laundry in building.

Coming soon: 3 bedroom, South end of Cumberland. \$700.00 + utilities + pets. Covered front and back porches, fenced in back yard, off street parking (limited).

**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





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