

Archway Station Short Takes June 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”**

June is Pride Month

Adapted from :<https://www.daysoftheyear.com/days/pride-month/>

Pride Month is considered to be an important holiday, one that details the history of the LGBT community finding acceptance in the world. While it's more widely accepted today than ever before, history is able to tell long stories of why this was not the case for a very long time. Pride Month is a time for each individual to be proud of who they are and the unique offerings they have to bring to the world. So, read on to learn about the LGBTQ+ community and how just about anyone who wants to can find a variety of ways to enjoy and celebrate Pride Month.

History of Pride Month

The Lesbian, Gay, Bisexual, and Transgender Pride Month, or just Pride Month for short, is an holiday that is celebrated each year in the month of June. This special time was intentionally set in June to commemorate the Stonewall riots of 1968 in Manhattan, New York in the US. While during the 1950's and 60's, the concept of being gay was not often spoken of or publicly expressed due to the pressure of American society and the social norms that viewed being gay as a taboo and a mental disorder, there was a population of people who did not believe in oppressing these rights. And they stood against the government because of it.

At the tip of the iceberg, when the Stonewall Inn located in New York City started being raided by police because it was a gay bar, people started retaliating against police in defense of the gay bar and their believed right to be gay in the world. This is an example of a grass roots uprising that took place over the length of 6 days and was the beginning of many people, who had previously been quiet, starting to stand up for their cause.

Support for LGBTQ+ pride has since been growing steadily over the past few decades, even when the LGBTQ+ lifestyle was considered taboo during the 1970's and 80's. As more people started backing up the movement and people started understanding what being gay meant, Pride Month then started becoming a more popular concept during the 1990's and 2000's.

Multiple holidays arose out of the LGBTQ+ movement, and Pride Month has become one of the biggest celebrations all over the United States, with its main center of action in New York City. In NYC, parades would commence along the streets and people would dress up in their most colorful and prideful outfits and celebrate the LGBTQ+ community for everyone to see. The celebration also occurs in other parts of the world who join in solidarity with the cause of freedom and rights for all.

Archway Station
Wellness &
Recovery Center
121 Memorial
Avenue
Cumberland, MD
21502
301-724-2582
Ext. 5118
Website:
archwaystation.net

Special Points of Interest:

My Story

Health Home Notes

Prediabetes Risk
Test & Information
from UPMC

Inside this Issue:

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Recovery Center
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Complaint Process

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 Tuesday, 6/30/2022 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 Wednesday 6/29/22.

Wellness & Recovery Center Lunch June 2022

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

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

Mon	Tue	Wed	Thur	Fri
		1. Shrimp Salad Peas Watermelon	2. Hoagie Baby Carrots Orange	3. Leftovers
6. Tomato Soup Grilled Cheese Tropical Fruit	7. Tuna Salad Roasted Chick Peas Plum	8. Taco Salad Black Beans Banana	9. Grilled Chicken Breast Corn on Cob Fresh Fruit Salad	10. Leftovers
13. Hot Turkey Sandwich Mashed Potatoes Green Beans Applesauce	14. Ham Salad Sandwich Cherry Tomatoes Blueberries	15. Chicken Thigh Broccoli Apricots	16. Beef Bologna Sandwich Corn Salad Cranberries	17. Leftovers
20. Cheeseburger Steak Fries Coleslaw Clementine	21. Turkey Wrap 3 Bean Salad Raspberries	22. Teriyaki Chicken Garlic Ginger Green Beans Pears	23. Ham Sandwich Red Pepper Strips Strawberries	24. Leftovers
27 Pork Chop Cauliflower Fruit Cocktail	28. Chicken Salad Sandwich Celery Kiwi	29. Ham Sweet Potato Casserole Grapes	30. Grilled Cheeseburger Potato Salad Watermelon	

JUNE 2022

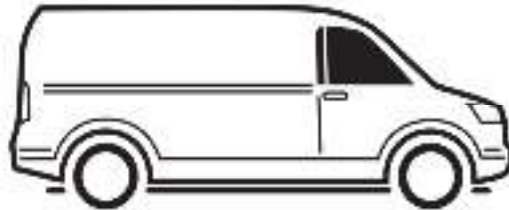
W&R Center **ACTIVITY** Schedule

MONDAY – FRIDAY FROM 9 AM – 1:30 PM

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30-11:00 <hr/> 11:00-11:45 <hr/> 11:45-1:00			1 Short Takes Review <hr/> Lunch <hr/> Recreational Activity – You Choose	2 FOOD BOX DELIVERY w/ HRDC <hr/> Packed Lunch <hr/> THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.	3 Field Day Games Outside Activities <hr/> Lunch <hr/> Recreational Activity – You Choose
9:30-11:00 <hr/> 11:00-11:45 <hr/> 11:45-1:00	6 Movie/Rec. Activity & Monthly Progress Review <hr/> Lunch <hr/> Movie/Rec. Activity & Monthly Progress Review	7 COMMUNITY INTEGRATION <hr/> Packed Lunch <hr/> THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.	8 Nutrition Presentation by Rachel (UPMC) <hr/> Lunch <hr/> Recreational Activity & Monthly Progress Review	9 FISHING @ THREE PONDS <hr/> Grilled Chicken Breast <hr/> THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.	10 Stereotypes <hr/> Lunch <hr/> Recreational Activity – You Choose

9:30-11:00 <hr/> 11:00-11:45 <hr/> 11:45-1:00	13 Healthy Relationships <hr/> Lunch <hr/> Recreational Activity – You Choose	14 COMMUNITY INTEGRATION <hr/> Packed Lunch <hr/> THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.	15 Depression Presentation by Lisa (Priority Partners) <hr/> Lunch <hr/> Recreational Activity – You Choose	16 FARMER'S MARKET <hr/> Packed Lunch <hr/> THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.	17 Men & Women's Group <hr/> Lunch <hr/> Recreational Activity – You Choose
9:30-11:00 <hr/> 11:00-11:45 <hr/> 11:45-1:00	20 Sense of Summer <hr/> Lunch <hr/> Recreational Activity – You Choose	21 COMMUNITY INTEGRATION <hr/> Packed Lunch <hr/> THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.	22 Emergency Drill <hr/> Lunch <hr/> Recreational Activity – You Choose	23 FARMER'S MARKET <hr/> Packed Lunch <hr/> THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.	24 Brainstorm <hr/> Lunch <hr/> Recreational Activity – You Choose
9:30-11:00 <hr/> 11:00-11:45 <hr/> 11:45-1:00	27 PTSD Awareness <hr/> Lunch <hr/> Recreational Activity – You Choose	28 COMMUNITY INTEGRATION <hr/> Packed Lunch <hr/> THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.	29 Understanding Psychiatric Medication <hr/> Lunch <hr/> Recreational Activity – You Choose	30 RECOGNITION DAY & ROCKY GAP <hr/> Cheeseburgers on the Grill <hr/> THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE.	

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**



June Health Home Notes

June is Men's Health Month and National Migraine and Headache Awareness Month

Men's Health

Every Year Men Should:

- 1. Blood Sugar Check:** Diabetes, a chronic disease characterized by high blood sugars, greatly increases your risk of heart disease and other complications such as kidney damage and erectile dysfunction due to nerve damage. Annual glucose testing serves as the best method of diagnosing diabetes before it gets too advanced.
- 2. Skin Check:** Men with a family history of skin cancer, or who had significant sunburns when they were younger, are at high risk for skin cancer. Schlachter says skin cancer can affect men of any age.
- 3. PSA Test:** One in seven men will develop prostate cancer. Other than skin cancer, it is the most common form of cancer in American men. The prostate-specific antigen, or PSA blood level test, along with digital rectal exams (DREs), are the best way to detect prostate cancer.

Every 3 Years:

- 4. Colonoscopy:** A colonoscopy is a rite of passage for men (and women) over the age of 50, as that's when colon cancer risk increases. Other risk factors include a medical history of inflammatory bowel disease or a diet high in animal fat.

Every 4 Years:

- 5. Blood Pressure and Cholesterol Check:** High blood pressure is the number one cause of stroke in men, and it is very serious if left unmanaged. High cholesterol can also lead to serious cardiovascular problems, like heart attack or stroke. "Get a thorough exam with basic blood work," says Schlachter. "Many local pharmacies are able to check your blood pressure with no appointment needed." Men 20 and over should have their cholesterol checked every three to five years, and then yearly after the age of 50.

Every Chance You Get:

- 6. Echocardiogram:** Many deadly cardiac risk factors are caught with simple cholesterol testing and blood pressure monitoring, as well as weight management. But if there is a family history of cardiac disease, or if you already have known elevated cholesterol or high blood pressure, echocardiograms or cardiac stress tests can ensure that there is not significant heart damage, says Schlachter.

7. Liver Enzyme Test: Liver enzyme testing is part of standard blood work and looks for any damage to the liver that can come from various sources, including alcohol — men, after all, drink more alcohol than women, on average.

8. TSH Test: Your thyroid helps every cell in your body by releasing hormones that regulate metabolism. Any changes in the hormones it produces can impact a man's life, and cause weight gain, lethargy, exhaustion, or fatigue. A blood test called a thyroid-stimulating hormone (TSH) test can be done by your doctor to check your thyroid's function.

9. Lung Screenings: Lung cancer is the most preventable of all cancers. Ninety percent of the time, it is found in people who smoke. The rest are typically people with a genetic predisposition to developing it or people who've been exposed to secondhand smoke or caustic chemicals.

Live a Healthier Lifestyle

In between doctor visits, Schlachter says there are many different ways that men — well, everyone actually — can prevent disease.

- **Exercise:** Work out three to four times every week, for 30 to 45 minutes. Include a mix of cardiovascular exercise and weight training.
- **Balanced diet:** Eat a balanced diet that's low in fat and includes a mix of vegetables, fruit, protein, fiber, lean meats, and complex carbohydrates, and limits processed foods and added sugars.
- **Water:** Stay hydrated by drinking adequate amounts of fluids.
- **Don't smoke:** Ninety percent of lung cancer diagnoses are in people who smoke. Smoking also increases the risk of many other cancers and chronic diseases.
- **Limit drinking:** Avoid excessive alcohol consumption.
- **Sleep:** You need about seven hours per night at the very least.

Migraine Awareness

What is the difference? Headaches cause pain in the head, face, or upper neck, and can vary in frequency and intensity. A migraine is an extremely painful primary headache disorder. Migraines usually produce symptoms that are more intense and debilitating than headaches. Some types of migraines do not cause head pain, however.

Risk factors for migraine: Researchers and doctors have identified several factors associated with higher risks of migraines. These include:

- being female
- having a family history of migraines
- mood disorders, such as depression, anxiety, or bipolar disorders
- sleep disorders

Lifestyle Changes: Your everyday habits can go a long way to help you have fewer, less-severe migraines. Some things that may help include:

Sleep. Go to bed and get up about the same time every day, including on weekends and holidays. When you hit the sack at random times or you get too much or too little shut-eye, which can trigger a headache.

Exercise regularly. You may be tempted to avoid being active, afraid it might trigger a migraine. Overdoing a workout may trigger a headache for some people, but research suggests regular, moderate aerobic exercise may make migraines shorter, less severe, and happen less often for many people. It also helps control stress, another trigger.

Eat regular meals. A drop in blood sugar can set off a migraine, so keep it steady by not skipping meals. Also, drink plenty of water to avoid dehydration, which can trigger the headaches.

Limit stress. Tension's a common trigger. So, take time each day to relax. You could:

- Listen to calming music.
- Take a short walk.
- Meditate.
- Do yoga.

Try complementary techniques. Along with your prescribed treatment, you might want to try one of these to help prevent migraines, such as:

- Acupuncture
- Massage
- Talk therapy

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

My Story

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.

By: Scott Gibson

HOPE Station

A program of the Office of Consumer Advocates

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

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

JUNE 2022

Social distancing, and masks optional

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cooking on a budget @ 11:00 w/ Joy Greif Support @ 2:00 w/ Abby	2 Self-Discovery w/ Carey Moffatt Health Coach, Wellness Center of UPMC @ 10:30	3 Morning Conversations w/ Abby @ 10:30 Power of Positive Thinking w/ Bonnie @ 2:00
6 Lisa Moran CHA, PP MCO of Priority Partners Speaking on Summer Safety @ 10:00	7 Men's Group w/ Chris @ 10:30 Fitness Club	8 Women's Group @ 11:00 Recovery Together @ 2:00 w/ Joy	9 Rachel Sprout RDN, LDN of UPMC w/ the benefits of Eating Fruit @ 10:30	10 Celebration Day
13 Mindful Art Day Special projects w/Cindy in the PM	14 Aetna Community Development Coordinator, Sarah Bush @ 10:30 Fitness Club	15 Peer Choice Day	16 Game Day: Bingo	17 Morning Conversations w/ Joy @ 10:30 Power of Positive Thinking w/ Bonnie @ 2:00
20 Mindful Art Day Special projects w/Cindy in the PM	21 Men's Group w/ Chris @ 10:30 Fitness Club	22 Women's Group @ 11:00 Recovery Together @ 2:00 w/ Joy	23 Pantry On the Go 10-2	24 Morning Conversations w/ Abby @ 10:30 Movie & Conversation @ 1:30
27 Lisa Moran CHA, PP MCO of Priority Partners Speaking on Summer Safety @ 10:00	28 Men's Group w/ Chris @ 10:30 Fitness Club	29 Cooking on a budget @ 11:00 w/ Joy Greif Support @ 2:00 w/ Abby	30 Archway Station: What is and how can a PRP Program help @ 10:30 HOPE Station Meeting w/ Abby @ 2:00	

COMMUNITY ASSISTANCE PROGRAM

HOPE Station Wellness & Recovery

A Program of the Office of Consumer Advocates



Next food drop will be held on

June 23rd from 11:00 – 3:00

Sponsored by

The Western Maryland Food Bank



632 N. Centre Street

For more information call

240-362-7168

(Fresh Produce)

ALLEGANY FARMERS' MARKETS



FRESH. LOCAL. FOOD.

Summer Markets:

May - October

The Country Club Mall

(inside center court) LaVale

Tuesdays 9:30 am - 2:00 pm

Downtown Cumberland Mall

Baltimore Street, Cumberland

Thursdays 9:30 am - 1:00 pm

Frostburg City Place

Water St. & Mechanic St., Frostburg

Fridays 9:30 am - 1:00 pm

Canal Place

Canal Street, Cumberland

Saturdays 9:30 am - 2:00 pm

West Cumberland

Western MD Regional Medical Center

Wednesdays 2:00 pm - 5:00 pm

Prediabetes Risk Test

NATIONAL
**DIABETES
PREVENTION
PROGRAM**

1. How old are you?

- Younger than 40 years (0 points) _____
 40–49 years (1 point) _____
 50–59 years (2 points) _____
 60 years or older (3 points) _____

Write your score in
the boxes below

2. Are you a man or a woman?

- Man (1 point) _____ Woman (0 points) _____

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

- Yes (1 point) _____ No (0 points) _____

4. Do you have a mother, father, sister, or brother with diabetes?

- Yes (1 point) _____ No (0 points) _____

5. Have you ever been diagnosed with high blood pressure?

- Yes (1 point) _____ No (0 points) _____

6. Are you physically active?

- Yes (0 points) _____ No (1 point) _____

7. What is your weight category?

(See chart at right) _____

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points

← You weigh less than the 1 Point column (0 points)

Total score:

Adapted from Bang et al., Ann Intern Med 151:775-782, 2009. Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested.

You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent or delay type 2 diabetes through a **CDC-recognized lifestyle change program** at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.



UPMC
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MARYLAND

DIABETES PREVENTION PROGRAM

The Diabetes Prevention Program (DPP) is for individuals over the age of 18 who have prediabetes or are at risk for type 2 diabetes but who **DO NOT** already have diabetes.



Participants will work with a trained lifestyle coach to learn the skills needed to make lasting changes, such as:

- Eating healthier
- Losing weight
- Reducing stress
- Increasing physical activity

The program is available in-person, virtual, online, and a combination to fit your schedule.

PHASE I: LIFESTYLE CHANGES

(First 6 months – Weekly Meetings)

PHASE II: MAINTENANCE

(Second 6 months – Monthly Meetings)

To register, visit

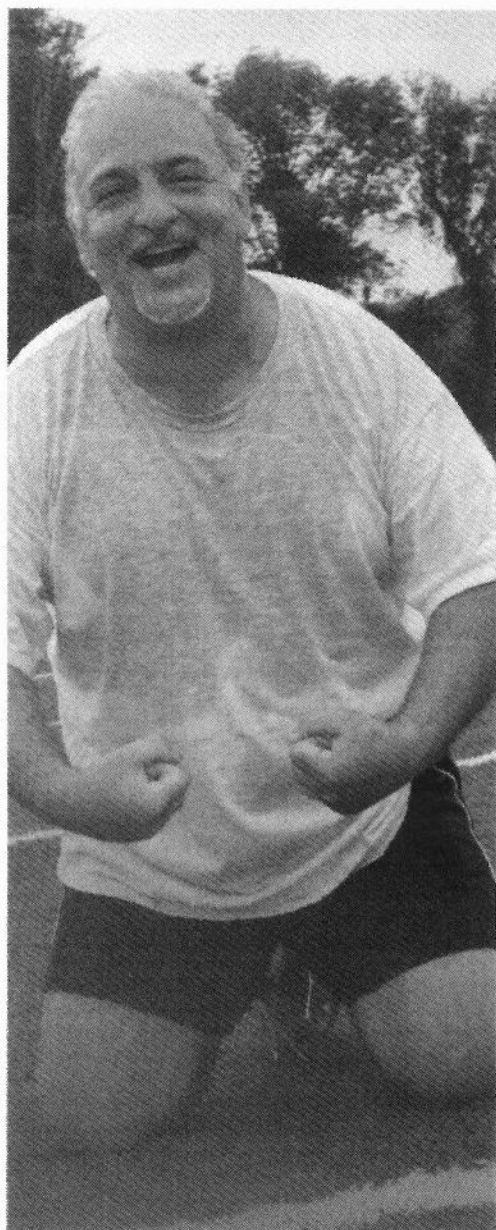
[UPMCWesternMaryland.com/DPP](https://www.upmcwesternmaryland.com/DPP)

or call UPMC Western Maryland
Community Health at **240-964-8424**.

UPMC
WESTERN
MARYLAND

DIABETES SELF-MANAGEMENT PROGRAM

If you've been diagnosed with type 1 or type 2 diabetes, **LIVING WELL WITH DIABETES** is a diabetes self-management program with interactive group education.



Participants will work with a group of health care professionals including:

- Certified Diabetes Educators
- Nurses
- Registered Dietitians
- Pharmacists
- Wellness Coaches/Activity Instructors

The program is offered monthly and covers the many aspects of diabetes self-management and glycemic control. A family member or support person is welcome to attend with you.

A physician referral is required to attend.

For more information, visit
[UPMCWesternMaryland.com/DSMT](https://www.upmcwesternmaryland.com/DSMT)
or call UPMC Western Maryland
Center for Clinical Resources at
240-964-8787.

COMMUNITY HEALTH AND WELLNESS **FREE PROGRAMS AND CLASSES**

WELLNESS

Health and Wellness Coaching

One-on-one personalized health and wellness planning with individuals who want to make long-term behavior changes to improve overall well-being.

- Coaches help clients set health goals, lose weight, improve energy, better manage stress, and much more.
- Sessions can be done in person, virtually, or by phone.

Mind-Body Medicine Skills Groups

Learn simple techniques that lessen the negative impacts of stress on your physical and emotional health.

Skills taught include:

- Various forms of Meditation
- Guided Imagery
- Biofeedback
- Self-Expression in drawings, words, and pictures

Energize Your Life

An 8-week journey to self-discovery.

- Stress Less with Self-Care
- Dream it Reach it goal setting
- Ask the Dietitian
- Functional Fitness Routine
- Weight Management Tips
- Accountability and Support

To learn more, call **UPMC Western Maryland Community Health and Wellness at 240-964-8424.**



UPMC

WESTERN MARYLAND



SUPPORT

Self-Management and Recovery Training (SMART)

Meetings where participants help one another resolve problems with any addiction (alcohol, eating disorders, gambling, prescription drugs, smoking).

Building Better Caregivers

A 7-week interactive workshop designed for people who are family caregivers of people with:

- Traumatic Brain Injury (TBI)
- Post-Traumatic Stress Disorder (PTSD)
- Dementia such as Alzheimer's

Getting Ahead

The class helps participants address challenging situations such as unemployment, lack of transportation, and finding childcare. In Getting Ahead, people share experiences and gain resources to create a new future.

FITNESS

Community Fitness Classes

A combination of bodyweight, cardio, and core exercises to increase your fitness level, tone and strengthen your muscles, increase your energy, and improve your mood. All fitness levels are encouraged, as each move can be adjusted to individual needs. Workouts will be led by an ACE-certified personal trainer/Health and Wellness Coach.

Chair Yoga

Gentle, slow-paced yoga is performed using the aid of a chair to support the body.

- Beneficial if you have mobility issues
- Helps maintain flexibility, range of motion, spinal strength, mental awareness, calmness, digestion, and many other bodily functions

HEALTH

The Diabetes Prevention Program (DPP)

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

To learn more, call **UPMC Western Maryland Community Health and Wellness at 240-964-8424.**

Must-Try Strawberry Pie Recipe



Servings: 8 Calories per Serving: 132

Ingredients:

2 cups crushed graham crackers
2 Tbsp light butter, melted
1 egg
1 pint strawberries, halved
1 packet sugar free strawberry gelatin mix
1 cup boiling water

Directions:

1. Preheat the oven to 350°F. Spray a pie pan with nonstick cooking spray.
2. To make the pie crust, combine the graham cracker crumbs, butter and egg. Press the mixture down into a pie pan. Bake for 12 minutes. Let cool completely, at least 1 hour.
3. To make the strawberry filling, combine boiled water and strawberry gelatin mix until fully dissolved. Stir in the strawberries.
4. Place the strawberry filling in the fridge to solidify some, about 1-2 hours.
5. Pour the strawberry mix into the cooled pie crust. Place pie in the fridge for another 2-3 hours before serving.

***If you make this recipe please send a picture to
The Wellness and Recovery Center.**

Cinco De Mayo Trivia Answer Key

1. What is Cinco de Mayo celebrated?

a. It is the Mexican Independence Day

b. It celebrates the Mexican army's victory over France at the Battle of Puebla

c. It is Mexican New Year

2. Which American President helped bring Cinco de Mayo celebrations to the U.S.?

a. Franklin D. Roosevelt

b. Dwight D. Eisenhower

c. Theodore Roosevelt

3. When was Cinco de Mayo recognized as a national holiday in the U.S.?

a. 1995

b. 2001

c. 2005

4. Which state holds running of the Chihuahuas?

a. California

b. Washington D.C.

c. Los Angeles

5. What is the name of traditional Mexican folk dance?

a. Baile folklórico

b. Salsa

c. Flamenco

6. What country tried to invade Mexico on "Cinco de mayo"?

a. USA

b. France

c. England

7. What does "cinco de mayo" mean in English?

a. Fifth of May

b. Spicy Mayonnaise

c. Five days in May

8. What are the colors of the Mexican flag?

a. Red, green and blue

b. Red, yellow and white

c. Red, white and green

9. Where is the biggest "Cinco de Mayo" celebration held?

a. Washington D.C.

b. Denver, Colorado

c. Arizona

10. What is one of the most consumed foods on "Cinco de Mayo" during celebrations?

a. Enchiladas

b. Tacos

c. Hot dogs



www.MyPartyGames.com

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

2. WHAT IS THE OLDEST BEACH IN AMERICA?
A. VIRGINIA BEACH B. MIAMI BEACH
C. REVERE BEACH D. OLD ORCHARD BEACH

3. WHAT WAS THE FIRST ICE CREAM FLAVOR?
A. CHERRY B. PEANUT BUTTER
C. VANILLA D. STRAWBERRY

4. WHAT YEAR WAS THE FIRST BEACH BALL INVENTED?
A. 1938 B. 1921
C. 1932 D. 1942

5. WHAT IS THE TOP SELLING SUMMER ITEM?
A. SUNSCREEN B. SHORTS
C. SUNGLASSES D. SWIMSUITS

6. THE ENGLISH WORD SUMMER CAME FROM WHICH OF THESE WORDS?
A. SUMERAZ B. SIMERN
C. ZIMER D. SATURN

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

8. WHAT ARE THE 3 SUMMER ZODIAC SIGNS?
A. GEMINI CANCER LEO B. SCORPIO SAGITARIUS LIBRA
C. CANCER LEO VIRGO D. CAPRICORN LEO CANCER

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

10. WHICH SUMMER ACTIVITY CLAIMS THE LEAST INJURIES EACH YEAR?
A. SWIMMING B. VOLLEYBALL
C. FISHING D. SKINNY DIPPING

NAME: _____ SCORE: _____

MEMORIAL DAY

word scramble

BREVA _____ BRAVE

REIDP _____ PRIDE

GLAF _____ FLAG

ESCAPE _____ PEACE

SETUAL _____ SALUTE

ROWLD _____ WORLD

YUTD _____ DUTY

DRSTOEL _____ SOLDIER

TYBIREL _____ LIBERTY

NOHRO _____ HONOR

MAYR _____ ARMY

FREIG _____ GRIEF

DAGUR _____ GUARD

EPRADA _____ PARADE

REYMOM _____ MEMORY

VIESL _____ LIVES





SUMMER

Word Scramble



ebahc

wiustsim

rieccema

danelome

cgaimnp

picpsloe

laensdscta

rteavl

bbrcaeeu

ntavioca

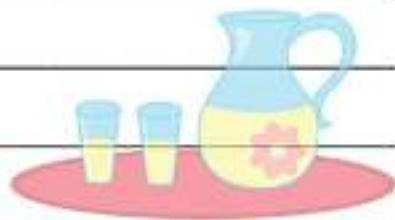
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Archway Station's Complaint Process

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 June 2022

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

Archway Station's Complaint Form

Any person receiving or providing services may use this form. Follow the step-by-step process.

Your name: _____

Today's date: ____/____/____

Your complaint: _____

What you want done: _____

(use another page if necessary)

(use another page if necessary)

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

Team Leader: _____ Date discussed: ____/____/____

Results of discussion: _____

(use another page if necessary)

Complaint: ____ has been resolved (end of process) _____
____ has not been resolved

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

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

STEP 2: Complaint review by the Compliance Officer.

Date received: ____/____/____ Date reviewed: ____/____/____ **(within 2 weeks)** With whom: _____

Results of Review: _____

(use another page if necessary)

Complaint: ____ has been resolved (end of process) _____
____ has not been resolved

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

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

STEP 3: Complaint reviewed by Executive Director

Date received: ____/____/____ Date reviewed: ____/____/____ **(within 2 weeks)** With whom: _____

Results of Review: _____

(use another page if necessary)

Complaint: ____ has been resolved (end of process) _____
____ has not been resolved

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

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