

# Archway Station Short Takes October 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:

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## MENTAL ILLNESS AWARENESS WEEK

Adapted from: <https://nami.org/Get-Involved/Awareness-Events/Mental-Illness-Awareness-Week>

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

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

### MIAW 2022

This year's MIAW is centered around the theme "What I Wish I Had Known" where we will focus on the power of lived experience. Each day throughout the week, we will be elevating the voices of people with lived experience to talk about the components of their recovery where they learned something that could have helped them sooner. The topics include:

#### What I Wish I'd Known About...

**Monday Oct. 3: Stigma**

**Tuesday Oct. 4: Medication**

**Wednesday Oct. 5: Therapy**

**Thursday Oct. 6: Disclosing**

**Friday Oct. 7: Caregiving**

"If I could have a  
conversation with my  
younger self, I would say:  
You are not weak, fragile  
or broken. You are strong,  
capable and resilient."

"I felt an overwhelming  
sense of sadness as I  
reflected on all of the time I  
suffered when I could have  
used that time to seek  
professional help."

# **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.

# Wellness & Recovery Center Lunch October 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
3 Sloppy Joe French Fries Mandarin Oranges	4 PB&J Sandwich Cherry Tomatoes Applesauce	5 Meatballs with Gravy over Noodles Corn Plum	6 Crab Salad Broccoli Peaches	7 Leftovers
10 Pork Chop Roasted Potatoes Grapes	11 Egg Salad Sandwich Pepper Strips Orange	12 Shrimp Creole Rice Apples	13 Ham & Cheese Sandwich Baby Carrots Pineapple	14 Leftovers
17 Tomato Soup Grilled Cheese Watermelon	18 Hoagie Celery Sticks Cantaloupe	19 Hamburger Gravy over Biscuit Mixed Vegetables Banana	20 Chicken Sandwich Cauliflower Pears	21 Leftovers
24 Stuffed Steak Broccoli Cantaloupe	25 Ham Sandwich Corn Salad Raspberries	26 Hot Turkey Sandwich Mashed Potatoes Fruit Cocktail	27 Chicken Sandwich Asian Salad Kiwi	28 Leftovers
31 Pizza Chips				

# October 2022

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

MONDAY – FRIDAY FROM 9 AM – 1:30 PM

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:30-11:00</b> <hr/> <b>11:00-11:45</b> <hr/> <b>11:45-1:00</b>	3 Loneliness & Depression <hr/> <b>Lunch</b> <hr/> Recreational Activity – You Choose  STAFF LEAD ACTIVITY: Card Games	4 <b>COMMUNITY INTEGRATION</b> <hr/> <b>Packed Lunch</b> <hr/> <b>THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE</b>	5 Love & Regret <hr/> <b>Lunch</b> <hr/> Recreational Activity – You Choose  STAFF LEAD ACTIVITY: Mindful Art	6 <b>COMMUNITY INTEGRATION</b> <hr/> <b>Packed Lunch</b> <hr/> <b>THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE</b>	<b>CLOSED</b>
<b>9:30-11:00</b> <hr/> <b>11:00-11:45</b> <hr/> <b>11:45-1:00</b>	10 PERSONAL GROWTH: Exercise & Yoga <hr/> <b>Lunch</b> <hr/> Recreational Activity – You Choose  STAFF LEAD ACTIVITY: Bingo	11 <b>COMMUNITY INTEGRATION</b> <hr/> <b>Packed Lunch</b> <hr/> <b>THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE</b>	12 PERSONAL GROWTH: Cold Therapy and other Coping Skills <hr/> <b>Lunch</b> <hr/> <b>How's it Going? Meeting</b>  Recreational Activity – You Choose	13 <b>COMMUNITY INTEGRATION</b> <hr/> <b>Packed Lunch</b> <hr/> <b>THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE</b>	

<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>17</p> <p>COVID UPDATE With Steve from Health Dept.</p> <hr/> <p><b>Lunch</b></p> <hr/> <p>Recreational Activity – You Choose</p> <p>STAFF LEAD ACTIVITY: Trivia Challenge</p>	<p>18</p> <p><b>COMMUNITY INTEGRATION</b></p> <hr/> <p><b>Packed Lunch</b></p> <hr/> <p><b>THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE</b></p>	<p>19</p> <p>PRIORITY PARTNER'S: Women's Health</p> <hr/> <p><b>Lunch</b></p> <hr/> <p>Recreational Activity – You Choose</p> <p>STAFF LEAD ACTIVITY: Computer Basics</p>	<p>20</p> <p><b>COMMUNITY INTEGRATION</b></p> <hr/> <p><b>Packed Lunch</b></p> <hr/> <p><b>THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE</b></p>	<p>21</p> <p>Sporting Events</p> <hr/> <p><b>Lunch</b></p> <hr/> <p>Recreational Activity – You Choose</p> <p>STAFF LEAD ACTIVITY: Board Games</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>24</p> <p>Simple Cooking</p> <hr/> <p><b>Lunch</b></p> <hr/> <p>Recreational Activity – You Choose</p> <p>STAFF LEAD ACTIVITY: Fall Craft</p>	<p>25</p> <p><b>COMMUNITY INTEGRATION</b></p> <hr/> <p><b>Packed Lunch</b></p> <hr/> <p><b>THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE</b></p>	<p>26</p> <p>History of Archway with Ed</p> <hr/> <p><b>Lunch</b></p> <hr/> <p>Recreational Activity – You Choose</p> <p>STAFF LEAD ACTIVITY: Fall Craft</p>	<p>27</p> <p><b>COMMUNITY INTEGRATION &amp; Making Candy Bags for Halloween</b></p> <hr/> <p><b>Packed Lunch</b></p> <hr/> <p><b>THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE</b></p>	<p>28</p> <p>Hobbies</p> <p>Show – N – Tell With James</p> <hr/> <p><b>Lunch</b></p> <hr/> <p>Recreational Activity – You Choose</p> <p>STAFF LEAD ACTIVITY: Karaoke</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>31</p> <p>BRAINSTORM: Murder Mystery</p> <hr/> <p><b>Lunch</b></p> <hr/> <p>Recreational Activity – You Choose</p> <p>STAFF LEAD ACTIVITY: Halloween Games</p>				

# RECOGNITION DAY



On Tuesday, 11/01/2022 we will be celebrating Recognition Day by visiting

## **Brookedale Farm**

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  
Monday 10/31/22

# OCTOBER HEALTH HOME NOTES

## NATIONAL BREAST CANCER AWARENESS MONTH

- In 2022, an estimated 287,500 new cases of invasive breast cancer will be diagnosed in women in the U.S. as well as 51,400 new cases of non-invasive (in situ) breast cancer.
- 65% of breast cancer cases are diagnosed at a localized stage (there is no sign that the cancer has spread outside of the breast), for which the 5-year relative survival rate is 99%.
- This year, an estimated 43,550 women will die from breast cancer in the U.S.
- Although rare, men get breast cancer too. In 2022, an estimated 2,710 men will be diagnosed with breast cancer in the U.S. and approximately 530 men will die from breast cancer.
- 1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime
- Breast cancer is the most common cancer in American women, except for skin cancers. It is estimated that in 2022, approximately 30% of all new women cancer diagnoses will be breast cancer.
- There are over 3.8 million breast cancer survivors in the United States.
- On average, every 2 minutes a woman is diagnosed with breast cancer in the United States.

### **What Is A Mammogram?**

A mammogram is an x-ray that allows a qualified specialist to examine the breast tissue for any suspicious areas. The breast is exposed to a small dose of ionizing radiation that produces an image of the breast tissue.

### **Why Do I Need A Mammogram?**

Mammograms can often show a breast lump before it can be felt. They also can show tiny clusters of calcium called micro-calcifications. Lumps or specks can be caused by cancer, fatty cells, or other conditions like cysts. Further tests are needed to find out if abnormal cells are present.

### **Recommendations for all women:**

- Women 40 and older should have mammograms every 1 or 2 years.
- Women who are younger than 40 and have risk factors for breast cancer should ask their healthcare professional whether mammograms are advisable and how often to have them.

Even women who have no symptoms and no known risks for breast cancer should have regularly scheduled mammograms to help detect potential breast cancer at the earliest possible time.

### **What Happens If My Mammogram Results Are Abnormal?**

If the mammogram shows an abnormal area of the breast, your doctor will order additional tests offering clearer, more detailed images of that area.

Although lumps are usually non-cancerous, the only way to be certain is to perform additional tests, such as an ultrasound or MRI. If further tests show that the mass is solid, your radiologist may recommend a biopsy, a procedure in which cells are removed from a suspicious area to check for the presence of cancer.

### **What Is Dense Breast Tissue?**

Every breast has a different mixture of breast tissue or variations of amounts of fatty and fibro glandular tissue. Broadly, breast tissue may be referred to as non-dense (more fatty) and dense (less fatty with more fibro glandular tissue). Dense breast tissue simply means there is more fibro glandular tissue, which appears white on a mammogram. When a patient has dense breasts, a mammogram will show that a greater amount of the breast is filled with dense breast tissue than fatty tissue.

### **How Do I Know If I Have Dense Breasts?**

Having a mammogram is the best way to find out if dense breast tissue is present. A radiologist (doctor who views mammograms) will analyze the ratio of fatty tissue to dense tissue and determine the level of breast density. Breast density is measured and reported in a mammogram report.

On a mammogram, fatty tissue appears dark, while dense breast tissue appears white. Dense breast tissue isn't transparent like fatty tissue, often making it difficult to see through.

Women with high density reported from having a mammogram may be at a slightly higher risk than women with low or normal density to get breast cancer. Additional imaging studies such as a breast MRI might be done for high density.

## **HALLOWEEN – OCTOBER 31<sup>ST</sup>, 2022**



### **TRICK OR TREAT SAFETY TIPS**

<b>TRICK OR TREATERS</b>	<b>TREAT GIVERS</b>
<ul style="list-style-type: none"><li>• Wear a mask, even if costume doesn't call for one</li><li>• Stay six feet away from those not in your household</li><li>• Bring hand sanitizer &amp; use frequently</li><li>• Keep interactions brief &amp; outside of anyone's home</li><li>• Avoid going out in large groups</li></ul>	<ul style="list-style-type: none"><li>• Put out a candy bowl or grab &amp; go baggies</li><li>• If you answer the door to hand out treats, wear a mask</li><li>• Sanitize &amp; wash hands regularly</li><li>• Keep interactions brief and outside your home</li><li>• Disinfect doorbell and door knob throughout the evening</li></ul>

## **DOMESTIC VIOLENCE AWARENESS MONTH**

- On average, nearly 20 people per minute are physically abused by an intimate partner in the United States. During one year, this equates to more than 10 million women and men.
- 1 in 4 women and 1 in 9 men experience severe intimate partner physical violence, intimate partner contact sexual violence, and/or intimate partner stalking with impacts such as injury, fearfulness, post-traumatic stress disorder, use of victim services, contraction of sexually transmitted diseases, etc.
  - 1 in 3 women and 1 in 4 men have experienced some form of physical violence by an intimate partner. This includes a range of behaviors (e.g. slapping, shoving, and pushing) and in some cases might not be considered "domestic violence."
  - 1 in 7 women and 1 in 25 men have been injured by an intimate partner.
  - 1 in 10 women have been raped by an intimate partner. Data is unavailable on male victims.
- 1 in 4 women and 1 in 7 men have been victims of severe physical violence (e.g. beating, burning, strangling) by an intimate partner in their lifetime.
- 1 in 7 women and 1 in 18 men have been stalked by an intimate partner during their lifetime to the point in which they felt very fearful or believed that they or someone close to them would be harmed or killed.
- On a typical day, there are more than 20,000 phone calls placed to domestic violence hotlines nationwide.
- The presence of a gun in a domestic violence situation increases the risk of homicide by 500%.
- Intimate partner violence accounts for 15% of all violent crime.
- Women between the ages of 18-24 are most commonly abused by an intimate partner.
- 19% of domestic violence involves a weapon.
- Domestic victimization is correlated with a higher rate of depression and suicidal behavior.
- Only 34% of people who are injured by intimate partners receive medical care for their injuries.

## **RAPE**

- 1 in 5 women and 1 in 71 men in the United States have been raped in their lifetime.
- Almost half of female (46.7%) and male (44.9%) victims of rape in the United States were raped by an acquaintance. Of these, 45.4% of female rape victims and 29% of male rape victims were raped by an intimate partner.

## **STALKING**

- 19.3 million women and 5.1 million men in the United States have been stalked in their lifetime. 60.8% of female stalking victims and 43.5% men reported being stalked by a current or former intimate partner.

## **HOMICIDE**

- A study of intimate partner homicides found that 20% of victims were not the intimate partners themselves, but family members, friends, neighbors, persons who intervened, law enforcement responders, or bystanders.
- 72% of all murder-suicides involve an intimate partner; 94% of the victims of these murder suicides are female.

## **CHILDREN AND DOMESTIC VIOLENCE**

- 1 in 15 children are exposed to intimate partner violence each year, and 90% of these children are eyewitnesses to this violence.

### **ECONOMIC IMPACT**

- Victims of intimate partner violence lose a total of 8.0 million days of paid work each year.
- The cost of intimate partner violence exceeds \$8.3 billion per year.
- Between 21-60% of victims of intimate partner violence lose their jobs due to reasons stemming from the abuse.
- Between 2003 and 2008, 142 women were murdered in their workplace by their abuser, 78% of women killed in the workplace during this timeframe.

### **PHYSICAL/MENTAL IMPACT**

- Women abused by their intimate partners are more vulnerable to contracting HIV or other STI's due to forced intercourse or prolonged exposure to stress.
- Studies suggest that there is a relationship between intimate partner violence and depression and suicidal behavior.
- Physical, mental, and sexual and reproductive health effects have been linked with intimate partner violence including adolescent pregnancy, unintended pregnancy in general, miscarriage, stillbirth, intrauterine hemorrhage, nutritional deficiency, abdominal pain and other gastrointestinal problems, neurological disorders, chronic pain, disability, anxiety and post-traumatic stress disorder (PTSD), as well as noncommunicable diseases such as hypertension, cancer and cardiovascular diseases. Victims of domestic violence are also at higher risk for developing addictions to alcohol, tobacco, or drugs.

### **What Traits Do Abusers Have in Common?**

- There is no one typical, detectable personality of an abuser. However, they do often display common characteristics.
- An abuser often denies the existence or minimizes the seriousness of the violence and its effect on the victim and other family members.
- An abuser objectifies the victim and often sees them as their property or sexual objects.
- An abuser has low self-esteem and feels powerless and ineffective in the world. He or she may appear successful, but internally, they feel inadequate.
- An abuser externalizes the causes of their behavior. They blame their violence on circumstances such as stress, their partner's behavior, a "bad day," on alcohol, drugs, or other factors.
- An abuser may be pleasant and charming between periods of violence and is often seen as a "nice person" to others outside the relationship.

### **What Are the "Warning Signs" of an Abuser?**

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Red flags and warning signs of an abuser include but are not limited to:</li> <li>• Extreme jealousy</li> <li>• Possessiveness</li> <li>• Unpredictability</li> </ul> | <ul style="list-style-type: none"> <li>• A bad temper</li> <li>• Cruelty to animals</li> <li>• Verbal abuse</li> <li>• Extremely controlling behavior</li> </ul> |
|--|--|

- Antiquated beliefs about roles of women and men in relationships
- Forced sex or disregard of their partner's unwillingness to have sex
- Sabotage of birth control methods or refusal to honor agreed upon methods
- Blaming the victim for anything bad that happens
- Sabotage or obstruction of the victim's ability to work or attend school
- Controls all the finances
- Abuse of other family members, children or pets
- Accusations of the victim flirting with others or having an affair
- Control of what the victim wears and how they act
- Demeaning the victim either privately or publicly
- Embarrassment or humiliation of the victim in front of others
- Harassment of the victim at work

**For anonymous, confidential help available 24/7, call the National Domestic Violence Hotline at 1-800-799-7233 (SAFE) or 1-800-787-3224 (TTY) now.**

Information obtained from:

<https://ncadv.org/2022DVAM>

<https://www.nationalbreastcancer.org/breast-cancer-awareness-month/>

<https://www.upmc.com/services/urgent-care/services/flu-shots-immunizations>



**THIS IS OUR SHOT**

**TO STOP THE FLU**

**#1 WAY TO PREVENT THE FLU:**



Although washing your hands and disinfecting surfaces are helpful, the flu virus is highly contagious and should not be taken lightly. **THE BEST PROTECTION AGAINST THE FLU IS TO GET VACCINATED.**

Here are some other facts you need to know as the flu season approaches:

The flu is spread through respiratory secretions. For example, when infected people:

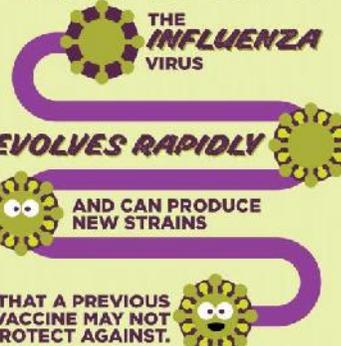


**TALK COUGH SNEEZE**

respiratory droplets that contain the virus can potentially land in the mouths or noses of those nearby.



Although the nasal version of the vaccine is a 'live' vaccine, IT CAN NOT ACTUALLY CAUSE THE FLU.



**THE INFLUENZA VIRUS**

**EVOLVES RAPIDLY**

**AND CAN PRODUCE NEW STRAINS**

**THAT A PREVIOUS VACCINE MAY NOT PROTECT AGAINST.**

**THEREFORE, IT IS IMPORTANT TO RECEIVE THE NEW VACCINE ANNUALLY.**

It takes up to **TWO WEEKS** to build immunity after a flu shot,

		X	X	X	X	X
X	X	X	X	X	X	X
X	✓					

so the **SOONER** you receive your vaccination, **THE BETTER.**



**Flu Season is upon us. Get your flu shot today!**

Flu Shots are available locally at:

- ✓ CVS
- ✓ Walgreens
- ✓ PharmaCare
- ✓ Potomac Valley Pharmacy
- ✓ Martins Pharmacy
- ✓ Walmart Pharmacy
- ✓ UPMC Urgent Care Centers
- ✓ Your primary care provider

Any questions and/or concerns, please feel free to stop by the Health Home office for assistance!

Common Cold	The Flu
Fevers are rare	Fevers are common
Gradual onset of symptoms	Sudden onset
Stuffy nose, congestion, sneezing common	Stuffy nose, congestion, sneezing sometimes occur
Vomiting and diarrhea unlikely	Vomiting and diarrhea common
Sore throat is common	Sore throat is rare
Chills are uncommon	Chills are very common
Muscle aches sometimes occur	Muscle aches are common

**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

### 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**

# HOPE Station

A program of the Office of Consumer Advocates

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

Food Pantry by appointment only:  
Monday -Friday 9:30 – 1:30  
**LUNCH Served Daily:**  
12:00 to 12:30

## OCTOBER 2022

Center Hours: Monday – Friday 10:00 – 4:00

Monday	Tuesday	Wednesday	Thursday	Friday
3 Sarah Bush of Aetna with Intentional Eating @ 10:30 <i>Mindful Art @ 1:00</i>	4 <b>Men's Group w/ Chris @ 10:30</b> <b>Women's Group w/ Joy @ 1:30</b>	5 Connect, Share & Chat @ 10:30 Coloring and Conversation @ 1:00	6 Self-Development w/ Carey Moffatt @ 10:30	7 HOPE Station Cleanup Day
10 <i>Mindful Art Day</i>	11 Men's Group w/ Chris @ 10:30 Women's Group W/ Joy @ 1:30	12 Connect, Share & Chat @ 10:30 <b>Puzzle Fun @ 1:00</b>	13 <b>Game Day</b>	14 <i>Celebration Day</i>
17 <i>Mindful Art Day</i>	18 Men's Group w/ Chris @ 10:30 Women's Group W/ Joy @ 1:30	19 Lisa Moran CHA, PP MCO of Priority Partners speaking on Opioid Education @ 10:00	20 <b>Peer Choice</b> Prepare for Trunk or Treat @ 5-8	21 <b>Morning Conversations w/ Joy @ 10:30</b> <b>Movie &amp; Conversation @ 1:30</b>
24 Rachel Sprout RDN, LDN of UPMC w/ Healthy Eats @ 10:30 <i>Mindful Art @ 1:00</i>	25 Kat and Joe of the Family Crisis Resource Center, INC @ 11:00	26 <b>BINGO FUN: 10:00 – 11:30</b>	27 Paralegal, Sarah Parsons of Maryland Legal Aid @ 11:00 Horizon Goodwill Industries w/ Halloween Trivia @ 1:00	28 <b>Pantry on the Go @ 11:00</b> "Bring your own bag"
31 <b>Halloween Party</b> Dress up if you like 😊 (Peer Choice)				

# COMMUNITY ASSISTANCE PROGRAM

## HOPE Station Wellness & Recovery

*A Program of the Office of Consumer Advocates*



**Next food drop will be held on**

*Friday, October 28th*

**11:00- until supplies last.**

**Sponsored by**

*The Western Maryland Food Bank*



632 N. Centre Street

Cumberland, MD 21502

**For more information call**

**240-362-7168**

*(Fresh Produce/Bring a bag)*

## **Halloween Events**

### **Pumpkin Patch Limited**

For just \$15, take the train to the Pumpkin Patch at Helmstetter's Curve!  
Costumes are encouraged, and all passengers get to pick a pumpkin!  
Go to [WMSR.com](http://WMSR.com) or call (301)-759-4400 to get your tickets today!

### **Every Thursday in October (Oct. 6, 13, 20, 27)**

Bishop Walsh Spartan Theatre Presents The Not So Spooky Ghost Tours!  
Join us for a walking tour you will remember fondly for years to come!  
The tour will start at the Downtown Cumberland Liberty Street Stage, 1 Liberty Street.  
Cash donations will be accepted during the performances;  
checks can be made to Bishop Walsh School (memo line "Spartan Theatre")  
1st tour begins at 7:30 pm, 2nd tour starts at 7:45 pm. [theatre@bishopwalsh.org](mailto:theatre@bishopwalsh.org).

### **Saturday, October 22 (11 am – 3 pm)**

Barktoberfest/Trunk or Treat – Allegany County Animal Shelter.  
Join us at the shelter for a spooktacular good time! Bring the kids out for trunk or treat  
and view our adoptable pets while enjoying the festivities.

### **Sunday, October 23 (11 am – 3 pm)**

Join us at Rocky Gap State Park for our annual Trunk or Treat program!  
Stop by with your best costume to trick or treat around the parking lot and meet some of  
our park staff and other community organizations.

### **Wednesday, October 26**

The annual South Cumberland Business and Civic Association Marsha L. Thomas  
Memorial Halloween Parade is scheduled for Wednesday, October 26. The parade will  
begin at 7 pm and follow the same route as in past years as it moves along East First  
Street, travels down Virginia Avenue and disbands on W. Industrial Boulevard between  
Kirk Auto Sales and W. Third Street.

### **Saturday, October 29**

Boo on the Bricks – Join us on Saturday, October 29, at 11 am  
for a family-friendly Halloween event on the bricks in downtown Cumberland!  
Trick or treating and a costume contest for kids 12 and under. The First 250 kids receive  
a special trick-or-treat bag with an M&M Bakery cookie and other surprises!  
Special activities at The Book Center and the Allegany Arts Council, The Creamery's ice  
cream truck. Music by DJ Jimmy Hook. Photo booth by Wolford Photography.



# NORTH CENTRE STREET *Street Festival*

SATURDAY OCTOBER 8TH 12-9 PM

**Oxford Comma (Nate Hutchings & Seth Wilson)**

12-2 PM

**Mary College & Jeff Wilt Duo**

2-4 PM

**Tomajito featuring Mikayla Dodge**

4-6 PM

**Liam Robinette**

6-7 PM

**Pap Miller & The High Hills**

7-9 PM

Dinning and Dancing in the Street, Street Vendors,  
Meatball Challenge, Hot Sauce Challenge, Specialty  
Retail & Galleries, Rug Raffle and much more.....

**Celebrating Ristorante Ottaviani's 17th Year on North Centre**

# TRUNK OR TREAT

**BARKTOBERFEST**



**SATURDAY**  
**Oct 22**  
**11am - 3pm**



716 Furnace Street, Cumberland • [www.alleganyanimalshelter.org](http://www.alleganyanimalshelter.org)

PRESENTED BY: **CUMBERLAND**  
**DOWNTOWN DEVELOPMENT COMMISSION**  
A Main Street Maryland Community

# BOO! on the BRICKS

HALLOWEEN IN DOWNTOWN CUMBERLAND

**SATURDAY, OCTOBER 29**  
**11AM - 2PM**

**Trick or Treating at Participating Downtown Merchants and a Costume Contest with Prizes!**

*Photo Booth by Wolford Photography • Music by DJ Jimmy Hook*

*First 250 kids ages 12 and under will receive a goodie bag with Halloween surprises and a cookie from M&M Bakery*

*Halloween stories at The Book Center*

*Arts & Crafts Station at The Allegany Arts Council*

# 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 January Short Takes.

# W&R CENTER'S SCHEDULE

## MONDAY-WEDNESDAY-FRIDAY

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



## TUESDAY-THURSDAY

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

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

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

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### **Weather:**

If the weather is bad, the W & R Center will go by what the Allegany County Transit System is doing. If they don't run, we don't open. If they don't start running until after 9 am, we open when they start running. Please listen to your radio when the weather is bad. Also, you can receive text messages from Allegany County Transit about delays/closings by texting TRANSIT to 888-777.

### **Cab Issues:**

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

# 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
Bernard	Ext. 5105

## 24/7 Residential

Longview	301-777-3208
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## Community Residential

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

## 40 Hour Residential

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

## Archway Phone Directory by First Name -- Updated September 21, 2022

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 - Executive Director</b>	2105
Administration	301-777-1700	<b>Charity Francis - Fiscal Director</b>	2116
Administration - BHA	301-777-1700	<b>Stephanie Moore - 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 & Dec 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>Bernard Wynder - Wellness Center Team Manager</b> Wellness Center team office	5105 5118
Health Home	301-724-2582	<b>Nina Likens - Nurse Manager</b> RN Vacancy Bob Nair, HSW3	5117 5113 5110

Fax Numbers for Memorial Ave. Staff
<b>Wellness Center and Health Home Staff:</b> Wellness Center Staff & Bernard W: 301-777-3489 Health Home Staff, Nina L & Bob N ~ 301-777-3489

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

Fax Numbers for DDA Community Living Staff
DDA Director, Judy Hamilton: 301-777-2942 DDA CDS Team Manager, Jenn W: 301-722-2757 DDA Team Managers, Gwen & Jenn P: 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 CDS Services @ Columbia Ave. (upstairs)	Calls Auto Transfer to Cell
Alex	Kleinschnitz	301-724-0609	N/A	DDA @ Columbia Ave. (upstairs)	Calls Auto Transfer to Cell
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
Autumn	Ward	301-777-1700	Team ext. 2109	CBSS Team 3 @ Queen St.	Cell # 301-707-8941
<b>Bernard</b>	<b>Wynder</b>	<b>301-724-2582</b>	<b>Ext. 5105</b>	<b>Wellness Center TM @ Memorial Ave.</b>	<b>Cell # 301-707-3859</b>
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
Breanna	Lloyd	301-722-3863	N/A	BHA Community RRS @ Piedmont Ave.	Calls Auto Transfer to Cell
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
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
<b>Charity</b>	<b>Francis</b>	<b>301-777-1700</b>	<b>2116</b>	<b>Admin - Fiscal Director @ Queen St.</b>	<b>N/A</b>
<b>Charlene</b>	<b>Syx</b>	<b>301-777-1700</b>	<b>2110</b>	<b>CAYA TL @ Queen St.</b>	<b>Cell # 301-268-8510</b>
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	Cell # 301-707-2873
<b>Dee</b>	<b>Becker</b>	<b>301-777-1700</b>	<b>2118</b>	<b>Community RRS TL @ Queen St.</b>	<b>Cell # 301-707-4299</b>
Diane	McTaggart	301-777-3208	N/A	BHA 24-hr RRS @ Longview	Calls Auto Transfer to Cell
Doreen	Yosha	301-722-1314	N/A	BHA Community RRS @ Penn	Calls Auto Transfer to Cell
Emilee	Burgess	301-777-1700	Team ext. 2102	CBSS Team 2 @ Queen St.	Cell # 301-707-8939
Emily	Cope	301-777-3208	N/A	BHA 24-hr RRS @ Longview	Calls Auto Transfer to Cell

34	Erica	Stafford	Varies	N/A	DDA Vacation Coverage (Sun - Wed)	N/A
35	Faith	Myers	301-722-2816	N/A	DDA @ Fayette St. (downstairs)	Calls Auto Transfer to Cell
36	Flora	Becker	301-777-1700	2115	CAYA Team @ Queen St.	301-707-8904
37	<b>Greg</b>	<b>Miller</b>	<b>301-777-1700</b>	<b>2114</b>	<b>CBSS Team 2 TL @ Queen St.</b>	<b>N/A</b>
38	Gwen	Bible	301-724-2582	5103	DDA Team 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 Floater	N/A
42	Jannae	Miller	301-777-8492	N/A	BHA Community RRS @ Penn Squared	Calls Auto Transfer to Cell
43	Jaqueline	Barnes-Powell	301-722-0369	N/A	DDA @ South St. (downstairs and upstairs)	Calls Auto Transfer to Cell
44	Jeff	Hughes	TBA	N/A	DDA @ Holland St.	Calls Auto Transfer to Cell
45	Jenn	Pyles	301-724-2582	5103	DDA Team Manager - Works from Memorial Ave.	Cell # 301-876-1594
46	Jenn	Wills	301-724-2582	5103	DDA CDS Team Manager - Works from Memorial Ave.	Cell # 301-876-3499
47	Jennifer	Whitman	301-722-2816	N/A	DDA @ Fayette St. (downstairs)	Calls Auto Transfer to Cell
48	<b>Jim</b>	<b>Raley</b>	<b>301-777-1700</b>	<b>Ext. 2105</b>	<b>Admin - Executive Director @ Queen St.</b>	<b>N/A</b>
49	Joanna	Eastham	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	Jonathan	Treece	301-724-0609	N/A	DDA @ Columbia Ave. (upstairs)	Calls Auto Transfer to Cell
52	<b>Judy</b>	<b>Hamilton</b>	<b>301-777-1700</b>	<b>Ext. 2124</b>	<b>Admin - DDA Program Director @ Queen St.</b>	<b>N/A</b>
53	Julie	Davis	301-777-8492	N/A	BHA Community RRS @ Penn Squared	Calls Auto Transfer to Cell
54	Julie	Squires	301-722-0369	N/A	DDA CDS Services @ South St.	Calls Auto Transfer to Cell
55	Julie	Wodaski	Varies	N/A	DDA Floating Coverage (Wed - Sat)	N/A
56	Karen	Mexico	301-777-3208	N/A	BHA 24-hr RRS @ Longview	Calls Auto Transfer to Cell
57	Kelly	Miller	301-724-2582	Ext. 5118	Wellness Center @ Memorial Ave.	N/A
58	Kennie	Keefer	301-724-0609	N/A	DDA @ Columbia Ave. (upstairs)	Calls Auto Transfer to Cell
59	Kevin	Jones	Varies	N/A	DDA Sub	N/A
60	Kim	Spiker	301-777-1700	Team ext. 2109	Supported Housing Team 3 @ Queen St.	Cell # 301-707-0280
61	Kim	Warren	301-777-3208	N/A	BHA 24-hr RRS @ Longview	Calls Auto Transfer to Cell
62	Kim	Welker	301-777-1700	2113	Admin - Payroll & Benefits Mng. @ Queen St.	N/A
63	Larry	Bowling	301-722-1314	N/A	BHA Community RRS @ Penn	Calls Auto Transfer to Cell
64	Laura	Watson	301-777-1700	Team ext. 2106	CBSS Team 1 @ Queen St.	Cell # 301-268-8862
65	Linda	Fox	301-777-3208	N/A	BHA 24-hr RRS @ Longview	Calls Auto Transfer to Cell
66	Lisa	Bittinger	301-724-0609	N/A	DDA @ Columbia Ave. (upstairs)	Calls Auto Transfer to Cell
67	Lisa	Thomas	301-777-1700	Team ext. 2102	CBSS Team 2 @ Queen St.	Cell # 301-707-8952
68	Liz	Wagoner	301-777-1700	Team ext. 2112	Intake @ Queen St.	Calls Auto Transfer to Cell
69	Loren	Broadwater	301-777-3208	N/A	BHA 24-hr RRS @ Longview & Utah	Calls Auto Transfer to Cell
70	<b>Marc</b>	<b>Phillips</b>	<b>301-777-1700</b>	<b>Team ext. 2103</b>	<b>Anchor Team Manager @ Queen St.</b>	<b>N/A</b>
71	Marla	Redman	301-777-1700	2115	CAYA Team @ Queen St.	301-707-8918
72	Marty	Evans	301-777-1700	Team ext. 2106	CBSS Team 1 @ Queen St.	Cell # 301-707-8915
73	Meagan	Kitchen	301-724-0609	N/A	DDA @ Columbia Ave. (downstairs)	Calls Auto Transfer to Cell
74	Megan	Seib	301-777-8492	N/A	BHA Community RRS @ Penn Squared	Calls Auto Transfer to Cell
75	Melanie	Abe	301-722-2816	N/A	DDA @ Fayette St. (downstairs)	Calls Auto Transfer to Cell
76	Mike	Lease	301-722-3863	N/A	BHA Community RRS @ Piedmont Ave.	Calls Auto Transfer to Cell
77	Mike	Montague	301-777-1700	2148	IS Technician	N/A
78	Nadia	Smith	301-777-3208	N/A	BHA 24-hr RRS @ Longview	Calls Auto Transfer to Cell
79	Nici	Bolyard	301-724-0609	N/A	DDA @ Columbia Ave. (downstairs)	Calls Auto Transfer to Cell
80	<b>Nina</b>	<b>Likens</b>	<b>301-722-2582</b>	<b>5117</b>	<b>Health Home - Nurse Care Manager</b>	<b>Cell # 301-876-3499</b>
81	Nina	Shirey	301-724-0609	N/A	DDA @ Columbia Ave. (upstairs)	Calls Auto Transfer to Cell
82	Randall	Winebrenner	301-777-1700	2115	CAYA Team @ Queen St.	301-707-8902
83	Rebecca	Doyle	301-724-2582	Ext. 5118	Wellness Center @ Memorial Ave.	N/A
84	Rick	Gross	301-724-0609	N/A	DDA @ Columbia Ave. (upstairs)	Calls Auto Transfer to Cell
85	Rick	Huff	301-724-2582	118 (team ext)	Wellness Center @ Memorial Ave.	N/A
86	Rob	Williams	301-722-2816	N/A	DDA @ Fayette St. (downstairs)	Calls Auto Transfer to Cell
87	Rosemary	Wolford	301-777-3208	N/A	BHA 24-hr RRS @ Longview	Calls Auto Transfer to Cell
88	Rusty	Lease	Varies	N/A	DDA Vacation Coverage (Wed - Sat)	N/A
89	Sandy	Mongold	301-777-3208	N/A	BHA 24-hr RRS @ Longview	Calls Auto Transfer to Cell
90	Sarah	St. Clair	301-777-8492	N/A	BHA Community RRS @ Penn Squared	Calls Auto Transfer to Cell
91	Shay	Hamilton	301-724-0609	Team #	DDA @ Columbia Ave. (upstairs)	Calls Auto Transfer to Cell
92	Sheena	Wills	301-724-0609	Team #	DDA @ Columbia Ave. (downstairs)	Calls Auto Transfer to Cell
93	<b>Shelly</b>	<b>Davis</b>	<b>301-777-1700</b>	<b>Ext. 2104</b>	<b>CBSS Team 3 TL @ Queen St.</b>	<b>Cell # 301-268-3844</b>
94	Shenay	Bright	301-722-2816	N/A	DDA CDS Services @ Fayette St. (upstairs)	Calls Auto Transfer to Cell
95	Skylar	Keefer	301-722-0369	N/A	DDA @ South St. (downstairs and upstairs)	Calls Auto Transfer to Cell
96	<b>Stephanie</b>	<b>Farber-Moore</b>	<b>301-777-1700</b>	<b>Ext. 2119</b>	<b>BHA Program Director @ Queen St.</b>	<b>Cell # 301-268-3949</b>
97	Tammy	Wolford	301-777-1700	Ext. 2111	Admin - Administrative Assistant	N/A
98	Tara	Pope	301-724-0609	N/A	DDA CDS Services @ Columbia Ave. (upstairs)	Calls Auto Transfer to Cell
99	Tarbrina	Squires	301-722-2816	N/A	DDA @ Fayette St. (upstairs)	Calls Auto Transfer to Cell
100	Terri	Stevenson	301-777-1700	Ext. 2121	Admin - Fiscal Assistant @ Queen St.	N/A
101	Terry	Wolfe	301-724-0609	N/A	DDA @ Columbia Ave. (upstairs)	Calls Auto Transfer to Cell
102	Tina	Thomas	301-777-1700	2117	Admin - Human Resources @ Queen St.	N/A
103	Tiona	Rice	301-777-3208	N/A	24-hr RRS @ Longview	Calls Auto Transfer to Cell
104	Tori	Willis	301-777-1700	Team ext. 2106	CBSS Team 1 @ Queen St.	Cell # 301-707-8930
105	<b>Tracy</b>	<b>Tipton</b>	<b>301-777-1700</b>	<b>2107</b>	<b>Supported Housing Team 1 TL @ Queen St.</b>	<b>Cell # 301-707-8916</b>
106	Travis	Hedrick	301-722-0369	N/A	DDA @ South St. (downstairs and upstairs)	Calls Auto Transfer to Cell
107	Vanessa	Stewart	301-777-1700	Team ext. 2102	CBSS Team 2 @ Queen St.	Cell # TBA
108	<b>Wendy</b>	<b>Stewart</b>	<b>301-777-1700</b>	<b>Ext. 2120</b>	<b>BHA 24-hr RRS Team Leader @ Queen St.</b>	<b>Cell # 301-707-5057</b>
109	Yvonne	Burkett	301-777-1700	Team ext. 2102	CBSS Team 2 @ Queen St.	N/A

# URGENT CARE vs ED

## When to Visit Urgent Care



Rashes



Tooth Pain



Strains and Sprains



Cuts needing stitches



Sore Throat



Low back pain



Eye redness/irritation



Bites and Stings



Cold and Flu

## When to Visit Emergency Dept



Stomach Pain



Allergic Reactions



Eye & Head Injuries



Serious Burns



Stroke



Breathing Difficulty



Chest Pain/Heart Attack



High Fever



Poisoning or drug overdose

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

Frostburg Medical Center Frostburg Plaza: 301-689-3229

Hunt Club Medical Clinic Hunt Club Plaza: 304-726-4501



## **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

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

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

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

<b>Bus Passes</b>	
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.	

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

<b>Fares</b>	
\$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.	

<b>Holidays</b>	
<b>THERE WILL BE NO SERVICE ON THE FOLLOWING HOLIDAYS</b>	
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

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

<b>Alltrans - ADA Service</b>	
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.	

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

**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**

## 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!

**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





# 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)**



**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



## 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

## AA meetings in Cumberland Maryland

<b>Name</b>	<b>Where</b>	<b>Day</b>	<b>Time</b>	<b>Address</b>
Alleghany College Of Md	Willowbrook Road	Wednesday	05:00 pm	Cumberland, MD, 21502
Unitarian Universalist Church	S. Lee Street	Thursday	06:00 pm	Cumberland, MD, 21502
Thomas B. Finan Center	Country Club Road	Thursday	01:00 pm	Cumberland, MD, 21502
Emmanuel Episcopal Church	Washington Street	Tuesday	08:00 pm	Cumberland, MD, 21502
St. Luke'S Lutheran Church	Frederick Street	Monday	07:00 pm	Cumberland, MD, 21502
Thomas B. Finan Center	Country Club Road	Wednesday	08:00 pm	Cumberland, MD, 21502
Fort Recovery	418 N. Centre Street	Sunday	11:00 am	Cumberland, MD, 21502
Emmanuel Episcopal Church	Washington Street	Friday	08:00 pm	Cumberland, MD, 21502
Trinity Lutheran Church	328 N. Centre Street	Tuesday	11:00 am	Cumberland, MD, 21502
Fort Recovery	418 N. Centre Street	Friday	12:00 pm	Cumberland, MD, 21502
St. Patrick'S Catholic Church	201 N. Centre Street	Wednesday	08:00 pm	Cumberland, MD, 21502
Thomas B. Finan Center	Country Club Road	Sunday	03:00 pm	Cumberland, MD, 21502
Gilchrist Building	205 Baltimore Street	Friday	07:00 am	Cumberland, MD, 21502
St. Patrick'S Catholic Church	201 N. Centre Street	Saturday	12:00 pm	Cumberland, MD, 21502
St. Paul'S Lutheran Church	15 N. Smallwood Street	Sunday	08:00 pm	Cumberland, MD, 21502
St. John'S Lutheran Church	Fourth & Arch Street	Tuesday	10:30 pm	Cumberland, MD, 21502
Gilchrist Building	205 Baltimore Street	Wednesday	07:00 am	Cumberland, MD, 21502
Fort Recovery	418 N. Centre Street	Wednesday	12:00 pm	Cumberland, MD, 21502
Massie Unit	Country Club Road	Saturday	08:00 pm	Cumberland, MD, 21502
Gilchrist Building	205 Baltimore Street	Monday	07:00 am	Cumberland, MD, 21502
Gilchrist Building	205 Baltimore Street	Tuesday	07:00 am	Cumberland, MD, 21502
Gilchrist Building	205 Baltimore Street	Thursday	07:00 am	Cumberland, MD, 21502
Church Of Christ	4Th. And Memorial Ave.	Thursday	11:00 am	Cumberland, MD, 21502
Fort Recovery	418 N. Centre Street	Monday	12:00 pm	Cumberland, MD, 21502

## AA meetings in Frostburg Maryland

<b>Name</b>	<b>Where</b>	<b>Day</b>	<b>Time</b>	<b>Address</b>
First Presbyterian Church	33 Broadway Street	Wednesday	06:30 pm	Frostburg, MD, 21532
Salem United Church	78 Broadway Street	Thursday	06:30 pm	Frostburg, MD, 21532
Salem United Church	78 Broadway	Tuesday	06:30 pm	Frostburg, MD, 21532
First Presbyterian Church	33 Broadway Street	Saturday	08:00 pm	Frostburg, MD, 21532
First Presbyterian Church	33 Broadway Street	Wednesday	11:30 pm	Frostburg, MD, 21532
Salem United Church	78 Broadway Street	Sunday	06:00 pm	Frostburg, MD, 21532
First Presbyterian Church	33 Broadway Street	Monday	08:00 pm	Frostburg, MD, 21532

## Narcotics Anonymous Meeting Search Results

Showing results for: Cumberland, MD 21502, USA

Within a distance of: 20 miles

Your search produced 11 result(s). **All meetings are non-smoking unless noted otherwise.**

Location	Day	Time Language	Closed to Public	Wheelchair Accessible	Format	Distance
Saint Patrick's Catholic Church 201 North Centre Street Cumberland, MD 21502-2227	Sunday <a href="#">Map</a>	7:00 pm (19:00)	Open	Yes	Discussion/Participation	0.19 miles
Friendship Haven Church 22 North Mechanic Street Cumberland, MD 21502-2314	Monday <a href="#">Map</a>	7:00 pm (19:00)	Open	Yes	Basic Text Study	0.11 miles
Western Correctional Institution 13800 McMullen Highway Southwest Cumberland, MD 21502-5622 Chapel	Tuesday <a href="#">Map</a>	8:30 am (83:0)	Open	Yes	Restricted Access	4.11 miles
Saint Mary's Catholic Church 300 East Oldtown Road Cumberland, MD 21502-3600	Tuesday <a href="#">Map</a>	11:00 am (11:00)	Open		Step Working Guides Study	0.94 miles
Fort Recovery 418 North Centre Street Cumberland, MD 21502-2204	Tuesday <a href="#">Map</a>	7:00 pm (19:00)	Open		Literature Study	0.4 miles
First Presbyterian Church 11 Washington Street Cumberland, MD 21502-2923	Wednesday <a href="#">Map</a>	7:00 pm (19:00)	Open		Topic	0.19 miles
Western Correctional Institution 13800 McMullen Highway Southwest Cumberland, MD 21502-5622 Chapel	Thursday <a href="#">Map</a>	12:50 pm (12:50)	Open	Yes	Format Varies; Restricted Access	4.11 miles

Fort Recovery 418 North Centre Street Cumberland, MD 21502-2204	Thursday <a href="#">Map</a>	7:30 pm (19:30)	Open		Topic	0.4 miles
Fort Recovery 418 North Centre Street Cumberland, MD 21502-2204	Friday <a href="#">Map</a>	7:00 pm (19:00)	Open		Speaker; Topic	0.4 miles
Heritage House 30 South Mineral Street Keyser, WV 26726-3124 <b>Directions:</b> Route 220	Friday <a href="#">Map</a>	8:00 pm (20:00)	Open		Basic Text Study	18.65 miles
Saint Patrick's Catholic Church 201 North Centre Street Cumberland, MD 21502-2227	Saturday <a href="#">Map</a>	8:00 pm (20:00)	Open	Yes	Candlelight; Just For Today Study	0.19 miles

## Wellness & Recovery Center

### ACTIVITY SUGGESTION/COMMENT SHEET

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

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

Your name: \_\_\_\_\_ Date submitted: \_\_\_/\_\_\_/\_\_\_

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

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

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

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Reviewed on \_\_\_/\_\_\_/\_\_\_ by (Team Leader): \_\_\_\_\_

**ROUTING:** Save in planning folder until scheduled, and then destroy.  
(Form found in: U-drive/Wellness & Recovery Center/Forms/Program forms/Activity Suggestion Sheet)