

# Archway Station Short November 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"

## Ways to Practice Gratitude

Adapted from: <https://www.psychmc.com/blogs/difference-between-gratitude-and-thankfulness>

There is no right or wrong way to practice gratitude. Gratitude should be an internal expression of your own thankfulness, but many people find physical acts of gratitude increase and maintain their happiness on a long-term basis. Below are some suggestions for your own gratitude practice. According to John Hopkins, by choosing a gratitude practice, you are ensuring resilience when times are bad. You are maintaining a positive attitude, and you are lessening your risk of depression.

1. Start a gratitude journal. Your gratitude journal can be as simple or elaborate as you please. It can be digital on your laptop, or you can buy a notebook to share your thoughts and feelings. If you hate writing, you can use a voice recording app on your phone to speak in your journal. Most people begin a gratitude journal by writing three things they are grateful for daily. If you want to write more, you can. The key is to find a way to be consistent with the journaling.
2. Begin a meditation practice. Mindfulness and gratitude go hand in hand. Finding time to meditate for even a brief period daily can have a tremendous effect on your well-being. As you meditate, you can silently list the things you are grateful for or you can simply repeat a mantra like, "I am grateful for all that I am and all that I have." Hate sitting still? Take a walk and use that time to think about your gratitude list.
3. Sign up to volunteer. Giving your time to help others is a fantastic way to show gratitude. Find an organization that interests you and see what volunteer opportunities they offer. When we help others, we are reminded of all that we have and instantly feel grateful.
4. Spend time with loved ones. Spending time with your loved ones often is an effective way to remain grateful. Having close friends and family helps us feel supported and loved. By pursuing your relationships and creating memories, you will create a list of gratitude memories to draw on when you need a pick me up.
5. Give away to others. Find things in your home that you no longer use and donate them to a charity in need. We all have items that lie around the house and cause clutter. Clear out the clutter and brighten someone else's day with a donation. When we realize all that, we have, it is impossible not to maintain an attitude of gratitude.

Expressing gratitude is beneficial in many ways. Thankfulness is also an important value to cultivate. Together, they make the world a kinder and happier place. To maintain good mental and physical health, consider cultivating your own gratitude practice using the above suggestions. Share the idea of gratitude with your friends and loved ones. Remember, your attitude is always within your control-make it a grateful one!

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:

Job Fair

Community  
Resource Event

Holiday Events

### Inside this Issue:

Wellness &  
Recovery Center  
Information

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Schedule

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# **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, 11/29/2022 we will be celebrating Recognition Day by visiting

## **White Oaks Bowling**

We will leave the W & R Center at 12pm and return around 1:00 PM


In Celebrating the monthly Birthday's we will have dessert with lunch on  
Monday 11/30/22

# Wellness & Recovery Center Lunch

## November 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



Mon	Tue	Wed	Thur	Fri
	1 Buffalo Chicken Sandwich Cauliflower Apricots	2 Taco Salad Black Beans Fruit Cocktail	3 Tuna Salad Sandwich Asian Salad Strawberries	4 Leftovers
7 Cauliflower Soup Cantaloupe	8 Banana and Peanut Butter Sandwich Green Peppers	9 Pork Chop Ranch Potatoes Pears	10 Hoagie Broccoli Raspberries	11 Leftovers
14 Sausage Sub Peppers and Onions Plum	15 Egg Salad Sandwich Broccoli Kiwi	16 Baked Fish Green Beans Orange	17 BBQ Chicken Sandwich Corn Salad Blackberries	18 Leftovers
21 Hot Turkey Sandwich Mashed Potatoes Stuffing Corn Cranberry Sauce Pie	22 Chicken Salad Sandwich Baby Carrots Clementine	23 Leftovers	24 <b>Closed For Thanksgiving</b>	25 <b>Closed For Thanksgiving</b>
28 Meatloaf Butter Beans Grapes	29 Peanut Butter And Jelly Sandwich Celery Tropical Fruit	30 Ham Sweet Potatoes Baked Apples		

# November 2022

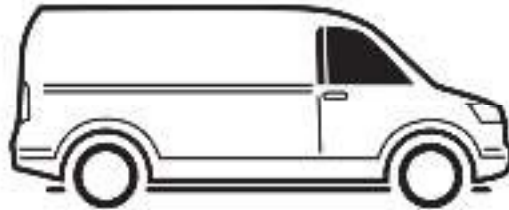
## W&R Center **ACTIVITY** Schedule

MONDAY – FRIDAY FROM 9 AM – 1:30 PM

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30-11:00		1 <b>RECOGNITION DAY</b> Brookedale Farm	2 How's it Going Meeting	3 <b>COMMUNITY VOLUNTEERING</b> Food Box Delivery With HRDC	4 How to Research Sources
11:00-11:45		----- <i>Packed Lunch</i> -----	----- <i>Lunch</i> -----	----- <i>Packed Lunch</i> -----	----- <i>Lunch</i> -----
11:45-1:00		<b>THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE</b>	Recreational Activity – You Choose  STAFF LEAD ACTIVITY: Word Search, crossword Puzzle, etc.	<b>THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE</b>	Recreational Activity – You Choose  STAFF LEAD ACTIVITY: Bingo
9:30-11:00	7 Preparing to Vote	8 <b>COMMUNITY INTEGRATION</b> Allegany Museum 10:30a-12:00p	9 Conspiracy Theories	10 <b>COMMUNITY INTEGRATION</b> Shopping in the Community	11 Meditation Art
11:00-11:45	----- <i>Lunch</i> -----	----- <i>Packed Lunch</i> -----	----- <i>Lunch</i> -----	----- <i>Packed Lunch</i> -----	----- <i>Lunch</i> -----
11:45-1:00	Recreational Activity – You Choose  STAFF LEAD ACTIVITY: Bingo	<b>THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE</b>	Recreational Activity – You Choose  STAFF LEAD ACTIVITY: Paint like Bob Ross	<b>THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE</b>	Recreational Activity – You Choose  STAFF LEAD ACTIVITY: Karaoke

<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>14 <b>PRIORITY PARTNERS:</b> Men's Health</p> <hr/> <p><b>Lunch</b></p> <hr/> <p>Recreational Activity – You Choose</p> <p>STAFF LEAD ACTIVITY: Pictionary</p>	<p>15 <b>COMMUNITY VOLUNTEERING</b> Make Food Boxes at Friend's Aware</p> <hr/> <p><b>Packed Lunch</b></p> <hr/> <p><b>THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE</b></p>	<p>16 Simple Cooking</p> <hr/> <p><b>Lunch</b></p> <hr/> <p>Recreational Activity – You Choose</p> <p>STAFF LEAD ACTIVITY: Turkey Painting</p>	<p>17 <b>COMMUNITY VOLUNTEERING</b> Foodbank Helping with Food Boxes</p> <hr/> <p><b>Packed Lunch</b></p> <hr/> <p><b>THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE</b></p>	<p>18 Open Conversation</p> <hr/> <p><b>Lunch</b></p> <hr/> <p>Recreational Activity – You Choose</p> <p>STAFF LEAD ACTIVITY: Thanksgiving Trivia Bingo</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>21 Yoga with Kristin</p> <hr/> <p><b>Lunch</b></p> <hr/> <p>Recreational Activity – You Choose</p> <p>STAFF LEAD ACTIVITY: Paint &amp; Sip Holiday Drink</p>	<p>22 <b>COMMUNITY VOLUNTEERING</b> Salvation Army</p> <hr/> <p><b>Packed Lunch</b></p> <hr/> <p><b>THOSE WHO ATTEND WILL BE EXPECTED TO PARTICIPATE</b></p>	<p>23 Setting SMART Goals and Objectives</p> <hr/> <p><b>Lunch</b></p> <hr/> <p>Recreational Activity – You Choose</p> <p>STAFF LEAD ACTIVITY: Traditions</p>	<p>24 <b>CLOSED For Thanksgiving Holiday</b></p> 	<p>25 <b>CLOSED For Thanksgiving Holiday</b></p> 
<p><b>9:30-11:00</b></p> <hr/> <p><b>11:00-11:45</b></p> <hr/> <p><b>11:45-1:00</b></p>	<p>28 Conflict Resolution Role-Play</p> <hr/> <p><b>Lunch</b></p> <hr/> <p>Recreational Activity – You Choose</p> <p>STAFF LEAD ACTIVITY: Craft</p>	<p>29 <b>RECOGNITION DAY BOWLING AT WHITE OAKS</b></p>	<p>30 BRAINSTORM: Holiday Escape Room</p> <hr/> <p><b>Lunch</b></p> <hr/> <p>Recreational Activity – You Choose</p> <p>STAFF LEAD ACTIVITY: Making Ornaments</p>		

# **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**

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## **REMINDER:**

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

**WCBC, WTBO, and Magic 100.5.**

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

# November Health Home Notes

## National Diabetes Month

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Diabetes can damage the eyes, kidneys, nerves, and heart.

### **What is Diabetes?**

Diabetes occurs when your blood glucose, also called blood sugar, is too high. High blood glucose can cause health problems over time. The main types of diabetes are type 1, type 2, and gestational.

### **Symptoms & Causes**

Increased thirst and urination, feeling tired, unexplained weight loss, and blurred vision are symptoms of diabetes. Many people have no symptoms and don't know they have diabetes. Each type of diabetes has different causes.

### **Risk Factors for Type 2 Diabetes**

You are more likely to develop type 2 diabetes if you have a family history of diabetes, are overweight or have obesity, or are 35 or older. Physical inactivity, race, ethnicity, and certain health problems also affect your chances of developing type 2 diabetes. A history of gestational diabetes is a risk factor for the parent and the child.

### **Preventing Type 2 Diabetes**

You can prevent or delay type 2 diabetes by losing weight if you are overweight, being active for 30 minutes most days of the week, and following a reduced-calorie eating plan. Some people also take the diabetes drug metformin to help prevent type 2 diabetes.

### **Diabetes Tests & Diagnosis**

Doctors use a variety of tests to diagnose diabetes and prediabetes. Your doctor may recommend different tests depending on whether you have symptoms or not, or whether you are pregnant.

### **Managing Diabetes**

Managing your diabetes means managing your blood glucose, blood pressure, and cholesterol, and quitting smoking if you smoke. A healthy diet and physical activity are important too. Work with your health care team to create a diabetes care plan that works for you.

### **Insulin, Medicines, & Other Diabetes Treatments**

Following your diabetes treatment plan may include taking diabetes pills, insulin, or other shots, as well as medicines for related health problems. Some types of surgery, such as weight loss surgery, may be options for certain people with diabetes.

### **Diabetes Diet, Eating, & Physical Activity**

Your diabetes meal plan helps you manage your blood glucose. Moderate physical activity most days of the week also helps control blood glucose. Talk with your health care team about a plan for eating and physical activity that is right for you.



## Preventing Diabetes Problems

Diabetes can affect almost every part of your body. Managing your blood glucose can help prevent many other health problems that can occur when you have the disease. Common diabetes problems include

- Heart Disease & Stroke
- Nerve Damage (Diabetic Neuropathy)
- Foot Problems
- Gum Disease & Other Dental Problems
- Low Blood Glucose (Hypoglycemia)
- Kidney Disease
- Eye Disease
- Sexual & Bladder Problems

## Diabetes & Tobacco

Smoking and tobacco products can make diabetes problems worse, especially heart disease and foot problems.

If you smoke, stop. Ask for help so you don't have to do it alone. Quitting smoking will improve your health.

## The Big Picture

- More than 37 million people in the United States have diabetes, and 1 in 5 of them doesn't know they have it.
- 96 million US adults—over a third—have prediabetes, and more than 8 in 10 of them don't know they have it.
- Diabetes is the 7<sup>th</sup> leading cause of death in the United States (and may be underreported).
- Type 2 diabetes accounts for approximately 90% to 95% of all diagnosed cases of diabetes; type 1 diabetes accounts for approximately 5-10%.
- In the last 20 years, the number of adults diagnosed with diabetes has more than doubled as the American population has aged and become more overweight or obese.

## Cost

- Medical costs and lost work and wages for people with diagnosed diabetes total \$327 billion yearly.
- Medical costs for people with diabetes are twice as high as for people who don't have diabetes.

**\*\*\*If you are interested in learning more about diabetic programs and resources available in our area, speak with Health Home staff\*\*\***

# National COPD Awareness Month

## What Is COPD?

COPD, or chronic obstructive pulmonary disease, is a progressive disease, which means it gets worse over time. With COPD, less air flows in and out of the airways, making it hard to breathe.

In the United States, COPD affects more than 15 million adults, and many more do not know they have it. More than half of those diagnosed are women. COPD is a major cause of disability, and it is the fourth leading cause of death in the United States according to the Centers for Disease Control and Prevention (CDC).

The good news is that COPD can often be prevented, mainly by not smoking. Cigarette smoking is the leading cause of COPD. Most people who have COPD smoke or used to smoke. However, up to 30% of people with COPD never smoked. A rare genetic condition called alpha-1 antitrypsin (AAT) deficiency can also cause the disease.

**In the United States, the term COPD includes two main conditions.**

- **Emphysema** develops when there's damage to the walls between many of the air sacs in the lungs. Normally, these sacs are elastic or stretchy. When you breathe in, each air sac fills up with air, like a small balloon. When you breathe out, the air sacs deflate, and the air goes out. In emphysema, it is harder for your lungs to move air out of your body.
- **Chronic (long-term) bronchitis** is caused by repeated or constant irritation and inflammation in the lining of the airways. Lots of thick mucus forms in the airways, making it hard to breathe.

Most people who have COPD have both emphysema and chronic bronchitis, but how serious each condition is varies from person to person.

COPD can cause coughing that produces large amounts of a slimy substance called mucus. It can also cause problems breathing, shortness of breath, chest tightness, and other symptoms. Symptoms of COPD often develop slowly but worsen over time, and they can limit your ability to do routine activities. Serious COPD may prevent you from doing even basic activities like walking, cooking, or taking care of yourself.

Although there is no cure, treatments and lifestyle changes such as quitting smoking can help you feel better, stay more active, and slow the progress of the disease. You may also need oxygen therapy, pulmonary rehabilitation, or medicines to treat complications.

## Lung Cancer Awareness Month

Lung cancer is the most common cause of cancer death in the United States and worldwide. In fact, lung cancer is responsible for more deaths in this country than the next three most common causes of cancer death combined – colorectal cancer, breast cancer, and pancreatic cancer.

According to estimates by the National Cancer Institute's Surveillance, Epidemiology, and End Results (SEER) Program, 235,760 patients will be diagnosed with lung and bronchus cancer and 131,880 patients will die of the disease in the United States in 2021.

Smoking is the most common cause of lung cancer. Other risk factors for lung cancer include being exposed to secondhand smoke, having a family history of lung cancer, being treated with radiation therapy to the breast or chest, exposure to asbestos, chromium, nickel, arsenic, soot, or tar in the workplace, and exposure to radon. When smoking is combined with other risk factors, the risk of lung cancer is increased.

There are two main forms of lung cancer – small cell lung cancer and non-small cell lung cancer. Non-small cell lung cancer is the more common form of the disease. The most common subtypes of non-small cell lung cancer are squamous cell carcinoma, which begins in the thin, flat squamous cells; large cell carcinoma; and adenocarcinoma, which begins in the cells that line the alveoli, the tiny sacs within the lungs.

**Information obtained from:**

<https://www.cdc.gov/diabetes/data/statistics-report/index.html>

<https://www.nhlbi.nih.gov/health/copd>

<https://www.lung.org/lung-health-diseases>

# 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,



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

UPMC  
LIFE CHANGING MEDICINE

UPMC.com/HealthBeat

# Urgent Care vs. Emergency Department

## Our Urgent Care Centers Treat:

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

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

## Our Emergency Department Treats:

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

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

Information obtained from UPMC Western Maryland website.

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

# Health Home COVID Corner Notes!

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

## Watch for Symptoms

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

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

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

## How to Protect Yourself & Others

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

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

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

# JOB FAIR

11/15/2022 10:00AM-2:00PM



TO ATTEND  
PLEASE CONTACT

James J. J. Oberhaus III  
Disabled Veterans' Outreach  
Program Specialist  
james.oberhaus@maryland.gov

Heather Arthur  
Business Services Representative  
Western Maryland Consortium  
harthur@westmdcon.org



The total Fiscal Year 2022 budget of the Western Maryland Consortium's WIOA Services is \$2,452,208 and is fully funded by the US Department of Labor through a combination of multi-year budgets.

LOCATION  
LANE UNIVERSITY CENTER-  
101 BRADDOCK RD.  
FROSTBURG, MD 21532

## PARTICIPATING BUSINESSES

Set up time: 9:00am  
No registration fee is  
required

Business Parking:  
Businesses will not  
need to obtain a parking  
permit for the event



Equal Opportunity Employer. The western Maryland consortium does not discriminate on the basis of race, color, religion, sex sexual orientation, gender identity, national origin, age, marital status, genetic information, disability, political affiliation, or belief in employment decisions or the provision of services. Auxiliary aids and services are available upon request.

# COMMUNITY RESOURCE EVENT

11/16/2022 10:00AM-1:00PM

OPEN TO THE PUBLIC



## FOR MORE INFORMATION:

James J. J. Oberhaus III  
Disabled Veterans' Outreach  
Program Specialist  
james.oberhaus@maryland.gov

Heather Arthur  
Business Services  
Representative  
Western Maryland Consortium  
harthur@westmdcon.org



The total Fiscal Year 2022 budget of the Western Maryland Consortium's WIOA Services is \$2,452,208 and is fully funded by the US Department of Labor through a combination of multi-year budgets.

LOCATION  
MCMULLEN BUILDING  
138 BALTIMORE STREET,  
CUMBERLAND, MD 21502

## PARTICIPATING BUSINESSES

Set up: 9:30 am  
~Tables and chairs  
provided  
~Organizations may  
provide their own  
tablecloths & any  
marketing materials

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## 2022 HOLIDAY MARKET: A FEW OF MY FAVORITE THINGS

The Allegany Arts Council's 2022 Holiday Market will open on Black Friday and continue through December 31, 2022, featuring handmade and original creations by artists throughout our community and region. As you plan for your holiday shopping, stop by and select from handmade note cards, knitted items, small artwork, and so much more - original gifts your loved ones and friends will cherish for years to come.



## CUMBERLAND TREE LIGHTING CELEBRATION

**Fri, Nov 25 @ 6:00 pm – 8:00 pm**

**Downtown Cumberland**

The annual Cumberland Tree Lighting Celebration will take place on Friday, November 25th downtown on the bricks. Festivities will include musical entertainment, the lighting up of Cumberland's Historic City Center, and the arrival of Santa Claus.



## FROSTBURG TREE LIGHTING

**Sun, Nov 27 @ 5:30PM — 7:30PM**

**St. Michael Catholic Church, 44 E Main Street, Frostburg, MD**

Light up your holidays at the annual Frostburg Tree Lighting Celebration! The Tree Lighting Celebration is organized and sponsored by the Frostburg Holiday Lamppost Committee Treelighting Division. For more information, please call (240) 529-8312.