

Archway Station Short December 2022

Check out Short Takes on the web @ <http://archwaystation.net>
choose "Resources | links" located at the top, right of the page,
then select Archway Short Takes"

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

Special Points of Interest:

Holiday Market
Cumberland
New Year

Inside this Issue:

Wellness &
Recovery Center
Information

Menu/ Activity
Schedule

Health Home Notes

What Are the Holiday Blues?

Adapted from: <https://www.verywellmind.com/holiday-blues-4771716>

The holidays are usually viewed as a time of happiness and rejoicing. But for some people, it can be a period of painful reflection, sadness, loneliness, anxiety, and depression.

Even people who love the holidays can experience the blues during this busy season. The holidays are often a time of high emotion and demands, which can leave a lot of people feeling stressed and exhausted.

People with a prior mental health condition may be even more prone to experiencing holiday depression. According to the National Alliance on Mental Illness (NAMI), 64% of people with an existing mental illness report that the holidays make their condition worse.

Signs & Symptoms

The most common symptom of holiday depression is a persistent or recurring feeling of sadness that begins during the holiday season. This feeling may vary in intensity and duration. Some people might feel down periodically, but experience brief periods of feeling more upbeat.

Some signs of holiday depression might include:

- Changes in appetite or weight
- Changes in sleep patterns
- Depressed or irritable mood
- Difficulty concentrating
- Feelings of worthlessness or guilt
- Feeling more tired than usual
- Feeling tense, worried, or anxious

Loss of pleasure in doing things you used to enjoy

Though the holiday blues are usually short-term, talking to a mental health professional can help. Your therapist can work with you to identify patterns of negative thinking that contribute to feelings of sadness and depression and to replace those thoughts with more helpful ones, an approach that is known as cognitive behavioral therapy.

Therapy can also help you develop better stress management, communication, and relationship skills that can be helpful in both the short and long term.

Archway Station, Inc.

Person-Centered Planning Philosophy

Archway believes in and uses the philosophy and approaches of person-centered planning. One critical way to show respect for each person's individuality is through the use of person-centered planning which focuses on first, understanding the person and then, helping the person use effective decision-making skills to guide their journey of recovery.

Person-centered planning means that we listen to you closely in order to understand what is important to you in your life. We listen to what is and isn't working for you and what you think needs to change. Workers form a helping partnership with you and work together on a plan that is meaningful to you. We help you find a main goal to work on and break it down into a few steps that will help you reach your goals.

RECOGNITION DAY



On Thursday, 12/29/2022 we will be celebrating Recognition Day by visiting

White Oaks Bowling Alley

We will leave the W & R Center at 11:55 AM and return around 1:00 PM

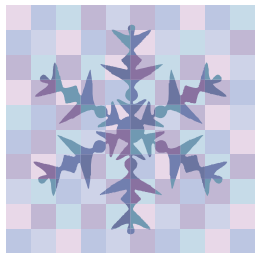

In Celebrating the monthly Birthday's we will have dessert with lunch on
Wednesday 12/28/22

Wellness & Recovery Center Lunch

December 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 Turkey Sandwich Asian Salad Strawberries | 2 Leftovers |
| 5 Cheeseburger Steak Fries Pears | 6 Hoagie Broccoli Raspberries | 7 Cheesy Chicken Corn Chowder Cantaloupe | 8 Ham Salad Sandwich Green Peppers Apricots | 9 Leftovers |
| 12 Fiesta Chicken Black Beans Peaches | 13 Ham Sandwich Baby Carrots Plum | 14 Meatloaf Butter Beans Orange | 15 Chicken Salad Baby Carrots Kiwi | 16 Leftovers |
| 19 Ham Mashed Potatoes Green Beans Pie | 20 Peanut Butter and Jelly Sandwich Broccoli Clementine | 21 Chili Cornbread Peaches | 22 Chicken Wrap Cherry Tomatoes Tropical Fruit | 23 Leftovers |
| 26 CLOSED | 27 Tuna Sandwich Celery Sticks Fruit Cocktail | 28 Hot Dog Sauerkraut Corn Dessert | 29 Sloppy Joe Coleslaw Blackberries | 30 Leftovers |

December 2022

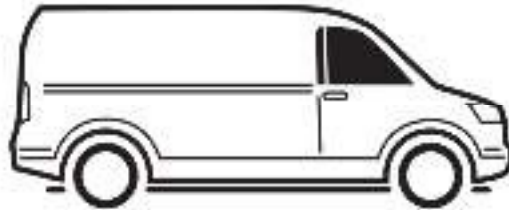
W&R Center **ACTIVITY** Schedule

MONDAY – FRIDAY FROM 9 AM – 1:30 PM

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|--|
| 9:30-11:00 <hr/> 11:00-11:45 <hr/> 11:45-1:00 |  | | | 1 COMMUNITY INTEGRATION Frostburg Museum and Depot <hr/> Packed Lunch <hr/> Recreational Activity – You Choose STAFF LEAD ACTIVITY: Puzzles | 2 PTSD Awareness <hr/> Lunch <hr/> Recreational Activity – You Choose STAFF LEAD ACTIVITY: Karaoke |
| 9:30-11:00 <hr/> 11:00-11:45 <hr/> 11:45-1:00 | 5 Delayed Gratification and Budgeting <hr/> Lunch <hr/> Recreational Activity – You Choose STAFF LEAD ACTIVITY: Bingo | 6 COMMUNITY INTEGRATION Shopping at Roses, Dunham's and/or Gabe's <hr/> Packed Lunch <hr/> Recreational Activity – You Choose STAFF LEAD ACTIVITY: Games | 7 COMMUNICATION Cell plans, use of Google Meet, Letters, etc. <hr/> Lunch <hr/> Recreational Activity – You Choose STAFF LEAD ACTIVITY: Craft | 8 COMMUNITY VOLUNTEERING Delivering food boxes for HRDC <hr/> Packed Lunch <hr/> Recreational Activity – You Choose STAFF LEAD ACTIVITY: GeoGuessr with Charlie and Joey | 9 Anxiety Relief <hr/> Lunch <hr/> Recreational Activity – You Choose STAFF LEAD ACTIVITY: Painting |

| | | | | | |
|---|--|--|---|--|--|
| <p>9:30-11:00</p> <hr/> <p>11:00-11:45</p> <hr/> <p>11:45-1:00</p> | <p>12 NUTRITION Sugar and Carbohydrates</p> <hr/> <p>Lunch</p> <hr/> <p>Recreational Activity – You Choose</p> <hr/> <p>STAFF LEAD ACTIVITY: Craft</p> | <p>13 COMMUNITY VOLUNTEERING Making food boxes at Western MD Food Bank</p> <hr/> <p>Packed Lunch</p> <hr/> <p>Recreational Activity – You Choose</p> <hr/> <p>STAFF LEAD ACTIVITY: Bingo</p> | <p>14 COMMON TOOL USAGE House Safety</p> <hr/> <p>Lunch</p> <hr/> <p>Recreational Activity – You Choose</p> <hr/> <p>STAFF LEAD ACTIVITY: Would you Rather?</p> | <p>15 COMMUNITY INTEGRATION Shopping on Main St. Frostburg</p> <hr/> <p>Packed Lunch</p> <hr/> <p>CLOSING AT 11:00 am</p> | <p>16 Men's Group with Chris</p> <hr/> <p>Lunch</p> <hr/> <p>Recreational Activity – You Choose</p> <hr/> <p>STAFF LEAD ACTIVITY: Karaoke</p> |
| <p>9:30-11:00</p> <hr/> <p>11:00-11:45</p> <hr/> <p>11:45-1:00</p> | <p>19 Yoga with Kristin</p> <hr/> <p>Lunch</p> <hr/> <p>Recreational Activity – You Choose</p> <hr/> <p>STAFF LEAD ACTIVITY: Simple Cooking Holiday Style</p> | <p>20 COMMUNITY INTEGRATION YMCA</p> <hr/> <p>Packed Lunch</p> <hr/> <p>Recreational Activity – You Choose</p> <hr/> <p>STAFF LEAD ACTIVITY: Paint & Sip</p> | <p>21 HIG? Meeting 9:30 am – 10 am PRIORITY PARTNERS: Spicy Panzanella</p> <hr/> <p>Lunch</p> <hr/> <p>Recreational Activity – You Choose</p> <hr/> <p>STAFF LEAD ACTIVITY: Bingo</p> | <p>22 COMMUNITY INTEGRATION History House</p> <hr/> <p>Packed Lunch</p> <hr/> <p>Recreational Activity – You Choose</p> <hr/> <p>STAFF LEAD ACTIVITY: Trivia</p> | <p>23 Multicultural Awareness and language</p> <hr/> <p>Lunch</p> <hr/> <p>Recreational Activity – You Choose</p> <hr/> <p>STAFF LEAD ACTIVITY: Craft</p> |
| <p>9:30-11:00</p> <hr/> <p>11:00-11:45</p> <hr/> <p>11:45-1:00</p> | <p>26 CLOSED Happy Holidays</p> | <p>27 COMMUNITY INTEGRATION LaVale Library</p> <hr/> <p>Packed Lunch</p> <hr/> <p>Recreational Activity – You Choose</p> <hr/> <p>STAFF LEAD ACTIVITY: Craft</p> | <p>28 Journaling with Deme</p> <hr/> <p>Lunch</p> <hr/> <p>Recreational Activity – You Choose</p> <hr/> <p>STAFF LEAD ACTIVITY: New Year Resolutions</p> | <p>29 Recreational Activity – You Choose STAFF LEAD ACTIVITY: Games</p> <hr/> <p>Packed Lunch</p> <hr/> <p>RECOGNITION DAY Bowling at White Oaks</p> | <p>30 Open Conversation</p> <hr/> <p>Lunch</p> <hr/> <p>Recreational Activity – You Choose</p> <hr/> <p>STAFF LEAD ACTIVITY: Karaoke</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

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**


HOPE Station

A program of the Office of Consumer Advocates

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

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

DECEMBER 2022

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
|  | | | 1 OPEN | 2 CLOSED |
| 5 CLOSED | 6 OPEN | 7 CLOSED | 8 Celebration Day | 9 CLOSED |
| 12 CLOSED | 13 Family Crisis Response Center LIFE SKILLS 11:30 am | 14 CLOSED | 15 Allegany Museum Crossroads of America - Industrial Expansion 10:30 am | 16 CLOSED |
| 19 CLOSED | 20 Lisa Moran Cold Weather Safety Tips 10:00 am | 21 CLOSED | 22 OPEN | 23 COMMUNITY FOOD DISTRIBUTION 11:00 AM - 3:00 PM |
| CLOSED OBSERVING CHRISTMAS HOLIDAY | 27 OPEN | 28 CALL TO CONFIRM HOURS OF OPERATION | 29 OPEN |  |

December Health Home Notes

National Influenza Vaccination Week: 6th-12th

Annual flu vaccination is recommended for everyone 6 months and older, with few exceptions as has been the case since 2010.

What is the difference between Influenza (Flu) and COVID-19?

Influenza (flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a coronavirus (SARS-CoV-2) first identified in 2019. Flu is caused by infection with a flu virus (influenza viruses).

From what we know, COVID-19 spreads more easily than flu. Efforts to maximize the proportion of people in the United States who are up to date with their COVID-19 vaccines remain critical to reducing the risk of severe COVID-19 illness and death.

Compared with flu, COVID-19 can cause more severe illness in some people. Compared to people with flu, people infected with COVID-19 may take longer to show symptoms and may be contagious for longer periods of time.

You cannot tell the difference between flu and COVID-19 by the symptoms alone because they have some of the same signs and symptoms. Specific testing is needed to tell what the illness is and to confirm a diagnosis. Having a medical professional administer a specific test that detects both flu and COVID-19 allows you to get diagnosed and treated for the specific virus you have more quickly. Getting treated early for COVID-19 and flu can reduce your risk of getting very sick. Testing can also reveal if someone has both flu and COVID-19 at the same time, although this is uncommon. People with flu and COVID-19 at the same time can have more severe disease than people with either flu or COVID-19 alone.

| | COVID-19 | | COLD/UPPER RESPIRATORY INFECTION | | ALLERGIES/HAY FEVER | | INFLUENZA | |
|----------------------|------------------|-------------|----------------------------------|-------------|---------------------|-------------|------------------|-------------|
| | Is it a Symptom? | How Common? | Is it a Symptom? | How Common? | Is it a Symptom? | How Common? | Is it a Symptom? | How Common? |
| Fever | ✓ | Common | ✓ | Rare | | | ✓ | Common |
| Fatigue (Tiredness) | ✓ | Common | ✓ | Sometimes | ✓ | Sometimes | ✓ | Common |
| Dry Cough | ✓ | Common | | | ✓ | Sometimes | ✓ | Common |
| Difficulty Breathing | ✓ | Severe | | | ✓ | Sometimes | | |
| Aches and Pains | ✓ | Sometimes | ✓ | Rare | | | ✓ | Common |
| Sneezing | | | ✓ | Common | ✓ | Common | ✓ | Sometimes |
| Runny Nose | ✓ | Sometimes | | | ✓ | Common | ✓ | Sometimes |
| Stuffy Nose | | | ✓ | Common | ✓ | Common | | Sometimes |
| Watery Eyes | | | | | ✓ | Common | | |
| Sore Throat | ✓ | Sometimes | ✓ | Common | | | ✓ | Sometimes |
| Diarrhea | ✓ | Sometimes | | | | | ✓ | Rare |



Both COVID-19 and flu can have varying degrees of symptoms, ranging from no symptoms (asymptomatic) to severe symptoms. Common symptoms that COVID-19 and flu share include:

- Fever or feeling feverish/having chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue (tiredness)
- Sore throat
- Runny or stuffy nose
- Muscle pain or body aches
- Headache
- Vomiting
- Diarrhea (more frequent in children with flu, but can occur in any age with COVID-19)
- Change in or loss of taste or smell, although this is more frequent with COVID-19.

Flu Symptoms

Influenza (flu) can cause mild to severe illness, and at times can lead to death. Flu symptoms usually come on suddenly. People who have flu often feel some or all of these symptoms:

- fever* or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

*It's important to note that not everyone with flu will have a fever.

COVID-19 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.

- 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 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.**

UPMC
LIFE CHANGING MEDICINE

UPMC.com/Healthbeat

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 Symptoms of a Cold, the Flu, and COVID-19

Learn more at www.nia.nih.gov/flu



| Common Symptoms | Cold | Flu | COVID-19 |
|---|------|-----|----------|
| Fever and/or chills | | ✓ | ✓ |
| Headache | | ✓ | ✓ |
| Muscle pain or body aches | | ✓ | ✓ |
| Feeling tired or weak | | ✓ | ✓ |
| Sore throat | ✓ | ✓ | ✓ |
| Runny or stuffy nose | ✓ | ✓ | ✓ |
| Sneezing | ✓ | | |
| Cough | ✓ | ✓ | ✓ |
| Shortness of breath or difficulty breathing | | ✓ | ✓ |
| Vomiting and diarrhea | | ✓ | ✓ |
| Change in or loss of taste or smell | | | ✓ |

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.

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**

2022 Holiday Market: A Few of My Favorite Things



**November 25-December 23, 2022 • 11:00AM-5:00PM Daily •
No cost to attend, but items are for sale**

The Allegany Arts Council is excited to announce its latest "pop-up" Holiday Market! The market will open on Black Friday and continue through December 23, 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 - perfect and original gifts your loved ones and friends will cherish for years to come.

CUMBERLAND NEW YEAR'S EVE CELEBRATION AND BALL DROP



Cumberland's New Year's Eve Party will begin at 9:00 pm.

Cumberland's New Year's Eve Party will begin at 9:00 pm and culminate with the annual ball drop at midnight. Festivities will include a street party with DJ music, giveaways, and the ball drop at midnight.