

Archway Station Short Takes February 2023

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
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Cumberland, MD
21502
301-724-2582
Ext. 5118
Website:
archwaystation.net

Special Points of Interest:

Hope Station
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The Importance of Self Love in Improving your Mental Health

Adapted From: <https://www.samvednacare.com/blog/importance-of-self-love-in-improving-your-mental-health/>

Importance of Self-love

Most of the time, when we are being overly critical of ourselves, it is because we want to succeed and do everything perfectly all the time. This involves a lot of self-criticisms, and perfectionism is typified by that persecuting inner voice that is always telling us how we should have done things better.

Perfectionists are more likely to experience anxiety, according to studies. This is why it is important to be considerate of yourself and understand the importance of self-love.

Self-love has various meanings to various individuals. For starters, self-love means talking to and about yourself with love and prioritizing yourself and giving a break from self-judgment. Trusting yourself and being nice to yourself can help you in setting healthy boundaries and forgiving yourself when you aren't being true or nice to yourself.

What are some of the benefits of self-love?

Improved self-esteem, Reduced anxiety, and lower stress levels.

Ways to practice self-love include:

Being conscious: People who value themselves are more likely to be aware of their thoughts, feelings, and desires.

Acting out of necessity rather than desire: By keeping your attention on what you need, you can avoid automatic behavior patterns that lead to mishaps that leave you mired in the past and undermine your self-esteem.

Taking good care of oneself: When you meet your needs, you will love yourself more. People who have a high level of self-love take care of themselves every day by engaging in healthy habits, including good eating, exercise, rest, intimacy, and constructive social connections.

Making way for wholesome practices: Start genuinely taking care of yourself by committing to a healthy diet, workout routine, and leisure activities.

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.

Come Join us for a Little End of the Month Fun



Festive Finale

On Tuesday, February 28th we will celebrate by going to

White Oaks Bowling Alley

We will leave the W&R Center at 11:55 am and return at 1:00 pm.

In recognition of volunteers,

If you volunteer during the month we will pay for you.

If you don't volunteer and would still like to come

It is \$3.25/person.


To celebrate monthly Birthdays we will have dessert with lunch on
Monday, February 27th

Wellness & Recovery Center Lunch

February 2023

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 Noon,
if ordered by 10:00am at 301-724-2482 ext. 5100.

| Mon | Tue | Wed | Thur | Fri |
|---|--|--|--|-----------------|
| | | 1 Chicken Nuggets Baked Beans Fruit Cocktail | 2 Turkey Wrap Cauliflower Raspberries | 3 Leftovers |
| 6 Honey Mustard Chicken Rice Broccoli | 7 Hoagie Red Pepper Strips Peached | 8 Cheesy Chicken Corn Chowder Pineapple | 9 Peanut Butter and Jelly Sandwich Celery Banana | 10 Leftovers |
| 13 Pork Chop Mixed Vegetables Noodles Honey Dew | 14 Turkey Sandwich Cherry Tomatoes Plum | 15 Fiesta Chicken Black Beans Strawberries | 16 Ham Salad Baby Carrots Orange | 17 Leftovers |
| 20 Spaghetti with Meat Sauce Tropical Fruit | 21 Tuna Salad Roasted Chickpeas Kiwi | 22 Cheeseburger Potato Wedges Pear | 23 BBQ Chicken Sandwich Broccoli Fruit Cocktail | 24 Leftovers |
| 27 Salisbury Steak Mashed Potatoes Green Beans Clementine Dessert | 28 Ham and Cheese Sandwich Asian Salad Applesauce | |  <p>FEBRUARY <i>small goals</i></p> | |

February 2023

W&R Center **ACTIVITY** Schedule

MONDAY – FRIDAY FROM 9 AM – 1:30 PM

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------|---|--|---|---|--|
| 9:30-11:00 | | | 1 Healing And Recovery | 2 COMMUNITY VOLUNTEER Food Box Delivery | 3 90's Trivia |
| 11:00-11:45 | | | ----- Lunch ----- | ----- Packed Lunch ----- | ----- Lunch ----- |
| 11:45-1:00 | | | Recreational Activity – You Choose Bingo | Recreational Activity – You Choose Puzzles | Recreational Activity – You Choose Karaoke |
| 9:30-11:00 | 6 Natural Supports – Depression, Addiction, Grief... | 7 COMMUNITY VOLUNTEER Making Food Boxes for HRDC | 8 Impulse Control COMMUNITY VOLUNTEER Painting at Western MD Food Bank | 9 COMMUNITY INTEGRATION Art Council | 10 Men & Women's Group |
| 11:00-11:45 | ----- Lunch ----- | ----- Packed Lunch ----- | ----- Lunch ----- | ----- Packed Lunch ----- | ----- Lunch ----- |
| 11:45-1:00 | Recreational Activity – You Choose Crafts with Cindy | Recreational Activity – You Choose Games | Recreational Activity – You Choose Trivia | Recreational Activity – You Choose Karaoke | Recreational Activity – You Choose Hobbies & Crafts with Jeff |

| | | | | | |
|---|---|--|---|---|--|
| <p>9:30-11:00</p> <hr/> <p>11:00-11:45</p> <hr/> <p>11:45-1:00</p> | <p>13 Battle History of Cumberland</p> <hr/> <p>Lunch</p> <hr/> <p>Recreational Activity – You Choose</p> <hr/> <p>Crafts with Cindy</p> | <p>14 COMMUNITY INTEGRATION Tunnel Tour</p> <hr/> <p>Packed Lunch</p> <hr/> <p>Recreational Activity – You Choose</p> <hr/> <p>Valentine Bingo</p> | <p>15 Intro to Computers</p> <hr/> <p>Lunch</p> <hr/> <p>Recreational Activity – You Choose</p> <hr/> <p>Would you Rather?</p> | <p>16 COMMUNITY INTEGRATION YMCA</p> <hr/> <p>Packed Lunch</p> <hr/> <p>Recreational Activity – You Choose</p> <hr/> <p>Darts</p> | <p>17 Self-Love with Abby</p> <hr/> <p>Lunch</p> <hr/> <p>Recreational Activity – You Choose</p> <hr/> <p>Karaoke</p> |
| <p>9:30-11:00</p> <hr/> <p>11:00-11:45</p> <hr/> <p>11:45-1:00</p> | <p>20 Priority Partner's: Heart Health</p> <hr/> <p>Lunch</p> <hr/> <p>Recreational Activity – You Choose</p> <hr/> <p>Crafts with Cindy</p> | <p>21 COMMUNITY INTEGRATION Making Food Boxes at Western MD Food bank</p> <hr/> <p>Packed Lunch</p> <hr/> <p>Recreational Activity – You Choose</p> <hr/> <p>Games</p> | <p>22 Social Skills Role-Play Activity</p> <hr/> <p>Lunch</p> <hr/> <p>Recreational Activity – You Choose</p> <hr/> <p>Bingo</p> | <p>23 COMMUNITY INTEGRATION History House</p> <hr/> <p>Packed Lunch</p> <hr/> <p>Recreational Activity – You Choose</p> <hr/> <p>Trivia</p> | <p>24 Simple Cooking</p> <hr/> <p>Lunch</p> <hr/> <p>Recreational Activity – You Choose</p> <hr/> <p>Craft</p> |
| <p>9:30-11:00</p> <hr/> <p>11:00-11:45</p> <hr/> <p>11:45-1:00</p> | <p>27 How's it Going Meeting</p> <hr/> <p>Lunch</p> <hr/> <p>Recreational Activity – You Choose</p> <hr/> <p>Crafts with Cindy</p> | <p>28 FESTIVE FINALE (Recognition for Volunteers) BOWLING AT WHITE OAKS 12 – 1 pm</p> | | | |

HOPE Station

A program of the Office of Consumer Advocates

632 N. Centre St.
Cumberland, Md. 21502
(240)362-7168

FAX: (240)362-7179

Center Open M-F 10am-4pm

Pantry Open Daily 9:30am-1:30pm

Lunch Served Daily @ 12:00

February 2023

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------|---------------------------------------|------------------------------------|---------------------------------------|---|
| | | 1 | 2 | 3 |
| | | Bingo | Women's Group @ 12 | Hope for Tomorrow w/ Jerris Smith @ 12 |
| 6 | 7 | 8 | 9 | 10 |
| Peer Choice | Life Skills after Lunch | Women's Group @ 12 | Circle of Support w/ Healing Allegany | Black History w/ Tifani Fisher |
| 13 | 14 | 15 | 16 | 17 |
| Life Skills after Lunch | Western Maryland Consortium @ 11 | Community Day | Women's Group @ 12 | Change is Happening w/Jade Kenney @ 11:30 |
| 20 | 21 | 22 | 23 | 24 |
| Food Demo w/ Rachel from @ 10 | Life Skills after Lunch | Heart Health w/ Lisa Moran @ 10:30 | Circle of Support w/ Healing Allegany | P.O.T.G. |
| 27 | 28 | | | |
| Women's Group @ 12 | Family Crisis Resource Center @ 11:30 | | | |



*BE
MINE*

February Health Home Notes



February is National Heart Health Month!

Ways to observe Heart Healthy Month:

- Improve your health habits: Beginning with the kinds of foods you eat to how well you exercise, make a conscious effort to be better with the habits that directly impact your health. Over time, you will benefit from the reward of a healthy heart and whole body.
- Spread information about heart health: Either through direct talk or from your social media platforms, share important facts and tips about how best to keep the heart in the best form. By doing so, you will be helping many people.
- Help people quit unhealthy habits: Habits such as smoking and overeating ultimately harm the heart. Create platforms to assist people with these kinds of poor habits to change for the better.

5 Facts about the human heart that will amaze you

1. It supplies blood to every cell: Apart from the cornea, every cell in the human body gets blood from the heart.
2. It works really hard: In a day, the heart beats around 100,000 times and pumps around 1.5 gallons of blood per minute.
3. It is spiritually significant: The heart is an emblematic symbol in many religions, signifying truth, conscience, or moral courage.
4. It has its own electrical impulse: Due to this, the heart can continue to beat even when separated from the body, as long as it has an adequate supply of oxygen.
5. It is psychologically influenced: Happiness and a strong sense of emotional vitality help lower the risk of heart disease.

Monitoring Your Blood Pressure at Home

How to use a home blood pressure monitor

- **Be still.** Don't smoke, drink caffeinated beverages or exercise within 30 minutes before measuring your blood pressure. Empty your bladder and ensure at least 5 minutes of quiet rest before measurements.
- **Sit correctly.** Sit with your back straight and supported (on a dining chair, rather than a sofa). Your feet should be flat on the floor and your legs should not be crossed. Your arm should be supported on a flat surface (such as a table) with the upper arm at heart level. Make sure the bottom of the cuff is placed directly above the bend of the elbow.

Check your monitor's instructions for an illustration or have your health care professional show you how.

- **Measure at the same time every day.** It's important to take the readings at the same time each day, such as morning and evening. It is best to take the readings daily however ideally beginning 2 weeks after a change in treatment and during the week before your next appointment.
- **Don't take the measurement over clothes.**

Warning Signs of a Heart Attack

Catch the signs early

- Don't wait to get help if you experience any heart attack warning signs. Some heart attacks are sudden and intense, but others start slowly, with mild pain or discomfort. Pay attention to your body and call 911 if you experience:
- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes – or it may go away and then return. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath. This can occur with or without chest discomfort.
- Other signs. Other possible signs include breaking out in a cold sweat, nausea or lightheadedness.

Call 911 if you experience heart attack warning signs. It's almost always the fastest way to get lifesaving treatment. An emergency medical services (EMS) team can begin treatment when they arrive. EMS are also trained to provide resuscitation efforts to someone whose heart has stopped. People with chest pain who arrive by ambulance may also receive faster treatment at the hospital. For many reasons, it's best to call 911 so that an experienced EMS team can begin treatment and arrange rapid transport to the emergency room.

IF YOU WOULD BE INTERESTED IN LEARNING HANDS-ONLY CPR PLEASE NOTIFY HEALTH HOME STAFF SO WE ARE ABLE TO PLAN A CLASS BASED ON INTEREST.

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 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.

***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.

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.

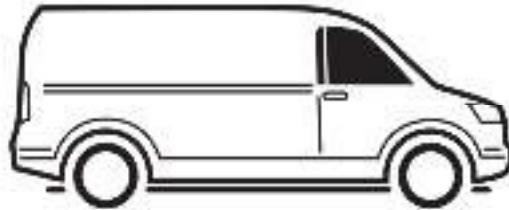
Nina Likens RN-BSN, Health Home Nurse Care Manager

301-724-2582 ext. 5117 or 301-876-1477

Bob Nair, Health Home HSW3

301-724-2582 ext. 5110 or 301-876-1857

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**