

Archway Station Short Takes January 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
Avenue
Cumberland, MD
21502
301-724-2582
Ext. 5118
Website:
archwaystation.net

Special Points of Interest:

Local Blood Drive
Information

Inside this Issue:

Wellness &
Recovery Center
Information

Menu/ Activity
Schedule

Health Home Notes

Help Save Lives During National Blood Donor Month

Adapted from: <https://www.redcross.org/about-us/news-and-events/news/2021/help-save-lives-during-national-blood-donor-month.html>

January marks the 52nd anniversary of National Blood Donor Month – a time to recognize the importance of giving blood and platelets while celebrating the lifesaving impact of those who roll up a sleeve to help patients in need. It is also a time to encourage new and lapsed donors to resolve to give blood during one of the most difficult times to maintain a sufficient blood supply – the winter months.

This year’s National Blood Donor Month comes as the nation’s blood supply has dipped to concerning levels and could force hospitals to delay essential blood and platelet transfusions. Blood donors of all blood types – particularly type O blood, the blood group hospitals need most – are needed now to give blood or platelets to help meet daily hospital demands.

Donors are urged to schedule an appointment now by using the Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767). There is no blood donation waiting period for those who have received a flu shot or a Moderna, Pfizer or Johnson & Johnson COVID-19 vaccine or booster, so long as they are symptom-free. Each Red Cross blood drive and donation center follows the highest standards of safety and infection control. Additional precautions – including face masks for donors and staff regardless of vaccination status – have been implemented to help protect the health of all those in attendance. Donors are asked to schedule an appointment prior to arriving at the drive.

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, January 31st 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, January 30th.

Wellness & Recovery Center Lunch

January 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 if ordered by 10:00 am


Mon	Tue	Wed	Thur	Fri
2 Chicken Teiryaki Brown Rice Mixed Veggies Plum	3 Shrimp Salad Celery Banana	4 Grilled Cheese Tomato Soup Peaches	5 BBQ Pork Chickpeas Strawberries	6 Leftovers
9 Sausage Sub Onions/Peppers Seasoned Potato Wedges Grapes	10 Ham & Cheese Sandwich Asian Salad Raspberries	11 Stuffed Steak Butter Beans Cantaloupe	12 Chicken Salad Sandwich Beets Clementine	13 Leftovers
16 Hamburger Gravy Over Biscuit Green Beans Pears	17 Buffalo Chicken Sandwich Red Peppers Blueberries	18 Tuna Casserole Peas Apricots	19 Turkey Sandwich Radishes Blackberries	20 Leftovers
23 Hot Dog Baked Beans Pears	24 Egg Salad Sandwich Green Pepper Mandarin Oranges	25 Cheeseburger Potato Wedges Apple	26 Ham Sandwich Broccoli Pineapple	27 Leftovers
30 Spaghetti Applesauce Dessert	31 Hoagie Baby Carrots Oranges			

January 2023

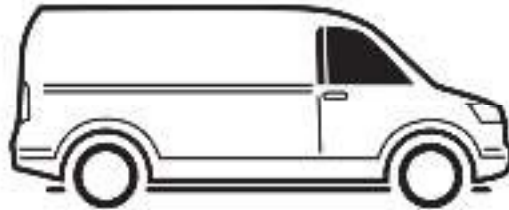
W&R Center **ACTIVITY** Schedule

MONDAY – FRIDAY FROM 9 AM – 1:30 PM

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30-11:00	2 Goals & Resolutions	3 COMMUNITY INTEGRATION Shopping In the Community	4 Participant Led Men's / Women's Groups	5 COMMUNITY VOLUNTEER Food Box Delivery for HRDC	6 Multicultural Awareness And Languages
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 Crafts with Cindy	Recreational Activity – You Choose BINGO	Recreational Activity – You Choose DIY Crafts	Recreational Activity – You Choose Wii Dancing	Recreational Activity – You Choose YMCA
9:30-11:00	9 Simple Cooking	10 COMMUNITY VOLUNTEER Make food boxes with HRDC at Friend's Aware	11 Narcan Training from the Health Department	12 COMMUNITY INTEGRATION Library	13 Relationships, Boundaries & Depression
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 Crafts with Cindy	Recreational Activity – You Choose Wii Sports	Recreational Activity – You Choose BINGO	Recreational Activity – You Choose YMCA	Recreational Activity – You Choose KARAOKE

<p>9:30-11:00</p> <hr/> <p>11:00-11:45</p> <hr/> <p>11:45-1:00</p>	<p>16 Priority Partners Coping with Stress</p> <hr/> <p>Lunch</p> <hr/> <p>Recreational Activity – You Choose</p> <p>Crafts with Cindy</p>	<p>17 COMMUNITY INTEGRATION Shopping in the Community</p> <hr/> <p>Packed Lunch</p> <hr/> <p>Recreational Activity – You Choose</p> <p>Papier Machè</p>	<p>18 Power of Positivity</p> <hr/> <p>Lunch</p> <hr/> <p>Recreational Activity – You Choose</p> <p>Painting</p>	<p>19 COMMUNITY INTEGRATION History House</p> <hr/> <p>Packed Lunch</p> <hr/> <p>Recreational Activity – You Choose</p> <p>National Popcorn Day Popcorn Recipes</p>	<p>20 Benefits of Donating Blood</p> <hr/> <p>Lunch</p> <hr/> <p>Recreational Activity – You Choose</p> <p>KARAOKE</p>
<p>9:30-11:00</p> <hr/> <p>11:00-11:45</p> <hr/> <p>11:45-1:00</p>	<p>23 Open Conversation (Group Ideas for February)</p> <hr/> <p>Lunch</p> <hr/> <p>Recreational Activity – You Choose</p> <p>Crafts with Cindy</p>	<p>24 COMMUNITY VOLUNTEER Western Maryland Food Bank</p> <hr/> <p>Packed Lunch</p> <hr/> <p>Recreational Activity – You Choose</p> <p>BINGO</p>	<p>25 Cooking From Recipes</p> <hr/> <p>Lunch</p> <hr/> <p>Recreational Activity – You Choose</p> <p>Xbox Games</p>	<p>26 COMMUNITY INTEGRATION Library</p> <hr/> <p>Packed Lunch</p> <hr/> <p>Recreational Activity – You Choose</p> <p>YMCA</p>	<p>27 Music Therapy</p> <hr/> <p>Lunch</p> <hr/> <p>Recreational Activity – You Choose</p> <p>KARAOKE</p>
<p>9:30-11:00</p> <hr/> <p>11:00-11:45</p> <hr/> <p>11:45-1:00</p>	<p>30 Share your Story</p> <hr/> <p>Lunch</p> <hr/> <p>Recreational Activity – You Choose</p> <p>Crafts with Cindy</p>	<p>31 FESTIVE FINALE (Recognition for Volunteers) BOWLING AT WHITE OAKS 12 – 1 pm</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

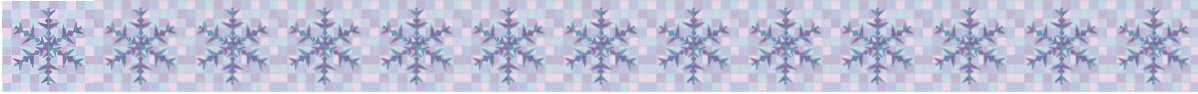
REMINDER:

**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**

January Health Home Notes



January is Cervical Cancer Awareness Month, National Eye Care Month, Blood Donor Awareness Month, and Thyroid Awareness Month

Blood Donor Awareness

Where can I donate blood?

First Presbyterian Church on January 3rd and 31st from 12:30 pm – 6:00 pm

St. Luke’s Lutheran Church on January 4th from 1:00 pm – 6:30 pm

Cumberland Community Church on January 10th from 12:00 pm – 6:00 pm

Allegany College of Maryland on January 11th and 31st from 10:30 am – 4:00 pm

You can call 1-800-RED-CROSS to schedule an appointment.

Who Can Donate?

In most states, you must be 17 or older to donate whole blood. In states where 16 year olds are eligible to donate, we require a signed parental consent form.

You must weigh at least 110 lbs.* and be in good health — that means you feel well and can perform normal activities. If you have a chronic condition such as diabetes and you want to donate blood, it’s important that you are being treated and the condition is under control. If you’re not feeling well on the day of your donation, please contact us to reschedule.

Additional eligibility criteria apply, including certain medications, medical conditions, travel to certain countries, and personal history. You can browse the most common reasons people may not be able to give blood, or view our complete eligibility requirements.

Cervical Cancer Awareness

Each year, more than 13,000 women are diagnosed with cervical cancer in the United States. Yet cervical cancer is one of the most preventable cancers today. In most cases cervical cancer can be prevented through early detection and treatment of abnormal cell changes that occur in the cervix years before cervical cancer develops.

We now know that these cell changes are caused by human papillomavirus, commonly known as HPV. The traditional test for early detection has been the Pap test. For women age 30 and over, an HPV test is also recommended. HPV tests can find any of the high-risk types of HPV that are commonly found in cervical cancer.

Current guidelines for cervical cancer screening are:

- Women should start screening with the Pap test at age 21. (Screening is not recommended for women under age 21.)

Starting at age 30, women have three options available for screening:

- A Pap test alone every three years
- Co-testing with a Pap and HPV test, every five years
 - An HPV test alone, every five years

Depending on the results of the Pap and/or HPV tests, a healthcare provider may recommend additional screening or procedures, so some women may be screened more often.

After age 65, women older than 65 who have had adequate prior screening and are not otherwise at high risk can stop screening. Women who have had a hysterectomy (with removal of the cervix) also do not need to be screened, unless they have a history of high-grade precancerous lesions.

To find out if you qualify for a free or low-cost mammogram and Pap test and where to get screened, call: (800) 477-9774

Thyroid Disease

Most people with thyroid disease don't even know they have it. More than one in eight Americans will develop a thyroid condition during their lifetime, but up to 60% are unaware of it. That's because the symptoms — fatigue, depression, sleep disturbances and weight loss or gain, among others — could just as well be signs of other medical conditions and life stages.

What Is Thyroid Disease?

Thyroid disease is a medical condition that keeps your thyroid from producing the right amount of the hormones needed by your body's systems to function. This small, butterfly-shaped gland at the lower front of your neck affects how well every cell, tissue and organ in your body works. The cause of thyroid disease is unknown, but it can often be managed with medical attention. But first it has to be diagnosed through blood tests, imaging (scans or ultrasounds) and physical exams.

With **hypothyroidism**, the gland doesn't make enough thyroid hormone and you can feel tired, gain weight and feel the cold more intensely. On the flip side, when the gland produces too much hormone you can develop **hyperthyroidism**, leaving you feeling tired and nervous. You may also lose weight and find your heartbeat is rapid.

What Are the Trends in Thyroid Cancer?

The yearly number of new thyroid cancer cases in the U.S. has grown steadily, from 18,000 in 1999 to a peak of 49,500 in 2015, with a small drop-off after that.⁷

In 2017, for every 100,000 Americans, 14 new thyroid cancer cases were reported and one person died.⁸

Scientists aren't sure what causes thyroid cancer. But the risk factors include:⁹

- Being female.
- Being between the ages of 25 and 65.
- Being exposed to radiation as a child.
- Having a history of an enlarged thyroid.
- Having a family history of thyroid disease

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.**

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.

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.

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

AMERICAN RED CROSS BLOOD DRIVES JANUARY 2023



JANUARY 3 12:30 PM TO 6:00 PM	FIRST PRESBYTERIAN CHURCH 11 WASHINGTON ST CUMBERLAND, MD
JANUARY 4 12:30 PM TO 6:00 PM	ST LUKES LUTHERAN CHURCH 1601 FREDERICK ST CUMBERLAND, MD
JANUARY 9 12:00 PM TO 6:00 PM	COVENANT LIFE CENTER 15300 MCMULLEN HWY LAVALE, MD
JANUARY 10 12:00 PM TO 6:00 PM	CUMBERLAND COMMUNITY CHURCH 12900 BEDFORD RD CUMBERLAND, MD
JANUARY 11 10:30 AM TO 4:00 PM	ALLEGANY COLLEGE OF MD WILLOWBROOK RD CUMBERLAND MD
JANUARY 19 12:30 PM TO 5:00 PM	CHRIST LUTHERAN 1222 VOCKE RD LAVALE, MD
JANUARY 31 1:00 PM TO 6:00 PM	FIRST PRESBYTERIAN CHURCH 11 WASHINGTON ST CUMBERLAND, MD

HOPE Station

A program of the Office of Consumer Advocates

January 2023

632 N. Centre St.
Cumberland, MD 21502
240-362-7168

Fax: 240-362-7170

Center Hours: M-F 10am-4pm
Lunch Served Daily @ 12
Food Pantry Hours 9:30am-1:30pm
Monday-Friday

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
		Men's Group after Lunch	Women's group @ 10	Bingo
9	10	11	12	13
Western Maryland Consortium @ 1:00		Yvonne Perret "New Year Resolutions" @ 1:00	Women's group @ 10	Men's Group after Lunch
16	17	18	19	20
Facts about Martin Luther King Jr.	Family Crisis Resource Center @ 11:30am	Lisa Moran @ 10:30am	P.O.T.G.	Men's Group after Lunch
23	24	25	26	27
	Peer Choice	Men's Group after Lunch	Women's group @ 10	Celebration Day
30	31			

Lord of the Rings Marathon & Drop In Craft

Tuesday, January 3, 2023

10:15am - 7:45pm

Location: LaVale Meeting Room B at LaVale Library

Program Type: Fun & Learning

Age Group: Tweens and Teens (12-17), Adult (18+)

Allegany County WIC at the Westernport Library

Wednesday, January 4, 2023

10:00am - 4:00pm

Location: Westernport Meeting Room at Westernport Library

Program Type: Community Health & Wellness, Community Services

Age Group: Young Children (0-5), Elementary (6-11), Tweens and Teens (12-17), Adult (18+)

Rent A Librarian @ LaVale

Wednesday, January 4, 2023

11:00am - 11:30am

Location: LaVale Library

Program Type: Community Services, Student Success

Age Group: Tweens and Teens (12-17), Adult (18+)

 Registration Required

Yoga at South Cumberland

Wednesday, January 4, 2023

11:00am - 12:00pm

Location: South Cumberland Meeting Room at South Cumberland Library

Program Type: Community Health & Wellness, Community Services, Fun & Learning

Age Group: Tweens and Teens (12-17), Adult (18+)

Rent A Librarian @ LaVale

Wednesday, January 4, 2023

11:30am - 12:00pm

Location: LaVale Library

Program Type: Community Services, Student Success

Age Group: Tweens and Teens (12-17), Adult (18+)

 Registration Required

Story Time with Mountain Laurel Medical Center

Wednesday, January 4, 2023

1:30pm - 3:00pm

Location: George's Creek Story Time Room at George's Creek Library

Program Type: Community Health & Wellness, Fun & Learning, Story Time, Student Success

Age Group: Young Children (0-5), Elementary (6-11)

Blood Pressure Testing and Vaccine Awareness with Potomac Valley Hospital

Wednesday, January 4, 2023

2:00pm - 3:30pm

Location: Westernport Reeves Woods at Westernport Library

Program Type: Community Health & Wellness

Age Group: Young Children (0-5), Elementary (6-11), Tweens and Teens (12-17), Adult (18+)

Yoga at LaVale Library

Friday, January 6, 2023

10:30am - 11:30am

Location: LaVale Conference Room at LaVale Library

Program Type: Community Health & Wellness, Community Services, Fun & Learning

Age Group: Tweens and Teens (12-17), Adult (18+)

Allegany County Library Board of Trustees meeting

Tuesday, January 10, 2023

4:00pm - 6:00pm

Location: LaVale Meeting Room A at LaVale Library

Program Type: Community Health & Wellness, Community Services

Age Group: Adult (18+)

My Mini-Market with Western Maryland Food Bank

Tuesday, January 10, 2023

4:00pm - 6:00pm

Location: Westernport Meeting Room at Westernport Library

Program Type: Community Health & Wellness, Community Services

Age Group: Young Children (0-5), Elementary (6-11), Tweens and Teens (12-17)

Allegany County WIC at the Frostburg Library

Wednesday, January 11, 2023

10:00am - 4:00pm

Location: Frostburg Toll House at Frostburg Library

Program Type: Community Health & Wellness, Community Services

Age Group: Young Children (0-5), Elementary (6-11), Tweens and Teens (12-17), Adult (18+)

Rent A Librarian @ LaVale

Wednesday, January 11, 2023

11:00am - 11:30am

Location: LaVale Library

Program Type: Community Services, Student Success

Age Group: Tweens and Teens (12-17), Adult (18+)

 Registration Required

Yoga at South Cumberland

Wednesday, January 11, 2023

11:00am - 12:00pm

Location: South Cumberland Meeting Room at South Cumberland Library

Program Type: Community Health & Wellness, Community Services, Fun & Learning

Age Group: Tweens and Teens (12-17), Adult (18+)

Rent A Librarian @ LaVale

Wednesday, January 11, 2023

11:30am - 12:00pm

Location: LaVale Library

Program Type: Community Services, Student Success

Age Group: Tweens and Teens (12-17), Adult (18+)

 Registration Required

Story Time with Mountain Laurel Medical Center

Wednesday, January 11, 2023

1:30pm - 3:00pm

Location: Westernport Meeting Room at Westernport Library

Program Type: Community Health & Wellness, Fun & Learning, Story Time, Student Success

Age Group: Young Children (0-5), Elementary (6-11)

Getting to Know Muslim Americans and Their Faith

Wednesday, January 11, 2023

5:30pm - 7:00pm

Location: LaVale Meeting Room B at LaVale Library

Program Type: Fun & Learning, History & Genealogy, Student Success

Age Group: Tweens and Teens (12-17), Adult (18+)

Yoga at LaVale Library

Friday, January 13, 2023

10:30am - 11:30am

Location: LaVale Conference Room at LaVale Library

Program Type: Community Health & Wellness, Community Services, Fun & Learning

Age Group: Tweens and Teens (12-17), Adult (18+)

My Mini-Market with Western Maryland Food Bank

Friday, January 13, 2023

3:00pm - 5:00pm

Location: South Cumberland Meeting Room at South Cumberland Library

Program Type: Community Health & Wellness, Community Services

Age Group: Young Children (0-5), Elementary (6-11), Tweens and Teens (12-17)

South Cumberland Cozy Reader Book Discussion

Saturday, January 14, 2023

1:30pm - 2:30pm

Location: South Cumberland Study Room at South Cumberland Library

Program Type: Authors & Book Groups

Age Group: Tweens and Teens (12-17), Adult (18+)

My Mini-Market with Western Maryland Food Bank

Tuesday, January 17, 2023

4:00pm - 6:00pm

Location: George's Creek Meeting Room at George's Creek Library

Program Type: Community Health & Wellness, Community Services

Age Group: Young Children (0-5), Elementary (6-11), Tweens and Teens (12-17)

Allegany County WIC at the George's Creek Library

Wednesday, January 18, 2023

10:00am - 4:00pm

Location: George's Creek Meeting Room at George's Creek Library

Program Type: Community Health & Wellness, Community Services

Age Group: Young Children (0-5), Elementary (6-11), Tweens and Teens (12-17), Adult (18+)

Story Time with Mountain Laurel Medical Center

Wednesday, January 18, 2023

10:30am - 12:00pm

Location: South Cumberland Story Time Room at South Cumberland Library

Program Type: Community Health & Wellness, Fun & Learning, Story Time, Student Success

Age Group: Young Children (0-5), Elementary (6-11)

Rent A Librarian @ LaVale

Wednesday, January 18, 2023

11:00am - 11:30am

Location: LaVale Library

Program Type: Community Services, Student Success

Age Group: Tweens and Teens (12-17), Adult (18+)

 Registration Required

Yoga at South Cumberland

Wednesday, January 18, 2023

11:00am - 12:00pm

Location: South Cumberland Meeting Room at South Cumberland Library

Program Type: Community Health & Wellness, Community Services, Fun & Learning

Age Group: Tweens and Teens (12-17), Adult (18+)

Rent A Librarian @ LaVale

Wednesday, January 18, 2023

11:30am - 12:00pm

Location: LaVale Library

Program Type: Community Services, Student Success

Age Group: Tweens and Teens (12-17), Adult (18+)

 Registration Required

Story Time with Mountain Laurel Medical Center

Thursday, January 19, 2023

1:30pm - 3:00pm

Location: Frostburg Meeting Room at Frostburg Library

Program Type: Community Health & Wellness, Fun & Learning, Story Time, Student Success

Age Group: Young Children (0-5), Elementary (6-11)

Homeschool Hangout

Thursday, January 19, 2023

2:00pm - 4:00pm

Location: LaVale Meeting Room B at LaVale Library

Program Type: Community Services, Fun & Learning, Student Success

Age Group: Young Children (0-5), Elementary (6-11), Tweens and Teens (12-17), Adult (18+)

Maryland Libraries Together Presents: Kathryn Finney: Build the D*mn Thing (Online)

Thursday, January 19, 2023

6:30pm - 7:30pm

Location: Off Site

Program Type: Authors & Book Groups, Career & Skill Building, Community Health & Wellness

Age Group: Adult (18+)

Yoga at LaVale Library

Friday, January 20, 2023

10:30am - 11:30am

Location: LaVale Conference Room at LaVale Library

Program Type: Community Health & Wellness, Community Services, Fun & Learning

Age Group: Tweens and Teens (12-17), Adult (18+)

My Mini-Market with Western Maryland Food Bank

Friday, January 20, 2023

3:00pm - 5:00pm

Location: Frostburg Meeting Room at Frostburg Library

Program Type: Community Health & Wellness, Community Services

Age Group: Young Children (0-5), Elementary (6-11), Tweens and Teens (12-17)

Story Time with Mountain Laurel Medical Center

Monday, January 23, 2023

11:00am - 12:30pm

Location: LaVale Meeting Room A at LaVale Library

Program Type: Community Health & Wellness, Fun & Learning, Story Time, Student Success

Age Group: Young Children (0-5), Elementary (6-11)

Story Time at LaVale Branch

Tuesday, January 24, 2023

10:30am - 11:30am

Location: LaVale Meeting Room A at LaVale Library

Program Type: Fun & Learning, Story Time, Student Success

Age Group: Young Children (0-5), Elementary (6-11)

My Mini-Market with Western Maryland Food Bank

Tuesday, January 24, 2023

4:00pm - 6:00pm

Location: LaVale Meeting Room A at LaVale Library

Program Type: Community Health & Wellness, Community Services

Age Group: Young Children (0-5), Elementary (6-11), Tweens and Teens (12-17)

Story Time at Frostburg Branch

Wednesday, January 25, 2023

10:30am - 11:30am

Location: Frostburg Meeting Room at Frostburg Library

Program Type: Fun & Learning, Story Time, Student Success

Age Group: Young Children (0-5), Elementary (6-11)

Story Time at George's Creek Branch

Wednesday, January 25, 2023

10:30am - 11:30am

Location: George's Creek Story Time Room at George's Creek Library

Program Type: Fun & Learning, Story Time, Student Success

Age Group: Young Children (0-5), Elementary (6-11)

Story Time at Washington St Branch

Wednesday, January 25, 2023

10:30am - 11:30am

Location: Washington Street Story Time Room at Washington Street Library

Program Type: Fun & Learning, Story Time, Student Success

Age Group: Young Children (0-5), Elementary (6-11)

Rent A Librarian @ LaVale

Wednesday, January 25, 2023

11:00am - 11:30am

Location: LaVale Library

Program Type: Community Services, Student Success

Age Group: Tweens and Teens (12-17), Adult (18+)

 Registration Required

Yoga at South Cumberland

Wednesday, January 25, 2023

11:00am - 12:00pm

Location: South Cumberland Meeting Room at South Cumberland Library

Program Type: Community Health & Wellness, Community Services, Fun & Learning

Age Group: Tweens and Teens (12-17), Adult (18+)

Rent A Librarian @ LaVale

Wednesday, January 25, 2023

11:30am - 12:00pm

Location: LaVale Library

Program Type: Community Services, Student Success

Age Group: Tweens and Teens (12-17), Adult (18+)

 Registration Required

Story Time At South Cumberland Branch

Thursday, January 26, 2023

10:30am - 11:30am

Location: South Cumberland Story Time Room at South Cumberland Library

Program Type: Fun & Learning, Story Time, Student Success

Age Group: Young Children (0-5), Elementary (6-11)

Story Time at Westernport Branch

Thursday, January 26, 2023

10:30am - 11:30am

Location: Westernport Meeting Room at Westernport Library

Program Type: Fun & Learning, Story Time, Student Success

Age Group: Young Children (0-5), Elementary (6-11)

Yoga at LaVale Library

Friday, January 27, 2023

10:30am - 11:30am

Location: LaVale Conference Room at LaVale Library

Program Type: Community Health & Wellness, Community Services, Fun & Learning

Age Group: Tweens and Teens (12-17), Adult (18+)

My Mini-Market with Western Maryland Food Bank

Friday, January 27, 2023

3:00pm - 5:00pm

Location: South Cumberland Meeting Room at South Cumberland Library

Program Type: Community Health & Wellness, Community Services

Age Group: Young Children (0-5), Elementary (6-11), Tweens and Teens (12-17)

Story Time with Mountain Laurel Medical Center

Monday, January 30, 2023

1:30pm - 3:00pm

Location: Washington Street Story Time Room at Washington Street Library

Program Type: Community Health & Wellness, Fun & Learning, Story Time, Student Success

Age Group: Young Children (0-5), Elementary (6-11)

Story Time at LaVale Branch

Tuesday, January 31, 2023

10:30am - 11:30am

Location: LaVale Meeting Room A at LaVale Library

Program Type: Fun & Learning, Story Time, Student Success

Age Group: Young Children (0-5), Elementary (6-11)



My Mini-Market with Western Maryland Food Bank

Tuesday, January 31, 2023

4:00pm - 6:00pm

Location: Washington Street Story Time
Room at Washington Street Library

Program Type: Community Health &
Wellness, Community Services

Age Group: Young Children (0-5),
Elementary (6-11), Tweens and Teens (12-
17)

ACM School of Hospitality Management and Culinary Arts - Open House

Allegany College of Maryland
School of Hospitality Management and Culinary Arts
Open House
January 4, 2023 @ 11am-2pm and 4pm-6pm

Join us at the Gateway Center in downtown Cumberland, Maryland and learn about the many certificate and degree programs offered at the ACM School of Hospitality Management and Culinary Arts.

- Hospitality Management
- Culinary Arts
- Baking Essentials
- Cooking Essentials
- Brewing Operations
- Catering & Event Management
- Restaurant Management

See the facility (including The Culinaire Cafe, our fully functioning, student-run restaurant) up close on a guided tour and speak face-to-face with our students, instructors, and staff.

For more information, contact Debbie Buchanan at
dbuchanan@allegany.edu or 301-784-5410
allegany.edu/school-of-hospitality-culinary/index.html

Seussical Jr.



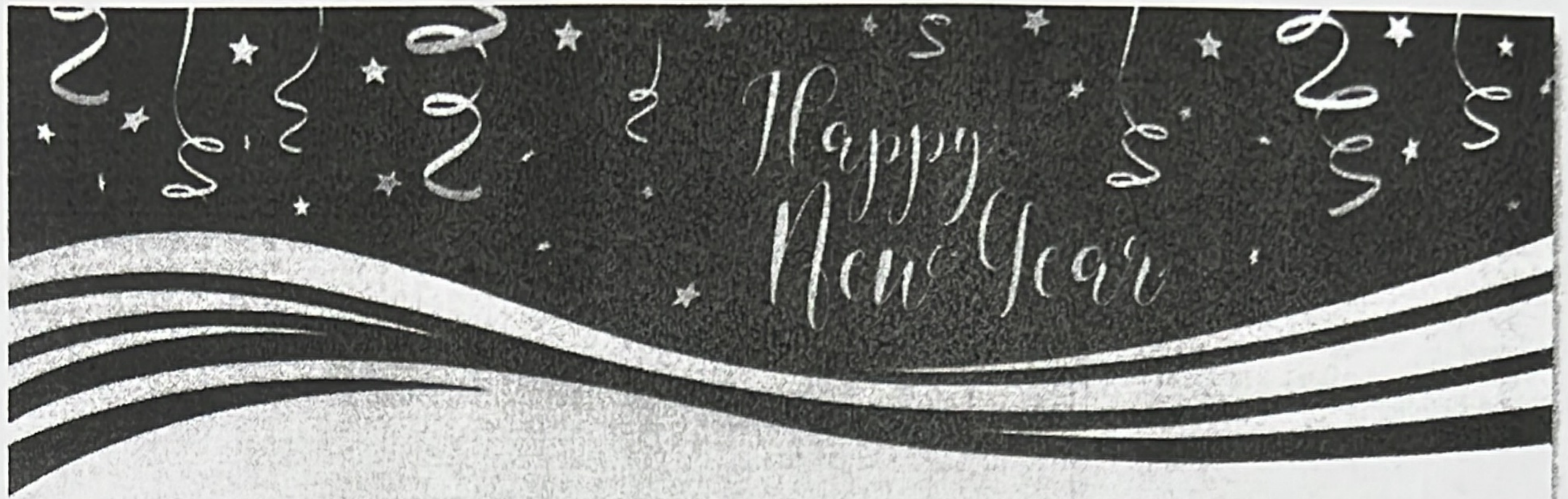
Braddock Middle School

Jan 27th 7:00 pm

Jan 28th 7:00 pm

Jan 29th 2:00 pm

Donations Accepted



Christmas is over and so is the hustle and bustle of the season. The presents have been put away, the tree and decorations have been packed away for another year. For some this is a let-down but for some a sigh of relief. A time to be thankful we have survived another "Merry Christmas" and "Happy Holiday."

I want to take this time to encourage you to be extra kind to yourself as the cold weather sets in. Get plenty of rest, eat healthy, and exercise. On those long dark nights why not look for some new and healthy recipes or try a new hobby. Nurture yourself. Love yourself.

In the morning open your curtains and let the sunshine in. Look at the nature that surrounds you. Take notice of the different birds, the snow, or the clouds. Think of one thing each day that you are grateful for and you will develop an attitude of gratitude. You are the author of your own story so make it fantastic.

I would also like to take a moment to invite you to visit the Wellness Center. We have a lot of new And exciting things going on and everyone at Archway is welcome. Be sure to check out our calendar Feel free to join us.

Above all be kind to yourself in 2023...you deserve it.

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.

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 ²	301-777-8492

40 Hour Residential

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

W&R CENTER'S SCHEDULE

MONDAY-WEDNESDAY-FRIDAY

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



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.

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.

Archway Station, Inc. Individual Rights & Responsibilities

Your rights

- We will treat you with courtesy and respect, even when we're working through a problem.
- We'll respect your culture and spiritual life.
- We'll give you information so that you can make informed decisions.
- While we're providing you services, there won't be any mental, physical, verbal, or sexual abuse or neglect from staff. Staff won't humiliate you.
- Staff will not take advantage of you, especially when it comes to your money and things you own.
- We don't use any sort of chemical restraint. When providing mental health services, physical restraints are not used. When providing services funded by the Developmental Disabilities Administration, physical restraints are used only when pre-approved as part of the person's behavioral plan.
- We will protect your privacy. Your records are protected and aren't available to staff who don't need to see them.
- You can see your Archway records by asking to do so. We'll respond quickly.
- We share information about you only with your permission.
- You have the right to develop your Individual Plan, as well as the right to have other people help you write it.
- We will do our best to resolve any of your complaints quickly. No one will hold it against you if you complain.
- We'll let you know how to contact self-help and advocacy services.
- We support your right to follow or not follow your treatment and health plans, including medications.

Your responsibilities

Our services are based on a partnership between you and the staff. We'll work together to write a plan that will help you reach your goals and follow through with the action steps. Your responsibilities include:

- Make choices that help you stay healthy & meet your goals.
- Participate in activities that promote physical, emotional, and spiritual health.
- Learn about your disability and treatment options.
- Understand benefits, risks, and side effects of medication so you can make informed choices.
- Apply for all eligible entitlement benefits.
- Participate in mental health treatment.
- Keep your appointments.
- Honor Archway's "Respecting Each Other" statement.
- Pay your portion or copay for services (if required).
- Respect Archway property as well as property of other services users.
- Report suspected fraud and abuse.

We'll review these rights and responsibilities when you start services and each July. If you ever need any of this information explained or if you feel your rights have been violated, contact Archway's Compliance Officer at 301-777-1700, Ext 2125. You can also fill out a complaint. Forms are posted at agency buildings.

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!

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)

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

ALLEGANY COUNTY TRANSIT SCHEDULE

JULY 2021

M-F 730 am - 4 pm		RED LINE						
		To Hospital & ACM						
FREDERICK STREET	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
WHMS - Hospital	741	811	911	1011	1111	111	211	311
Allegany College of Maryland	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						
FREDERICK STREET	800	830	930	1030	1130	130	230	330
Cumberland Martin's	--	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
Cumberland Martin's	--	850	950	1050	1150	150	250	350
FREDERICK STREET	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						
FREDERICK STREET	800	900	1000	1100	100	200	300	400
Cumberland Martin's	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
Cumberland Martin's	820	920	1020	1120	120	220	320	420
		To Hospital & ACM						
FREDERICK STREET	830	930	1030	1130	130	230	330	--
Decatur St./Baltimore Ave	834	934	1034	1134	134	234	334	--
WHMS - Hospital	839	939	1039	1139	139	239	339	--
Allegany College of Maryland	840	--	1040	--	140	--	340	--
Cumberland Meadows Apts	845	--	1045	--	145	--	345	--
Decatur St. & Baltimore Ave	851	945	1051	1145	151	245	351	--
FREDERICK STREET	855	950	1055	1150	155	250	355	--

M-F 730 am - 4 pm GREEN LINE

		To Naves Cross Road						
FREDERICK STREET	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						
FREDERICK STREET	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	--	--	
CC Mall Theaters & Walmart	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	*	--	--	
FREDERICK STREET	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)						
FREDERICK STREET	800	900	X1030	--	--	200	330	
Lee St & Paca St (Q C Towers)	--	905	--	--	--	205	--	
Greene St & Fayette St (Dingle)	--	909	--	--	--	209	--	
CC Mall Theaters Only	--	920	1040	1135	--	220	340	
Weis Market	--	931	1051	1151	--	231	351	
Frostburg Plaza Upon request*	--	934	--	--	--	234	--	
Bowery St & Paul St	--	939	1059	1159	--	239	354	
**** Lowdens Lot	--	--	1108	--	1122	1142	--	
F Annapolis Hall	--	--	1110	--	1130	1150	--	
S Edgewood Commons	--	--	1113	--	1133	1153	--	
U Active network upon request*	815	*	*	--	*	*	405	
LOOP Pullen Hall (PE Center)	--	--	1118	--	1138	1158	--	
**** Guild Center	--	--	1120	--	1140	1200	--	
College Ave & Maple St	820	941	1101	--	--	110	241	
State St & Broadway	823	944	1104	--	--	112	244	
		To Country Club Mall, LaVale, & Downtown Cumberland						
Main St Palace Theater	827	948	1108	--	--	116	248	
Frostburg Plaza Upon request*	832	953	--	--	--	121	--	
Weis Market	--	955	1113	--	--	125	255	
Braddock Square	--	Y	1120	--	--	Y	Y	
CC Mall Theaters Only	--	1010	1130	--	--	140	310	
Nat'l Hwy & Long Dr	--	1014	--	--	--	144	314	
FREDERICK STREET	854	1026	--	--	--	156	326	

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		
FREDERICK STREET	800	--	130	
Kelly Rd YMCA	807	--	137	
Lee St & Paca St (Queen City Towers)	810	--	140	
Seton Dr.	819	--	149	
CC Mall Theaters & Walmart	830	--	200	
MD 36 & Douglas Ave (Lonaconing)	855	--	225	
MD 135 McDonald's (Westernport)	915	--	245	
Westernport Senior Center	917	--	247	
MD 36 & Douglas Ave (Lonaconing)	930	--	300	
CC Mall Theaters & Walmart	955	--	325	
Seton Dr	1005	--	335	
Greene St & Fayette St (Dingle)	1010	--	340	
Kelly Rd YMCA	1016	--	346	
FREDERICK STREET To LaVale	1025	--	355	
Centre St & Valley St	1035	--	--	
Nat'l Hwy /Campground Rd	1045	--	--	
LaVale Plaza (Ollie's)	1048	--	--	
Braddock Square	1051	--	--	
CC Mall Theaters & Walmart	1100	--	--	
US 220 & Moss Ave (Shooters)	1110	--	--	
Greene St & Fayette St (Dingle)	1118	--	--	
Kelly Rd YMCA	1120	--	--	
FREDERICK STREET To Naves Cross Rd	1130	--	--	
Naves Cross Rd (Sheetz)	1135	--	--	
Western MD Recovery	1139	--	--	
Bedford Rd & Acre Ln VFD	1143	--	--	
Bedford Rd & Marietta St	1151	--	--	
FREDERICK STREET	1200	--	--	

M-F 550am - 230pm

SILVER LINE - MORNING SERVICE	
Virginia Ave & Offutt	555 -- --
HRDC Virginia Ave	600 -- --
FREDERICK STREET To Hospital & ACM	605 -- --
WHMS - Hospital	614 -- --
Allegany College of Maryland (ACM)	617 -- --
FREDERICK STREET - To CC Mall	630 -- --
Centre St & Valley St.	632 -- --
Nat'l Hwy & Long Dr.	642 -- --
Nat'l Hwy & Vocke Rd	645 -- --
Braddock Square Shopping Plaza	648 -- --
Country Club Mall - Walmart	700 -- --
Active Network - *By Request Only	* -- --
Main St Palace Theater (Frostburg)	720 -- --
Frostburg Plaza	726 -- --
Country Club Mall - Walmart	735 -- --
US 220 & Moss Ave (Shooters)	745 -- --
Greene St & Fayette St (Dingle)	752 -- --
FREDERICK STREET	805 -- --
FREDERICK STREET	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 --
FREDERICK STREET - To CC Mall	925 -- 146
FREDERICK STREET - To CC Mall	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 -- --
Country Club Mall - Theaters/Walmart	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 -- --
Country Club Mall Theaters/Walmart	1115 -- --
Seton Dr	1125 -- 210
Nat'l Hwy & Long Dr	1135 -- --
Greene St & Fayette St. (Dingle)	-- -- 218
FREDERICK STREET -To S Cumberland	1150 -- 225

YELLOW LINE EVENING SERVICE ON BACK

M-F 350p-8pm YELLOW LINE - EVENING SERVICE			
Virginia Ave & Offutt St	350	--	--
HRDC Virginia Ave	353	--	--
FREDERICK STREET - To Hospital & ACM	400	505	
Naves Cross Rd (Sheetz)	413	--	--
WHMS - Hospital	419	513	--
Allegany County Health Department	422	--	--
Allegany College of Maryland (ACM)	425	515	--
FREDERICK STREET - To CC Mall Express	430	525	
Lee St & Paca St Queen City Towers	435	--	--
Greene St & Fayette St (Dingle)	437	--	--
CC Mall Theaters Only (Express via I-68)	445	--	--
FREDERICK STREET - To Hospital & ACM	505		
FREDERICK STREET - To South Cumberland	525	745	
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	--	
FREDERICK STREET - To CC Mall & Frostburg	605	--	
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	715	--	Lay over for a few
CC Mall Walmart	725	--	
FREDERICK STREET -To South Cumberland	745		

*Flex trip - end of day drop off only - return to yard

Transfers	
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.	

Bus Passes	
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.	

Service Cancellations and Delays	
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 TRANSIT to 888-777 .	

Fares	
\$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.	

Holidays	
THERE WILL BE NO SERVICE ON THE FOLLOWING HOLIDAYS	
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

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

Alltrans - ADA Service	
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.	

Nondiscrimination Policy	
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 erobison-harper@alleganygov.org	

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 Click Departments then click Transit

Schedule Effective July 2021



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)**



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

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
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
(800) 637-6247

U.S. Department of Housing Urban
Development
10 S. Howard St., 5th Floor
Baltimore, MD 21201
md_webmanager@hud.gov
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.

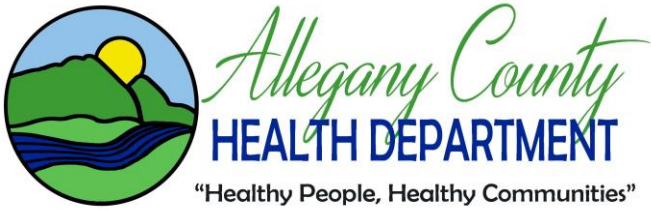
If you are willing to comply with the building's rules about such things as sanitation and no smoking in common areas.

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!



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



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) ****

Patient Name:	Patient Date of Birth:		
Patient Address:	Patient Phone:	Cell:	
City:	State:	Zip:	Patient Email:

To qualify, participants must:

- Be at least 18 years of age; **and**
- Be overweight or obese (Body Mass Index ≥ 25 , ≥ 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/m² (Must be ≥ 25 , ≥ 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:

Provider Name:	Practice Address:		
Practice Name:	City:	State:	Zip:
Practice Phone:	Practice Fax:		

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

**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