

Archway Station Short Takes March 2023

*Check out Short Takes on the web @ <http://archwaystation.net>
choose "Resources I 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:

Hope Station
Calendar

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March is National Disability Awareness Month

Adapted from: portal.ct.gov

This is the 28th Year the United States has recognized and celebrated March as National Disability Awareness Month!

On February 26, 1987 President Ronald Reagan officially declared Proclamation 5613 making March National Disabilities Awareness Month. The proclamation called for people to provide understanding, encouragement and opportunities to help persons with disabilities to lead productive and fulfilling lives.

Everyone wants, and deserves, to enjoy life, feel productive and secure. But in March, we take extra steps to raise awareness about the supports and rights of the people with disabilities and to celebrate their contributions to our communities and society as a whole!

All individuals, agencies, and organizations supportive of people with disabilities are encouraged to observe the month of March with appropriate observances and activities directed toward increasing public awareness of the contributions and the potential of Americans with disabilities. Everyone is encouraged to take the Disability Awareness Pledge which reaffirms a commitment to see the person and not the disability.

PLEDGE OF INCLUSION

I pledge to Accept, Respect, and Include people of ALL abilities, including my peers with special needs and disabilities. Inclusion starts with ME!

I ACCEPT people of all abilities
I RESPECT others and act with kindness and compassion
I INCLUDE people with special needs and disabilities in the classroom, in the workplace and in my community.

Archway Station, Inc.

Person-Centered Planning Philosophy

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


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

Wellness & Recovery Center Lunch

March 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 11:00 am,
if ordered by 10:00am at 301-724-2482 ext. 5100.

Mon	Tue	Wed	Thur	Fri
		1 Chicken tenders Baked beans Fruit cocktail	2 Hoagie Broccoli Orange	3 Leftovers
6 Baked Fish Brown Rice Grapes Peas	7 Egg Salad Red Peppers Plum	8 Sloppy Joe Potato Wedges Pineapple	9 Turkey Salad Sandwich Cauliflower Peach	10 Leftovers
13 Meatball Sub Steak Fries Coleslaw Cantaloupe	14 Tuna salad Chick Peas Honeydew Melon	15 Chicken Pot Pie Banana	16 Ham Sandwich Cherry Tomatoes Clementine	17 Leftovers
20 Hot Dog Sauerkraut Mashed Potatoes Pears	21 Chicken Sandwich Broccoli Raspberries	22 Stuffed Peppers Coleslaw Tropical Fruit	23 Peanut Butter and Jelly Baby carrots Banana	24 Leftovers
27 Honey mustard Chicken Peas Apricots	28 Turkey Wrap Asian Salad Blackberries	29 Ham Sweet Potatoes Mandarin Oranges	30 Shrimp Salad Sandwich Kiwi Celery	31 Leftovers

Archway's Wellness and Recovery Center Schedule March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:30 am – Mall Shopping or volunteering at the Foodbank 11:45 am – Tic Tac Toe	2 9:30 am – Food Box Delivery with HRDC 11:45 am – Darts	3 9:30 am – Gardening 11:45 am – Wii Games
6 9:30 am – Understanding your Medication 11:45 am – Art with Cindy	7 9:30 am – Making Food Boxes with HRDC 11:45 am – Indoor Games	8 9:30 am – Housing in Cumberland 11:45 am – Indoor Volley Ball	9 9:30 am – Tour of Cumberland Development 11:45 am – Trivia	10 9:30 am – Visiting Queen City Flea Market 11:45 am – Karaoke
13 9:30 am – Natural Supports 11:45 am – Art with Cindy	14 9:30 am – Visit Planetarium 11:45 am – Bingo	15 9:30 am – Peer Support with Stephanie 11:45 am – Pictionary	16 9:30 am – Karaoke 11:45 am – YMCA	17 9:30 am – History of St. Patrick's Day 11:45 am – Wii Games
20 9:30 am – Priority Partner's Social Media & your health 11:45 am – Art with Cindy	21 9:30 am – Pictionary 11:45 am – Visit Downtown Cumberland	22 9:30 am – Saving Money 11:45 am – Bingo	23 9:30 am – LaVale Library 11:45 am – Indoor Games	24 9:30 am – Group with Abby from AHEC West 11:45 am – Karaoke
27 9:30 am – How's it Going Meeting 11:45 am – Art with Cindy	28 9:30 am – Card Games 11:45 am – Walk the Track at ACM	29 9:30 am – Mock Job Fair 11:45 am – Holiday Craft	30 9:30 am – Karaoke 11:45 am – YMCA	31 FESTIVE FINALE

Western Maryland Foodbank Pet Food Pantry dates to be announced

Take me to the refuge
In the heart of the city
Where I encounter my peers
Who are special and witty.
I long to ride in the Archway van
Go to the lake and fellowship
While I get a tan.
I love arts and crafts at the center.
I look forward to the end of the cold winter.

By: Scott Gibson

March Health Home Notes

March is National Colorectal Cancer Awareness Month and Diabetes 'Wake-up' Day!

American Diabetes Alert Day is a one-day “wake-up” call to inform the American public about the seriousness of diabetes. It is observed on the fourth Tuesday of every March. The American Diabetes Association encourages people to take the diabetes risk test and find out if they are at risk for developing diabetes. The risk test requires users to answer seven simple questions about weight, age, lifestyle, and family history--all potential risk factors for diabetes. People scoring 10 points or more are at a high risk for type 2 diabetes and are encouraged to see a health care professional for further evaluation. Diabetes is a fast growing public health problem. For many, the diagnosis for diabetes may come seven to ten years after the onset of the disease. Therefore, early diagnosis is critical to successful treatment and delaying or preventing some of its complications such as heart disease, blindness, kidney disease, stroke, amputation and death.



National Colorectal Cancer Awareness Month began in 2000 when the Prevent Cancer Foundation, the American Society for Gastrointestinal Endoscopy, the Foundation for Digestive Health and Nutrition and the National Colorectal Cancer Roundtable joined forces to bring about colorectal cancer awareness. Over 57 other collaborating organizations joined forces to raise awareness year-round, particularly during March. All across the nation, organizations sponsor activities to bring the public information about colorectal cancer. The goal is to increase awareness that colorectal cancer is largely preventable, treatable and beatable. Everyone should be tested for colorectal cancer at age 50. If there is a family history of colorectal cancer, testing should be done at an earlier age. Colorectal cancer is cancer of the colon and/or rectum. It is equally common in both men and women. Approximately one-third of diagnosed colorectal cancer cases will probably die of the illness. Alaska Natives and American Indians, African-Americans, and Hispanics are more likely to be diagnosed with colorectal cancer in advanced stages. As a result, the percentage of minorities who die of colorectal cancer is higher than for Caucasians. It is one of the most easily prevented cancers because it can develop from polyps that can be removed before they become cancerous.



Did you know...
Colon Cancer
isn't just a
50+ Disease

Know the Facts: Colorectal Cancer

The Average Lifetime Risk for Men = 1 in 23.
The Average Lifetime Risk for Women = 1 in 25.
The fourth most commonly diagnosed cancer in the U.S.
The second leading cause of cancer death in the U.S.

2023 Estimates

153,020 people will be diagnosed with Colorectal Cancer.
52,550 people will die from Colorectal Cancer.
Young-onset CRC is on the rise
These are the statistics from 2007 through 2016.
Rates for people aged 65 or over dropped by 3.3% each year.
Rates for people under 50 increased 2.2% each year.

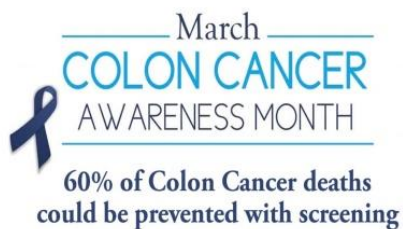
Median Age of Diagnosis

Men diagnosed with CRC - Age 66
Women diagnosed with CRC - Age 69
Median age of diagnosis among both sexes - Age 66

Colorectal Cancer and Ethnicity

African Americans have the second highest incidence and mortality rates.
From 2009-2013, Colorectal Cancer incidence rates were 20% higher for African Americans.
Colorectal Cancer death rates are 35% higher for African Americans.

These statistics are compiled from the American Cancer Society's Cancer Statistics Center and Colorectal Cancer Facts & Figures 2020-2022.



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

Hooley Plunge

Get ready for Hooley Plunge 2023, Saturday, March 4th from 9:00 am – 1:00 pm! Take a plunge in the chilly waters of Lake Habeeb at Rocky Gap State Park for a great local cause. The Hooley Plunge raises money to support local programs for the developmentally disabled including the Special Olympics of Allegany County, Troop #89, school programs, Friends Aware, and others.



HOPE Station

A Program of The Office of Consumer Advocates

March 2023

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

Laundry from 10:00-2:30

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Bingo @ 12:00	Life Skills @ 12:00	Expungement Clinic @ 10:00am
6	7	8	9	10
Kiersten Sites with the P.A.T.H. Program @ 1			Circle of Support w/ Healing Allegany @ 1:00	Art w/ Carl @ 11:00
13	14	15	16	17
Kiersten Sites with the P.A.T.H. Program @ 1	Western Maryland Consortium w/ Job Training Services @ 11:30	Lisa Moran w/ Priority Partners @ 11	St. Patrick's Day Party	
20	21	22	23	24
Kiersten Sites with the P.A.T.H. Program @ 1		HOPE Station Food Drop @ 10:00	Circle of Support w/ Healing Allegany @ 1:00	
27	28			
Food Demo W/ Rachel from U.P.M.C. @ 10:30/Kiersten Sites with the P.A.T.H. Program @ 1	Yvonne Perret	