

Archway Station Short Takes May 2023

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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 Mental Health Awareness Month

From lifespan.org

May is Mental Health Awareness Month. While it was first recognized in 1949, it has never been more pertinent than now to recognize the role mental health plays in our overall well-being and the value in raising awareness and helping those in need receive treatment.

What is Mental Health Awareness Month?

Mental Health Awareness Month was originally established by the Mental Health America organization and is recognized during the month of May. It was created as a way to educate the public about mental illness, raise awareness surrounding research and treatments, reduce the stigma associated with mental illness, and celebrate recovery from mental illness. Because of misconceptions and stigma surrounding mental health issues, people often suffer in silence and don't seek treatment for their conditions. Mental health awareness is an important initiative to improve understanding of mental health conditions and increase access to healthcare for those who need it.

What is the importance of Mental Health Awareness Month?

Whether or not someone personally suffers with a mental health issue, Mental Health Awareness Month helps people recognize the ways mental illness impacts their lives, educates people about available services, and highlights ways to advocate.

Recognition and education are important ways to remove the stigma associated with mental illness. Mental Health Awareness Month creates a time and space to start a conversation. Talking openly about mental health can reduce the misconceptions and stigma, and can encourage those who are suffering to seek help and find a support network.

It's important for caregivers, friends, and loved ones to understand the impact that mental health has on daily life. Mental Health Awareness Month provides education about the reality of living with a mental health condition - while it can make life more difficult, it doesn't have to stop someone from having a fulfilling life. When people are better educated on these conditions, they can better support and help someone dealing with a mental health issue.

Mental Health Awareness Month also provides an opportunity for fundraising, outreach, and awareness events. This, in turn, can help support research, fund treatment options, and connect advocates to create a brighter, more promising future of mental health care.

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

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|-----------------|
| 1 Ham Potatoes Mandarin Oranges | 2 Tuna Salad Sandwich Asian Salad Apple | 3 Chicken Tenders Mixed Veggies Strawberries | 4 Roast Beef Hoagie Baby Carrots Watermelon | 5 Leftovers |
| 8 Baked Fish Broccoli Apricots | 9 Ham Salad Sandwich Chickpeas Plum | 10 Sloppy Joe Sandwich Steak Fries Pineapple | 11 Buffalo Chicken Sandwich Cauliflower Peaches | 12 Leftovers |
| 15 Salisbury Steak Green Beans Applesauce | 16 Peanut Butter & Jelly Sandwich Cherry Tomatoes Clementine | 17 Hamburger Gravy over Biscuits Corn Banana | 18 Ham Sandwich Carrots Raisins | 19 Leftovers |
| 22 Teriyaki Chicken Peas Tropical Fruit | 23 Turkey Wrap Red Pepper Strips Raspberries | 24 Spaghetti & Meatballs Salad Pears | 25 Crab Salad Sandwich Cheese Stick Celery Grapes | 26 Leftovers |
| 29 CLOSED Happy Memorial Day! | 30 Hot Dog Baked Beans Cantaloupe | 31 Meatloaf Mashed Potatoes Pineapple | | |

May Archway's Wellness and Recovery Center Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
| 1 9:30 am – Bipolar d/o 11:45 am – Art w/ Cindy | 2 9:30 am – Mall / Wal-Mart 11:45 am – Rec. Activity | 3 9:30 am – Opioids 11:45 am – Walking Group | 4 9:30 am – LaVale Library 11:45 am – CLOSED | 5 9:30 am – Fishing 11:45 am – Rec. Activity |
| 8 9:30 am – Borderline Disorders 11:45 am – Art w/ Cindy | 9 9:30 am – Coping Skills 11:45 am – Rec. Activity | 10 9:30 am – Frostburg Park 11:45 am – Picnic | 11 9:30 am – Farmers Market 11:45 am – Rec. Activity | 12 9:30 am – Simple Cooking 11:45 am – Sci-Fi (member presentation) |
| 15 9:30 am – Priority Partners Lisa 11:45 am – Recreation | 16 9:30 am – Medications 11:45 am – Rec. Activity | 17 9:30 am – Vaping Cannabis 11:45 am – Rec. Activity | 18 9:30 am – Frostburg Library 11:45 am – Rec .Activity | 19 9:30 am – Fishing 11:45 am – Recreation |
| 22 9:30 am – Schizophrenia 11:45 am – Rec. Activity | 23 9:30 am – Constitution Park 11:45 am – Rec. Activity | 24 9:30 am – AHEC West Abby 11:45 am – Rec. Activity | 25 9:30 am – Downtown 11:45 am – Rec. Activity | 26 9:30 am – Frostburg Main Street 11:45 am – Rec. Activity |
| 29 9:30 am – CLOSED 11:45 am – CLOSED | 30 9:30 am – Rocky Gap Picnic 11:45 am – All Day | 31 9:30 am – HRDC Housing 11:45 am – Rec. Activity | | |

Western Maryland Foodbank Pet Food Pantry dates to be announced

HOPE Station



A program of the Office of Consumer Advocates

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

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

MAY 2022

Social distancing, and masks optional

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| 2 Mindful Art Day with Carl in the AM Cindy in the PM | 3 Men's Group w/ Chris @ 10:30 Women's Group @ 2:00 | 4 Lisa Moran CHA, PP MCO of Priority Partners Speaking on Women's Health @ 10:00 | 5 Self-Development w/ Carey Moffatt Health Coach, Wellness Center of UPMC @ 10:30 | 6 Morning Conversations w/ Todd @ 10:30 Power of Positive Thinking w/ Bonnie & Abby @ 2:00 |
| 9 Mindful Art Day with Carl in the AM Cindy in the PM | 10 Melissa & Catie of AHEC West Speaking about the services they provide @ 10:30 | 11 Bingo | 12 Rachel Sprout RDN, LDN of UPMC with a food demo Banana Wraps @ 10:30 | 13 Celebration Day |
| 16 Mindful Art Day with Carl in the AM Cindy in the PM | 17 Men's Group w/ Chris @ 10:30 Women's Group @ 2:00 | 18 Lisa Moran CHA, PP MCO of Priority Partners Speaking on Men's Health @ 10:00 | 19 Pantry on the go 11-3 | 20 Morning Conversations w/ Todd @ 10:30 Power of Positive Thinking w/ Bonnie & Abby @ 2:00 |
| 23 Mindful Art Day with Carl in the AM Cindy in the PM | 24 Men's Group w/ Chris @ 10:30 Women's Group @ 2:00 | 25 GAME DAY  | 26 Peer Choice Morning Round Table Discussion w/ Eric @ 2:00 | 27 Aetna Community Development Coordinator, Sarah Bush @ 10:30 Memorial Day Cookout |
| 30  Center Closed | 31 Men's Group w/ Chris @ 10:30 Women's Group @ 2:00 | | | |

COMMUNITY ASSISTANCE PROGRAM

HOPE Station Wellness & Recovery

A Program of the Office of Consumer Advocates



Next food drop will be held on

May 19th from 11:00 – 3:00

Sponsored by

The Western Maryland Food Bank



632 N. Centre Street

For more information call

240-362-7168