

# Archway Station Short Takes August 2023

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then select Archway Short Takes”

## August is National Wellness Month

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Wellness &  
Recovery Center  
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### Special Points of Interest:

Hope Station  
Calendar

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Recovery Center  
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Schedule

This August celebrates National Wellness Month. This month focuses on self-care, stress management, and creating healthy routines. If you are looking for an excuse to make a change, start this month in support of National Wellness Month.

Self-care is an important part of well-being for us as well as those around us. It can take 21 days for something to become a habit and 90 days for it to be a lifestyle change. Practicing self-care, managing stress, being mindful, practicing self-compassion, and focusing on proper nutrition and exercise are all things you could work towards incorporating into your daily routine. Here are some simple self-care habits to start including into your daily routine to help improve your well-being.

Drink more water. Staying hydrated is one of the best things you can do for your overall health. Water helps give you energy, flushes toxins from your body, improves concentration, and can even help with weight loss.

Stretch or practice yoga. If you are on your feet all day, or sitting at a desk most of the day, stretching daily can help improve your posture, heal back pain, as well as ease your mind.

Try something new. Whether it be a new bike route, exploring a new restaurant, or volunteering. Doing something new can help improve your mental outlook and make you feel good overall.

Prioritize exercise. There are so many benefits to exercising including pain management, letting stress out, boosting confidence, as well as increasing strength, and so much more.

Pay attention. If something is making you feel overwhelmed or stressed, pay attention and act. Go take a walk, try a breathing technique, talk to a friend, find something to help alleviate the overwhelming feeling, and give yourself the opportunity to slow down.

Make healthy food choices. Food can impact the way you feel. Having a balanced diet and good nutrition will help nourish your body and lead to good overall health

Take this month dedicated to wellness as your chance to begin creating and incorporating healthy routines into your daily life. Adding one or two of these habits daily or weekly can lead to big changes over time.

# **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.

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# 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 Hot Dog Asian Salad Apples	2 Chicken Nuggets Fruit Cocktail Butter Biscuits	3 Ham & Cheese Sandwich Baby Carrots Orange	4 Leftovers
7 Chicken Thigh Broccoli Apricots	8 Tuna Salad Chick Peas Plums	9 Tomato Soup Grilled Cheese Tropical Fruit Cocktail	10 Chicken Sandwich Cauliflower Blackberries	11 Leftovers
14 Hot Turkey Sandwich Green Beans Applesauce	15 Ham Salad Sandwich Cherry Tomato Blueberries	16 Taco Salad Black Beans Banana	17 Hoagie Broccoli Craisins	18 Leftovers
21 Cheeseburger Steak Fries Clementine	22 Turkey Wrap Cucumber Salad Raspberries	23 Teriyaki Chicken Mixed Veggies Pears	24 Ham Sandwich Red Pepper Strips Strawberries	25 Leftovers
28 Pork Chop Mashed Potato Grapes	29 Hot Dogs Macaroni Salad Banana	30 Spaghetti Salad Tropical Fruit Salad	31 Chicken Salad Sandwich Celery Kiwi	

## August Archway's Wellness and Recovery Center Schedule

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<p>1 9:30 am- Gabes</p> <p>11:45 am- Frostburg</p>	<p>2 9:30 am- Simple Cooking Kayla</p> <p>11:45 am Rec. Activity</p>	<p>3 9:30 am – Farmers Market</p> <p>11:45 am – Rec. Activity</p>	<p>4 9:30 am – Walmart</p> <p>11:45 am – Flea Market</p>
<p>7 9:30 am – Trauma</p> <p>11:45 am – Art w/ Cindy</p>	<p>8 9:30 am – Food Boxes</p> <p>11:45 am – Presentation Elvis / James Hill</p>	<p>9 9:30 am – Coping Skills</p> <p>11:45 am – Rec. Activity</p>	<p>10 9:30 am – Box Delivery</p> <p>11:45 am – Library</p>	<p>11 9:30 am – Show &amp; Tell</p> <p>11:45 am – Constitution Park / Swimming</p>
<p>14 9:30 am – Olies</p> <p>11:45 am – Rec Activity</p>	<p>15 9:30 am – 911 Dispatch</p> <p>11:45 am – Rec.Activity</p>	<p>16 9:30 am – Share Music Day</p> <p>11:45 am – Constitution Park</p>	<p>17 9:30 am- Life Skills Kayla / Amy</p> <p>11:45 am- Rec. Activity</p>	<p>18 9:30 am – Guest Speaker Rebecca</p> <p>11:45 am – Guest Speaker Jeff</p>
<p>21 9:30 am – Priority Partners Lisa</p> <p>11:45 am – Art w/ Cindy</p>	<p>22 9:30 am – Tour of AC</p> <p>11:45 am – Cooking / JR</p>	<p>23 9:30 am – AHEC West Abby</p> <p>11:45 am – Tye Die Shirts</p>	<p>24 9:30 am – Library</p> <p>11:45 am – Farmers Market</p>	<p>25 9:30 am- Diet &amp; Nutrition</p> <p>11:45 am- Bowling</p>
<p>28 9:30 am- Fishing</p> <p>11:45 am- Rec. Activity</p>	<p>29 <b>Rocky Gap</b></p>	<p>30 9:30 am- My Story</p> <p>11:45 am-Rec. Activity</p>	<p>31 9:30 am- Rec. Activity</p> <p>11:45 am- Luau Hope Station</p>	