

Archway Station Short Takes

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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:

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ANXIETY

Experiencing occasional anxiety is a normal part of life. However, people with anxiety disorders frequently have intense, excessive and persistent worry and fear about everyday situations. Often, anxiety disorders involve repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes (panic attacks).

These feelings of anxiety and panic interfere with daily activities, are difficult to control, are out of proportion to the actual danger and can last a long time. You may avoid places or situations to prevent these feelings. Symptoms may start during childhood or the teen years and continue into adulthood.

Examples of anxiety disorders include generalized anxiety disorder, social anxiety disorder (social phobia), specific phobias and separation anxiety disorder. You can have more than one anxiety disorder. Sometimes anxiety results from a medical condition that needs treatment.

Symptoms

Common anxiety signs and symptoms include:

- Feeling nervous, restless or tense
- Having a sense of impending danger, panic or doom
- Having an increased heart rate
- Breathing rapidly (hyperventilation)
- Sweating
- Trembling
- Feeling weak or tired
- Trouble concentrating or thinking about anything other than the present worry
- Having trouble sleeping
- Experiencing gastrointestinal (GI) problems
- Having difficulty controlling worry
- Having the urge to avoid things that trigger anxiety

Whatever form of anxiety you have, treatment can help.

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.

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	301-722-3863
Penn House Number	301-707-8647
Penn ² & Penn (Reach Both Houses at this #)	301-777-8492

40 Hour Residential

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

March Archway's Wellness and Recovery Center Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:30 am- Anxiety 11:45 am- Bowling / TV
4 9:30 am – CQT Personalities 11:45 am – Art w/Cindy	5 9:30 am – Writing Goals 11:45 am – Wheel of Fortune	6 9:30 am – YMCA 11:45 am – Market Day	7 9:30 am – Boxes 11:45 am – Rec. Activity	8 9:30 am – Dreams 11:45 am – Pictionary With Jeff
11 9:30 am – Budgeting 11:45 am – Walking / Gym	12 9:30 am – Boxes 11:45 pm – Rec. Activity	13 9:30 am – Current Events 11:45 pm – Five and Below	14 9:30 am- Why we show Up Late 11:45 am- Library	15 9:30 am – Resume' Workshop 11:45 am – Walmart
18 9:30 am – Q & A With Christina 11:45 am – Art w/ Cindy	19 9:30 am- Sarah / Aetna 11:45 am- Trivia	20 9:30 am – YMCA 11:45 am – Rec. Activity	21 9:30 am- AC Track Walking 11:45 am- Gym	22 9:30 am – Group Mural 11:45 am – Wheel of Fortune
25 9:30 am – Health & Fitness With Nina 11:45 am – Mall Trip	26 9:30 am – Corn Hole 11:45 am – Market Day	27 9:30 am – Defuse Mechanisms 11:45 am – Downtown	28 9:30 am – Simple Cooking 11:45 am - Rec. Activity	29 9:30 am – Gabes 11:45 am – Bowling Alley

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 Leftovers
4 Baked Fish Brown Rice Grapes Peas	5 Egg Salad Red Pepper Strips Plum	6 Sloppy Joe Potato Wedges Pineapple	7 Chicken Salad Sandwich Cauliflower Peaches	8 Leftovers
11 Meatball Sub Steak Fries Cantaloupe	12 Tuna Salad Sandwich Chick Peas Honeydew	13 Bean Soup Banana Salad	14 Ham Sandwich Cherry Tomatoes Clementine	15 Leftovers
18 Hot Dog Sauerkraut Mashed Potatoes Pears	19 Chicken Sandwich Broccoli Raspberries	20 Stuffed Peppers Cole Slaw Tropical Fruit	21 PB&J Baby Carrots Banana	22 Leftovers
25 Chicken Thigh Green Beans Apricots	26 Turkey Wrap Asian Salad Blackberries	27 Ham Sweet Potatoes Oranges	28 Shrimp Salad Sandwich Celery Kiwi	29 Leftovers