

Archway Station Short Takes

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:

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Coping with Stress

Many of us are facing challenges that can be stressful and overwhelming. **Learning to cope with stress in a healthy way will help you, the people you care about, and those around you become more resilient.**

Stress can cause the following:

Feelings of fear, anger, sadness, worry, numbness, or frustration.

Changes in appetite, energy, desires, and interests.

Trouble concentrating and making decisions.

Nightmares or problems sleeping.

Physical reactions, such as headaches, body pains, stomach problems, or skin rashes.

Worsening of chronic health problems and mental health conditions.

Increased use of [alcohol](#), illegal drugs (like [heroin](#), [cocaine](#), or [methamphetamine](#)), and misuse of prescription drugs (like opioids).

Here are some ways you can manage stress, anxiety, grief, or worry:

Take breaks from news stories, including those on social media. It's good to be informed, but constant information about negative events can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, TV, and computer screens for a while.

Take care of your body: Staying physically healthy can improve your emotional well-being. Here are some ways to improve your health:

Eat healthy. Have fruits and vegetables, lean protein, whole grains, and low-fat or no-fat dairy. Limit foods with unhealthy fats, salt, and added sugars.

Get enough sleep. Go to bed and wake up at the same time each day to help you [sleep better](#). Adults need 7 or more hours per night.

Move more and sit less. Every little bit of physical activity helps. Start small and build up to 2 ½ hours a week. You can break it into smaller amounts such as 20 to 30 minutes a day.

Limit [alcohol](#) intake. Choose not to drink, or drink in moderation on days you drink alcohol. Moderation means having 2 drinks or less a day for men or 1 drink or less for women. Find out more at [Drink Less, Be Your Best](#).

Avoid using illegal drugs or prescription drugs in ways other than prescribed. Don't take someone else's prescription. [Substance use treatment](#) is available, and recovery starts with asking for help.

Avoid [smoking](#), vaping, and the use of other tobacco products. People can and do [quit smoking](#) for good.

Continue with regular health appointments, tests, screenings, and vaccinations.

Make time to unwind.

Take deep breaths, stretch, or [meditate](#).

Try to do some other activities you enjoy.

Connect with others.

[Talk with people](#) you trust about your concerns and how you are feeling.

Connect with your community-based or faith-based organizations.

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: _____

April's Archway Wellness and Recovery Center Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED	2 9:30 am – Rec. Activity 11:45 am – Rec. Activity	3 9:30 am – Assertiveness 11:45 am - Walmart	4 9:30 am – Boxes 11:45 am - Library	5 9:30 am- Boundaries 11:45 am- Gym
8 9:30 am – Empathy 11:45 am – Art w/Cindy	9 9:30 am – Boxes 11:45 am – Market Day	10 9:30 am – YMCA 11:45 am – Rocky Gap Trails	11 9:30 am – Dollar Store 11:45 am – Frostburg	12 9:30 am – Self Aware Socialization 11:45 am – Gabes
15 9:30 am – Boston Bombing Pat 11:45 am – Rec. Activity	16 9:30 am –Wheel of Fortune 11:45 pm – Five and Below	17 9:30 am – Current Events 11:45 pm – Fishing	18 9:30 am- AC Track Walking 11:45 am- Trivia	19 9:30 am –Constitution Park Basketball 11:45 am – Pictionary With Jeff
22 9:30 am – Priority Partners Lisa 11:45 am – Art w/ Cindy	23 9:30 am- Sarah / Aetna 11:45 am- Downtown	24 9:30 am – YMCA 11:45 am – Rec. Activity	25 9:30 am- Simple Cooking 11:45 am- Market Day	26 9:30 am – Social Media 11:45 am – Bowling
29 9:30 am – Online Etiquette 11:45 am – Mall Trip	30 9:30 am – Jealousy 11:45 am – Trivia			

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 CLOSED	2 Shrimp Salad Sandwich Red Pepper Strips Raspberries	3 Sloppy Joe Tator Tots Applesauce	4 Turkey Salad Sandwich Cherry Tomatoes Grapes	5 Leftovers
8 Hamburger Gravy Over Biscuit Green Beans Cantaloupe	9 Hoagie Potato Salad Oranges	10 Corn Chowder Salad Honeydew	11 Chicken Salad Sandwich Broccoli Fruit Cocktail	12 Leftovers
15 Hamburger Fries Pears	16 Turkey Salad Sandwich Cauliflower Raisins	17 Baked Fish Mixed Vegetables Peaches	18 Chicken Sandwich Asian Salad Blackberries	19 Leftovers
22 Scrambled Eggs Hashbrown Banana	23 PB&J Celery Tropical Fruit	24 Pork Chops Butter Beans Pineapple	25 Ham & Cheese Sandwich Baby Carrots Blueberries	26 Leftovers
29 Hot Dog Baked Beans Manderine Oranges	30 Tuna Salad Sandwich Cucumber Slices Apple			