

# Archway Station Short Takes

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then select Archway Short Takes”

NOVEMBER EDITION

Archway Station  
Wellness &  
Recovery Center  
121 Memorial  
Avenue  
Cumberland, MD  
21502  
301-724-2582  
Ext. 5118  
Website:  
[archwaystation.net](http://archwaystation.net)

## Special Points of Interest:

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Recovery Center  
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November is National Diabetes Month, a time when communities across the country seek to bring attention to diabetes. This year’s focus is on taking action to prevent diabetes health problems.

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. It affects about 38 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart, and it is linked to some types of cancer.

But there’s also good news: Taking charge of your health may help you prevent diabetes health problems.

### **Know your risk for developing diabetes.**

You are [more likely to develop type 2 diabetes](#) if you are overweight or obesity; are age 35 or older; have a family history of diabetes; are African American, American Indian, Asian American, Hispanic or Latino, or Pacific Islander; are not physically active; or have pre-diabetes.

### **Manage your blood glucose, blood pressure, and cholesterol levels.**

Preventing diabetes or [managing diabetes](#) as soon as possible after diagnosis may help [prevent diabetes health problems](#). You can start by managing your diabetes ABCs.

A is for the [A1C test](#) (The A1C test is a blood test that provides information about your average levels of blood glucose, also called blood sugar, over the past 3 months. The A1C test can be used to diagnose [type 2 diabetes](#) and [prediabetes](#).<sup>1</sup> The A1C test is also the primary test used for [diabetes management](#).) that health care professionals use to measure your average blood glucose levels. Some people with diabetes also use [devices to track their blood glucose](#) throughout the day and night.

B is for blood pressure.

C is for cholesterol.

Ask your health care team what your ABCs goals should be

### **[Take small steps toward healthy habits.](#)**

[Lifestyle habits](#) such as planning healthy meals, being physically active, getting enough sleep, and not smoking may help you prevent diabetes or manage your diabetes ABCs.

You don’t have to do it all at once. Start slow and build healthier habits from there.

### **[Take your medicines on time.](#)**

[Remember to take your medicines](#) even if you feel healthy. Talk with your doctor or pharmacist if you have trouble taking your medicines on time or at the correct dose.

### **[Reach or maintain a healthy weight.](#)**

[If you are overweight or obesity, ask your primary care provider if healthy eating, physical activity, or other weight-loss treatments may help you manage your weight.](#)

You may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight. Use the [Diabetes Risk Management Calculator](#) to determine how much weight you can lose to help reduce your risk of developing type 2 diabetes.

[Take care of your mental health.](#) Managing diabetes can be hard. If you feel down, sad, or overwhelmed, learn about [healthy ways to cope with stress](#). [Consider talking to a mental health counselor or joining a support group.](#)

### **[Work with your health care team.](#)**

Managing diabetes takes a team. [Your health care team may include a primary care provider, diabetes specialist, registered dietitian, or certified diabetes educator.](#) Ask your primary care provider if you should talk with other health care professionals about preventing or managing diabetes.

# **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.

## November's Archway Wellness and Recovery Center Schedule

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
				1 9:30 am- Queen City Flea Market 11:45 am – Hobbies & Skills
4 9:30 am – Symptoms & Causes 11:45 am – Art w/ Cindy	5 9:30 am – Current Events 11:45 am – Bank Trip	6 9:30 am – What is A1C 11:45 am – Rec. Activity	7 9:30 am – Card Games 11:45 am – Bank Trip	8 9:30 am- LaVale Shopping 11:45 am- Rec. Activity
11 9:30 am – Diet/Exercise 11:45 am – Art w/ Cindy	12 9:30 am – Board Games 11:45 am – Bank Trip	13 9:30 am- Simple Cooking 11:45 am- Card Games	14 9:30 am- Rec. Activity 11:45 am- Bank Trip	15 9:30 am – Types of Diabetes 11:45 am – Hobbies & Skills
18 9:30 am – Warning Signs 11:45 am – Art w/ Cindy	19 HIG Meeting 9:30 am- Rec. Activity 11:45 am- Bank Trip ABC Meeting	20 9:30 am – Treatments 11:45 am -Rec. Activity	21 9:30 am – Karaoke 11:45 am – Bank Trip	22 9:30 am – Five Below 11:45 am - Walmart
25 9:30 am – Downtown 11:45 am – Art w/ Cindy	26 9:30 am – Rec. Activity 11:45 am – Bank Trip	27 9:30 am – Bingo 11:45 am -Rec. Activity	28  Thanksgiving Center Closed	29  Center Closed

# 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 Green Beans Oranges	5 Chicken Salad Broccoli Kiwi	6 Chili Salad Cantaloupe	7 Hoagie Cauliflower Banana	8 Leftovers
11 Chicken Alfredo Broccoli Apples	12 Hot Dogs Cucumbers Grapes	13 Grilled Cheese Tomato Soup Peaches	14 Steak & Cheese Sub Pepper Strips Orange	15 Leftovers
18 Cheeseburger Curly Fries Pineapple	19 Chicken Salad Sandwich Celery Sticks Blackberries	20 Pork Chop Peas Pears	21 Egg Salad Sandwich Pepper Strips Fruit Cocktail	22 Leftovers
25 Turkey Mashed Potatoes Green Beans Pie	26 Ham & Cheese Baby Carrots Applesauce	27 Leftovers	28 <b>Thanksgiving Center Closed</b>	29 <b>Center Closed</b>

# 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 <sup>2</sup> & 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: \_\_\_\_\_