

# Archway Station Short Takes December 2025

*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. 5100  
Website:  
[archwaystation.net](http://archwaystation.net)

## **Special Points of Interest:**

Job Center  
Virtual Class

Maryland Health  
Connection Flyer

## **Inside this Issue:**

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## December is SAD Awareness Month

[https://namiguilford.org/sad\\_month/](https://namiguilford.org/sad_month/)

Major Depressive Disorder with a Seasonal Pattern (formerly known as Seasonal Affective Disorder or SAD) is characterized by recurrent episodes of depression in late Fall and Winter, alternating with periods of normal mood the rest of the year.

Researchers at the National Institute on Mental Health (NIMH) were the first to suggest this condition was a response to decreased light experiment with use of bright light to address the symptoms. Scientists have identified that the neurotransmitter serotonin may not be working optimally in people who experience this disorder. The prevalence of this condition appears to vary with latitude, age, and sex:

- Prevalence increases among people living in higher/Northern latitudes.
  - Younger persons are at higher risk.
  - Women more likely than men to experience this condition.

This disorder's most common presentation is of an atypical depression. With classic depression, people tend to lose weight and sleep less. This condition is the kind of atypical depression often seen in Bipolar Disorder—people tend gain weight and sleep more.

Although not everyone experience all of the following symptoms, the classic characteristics Major Depressive Disorderwith a Seasonal Pattern include:

- Hypersomnia (Oversleeping)
- Daytime Fatigue
- Overeating
- Weight Gain
- Craving carbohydrates

As with most depressive disorders, the best treatment includes a combination of antidepressants medications , cognitive behavior therapy, and exercise.

## **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.

## Archway's Wellness and Recovery Center Schedule December

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30 am – Current Events  11:45 am – Community Shopping	2 9:30 am – Kratom  11:45 am – Hobbies & Crafts	3 9:30 am – Gaming Day  11:45 am – Rec Activity	4 9:30 am – AI Recognition  11:45 am – Bank & Local Errands	5 9:30 am – Stress Relief  11:45 am – Community Shopping
8 9:30 am – Pearl Harbor  11:45 am – Rec Activity	9 9:30 am – Cooking w/ Allie  11:45 am – Bank & Local Errands	10 9:30 am – Scams Updated  11:45 am – Community Shopping	11 9:30 am – Open Conversation  11:45 am – Hobbies & Crafts	12 9:30 am – Gaming Day  11:45 am – Rec Activity
15 9:30 am – Movie Day  11:45 am – Community Shopping	16 9:30 am – Current Events  11:45 am – Hobbies & Crafts	17 9:30 am – Gaming Day  11:45 am – Rec Activity	18 9:30 am – Family Boundaries  11:45 am – Bank & Local Errands	19 9:30 am – Bowling  11:45 am – Community Shopping
22 9:30 am – Priority Partners  11:45 am – Rec Activity	23 9:30 am – Cookies  11:45 am – Bank & Local Errands	24 9:30 am – Christmas Eve  11:45 am – Community Shopping	25 Closed  Christmas Day	26 Closed
29 9:30 am – The Mythology of Christmas  11:45am – Community Shopping	30 9:30am – Trivia  11:45am – Rec Activity	31 9:30am – New Year's Eve		

# Wellness & Recovery Center Lunch December

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 301-724-2582 ext. 5100.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Hamburger Steak Gravy Carrots Mashed Potatoes Applesauce	2 Ham & Cheese Cherry Tomatoes Grapes	3 Chicken Thighs Rice Carrots Peaches	4 Egg Salad Cucumber Slices Blueberries	5 Leftovers
8 Sloppy Joe Curly Fries Peaches	9 Chicken Salad Pepper Strips Pineapple	10 Baked Fish Roasted Potatoes Peas Fruit Cocktail	11 Closed Xmas Luncheon	12 Leftovers
15 Hot Dogs Sauerkraut Mashed Potatoes Pineapple	16 Tuna Salad Asian Salad Mandarin Oranges	17 Fiesta Chicken Black Beans Rice Pears	18 Hoagie Celery Sticks Banana	19 Leftovers
22 Ham Mashed Potatoes Green Beans Applesauce Pie	23 Chicken Sandwich Chickpeas Oranges	24 Leftovers	25 Closed Christmas	26 Closed Christmas
29 BBQ Curly Fries Peaches	30 Ham & Cheese Baby Carrots Grapes	31 Leftovers		

# 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 & 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: \_\_\_\_\_