

Archway Station Short Takes May 2026

*Check out Short Takes on the web @ <http://archwaystation.net>
choose “Resources | links” located at the top, right of the page,
then select Archway Short Takes”*

Archway Station
Wellness &
Recovery Center
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Special Points of Interest:

Save the Date

In the Spotlight

Inside this Issue:

Wellness &
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Menu/ Activity
Schedule

May is Speech and Hearing Awareness Month

https://www.asha.org/national-speech-language-hearing-month/?srsltid=AfmBOopnByGubOly1Gnd_eCcgO61qpJt2oU5xT0SNH9xNObeYJUSmVJ

Communication is central to daily life—from expressing basic wants and needs to reading the news, writing a note, or sharing meaningful moments with family and friends. But when someone has a speech, language, or cognitive disorder, these everyday interactions can become challenging—both for the person and for others who are close to them.

A 2025 poll from the American Speech-Language-Hearing Association found that 60% of caregivers surveyed say communication breakdowns make life more challenging. However, among those who worked with a speech-language pathologist (SLP), more than 90% said that they would recommend these professionals to others in a similar situation.

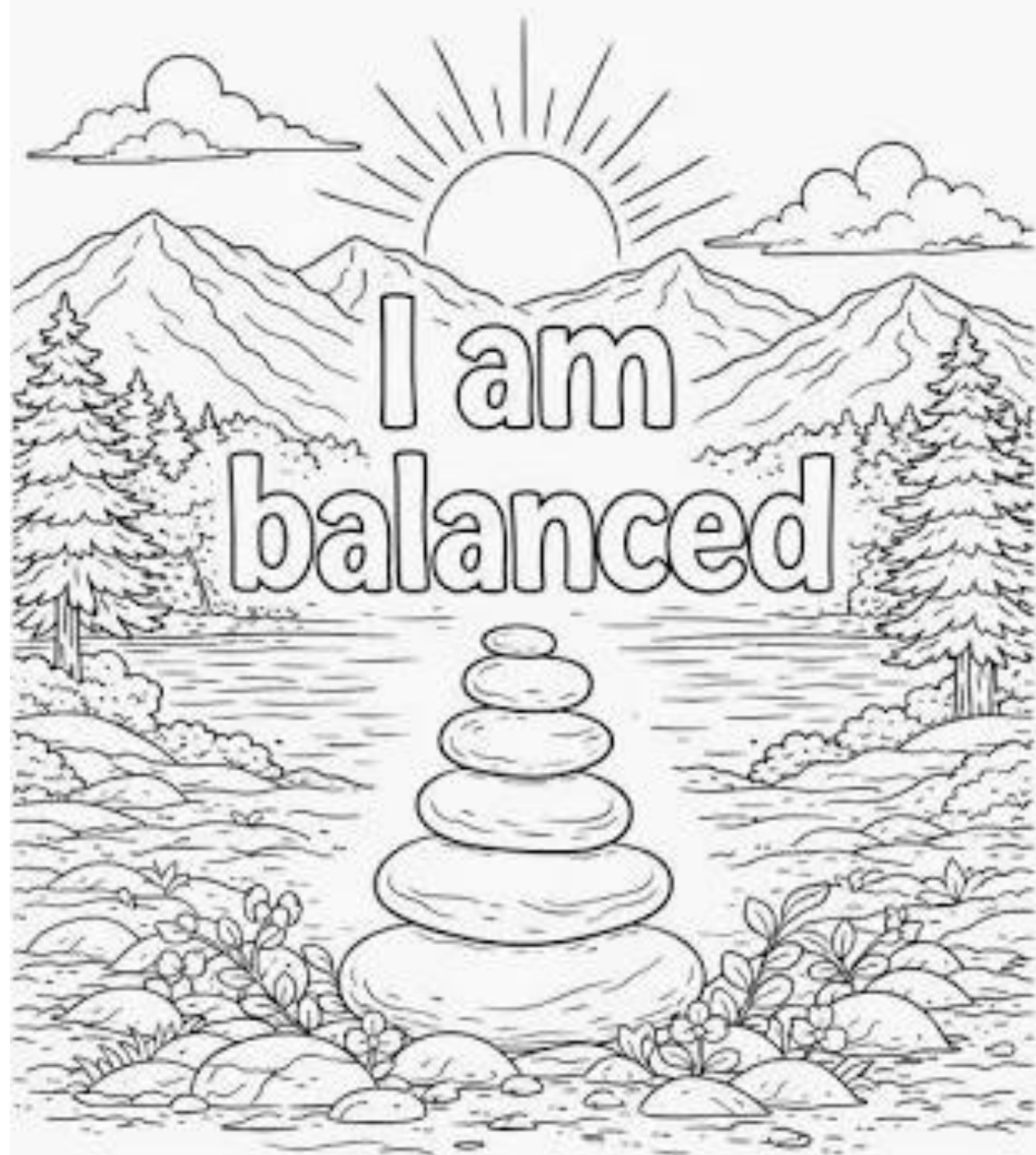
SLPs (Speech and Language Pathologists) diagnose and treat communication disorders in people of all ages and help families or care partners develop strategies to make everyday interactions easier. These professionals work in settings that include health care, education, and private practice as well as home- or community-based settings.

Adults can experience new onset communication or cognitive difficulties due to stroke, dementia, head and neck cancer, Parkinson’s disease, and other medical conditions or injuries.

When To Seek Help: If an adult suddenly has trouble communicating (such as slurring speech, mixing up words, or having difficulty understanding others), it’s important to seek medical attention right away. From there, an SLP can help with any ongoing communication needs.

With early intervention and treatment, many communication disorders can be reversed or even prevented. However, treatment at any age or any stage can make a positive impact.

Let’s also recognize the needs of those among us who have hearing, speech, language, and swallowing disorders—and do all that we can to ensure that they have access to the services of audiologists and speech-language pathologists who can help them communicate effectively and swallow safely.



I am
balanced

Group Schedule


May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Jane Gates	2
					Bank & Errands	
3	4 Current Events	5 Mindfulness	6 Food Preservation	7 Gratitude	8 Park Day	9
	Wal-Mart	Bank & Errands	Family Feud	Bank & Errands	Habitat Store	
10	11 Meditation	12 Cooking w/ Allie	13 Current Events	14 Emotional Processing	15 Day of Caring & Sharing	16
	Bank & Errands	Open Recreation	Bank & Errands	Gabe's / Braddock Square	Bank & Errands	
17	18 Self-Care	19 Limiting Negativity	20 Park Day	21 Current Events	22 Arts & Crafts	23
	Allegany Museum	Bank & Errands	Downtown Cumberland	Bank & Errands	Open Recreation	
24	25 Present Tense Thought	26 Music Sharing	27 Define a Purpose	28 Farmer's Market	29 Current Events	30
	Bank & Errands	Fishing Group	Bank & Errands	Ollie's / LaVale Plaza	Bank & Errands	

Wellness & Recovery Center Lunch May 2026

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 Leftovers
4 Orange Chicken Rice Peas	5 Tacos Fixins' Banana 	6 Italian Sausage Peppers & Onions Potato Wedges Fruit Cocktail	7 Egg Salad Pepper Strips Kiwi	8 Leftovers
11 Scrambled Eggs Sausage Hash Browns Peaches	12 Shrimp Salad Cucumber Berries	13 Tomato Soup Grilled Cheese Pineapple	14 Chicken Sandwich Asian Salad Grapes	15 Leftovers
18 Cheeseburger Curly Fries Applesauce	19 Turkey Wrap Cherry Tomatoes Clementine	20 Baked Fish Stewed Tomatoes Rice Pears	21 Hoagie Cauliflower Strawberries	22 Leftovers
25 Hot Dog Baked Beans Cantaloupe Cupcake	26 Ham and Cheese Sandwich Baby Carrots Baked Apples	27 Chili Salad Mandarin Oranges	28 Chicken Salad Broccoli Banana	29 Leftovers



Mindful and Divine Intentions Co.



**MENTAL
HEALTH
MATTERS**



May 2026 Mental Health Awareness Month focuses on fostering community, reducing stigma, and promoting well-being through themes like "More Good Days, Together" (Mental Health America) and "Turning Silence Into Connection" (NAMI). Throughout May, organizations, including [SAMHSA](#), promote resources, events, and toolkits for workplace wellness and personal mental health support.

Key themes and resources for Mental Health Awareness Month 2026 include:

- **[Mental Health America \(MHA\)](#)**: The theme "More Good Days, Together" emphasizes connection and support, with a 2026 Action Guide providing tools and activities.
- **[NAMI \(National Alliance on Mental Illness\)](#)**: Focuses on "Turning Silence Into Connection" to combat stigma by sharing lived experiences and fostering community healing.
- **[SAMHSA](#)**: Provides a "See the Person. Support the Journey" toolkit with social media content and key messages, promoting awareness throughout May.
- **Key Dates:**
 - **Children's Mental Health Acceptance Week**: May 3–9, 2026.
 - **Older Adult Mental Health Awareness Day Symposium**: May 7, 2026.
 - **SAMHSA's National Prevention Week**: May 10–16, 2026.
 - **Mental Health Awareness Week (UK)**: May 11–17, 2026.
- **Workplace Mental Health**: Campaigns highlight the need to address burnout, improve work-life balance, and reduce stigma in professional settings.
- **Community Action**: Local events, such as the [Stomp Out the Stigma 5K](#) in Indiana, and initiatives like the Light Up Green campaign are held to show support.

2026 Mental Health Month Action Guide

<https://mhanational.org/2026-mental-health-month-action-guide/>



In a world that can feel overwhelming or uncertain, many factors affecting our health are beyond our control. While we can't change everything, paying attention to what we can influence can make a difference. There's no right or wrong way to use this guide. Start where it feels helpful, skip what doesn't fit, and come back as needed.

Defining Good Days



This Mental Health Month, we invite you to reflect on what a “good day” looks like for you. “Good” doesn’t have to mean happy or productive. It might mean calm, manageable, or something else. What counts as good can change over time, and only you can define what a good day looks like to you. No matter how you are feeling right now, remember: more good days are possible, help is available, and you are not alone.

Caring for your whole self: Mind and body



You cannot separate mental health from physical health. They are equally important and deeply connected. Things like sleep, stress, movement, nutrition, and existing health conditions all play a role in how we feel, both mentally and physically. Although many factors that affect our health are beyond our control, noticing what we can influence is important for our well-being. Whether it’s finding ways to move that you enjoy, connecting with your community, or remembering to drink water — small wins matter. This section focuses on gentle, science-informed ways to support your whole self, without pressure to do everything at once.

Finding the right path for you



Mental health is deeply personal, and what works for one person may not work for another — and that's okay. Finding your path can involve trial and error, pauses, and changes along the way as life shifts. This section is about exploring options, understanding yourself better, and honoring what feels supportive and sustainable for you right now. The path may look different for everyone, but we all deserve more good days, together.

Working together for more good days



Having more good days isn't a solo mission. Check in with friends, colleagues, and loved ones to see how they're feeling, and offer support and encouragement. Connection is protection, and you don't have to carry the weight of "not-so-good" days alone. Even small moments of connection, whether in person or virtual, can reduce stress and anxiety, and remind us we're not the only ones feeling what we're feeling. When we look out for one another, more good days become possible for all of us.



Coping with Stress, Anxiety and Depression

Feeling stressed, worried or "blue" at times is normal. But if your feelings won't go away or are disrupting your daily life, see your doctor to make sure you have no other health problems and get the right treatment.

STRESS AND ANXIETY AFFECT YOUR BODY

Stress and anxiety are caused by many things. Over time, they can be harmful to your overall health and lead to problems such as:

- High blood pressure
- Misuse of drugs or alcohol
- Illness
- Trouble sleeping
- Depression

TIPS TO HELP MANAGE STRESS

- Eat healthy, well-balanced meals.
- Try to exercise about 30 minutes per day.
- Stay organized — try making a daily to-do list.
- No one can do it all alone — ask for help.
- Use relaxation methods to calm your mind and body.
- Take a break — go for a walk, chat with a friend or have a relaxing bath.

WHAT IS DEPRESSION?

Being depressed can make you feel exhausted, worthless and hopeless. If you think you may be depressed, see your doctor as soon as possible. Here are some other signs of depression:

- Problems concentrating
- Changes in eating or sleeping patterns
- Loss of interest in activities you enjoy
- Increased restlessness or irritability
- Thoughts of death or suicide

Here's what else you need to know about depression:

- It occurs in people of all ages and affects people differently.
- It is not a sign of weakness or something you can beat with will power.
- It is not the same as being in a "blue" mood.
- Treatment is often needed to recover.

WHEN TO SEEK HELP

If you feel you need some extra support, call a Priority Partners care manager. We can help you find the right care to support your mental health.

If you have thoughts of harming yourself, seek help right away. Call, text or chat **988** to connect to the Suicide & Crisis Lifeline, 24 hours a day, 7 days a week. The call is free and confidential.



This next section is community events you may be interested in.



Allegany County Local Behavioral Health Authority

Lace up your sneakers and grab something green 🌿
Join us on May 12 at the Cumberland YMCA for the Mental Health Awareness Walk—a chance to come together, show support, and remind one another that no one walks alone.

Registration begins at 5:30 PM

🏠 Featuring guest speakers from the Washington Middle School Student Council

🎯 Activity stations + vendor connections before the walk

☁️ Indoors – rain or shine!

Pre-register at <https://www.alleganymhm.org/2026-mental-health-matters-walk/>!

The Wellness Center will be attending May 18th at 11:45 am

ALLEGANY MUSEUM

<https://alleganymuseum.org/visit/>

Allegany Museum is located at 3 Pershing St, Cumberland MD. It covers two floors of a fully restored neo-classical revival building built in the 1930s.

The Museum serves the Allegany area, which is part of the Appalachia region. The Allegany area includes Allegany and Garrett Counties in Maryland, Mineral County in West Virginia, and Bedford and Somerset Counties in Pennsylvania. The Museum's Mission is to engage the community by preserving and promoting our region's unique heritage.

The museum hours are from April to December, Monday through Saturday from 11:00 a.m. to 5:00 p.m., and on Sunday from 1:00 p.m. to 5:00 p.m. If you would like to schedule a group tour outside of these hours, please contact the museum at 301-777-7200 so we can make arrangements to share our history and culture with your group.

Constitution Park Pool

<https://www.cumberlandmd.gov/Facilities/Facility/Details/Constitution-Park-Pool-5>

Opening Day: Saturday the 23rd — we'll see you at the pool!

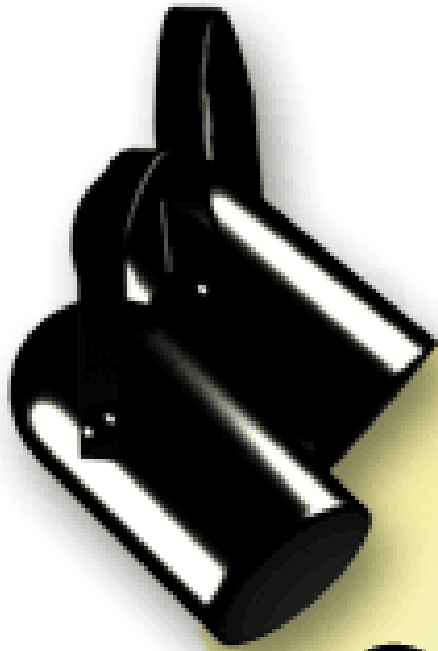


Hours of Operation

- June and July - Daily from Noon to 7 p.m.
- August - Daily from Noon to 6 p.m. until public schools open
- Labor Day Weekend - Noon to 6 p.m.

General Admission

- Adults: \$6
- Students / youth (ages 5 - 17): \$5
- Children under age 5: \$4
- Infants under age 1: Free
- Senior citizens 62 and older: \$4
- Group rates (25 or more): \$4



In the
Spotlight



Potomac Highlands United Way 29th Annual Day of Caring & Sharing

Presented By: Let's Beautify Cumberland

Dates: May 15, 2026

Archway's Wellness & Recovery Center will be volunteering at the
Jane Gates Heritage House

Jane Gates Heritage House

<https://passagesofthepotomac.org/heritage-attractions/jane-gates-heritage-house/>



Shortly after the Civil War, Jane Gates appears in the 1870 census as a nurse and laundress and at 51 years of age, living with two of her children and two grandchildren.

Records from the Allegany County Courthouse note that in 1871 Jane Gates bought an eight-room house at 515 Greene Street in Cumberland Maryland in the amount of \$1,400. What is remarkable about this is that Ms. Gates was a former slave. She was also the first black woman in Allegany County to have a bank account.

Jane Gates is the great grandmother of Dr. Henry Louis Gates, Jr., a scholar of African American culture at Harvard University, and host of the PBS program, "Finding Your Roots".

Today, this property is still in the Gates family, and Jane's descendants and members of the community have rallied around the building with the mission to rehabilitate the house and develop programming that will teach the history and honor the spirit of Jane Gates.

Archaeological exploration and restoration are happening at the two-story gabled structure. Still in the Gates family, it is recognized by the Maryland Commission on African American History and Culture. It is also eligible for the National Register of Historic Places.