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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January Edition

It seems appropriate that January is Mental Wellness Month. After all, what better way to start the new year (and recover from the non-stop hustle and bustle of the holiday season) than with a reminder to recharge your mental health?

Research continues to show that your mental health significantly impacts your physical health. Individuals with chronic conditions like heart disease, cancer and diabetes are more likely to experience depression or anxiety. The opposite is true as well: Positive mental health (along with other factors) can reduce your risk of heart attack and other serious conditions. Strong mental health also helps boost your immune system, reducing your risk of getting sick.

So, how can you improve your mind-body connection? View some simple tips below.

Establish emotional balance

Emotional or mental wellness doesn't mean you always have to be happy. That's just not realistic. Part of the beauty of being a human is experiencing and learning from all emotions – the ups and downs, the good and the bad.

Emotional balance is the act of being aware of and experiencing your emotions instead of bottling them up inside. Here's how it works:

Acknowledge body and emotional changes. Take a moment to notice that you're experiencing some type of emotion. You don't have to identify it right away.

Feel your feelings. Close your eyes and take a deep breath to help you identify your feelings. Do you have butterflies in your stomach? Do you feel a warmth or glowing feeling inside?

Name the emotion. Words have power. By simply saying, "I feel anxious" or "I feel happy" you can start to respond productively instead of reacting unconsciously.

Practice mindfulness. Being mindful can help you find emotional balance. Try meditation, yoga or breathing exercises to stretch your mindful muscle. The more you practice, the easier it will become to notice and name your emotions.

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.

11/2015

January's Archway Wellness and Recovery Center Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
		1 CENTER CLOSED	2 9:30 am – LaVale Shopping 11:45 am – Running Errands	3 9:30 am- Current Events 11:45am- Rec. Activity
6 9:30 am – Community Based Mental Health 11:45 am – Art w/ Cindy	7 9:30 am – Library 11:45 am – Rec. Activity	8 9:30 am – Simply Cooking 11:45 am – Mall	9 9:30 am – YMCA 11:45 am- Bingo	10 9:30 am- Trauma Informed Care 11:45 am- Trivia
13 9:30 am – Current Events 11:45 am – Art w/ Cindy	14 9:30 am – SMART Goals 11:45 am – Card Games	15 9:30 am- Person Centered Planning 11:45 am- Rec. Activity	16 9:30 am- Local Resources 11:45 am- Five Below	17 9:30 am – What is Recovery 11:45 am – Bowling
20 9:30 am – Addictions 11:45 am – Art w/ Cindy	21 9:30 am – Downtown 11:45 am- Running Errands	22 9:30 am – Walmart 11:45 am - Karaoke	23 9:30 am – Sleep 11:45 am – Rec. Activity	24 9:30 am – Casual Chat 11:45 am – Flea Market
27 9:30 am – Wellness 11:45 am – Art w/ Cindy	28 9:30 am – The Positive Self-Talk 11:45 am – Open Conversations	29 9:30 am – Hobby Exploration 11:45 am - Crafts	30 9:30 am – Library 11:45 am - Trivia	31 9:30 am- Current Events 11:45 am – Rec. Activity

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 Ham & Cheese Sandwich Celery Peaches	3 Leftovers
6 Hot Turkey Sandwich Mashed Potatoes Oranges	7 Hoagie Cauliflower Cantaloupe	8 Ham & Bean Soup Salad Pears	9 Chicken Salad Sandwich Fruit Cocktail Baby Carrots	10 Leftovers
13 Fiesta Chicken Black Beans Rice Peaches	14 Tuna Wrap Asian Salad Blackberries	15 Cheese Burger Seasoned Potato Wedges Applesauce	16 Ham & Cheese Sandwich Broccoli Raspberries	17 Leftovers
20 Hot Dog Baked Beans Pears	21 Buffalo Chicken Sandwich Celery Blueberries	22 Spaghetti Casserole Salad Peaches	23 Egg Salad Sandwich Green Peppers Grapes	24 Leftovers
27 Chicken Teriyaki Rice Carrots Plum	28 Shrimp Salad Sandwich Celery Strawberries	29 Italian Sausage w/ Peppers & Onions Curly Fries Pineapple	30 BBQ Pork Sandwich Chick Peas Banana	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

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

My HSW's extension is: _____