



Pictured above is Keegan Vaselenak participating in the bike riding during his day at Pathways.

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Reminder: Pathways will be closed on Monday, May 21, 2018 for Victoria Day.

Pathways Community Link is written, compiled and edited by staff and people who receive services from Pathways. Please note that submissions appearing in this publication do not necessarily reflect the beliefs and values of Pathways as a whole. We would like to thank everyone for their input and contributions to this issue of the Community Link.

Thank You

Thank you to the following for their generous donations!

\$25,000 generous donation to our society

♥Keith and Loretta Stutters

\$5000+

♥Columba Bottle Depot

\$2,000

♥Kelowna Sunrise Rotary Club for assisting people with diverse-abilities to attend the provincial Inclusion BC Self Conference

\$1000+

♥Charisse Daley

♥Leslie Munro

♥Chuck and Beryl Hopkins

♥Jim Hadgraft

♥Terry and Richard Trager

\$500+

♥Marie Goyet

♥Alida Penner via the "Alida Penner Charitable Giving Fund"

\$200+

♥Rhonda Campbell

Up to \$200

♥Sharon and Hannu Tukkiimaki

♥Spider Agile Technology

♥Hulda Haines

♥Cyndy Omand

Up to \$100

♥Mark Wengrowich

♥Bill and Jean Yuros

♥Unitarian Fellowship of Kelowna

Thank yous

Bethesda Christian Association for donating a hospital bed for use at our new West Kelowna location!

Thank you Sunrise Rotary Club!



Shelley Decoste receiving the \$2,000 donation on behalf of Pathways, from Huck Parfeniuk of Sunrise Rotary

Thank you Cal Barr from "Everclear Window Cleaner and Luxury Lake Tours" for washing all the windows at our West Kelowna location and for hosting Pathways fishing group for a summer time patio boat tour!

Thank You

**THANK YOU BDO
volunteers for
serving lunch at
our annual
holiday
celebration!**

Their support assists
all Pathways staff and
the people we provide
services to enjoy and
participate in the
festivities!



BDO volunteers **pictured above, (from left to right)** Kelsey Olsen, Madison Attwood, Lisa O'Reilly, Tiana Verigin, Jaydon Agar, Lee Lesack, Darryl Loewen, Scott Simpson and Ken Carmichael.



Pathways would once again like to thank profusely the United Way and students from UBCO's Community Services Learning Program for volunteering during the United Way Days of Caring. Students helped with painting at our Franklyn Road location. We appreciate this program offered by the United Way and their partnerships with the UBCO students!

Thank You

In support of Canada's 150th anniversary, **Valley First** is celebrating community leadership across British Columbia by recognizing local volunteers, non-profit organizations and charities that are making meaningful contributions in our communities.



Pictured above, from left to right Charisse Daley, Nick Pisio and Susan Taylor from Valley First.

Throughout 2017, they were selecting 52 volunteers who are devoted to developing positive and vibrant communities. That's one person every week from regions throughout BC. There is no one more deserving of a nomination than Nick Pisio. Nick has volunteered countless hours at Pathways serving on the board, completing repairs and maintenance and overseeing project renovations. **Pathways nominated Mr. Pisio and he won! True to his giving nature, he directed the \$1,500.00 donation to Pathways!**

Pathways would truly like to thank Nick and Valley First for serving their communities and supporting our organization!

Pathways staff received recognition for Years of Service, January 29, 2018

Thank you for your service to the Society!

(Pictured from left to right Charisse D. - 15 years, Maria R. - 21 years, Lisa M. - 18 years and Kristen L. - 8 years of service.)



Volunteer Spotlight/Society Updates

Volunteer Spotlight – Emma Swan



Emma Swan was born and raised in Kelowna. She started volunteering in her last year of high school as a coach for Kelowna CORE Rugby's Mini Rugby League. That first experience led her to pursue more volunteer opportunities so that she could "be the reason for someone's smile". Emma is a fourth year student of Medical Biochemistry at UBCO. Once her degree is complete her plan is to enter medical school and specialize in surgery. Emma lives in Rutland and frequently travels past Franklyn Road. She noticed the constant activity happening around the Pathways location. This led her to do some research and discovered that Pathways strives to help people realize their abilities. She felt this was a very important message that needed to be spread throughout the community, so she applied to be a volunteer at Pathways. "Having volunteered at Pathways for a year now, it has become an extremely rewarding part of my weekly routine, gives me a break from school, and I am with people who make me feel welcome." Emma's payment for volunteering is seeing everyone's smiles. Emma has been volunteering with Pathways since March 2017. She is an Activity Group Assistant and participates each Thursday with a group of bowling enthusiasts. Emma helps bowlers that need some physical support, socializes with people on the bench, and cheers everyone on. Emma also volunteers with the evening and weekend Social Recreation service. Over the past year Emma has accumulated many special memories at Pathways. "One of my favorite memories is singing karaoke with the Social Recreation group after we've enjoyed a delicious meal that we made together!" Staff at Pathways describe Emma as friendly, kind and considerate. She is a helpful team player and is vigilant in keeping everyone safe. Her lovely personality helps her to get along well with everyone at Pathways. **Thank you Emma for joining the Pathways Community!!**

National Volunteer Week April 15 – 21, 2018

It is a time to celebrate and thank all of our wonderful volunteers who contribute so much to Pathways. Volunteers spend time with the individuals we support, help out with activity groups, fix bicycles at BikeWays, assist at special events, and of course give direction to our agency as Board Members. Thank you to Jean Hadgraft, Gail Meier, Chuck Hopkins, Richard Pringle, Nick Pisio, Jock Craddock, Judy Robison, Mark Reinelt, Norm Vados, David Low, Darryl Harand, Don Lehman, Wayne MacDonald, Bruce Pendleton, Megan Hill, Emma Swan, Katarina

Gerhardt, Marie-Elaine Goyet, Rebecca Munroe, Christina Saint-Cyr, Casey Wemp, Brooklyn McMorran, Juergen Grau, Anyssa Chowsen, Judy Liebold, Vanessa Pearson, Debbie Besoiu, and Ryan Niven.

Interested in volunteering at Pathways? Contact Leslie Munro, 250-863-2602, aqam@pathwayskelowna.ca



Staff Highlight

Shelley Lee Purdon

1. When did you start working at Pathways?

2008

2. Before working at Pathways, what was the most unusual or interesting job you've ever had?

Supervisor, Activity Coordinator, Lab Tech— all have been interesting and challenging

3. If you could switch your job with anyone else within Pathways, whose job would you want?

No one—I love my job in Activity Services

4. What job did you have in high school

Cook, Delivering, Swim instructor, Life guard

5. What is the best perk that you have had at a job?

Time off with pay and educational opportunities

6. What book are you reading?

"Unhinge" by Calia Reed

7. What is one important skill every person should have?

Gratitude

8. If you could live in any period of history, when would it be?

Current

9. What is one of the things on your bucket list?

Peace and serenity spending six months at our cabin on the Shuswap Lake

10. If you were famous, what would you be famous for?

Finding a cure and research for mental illness



I have a wonderful respectful and loving partner Greg of 34 years and two wonderful sons and a new daughter in law. I bring over 30 years experience working with individuals and their families in a variety of settings and roles in several communities in BC to Pathways. I have

worked with ages infancy to death during my time, taught the Activity Coordinator program for Kwantlen College and also operated my own business editing a magazine for Recreation Therapists called 'CanGO' and did educational classes for therapeutic recreation and activity coordinators.

I find my work at Pathways and the individuals give me many gifts each day and the opportunity to be challenged and ever growing.

I love nature, reading, crosswords, Netflix and British murder mysteries, lake time, water sports, hiking, napping and family time, especially on the dock at our family cabin at Shuswap Lake.

Volunteering at the West Bank United Church for Hot Lunch program



Every Monday and Wednesday morning, several individuals from the new **West Kelowna Pathways** site spend their time **volunteering** for the hot lunch program at the Westbank United Church.



While there we assist in many different tasks, some include:

- *Preparing juice and filling jugs of water, then placing them on the refreshment table.
- *Setting cups and mugs onto the refreshment table.
- *Putting table cloths onto the tables and folding cutlery in napkins.
- *Ripping bread for bread pudding.
- *Doing dishes.
- *Making cakes.
- *Washing and de-coring apples.
- *Preparing trays with plates, cutlery and dessert.

New Location in West Kelowna

Pathways Open House at our West Kelowna, 2476-Main Street location was a huge community success with neighbors, old and new friends, West Kelowna Mayor Doug Findlater, Councillor Rusty Ensign, family and friends attending.

***From
left to
right:***

*Mercia,
West
Kelowna
City
Counsel,
Rusty
Ensign
and
Kendal*



Thanks to all who attended
and supported this inclusive
venture!!!



***From left to right:** Colin G, Emily
M. , Molly, Brenden S., Jeff H., Geoff
L., Rory F. and Maki*

Please, consider donating to Pathways. Remember, that **any donation over \$20** is eligible to receive a tax receipt that can be claimed on your taxes.

Be Great, PLEASE DONATE!



Inclusion BC Conference/Autism walk /Travel Club



We need your help!!!

This year Pathways Abilities Society is excited to co-host the **Inclusion BC Conference at The Grand Okanagan Resort**, May 24, 25, and 26, 2018.

Conference Website is: <http://inclusionbc.org/riseup/>.

Several hundred people from around BC and Canada attend this annual conference: self-advocates, people who have diverse abilities, family members, staff, professionals. The conference is a lot of fun and a great place to network with other people who are interested in inclusion and community living. We are looking for help. We need volunteers to help at the registration desk, monitor workshop sessions, assist delegates at the lunch buffet, and to give a hand at the banquet.

If you would like to volunteer at the conference please contact:

Leslie Munro 250-863-2602 or aqam@pathwayskelowna.ca



Alaina Reiswig, Lena Charlton and Helen Phelan will have a table set up at this event.

If you would like to take part in any of these lovely trips listed below with the Travel Club please let the appropriate person know as soon as possible. Thank You!

Trips Destination	Date
Alaskan Cruise (Travel Club)	Mid June 2018
Camp Owaissi (Travel Club)	Aug 28-31, 2018
Toronto Blue Jays Games and Visit Niagara Falls	September 2018
OR	OR
Vancouver for a BC Lions game and Whitecaps game (Social Recreation)	September or October 2018

If you are interested in any of the above trips please contact Glenda, Rhonda, April or Lena by email or phone A.S.A.P. to reserve yourself a spot:

Glenda (Travel Club) Phone: (250) 859-7895

Email: travelclub@pathwayskelowna.ca

Rhonda (Travel Club) Phone: (250) 763-4837

Email: fm@pathwayskelowna.ca

April (Social Recreation) Phone: (250) 575-3912

Email: socialrec@pathwayskelowna.ca

Lena (Social Recreation) Phone: (250) 763-4836

Email: cpdintake@pathwayskelowna.ca

You can pick the Toronto trip for approximately \$2,000, OR the Vancouver trip for \$1,200. Cost and dates will be confirmed upon booking. Trips could be cancelled if there is not enough interest.

Creative cooking class/Activities

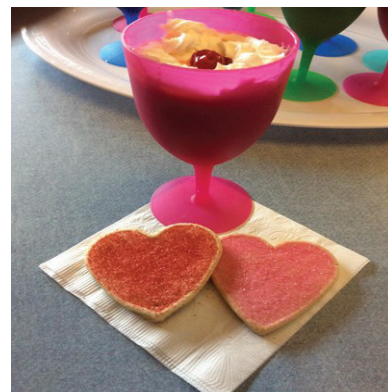
Did you know that the pomegranate has been a symbol of love and fertility as far back as ancient Greece?

If you're looking for an appropriate Valentine's Day treat, you couldn't get much more appropriate. But the pomegranates are not the only fruit with a story to tell.

You can use the other berries, like raspberries as a symbol of kindness, or strawberries meaning modesty, perfection, and "sweetness in life and character". You can use any type of berry you want – you don't have to go for the symbolic ones, although they do add a romantic touch. You can also choose between almond and coconut milk.



Pictured Lisa R. from our group of participants.



Valentine's Day Smoothie made by the Friday afternoon creative cooking class.

Valentine's Day Smoothie

Recipe used in Pathways baking class

1 1/2 cup almond milk or coconut milk, 1 pineapple, 1 ripe banana, 1 cup frozen strawberries, ice cream.

Preparation

Add the almond milk, ice cream, frozen strawberries and banana to the blender. Blend until the smoothie reaches your desired consistency. If it's too thin, add more fruit. If it's too thick, add more almond or coconut milk.

Every Friday Lorne M. enjoys perfecting his **Karaoke** skills.



Eric T. enjoys "Wii dance" as a part of the Activity Services in Pathways every Monday morning.

Music Bingo Top Left: Rory F, Brett W., Dami A., Carolyn L. Top Right: Jeff D., Dorothy O., Shayla F., Bev. P.



Pathways would like to thank Westkey Graphics Group for subsidizing the cost of printing the Pathways Community Link. Please consider supporting another establishment that supports Pathways!



SPRING



Word Search

Words might appear forwards,
backwards and diagonally.

Leaves

Rain

Umbrella

Flowers

Bloom

Puddles

Birds

Picnic

Rainbow

Kite

N	R	Q	Y	R	A	I	N	S	N	F	U
V	X	H	W	Q	S	A	P	P	S	L	M
F	K	M	A	A	X	Y	U	H	P	O	B
V	A	Y	V	C	D	U	D	G	R	W	R
D	D	Y	K	I	O	B	D	E	A	E	E
B	I	R	D	S	T	L	L	C	I	R	L
K	A	S	A	P	H	O	E	L	N	S	L
B	V	Q	T	I	K	O	S	D	B	P	A
Y	D	P	K	C	I	M	B	D	O	R	O
A	U	E	C	N	T	K	O	X	W	R	I
X	W	H	H	I	E	X	M	X	O	O	O
P	X	Z	M	C	J	L	E	A	V	E	S

STONE SOUP

BY JAN ELIOT



Pathways Abilities Society

Pathways Abilities Society is a not-for-profit organization, governed by a volunteer board of directors that provides services to people with diverse-abilities, their families and caregivers in Activity Services, Integrated Career Opportunities (ICO), Social Ventures, Residential Services, Individualized Funding and Home Sharing Services.

Pathways Abilities Society provides opportunities for over 200 people with diverse-abilities to achieve full citizenship by:

Assisting people to work, both in volunteer positions and paid employment. Facilitating participation in community recreation and leisure activities. Assisting people to live interdependently in their communities. Teaching employment and life skills.

Mission Statement

To assist people with diverse-abilities to reach their individual goals and to participate and contribute as equal members of the community.

Mandate

To promote, organize and support the development and interests of all people with diverse-abilities in a manner consistent with the Mission Statement, bearing in mind always, the strengths of the individual.

Vision Statement

The vision of Pathways is of welcome...building communities that support and value the diverse-abilities of all people.

Pathways Contact Information

Activity Service

123 Franklyn Road 250-763-4484

West Kelowna

2476 Main Street 778-754-5677

Franklyn Senior Services

778-478-0062

Supervisors

Mark and Alaina 778-484-4490

Social Ventures

1216 St. Paul Street 250-763-4839

Integrated Career Opportunities (ICO)

1216 St. Paul Street 250-763-4839

Social Recreation

250-575-3912 (April)

Community Placement Developer

250-763-4836 (Lena)

Finance Manager

Rhonda Campbell 250-763-4837

Executive Director

Charisse Daley 250-763-4837

AQMA/Home Share Manager

Leslie Munro 250-863-2602

LPN/Home Share Manager

Helen Phelen 250-317-2979

Employment Manager

Bonnie Fraser 250-763-4839

If you would like to start receiving this **Newsletter Edition** by email instead of by mail or by hand, **PLEASE** contact adminassist@pathwayskelowna.ca or call **(250) 763-4837** and leave your name and email. We will provide you with our electronic version.

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