

*Summer 2018*



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Pictured above from left to right is Lisa and Cathy. Lisa participates in the Compassionate Canada volunteer activity de-threading, sewing and jiggling sheets into rolls to be sent away for bandages in countries that are in need of medical supplies.

**Reminder:** Pathways will be closed on Monday, July 2, 2018 for Canada Day and Monday, July 30 to Friday, August 10, 2018 for the Summer closure.

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!**

**\$2,000.00** Jean Hadgraft

**\$200** Helen Polmear

**Up to \$100**

✿ Linda Forlin

✿ Jack and Bonnie Houston

✿ Terry Meyers

Thank you Hildebrandt  
Homes, Allen Procure and  
Tom Jones for donating a  
beautifully constructed and  
painted Adirondack chair!

Pathways is  
extremely  
grateful to **Jeff  
Steinman** for  
his donation of  
bike tools worth  
over \$2,000 to  
BikeWays.  
**Thank you  
Jeff!!**

In the 2018 Winter edition of the Pathways' Community Link an announcement was made regarding the results of the September 18, 2017 Annual General Meeting listing the Officers and Directors. Missing from the Director's list was Jean Hadgraft.

**Jean continues to be a very, valued  
member of the board!  
Thank you Jean and our apologies!**

Thank you Kattle-Sopel from  
the Living Positive Society for  
helping to train and educate  
staff regarding the "Naloxone"  
program!





Jean Hadgraft presenting David Walker with the plaque



Brad Grittner (chair)

Pathways Abilities Society would like to again thank all those that helped make this year's annual

**Vipond tournament a huge success!**

**We would like to thank the teams that participated, the individuals and businesses that donated items for the silent auction, the Kelowna Golf and Country Club members for giving up their course for the afternoon and the Vipond committee**

**members:** Brad Grittner (chair), David Walker, Rob Anderson, Oscar Faora, Bill

Fiest, Steve Hatch and Darren McClelland.

This year Jean Hadgraft presented David Walker with a Heroes' of Diverse-abilities plaque. David the General

Manager of the golf course, puts so much time and effort into making this annual fundraiser a huge success. Pathways so appreciates all that David continues to do!

Stay tuned to the next edition of the Pathways Community Link for more information on our wonderful Vipond sponsors, donors, players and participants.



Pictured left to right Wayne Pawulski and Denis Gates past committee chairs

# Thank You

## InclusionBC Annual Conference

**May 24, 25 and 26 InclusionBC** held its annual conference at the Delta Grand Okanagan Resort. The conference is B.C.'s premier learning event on intellectual disability, human rights and inclusion. The conference is attended by self-advocates who have diverse abilities, family members, and professionals that work in the field. This year 460 delegates attended the conference.

The theme of this year's conference was a call to action to "Rise Up", to take a place in the global inclusion movement. Delegates attended sessions on employment, increasing inclusion in schools and communities, inclusive housing, leadership, self-advocacy, sexual health, personal safety, disability pride, and self-expression through art. Significantly the conference was a venue for Kelowna self-advocates to meet and discuss goals for the future.

Experienced self-advocates have met a younger generation that is rising up to join them in this social justice movement.

In total twenty-two self-advocates who use Pathways services attended the conference. Registration costs for self-advocates were covered in part by a donation from Kelowna Sunrise Rotary. Eleven Pathways employees attended the conference as well. Pathways recruited volunteers to work at the registration desk, assist at the lunch and supper buffets, create decorations and decorate for the banquet, and assist in the workshops. Those who volunteered included self-advocates, Pathways volunteers and board members, Sunrise Rotary members, community members and



Pictured left to right Steve and Jordan



Conference delegates left to right front row: Darryl, Shelley, Marina and Cyndy, back row: David

employees from other agencies. Pathways staff assisted with planning the conference and working "on the ground" to make the event a success.



Pictured left to right Olivia and Terron at the banquet dancing to the band "The Insiders".



# Volunteer Spotlight

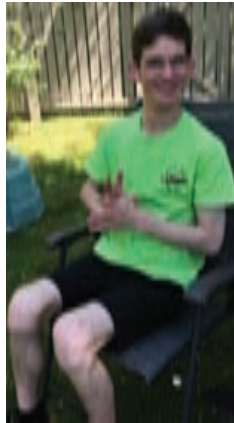


"Hands In Service" is a non-profit organization that restores dignity to those who feel abandoned through tangible acts of kindness that many take for granted.

**Pictured from left to right Scott and Shane volunteer** for "Hands in Service" every Thursday, delivering food hampers from the food bank to those who may face challenges in the community.

"Hands in Service" provides individuals with a chance to give back by helping others.

Curtis washed out an old pool.



Curtis helped to fill the clean pool with balls for the individuals who live at Bethesda.



Curtis at Bethesda cleaning up the yard!

# Staff Highlight

## Lois Papineau

**1. When did you start working at Pathways?**

*April 1st 2015 when we merged KCDS with Pathways.*

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

*At Danish Home Bakery where I learned to make a Danish wedding cake.*

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

*I don't think I would want to trade, I like where I am.*

**4. What job did you have in high school**

*Washing dishes at Westwinds Motor Hotel*

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

*When I worked at Rose Cottage we used to get a Christmas bonus.*

*Also KCDS had a wellness program, in which we could use our unused sick time towards fitness classes.*

**6. What book are you reading?**

*"Dreams of Autumn" by Diana Gabaldon*

**7. What is your favorite outdoor activity?**

*Gardening/ walking*

**8. What is one important skill every person should have?**

*Patience*

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

*1947 then I would of grown up with my sister & brothers*

**10. What's the best gift you've ever received?**

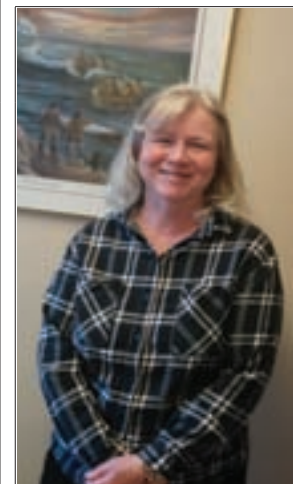
*The gifts from my daughter: hand print in ceramic in Grade 1 and when she took me to Las Vegas for a trip last year.*

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

*Traveling to Australia*

**12. If you were famous, what would you be famous for?**

*Always wanted to be a singer or actor!*



*I was born in Biggar, Saskatchewan. People say "New York is Big but this is BIGGAR". I have lived in all Prairie Provinces. In Lloydminster we could just cross the street and we would be in either*

*Alberta or Saskatchewan.*

*I have moved back and forth through Winnipeg couple of time and lived in different places. My father was a farmer and he loved to search better opportunities to keep running his affairs.*

*The "moving" became a part of my growing. My last move was to Kelowna, because of the nice weather. Since 1994 I have lived in West Kelowna and this is the longest time I have lived in one spot.*

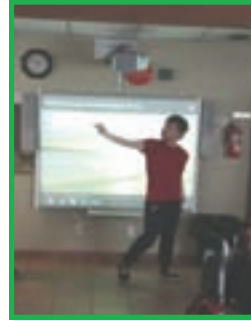
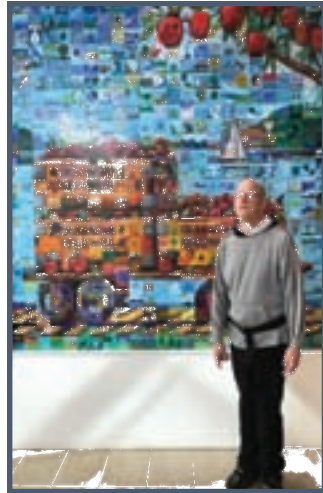
*I am the youngest by fifteen years of four children. I have one sister and two brothers. I have four children: one girl who is 37 years old and three boys who are 34, 31 and 23 years old.*

*Currently I am a happy grandma having one seven year old grandson. I love to care for my two dogs and two cats. I like crafts, puzzles, dancing, walking and gardening.*



# Around Pathways

**Pathways  
will be  
represented  
in the  
Canada 150  
book.  
In March  
2018 Don  
and Chris  
painted tiles.**



Over the winter, Terron participated in a Wii dancing activity every Monday morning, while attending Activity Services.

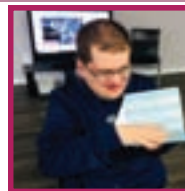
Terron is avid dancer and music lover and wanted to put on a special performance for his peers. Terron came up with the music, theme, colors and even special background dancers and singers to aid in his performance of "My Heart Will Go On".



Pictured from left to right Maureen, Alaina, Kelsey and Lena (*not pictured*) for helping to run the booth at the Kelowna Autism Walk on Sunday April 15, 2018.

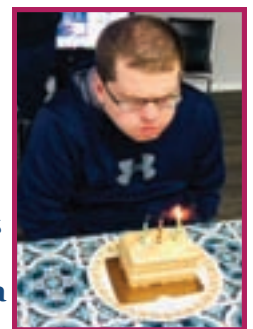


Pictured above from left to right Trevor, Shelly and John Patrick



At  
Pathways  
**West  
Kelowna**  
we are

proud to celebrate each individual via monthly birthday celebrations and in March 2018 we celebrated **Trevor's** birthday with a chocolate black bean paleo cake. Trevor researched this gluten free and no flour recipe at the local library.



The Pathways Abilities Society board of directors and leadership team will be engaging in strategic planning in early July. We value and want your input.

Please take a few minutes to complete the Strategic Plan Input survey by going to the following link <https://www.surveymonkey.com/r/StrategicPlanInput>.

You can also get a paper copy to complete by contacting Charisse Daley at 250-763-4837 or via email at [ed@pathwayskelowna.ca](mailto:ed@pathwayskelowna.ca). A paper copy can be mailed or picked up.

The survey needs to be completed by June 28, 2018.

**Thank you!**

# Mexico Trip 2018

## Mexico Trip March 4-11th 2018



"PATHWAYS"  
GROUP  
WELCOME

Pictured from left to right:  
Jim, Cyndy, Jeff, Tom,  
Manon, Rory, Brad,  
Dennis, Glenda, Sandra,  
Lorraine and Mike

Every year we enjoy a week of fun in the sun drinking strawberry Daiquiris and Pina Coladas.

We take part in various different day trips outside of the resort, walk the beach, do some shopping and attend wonderful nightly entertainment put on by the staff at the resort, where we stay.



*Pictured* from left to right Manon, Cyndy, Dennis and Lorraine



*Pictured above* from left to right Glenda, Brad, Mike, Manon, Lorraine, Jeff and Sandra



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!**





# Announcements



This bench sits in the entrance way of Pathways (123 Franklyn Road). It was built in memory of Leigh Edwards, a passed employee. Leigh was a great man and touched the hearts of many co-workers and individuals.



Pictured above from left to right: Leslie, Alaina, Susan, Gert, Lisa, Ruth, Glenda, Cyndy and Shane. The group took time to share stories and remember Leigh's favorite things.



Pathways Abilities Society is committed to providing the best services possible. This can only be achieved by the application of well thought out policies and procedures to guide the performance of each employee, contractor and volunteer and outline for individuals and families how these services will be provided. Volunteers include the Board of Directors, practicum students and community members.

The policies and procedures enable staff, contractors and volunteers to carry out the mission and mandate of the organization within a valuing setting. They set a clear standard for service performance by stating the premises under which we operate and the expectations of the agency, its staff, contractors, volunteers and persons served.

All policies and procedures are available on our website and at each service location. If you think a policy or procedure needs to be updated or changed or there is a policy or procedure missing-please contact Charisse at 250-763-4837 or via email at

[ed@pathwayskelowna.ca](mailto:ed@pathwayskelowna.ca).

**The 65th Pathways Abilities Society Annual General Meeting will be held September 10, 2018 at 4:00 pm at 123 Franklyn Road. Please consider attending!**

# Pathways Activities

## Pathways Baking Class

*Mexican Nachos made by the Friday afternoon Creative Cooking class.*

*Pictured from left to right our group of participants: Elaine (retired staff), Dolly, Curtis, Marina, Laura Lee, Dale and Cyndy.*



### Nachos Recipe

- 80 corn tortilla chips
- 3 - 4 jalapenos, thinly sliced
- 1 cup diced red onion
- 2 1/4 cups finely grated Cheddar
- 2 Table spoons finely chopped fresh oregano leaves
- 2 cups fresh salsa
- 2 cups sour cream
- 2 cups guacamole



### Nachos Preparation

1. Set 1 of the oven racks on the lowest level and preheat oven to 350°F.
2. Line a baking pan with parchment paper. Make 8 (2-inch) balls out of aluminum foil. Spray 3 wire cooling racks with non-stick cooking spray and place 1 of the aluminum balls in each of the corners of 2 of the racks.
3. Lay 1/3 of the chips on one of the racks. Top each chip with a jalapeno slice and sprinkle the chips with 1/3 of the red onions, and 1/3 of the Cheddar cheeses. Repeat with the remaining chips and the other 2 racks. Stack the racks on top of one another and set into the parchment lined baking pan. Bake in the oven on the bottom rack for 7 minutes or until the cheese begins to bubble. Sprinkle with fresh oregano. Serve immediately with the salsa, sour cream, and guacamole.

## Spanish Class and Spanish Bingo

Every Thursday afternoon



Pathways offers a Spanish class and plays Spanish bingo. The participants enjoy learning the most common way of greeting in Spanish, developing and practicing skills.



**Lovely picnic day** at Bear Creek Provincial Park. Pictured from left to right: Shawn, Graham, Shane, Laura and Amy



Pictured from left to right: Shane, Graham, Scott and Coley. The group enjoy the easy grilled S'mores and sunny weather.





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!



The following words might appear forwards, backwards and diagonally in the

**Word Search** below: **balloon,**  
**camping, shorts, fishing, picnic,**  
**journey, gardening**



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



### 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 receive this **Newsletter Edition** by email instead of by mail or by hand, **PLEASE** contact **[adminassist@pathwayskelowna.ca](mailto:adminassist@pathwayskelowna.ca)** or call **(250) 763-4837** and leave your name and email. We will provide you with our electronic version.

Would you like to receive emails on information related to the "disability" movement, training opportunities or general information that may affect you or your family. If so please email **Charisse Daley at [ed@pathwayskelowna.ca](mailto:ed@pathwayskelowna.ca)** and your email will be added to our distribution list.

**Pathways Abilities Society**  
**123 Franklyn Road**  
**Kelowna BC**  
**V1X 6A9**

