



**Calling All Self-Advocates**

**What is Self-Advocacy?**

Self-Advocacy is learning how to speak up for yourself, making your own decisions about your own life, learning how to get information so that you can understand things that are of interest to you, finding out who will support you in your journey, knowing your rights and responsibilities, problem solving, listening and learning, reaching out to others when you need help and friendship, and learning about self-determination. **Why is Self-Advocacy important?**

So that you have the knowledge and information needed to succeed and are given the chance to participate in making decisions that will improve your quality of life. See more at:

<http://www.inclusionbc.org/self-advocates>

**Important Phone Numbers**

If you are calling because you attend Activity Services or you are calling on behalf of an individual who attends Activity Services, please call: **250-763-4484 or 778-484-4490**, West Kelowna call: **778-754-5677**, Franklyn Senior Services call **778-478-0062**.

Please, leave a message at the appropriate service area.  
Thank you!

**Email Address List**

If you need to contact any of the following people, email is a great tool you can use:

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

Quality Assurance & Home share: [aqam@pathwayskelowna.ca](mailto:aqam@pathwayskelowna.ca)

Finance Manager: [fm@pathwayskelowna.ca](mailto:fm@pathwayskelowna.ca)

Residential Supervisor: [rs@pathwayskelowna.ca](mailto:rs@pathwayskelowna.ca)

Activity Supervisor: [fs@pathwayskelowna.ca](mailto:fs@pathwayskelowna.ca)

Senior Services:

[branch55@pathwayskelowna.ca](mailto:branch55@pathwayskelowna.ca)

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

Social Recreation:

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

Community Placement Developer- Intake:

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

Travel Club Coordination:

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

Community Placement Developer-Scheduling:

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

Employment Manager: [em@pathwayskelowna.ca](mailto:em@pathwayskelowna.ca)

Newsletter / Community Link

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

West Kelowna

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

Individuals attending the **Activity Services** are required to bring the following each day: a backpack, lunch which requires no heating and with containers that can either be returned or disposed of, a refillable water bottle, handyDART pass if you have one, any personal care or personal support supplies you require and recreational gear which will be specified i.e. a swimsuit, towel, hiking boots, etc. If you have a handyDART pass and do not bring it unfortunately you will not be able to participate in an activity in the community.  
To help us ensure items are returned to you please label them discreetly.  
**Just a reminder**, you must call this number **778-484-4490** if you are not attending on a scheduled day. You can leave a message.  
Thank you!

Date	Planned Meeting or Activity
<b>October 12th, 2018</b> <b>12:30PM</b>	Hot Lunch TBD Advocacy in the Service Area event
<b>October 26th, 2018</b> <b>12:30PM</b>	Hot Lunch Advocacy in the Service Area meeting

**Pathways wants everyone to stay healthy and happy. Please, use the following flu and cold prevention strategies:**

- ◆ Please, stay home if you are sick
- ◆ Wash your hands with warm water and soap often
- ◆ Use hand sanitizer where it's available
- ◆ Keep your hands away from your face
- ◆ Cover your cough and sneeze into your sleeve or elbow
- ◆ Get the flu shot when available



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!**



**Holiday Traditions**



Thanksgiving Day is a harvest festival. Traditionally it is a time to give thanks for the harvest and express gratitude in general. It is a holiday celebrated primarily in Canada and the United States. Thanksgiving is celebrated on the fourth Thursday of November in the U.S. and on the second Monday of October in Canada. Thanksgiving in Canada emerged from British customs and the American holiday. A tradition closely associated with the Thanksgiving Turkey is “making a wish” with the wishbone. The person who happens to “get the wishbone” in their slice of Turkey chooses another family member to join them in making a wish, as they each hold on piece of the breastbone. They make a wish and then break the bone. The tradition says that whoever ends up holding the larger piece of bone, will have their wish come true.

**Pathways is closed Monday, October 8, 2018 for Thanksgiving Day**



MARK YOUR CALENDARS

Please, join us for the Community Living Month of October!

DEPUTY MAYOR, RYAN DONN WILL OFFICIALLY PROCLAIM OCTOBER COMMUNITY LIVING MONTH



JOIN US AND SHOW YOUR SUPPORT...

TUESDAY, OCTOBER 2nd 10:00am

In front of City Hall on Water St.

The 5th Annual Community Inclusion Chain.

Show your support for inclusion and diversity in our community!

EVERYBODY IS WELCOME!



www.pathwayskelowna.ca | 250-763-4837

ANNIVERSARY BBQ



Come join us for Pathways Annual Anniversary Barbecue

FRIDAY, OCTOBER 12th 11:30am - 1:00pm 123 Franklyn Road

Hope to see you there!



www.pathwayskelowna.ca | 250-763-4837



♥ Christmas Tree Farm - Sunday, October 14th from 1 pm to 4 pm at Woodhaven Tree Farm & Tree Movers.

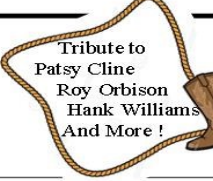
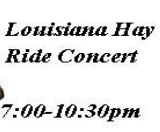









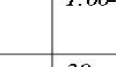



















♥ HEROES EVENT - October 17th, time and location to be determined.



October Events Calendar



Name: \_\_\_\_\_

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	 <p>Tribute to Patsy Cline Roy Orbison Hank Williams And More !</p>	 <p>2 Louisiana Hay Ride Concert 7:00-10:30pm</p>	 <p>3</p>	 <p>4 Fall Pot Luck Karaoke Party 5:00-8:00pm</p>	 <p>5 Rockets Vs Victoria Game 6:00-9:00pm</p>	 <p>6</p>
 <p>7 Scare Crow Fest 11:00-2:00pm</p>	 <p>8 Happy Thanksgiving</p>	 <p>9 Dinner &amp; Movie 5:00-9:30 Meet at OP</p>	 <p>10 Rockets Vs Seattle Game 6:00-9:00pm</p>	 <p>11</p>	 <p>12</p>	 <p>13 Horse back Riding Group Trail Ride 1:00-4:30pm</p>
 <p>14 Scare Crow Fest 11:00-2:00pm</p>	 <p>15</p>	 <p>16 Small Cooking #1 Group 3:30-6:30pm</p>	 <p>17 ALWAYS FRESH HOME COOKING DELICIOUS</p>	 <p>18 Field of Screams! Haunted Corn Maze 6:00-9:30pm</p>	 <p>19</p>	 <p>20 West Side Matinee 10:30-2:30pm</p>
 <p>21 Macmillan Farms &amp; Hay Ride 10:00-2:00pm</p>	 <p>22</p>	 <p>23 Pumpkin Carving 6:00-8:30pm</p>	 <p>24</p>	 <p>25</p>	 <p>26 Brad's Birthday Dinner 5:30-7:30pm</p>	 <p>27 Rockets vs Prince George 6:00-9:00pm</p>
 <p>28 Day Of Destruction! Penticton Speed Way 1:00-7:00pm</p>	 <p>29</p>	 <p>30 Small Cooking #2 Group 3:30-6:30pm</p>	 <p>31 Happy Halloween</p>			

Please Contact: April, Social Recreation Coordinator phone: 250-681-3475 or 250-575- 3912 email: Sodaalrec@pathwayskelowna.ca

Pathways Abilities Society

123 Franklyn Road

Kelowna, BC

V1X 6A9



recipient



If you would like to receive this Monthly Update 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.