



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 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

Quality Assurance & Home share:
aqam@pathwayskelowna.ca

Finance Manager: fm@pathwayskelowna.ca

Residential Supervisor: rs@pathwayskelowna.ca

Activity Supervisors:

Alaina: fs@pathwayskelowna.ca

Maureen: ws@pathwayskelowna.ca

Senior Services:

branch55@pathwayskelowna.ca

fss@pathwayskelowna.ca

Social Recreation:

socialrec@pathwayskelowna.ca

Community Placement Developer- Intake:

cpdintake@pathwayskelowna.ca

Travel Club Coordination:

travelclub@pathwayskelowna.ca

Community Placement Developer-Scheduling:

cpdscheduling@pathwayskelowna.ca

Employment Manager: em@pathwayskelowna.ca

Newsletter / Community Link:

adminassist@pathwayskelowna.ca

West Kelowna:

aswestkelowna@pathwayskelowna.ca

Date	Planned Meeting or Activity
May 17th, 2019 12:30PM	Advocacy in the Service Area event
May 31st, 2019 12:30PM	Hot Lunch TBD



Hot Lunch will be going up from **\$5.00** to **\$10.00** due to the cost of ordering food from various restaurants and for a better variety. Hot Lunch will continue to be on the last Friday of the month. Next hot lunch date will be April 26, 2019.

Closure Reminder!

Victoria Day, Monday, May 20th, 2019
In-Service Day, Monday, June 10th, 2019



Mark your calendar!!!
Summer Closure Dates:
Monday, August 19, 2019
to Friday, August 30, 2019
Re-opening Tuesday,
September 3, 2019

Reminder: When coming to Pathways please make sure to bring your Handy DART pass so it can be used for City Transit if required as well.



Edward McDonald - Spotlight

Edward (Ed) McDonald has been with Pathways Ability Society since June 2007. Ed is very active in lots of areas with Pathways .

Ed’s favourite animal is a cow and favourite band is ACDC. Ed enjoys going to the car races, seeing Harlem Globe Trotters, attending the IEP in Armstrong and drinking coffee.

Ed loves all sports but Vancouver Canucks and Kelowna Rockets are by far his most favorite teams. Along with the Okanagan Sun, BC Lions and Kelowna Falcons. Ed hates sitting at red lights and when the Prince George Cougars win over the Kelowna Rockets.

My most memorable moment with Ed was when we were in Vancouver to watch a Canucks hockey game. He has always been a gentleman and when we were getting on the sky train he was waiting for everyone to get on. Well the doors closed and he was left behind. Ed did the best thing he could do by getting on the next train and watched for us at the next stop. Thank goodness we were at the end of the line and there was no where else to go. Ed taught me my most valuable lesson that day; one staff at the beginning of the group getting on the train, and one staff at the end.

Submitted by Lena Charlton

WFG

PLAN OKANAGAN
RUN FOR FRIENDS

DENISE MARTELL OF WORLD FINANCIAL GROUP
AND PLAN OKANAGAN PRESENT

Run
Through
the Vines

MAY 26, 2019

PLANOK.CA

OUR DREAM IS THAT NO ONE BE ALONE

Join us for tastings and refreshments as you walk, wheel, or run
to 3 different wineries along scenic Glencoe Road:
Ciao Bella Winery, Kalala Organic Estate Winery and
Off the Grid Organic Winery

WESTSIDE WINE TRAIL - UPPER BENCH WINERIES

Register on Eventbrite at :
www.eventbrite.com/e/run-through-the-vines-tickets-58036892909
WWW.FACEBOOK.COM/EVENTS/2270750899857321/?ACTIVE_TAB=ABOUT

2K
4K

Pathways

Abilities Society

May

Calendar of Events

May is
Nature
Appreciation
Month!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>5 Sorco Raptor Rehab Center Open House 10:00-4:00pm</div>		<div>7 Dinner & Movie 5:00-9:00pm</div>	<div>1 Spring Pot Luck Karaoke Party! 5:30-8:30pm</div>	<div>2</div>	<div>3</div>	<div>4 Maple Fest 1:00-4:00pm</div>
<div>12 Mothers Day</div>	<div>13</div>	<div>14 Cooking Group 3:30-6:30pm</div>	<div>8 Nature Walk Mt Boucherie Accessible 6:00-8:30pm</div>	<div>9</div>	<div>10</div>	<div>11 People in Motion BC Storm Power Soccer Tournament 10:00-3:00pm</div>
<div>19</div>	<div>20 Nature Walk Mill Creek 3:30-7:30pm</div>	<div>21</div>	<div>15 Nature Walk Kalamoir 6:00-8:30pm</div>	<div>16 Little Shop of Horrors Play \$40 6:45-9:15pm</div>	<div>17</div>	<div>18 Visit Davidson Orchard 10:00-3:00pm</div>
<div>26 Return from Mable Lake</div>	<div>27</div>	<div>28</div>	<div>22</div>	<div>23 Mable Lake Trip Leave for</div>	<div>24 Mable Lake Trip</div>	<div>25 Mabel Lake Trip</div>
			<div>29 Nature Walk Pauls's Tomb 6:00-9:00pm</div>	<div>30 Cooking Group & PJ party 3:30-8:00 pm</div>	<div>31</div>	

Contact: Social Recreation Coordinator; April Chretien e-mail: socialrec@pathwayskelowna.ca phone: 250-681-3475

Pathways Abilities Society

123 Franklyn Road

Kelowna, BC

V1X 6A9



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.