



## 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.

**Okanagan Self-Advocate Group holds regular meetings.**

### For more information:

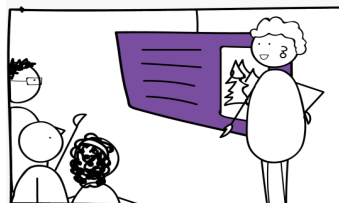
Darryl Harand, Self-Advocate, phone: **250-763-0094**

Laura Graham, Self-Advocate, phone: **250-763-0150**

Linda Youmans, Self-Advocate Advisor, phone: **778-478-1304**

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

## OUR AGM



Pathways Abilities Society  
66th Annual General Meeting will be held  
**September 23, 2019 at 4:00PM** at 123 Franklyn Road. Please consider attending!

### 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](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 Supervisors:

Alaina: [fs@pathwayskelowna.ca](mailto:fs@pathwayskelowna.ca)

Maureen: [ws@pathwayskelowna.ca](mailto:ws@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)

### Date

### Planned Meeting or Activity

August 16th, 2019 12:30PM

Advocacy in the Service Area  
event Hot Lunch TBD

August 30th, 2019 12:30PM

**CLOSURE**

### For the warm weather

Please, ensure you bring a water bottle, sunscreen, hat and dress appropriately. Please label your items with your name or initials.

### Hot Lunch now is \$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 **August 16, 2019**.



### Summer Closure Dates:

Monday, August 19, 2019  
to Friday, August 30, 2019  
Monday, September 2, 2019  
for Labour day

**Re-opening Tuesday  
September 3, 2019**



LevelUp Entertainment is presenting a dance and acrobatic performance called **"Down the Rabbit Hole"** at the Rotary Centre. Performances are on August 23 at 7 pm, August 24 at 2 pm, August 24 at 7 pm and August 25 at 2 pm. If you buy 10 tickets or more you will receive a 25% discount.

Please, click here for more information:

<https://www.levelupkelowna.com/shows>

COMING UP SOON! 2019 Travel Club Trips

Trip Destination	Date	Cost
Camp Owaissi	August 2019—4 nights	(\$240.00)
West Edmonton Mall Bus Trip	October 2019—7 nights	(\$ 1,600.00)

If you are interested in any of the trips above please contact Glenda by email at [travelclub@pathwayskelowna.ca](mailto:travelclub@pathwayskelowna.ca) or Rhonda at [fm@pathwayskelowna.ca](mailto:fm@pathwayskelowna.ca) or phone **250-763-4837** to reserve a spot. Please be advised all prices are **approximate** at this time. Cost and dates will be confirmed upon booking. Trips could be cancelled if there is not enough interest.

Do you have extra cans or bottles you don't know what to do with??? Bring them down to Columbia Bottle Depot and tell them that you want to donate them to Pathways!! Community Bottle Recycle now located at the **Columbia Bottle Depot on Kent Road!** Thank you Colombia Bottle Depot!!!

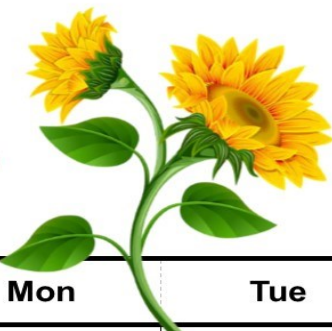


Important Notice

If you are interested in attending **Camp Owaissi** from August 26st to 30th, please contact Glenda by email at [travelclub@pathwayskelowna.ca](mailto:travelclub@pathwayskelowna.ca) , or Rhonda at [fm@pathwayskelowna.ca](mailto:fm@pathwayskelowna.ca) , or phone 250-763-4837 **by August 1st, 2019.**  
**Payment is due on or before August 5th, 2019.**

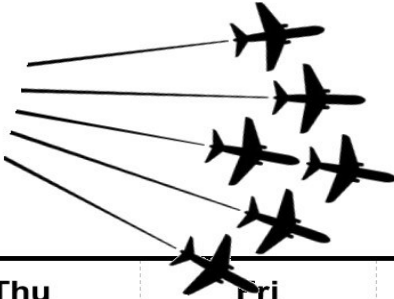


Are you picking someone up at our Pathways 123 Franklyn Rd location? As you know, we are the transfer point for **HandyDART** and as such, it can become very busy here come 3PM. For your convenience and for the safety of individuals it is suggested, if possible, to schedule **pick up at 2:45PM or after 3:15PM - Thank You!**



August

2019  
 Calendar of Events



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Arts on the Avenue 3:30-7:00pm 	2 Caravan Theatre "The Coyotes" \$37 5:00-10:00pm 	3
4	5 BC Day	6 Dinner & Movie 	7 Music in the Park BC Favorites 5:30pm-9:00pm Island stage 	8	9 Abbotsford leave 	10
11 Return from Abbotsford	12	13 Music & Picnic in the Park Folk Pop Strathcona Park 5:00-9:00pm 	14 Bowling & Pizza 3:30-6:30pm 	15	16 Music in the Park Country Kerry Park 5:30- 8:30pm 	17 Lunch & Matinee 11:00-3:00pm 
<div> <div>Pathways Summer Closure</div> <div>August19th-September 2nd</div> </div>						

Contact: Social Recreation; April Chretien email: [socialrec@pathwayskelowna.ca](mailto:socialrec@pathwayskelowna.ca) 250 575 3912

Pathways Abilities Society  
 123 Franklyn Road  
 Kelowna, BC  
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If you would like to receive this Monthly Update 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.