



### 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>



### March Anniversaries!

In month of March the following people started service with Pathways:

Susan G. - 2004

Kyle M. - 2005

Andrea S. - 2006

Matthew P. - 2010

Patrick E. - 2014

Adam O. - 2017

Chris B. and Keifer S. - 2018

### Important Phone Numbers

**If you attend Activity Services or need to call on behalf of an individual who attends Activity Services, please call:**  
**250-763-4484 or 778-484-4490, West Kelowna call: 778-754-5677.** 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:

Lisa: [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)

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)

### Closure Reminder!

Good Friday

**Friday, April 10th, 2020**

Easter Monday

**Monday, April 13th, 2020**

**Mark your calendar!!! Monday, August 24, 2020 to Friday, August 28, 2020 One week Summer Closure Re-opening Monday, August 31, 2020! The Summer closure change from TWO weeks to ONE!**



#### OKANAGAN SELF-ADVOCATE GROUP

#### 2020 WINTER/SPRING GUEST SPEAKERS

Adults over Age 19 with Autism or Diversabilities (Disabilities) Invited

At PATHWAYS – 123 Franklyn Road in Rutland (use side entrance)

\*\*\* REGISTRATION REQUIRED FOR EACH PROGRAM \*\*\*



Saturday, February 29<sup>th</sup>  
1-2:30 PM

Topic: Finding the best job!

Jacob Mariety, Community Services Manager, TCS



Saturday, March 28<sup>th</sup>  
1-2:30 PM

Topic: Doing Dating

Dr. Margaret Newbury Jones, Psy. D., SHADE Consulting



Saturday, April 25<sup>th</sup>  
1-2:30 PM

Topic: Discovering All Emotions/ Yoga

Danielle Dufour, B. of Med. Sc., Lifeforce Experiential Activities



Saturday, May 30<sup>th</sup>  
1-2:30 PM

Topic: Becoming a Great Self-Advocate!

Shelley DeCoste, Strategic Business Analyst  
Community Living B.C. (CLBC)  
Creator of the word "Diversabilities"



Saturday, June 27<sup>th</sup>  
1-2:30 PM

Topic: Community Mapping: Find the Best in Your Community!

Sylvie Zebroff, M. Ed., Strategic Business Analyst,  
Community Living B.C. (CLBC)

\*\*\*Refreshments will be served\*\*\*

**To Register Contact:** Linda Youmans, Okanagan Self-Advocate Advisor  
E-Mail: [lindayoumans@yahoo.com](mailto:lindayoumans@yahoo.com) or  
Phone: (778) 478-1304

Sponsored by the South Central Okanagan Community Council



**Safety is the responsibility of everyone. Occasionally we have reports of drivers double parking by HandyDart vans, or driving carelessly in the parking lot. If you witness dangerous driving or parking during morning and afternoon rush hours at Pathways, contact Helen Phelan at 250-317-2979, or email her at [lpn@pathwayskelowna.ca](mailto:lpn@pathwayskelowna.ca). If you can take a picture that is even better. We want have an opportunity to discuss these types of situations with drivers and come up with workable solutions.**



CARF (Commission on Accreditation of Rehabilitation Facilities)

CARF is an independent, non-profit organization that is focused on ensuring quality service in health and human services by following a set of standards and ensuring that agencies are meeting their outcomes. Pathways Abilities Society has been accredited through CARF since 2005, and we partake in an on-site survey every three years to ensure that we are meeting and recognize CARF accreditation standards. Based on the results of the survey, CARF prepares a written report of the agency’s strengths and areas for improvement. If the agency has sufficiently demonstrated its conformance to the standards, it earns CARF accreditation. Pathways strives to be effective and professional in the delivery of its services, and our accreditation allows for continuous quality improvement.

CARF will be doing an on-site survey at Pathways from March 2-4th, 2020.

Entertainment News


Murray Forrest will be acting in a play “Frozen” at the Rutland Centennial Hall on Thursday April 30, 2020. The play is being put on by TCS (Thompson Community Services). The play starts at 7pm. Tickets can be purchased at the door for \$2.00, at the time of the event. Come out and support Murray and the other actors! See you there! **Thank you!**


**Reminder:** The Activity Service Operating hours for Pathways 123 Franklyn Road location are from 8:30 am to 3:30 pm. The earliest staff start is 8:15 am. For health and safety reasons, we cannot let people into the building earlier because there is no support or supervision. With the weather getting colder, it is important not to come early and have to wait outside. **Thank you!**

NEW TEMPORARY SUPERVISOR

Lisa Milligan has been appointed the temporary Activity Service Supervisor! Lisa is replacing Alaina during her maternity leave. Her office hours are Monday to Thursday, 7:30am-4:30pm. Please contact Lisa at 778-484-4490 or 250-763-4484 or email at fs@pathwayskelowna.ca.



















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 Columbia Bottle Depot!!!





# March

2020  
Calendar of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Simon &amp; Garfunkle Story</i> 7:00-9:30pm \$56 	2	3 <i>In house Live Music Sing Along</i> 6:00-8:00pm 	4 <i>CNC Walk the track &amp; Boomers</i> 6:00-8:30pm 	5	6 <i>Rockets Game</i> 6:30-9:30pm 	7
8	9 <i>Craft and Chat Bird Houses</i> 6:00-8:30pm 	10 <i>Dinner &amp; Movie Comfy seat theatre!</i> 6:00-9:00pm 	11	12 <i>The Arrogant Worms Concert Silly fun music!</i> \$35 3:30-9:30pm 	13	14
15 <i>Burger &amp; Curl</i> \$22 11:00-1:00pm 	16 	17 <i>Scotts B-day St Patty's Day Party! "Rockin Tom" Live Music!</i> 5:30-8:00pm 	18	19 <i>Cool Arts Drop in</i> 6:00-8:00pm free RCA 	20	21 <i>Rutland Dance Night!</i> 7:00-9:00pm \$10 
22	23	24 <i>Dinner &amp; Movie Grand 10</i> 5:30-8:30pm 	25	26 <i>Pottery Night Work of Art Pottery Studio</i> 6:00-8:00pm \$30 	27	28 <i>Peter and Wendy</i> Matinee Play 12:45 -3:30pm \$22 
29	30 <i>Craft and Chat Pot a plant</i> 6:00-8:30pm 	31 <i>Swimming H2o</i> 6:00-9:00pm 		 <div><b>Beatles tribute</b> Coming April 4th! \$45</div>		

Contact: April: Social Recreation Coordinator email: socialrec@pathwayskelowna.ca phone: 250 681 3475

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.