

# NOVEMBER



# 2019



## OKANAGAN SELF-ADVOCATE GROUP

### FALL 2019 SPEAKERS

Adults (over age 19) with Autism or Diversabilities (Disabilities) Invited  
to PATHWAYS – 123 Franklyn Road, Kelowna

**FREE**

**\*\*REGISTRATION REQUIRED TO ATTEND EACH GUEST SPEAKER\*\***



**Saturday, September 28  
1 PM to 2:30 PM**

**Topic: Anxiety: A Common  
Barrier to Social Inclusion**

Becky Roth, Clinical Supervisor, DSW, PMEd,  
BCBA  
Laurel Behaviour Support Services  
PosAbilities

Registration Required  
Limited to 40 people



**Saturday, October 26  
1 PM to 2:30 PM**

**Topic: Identity Theft and  
Fraud Prevention**

Holly Davis, B.A.  
Team Leader, Investment  
Solutions Centre

Registration Required  
Limited to 20 people



**Saturday, November 30, 2019  
1 PM – 2:30 PM**

**Topic: Positive Relationships, How to Meet New People and Be a  
Great Friend**

Dr. Margaret Newbury Jones, (Psy.D.), Sexuality Educator and Counselor  
SHADE Consulting and Counseling

Registration Required- Self-Advocates Invited Only  
Limited to 40 people

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

**To register for the guest speakers, contact:**

Linda Youmans, Okanagan Self-Advocate Group Advisor

E-mail: [lindavoumans@yahoo.com](mailto:lindavoumans@yahoo.com) or Phone: (778) 478-1304

Sponsored by the South Central  
Okanagan Community Council



COMMUNITY LIVING  
BRITISH COLUMBIA



## PRESENTS AN INFORMATIONAL SESSION

### Registered Disability Savings Plan (RDSP)

The RDSP is a matched saving plan for people with  
disabilities that allows savings to grow in a  
tax-deferred environment and provides matching federal  
contributions of up to 300% annually.

Everything you need to know about RDSP, including grants and bonds that are available, how  
to become eligible for the Disability Tax Credit (DTC), how to support people in applying of  
the DTC and RDSP

### Who Should Attend?

- People and families who want to learn more about the RDSP.
- People who already have a RDSP but want to learn more.
- Parents, grandparents, friends, family
- Financial Professionals
- Supports



Registration please contact: Mary Bickert at [mary@planok.ca](mailto:mary@planok.ca) or 250-860-2080  
For Vernon Workshop Julie Armitage at [Connectability.ok@telus.net](mailto:Connectability.ok@telus.net) or 250-307-4216

VERNON  
SEPTEMBER 30  
Venture Training Office  
4240 Alexis Park Drive  
Time: 7:00-9:00 PM

WEST KELOWNA  
NOVEMBER 5  
PATHWAYS  
2476 Main Street  
Time: 6:30-8:30 PM

KELOWNA  
DECEMBER 3  
PATHWAYS  
123 Franklin Road  
Time: 6:30-8:30 PM

SPECIAL THANKS TO HOST  
AGENCIES:



## 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.**

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)

Pathways is  
closed



**Monday,  
November 11, 2019  
For Remembrance Day**



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!!!



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!**

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>

Date	Planned Meeting or Activity
November 29th, 2019 12:30PM	Advocacy in the Service Area event

# November

## Calendar of Events 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>Coming in Jan! Silver Star Snowshoeing Weekend getaway! Jan 17-19th</div> <div></div>		<div>5 Fill a Shoebox "Operation Christmas Child" 5:30-7:30pm</div> <div></div>	6	<div>7 Kelowna Art Gallery Walk the Waterfront go for Poutine 3:30-7:00pm</div> <div></div>	<div>1 Rockets VS PG Game 6:30-9:30pm</div> <div></div>	<div>2 Art Exhibition Peachland Brunch &amp; Walking 10:00-2:00pm</div>
10	<div>11  REMEMBRANCE DAY Let us forget</div>	<div>12 Movie Night  6:00-8:30pm</div>	13	<div>14 Karaoke Night 6:00-8:00pm</div> <div></div>	15	<div>16 Cathy's Birthday Bowling 5:00-7:30pm</div> <div></div>
<div>17 Matinee West Side 11:00-3:00pm</div> <div></div>	<div>18 Charlie and The Choc Factory Play Coming in December!</div>	19	20	<div>21 Cool Arts Community Drop In 6:00-8:00pm RCA</div> <div></div>	22	<div>23 Concert Remember Tom Petty 7:00-10:00pm \$40</div> <div></div>
<div>24 </div>		<div>26 Christmas Craft &amp; Chat 6:00-8:30pm</div> <div></div>	27	<div>28 Dennis's Birthday Dinner &amp; Movie 5:00-9:00pm</div> <div></div>	29	<div>30 Rockets Hockey Game 6:30-9:30pm</div> <div></div>

Contact: April; Social Recreation email: [socialrec@pathwayskelowna.ca](mailto:socialrec@pathwayskelowna.ca) phone: 250 681 3475 or 250 575 3912

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](mailto:adminassist@pathwayskelowna.ca) or call (250) 763-4837 and leave your name and email. We will provide you with our electronic version.