

2019

October

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 Information

October 25th will be the last day for Hot Lunch. We will not be renewing our license to operate a kitchen in the New Year. There will be opportunities for Hot Lunch outings in the near future. Please stay tuned for more information.

Date	Planned Meeting or Activity
October 11th, 2019 12:30PM	Advocacy in the Service Area event
October 25th, 2019 12:30PM	Hot Lunch TBD



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\*\*

<p><b>Saturday, September 28</b> 1 PM to 2:30 PM</p> <p><b>Topic: Anxiety: A Common Barrier to Social Inclusion</b></p> <p>Becky Roth, Clinical Supervisor, DSW, PMEd, BCBA Laurel Behaviour Support Services PosAbilities</p> <p>Registration Required Limited to 40 people</p>	<p><b>Saturday, October 26</b> 1 PM to 2:30 PM</p> <p><b>Topic: Identity Theft and Fraud Prevention</b></p> <p>Holly Davis, B.A. Team Leader, Investment Solutions Centre</p> <p>Registration Required Limited to 20 people</p>
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<p><b>Saturday, November 30, 2019</b> 1 PM – 2:30 PM</p> <p><b>Topic: Positive Relationships, How to Meet New People and Be a Great Friend</b></p> <p>Dr. Margaret Newbury Jones, (Psy.D.), Sexuality Educator and Counselor SHADE Consulting and Counseling</p> <p>Registration Required- Self-Advocates Invited Only Limited to 40 people</p> <p>**Refreshments will be served**</p>
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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 Inclusion Month  
October, 2019  
“The Future is Accessible”

Our Mayor and Council proclaimed **October 2019 Community Inclusion Month**. Our annual “Inclusion Chain” will be held at City Hall on **October 8, 2019 at 11:00 am** at which time Mayor Basran will present the proclamation. PLEASE join us to celebrate the strengths and abilities of people with diverse-abilities while creating accessible futures!

You are also welcome to join us for a free barbecue lunch on Friday, **October 18, 2019** at 123 Franklyn Road from **11:30 am to 1:00 pm** with entertainment to follow. If you are planning to attend, please RSVP Krasi at [adminassist@pathwayskelowna.ca](mailto:adminassist@pathwayskelowna.ca).



Facing the Future Together

Join Ted Kuntz for a workshop designed for family members and their successors to begin planning for the future of their loved one with a divers-ability.

After attending this workshop, the next generation will be better prepared for their future role, and parents or current primary caregivers will have clarity on the next steps in implementing their succession plan.

We would encourage all family members, self-advocates and close supporters to attend.



**WHEN:** October 19th  
**WHERE:** Trinity Church  
1905 Springfield Road  
**TIME:** 10:00 AM to 3:00 PM  
**COST:** \$10 per person  
Includes: lunch, handouts, planning resources and a Plan Institute publication



More Details and Registration required at:  
<https://facingthefuturetogethertickets.eventbrite.ca>  
Or Contact Mary Bickert 250-860-2080  
[mary@planok.ca](mailto:mary@planok.ca)

a succession planning workshop

Pathways is closed  
Monday, Monday, October 14th,  
2019 For Thanksgiving

COMING UP SOON! 2019 Travel Club Trips

Trip Destination	Date	Cost
West Edmonton Mall Bus Trip	October 2019—5 nights	@ \$ 1,600.00

If you are interested in the trip 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.

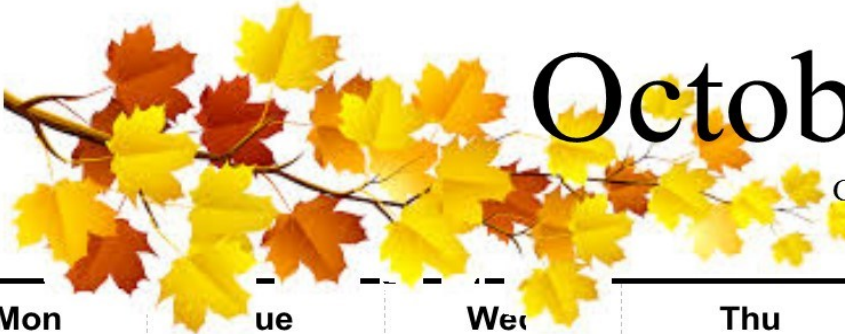


Do you have extra cans or bottles you don't know what to do with??? Bring them down to Columbia Bottle Depot and tell them that you want to donate them to Pathways!! Community Bottle Recycle now located at the **Columbia Bottle Depot on Kent Road!** Thank you Colombia Bottle Depot!!!



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!**

We have redesigned our website! Please check-out the new site at [www.pathwayskelowna.ca](http://www.pathwayskelowna.ca). Let us know your thoughts! Is there any information you would like to have missing? Should more information be provided and if so what information would you like to see? Please email your comments to [ed@pathwayskelowna.ca](mailto:ed@pathwayskelowna.ca). Thank you!



# October

Calendar of  
Events  
2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Nature Walk 5:30-7:30pm	3 Fall Pot Luck Karaoke Italian Theme Night 5:00-8:00pm	4	5 Lunch and Matinee 11:00am-3:00pm
6 Scare Crow Fest 1:30-3:30pm	7 Craft N Chat 5:30-8:30pm	8	9	10 Pizza Movie PJ party! In House 5:00-8:30pm	11	12 Rockets Vs Kamloops Game 6:00-9:30pm
13	14 Thanksgiving	15	16 Field Of Screams! Haunted Corn Maze 4:30-9:00pm		18 Play "Miss Nelson's Missing" \$30 6:30-9:30pm	19 Daniels B-day Dinner Montana's 5:00-7:00pm
20 McMillian Farms Hay Ride and Pumpkin Patch 10:00-2:00pm	21	22	23	24 Pumpkin Carving 6:00-8:00pm	25 Arrival and Dreams Fleetwood Mac/Abba Tribute Fundraiser \$45 7:00-10:00pm	26 Skate Canada \$40 10:30-3:00pm
27	28 Craft N Chat 5:30-8:30pm	29 Brad's Birthday Party! 5:00-8:00pm	30	31		

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

Pathways Abilities Society

123 Franklyn Road

Kelowna, BC

V1X 6A9



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instead of by mail or by hand,  
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call (250) 763-4837 and leave your  
name and email. We will provide you  
with our electronic version.