



Summer 2020



Damiana working hard to create fun toilet paper art inspired by the Coronavirus toilet paper crisis.



Reminder

Pathways will be closed:

- ⇒ Wednesday, July 1, 2020 for Canada Day.
- ⇒ Monday, August 24, 2020 to Friday, August 28, 2020 for Summer Closure.

Re-opening Monday, August 31, 2020.

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Pathways Community Link is written, compiled and edited by staff and people who receive services from Pathways. Please note that submissions appearing in this publication do not necessarily reflect the beliefs and values of Pathways as a whole. We would like to thank everyone for their input and contributions to this issue of the Community Link.

Thank you to the following for their generous donations!

\$6,000.00

♥ Randy Christian

\$240.00

♥ Sharon and Rudie Harder

\$50.00

♥ Charisse Daley in memory of Annaliis Autio

Thank you to the following for donations in memory of Mary Brown!

\$100.00

♥ Nick and Virginia Pismo

♥ Ross Cowan

♥ The staff and home members of Bouvette

\$50.00

♥ Charisse Daley

♥ Lynn Simpson

Thank you Okanagan Spirits for donating 125 personal use hand sanitizers to our society!

Thank you Kelowna Gifts to Grandmother for donating 150 reusable cloth masks for Pathways' staff and the people we support! Also, thank you Darlene Hass for coordinating the pick-up.

Thank you Don Brown and Doug Brown for honoring their mom, Mary Brown's bequest, topping up the amount and donating

\$10,000.00 to

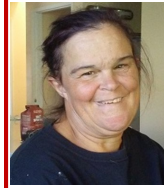
Pathways! Mary and her husband Walter who predeceased her, were very active in the society for many years! We are thankful for their continued support!

Thank you Doak Shirreff for facilitating conference calls for the society during COVID 19, enabling the board of directors to continue to meet on a monthly basis!

Thank you to the City of West Kelowna for donating this beautiful bench for our Main Street West Kelowna location!



Spreading Good Cheer



Shannon has a life full of activities. Unfortunately pandemic restrictions limited where she could go and who she could see. Luckily, Shannon is a creative artist so she filled her days with colorful projects. Shannon missed socializing with her friends and neighbors. She started painting rocks and placing them throughout her neighborhood to brighten peoples' day. There is always a way to show people you care – **Thank you Shannon!**



Home Sharing During a Pandemic

There is a group of essential care providers, very seldom mentioned in news reports, who have provided 24-hour care, 7 days per week during the Covid-19 pandemic. Home Share Providers.

Emergency planning is part of what a Home Share Provider does. This pandemic is a "what if" that few people thought of. Many Home Share Providers have had to quickly make decisions and plan how to keep the individuals they support safe from an invisible enemy, while at the same time helping them to hold onto some quality of life. When day services, work places, recreation facilities, community inclusion programs, and regular daily life ground to a halt, Home Share Providers continued to be the rock that held solid for the individuals in their homes. They support and calm people whose familiar routines are no longer there, and brave trips out of the home to acquire needed groceries and supplies. They have been doing a tremendous amount of work since the beginning of March and continue to do so. **Thank you Home Share Providers!!!**

COVID-19

We hope you are continuing to stay healthy and safe! It is a relief some services are re-opening with many new protective guidelines. We are providing services however it continues to be very quiet. We miss those not attending and cannot wait to get back to the new normalcy!

We have been actively preparing to ensure we are providing the safest service environment possible. Services have changed, will continue to change and will be very different. If you are not currently attending, please begin to prepare now. Please go to our website and ensure you read and review our COVID-19 in the Service Site policy and procedure. If you cannot access the internet, please contact the supervisor and they will print and mail you a copy.

There are new requirements when attending: Please again ensure you read the COVID-19 in the Service Site policy and procedure.

- We will be constantly sanitizing and cleaning.
- Wearing a mask is a requirement, understanding that for some this may not be possible. Please contact the area supervisor directly if you or the person you are supporting is unable to wear a mask to plan how they will be safe and how we can make sure other people stay safe as well.
 - We will issue each person one cloth mask. If a person does not come with their mask, the person's caregiver or family will be contacted and required to bring it.
 - Social distancing will be practiced and "imposed". There will be no hugging, handshakes, fist pumps, etc. Physical contact of any kind will be limited to what is necessary however completed with the **utmost** respect.
- Temperatures will be checked when entering our buildings. If an above normal temperature is detected (above 38°C or 100.4°F), the person will have to go home.
 - Hands must be washed immediately after entering our buildings and through-out the day.
- We will not be providing any food or beverage including coffee and water, etc. People must bring their own food, water and beverages. If people do not arrive with a lunch that has water or beverages, the person's family or caregiver will be contacted and required to bring it.
- If we identify or are concerned that a person attending is not well, they will be required to go home and may not be able to return until the pandemic is over.
- Visitors cannot come into our locations unannounced. Appointments must be scheduled.
 - We encourage each person to bring their own small bottle of hand sanitizer.

If you fit into one of the following, until the COVID-19 crisis is over, you still cannot attend our services: We are sorry however we are trying to protect you and the other people we serve.

- You are sick, especially if you have a fever.
- You are medically fragile.
- You have a compromised (bad) immune system.
- You have respiratory (problems with you lungs) disorders.

Take care and be safe and please contact us if you have any questions!

Congratulations for Post-secondary Student Volunteers

Over the years Pathways has welcomed many student volunteers into our services and hearts. University and College students come to Pathways to gain experience prior to applying for postgraduate programs or to complete course practicums. We have given references for volunteers applying for postgraduate programs and are elated when they are accepted into their programs of choice.



Emma Swan began volunteering at Pathways in March 2017, when she was a 4th year student of Medical Biochemistry at UBCO. Emma travelled past the Pathways Franklyn Road location often, and was intrigued by the constant activity she saw around the building. She did some research and discovered that Pathways strives to help people realize their abilities. She felt this was a very important message that needed to be spread throughout the community, so she applied to be a volunteer at Pathways. Emma volunteered regularly for two years as an Activity Group Assistant at the Franklyn Road location with the Thursday morning bowling group. Emma helped bowlers that needed some physical support, socialized with people on the bench and cheered everyone on. Emma was friendly, kind and considerate. A helpful team player who was vigilant in keeping everyone safe. Emma completed her degree and did a bit of travelling. Emma's career goal is medicine and to support her application to medical school she asked Pathways to supply a reference. Emma has been accepted into the UBC School of Medicine. We are so happy and excited for Emma to start this part of her journey.



Reyna Zaremba started volunteering with Pathways in May 2018, and assisted as an Activity Group Assistant with Pathways evening and weekend Social Recreation. Reyna wanted to gain experience that would help her to decide whether to proceed with applications to Masters of Physiotherapy programs. Reyna has a warm and welcoming personality and was easily able to integrate herself into the activities and offer support in a kind and patient manner. Reyna helped with a variety of outings: dances, several "Music in the Park" events, hockey games, a hay ride, and crafts. In January, Reyna applied to the Masters program at UBC, and Pathways was able to supply a reference. Reyna was accepted into the program. Good luck Reyna!

If you are a post-secondary student interested in gaining experience, consider volunteering at Pathways. Fitting in volunteer hours while attending school and working can be a challenge. Pathways volunteer hours can be tailored to your schedule. For more information contact Leslie Munro at 250-863-2602, aqam@pathwayskelowna.ca or Laryssa Rock at 250-801-6495, hsm@pathwayskelowna.ca.

FAMILIES TO FAMILIES ZOOM GROUP

June 25th &
July 30th
7:00PM

ZOOM.US #:
681 589 9288

For more information:
Laurie Paynter at 250-768-4815
lepaynter@gmail.com or
Mary Bickert 250-860-2080
mary@planok.ca

Come meet on-line other
Families to learn, share, and
celebrate our family members
with diverse-abilities



Painted first and then assembled a birdhouse by Arjo, pictured above.



FRIENDLY REMINDER

The Summer closure changed from
two weeks to one, from
Monday, August 24, 2020 to
Friday, August 28, 2020.

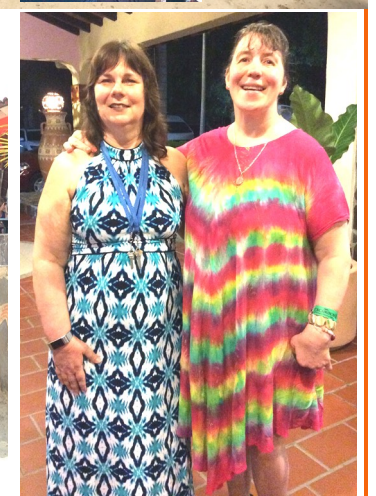
Cancellation of all Okanagan Self-Advocate Group Presentations until September due to the COVID-19 Virus

Due to the COVID-19 virus, we hope to resume in September with a great presentation on "Best Budgeting Tips." Pictured is our new official banner with Linda Youmans, Self-Advocate Advisor and Kyle Youmans, Co-Chair. Be healthy and see you in the Fall!



Sandra, Michelle, Scott, Dennis, Leigh, Jeff, Brian, Patrick, Brad, Lorraine, Manon, Shelley, Karen travelled to Mexico for one week March 5 to March 12, 2020. They enjoyed various activities such as walks on the beach, shopping and attending wonderful nightly entertainment put on by the staff at the resort Decameron Los Cocos Rincon de Guaynitos Mexico.

Thank you Pathways staff members Glenda, Cyndy and Maria for your amazing service to the individuals!



Pathways would like to thank Westkey Graphics Group for subsidizing the cost of printing the Pathways Community Link. Please consider supporting another establishment that supports Pathways!



Facts about Bulgaria

Bulgaria is located on the Balkan Peninsula in southeastern Europe. The country is bordered on the east by the Black Sea, on the north by Romania and the Danube River, on the south by Greece and Turkey, and on the west by Macedonia and Serbia.

Bulgaria is one of the oldest countries in Europe and never changed its name since its establishment in 681AD. In Bulgaria is found the oldest golden treasure in the world. The artefacts are dated at 4600 – 4200 BC! The capital, Sofia, is the second oldest, with an estimated age of approximately 7,000 years. Bulgaria ranks second in Europe after Iceland in terms of hot springs existence. One of the main points of national pride for Bulgarians is the

fact that the bacterium which causes milk to naturally turn into yogurt was discovered by a Bulgarian scientist in 1905. Until 2014 it has simply known as *Lactobacillus Bulgaricus*. The bacterium was been found naturally in Bulgaria and in the region which is the reason why milk left outside can turn into yogurt by itself, without any special treatment. In 1972, Japan bought the technology and yogurt samples to produce Bulgarian yogurt.

Even today, every Bulgarian will tell you that Bulgarian yogurt is so good that it has reached the lands of Japan.

Summer Word Search

S	U	N	F	Z	H	P	A	S
V	A	C	A	T	I	O	N	W
S	W	O	M	F	H	O	T	I
U	T	F	I	A	Q	L	L	M
M	J	U	L	J	U	N	E	M
M	U	N	Y	A	R	H	S	I
E	L	A	U	G	U	S	T	N
R	Y	M	B	E	A	C	H	G

Find these words.

family
summer
vacation

sun
hot
fun

beach
pool
swimming

June
July
August

Pathways Abilities Society

Pathways Abilities Society is a not-for-profit organization, governed by a volunteer board of directors that provides services to people with diverse-abilities, their families and caregivers in Activity Services, Integrated Career Opportunities (ICO), Social Ventures, Residential Services, Individualized Funding and Home Sharing Services.

Pathways Abilities Society provides opportunities for over 225 people with diverse-abilities to achieve full citizenship by:

assisting people to work, both in volunteer positions and paid employment; facilitating participation in community recreation and leisure activities; assisting people to live interdependently in their communities; teaching employment and life skills.

Mission Statement

To assist people with diverse-abilities to reach their individual goals and to participate and contribute as equal members of the community.

Mandate

To promote, organize and support the development and interests of all people with diverse-abilities in a manner consistent with the Mission Statement, bearing in mind always, the strengths of the individual.

Vision Statement

The vision of Pathways is of welcome...building communities that support and value the diverse-abilities of all people.

Pathways Contact Information

Individuals not attending the Activity Services on their scheduled day

Please call: 778-484-4490

Activity Services

123 Franklyn Road, 250-763-4484

Activity Services West Kelowna

2476 Main Street, 778-754-5677

Activity Services Supervisors

Michelle Blackburn 778-484-4490

Maureen Shepherd 250-763-4484

Integrated Career Opportunities (ICO) and

Social Ventures

1216 St. Paul Street, 250-763-4839

BikeWays

1216 St. Paul Street, 250-762-4915

Social Recreation

April Chretien 250-575-3912

Community Placement Developer

Lena Charlton 250-763-4836

Finance Manager

Rhonda Campbell 250-763-4837

Executive Director

Charisse Daley 250-763-4837

Home Share Manager

Leslie Munro 250-863-2602

Laryssa Rock 250-801-6495

AQAM/LPN/Home Share Manager

Helen Phelan 250-317-2979

Employment Manager

Bonnie Fraser 250-763-4839

HandyDART uses Pathways as a transfer station from **8:00am-8:45am** and from **3:00pm-3:45pm** on a daily basis. If you are dropping off or picking somebody up please refrain from parking in the spots located on the street in front of our parking lot, in front of our dumpster, as well as the first two spots along the fence closest to our parking lot. Your help with this is greatly appreciated! Thank you!

Pathways Abilities Society

123 Franklyn Road

Kelowna, BC

V1X 6A9

