



Upcoming Closure Dates

Monday, May 24, 2021—Victoria Day

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Monday, June 14, 2021—In-Service

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Thursday, July 1, 2021—Canada Day

Check out our web site

www.pathwayskelowna.ca

For all upcoming 2021 closure dates.

New Online Activities Portal!

Registration Now Open!

Online Activities Start April 26, 2021!

Pathways now has scheduled online activities that will be hosted by our support staff, for individuals unable to attend in-service activities because of COVID.

These activities are scheduled weekly on Monday, Wednesday, and Friday's at 1:00 pm to 2:00 pm, from April 26, 2021 to September 30, 2021.

The following activities will be available:

- Music with Tom
- Karate with Sachie
- Bingo
- Armchair Travel
- Games
- Crafts
- Open Future Learning
- HASfit stretches/Body Movement



If you or your family do not have a device that allows you to access Zoom, please contact fs@pathwayskelowna.ca or ws@pathwayskelowna.ca as we have a number of devices that we are able to loan out. To register for the online activities please use the following steps:

1. Go to www.pathwayskelowna.ca
2. Click on the 'log-in' button
3. Click on the 'register' button

Register by:

Typing in a username

First Name

Last Name

E-mail Address

Password

Confirm password

4. Click on the 'register' button

Once registered you will be able to access the 'Calendar of Events' where you will be able to watch how-to videos that show you how to RSVP for activities, and how to join an activity.

If you have any questions on how to access, or to sign-up for our online activities please contact Chloe at hr@pathwayskelowna.ca,

or call 250-763-4837 ext. 102.



Individuals receiving services, staff and volunteers that chose to travel defying provincial and/or federal orders or recommendations are required to notify Pathways and must self-isolate for a 14-day period upon returning to the Okanagan. Thank you for your understanding.

SUMMER WEATHER TIME

Please, be prepared for hot summer days. Bring a water bottle, sunscreen, hat and a change of clothing for the weather. Please label your items with your name or initials.



OUR Phone System HAS CHANGED!

To reach any of our service areas, except the homes, call **250-763-4837**. The message tree will give you options of what area and who to speak to.

The extensions are listed below.

Pathways Service Area	Extension	Email (UPDATED)
Activity Service	1	See Activity Supervisors
West Kelowna Activity Service	2	aswestkelowna@pathwayskelowna.ca
Bikeways	3	bikeways@pathwayskelowna.ca
Emergency On-Call	4	NA
Staff Directory	5	NA
Staff Extensions		
Employment Manager: Bonnie	125	em@pathwayskelowna.ca
Employment Developer: Shane	223	employment2@pathwayskelowna.ca
Employment Developer: Michelle	224	employment1@pathwayskelowna.ca
Employment Developer: Valerie	225	employment3@pathwayskelowna.ca
Community Placement Developer: Lena	128	cpdintake@pathwayskelowna.ca
Bottle Crew	135	bc@pathwayskelowna.ca
Community Recycling: Scott	134	ico@pathwayskelowna.ca
Home Share Manager/ LPN/ AQAM: Helen	126	lpn@pathwayskelowna.ca
Home Share Coordinator: Laryssa	129	hsm@pathwayskelowna.ca
Home Share Coordinator: Grant	226	hsmc@pathwayskelowna.ca
Residential Supervisor: Laura	123	rs@pathwayskelowna.ca
Activity Supervisor: Alaina	100	fs@pathwayskelowna.ca
Activity Supervisor: Maureen	100	ws@pathwayskelowna.ca
Finance Manager: Rhonda	101	fm@pathwayskelowna.ca
Human Resource Manager: Chloe	102	hr@pathwayskelowna.ca
Executive Director: Charisse	130	ed@pathwayskelowna.ca

“I’m so over it.”

Have you heard anyone say this about the COVID-19 pandemic? You may have said it yourself. You’re not alone. Pandemic life can be stressful and overwhelming. Our day-to-day routines have been disrupted and we continue to face challenges and change. It’s not surprising that many people are feeling tired of the pandemic and saying that they’re “just done” or that they’re “so over it.”

It’s what’s known as COVID fatigue or pandemic fatigue. It’s not a clinical diagnosis but a phenomenon identified during COVID-19. While it is still extremely important to take precautions and prevent the spread of the virus, knowing why this fatigue happens and how to battle it, in addition to the arsenal of PROPERLY WEARING A MASK AND PRACTICING SOCIAL DISTANCING, can help us get through this pandemic.

What is COVID or pandemic fatigue? Pandemic fatigue occurs when something we thought was going to be short-lived is now a more chronic or longer-term situation than expected. There is more to consider in our everyday lives compared to pre-COVID days. We can’t just get up and go as we did in the past – there’s a lot more planning involved. For example, before we step outside of the house, a few thoughts may include: Did I remember to pack a mask? Do I have hand-sanitizer? Perhaps we’re also thinking about who we are going to interact with during the day, the changes in our work routine or life. Other factors that contribute to pandemic fatigue include changes to our usual coping strategies. Activities we would engage in to give us a sense of connectedness, enjoyment and hope, have changed or been put off limits.

Suggested Ways to cope with COVID fatigue:

Maintain a routine: Keeping a regular daily schedule in a time of crisis can help us feel a sense of control. In a time when things can be unpredictable, having a routine can provide a semblance of stability.

Acknowledge and accept emotions: The abrupt change in daily life can lead to feelings of disappointment and loss. The lack of opportunities to connect in person; to celebrate important milestones; having to cancel and postpone future plans can contribute to an overwhelming sense of grief and frustration. It is important to acknowledge and accept our own emotions without self-criticism and judgment. Your feelings are valid If you are finding it difficult to cope, reach out to family, friends, support groups and your health care provider for help.

Self-care: Taking part in activities we enjoy helps to improve mental and emotional well-being, as well as physical health. This can involve going outside for a walk, dancing, journaling, drawing, connecting safely with family and friends and staying social even if you’re physically distant. Good self-care can help improve mood and anxiety.

Find the good: A little positivity can go a long way in boosting your mental health. Try to think of some positive moments in recent months.

Reach out for help: If feelings of stress and anxiety become overwhelming, don’t be afraid to reach out to a friend, family member or your health care team for guidance and support. Help can also be found through community resources.

Check out for more support ideas: <https://www.uchealth.org> and <https://familysupportbc.com/>



Source: [Sunnybrook](#)

May is National Tuberous Sclerosis Awareness Month

Tuberous Sclerosis Complex (TSC) is a rare, multi-system genetic disease that causes non-cancerous (benign) tumors to grow in the brain and on other vital organs such as the kidneys, heart, eyes, lungs, and skin. It usually affects the central nervous system and can result in a combination of symptoms including seizures, impaired intellectual development, autism, behavioral problems, skin abnormalities, and kidney disease. Shayla has TSC and enjoys her time spent at Pathways with her friends.

For more information you may contact Cindy Fairs, BC Provincial Rep at 250-718-4377 or visit the website at www.tscanada.ca

A Mother’s Love

*My heart fills with love
As I glance at her face
A senseless act of circumstance
Changes the course we take
A baby so beautiful
So innocent and loved
Beyond all words
Is a mother’s love
Perfect or otherwise
Is God’s precious gift
Sent to us from the heavens above
At least at first, we might be adrift
Years of joy together we spend
Although any pain remains under the surface
Teetering on a ledge of disaster
Keep it calm, keep it at bay
And enjoy the time and her life for today.*
Written by Cindy Fairs (Shayla’s mother)



**In the month of May the following people
STARTED service with Pathways:**

<i>Karen B. 1986</i>	<i>Lorne M. 1994</i>
<i>Laura G. 1995</i>	<i>Dorothy O. 2005</i>
<i>Daylene 2005</i>	<i>Lorne Z. 2006</i>
<i>Kaija T. 2006</i>	<i>Tiffany C. 2011</i>
<i>Heather R. 2011</i>	<i>Deanna G. 2015</i>
<i>Shelley D. 2018</i>	<i>Chris M. 2018</i>
<i>Troy C. 2020</i>	

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.

May Meetings:

May 14th – Finding and building community and discussion afterwards about the video.
May 28th – Relationships, dating and intimacy Part 1 video, discussion afterwards about the video.

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 or
call (250) 763-4837 and leave your
name and email. We will provide you
with our electronic version.*