

# PATHWAYS CONNECTION

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Pathways, Inc. is a non-profit organization founded by a volunteer Board of Directors in 1981. These members devote hundreds of hours of time and support each year to the clients we serve.

## PATHWAYS ACQUIRES NEW HOME FOR PSYCHOSOCIAL DAY PROGRAM

In September of 2010, Pathways acquired a new space for the Fellowship psychosocial day program at 8 Sinaway Rd in Cos Cob. This beautiful location offers members daily connection and opportunities to participate in skills building groups, a work program, day trips, holiday parties and many fun & engaging projects.

While many persons

suffering from mental illness can feel isolated and alone, the day

program offers an alternative to live more fulfilling lives with purpose.



Members at 8 Sinaway Rd, new home of the psychosocial day program.

## A MESSAGE FROM OUR EXECUTIVE DIRECTOR, FLORENCE GRIFFIN, MBA, LCSW

Dear Supporters of Pathways,

This is our first newsletter and we are very proud of our work at Pathways in service to our clients. We will celebrate our 30<sup>th</sup> anniversary this year!

Pathways could be compared to the children's story about the "little train that could". Our founder, Renee Bigler, started this little train, along with several other Greenwich families. Because of their thousands of hours of tireless work, Pathways has become an agency that many thought was not possible. But Pathways has continued along this "train track". We offer so much more than the yearly 20,000 meals served or the 15,000 nights of a warm bed and security or the 14,000 showers taken or 4000 loads of laundry. Pathways is hope for people suffering from the devastation and soul crushing despair of a mental illness.

*(Continued on middle page 4).*



*Amy was only allowed out of her home once a month to see her psychiatrist.*

***a path to greater mental health .....***

***THE POSSIBILITIES ARE ENDLESS, ONE MERELY NEEDS TO TAKE A STEP FORWARD***



## Spotlight on Member Success - Amy's Story Help & Care at Pathways goes a long way to change a life.

Amy is a 52 year old single female who now lives at Milbank Group home. Amy was born and raised in Greenwich. Her father worked for GE and her mother was a stay at home mother. Amy has one older brother who is now 55. Amy attended Greenwich Public Schools and graduated from GHS in 1975. She was a National Merit Scholar. before attending college.

Amy worked for a publishing company in Greenwich but when she was 19, she experienced her first psychotic episode. Her parents were determined to keep her home despite her grave diagnosis of paranoid schizophrenia from a local psychiatrist.

Amy lived a barren and totally secluded life in her parent's home for the next 30 years. Amy was only allowed out of her home once a month to see her psychiatrist. Amy's mother passed away in 2002. Her father had died in 1985.

The home that Amy and her brother lived in was in horrendous shape.

In 2006, the Greenwich Police were called to their home due to a minor incident with Amy's brother. When the police entered the home, they found Amy huddled in her bedroom covered in filth. Amy was then hospitalized, and later conserved by a

worker from GDSS applied for acceptance by Pathways.

Amy has lived at Pathways since June, 2009. Since this time, she has flourished. She has lost 100 pounds and no longer takes medication for diabetes. She assists in nightly meal preparation, socializes with her house mates, loves to food shop with the



Amy, a resident and member at Pathways enjoying her day at the psychosocial day program.

local attorney with the assistance of Greenwich Social Services. Despite several years of assistance in her home, Amy was unable to live successfully even with her brother's assistance. A social

residential counselor, attends the Pathways Fellowship Program daily and participates in their pre-vocational mail program.

*(Continued on bottom of page 4).*

# THE MAIL SERVICE: A POSITIVE CONTRIBUTION TO THE COMMUNITY.

We can take care of your mailing needs at a very reasonable cost. Our mailing service can meet the needs of small businesses and professional organizations like yours.

And you will help us with job opportunities for our clients, who are recovering from mental illness and eager to work and make a positive contribution to the community. Our services

include: Folding, Labeling, Zip Sorting, Inserting, Collating and Stapling. *Thanks to local businesses that support our work program!*

American Red Cross Chabad of New Canaan  
Chabad of Stamford  
Christ Church of Greenwich  
Cotton Club  
Escapades  
Future Stars

Greenwich Adult Day-Care  
League of Women Voters  
Stamford Academy of Jewish Education



Members hard at work in mail service.



*Client comments:*

*I love Pathways!*

*I love the staff!*

*I'd be lost with out this place!*

*This is my home & my family!*

## Member Achievement

In December, one of Pathways members, Tom submitted two photographs to the Southwest Regional Mental Health Board, Inc. to be considered in their annual holiday card contest.



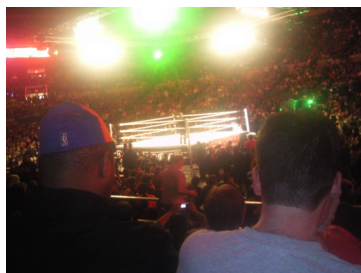
Pathways member Tom's photograph chosen for the SW Regional Mental Health Holiday card.

Out of many pieces of art submitted, Tom's photograph was chosen to be the art work for their holiday card.

*We are very proud of Tom!*

## Weekend Happenings at Pathways

Members engage in many exciting activities including weekend hikes, major league ball games, Go Yankees! , bowling, dances, Friday night movies, billiards, YMCA workouts, NAMI peer support group, computer skills training, women's &



Members enjoying the recent WWE event .

men's groups. & special events parties.

On March, 12 excited

members attended a World Wrestling Entertainment match at Madison Square Garden. The outing was an example of a board members generous support ! *Pathways member comment: " It was great! We saw the wrestler Triple H, he's from Greenwich you know!"*





**Pathways, Inc.**  
**175 Milbank Avenue**  
**Greenwich, CT 06830**



David Osmond to perform at the 30th Anniversary Benefit.

**SAVE THE DATE FOR OCTOBER 16TH, 2011**  
**PATHWAYS 30th ANNIVERSARY CELEBRATION BENEFIT**

***Our wonderful staff:***

Executive Director  
Florence Griffin, MBA,  
LCSW  
Assistant Director  
Terry Blackmer, LCSW  
Clinical Consultant  
Sidney Furie, LCSW  
Finance Director  
Pat McCabe, MBA  
Program Directors:  
Daniel Fuller  
Pam Holmes, LCSW  
Michelle McGowan  
Kathy Wilson  
Peter Zimmermann, PhD.  
Executive Assistant  
Debbie Fisher  
Case Managers: Holly Bunn,  
Amanda Glendinning, M.A.,  
Lissette Soto, MSW  
Residential Counselors: Robert  
Barricelli, Kedric Becker,  
Ed Ciffone, Deborah Stevens-  
Bruce, Peter Romersa, M.A.,  
Robert Uhl, Matt Wilson  
Fellowship Staff: Debbie  
Pitts, Liz Wilson

*(Note from Executive Director continued from page 1).*

Pathways is very proud of not only its four residences but is also so pleased to announce the opening of its very own day psycho-social program's new location at 8 Sinaway Road. This program gives our clients a place to call their own, where they are welcomed every weekday. They are encouraged and supported in their quest to regain some of their losses from their mental illness. We host pre-vocational and vocational workshops, as well as many other activities.

I want to thank our wonderful staff who are key to the happiness and success of so many of our clients. Their caring and support help make Pathways the great place that it is .... The staff and our wonderful board of directors make Pathways the "little train that could"!

*(Pathways Success, continued from page 2).*

Amy was recently seen leaving the back door in the mornings at her Pathways home with a smile on her face, she was looking up to the sky saying with amazement,



"I love to look at the sky. It is so beautiful. I am happy here." *This is what Pathways is all about!*