



# PATHWAYS CONNECTION

## BOARD OF DIRECTORS:

FOUNDER AND CEO  
Mrs. Edward M. Bigler

CO- PRESIDENTS  
Kathy Barba  
Connie Buckley

VICE PRESIDENTS  
Michael Grant  
Margie Warwick

SECRETARY  
Virginia Coudert

TREASURER  
Richard Kremheller

Linus S. Abrams, M.D  
Rose-Marie Anderson  
Linda Applegarth, Ed. D  
George Brown  
Susie Fugelsang  
Betsy Grant  
Ann Hagmann  
Linda Lewis  
Nan Lvoff  
Donat E. Marchand, Esq.  
Beverly Orthwein

ADVISORY BOARD  
Robert Arnold  
Joan M. Warburg

Executive Director  
Florence Griffin, MBA,  
LCSW

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 HONORS YMCA OF GREENWICH



Pathways Executive Director, Florence Griffin presents plaque to YMCA CEO, Charles Leigh.

Since 2009, Pathways has received 12 scholarships for their clients to attend the Greenwich YMCA. On 11/8/11, Pathways honored the YMCA for their community spirit and generosity toward Pathways with the presentation of a plaque and client tributes to Charles Leigh, executive director and other members of the Y staff. Our clients have engaged in activities at the Y, including the aquatics and weight training programs. One client, John, stated that, "My life since exercising at the YMCA makes me more active and healthy all around. I very much need to keep my weight under control." Another client, Jane, said, "I always look forward to Mondays and Thursdays because I know I will be swimming". The Y scholarships have helped our clients not only feel better physically, but to become a part of the Greenwich community at large.

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

Dear Supporters of Pathways

As you can see from our tremendous support from the Y of Greenwich, Pathways is also honored to have the support of many other agencies and churches in town. In our Fellowship Program, we host organizations, agencies and clubs, such as **Garden Education Center, Greenwich Garden Club, Family Centers, Greenwich Department of Health, Greenwich Hospital** and more who come to our program each month to volunteer their time and provide seminars on anti-bullying, proper hygiene, anger management and so much more. We were recently visited by the Greenwich Garden Club, as they do several times a year, to help clients create wonderful holiday Christmas trees.

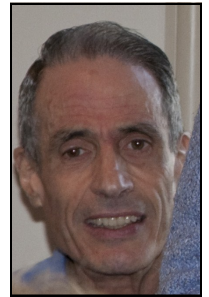
During this holiday season, we were also blessed to have the support of **St. Michaels Women's Guild** who supplied some of our clients with Christmas gifts through a Giving Tree.

(Continued on page 4)



## SPOTLIGHT ON PATHWAYS STAFF PETER ZIMMERMANN, PHD

Peter Zimmermann, PHD, serves as our Director of the Milbank and Davis residences. Through Peter’s intelligence and exceptional caring for our clients, Peter has developed programs of excellence at both our homes with a wonderful nutritional program and stimulating group work which helps our clients improve and recover, as best as they can, from their illness. Peter has an extensive educational background including a PHD in Linguistics from Cornell University and speaks several languages fluently. Peter has worked for Pathways for over 10 years, beginning as a part time residential counselor. In the past, Peter owned an apple orchard in upstate NY for about 12 years producing apples, cider and wine that was sold at farmers food markets in NYC. Peter lives in Norwalk and has one son attending Sarah Lawrence University.



*MYTH: SEVERE MENTAL ILLNESS IS A RARE OCCURRENCE. FACT: 1 OUT OF 100 PEOPLE WORLD WIDE ARE DIAGNOSED WITH SCHIZOPHRENIA AND 4 OUT OF 100 PEOPLE WORLD WIDE ARE DIAGNOSED WITH OTHER SEVERE MENTAL ILLNESSES SUCH AS BIPOLAR DISORDER OR MAJOR DEPRESSION.*

MYTH: PEOPLE WITH A SEVERE MENTAL ILLNESS CAN NOT LEAD PRODUCTIVE LIVES. FACT: WITH PROPER MEDICAL TREATMENT, SOCIAL REHAB., AND CARING COMMUNITY SUPPORT AND HOUSING, MOST PERSONS WITH A MENTAL ILLNESS CAN LEAD A PRODUCTIVE AND FULFILLING LIFE.

## SPOTLIGHT ON PATHWAYS BOARD CONNIE BUCKLEY

Connie Buckley serves as co-president of the Pathways Board of Directors, along with Kathy Barba. Connie has lived in Greenwich with her family for many years and she has a wealth of experience from her many invaluable volunteer positions. She has been involved with the Junior League working on projects for senior citizens, and the Greenwich Chapter of the American Red Cross. Connie joined the board of the American Red Cross in 1983 and chaired many committees including the Nominating and Development Committees and was the Chairman of the Board for 2 years. Connie was born in Greece and grew up in New York City. She attended college at Baruch College of CUNY and worked in radio advertising sales until moving to Greenwich with her husband Rick in 1974. Connie has one daughter who is married and lives in California. Connie’s states that “Pathways’ future hopes would be to continue serving our clients in the best possible way, maintaining the houses we currently own, and continue to focus on making Pathways better known in the Greenwich community, especially to the younger families so that the financial support, which is critical to the success of Pathways, continues”.



Dale Lucian, Kathy Barba, Margie Warwick, Betsy Culeman at a Fellowship Program event.

## New Art Program at Fellowship Program

Through a private donation, Pathways was able to hire Gloria Aslanian as our new art therapist. What a welcome addition to our Fellowship Program!

Gloria offers weekly instruction to our clients with an exciting and enriching art theme followed by field trips to area museums related to the same art theme. Themes include famous art work by Matisse and Van Gogh along with African masks and other holiday themes. Gloria lives

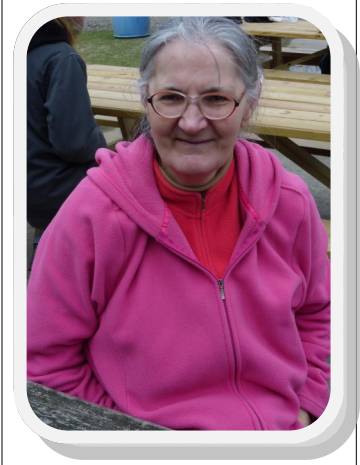
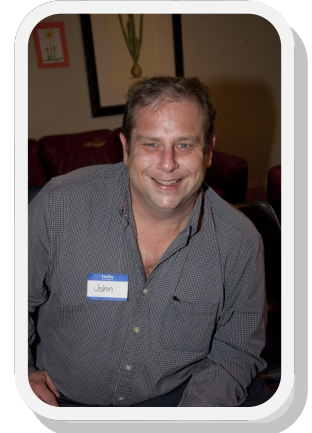
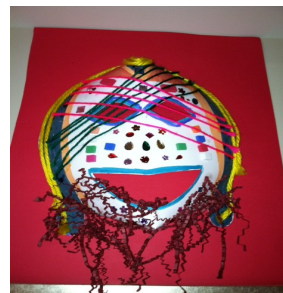
in Greenwich with her husband, Robert, an oral surgeon practicing in Greenwich. Gloria has lived in town for many years and raised two children, Harry and Grace. Gloria taught in the Greenwich Public School system for over 20 years at all grade levels. Currently, Gloria also works at the Rye Hospital Center and the Liberation Program teaching a weekly art therapy program to young mothers recovering from an addiction.



Gloria Aslanian, art therapist, instructing clients



Clients are eager to begin their art projects like this African Mask



### SPOTLIGHT ON MEMBER SUCCESS: Brigit's Story



Brigit presenting her appreciation to YMCA

Brigit came to live at one of Pathways residences in February, 2011. Brigit had lived with her mother in Bridgeport but her mother needed to move to a nursing home so Brigit moved to Pathways. Brigit has flourished at Pathways due to her hard work, positive attitude and determination. She engages in many activities at the Fellowship Program including preparing lunch several days per week, participating in the work service program and attending the YMCA several times a week to swim. Brigit is also an active participant in our weekly art program and many outside activities. Brigit was born in Ireland and grew up in Bridgeport attending private schools. She received a degree from Sacred Heart University and then worked for the Geico Insurance Agency as a paralegal for about 10 years. Brigit is a wonderful part of Pathways and our town.



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



***Our wonderful staff:***

Executive Director:

Florence Griffin, MBA,  
LCSW

Clinical Consultant:

Sidney Furie, LCSW

Finance Director:

Pat McCabe, MBA

Program Directors:

Michelle Chiappa

Daniel Fuller

Amanda Glendinning, M.A.,

Kathy Wilson

Peter Zimmermann, PhD.

Executive Assistant:

Debbie Fisher

Case Managers: Holly Bunn,  
Matthew Isacs, Lissette Soto,  
MSW

Residential Counselors: Robert  
Barricelli, Kedric Becker,  
Ed Ciffone, Peter Romersa,  
MA, Deborah Stevens-Bruce,  
Robert Uhl, Matt Wilson

Fellowship Staff: Debbie  
Pitts, Liz Wilson

(Message from Executive Director continued from page 1)

Many of our clients, who do not have any family, were able to receive a gift under the tree on Christmas morning. We are also so fortunate to have received wonderful comforters and sheets for all our residential clients along with a new television for one of our living rooms as Christmas presents from an anonymous donor. We so appreciate all of their kindness and caring.

We look forward to a great 2012 for our clients who continue to grow and prosper due to the generous gifts from all of our community and friends.

---

## PICTURES FROM OUR ANNUAL HALLOWEEN PARTY PARTY

