

# Pathways Press

Pathways, Inc. 175 Milbank Avenue



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## **The Fellowship Program**

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## Welcome to the Fellowship Program

The Fellowship Program provides structured and unstructured daily activities for members of Pathways. A friendly, supportive atmosphere helps program members regain **self-** confidence, socialize with peers, and learn new skills.

If you are looking for other outside activities, join us for a weekly outing in the community. The Fellowship Program takes trips to other clubhouses, museums, parks, animal shelters, bowling, the movies and many more! For those who do not want to attend the outings, the program will still be open.

If you are looking for daily activity, prevocational employment, supported education or would like to socialize, come visit our program where you can make new friends. We are a warm and friendly place and would be happy to welcome you.

## Happenings at the Fellowship Program

The Fellowship Program had quite an active season! We welcomed many different fun activities! To name a few, we visited Out House Orchard to pick the perfect pumpkin, Silverman's Farm, Adopt a Dog, New Cannan Nature Center, Bruce Museum, Lockwood Matthew's Museum and Concordia College.

While visiting Adopt-A-Dog, the Fellowship Program members volunteered their time to help clean up the yards after the October snow storm. The members volunteered their time which helped free up full time Adopt a Dog staff to help and care for the animals.

The Fellowship program also visited Outhouse Orchard in North Salem, NY. Members picked the perfect 18lb pumpkin to decorate our program!

The Fellowship Program takes pride in these outings and enjoys giving back to the community! If you are interested in attending any of our weekly outings, come stop in! *Below are our members at the New Cannan Nature Center*



## Meet our R.S.S Casemanager Holly!

**Q. Where did you go to school?** *A. I graduated from Old Dominion in Norfolk, VA. I have a B.S in Social Welfare.*

**Q. How long have you been with Pathways?** *A. I started at Pathways in 2008.*

**Q. Where did you work before joining us at Pathways?** *A. I came to Pathways right after graduating College.*

**Q. What are some of your favorite hobbies?** *A. I enjoy camping, music and spending time in NYC.*

## Wishing You Well in 2012

The Fellowship Program wishes you well in 2012. We are happy to have welcomed in the new year! We hope the new year is filled with health, happiness and so much more! However, with the New Year, there are always those New Years Resolutions...Have you ever struggled trying to keep that New Year's Resolution? Then you are not alone. Whatever your New Years Resolution may be, the Fellowship Program can help you stay on track. With the support of staff and members, it makes it easier to stay on track with those Resolutions whether it is to quit smoking, stay healthy or to make friends, we are here to help!



## Art Program

Take a glimpse into the Fellowship Program Art Program with Gloria Aslanian. The Fellowship Program members have continued to enjoy their work in the Art Program this past fall.

The Art Program took three different outings this fall. Members attended the Bruce Museum, Concordia College, The Lockwood Matthew's Museum and The College of New Rochelle. We learned and practiced many different techniques on these outings. Members learned about print making, toured the Olasis Gallery and viewed the beautiful holiday decorations of the Lockwood Matthews Museum.

The Art Program members worked on many different fun projects. Members enjoyed all of the season themed activities, especially the life size Turkey and Santa's!

The Fellowship Program Members are looking forward to see what Gloria has in store for us next!

The Art Program meets every Tuesday at 12:30pm. We would love to see you there!



## Fellowship takes on NYC

The Fellowship Program visited Rockefeller Center in NYC on December 9<sup>th</sup>. The Fellowship Program took 11 members into the city to see the Christmas Tree, the ice skating and everything else the city has to offer around the Holidays! We were so lucky to have our Activities Coordinator drive us into the city and give us a grand ole' tour of NYC. After visiting Rockefeller, we stopped at the Greatest Pizza Place in the city, Ray's Pizza! We enjoyed the true NYC experience of site seeing and pizza! We are already looking forward to next year's trip!



## The Cooking Corner with Peter K.

### Sweet and Spicy Greek Meatballs

- 1 lb ground meet
- 1 cup cooked and cooled couscous
- 3 scallions, chopped
- 2 cloves of garlic, chopped
- 1 egg, beaten
- ¼ cup chopped fresh Italian parsley
- 2 tbsp extra virgin olive oil
- 3 tbsp dried mint
- 1 ½ tbsp. dried oregano
- 2 tbsp Kosher salt
- 1 ½ tsp ground cumin
- 1 tbsp ground cinnamon
- ½ tsp cayenne pepper

Sauce: 3 tbsp extra virgin olive oil, 1-25 ounce jar of marinara sauce, 2 cinnamon sticks

**Directions:** For the meatballs: In a large bowl, mix together the lamb, couscous, scallions, garlic, egg, parsley, olive oil, mint, oregano, salt, cumin, cinnamon, and cayenne pepper. Form the mixture into 15 to 16 (2-inch diameter) meatballs. For the sauce: Heat the oil in a large nonstick skillet over medium-high heat. Add the meatballs and cook until brown on all sides, about 6 minutes. Add the marinara sauce, cinnamon sticks, and ground cinnamon. Bring the sauce to a boil and reduce the heat to a simmer. Turning occasionally, until the meatballs are cooked through, 10 to 12 minutes. Discard the cinnamon sticks. Transfer the meatballs and sauce to a large bowl and serve.

## Fellowship Outreach

The Fellowship Program has now started an Outreach group which will meet two times a month. This group will allow members to reach out to members that have not attended the program in some time. We were happy to find that after our very first group we had two former members' visit the program again that very same week! We are hoping that this Outreach group can lend a friendly hand to our old friends. If you would like to volunteer and be a part of the Outreach Club join us on February 7th & 21<sup>st</sup> at 11:15am.

## Movie Review with Dave W.

1. Jurassic Park
2. Mrs. Doubtfire
3. Fat Albert
4. Top Gun



## Poetry Corner with JoAnn

### *Happy Times*

*I love mom and she loves dad*

*Santa Clause came for all of us*

*Good Holiday and Happy New Year*

*Happy Birthday from all of us*

*Happy times*

*Parties and Celebration Dinners*

*Positive and Polite*

*Good Health and Happiness*

*For all*

*Thanks for the wonderful time*

*God Bless*

*Best Wishes*

*Always*

*JoAnn*



## Employment with ABD



The Fellowship Program would like to introduce the newest member to the team, Sue Refino. We are sad to see Rich Luby go, but are happy to hear about his wonderful promotion! We wish you lots of luck!

Sue Refino will now be taking over as the Employment Specialist. If you would like to meet Sue, she will be working at the Fellowship Program on Monday and Wednesday mornings. Working with Ability Beyond Disability is a great opportunity to help you get back into the workforce. For some of us we may have not worked in some time, but with Sue's help it will make the process less overwhelming.

If you are thinking about going back to work, but aren't quite sure yet...join us at an Employment Class. These are held every other Monday at the Fellowship Program. February's Employment Classes are being held on 2/6 & 2/20 at 10:30am.

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## Memory Lane with Debbie B.

The Holidays are enjoyable to us for many of reasons, but much of the enjoyment comes from reminiscing of Holidays Past. Our very own, Debbie B has written a story for the newsletter, reminiscing on her favorite past memory. We hope you enjoy.

*When I was a teenager, about 19 years old, my family had a large gathering for Christmas. This year, it was at my house. The tree was beautifully decorated and we had so much food to go around we didn't even know what to do with ourselves! This holiday memory is my favorite because it was when my Uncle Angelo was still with us. We would call him Uncle Deet for short! Uncle Deet was my godfather and he would tell us the greatest stories! He would tell me stories about when my parents were kids and about my family in Italy. I especially loved hearing stories about my parents as kids!*

*Although I don't spend the Holidays with my family now, I am happy to celebrate the holidays with my family at Pathways, especially Peter Z! I had a wonderful Christmas and New Years this year. We served ham, sweet potatoes, salad, sweet potato pie, ice cream and a big fancy pie with chocolate! My favorite part of this past holiday was being with my caring friends.*

