

-PathNotes-

A Publication of
Pathways to Independence

A Newsletter for the Members & Friends of Pathways to Independence April 2011

Pathways Remembers Doug O'Toole

On November 29, 2010, Pathways to Independence (PTI) lost a good friend. At the young age of 44, his passing was a shock to all, but Doug O'Toole left behind many memories and lessons in life from which we can all learn.

Doug was a gentle guy with a great sense of humor. He often would sit back and listen to others talk during events, injecting his jokes or input about sports, movies, or trivia. He had a wealth of knowledge about these topics. He started with PTI in 1996 and was active throughout, participating in art classes, sporting events, movie nights and even hosting events at his apartment. Doug had a long history with Pathways and would tell you about it. He developed friendships over the years and became part of the Facebook/internet community of PTI participants, keeping in touch and sharing trivia facts through Facebook. Doug could recall many stories of participants and staff throughout the years.



Doug was very proud of his accomplishments.

- He worked for Advanced Presort for over ten years. His work ethic was very strong and he was consistent at his job.
- He wrote an article for the Pathways newsletter about the ten years he had lived independently. He wrote about all the skills he had learned, such as driving, cooking, cleaning, balancing his checkbook and many others required for living on his own. He had so many things to be proud of and he wanted everyone to know how hard he worked to achieve this level of success in life.

His mother shared some thoughts with staff after his passing:

"I don't think he ever realized how many people he touched by his smiling face and gentle manner. His humor came naturally and he could express himself when attending the many activities PTI offered...everyone accepted Doug for who he was and made him feel like an important part of the group. What a great organization! Please know the important part this organization plays in these young people's lives.

His sister Colleen and brother Mike want the things that Doug had made at the various craft activities he attended through PTI. These are the things that bring Doug back to them. At Doug's apartment, Mike found a sign...it was hand carved on an old piece of wood...the letters were all askew and run together, the stain was globbed up in places, the message was crammed together to fit the sign...Doug had made it at PTI in a class. It read, "Doug's Room". Mike took it down from the wall with tears in his eyes and we both just held each other and sobbed. It was made by Doug with love and he cherished that sign. Mike said it was the best thing he could possibly have of his big brother's. The classes that are provided for the PTI people to be productive and make things for themselves and others are a vital part of their lives. Thank you for providing so much for Doug over the years to make his life happy and meaningful. Thanks to you and everyone on the staff for being his friends and providing meaning and direction to his life. You all were truly part of his family and he loved everyone for that. Our family will miss Douglas the rest of our lives. His special place could never be filled, as he was one of a kind. He has left us with many lessons to learn and live.....they WILL NOT be forgotten. We talk about them and have begun to learn to live more like Doug each day."

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Office Address

Pathways to Independence
200 South Hanley, Ste. 103
Clayton, MO 63105
314-863-0202 Phone
314-863-7865 Fax

BOARD BUSINESS

Board meetings are typically held monthly on the
4th Thursday at 4:30 p.m. (excluding June & December)

Anyone interested in attending a meeting should call the
Pathways office at 314-863-0202 for additional information.

Our Mission:

Pathways to Independence supports, educates and empowers adults with learning disabilities and associated disorders to obtain the personal growth, enhanced social skills and greater self-reliance needed for productive employment and meaningful personal relationships.

We accomplish our mission through experiential education, employment preparation, recreational programs, community events, volunteer activities and family support programs.

Our Vision:

Adults with learning disabilities will enjoy a fullness of life through:

- Living in a community which is accepting and offers choice
- Attaining self-realization, independent living, health and security
- Engaging in healthy relationships and using good judgment, &
- Contributing to the community with a sense of purpose, passion and responsibility.

Pathways web address:

www.pathways2independence.com

PLEASE ADD PATHWAYS TO YOUR CONTACTS:

Executive Director, Craig Strohbeck:
craig@pathways2independence.com
Program Manager, Rose Piel:
rose@pathways2independence.com

For your online shopping needs, support PTI when you shop by visiting www.igive.com and choosing PTI in Clayton, MO as your charity of choice or using www.marketamerica.com/pathways2independence.com

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Bridge Club; an Example of Independent Planning Skills

It all started because Ben realized he enjoyed games of strategy. He came across Bridge and wanted to learn more. After having trouble finding others he knew to play the game and contacting PTI staff for suggestions, he was encouraged to bring it and play during a PTI sponsored game night. During that event, it all just came together.

Four guys decided to meet the next month on their own to sort through the rules and gain a better understanding of Standard Bridge. Realizing they were struggling, a parent who also plays gave them some pointers and the group began to meld even more. They compromise when things don't always go as they are supposed to. They are continuing to learn, but they support each other. They took it upon themselves to share hosting responsibilities, work together to set a date each month and provide snacks. In the process, they have gained a new leisure outlet, friendships, improved relationships and strengthened skills that translate to work through the game of Bridge.

In Bridge, the two most important things are communication and trust between partners. The same can be said of friends and co-workers.



Kathi Manegre

(middle in photo to right)

Kathi Manegre has been with PTI since 2006 as a part-time Program Specialist. She brings years of experience with working with people with developmental disabilities.

She had worked with the Life Skills residential program for eight years, weekend camps for the ARC for four years, and volunteered with Special Olympics for several years while living in South Carolina. She works full time with the State of Missouri Department of Social Services Children's Division. She has a degree in Child & Family Development and a master's degree in Early Childhood Education with an emphasis on inclusion.



Kathi said that she got involved in working with people with disabilities because she has a sister with a disability who has always been her inspiration to "give back." Growing up with her sister created a comfort level for her in supporting individuals of all abilities. She has stayed in the field because along with the challenges there are so many emotional rewards. There are many levels of achievement and ways to contribute to society and it's very satisfying to be a part of someone else's success.

Kathi said, "Working at PTI has enabled me to meet a lot of good people, both staff and participants. My co-workers are specially dedicated and committed to the purpose of the organization and want to see the participants succeed. The Participants constantly amaze me with their courage to step out of their comfort zones and it would be a much better world if we all embraced and tolerated differences the way they do." Her favorite events are those that consist of an activity or experience that is new to someone and that they would not have otherwise experienced without the support of PTI.

Kathi is a dedicated and giving person and we are so happy that she chooses to work for PTI and share her talents with the PTI participants.

Walk Run 'n Roll Coming May 7th

Walk Run 'n Roll 2011 is bigger and better than ever! Be a part of the excitement as we raise awareness of individuals with developmental and cognitive disabilities throughout the St. Louis area. With 10 agencies participating this year and a new location, we anticipate this to be the most successful year to date as we strive to raise a total of over \$200,000. Pathways to Independence's goal is \$15,000. Be a positive part of change and join our team today at:

[http://lsfstl.donorpages.com/
WalkRunnRoll2011/1AmazingPathwaysTeam/](http://lsfstl.donorpages.com/WalkRunnRoll2011/1AmazingPathwaysTeam/)
or

- Form a team to walk on behalf of Pathways to Independence (www.walkrunnroll.org)
- Have a mini-fundraiser to help you or your team
- Gather friends, family, co-workers and neighbors to walk, run or roll with you!





Contributions & Tributes

September 1, 2010-March 2011

Our deepest gratitude goes to all those who continue to support Pathways to Independence. Please note: every attempt was taken to ensure accuracy in this list and any error or omission is unintentional. Please contact the office if you locate any error.

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Anonymous
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Matching Gifts

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Team members from table 20

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Enjoy the Benefits of Volunteering:

Volunteering rewards you with many benefits. Some of those benefits might include: intrinsic rewards of supporting a cause, build relationships with people, being an important part of change, using your personal skills, strengthening your resume, creative expression, building job skills, free snacks, and participating in your community.

Peggy Goldfader Estate Leaves Legacy

Peggy's life commitment was to develop an infrastructure for Debbie that she knew would be there long after she was gone. In the beginning, Peggy collaborated with parents who had similar needs for their children and started a preliminary grass roots Pathways organization. Peggy went back to school to get her degree in psychology, which eventually morphed into a specialty in head injuries, which in turn became her legacy of helping ALL people with disabilities. She worked tirelessly for organizations other than Pathways, including Life Skills and the Center for Head Injury Services. She advocated for resources that would allow people with disabilities to live as independently as possible.

Her efforts have led to so many receiving services, opportunities and networks of friends. She was a tireless champion for those who didn't have a voice, resources or direction. She gave so willingly of her time, skills and knowledge. Passionate about her cause, Peggy exemplified leadership, dedication, compassion and passion.

Her legacy continues within the community through the many services she pioneered and the people that utilize them. She touched so many. On the fourth anniversary of her death, her estate has donated to one of the causes so close to her heart. With a matching gift made possible through her daughter's employer, Peggy's gift was increased by 50%. We are all grateful for the many gifts Peggy shared. Her service and commitment will live forever in the lives of those supported by Pathways to Independence.



Volunteer Corner

PTI would like to recognize Dennis Hannon (right in photo below) and Michael Perez (left in photo below) for their support as interns over the past two semesters. Both gentlemen are students of St. Louis University in the Psychology Department. As part of their academic training, they have the opportunity for service learning by volunteering with a non-profit to gain practical skills that are necessary in the field.

Dennis and Michael have been true assets as they have supported participants in both group and individual settings to help them gain the skills necessary to become more independent and gain self confidence. Dennis and Mike have been impressive examples of how volunteers make a difference. PTI has helped them as well. This relationship has been a win-win for everyone. We are grateful for the work they have performed and look forward to future SLU students or other volunteers who wish to contribute to the lives of those we support. If you are interested in becoming a volunteer, please call the office at 314-863-0202.



August A. Busch III Family Foundation

Through a generous donation from the August A. Busch III Family Foundation, participants who utilize the private pay option to access our services are able to do so throughout this fiscal year at a reduced price. Mr. Busch made this gift at the request of a family member of a participant in the program without specifying a purpose.

Local government funding is not available for all who are interested. PTI is currently providing services to 14 individuals who utilize the private pay option. While they remain on the wait list, their financial burden is eased because these funds were donated.

Thank you, Mr. Busch for changing lives!

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In Memory of Peggy Goldfader
David Miner and Stephanie Robiner
In Memory of Evelyn E Gordon
Marty and Debby Gordon
In Memory of Doug O'Toole
Jamie Berzon
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In Memory of Elinor Schaper
Mike and Alice Walther

In Memory of Alberta Slavin
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Mr. and Mrs. Nathan Simon
In Memory of B.K. Werner
Mr. and Mrs. Duane Hercules
In Memory of Joan Wilder
Joe and Stacey Shea
In Memory of Kristine Marie Zimmerman
Mike and Alice Walther

Excerpts from the 2010 Annual Report

Event Highlights

- 250 events were held in FY 2010 with a total attendance of 2,535
- Average of 10.14 participants attended each event, a 22% increase in the average number of attendees per event

During events, participants worked on the following skills:

- Age-appropriate conversation skills/topics/behaviors
- Customer service/hosting
- Team building
- Hygiene/appearance
- Problem solving
- Cash handling/money management

- Conflict resolution
- Reading comprehension
- Anger management
- Healthy lifestyle choices
- Transportation/route planning
- Self-advocacy
- Time management/planning skills
- Community safety
- Attention to task
- Basic computer skills
- Following multi-step directions
- Job experience training through volunteerism

2010 Travel Program

included trips to Branson, MO, Lake of the Ozarks, MO and Camping at Sunnyhill Camp

Pathways to Independence participants volunteered for 13 other non-profits and causes through FY 2010, learning to support their community by giving back to others.

Client Information

- **97** Clients were served in Fiscal Year 2010 (a 15% increase)
- At year end, we had 5 clients from St. Louis City, 91 from St. Louis County and one from Jackson, MO.
- 12 Clients participated in our self-pay option so they could benefit immediately from our services.
- **36** individuals were on the waitlist for participation at the end of the fiscal year, a 125% increase over FY 2008.

Pathways to Independence received a grant from the Boeing Employees Community Fund for website enhancements allowing social interaction within a controlled group.

- Many families participated in the Family Membership option raising \$5,637.00.
- The 2010 Annual Awards Dinner featured one client sharing how Pathways to Independence has helped in his life along with awards for each client in attendance, a nice dinner and dancing. The theme of the evening was *personal growth*.

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Excerpts from the 2010 Annual Report

Fundraising Success

- The Productive Living Board of St. Louis County is the primary funder of Pathways to Independence providing \$101,831 towards the program costs
- Pathways to Independence was the recipient of \$11,500 through the St. Louis Track Club, from the I-64 Fun on the Freeway 5k run.

- Macy's Shop for a Cause, Trivia Night 2010 and the Walk, Run 'n Roll raised over \$20,720 combined.
- 21% of the overall budget was contributed by individual donors, including the 2009 Year-End Appeal Fundraiser that brought in \$29,291.
- Grants received totaled \$14,500 for use toward artistic programs

Funding was expanded for City of St. Louis residents through mid-year funding by the St. Louis Office for DD Resources, opening new doors for service.

Statements of Activities for years ended June 30, 2010 and 2009

	2010	2009
Unrestricted Support and Revenue:		
Contributions	\$ 65,467.05	\$ 51,962.41
Grants:		
-Productive Living Board of St. Louis County		
Citizens with Developmental Disabilities	\$101,831.89	\$ 95,220.89
-St. Louis Office for Developmental Disability Resources	\$ 695.00	\$0.00
Special Events (net of expenses of \$1,883 in FY '10)	\$ 20,802.60	\$ 11,681.97
Memberships	\$ 5,637.30	\$ 5,137.00
Investment Income	\$ 1,193.08	\$ 1,217.63
Participant Fees	\$ 4,165.54	\$ 2,099.46
Miscellaneous	\$ 5,108.98	\$ 1,139.00
Total Unrestricted Support and Revenue	\$204,901.64	\$168,458.36
Expenses		
Programs	\$147,298.31	\$127,361.13
Supporting Services:		
Management and general	\$ 30,143.43	\$ 24,526.07
Fundraising	\$ 6,917.26	\$ 6,169.36
Total Expenses and Losses	\$184,359.00	\$158,056.56
Increase (Decrease) in Unrestricted Net Assets	\$ 20,542.64	\$ 10,401.80
Net Assets at Beginning of Year	\$109,940.89	\$ 99,539.09
Net Assets at End of Year	\$130,483.53	\$109,940.89



Pathways to Independence

Specializing in social, recreational, and leisure education for adults with learning disabilities since 1987.

200 S. Hanley, Suite 103, Clayton, MO 63105



PLB Partially funded by the Productive Living Board

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PTI Members Participate in Legislative Action Day

On March 9th, members of Pathways to Independence attended Legislative Action Day in Jefferson City. The purpose of the visit was to help legislators become more aware of the issues facing individuals with disabilities. While en route to Jefferson City, participants discussed what was important to them and prepared the individual speeches they wanted to share with their respective Senators and Representatives. Once inside the State Capitol, they attended a rally where several speakers including members of the legislature addressed the crowd of well over 500. Following the rally and lunch, they made their way through the Capitol and asked to speak to the Senators and Representatives from their districts. In all, they met with four of the six legislators and were able to speak to the staffs of the other two.



Adam Bayer meets with Representative Green in his office. Adam spends a great deal of time watching C-SPAN and is interested in a position within the political arena.



The important points they wanted to share were:

- Requesting support for any legislation that may come up related to increasing funding for pre-employment interaction skills,
- Requesting support for healthcare coverage for those who are underemployed or are not able to find employment,
- Increase in funding for skills that allow greater community integration.
- Request for support of the Partnership for Hope waiver program initiated by Gov. Nixon.