

# InRoads



News From Pathway Homes, Inc.

## Volunteer Involvement Increases Dramatically

Volunteer support of Pathway Homes and involvement with residents has seen significant growth during the end of 2004 and beginning of 2005. From December to March volunteers engaged residents in new activities including piano lessons, computer instruction, pet therapy, egg painting, sewing, arts and crafts, and a day of beauty. Volunteers have painted, dug, planted, scrubbed, taught lessons, listened attentively, and organized resident activities.

“I am inspired by the volunteers that have come to Pathways,” says Mental Health Counselor II Sonja Littlejohn, “and the remarkable work

that they do at our programs and with our residents.”

The volunteer program started small several years ago, and has recently benefitted from a surge in interest. Since June of 2004, more than 140 volunteers have brought their skills to Pathways and more than 60 volunteers have already been scheduled for the summer. The Volunteer Program accommodates individuals who want to build relationships or share skills with residents as well as groups that want to tackle one-day projects.

“Most of our volunteers learn about our needs through the internet,”

*continued on page 4*



On March 19, five members of the Georgetown Knights of Columbus worked at a Semi-Independent home in Springfield removing invasive bamboo. Shown left to right are Jeff Kendall, Henry Joseph Shea and Dan Hill. Not pictured are Darwin Young and Joseph Brennan.



Volunteers Yuna Ha (left) and Jae Won Ha (right) helped set up for an Easter Egg dyeing party at the Discharge Assistance and Diversion (DAD) Group Home on Sunday, March 13. Residents from the DAD program and the women’s group home prepared three dozen eggs.

Volunteer Manaki Shaw (second from left) has been working with women in Vienna on cross-stitch projects. Shown here with their projects are (left to right) Annette Torralbas, Manaki Shaw, Volunteer Coordinator Abigail Denecke, Susan Kay, and Carolyn Goebel.



Volunteer Lisa Daly and her dog, Skittles, visiting with (left to right) Joe Croft, Harvey Herndon, and Spence Galloway.

## MESSAGE FROM THE CHIEF EXECUTIVE OFFICER

### Today is the first day . . .

by Joel B. McNair, LPC, LMFT

A famous quote by Oliver Wendell Holmes speaks to the fact that it is not so much where we stand as it is in what direction we are moving that is important. As we celebrate the 25th year anniversary of the founding of Pathway Homes and acknowledge our successes, we remain most actively engaged in looking at opportunities and challenges for the future.

We recently began the process of updating Pathways' Strategic Plan. Many of you – our consumers, family members, other service providers and community partners, government officials, and of course our staff and Board Members – have taken the time to respond to one of our many planning surveys, providing us helpful feedback and creative ideas that allow us to consider important possibilities and priorities for change and growth over the next few years. To all who have given their input, we are truly grateful, and we are dedicated to using the feedback and ideas we have received to improve ourselves and the work of our organization.

There are many challenges ahead as we continue to grow and expand. The waiting list for our supportive housing programs in Northern Virginia remains on any given day at above 400 persons! We continue to need the support of all of our partners and friends as we seek to fulfill our mission and to realize the vision of hope and recovery for all whom we serve. We ask you to join us as we move into the next 25 years of Pathways' growth. The needs are great, but together we can surely continue to do what we cannot do alone!

Thanks to you all! ✨

## Two New Members Join the Board of Directors

On January 10, 2005, two new Board Members were welcomed to Pathway Homes' volunteer governing body, the Board of Directors.



Patricia Barnett

Patricia Sauvignè Barnett, Senior Consultant, Management Sciences, Northrop Grumman IT-TASC, joins the Pathway Homes Board with over 20 years of experience developing programs and interventions for people with severe and disabling mental illness. Barnett currently works for Northrop Grumman IT-TASC in change management contracts with the

federal government.

“Having worked closely with mental health professionals and consumers in developing housing options and community support programs in the past,” says Barnett, “I understand the issues and constraints that face consumers and Pathway Homes' management.”

In her free time Barnett enjoys gardening, biking, jogging, and volunteering as a cook and server at Christ Church's dinner program. She hopes that her experience in the private and nonprofit sector will help the Board to further Pathway Homes' mission, to increase awareness, and to improve advocacy opportunities for residents.

Anthony Gallagher joins the Pathway Homes Board with an array of volunteer experience in support services for individuals with mental illness.

Gallagher is a retired U.S. government accountant with a B.S. in accounting from the University of Villanova. He has served as a Board Member of National Alliance for the Mentally Ill (NAMI), Northern Virginia Chapter for four years.

Gallagher was first introduced to Pathway Homes through fellow NAMI member and Pathway Homes Board Member Emil Franks. Gallagher is a member of both the national and Virginia NAMI organizations as well as a member of the Knights of Columbus, and Families and Friends, a coalition of relatives of employees of Service Source, a nonprofit that provides employment opportunities for individuals with disabilities.

“I hope to bring new and innovative ideas to Pathway Homes,” says Gallagher. “I also hope that participating on the Board will stimulate my thoughts on how to make things better for people living with a handicap. I think society has an obligation to take care of those who have not. The way things are currently in society is not satisfactory. I am coming in to Pathway Homes with high hopes.” ✨



Tony Gallagher

## NEWS NOTES

### EMPLOYEE OF THE QUARTER NAMED



Members of Pathway Homes' Recognition Committee presented the Winter 2004 Employee of the Quarter Award to Robert Murphy, Mental Health Counselor I at Stevenson Place. Shown here are (left to right) Vice President for Finance and Administration Brenda Brennan, Mental Health Counselor II Jean Thompson, Division Director Valari Carreno, Murphy, Chief Executive Officer Joel McNair and Stevenson Place Director Randy Shusman.

Robert Murphy was named the Winter, 2004, Employee of the Quarter at Pathway Homes. Murphy, who works as a Mental Health Counselor II at Stevenson Place, was awarded for his flexibility in support of the program, and for his positive, "can do" attitude.

"Overall, Bob has been an exceptional asset to the residents and staff of Stevenson Place," says Stevenson Place Director Randy Shusman.

### RECORD AMOUNT RAISED AT 2004 HELP THE HOMELESS WALK

Pathway Homes received a total of \$15,095 from the 2004 Help the Homeless Program, the largest amount Pathways has received since it first became a beneficiary agency in 1999. The funds are earmarked for the Dental Program for residents of Pathway Homes, bringing the total amount committed to that program to more than \$115,000 of a \$150,000 goal.

The total raised included a \$1,500 Partnership from Wings House, a \$5,000 bonus for recruiting 250 walkers, a \$2,500 Youth Engagement award for homelessness education provided to local young people, as well as registration fees and other incentives.

"We are very grateful to the many individuals who made this impressive amount possible," says Pathway Homes President Sylisa Lambert-Woodard. "It took effort on the part of many, but the result is a significant step in providing for the unmet dental needs of those we serve."

### RESIDENT RECEIVES BLACK BELT

Pathway Homes resident Tyrone Haight, who was profiled in the Summer 2004 issue of *InRoads*, earned a Black Belt in TaeKwanDo from Neo Legend Tigers in December of 2004. Haight's instructor, Master Song, praised Haight as a quick learner, moving through all seven belt colors in the shortest possible time, 38 months.

"When I first started in class," says Haight, "there were twenty of us. The other nineteen left, I just stuck with it."

### BOARD MEMBER IS ORDAINED AS EPISCOPAL PRIEST

On January 6, 2005, Pathway Homes Board Member Jennifer Gaines McKenzie was ordained as a priest at St. David's Episcopal Church in Washington, D.C., where she now works as the Assistant Rector. The ordination followed McKenzie's graduation from the Virginia Theological Seminary in Alexandria, Virginia. Her entire family including her husband Ken, children Ian, Gaines and Augusta, and parents Robert and Doris Gaines, took part in the ceremony, which was presided over by The Right Reverend Charles Lovett Keyser, Bishop of the Armed Forces (Retired).

In lieu of personal gifts, McKenzie asked that those who wished to honor her ordination make a donation to Pathway Homes.

"I feel very strongly about Pathway Homes' mission to serve adults with mental illness," says McKenzie. "Supporting that mission has become part of my personal ministry, and I felt privileged to invite my friends and family to share in it."



Jennifer McKenzie

### SAVE THE DATE FOR MENTAL ILLNESS AWARENESS EVENT

The date for the Fairfax area's 2005 Mental Illness Awareness Week educational conference and lunch has been announced: Friday, September 30. The location and speakers will be announced soon. ✦



## AGENCY #8085

## Gifts Galore From Fairfax Girl Scouts

by Abigail Denecke

**O**n December 25, 2004, many Pathway Homes residents got a wonderful holiday treat, a brightly colored bag brimming with holiday gifts. The bags were prepared by a total of fifty Fairfax area Girl Scout troops. Each troop ranged in size from eight to fifty Girl Scouts. Additionally, four individual families participated in this holiday event organized by the Girl Scouts to meet the needs and holiday wishes of participating Pathway Homes residents.

The work to create this holiday treat began just as spring was coming to a close. Early in the fall a “wish list” questionnaire was distributed to residents of the Semi-Independent and Group Homes asking general questions such as, “what is your favorite color, food, book, music, and hobby?”

Responses varied and were sometimes comical, says Dale Hook, Fairfax Girl Scout troop leader. Following review, the wish lists were distributed to various troops.

Troop leaders use each step of the activity as a learning tool for the Girl Scouts.

“The girls learn about making choices,” says Hook, “picking the perfect gift, budgeting, how to fund the project, and choosing a gift that suits the budget.”

Each troop approached the project in a different way depending on the age of the members and size of the troop. Some troops decided what needed to be purchased and then designated one or two girls to do the purchasing. Some troops went to the store to purchase the gifts together. Still other troops divided up the gift needs amongst the troop, giving each girl

the task of finding and purchasing one of the gifts for the Christmas bag.

“The girls keep us on our toes,” says Hook.

Two nights were designated as wrapping nights during which all the troops came together and spent the night wrapping the many gifts filling the room.

“This is when the girls can stand back and see what one group can accomplish. A feeling of ‘giving’ fills the room,” says Hook with a hint of awe in her voice. “You can see it in the eyes and hearts of all the girls.”

“Last year I only asked for three things,” says resident Yasumasa Bray, “and they gave me about eight things. Nice socks, . . . and pullovers. It’s like making a wish upon a star and having that star come true.”

The Girl Scouts have come a long way with Pathway Homes. In 1999, Patti Smith, Chairman of the Central Fairfax West Girl Scouts, told Pathway Homes she envisioned an ongoing relationship of at least three years working with Pathway Homes on this project. This year marks the fifth year that the Girl Scouts have been working with Pathway Homes.

“When we first started this project we had many leaders who would not offer the opportunity to their troops because they were afraid,” says Hook. “Since then it has been amazing to watch the adults open up to the idea of educating our children about mental illness and provide the necessary information they need to be able to recognize signs of mental illness in themselves and their friends. If this project opens the eyes of only one person, we are one person ahead.” ✨

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### Volunteer Involvement Increases Dramatically, *continued from front page*

says Volunteer Coordinator Abigail Denecke. “One site in particular, VolunteerMatch.com, has served as a connection point for many volunteers.”

Current volunteer needs are also listed on Pathway Homes’ web site, [pathwayhomes.org](http://pathwayhomes.org). Questions about the program may be directed to Denecke at 703/876-0390 x 139. ✨

[www.pathwayhomes.org](http://www.pathwayhomes.org)

## A Closer Look at the Wellness Recovery Action Plan

*This article is one in a series which InRoads is publishing to provide information about various aspects of mental health. We asked Pathway Homes' in-house Wellness Recovery Action Plan expert Assistant Mental Health Counselor Robert Green to write about its introduction at Pathway Homes.*

By Rob Green

In January, 2005, Pathway Homes introduced the Wellness Recovery Action Plan. Commonly abbreviated to WRAP, the program was created by Mary Ellen Copeland, an accomplished writer and herself a product of recovery. Through her program she addresses a number of topics on recovery including: daily maintenance, triggers (external), early warning signals (internal), breakdown, and a crisis plan, or, as she likes to call them, "The Wellness Toolbox."

Pathways' WRAP group was conducted Thursday afternoons from 1 to 3 p.m. from January to March, 2005, and included anywhere from three to nine participants.

The group was led and facilitated by Lauren Spiro, MA, and Rob Green, MEd. Class rules were arranged by the group at the start of the training and these rules were used throughout the WRAP process. The group decided that a spirit of cooperation and encouragement would be used in the trainings and that any participant could take a pass on any question if he or she chose.

Sessions began with open discussion and review of past sessions. Snacks of fruit and chips were passed around the group while going over the WRAP booklet. Exercises such as focusing, peer counseling and relaxation techniques were used. A large

amount of time was devoted to peer counseling. Members found it useful to pair up and give each other their unlimited attention, listening and sharing. Members found it especially useful to compare WRAP book answers to learn how each person deals with their feelings and situation.

"The idea of WRAP is useful in putting ideas and coping skills on paper," says Mark Roudybush, WRAP participant. "I have gotten some new tools to use and have been exposed to new ideas. The peer counseling and focusing have been helpful."

While there were differing levels of participation by members of the group, a supportive and educational atmosphere was present at Pathways' WRAP training sessions. All members of the group were encouraged to share and participate in the recovery process, to use coping skills and all who participated seemed to find value in the process.

"WRAP has helped to organize our thinking step by step," says Sue Zywokarte. "It helps concretely look at and focus on solutions."

Wellness behaviors such as journal writing, diet, light exposure, exercise and sleep were covered as well as recovery topics including self-esteem, changing negative thoughts to positive ones, peer support, work related issues, and motivation.

"I learned how to handle my symptoms in many ways to feel better," says group member Vicki Wolfrey.

Each member who completed the course received a certificate and in the end had a finished product which they may now use as needed.

The WRAP program was selected by a state committee that felt WRAP best suited the mental health needs of

The following resources may be helpful in learning more about the mental illness recovery model:

### ONLINE RESOURCES:

[www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)  
[www.recovery-inc.com](http://www.recovery-inc.com)  
[www.MindFreedom.org](http://www.MindFreedom.org)

### BOOKS:

**Wellness Recovery Action Plan and Peer Support**, by Mary Ellen Copeland and Sherry Mead. (Available at [www.mentalhealthrecovery.com/book](http://www.mentalhealthrecovery.com/book))

### ORGANIZATIONS:

**CONTAC (Consumer Organizational National Technical Assistance Center)**

1036 Quarrier St., Suite 208A  
 Charleston, WV 25301

Telephone: 800-598-8847. Provides technical assistance to adults with psychiatric disability throughout the United States.

**National Empowerment Center (NEC)**

599 Canal St., 5th Floor East  
 Lawrence, MA 01840

Telephone: (800) POWER-2-U (800-769-3728)

Web Site: <http://www.power2u.org>

Award-winning provider of consumer health information, programs and materials, with a focus on recovery. NEC can refer callers to a local support group or provide assistance to set up a new group.

those in recovery in Virginia. The facilitator training for WRAP was held in Richmond, Virginia, for a week in October, 2004, and included fourteen participants. WRAP trainings run by members of this WRAP facilitator team are now occurring throughout the state in seven regions of Virginia. These trainers continue to work together, conversing through e-mail. They hold WRAP trainings in clubhouses, drop-in centers, PRS centers, libraries, and other public meeting areas.

The Facilitator Training Manual

*continued on page 8*

## A HOLIDAY PARTY WITH MANY HIGHLIGHTS

by Abigail Denecke

They trickled in slowly, arriving one, two, three at a time, but by 6 p.m. on December 15, 2004, Williams Memorial Hall at the Fairfax Volunteer Fire Department was packed for the Annual Resident Holiday Party. Residents were greeted at the entrance by employees handing out raffle tickets and serving soda and juice, and by decorations that lit up the room.

For the first hour residents settled in, catching up with one another, enjoying festive dance music, and indulging in hors d'oeuvres piled on garland-dressed tables. As stomachs began to rumble and new resident arrivals slowed, employees began serving what has always been one of the main Holiday Party highlights — the dinner.

Soon residents were enjoying America's holiday favorites including ham, turkey, mashed potatoes, stuffing, peas, cranberry sauce, and, for many, a generous coating of gravy on everything. Dessert was served soon after, adding a sweet ending to the holiday meal.

"The decorations were beautiful and the food was delicious," says Stevenson Place resident Huy Lee.

Since its inception in 1990 the Resident Holiday Party has been a tradition that gives residents an opportunity to celebrate the holidays as members of the Pathway Homes community.

"I enjoyed seeing residents that I used to work with one-on-one," says Valari Carreno, currently a Pathway Homes' Division Director and former SHOP Program Director. "It was great to see residents attending the Holiday Party who were new to the party and also those residents who have attended since its very beginning."

This year, as in past years, the party included karaoke and a DJ. Professional DJ Gottras Wise and his wife, Carrie, coordinated resident and employee karaoke performers including Aaron Lichtenstein, Amy Avery, and Neena Luthra.

"I really love the karaoke," says Jean Reynolds, Mental Health Counselor II. "It's great to see the residents and Pathway Homes employees get up there to sing. It takes a lot of courage to sing in front of others."

Dancing also functioned as an opportunity for partygoers to interact. Col. Celeste Richardson, a parent of a Pathway Homes resident and long time dance instructor in the Northern Virginia area, taught residents and employees the Electric Slide, patiently leading dancers through each step.

"As long as you can walk," says Richardson, "you can dance."

"It's surprising how people just loosen up and get out there to the dance floor," says Reynolds.

Residents and staff got a surprise this year in the form of baton twirling performances organized by Joyce Gray, Mental Health Counselor II, and long-time baton instructor and judge. During dinner, three of Gray's proteges who compete at the national level, Andrea Burkhardt, Julie

Burkhardt, and Chloe Angelo, showed the party what it means to twirl using batons, flags, a sabre, and other props.

"The girls enjoyed being asked to twirl for the Resident Holiday Party," says Gray, "and they had a fun time performing."

The evening ended as Lauren Taub, Vice President for Supported Living and Resident Holiday Party Committee Chairperson, sent a hush across the room with her announcement that the much-anticipated door prize raffle was about to begin.

Raffle prize donors included Arena Stage, Bowl America, Stephen and Sharon Canner, Capitol Steps, Chili's, Clyde's of Reston, Great American Restaurants, Hair Cattery, Maggiano's Little Italy, Alyssa Ford Morel, National Amusements Showcase and Multiplex

Cinemas, Nina's Dandy, Outback Steakhouse, Tower Records and The Wharf.

"The door prizes at the end of the evening were a big hit," says Diane Malaquias, Activities Coordinator at Stevenson Place.

"This year's event exceeded our expectation of resident attendance due to new residents as well as family and friends," says Brenda Brennan, Vice President for Finance and Administration. "Everyone was truly engaged in participating in this very celebratory evening, enjoying the music, food, and performances." ✨



**A high point of the Holiday Party was door prizes donated by local businesses and friends of Pathway Homes. Shown here, Vice President for Supported Living Lauren Taub hands over a gift certificate to winning ticket holder Alan Drury.**

## Saying Good-Bye to Friends

### STEPHEN DORWALDT



Stephen Dorwaldt, a Pathway Homes resident in the Semi-Independent Program since 1987, passed away on March 1, 2005, at the age of 42. Stephen enjoyed reading, going to the movies and going out to eat. He was a big fan of the Minnesota Vikings and liked watching sports on television.

“Stephen was a very gentle, quiet person,” says Jean Thompson, Mental Health Counselor II. “He was very considerate of others and aware of their feelings. He often tried to alleviate tension and soothe other’s feelings.”

At night, Stephen worked at a local Giant supermarket stocking shelves. He was known for his hard work and often covered coworker’s shifts while they were on vacation.

“One snowy day,” says Norine Lyons, Mental Health Counselor II, “cars were getting stuck on the corner of his street. Stephen stayed outside a long time that day, helping drivers push their cars off the ice and snow. His kindness and gentleness has touched many people over the years.”

Stephen cared deeply for his family and would often spend weekends with his parents and family. They remember him as “the gentle giant.”

“He cared about me and he was a good friend,” shares long-time friend Rosemary Moynihan. “I will miss him.”

### GERALD JAWORSKY

Gerald Jaworsky, a Pathway Homes resident in the Supported Housing Options Program since 1997, died on March 14, 2005, at the age of 66. Gerald was a poet at heart. He loved to write poetry and enjoyed cooking. He also had a cat named Smokey, and was an active member of his church congregation.

“Jerry was sensitive to others,” says Program Director Khadijah Shaw. “His friends often shared their problems with him. He enjoyed just sitting with his cat Smokey while drinking his cup of coffee.”

Survived by family members including his brother, Eugene Jaworsky, and several nieces and nephews, Gerald will be remembered as a kindhearted man who always tried to aid those who were worse off than he was.

### ROSE SPARACO



Rose Sparaco passed away on March 25, 2005, at the age of sixty-two. She is survived by her daughter, Joanne, her son, Richard,

and her ex-husband. In her five years at Pathways’ adult living facility, Stevenson Place, Rose’s love of life, family, and friends left a lasting imprint on all who knew and loved her.

“Rose was a ‘die-hard,’” says one of Rose’s closest friends, Sandy Upfold. “She never totally gave up. She just kept on pushing forward.

She loved to dance and she loved to watch soap operas and Oprah with her friends and family. I really truly miss her dearly.”

Staff members at Stevenson Place also remember Rose fondly. “She was full of life,” says Donise Price, Mental Health Counselor III. “She cared for her close friends and was always there for them.”

“Rose was a vibrant, carefree, fun-loving person,” says her daughter Joanne. “We spoke on the phone daily and would go out together to get her nails done or to get her hair done. She loved eating out, shopping, and going to the movies with my brother, Richard. She liked bowling, playing bingo, dancing, and music. Her children were her life always and we loved her and took care of her with everything we had to give.”

A poem written by Rose called “Letting Go” was shared at her funeral.

#### *Letting Go*

*Life is a series of letting go, from our very birth till we leave the earth.*

*Releasing is hard, but it must be so, change is needed for us to grow. From parents, from childhood, to teacher at school, some are harder to leave as rule –*

*from friends, from home, from pets that may die, from youth from money from things you may try.*

*Life is a series of letting go, – Don’t fight it, it will help you grow.*

*One thing only is always the same – we are free to call on His name. ✨*

## A Conversation About Support From Volunteers

**V**olunteer Coordinator Abigail Denecke recently spoke with Jean Thompson, the counselor for two adjoining homes in Alexandria, one for three men and one for three women, to get a glimpse into recent volunteer support the residents have received.

**Abigail Denecke:** So Jean, why do you like having individual volunteers work with residents?

**Jean Thompson:** Well, for a few reasons: first, volunteers can teach skills that I don't have or don't have time to teach. Second, it's good for clients to meet and spend time with people from the community because clients can get really isolated, only spending time with other people who have a mental illness or not going into the community because of fear. And finally, by bringing volunteers to Pathway Homes we can educate community members that though there is a stigma, mental illness is not the worst thing in the world, it is not a scary thing and people who have it are not scary.

**AD:** When volunteers come what do they teach?

**JT:** Our first volunteer, Paul Barnhurst, taught computers to Tom and Beth, residents who I work with. Paul created an e-mail address for Tom the first day and then the second day he just taught basic skills like how to open Word Perfect. Beth was taught how to use the Corel Paint program to paint.

**AD:** Any others?

**JT:** We also have a pet therapy volunteer, Judith Miller, who comes with her cat Andy twice a month.

**AD:** What do you think the residents thought of these volunteers?

**JT:** I think they really enjoyed having time to work with someone on something that I don't necessarily have the time to do. When Tom worked with Paul he seemed to really get into it. He was so excited that a few days ago he followed me to my car as I was about to leave for the day, to ask for additional computer help before I left. I think working with a volunteer really sparked his interest. He's mentioned a couple times since then that he wants to continue to learn how to use the computer.

**AD:** So what do you do while the volunteers are working with the residents?

**JT:** Well, I do paper work in the room while the volunteer session is running or I join in the activity with the volunteer and residents. It's really fun to see the residents get involved with the volunteers. When the pet therapy volunteer came it was really great to see Tom petting the cat and just enjoying being with a pet.

**AD:** If you had to tell potential volunteers one thing about the experience what would it be?

**JT:** Working one-on-one with residents is a great experience. It's much easier to understand mental illness when you meet and work one-on-one with a person who has a mental illness. Those who don't know much about mental illness may come in with the stereotype that people with mental illness are scary or violent and when they work with residents that idea is quickly dispelled.

**AD:** Do you plan to continue working with volunteers at your program?

**JT:** Definitely! We've had some great volunteers and I would love to have some more! It's really fun to see the residents get involved with the volunteers. ✦

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### A Closer Look at the Wellness Recovery Action Plan, continued from page 5

for Virginia included a curriculum demonstrating how to take care of oneself, working with individuals and working with groups. A large set of 200 transparencies emphasizing the key concepts of hope, personal responsibility, education, self-advocacy and support were included in the program.

Pathway Homes expects that another WRAP group

may be started in several months. A number of the participants from the first group are interested in taking the program again.

In this time of emphasis on recovery, the WRAP group and self-empowerment are an important part of the picture. WRAP will hopefully further the goals of recovery. ✦

## How One Man's Will Made a Difference to a Nation

by Alyssa Ford Morel

Since I moved to the Greater D.C. area from California eight years ago, I have come to know and admire much about our National Capitol. One of the best aspects of the area is a true national treasure, The Smithsonian Institution. I've now spent enough time visiting the various museums to have developed favorite exhibits and even one display that I "must see" on each visit to the National Mall. Each year 20.4 million other people also visit the 18 Smithsonian Museums. Its existence, however, seems to have almost been a fluke.

In her book, "The Stranger and the Statesman" Nina Burleigh tells the fascinating story of James Smithson, an illegitimate son of a British aristocrat who never even visited America. Smithson left his fortune of £100,000 to his only living relative, a nephew, with the provision that if the nephew died, the money would be used to create in the United States "an Establishment for the increase & diffusion of Knowledge among men."

In so many ways it is amazing that the Smithsonian exists at all. It is unclear why Smithson designated the funds for America, a country with which he had no apparent ties. In 1835 the nephew did, indeed, die without heirs. Congress actually debated whether or not to accept the funds, then how to use them, at one point lost the funds and had to appropriate replacement funds, then finally agreed to establish a scientific organization.

It all hinged on one man's legal will. James Smithson wanted to make a difference and he set history in motion by signing his name to his will.

A will has that kind of power. Not all of us will be able to establish an institution known around the world, but we can all make an impact on the lives of those we care about. For most of us, our families come first. Once their needs are met, we can consider a long-term investment in the areas that have concerned us throughout our lives.

I often have the good fortune to hear from supporters about how much they appreciate Pathway Homes. They talk about how much Pathways' mission of supportive housing for adults with mental illness has touched the life of their family member or friend. If you would like

to boldly reach into the future and make sure that mission continues, please consider including Pathway Homes in your estate plans.

For additional assistance, you may want to contact your attorney. You may also want to take a look at one of the brochures Pathway Homes offers, free of charge, to *InRoads* readers. You may request them by calling me at 703/876-0390, or by completing and returning the response form below. ✦

*(Please complete and return this reply form.)*

Dear Friends at Pathway Homes:

- Please send me the booklet titled "How to Make a Will That Works."\*
- Please send me the booklet titled "Better Estate Planning."\*
- Please contact me to arrange for a personal visit to discuss my estate plan.
- I have already provided a bequest for Pathway Homes in my will.

Other: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Mail this form to: Pathway Homes, Inc., 8411 Arlington Boulevard, Suite 340, Fairfax, VA 22031.

\* Booklets provided free of charge or obligation.

# Pathways People

Recognizing generous friends of Pathway Homes, Inc., whose gifts were received between December 1, 2004 and March 31, 2005.

**A**  
Mr. Roman P. Abanador  
Ms. Dara Aldridge  
Ms. Temma Allen  
America's Charities  
Appalachian Regional Commission  
Arena Stage  
Arlington/Fairfax BPO Elks 2188  
Mr. and Mrs. Jose and Ruth D.  
Armilla

**B**  
Ms. Jennifer Baker\*  
Ms. Dana Barney  
Mr. and Mrs. E. Walter and Christine  
Barr  
Mr. Donald F. Beach  
Mr. and Mrs. J. Lamar and Jannette  
Beasley  
Mr. and Mrs. Frederic E. and Nancy  
B. Beck, Jr.  
Ms. Margaret Beck  
Mr. Steven Beck  
Mr. and Mrs. Milton Bellovin  
Mrs. Dolores M. Benn  
Mr. and Mrs. George M. and Ruth  
M. Bensky  
Ms. Barbara Berlage  
Mr. Kenneth Bingham  
Mrs. Beulah Bleiberg  
Mr. Samuel H. Bleier  
Mr. and Mrs. Merritt and Patricia  
Bragdon  
Mr. and Mrs. Edward and Vivian  
LaForge Brazill  
Ms. Brenda Brennan\*  
Mr. and Mrs. Bruce and Barbara  
Brown  
Mr. and Mrs. William F. and Lynne  
E. Brum  
Mrs. Margaret H. Brumsted  
Mr. and Mrs. Thomas E. and Janice  
H. Burns

**C**  
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**In Memory of Robert Stepanek**  
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**In Memory of Mark Weisz**  
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## Support Through Vehicle Donations and Online Auctions Offered

In March, 2005, Pathway Homes introduced two new methods of supporting its charitable programs: vehicle donations and online auctions.

“Donating my car was very gratifying,” says Norbert Mitchual, Manager of Human Resources at Pathway Homes and the first donor to the car program. “The efficiency and dedication of the people involved made it an exciting experience. If I get another vehicle that I really don’t need, I will donate it, too. I just wanted to give back to society in order to help those in need.”

The donation process is designed to be simple. For Mitchual, donating his car took five steps:

1. The Support page at Pathway Homes’ website, [pathwayhomes.org/Support.html](http://pathwayhomes.org/Support.html), includes a phone number for Pathways’ vehicle donation partner, Volunteers of America (1-800-306-3641). It also contains a link to the Volunteers of America vehicle donation website for those who prefer to handle the

transaction online, as well as a frequently asked questions (FAQs) page.

2. Mitchual called Volunteers of America and told them he had a car to donate. They told him that someone would call him back and that he should compile the vehicle’s title, vehicle identification number, year, make, and model.
3. Volunteers of America returned the call in less than 24 hours, at which time he provided the information requested.
4. During that phone call, Mitchual arranged a time and location for the car to be picked up. Volunteers of America gave a pick-up choice: either he could leave the keys and documents with a person who could hand them to the pick-up crew, or he could leave the car unlocked and hide the keys under a mat.

*continued on page 12*

## Support Through Vehicle Donations and Online Auctions Offered

*continued from page 11*

Mitchual chose the former, allowing his car to be picked up while he was at work.

5. Volunteers of America confirmed that the car had been picked up and mailed a confirmation letter for tax purposes.

“Everything went off without a hitch,” says Mitchual. “The beauty of the experience is that everything was done over the telephone. I never had to go out and meet with anyone to make it happen.”

Donated vehicles do not have to work, but must have all the critical components such as tires, transmission, windshield, etc. Also, tires must be inflated so that it can be towed.

Proceeds from the vehicle donation program will be used for transportation needs at Pathway Homes.

At the same time that Pathway Homes began its partnership with Volunteers of America, it also began an online auction program with eBay. The eBay program is known as Giving Works and is run by MissionFish, a Points of Light Foundation service. Through Giving Works, Pathway Homes will receive donations from sellers who designate a percentage of their sales price on specific items to Pathway Homes. The flashy Giving Works icon that accompanies items with a donated portion of their profits attracts buyers and has been reported by eBay sellers to make a difference in sales.

Those interested in trying the program can go to the Support page Pathway Homes' website ([pathwayhomes.org/Support.html](http://pathwayhomes.org/Support.html)) and use the Giving Works/MissionFish link to set up MissionFish and eBay accounts. There is a three to seven percent bidding fee for listing on eBay and the minimum amount designated to a non-profit is \$10.

“It's very exciting for Pathway Homes to partner with such prestigious organizations as Volunteers of America and eBay,” says Vice President of Development and Communications Alyssa Ford Morel. “We're eager to offer donors who want to make a difference in the lives of adults with mental illness these new ways to take action.” ★



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