Good News

Pathways Clubhouse is a certified charter member of the Clubhouse International

March 2018

New Beginnings
Directors’ Report

Executive & Program Director Update

Our 4th annual Taking Care of Business Breakfast is coming up on April 18. Go to www.pathwaysclubhouse.com to register. It is a free event to connect with our business community and thank those individuals and businesses who have supported us in the last year.

The 6th Canadian Clubhouse Conference is being held May 30 to June 1 in Sydney, Nova Scotia. Congratulations to David L., Colin W., and Alison P. who will be attending on behalf of Pathways.

Health & Safety Education – First Aid

This month’s education topic of the month is about First Aid! Here are the answers to some important first aid related questions…

Where are first aid supplies located?

Each unit has its own first aid kit that is clearly labelled with a sign. In the Membership & Business Unit on the 3rd floor, it is in a drawer in between the washroom doors and photocopier. In the Career & Housing Unit, it is on the bookshelf beside the photocopier. In the Food & Fun Unit, it is in the office filing cabinet.

What should you do if you are hurt and need first aid assistance?

You should see any staff person right away. All staff are trained to attend to someone in need of first aid assistance.

What are MSDS sheets and where are they located?

Material Safety Data Sheets (MSDS) are documents that contain information on the potential hazards (health, fire, reactivity and environmental), how to work safely with chemical products, and what to do if you come into contact with them. The only chemical products we have at the Clubhouse are cleaning agents. MSDS sheets can be found in a binder in the janitor’s room on each floor beside the cleaning agents.

A reminder that the Health & Safety board is on the 4th floor, outside Una’s office. Here you can find meeting minutes and other related announcements or education topics.
Food and Fun

We’ve had a lot of staffing changes, but we’re still the same fun and happening unit! Jimmy is our whiz chef and he’s showing Nuria what to do! Kathy Chan will be starting on March 5th. Come and get to know the new faces and help them as they are learning their new jobs. Last month we had some fun so-cials and some flops. Everyone had a good time at the sock-eye’s game and Mary had an especially good time with her chocolate fondue. Too bad the Olympics watching did not go too well but we are working on those kinks, thanks to Kevin Mc! In March look for a classic Karaoke night and a trip to Bob’s Submarine before it closes, not to mention a Tuesday night visit to the Art gallery, and much much more! Fun’s our second name! (Food n’ Fun…get it?)
Saying goodbye is hard, but we had to say goodbye to Nuria. Luckily, she’s just around the corner. That’s right. Nuria is now in the kitchen. We’re sorry to lose her but she seems pretty excited. I guess she loves cooking. And we love her cooking. Win-win situation. And guess what? Theresa is now in the Career and Housing Unit. Theresa, as you know, was in the kitchen. Hmm. Things sure are cooking. It’s win-win all the way. Welcome, Theresa. TWINS RE-UNITE!

Dessert & Discussion notched another successful session. The topic was “Work Ready Skills.” And the dessert was Chocolate Chip Cookie Ice Cream Sandwiches. Wow! You can imagine how quickly those vanished.

The Mandarin Class came to a successful close. Thanks to Nuria, Lorraine, and Michael for being wonderful teachers. Congratulations to David L. for completing his TE site at Richmond Holdings. And congratulations as well to Derin O. who now takes over the Richmond Holdings site.
It’s almost springtime and the Membership and Business unit is a bright and shiny place, thanks to our gigantic windows. There is also ample seating for you when you come and visit us! We are always looking for help with our daily tasks, as well as with special projects, like the upcoming business breakfast.

We do outreach every second Tuesday to the hospital around 1pm and every second Thursday to Bridgehouse around 10am. If you’d like to come with us- let us know! On Tuesday afternoons we have our practicum student Jacqueline from Langara. If you haven’t already, come downstairs and meet her. We also still have nursing students from BCIT here every Thursday. They make their way to each unit and are interested in member’s perspectives.

Watch out (literally) for the newscast “Pathways Scoop”, which will be starting again soon. We always welcome submissions about work, wellness, lifestyle, and mental health recovery for our Good News. And we are looking for creative contributions for our quarterly Lantern, which will be published in March. You can leave your articles in the clear plastic labeled shelf by the big black filing cabinet. If you want to remain anonymous- that’s fine by us, ghost write away.
Workshops

FREE

Brain Health Workshops
Learn about brain health in this workshop series offered in partnership with Vancouver Coastal Health and Aging Well Outreach Service RASS. Registration required.

Meditation Made Easy  Feb 7, 2018 (Wed) 1:30pm to 3:30pm
Combine deep breathing techniques, guided meditation and gentle stretches in this class that works on ways to better manage stress, reduce worries and improve inner peace, health and quality of life.

Coping with Age-related Changes  Mar 7, 2018 (Wed) 1:30pm to 3:30pm
Learn to recognize the signs for mood changes, memory loss and substance misuse that may occur with aging along with some of the proactive steps to take to support mental wellness.

Self-management of Pain  Apr 4, 2018 (Wed) 1:30pm to 3:30pm
Learn techniques to relieve persistent pain and develop a pain management plan.

Introduction to Brain Health  May 2, 2018 (Wed) 1:30pm to 3:30pm
Learn strategies to protect and improve brain health, the mind, body and spirit. Presented by the Alzheimer Society of BC for anyone interested in healthy aging.

Music and The Brain  Jun 6, 2018 (Wed) 1:30pm to 3:30pm
Learn how music can promote relaxation, ease stress, improve memory and increase energy.

TO REGISTER:
By Phone: Registration Call Centre (604)276-4300
In Person: Minoru Place, 7660 Minoru Gate
(604)238-8450

minoru seniors society  Vancouver coastal health  RASS Richmond
Community Services  www.richmond.ca
Business Breakfast

SAVE THE DATE!
Invites you to our 4th Annual
Taking Care of Business Breakfast

Wednesday, April 18, 2018
Executive Airport Plaza
7311 Westminster Highway, Richmond, BC
7:30 am – 8:30 am
Please RSVP by April 9, 2018
info@pathwaysclubhouse.com

- Enjoy a complimentary continental breakfast and find out about the impact of mental illness in the workplace.
- Celebrate the Richmond businesses and individuals that support our employment programs and other services.
Dealing With Loss

I had a loss just at the beginning of the year. My cousin died. She was an alcoholic and she drank so much she had too much ammonia in her blood. She was told by her doctor to stop drinking, but she would buy Near Beer. Eventually she died.

My brother is also an alcoholic and his doctor told him to quit drinking because his arteries are hardening. The thing is he has not stopped drinking yet. I guess you can’t teach an old dog new tricks.

By Steve Badman

My Mental Illness

My mental illness started when I was 17 years old. I was in high school and the people who I thought were my friends weren’t. It took me a long time to come around. I was on a lot of medications at the time. I started smoking at the same time too and haven’t quit yet. That’s the most important time of my life too as well. My mental illness had me have a breakdown for my whole life. The doctors finally have me on the right medications now and I am stabilized.

By Rhonda Powell
**Mandarin Class**

Our Mandarin class was a success! On average we had 12 participants join us each class to learn about Chinese phrases and Chinese culture. Students were satisfied with our teachers’ performance, as they had a lot of fun while learning. As our students were at different levels of mandarin proficiency, some students felt the class was too difficult for beginners, while others hold the opposite opinion. We tried to combine different levels of vocabulary, so everyone could learn something new.

Overall, we met students’ expectations in terms of learning mandarin. According to the students, they appreciated having the opportunity to repeat vocabulary one by one during the classes, so teachers could assist them in the pronunciation. They also enjoyed learning about the Chinese customs and traditions. The majority of the students would recommend Mandarin class!

Most of the students feel that the pace of the class was just right. We met most students’ expectations in terms of learning mandarin. They enjoyed that the mandarin classes were a mix of basic spoken Chinese and cultural traditions. Students suggest to have more classes and spend a longer time on each segment. Also, some students want to learn how to express emotions and how to pronounce teachers’ Chinese names. Participants are enthusiastic to learn more about Chinese language and culture.
My New Beginnings

Since I moved to my new place, Storey’s, I have been more active and independent. I go to Pathways on my days off. I even got a job From Pathways. I feel very invigorated and thankful for these great opportunities.

I am doing much better having more structure in my days. I get two meals per day and also have a worker that helps me manage my medications.

The people are nice and my place is nice and clean. I am very fortunate to have my place.

By Sam Seok
Some Ways to Cheer Up in the Winter

Winter in Vancouver, BC is awesome especially when there is no rain! Today there was no rain and no snow and so I went to the park and I had the whole field all to myself (with no dogs as well!). (I love dogs but I'm dreadfully afraid of them! If I ever got over my fear and I was able to manage a dog and afford one, I would own one but right now I'm dreadfully afraid of them!) so I danced in the park in the middle of the field and I slept on the semi-wet grass and looked at the clouds in the sky. I saw a cloud in the shape of a plane and also a dolphin beside it! And surprisingly the plane was tinier than the dolphin! Then I heard the dogs barking behind me and I got scared and left the park L! But it was relaxing and fun while it lasted!

Another thing you can do if its not raining (and it's not snowing in Winter) in Vancouver/ Richmond BC is sing to yourself whether or not you have a good voice! Who cares what people think when you meet them. In fact, if you have a bad voice, all the better when you pass by people (whether or not they have headphones) croak all the more louder and then laugh at yourself hahaha lol! (That cracks me up!).

When you are bored at home on a Monday or Wednesday evening and Pathways is having an in-house social come in for a $2 dinner and a social!

Other inexpensive or in-door activities could be going for a coffee or tea at Tim Hortons or go to the Richmond Public Library and pick up a book, a good free movie, and other items to enjoy, educate and kill time!

Also you can book a class at a community centre for recreation and fitness and you can enjoy yourself!

Those are some ideas I have, if you want more, google them!

By Melcia D.
NEW BEGINNINGS

This week was my third year anniversary being part of Pathways Clubhouse. I have been part of the Career and Housing Unit for all of these three years. In the last two years, I have also done reception at the Business and Membership Unit. Recently, I have started to assist in the kitchen as well. In the past, I have done a Transitional Employment site, and a fundraising speech for Pathways Clubhouse. Last year, I went to the Clubhouse International World Seminar and did an accreditation visit of a clubhouse in the United States. My goal is to keep being involved as much as possible at Pathways Clubhouse. I want to improve my skills and continue to be involved in a non-profit sector in the mental health field, which Pathways Clubhouse has assisted in me doing. In the past, I have worked in mental health field organizations such as Richmond Mental Health Consumer and Friends Society and the Richmond Centre of Disability. Pathways Clubhouse has given me an opportunity

Next page………………………………………..
...to keep assisting in the mental health in the not-for-profit sector, which I will always be grateful for such an opportunity to contribute to society.

Currently, I am still going to school in the hopes of becoming a lawyer. In the past, I have gone to Simon Fraser University, and presently going to Kwantlen Polytechnic University. I am studying Economics and Criminology in the hopes of transferring into a larger university. Also, I have started working as an invigilator for people with disabilities who are writing exams. My goal in the next couple of years is to go to law school and hopefully become a lawyer.

The last few years, have been challenging, but also other times exciting and rewarding. I have been fortunate to have a strong support circle of family and friends. In March of last year, I lost my grandmother. My grandmother was a strong part of my support circle. This has made me feel fortunate for the friends and family that continue to be part of my support circle. I hope as
NEW BEGINNINGS

…. the years progress that my support circle continues to grow. Hopefully, someday I have a wife and children of my own. However, I have been blessed with so much that I am grateful for each opportunity that has led to the contributing steps of my new beginnings...

Mashood
Tips to Keep your Home Germ Free During Flu and Cold Season

Wash Your Hands
Hand washing is one of the best infection control techniques to avoid getting sick. But you can’t just wash your hands for 2 seconds and expect to get rid of germ particles. You need to spend 30 seconds at least, with soap and warm water, on all areas in between fingers, palms and on the backs of hands, and you have to do some rubbing, the friction helps clean your hands. Try singing Happy Birthday in your head two times over to know you’ve scrubbed long enough.

Clean Commonly Used Surfaces
Flu germs can live for two to eight hours on hard surfaces. That’s why it’s so easy to pick up flu germs without knowing it. Flu germs can live longer than other germs on surfaces, so the most frequently touched surfaces around the house are more likely to have the flu virus. To prevent you from getting sick, it’s important to disinfect high contact surface areas in your home on at least a weekly basis. Use cleaning sprays or disinfectant wipes to wipe down light switches, doorknobs, faucet handles, drawer pulls, and remotes, as well as your shared phones and keyboards.

Clean Your Cleaning Tools
How often you clean doesn't matter if the rag you're using is filthy. Wash washcloths, dishrags and hand towels frequently, and let them dry out between uses. If you use disposable sponges, change them frequently and don't let them sit in water for long periods.
Wash Your Linens
Wash your bed linens at least once a week to get rid of any lingering germs in the bedroom. These germs can build up in blankets and sheets and attack you while you sleep. Wash frequently used blankets and throws from other areas of the house, too. Change hand towels in the bathroom often, or use disposable ones to avoid any risk of transferring germs this way.

Practice Healthy Habits
Don’t forget the power of a healthy lifestyle to fight off sickness. The following tips can go far in keeping your immune system healthy and your family well this flu season.
- Get plenty of sleep.
- Eat well, with lots of vegetables and fruits.
- Drink lots of fluids.
- Exercise regularly.
- Manage your stress.

Housing Facts

The Importance of a Condition Inspection Report
It is in your best interest to do a condition inspection report with your landlord when you move in and when you move out of your place. It is your landlord's responsibility to provide the condition inspection report and to arrange a time to fill it out with you. The inspection report is like a checklist where you and the landlord can write down what kind of condition you think the place is in. Doing an inspection report when you move in and then again when you move out of your place can help you prove that you did not damage it if your landlord tries to say that you did. Ideally, since you are not responsible for reasonable wear and tear, the condition inspection report should be the same when you move in as when you move out.

Penalty for Not Participating
If your landlord fails to follow the rules about condition inspection reports, they lose their right to claim against your deposit for damage to the rental unit. However, if your landlord gave you two opportunities and you failed to participate, then you may lose your right to have your deposit returned. It is important that you and your landlord cooperate and complete the mandatory condition inspection reports together.
Setting a Time To Do Inspection Reports

Unless you and your landlord agree otherwise, you must do the inspection report on the day your tenancy begins and when the place is empty of your belongings. You and the landlord must complete the report together or you must have someone do the inspection for you if you cannot make it. You must let your landlord know beforehand if someone else is doing the inspection for you. The inspection must be done between the hours of 8 a.m. and 9 p.m. Keep in mind that if you are concerned about missing anything when you move into a place, you should probably do the inspection during daylight hours when it is easier to notice damage.

Required Information

The law requires that certain standard information be included on a condition inspection report. Generally your landlord should be using a Condition Inspection Report form from the Residential Tenancy Branch which contains all of the information required by law. However, some landlords make up their own forms and this is allowed as long as your landlord's form contains all the information required by law. Remember that you have the right to put on the report that you don't agree with all the statements in it! Don't sign the condition inspection form until you indicate on the report if you disagree with any of your landlord's statements on the report.

Getting Your Copy of the Report

The law requires that your landlord give you a copy of the condition inspection report immediately, or if that is not possible, then within seven days of your move-in inspection or within 15 days of your move-out inspection. You should insist on having a copy of the report as soon as it is completed. The report will be used as evidence if you have to go to dispute resolution so it is best to get a copy of it right away. The easiest way to do this is to bring to 2 copies of the inspection report to the initial meeting with you and your landlord filling out 2 copies with the same information on both. You keep one report and the landlord keeps the other.

Take A Witness

It is a good idea to have a friend or family member with you when you do the move-in and move-out inspection reports with your landlord. This person may notice things that you miss and may also help you feel less nervous if you are not comfortable around the landlord.
We will miss you Lindsay!

See you later, not good-bye
Best of luck Lindsay

Photo: Four people stand together, smiling in front of a cake.
The Grouse Grind

Are you up to it?
Never done it before? Don’t think you’re fit enough?
There’s lots of time to train.
We’ll climb stairs. We’ll do short hikes to build up strength.
Come for the fun. Come for the wellness.
Join the hiking club. Walk your way to fitness.
See Colin or Karim for details.
What is the best job you have ever had?
Working in Tofino for “Island Packers” after graduation.

What is the worst job you have ever had?
At a metal warehouse, because I didn’t get along with anyone and 800 lbs. of metal fell on me.

What would be your dream job?
Some type of job with animals; saving and rehabilitating them.

What do you like best about working at your TE site?
It’s simple and straightforward.

What qualities make you a good employee?
I’m reliable and hardworking and always get the job done.

What do you do during a typical shift at work?
Mop and vacuum mostly, but the tasks change day to day.

Would you recommend your TE site to others? Why?
Yeah, it’s easy and helps reduce stress knowing that you have a good reliable job.

Work/life balance is important. What are some things that you do to take care of yourself?
I try to be stress free now. If I don’t get something done, it’s not the end of the world. I try to be friendly with people.

How would your co-workers describe you?
Reliable, hardworking, and fun to work with!
### LAST MONTH’S EMPLOYMENT

<table>
<thead>
<tr>
<th></th>
<th>TE Statistics</th>
<th>SE Statistics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Members Working</td>
<td>20</td>
<td>15</td>
</tr>
<tr>
<td>Hours Worked</td>
<td>671</td>
<td>977.50</td>
</tr>
<tr>
<td>Wages Earned</td>
<td>$7,722.90</td>
<td>$11,370.48</td>
</tr>
</tbody>
</table>

### TEP Placements March 2018

**TE Site:** Alexandra Court  
**Janitorial**  
**Hours:** M/W/F 9:30-11:30am  
**Wage:** $11.35/hr  
**Start Date:** Nov 2017  
**Member:** Ray K.

**TE Site:** Stacey Green Catering  
**Hours:** M-F 11:30-2pm  
**Wage:** $11.35/hr  
**Start Date:** Sept 2017  
**Member:** Michael H.

**TE Site:** Blundell Seafoods  
**Hours:** M-Th /11:30-3:30pm  
**Wage:** $11.35/hr  
**Start Date:** Oct 2016  
**Member:** Dennis

**TE Site:** City Hall  
**Hours:** T, Th / 9:00-1:00pm  
**Wage:** $11.35/hr  
**Start Date:** Jan 2018  
**Member:** Andy B.
### TEP Placements Continued

<table>
<thead>
<tr>
<th>TE Site:</th>
<th>Hours:</th>
<th>Wage:</th>
<th>Start Date:</th>
<th>Members:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Heatherbrae Office</strong></td>
<td>M/W/F 6:30-8:30am</td>
<td>$11.35/hr</td>
<td>Sep/July 2017</td>
<td>Karim &amp; Terry</td>
</tr>
<tr>
<td><strong>Heatherbrae Shop</strong></td>
<td>T/F 1:30-4:30pm</td>
<td>$11.35/hr</td>
<td>June 2017</td>
<td>Blair B.</td>
</tr>
<tr>
<td><strong>Richmond Chinese Community Society</strong></td>
<td>M/T/W/F 6:30-8:30am</td>
<td>$300/month</td>
<td>Jan 2017</td>
<td>Steve B.</td>
</tr>
<tr>
<td><strong>City Centre</strong></td>
<td>Tues/Thurs 9:00am-12 noon</td>
<td>$11.35/hr</td>
<td>July 2017</td>
<td>Caitlin</td>
</tr>
<tr>
<td><strong>Foodbank Kitchen Cleaning Janitor</strong></td>
<td>M/W/TH/F 1:30-3pm</td>
<td>$11.35/hr</td>
<td>Jan 2018</td>
<td>Lucille &amp; Jason</td>
</tr>
<tr>
<td><strong>Richmond Holdings</strong></td>
<td>M/W/TH/F 1:00-3:00pm</td>
<td>$11.35/hr</td>
<td>Feb 2018</td>
<td>Derin O.</td>
</tr>
<tr>
<td><strong>Mothers Choice Products</strong></td>
<td>Fri 10:00–12:50pm</td>
<td>$11.00/hr</td>
<td>Nov 2017</td>
<td>Ray K.</td>
</tr>
<tr>
<td><strong>Minoru Senior Centre</strong></td>
<td>M-F / 11:30–3:30pm</td>
<td>$11.35/hr</td>
<td>March 2017/Dec 2017</td>
<td>Dean Z. and Matt A.</td>
</tr>
<tr>
<td><strong>Art Centre</strong></td>
<td>M-F / 11:30-3:30pm</td>
<td>$1135/hr</td>
<td>Oct 2017</td>
<td>Vince</td>
</tr>
</tbody>
</table>
# Supported/Independent Employment

<table>
<thead>
<tr>
<th>Name</th>
<th>Site</th>
<th>Name</th>
<th>Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chantelle Hyde</td>
<td>Support Worker</td>
<td>Karen Person</td>
<td>Food Services</td>
</tr>
<tr>
<td>Matthew Abe Doaud</td>
<td>Baggage Handler - Airport</td>
<td>Ho Mei Cha</td>
<td>3H Craftworks</td>
</tr>
<tr>
<td>Bruce A.</td>
<td>Greeter</td>
<td>Chris Noble</td>
<td>Peer Support Worker</td>
</tr>
<tr>
<td>Jose Campillo</td>
<td>Peer Support RCFC&amp; Recreational Leader</td>
<td>Karen Whittaker</td>
<td>Preschool Assistant</td>
</tr>
<tr>
<td>Debbie Christian</td>
<td>Dishwasher</td>
<td>Darren Hayashi</td>
<td>Health Care Aide</td>
</tr>
<tr>
<td>Richard Hooper</td>
<td>Janitor</td>
<td>Maria Petruic</td>
<td>Food Services</td>
</tr>
<tr>
<td>Gina Haines</td>
<td>Peer Support Worker</td>
<td>Carmen Schneebli</td>
<td>Demonstrator</td>
</tr>
<tr>
<td>Peter Hunsche</td>
<td>Lot Maintenance &amp; Landscaping</td>
<td>Jeannette Vo</td>
<td>Office Assistant</td>
</tr>
<tr>
<td>Lisa Kline</td>
<td>Reception</td>
<td>Tiffany Ellison</td>
<td>Childcare Giver</td>
</tr>
<tr>
<td>Paul Christensen</td>
<td>Fork Lift Operator</td>
<td>Derek Young</td>
<td>Front Desk Attendant</td>
</tr>
<tr>
<td>Kevin Kwan</td>
<td>Cafeteria Worker</td>
<td>Mike Vanderhijde</td>
<td>Temp worker</td>
</tr>
<tr>
<td>Glenn Cunningham</td>
<td>Peer Support Worker</td>
<td>Trevor Drake</td>
<td>Labourer</td>
</tr>
<tr>
<td>Jamie Cornish</td>
<td>Cook</td>
<td>Julie Page</td>
<td>Office Assistant</td>
</tr>
<tr>
<td>Nina Lacambrna</td>
<td>Cafeteria Worker</td>
<td>Glenn Zunicki</td>
<td>Labourer</td>
</tr>
<tr>
<td>Nelson Bardon</td>
<td>Labourer</td>
<td>Wendy Willis</td>
<td>Labourer</td>
</tr>
<tr>
<td>Vincent Kui</td>
<td>Produce Worker</td>
<td>Scott Woodburn</td>
<td>Labourer</td>
</tr>
<tr>
<td>Jennifer W</td>
<td>Busser</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CJ Ellison</td>
<td>Dog Walker</td>
<td>Jane Norman</td>
<td>Cafeteria Worker</td>
</tr>
<tr>
<td>Mary C.</td>
<td>Receptionist</td>
<td>Bonnie R</td>
<td>Cleaner</td>
</tr>
</tbody>
</table>
A Guaranteed Right

To a place to come

To meaningful work

To meaningful relationships

To a place to return

The Good News requests your articles about the Clubhouse, your personal story, what is happening in the mental health community, employment and education. Submit your articles to the Membership & Business Unit.

Thanks to everyone who helped get the Good News out.