

Pathways Patterns

November 2023 Edition

Note from Admin Staff

This month flew by! Can you believe there is one month left in the year?!

Note from Advocacy Council

Thankyou for voting for us! We can't wait to make you proud!

This newsletter is put together by the program participants of Pathways to Opportunity.

For more information on Pathways to Opportunity please call 239-823-1625 or visit <https://goodwillswfl.org/pathways-programs>



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*Happy
Birthday*

Cody

Emily

Hope

Lindsey

Sabrina



Chrissy

Alex

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Gardening Club



Some photos of our garden so far including our little froggy friend.

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Some photos
from our garden.
We already have
tomatoes!!

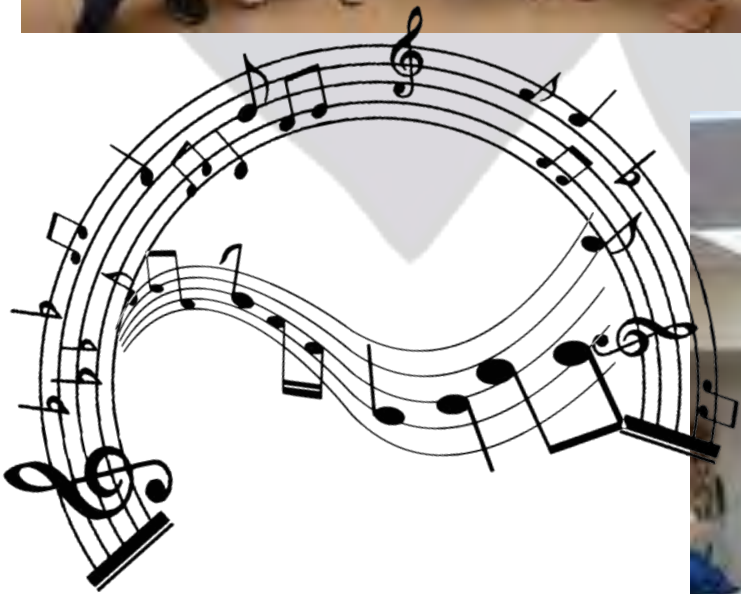


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Our Voices Ensemble performed at Hatton Rogers for their Thanksgiving feast.



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Community Events class went to Shy Wolf Sanctuary and got to pet their wolves and see all their other animals.



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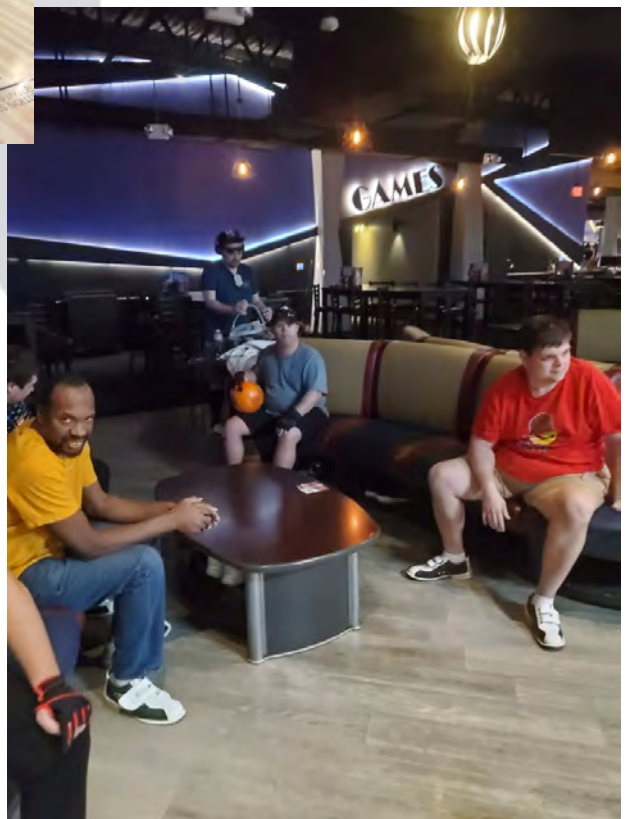
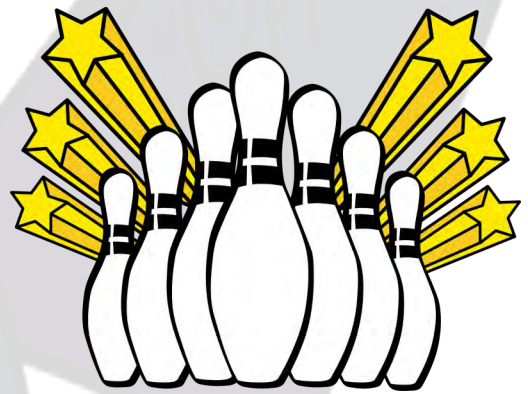
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Bowling Club: PTO Participants got to practice their skills during Bowling club this month at Headpinz!



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Pathways Rec:



Pathways Rec worked out on the new equipment donated by the Tommy Bohanon Foundation.

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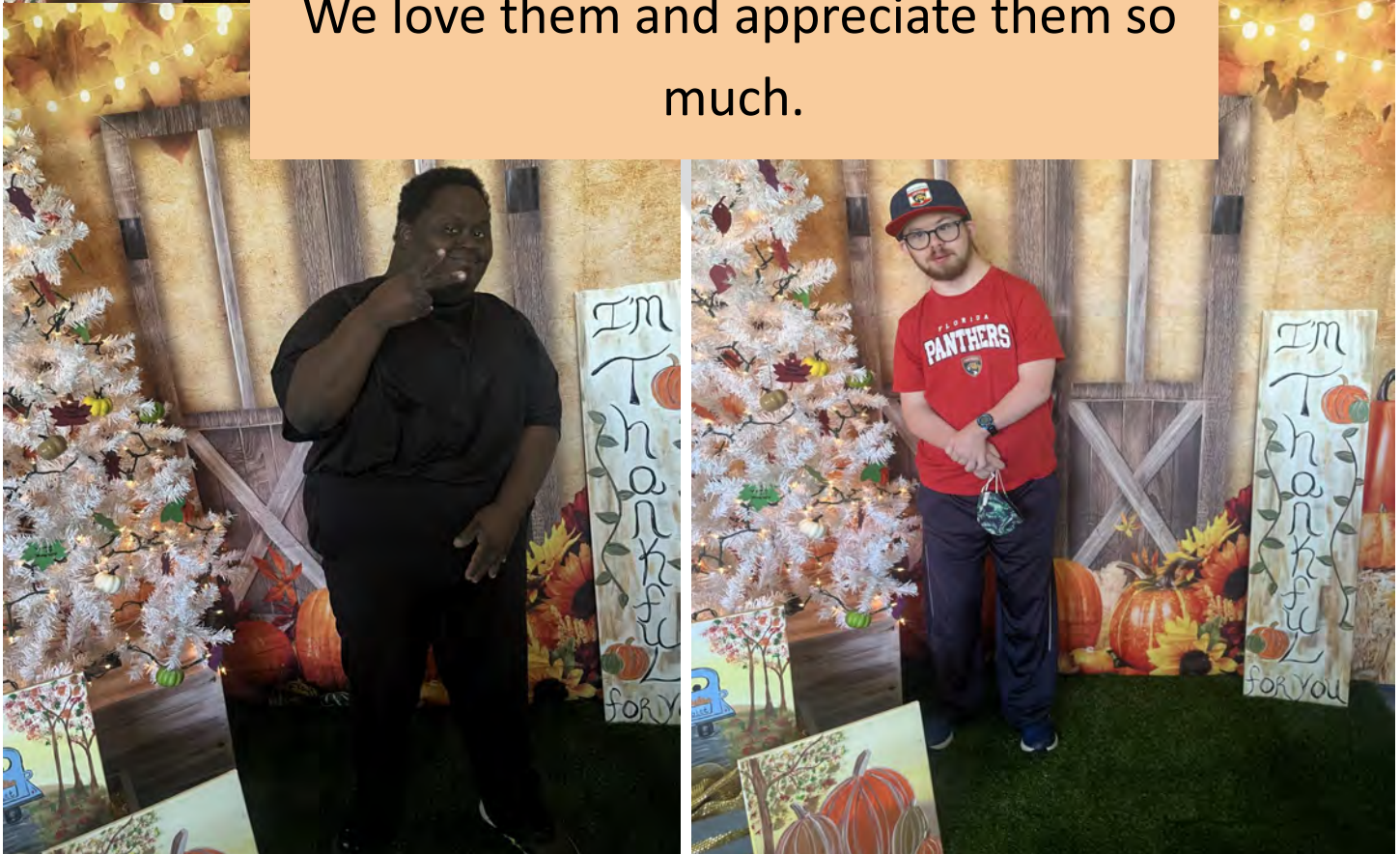


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What we are thankful for this year here at PTO are all of our friends! We love them and appreciate them so much.



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Yoga



Every other week, Tara, a yoga instructor comes in and teaches us different stretches and breathing to help us relax and relieve stress.

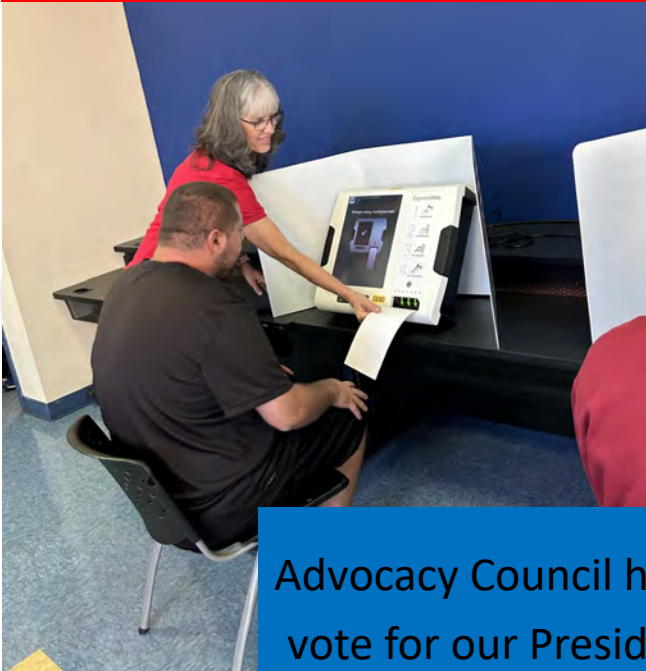
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Advocacy Council



Advocacy Council held an election day for everyone to vote for our President, Vice President, Secretary, and Treasurer



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Advocacy Council
and Current Events
collaborated and
painted water
barrels for our
garden.



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Look at the POP art , Art medium did! Learning about Andy Warhol was so much fun!



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The 1:5 made some pizza for their cooking class



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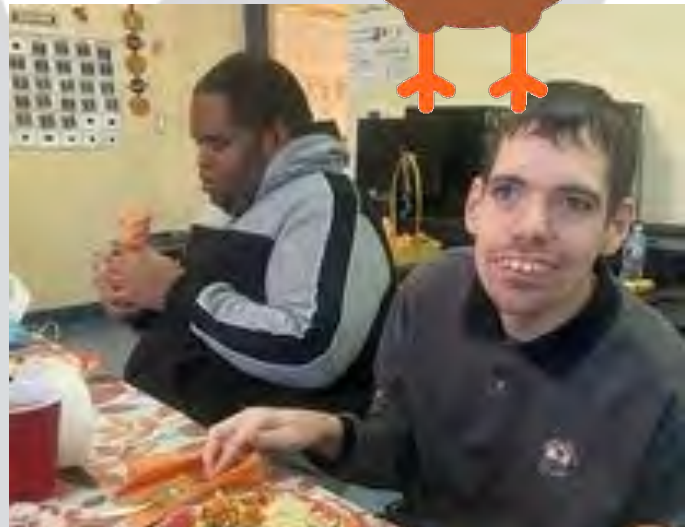
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Happy
Thanksgiving



Happy Thanksgiving from PTO!



1:5 had a
Thanksgiving
Luncheon



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For Mickey Mouse's birthday we had cupcakes and everyone wore their Mickey shirts. Some of us even dressed up!



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Pet Therapy



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Twice a month PTO is graciously visited by Pet Therapy! We love our time with them. It is our happy moments, especially when life gets a little hard. Thank you for making our days that much brighter!



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Thank you John Michaels Jewelry for our amazing new wreath! We will be proudly displaying it in our hallway!



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Thank you Lee County Elections for coming in and helping us run our Advocacy Council Elections. We enjoyed learning about the voting process.

Ladies and gentlemen here is our Advocacy Council for Fall Quarter 2023! Congratulations to the winners!



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Thank you Edison and Ford Winter Estates for hosting Pathways to Opportunity! We had a blast learning about the history of Fort Myers. Some of us haven't been here in years!



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Thank you to our friends at the Garden Shoppe for helping us pick out new additions for our garden!



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As many of you know, here at PTO we have been putting hard work in our Rays to Grow Garden. Look at the delish Pesto that was made with Basil from our garden. Way to go Green Thumbs! It was DELISH!



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Ingredients

1 (15 ounce) can pumpkin

1 (14 ounce) can EAGLE BRAND(R) Sweetened Condensed Milk

2 large eggs

1 teaspoon ground cinnamon

1/2 teaspoon ground ginger

1/2 teaspoon ground nutmeg

1/2 teaspoon salt

1 (9 inch) unbaked pie crust

Directions

Preheat oven to 425 degrees F. Whisk pumpkin, sweetened condensed milk, eggs, spices and salt in medium bowl until smooth. Pour into crust. Bake 15 minutes.

Reduce oven temperature to 350 degrees F and continue baking 35 to 40 minutes or until knife inserted 1 inch from crust comes out clean. Cool

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THANKSGIVING AROUND THE WORLD

8 PERSON MINIMUM

[INDIA]

TANDOORI TURKEY DINNER
served with dry fruit basmati rice pilaf, curried vegetables, gravy and cucumber mint raita

NAAN BREAD

CHICKEN TIKKA MASALA
served with basmati rice

CURRIED CHICKPEAS, ROASTED CAULIFLOWER AND POTATOES
served with basmati rice

MINI VEGETABLE SAMOSAS
served with a cilantro dipping sauce

VEGETABLE PAKORAS
served with a tangy tamarind chutney

[MEXICO]

CHICKEN FAJITAS
served with spanish rice

BEEF EMPANADAS

[ASIA]

KOREAN BEEF
served with vegetable lo mein

[AFRICA]

MOROCCAN ROTISSERIE CHICKEN
served with apricot cous cous

[CARRIBEAN]

SEAFOOD JAMBALAYA
served with creole rice

[CONTINENTAL]

EGGPLANT ROULADE WITH TOMATO COULIS

VEAL MARSALA
served with lyonnaise potatoes

PETIT FOURS-MINI FRENCH PASTRIES

[AMERICA]

ROASTED TURKEY DINNER
with traditional fixings

ASSORTED PIES

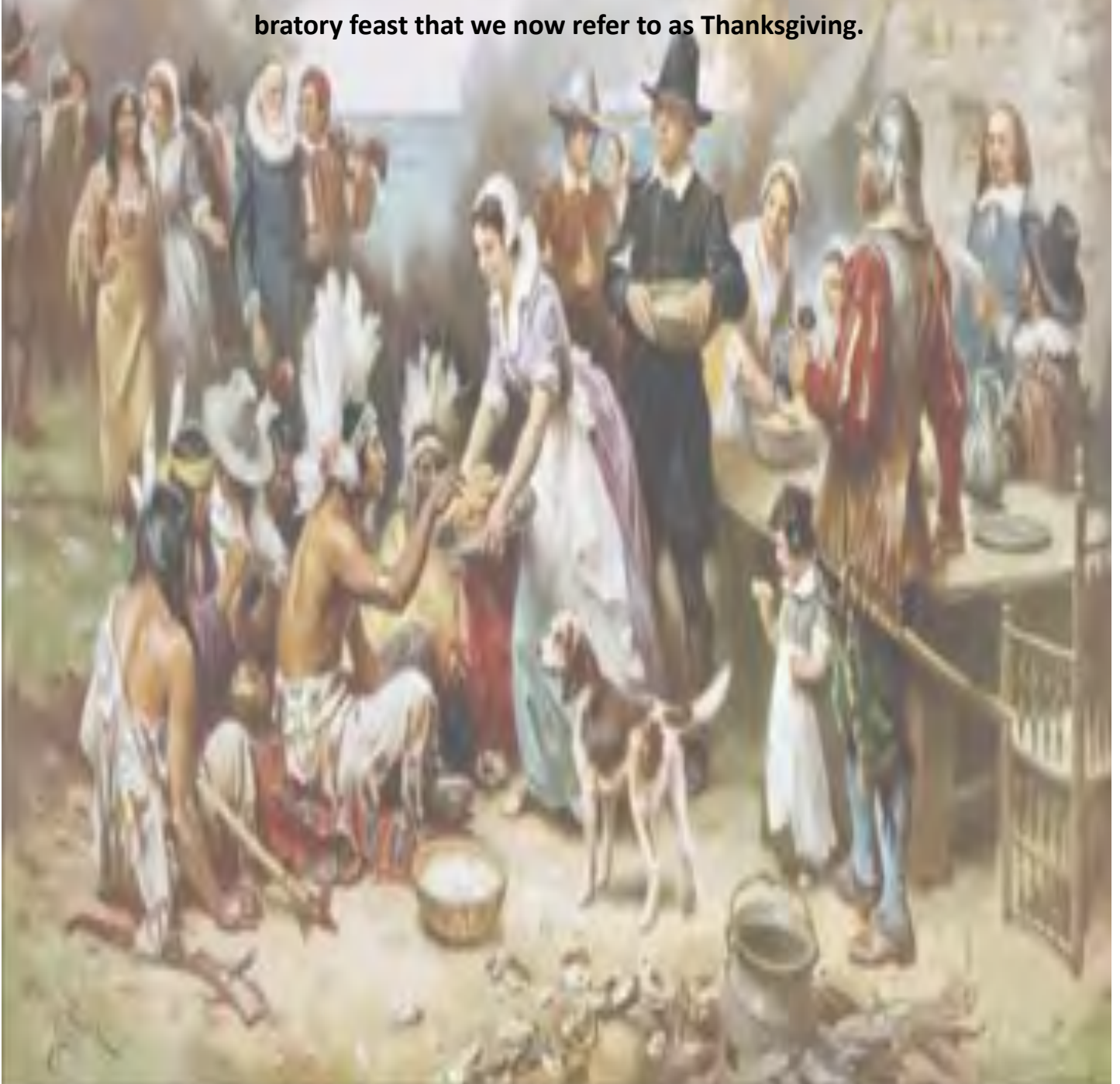
MINI CUPCAKES

CALL A CATERING SPECIALIST AT (888) 563-8334 OR ORDER ONLINE!
WWW.SEBASTIANS.COM/CATERING

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The story of the first Thanksgiving began when a group of English settlers colonized at Plymouth Rock. There, they befriended a group Native Americans who taught them how to grow corn and catch fish. A formal agreement was made between the Pilgrims and the native people to protect and help each other in times of need. In November 1621, after their first successful, fall harvest the Pilgrims invited their Native American allies to a celebratory feast that we now refer to as Thanksgiving.



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NOVEMBER IS National
DIABETES
Awareness Month
FINDING THE
CURE
STARTS WITH
AWARENESS



GROWING EPIDEMIC

Diabetes affects
over 30 million
children and adults
in the U.S.



That's
1 in 11
Americans.



84 million Americans
have prediabetes and are at risk
for developing type 2 diabetes.

90% of them don't know
they have it.



Every **21 seconds**
someone in the
U.S. is diagnosed
with diabetes.

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NOVEMBER NATIONAL ALZHEIMER'S AWARENESS MONTH

ALZHEIMER'S DISEASE IS THE
6TH LEADING CAUSE
OF DEATH IN THE UNITED STATES

In 2017, Alzheimer's and other
dementias will cost the nation
\$259 billion
By 2050, these costs could
rise as high as
\$1.1 TRILLION



**MORE THAN
5 MILLION
AMERICANS ARE
LIVING WITH
ALZHEIMER'S
BY 2050, THIS
NUMBER COULD
RISE AS HIGH AS
16 MILLION**

EVERY



**66
SECONDS**

someone in the
United States
develops the disease

35% of caregivers for people with
Alzheimer's or another dementia
report that their health has gotten worse
due to care responsibilities, compared to
19% of caregivers for older people
without dementia



1 IN 3
seniors dies
with Alzheimer's or
another dementia



Since 2000, deaths
from heart disease have
decreased by 14%
while deaths from
Alzheimer's disease have
increased by 89%

**MORE
THAN**

15 MILLION AMERICANS
provide unpaid care for people with
Alzheimer's or other dementias

**IN
2016**

these caregivers provided
an estimated
18.2 BILLION HOURS
of care valued at over
\$230 BILLION

**IT KILLS
MORE THAN**
breast cancer
and prostate cancer
COMBINED



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**Pathways to
Opportunity**



2024

Program Calendar

Pathways to Opportunity (PTO) will be closed for the following holidays and in-service training days. PTO may add additional closure days for in-service training. Participants, caregivers, and guardians will be notified as much time in advance as possible.

*Winter
Quarter*



January

New Year's Day (1/1/24)

In-Service Day (1/2/24)

In-Service Day (1/15/24)

February

None

March

In-Service Day (3/8/24)

*Spring
Quarter*



April

None

May

Memorial Day (5/27/24)

June

In-Service Day (6/19/24)



*Summer
Quarter*

July

Independence Day (7/4/24)

August

None

September

Labor Day (9/2/24)

In-Service Day (9/13/24)



*Autumn
Quarter*

October

In-Service Day (10/16/24)

November

Thanksgiving (11/21/24)

In-Service Day (11/22/24)

December

In-Service Day (12/24/24)

Christmas (12/25/24)

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SUPPLY DRIVE

ALL DONATIONS
BENEFIT:



**Pathways to
Opportunity**



Pathways to Opportunity (PTO) is an adult day training program that offers group classes based on participant needs and interests. These classes are taught by trained professionals in conjunction with community members. The classes are held across the community, at the Goodwill Opportunity Center, and virtually.

**WE ARE IN
DESPERATE
NEED OF:**

acrylic paint
bulletin board supplies
calculators
canvases
colored pencils
computer paper
construction paper
crayons
dry erase markers
folders
glue
glue sticks
lined paper
markers
paint brushes
paper plates
pencil sharpeners
pencils
pens
plastic silverware
poster board
scissors
tissue (kleenex)
water color paper

Jessica Tursi

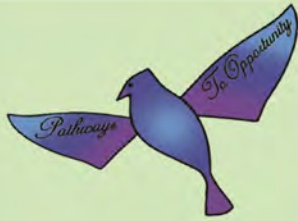
Director of Disability Services

(239) 995-2106 [ext 2301]

jessicaavalos@goodwillswfl.org

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Pathways to Opportunity



Fairways to Opportunity

Come Brunch and Golf with Pathways to Opportunity
at the Second Annual
Pathways to Opportunity Top Golf Fundraiser!

February 18, 2024
9 am - 12 pm

**\$550 for a Bay accommodating
6 players or \$150 per person**

Cost includes golfing for three hours at Fort Myers
Top Golf facility, two beverage tickets, Brunch buffet,
and a morning of fun while supporting a great cause!

Register at:

www.eventcreate.com/e/fairways

or scan the qr code

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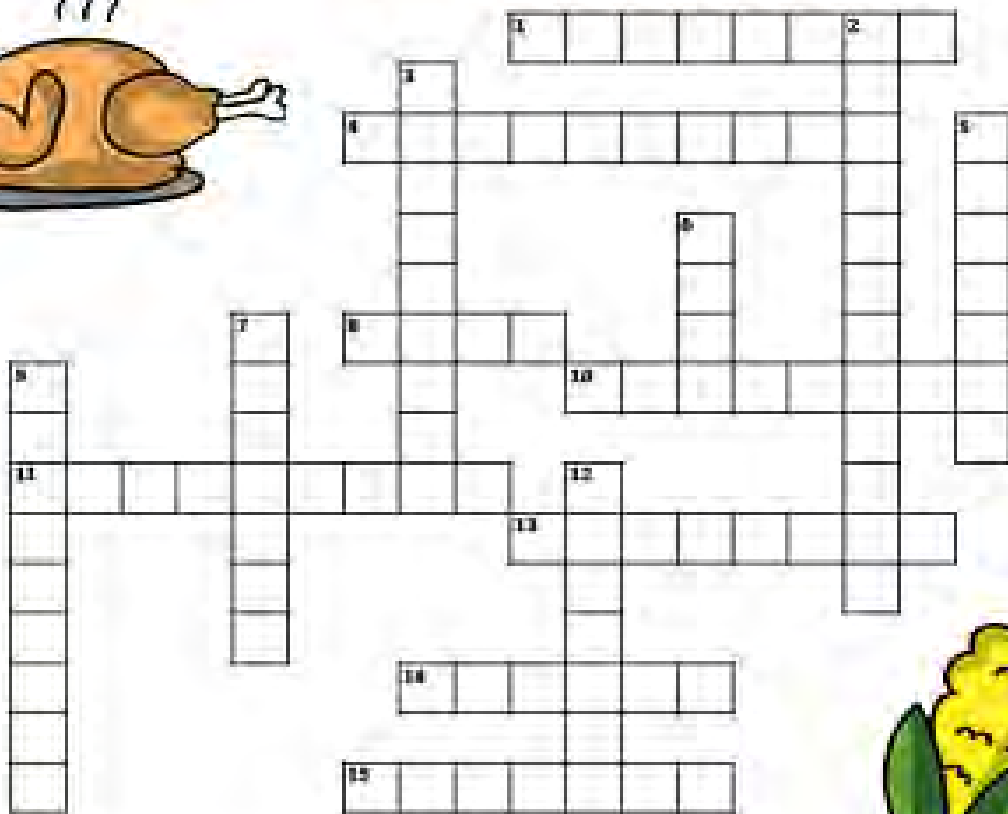


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Name: _____ Date: _____

THANKSGIVING Crossword



ACROSS

1. First village established by the Pilgrims
4. Symbol of abundance and nourishment
8. An essential grain in the New World diet
10. Literally, travelers going to a holy place
11. The Pilgrims' boat
13. 16th and 17th century English Protestants
14. The traditional holiday bird
15. American Indian who taught the Pilgrims many things

DOWN

2. 4th Thursday of November
3. A traditional American Indian dwelling
5. Gathering of crops
6. Season for harvesting
7. Country the Pilgrims left behind
9. Indigenous people who were present at the first Thanksgiving
12. Bright orange squash used to make pie