

Newsletter for  
August 2022

# Pathways Patterns



From: the Pathways Journalism Team

## Summer Continues...

With the month of July coming to an end August has begun and while the summer heat continues so does the summer fun. Now that its August its still important to wear sunscreen while outside and to make sure to stay safe inside while it is raining. We recently held our Advocacy council



**This newsletter was created entirely by the Goodwill Pathways to Opportunity Journalism team whose goal is to gain independence, experience new opportunities, and develop new interests.**



AUGUST IS  
**PSORIASIS**  
Awareness Month!

Here's what you need to know about  
this common skin disease.

new*life*outlook



# SYMPTOMS

Psoriasis is an autoimmune disease that occurs when surface skin cells build up very quickly. It's chronic, and symptoms alternate between flaring up and remission.

## Common symptoms include:

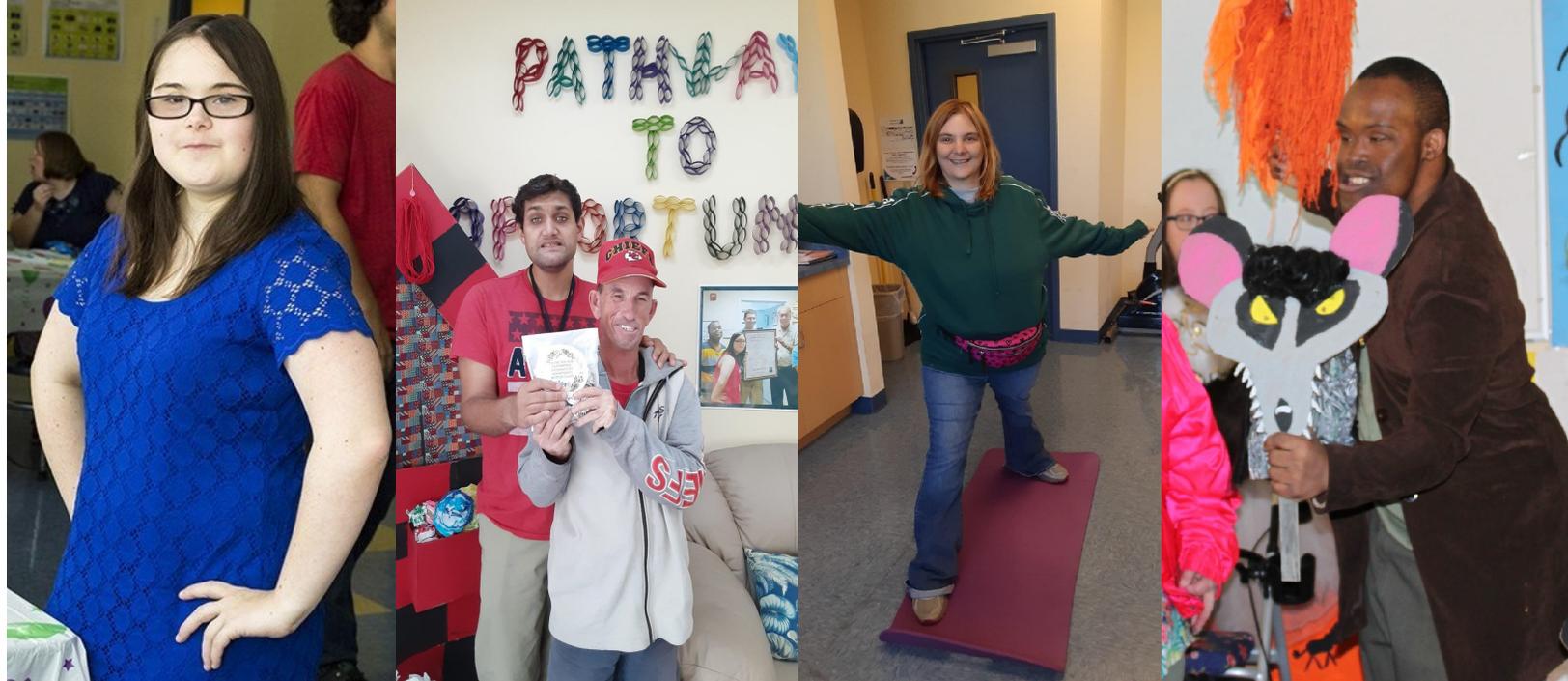
- ★ Red, scaly patches of skin
- ★ Dry, cracked, and bleeding skin
- ★ Itching and burning
- ★ Pitted, ridged, or thick nails





Thank you Pet Therapy for all the smiles and joy you all bring every visit! Ellen, Bobbie, Sue, and Celia will forever be part of the PTO family!

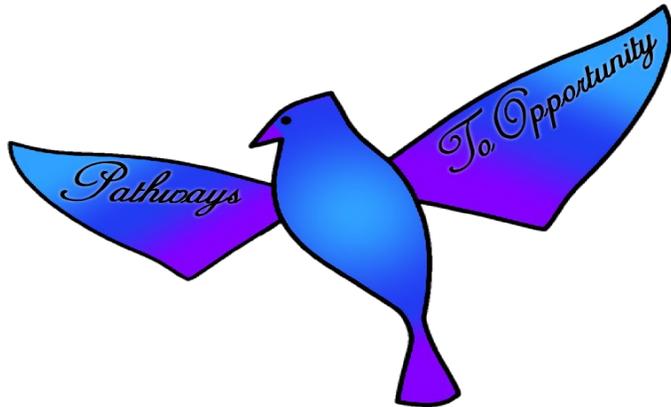




# Life Skills Summer Series

## Adult Two Week Interactive Camp

Monday—Friday from 9:00am to 3:00pm



### Life Skills Reviewed:

- Money Skills (Safety and Handling)
- Communication & Boundaries
- Community Safety
- Drama Club
- Computer Skills (Basics/Coding)
- Daily Living Skills
- Employment Exploration
- Cooking

At the end of the two weeks, participants will receive a report outlining their strengths, employment exploration assessment and progress. As well as new relationships to last a lifetime.

### Who Could Benefit From This:

- Individuals 18+
- Considering Deferment
- Considering Adult Day Training programs
- Someone wanting a new experience during summer break

### Cost:

- \$300 flat fee per 10 day session.
- Entry fee for outings included.
- Lunch is not included (bring from home)
- July Session: 07/11/22—07/22/22

Contact Jessica Tursi for more information:

jessicaavalos@goodwillswfl.org or 239-995-2106 ext. 2301

Some pictures from this past summer camp!





Our friends at Texas Roadhouse have outdone themselves this time! We had the best field trip learning the different work stations and then we were served amazing cheeseburgers and fries. Later, in the same week, we had a very successful fundraiser that will help us to continue to make Pathways amazing! We are forever grateful for the partnership and friendship we have made! An extra shout out to Alex and Miranda for making everything perfect!



# Pressure-Cooker Melt-in-Your-Mouth Chuck Roast

## Ingredients

- 1 can (14-1/2 ounces) Italian stewed tomatoes, undrained
- 1/2 cup beef broth
- 1/2 cup ketchup
- 3 tablespoons brown sugar
- 2 tablespoons Worcestershire sauce
- 4 teaspoons prepared mustard
- 3 garlic cloves, minced
- 1 tablespoon soy sauce
- 2 teaspoons pepper
- 1/4 teaspoon crushed red pepper flakes
- 1 large onion, halved and sliced
- 1 medium green pepper, halved and sliced
- 1 celery rib, chopped
- 1 boneless beef chuck roast (2 to 3 pounds)
- 3 tablespoons cornstarch
- 1/4 cup cold water



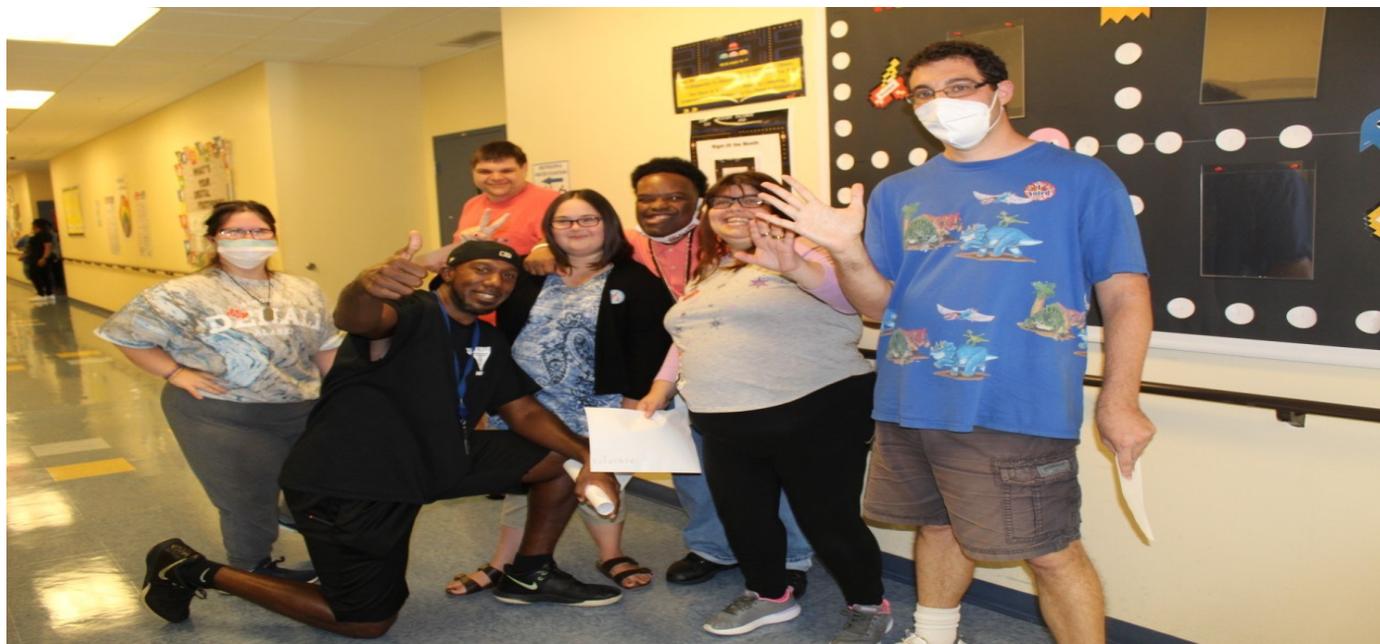
## Directions

1. In a bowl, mix first 10 ingredients. Place onion, green pepper and celery in a 6-qt. electric pressure cooker; place roast over top. Pour tomato mixture over roast. Lock lid; adjust to pressure-cook on high for 35 minutes. Allow pressure to naturally release for 10 minutes, then quick-release any remaining pressure.
2. Remove roast and strain cooking juices, reserving vegetables; keep roast and vegetables warm. Skim fat from juices. Return juices to the pressure cooker. Select sauté setting and adjust for low heat; bring juices to a boil. In a small bowl, mix cornstarch and water until smooth; stir into cooking juices. Cook and stir until sauce is thickened, 1-2 minutes.
3. Serve roast and vegetables with gravy.

## Advocacy Council Elections

In July, we held our Advocacy council election. Each participant got a chance to vote for who they wanted to become some specific roles in our PTO Advocacy council. Everyone got to put a vote in for electing a President, Vice President, Treasurer, and Secretary.

### PTO's Candidates



- ◆ Grant is President
- ◆ Dion is Vice President
- ◆ Stephanie is Treasurer
- ◆ Alexis is Secretary

## Advocacy Council Roles

The members of our Advocacy council play an important role in the community of the program. They help decide event planning and what we can do to make our program the best it can be. They all help by giving their opinions on things and giving a different perspective and brainstorming ideas.



The advocacy council gives participants a chance to get their ideas out there and to really make a difference and gives them an opportunity to vote in an election setting with voting booths and receiving “I Voted!” stickers.

That concludes our newsletter for the month of August we hope everyone has a fantastic month and hopefully you stayed enjoyed your summer despite the weather.



**Thanks For Reading!**

Thank you for taking the time to check out our newsletter this month, we will be back again next month to tell you all about the news over here at Pathways! And a special thanks to the Advocacy council for making the election possible and thank you to the journalism team for making this newsletter possible.