

Holiday Wish List 2009 FOR PATHWAY HOMES

1. HOSPITAL-STYLE BEDS (\$1,000 EST.)
2. REPLACEMENT FLOORING (\$800 PER ROOM)
3. TWO HEAVY-DUTY SHREDDERS (\$550 EACH)
4. WINDOWS AND DOORS (\$350 TO \$1,675)
5. BEDS (\$300)
6. ONE WEEK OF FOOD FOR AN EIGHT-PERSON HOME (\$250)
7. CURTAINS AND BLINDS (\$100 EACH)
8. SMALL APPLIANCES (\$20 TO \$75)
9. HOUSEHOLD FIXTURES (\$15 TO \$200)
10. TRAINING RESOURCES (\$15 TO \$60)
11. RECREATIONAL FUNDS (\$10 TO \$20)
12. LINENS (\$5 TO \$25)

Yes, I want to help make wishes come true for adults with mental illness in Northern Virginia.

Enclosed is my gift of \$ _____

(Please make checks payable to Pathway Homes. Credit card information may be filled out below or you may make a secure online donation at the Pathway Homes website: pathwayhomes.org)

Or,...

I would like to give one of the items on the list. Please contact me to coordinate delivery.

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____

E-MAIL: _____

MASTERCARD, VISA, DISCOVER CARD

NUMBER: _____ EXP.: _____

SIGNATURE: _____

(Please cut and return this card with your gift.)

About Pathway Homes...

In Northern Virginia, Pathway Homes, Inc. helps adults with mental illness (including schizophrenia, bi-polar disorder, and depression) realize their maximum possible quality of life.

Pathways does this by integrating those it serves into the community in non-time-limited supportive and therapeutic housing programs. Residents receive recovery-based support services which protect privacy, promote dignity, and foster each individual's control over his or her own life.

A private, non-profit charitable agency currently serving more than 350 adults, Pathway Homes enjoys a strong reputation. The agency collaborates with a variety of community partners to create a network of services to best meet residents' needs. Pathways' caring staff of counselors and case managers is highly trained.

Pathways' programs span the continuum of care, offering resident-specific support levels, from highly supported to highly independent.

The agency is supported by private donations, and receives federal, state and local funds as a contract agency of the Community Services Boards of Fairfax-Falls Church and Arlington County. Pathways' programs are licensed by the Commonwealth of Virginia, and accredited by the Commission on Accreditation of Rehabilitation Facilities.

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A list of twelve gifts to fulfill wishes for adults with mental illness in Northern Virginia, for the holidays, and all year long.



PATHWAY HOMES, INC.
Supportive Residential Mental Health Services

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Holiday Wish List 2009

FOR PATHWAY HOMES

1. HOSPITAL-STYLE BEDS (\$1,000 EST.)

Among the more than 350 adults with mental illness served by Pathway Homes, there are a few for whom a regular bed just won't do. Because of varying physical challenges, Pathways needs to purchase three hospital-style beds in the next few months.

2. REPLACEMENT FLOORING (\$800 PER ROOM)

Pathway Homes opened its first two homes in 1982 for adults with mental illness, and hasn't stopped growing since. Expansion is important – there's still a tremendous waiting list – but keeping the ever aging homes in good repair is a daily challenge. When installing new carpet or linoleum, we seek a balance between sturdy materials that can be cleaned and repaired, and a homey, non-institutional look.

3. HEAVY-DUTY SHREDDERS (\$550 EACH)

One of the least favorite but most important aspects of the clinical work at Pathways is good documentation. Because so much of that documentation is confidential, old information cannot be simply thrown out. It must be appropriately shredded. The volume of

shredding at Pathways can overwhelm regular shredders. Two heavy-duty versions are currently needed.

4. WINDOWS, DOORS AND SCREENS (\$350 TO \$1,675)

When you step through the doorway of one of Pathways' houses, you'll meet the terrific residents who call that building "home." Unfortunately, the door you stepped through or the windows you look out may have seen better days. New, insulated windows keep the cold winter winds out, and open easily for fresh air in temperate months.

5. BEDS (\$300)

The most welcoming, essential item after a hard day is your own bed. A clean, comfortable bed is essential for mental and physical well-being. Because of expansion and wear, Pathways needs approximately 25 new beds each year.

6. ONE WEEK OF FOOD FOR AN EIGHT-PERSON HOME (\$250)

The tough economy is squeezing every budget, but one of the most essential purchases is food. Even though Pathways' three eight-person homes use food banks, providing healthy, easy-to-prepare food for eight people is a challenge. Your gift can stretch this tight budget.

7. CURTAINS AND BLINDS (\$100 EACH)

If you watch any of the home improvement shows on TV, you know that window treatments can add softness, warmth and a homey touch to any room. During the coming year we estimate at least a dozen sets of replacement curtains or blinds will be needed for residents' homes.

8. SMALL APPLIANCES (\$20 TO \$75)

It's amazing how we come to depend on our toaster ovens, can openers and coffee makers – especially coffee makers! There seems to constantly be one of Pathways' many homes with an unfixable appliance.

9. HOUSEHOLD FIXTURES (\$15 TO \$200)

What's more annoying than a dripping faucet? Perhaps a running toilet? A sticky lock on the verge of breaking? Pipes, faucets, showerheads and toilets that work properly are a crucial and essential element in a home.

10. TRAINING RESOURCES (\$15 TO \$60)

Since philanthropy made it possible for Pathways to open a Training Library in 1998, it has continued to expand its offerings of up-to-date information related to mental illness, psychology and recovery. Both counselors and residents can use these materials, with the result being consumers who are better served and more able to achieve recovery.

11. RECREATIONAL FUNDS (\$10 TO \$20)

Pathways prides itself on serving the whole person. Well-rounded lives include fun and recreation. But funds for recreational activities are scarce. You can help pay for Metro fares to access free museums downtown, or a second game of bowling, or a matinee for all the roommates in a home.

12. LINENS (\$5 TO \$25)

There's something beautiful about fresh, clean towels and sheets, neatly folded and stacked. We ensure that every new resident who moves into Pathways has a good set of sheets and towels to go with their new home. After time and wear, fabric items need replacement. Residents at Pathways need these personal linens, as well as occasional replacement of other household linens such as dish towels, tablecloths, guest towels, etc.