



April 2021

A Message from the President & CEO

Dear Pathway Homes Supporters,

On behalf of Pathway Homes, I extend our thoughts and prayers to the family of George Floyd. We stand with our impacted community in support of the guilty verdict of murder that the jury delivered after 10 hours of deliberation.



In the midst of this development, we, as a community are also undergoing an unprecedented mental health crisis. Many of us have been victim to vicarious, generational, and complex trauma. George Floyd's murder shocked the conscience of our nation. The guilty verdict has set a new precedent that marginalized individuals can expect full justice rather than partial justice. This is therefore an important time for recovery. Recovery is evidenced as a return of health, mind, and strength. While we take this time to recover and exhale, let us remain mindful, face forward, and approach systemic racism with a commitment to deny complicit actions in our daily behavior. Witnessing this verdict helps us move further down the road to a better humanity.

Pathway Homes is a behavioral healthcare agency built on a foundation of housing. Our mission embodies a spirit of "recovery": embracing an attitude of hope, self-determination and partnering with each individual on their personal journey toward achieving self-fulfillment and realizing their dreams. We serve a marginalized population that is impacted by this moment. A moment when we can exhale with a victory cry in celebration of this first step towards justice. As an anti-racist agency, we know that justice implies accountability. Justice is the action of standing in a locus of control and walking the talk by applying an equity lens to our work. We do so by elevating the voices of the marginalized individuals we serve to intentionally dismantle systemic racism in our backyard.

For many of us, seeing accountability in action can help us begin to rebuild trust. At Pathway Homes we are committed to digging in, building coalitions, and working with an equity lens to elevate justice. Our commitment to justice will

provide marginalized individuals critical access to culturally competent mental health services; assure their right to affordable permanent housing; and elevate diversity, equity, and inclusion to achieve justice for those we have the privilege and pleasure to serve.

Thank you for your continued support of our agency! Your support and collective alliance with Pathway Homes changes the trajectory of our impact on the lives of those with the greatest need. We are a pathway to transformational change in our community, and we can see the road to a better humanity. With empowered leadership, we remain committed to walk the talk as a behavioral healthcare advocate for justice and peace!



Sylisa Lambert-Woodard, EdD, LCSW, LSATP, MAC

“Pathway Homes embodies the spirit of recovery: embracing an attitude of hope, self-determination and partnering with each individual on their personal journey toward achieving self-fulfillment and realizing their dreams.

We fulfill our mission by making available to individuals with mental illness and co-occurring disabilities a variety of non-time-limited, affordable housing, and services to enable them to realize their individual potential.”

- Pathway Homes Mission

Make a Gift Here!

In Her Own Words: Perseverance and Hope

by Lorraine Johnson

My name is Lorraine Johnson, I have been a resident of Pathway Homes for almost 20 years. It has been a great experience, full of hope and perseverance.

Before I came to Pathway Homes I was chronically in and out of hospitals. I did not have any stability for close to 20 years. It was a struggle to be on my own. I was not able to stay in one place for a long period of time. I moved

from place to place and was homeless for four months before coming to Pathway Homes. One day a lady told me about four housing programs. I went to the IMP Building on Richmond Road and applied to all four programs. Pathway Homes offered me housing. Having a home is the greatest thing that has ever happened to me. I wake up every day full of hope. I feel a sense of community and my neighbors are respectful of my privacy. I feel safe in my apartment as opposed to being out on the street.



When I was homeless, I had a heightened sense of panic and an overwhelming sense of fear especially because I could have been harmed. I had to worry about the weather, where I would bathe, what I would eat and where I would sleep. Now that I have a home, I do not have that intense terror. When you have your own home, you can shut the door and be safe in your surroundings. You can play music, read, watch TV, cook food and sleep in a comfortable bed. Now that I have the security of a home, it allows me to do art, journal, write songs, read, and study my Bible. When you are on the streets, you feel like nobody cares about you; it is a terrible feeling. Nobody cares if you live or die. To have all this taken off me was the answer to my prayers.

Now I can concentrate on my mental health treatment. When I wake up in the morning, I am excited about my life and have a sense of hope and optimism. Even though I have challenges with schizophrenia, I still feel hopeful, and I am not suicidal anymore. I want people to understand what it means to me to have housing. My self-esteem has gone up. I used to refer to myself as nothing, as a nobody. Having housing makes me feel like somebody. It makes me feel that I now have what most people have. I wish everybody with a mental illness could have housing. I walk around with my head held high and my shoulders back.

Housing gave me a life. Now that I have a home, I have had incredible opportunities happen to me. Since I am an artist, I sent several pieces of art to President Obama. The White House sent me a commemorative picture of the White House dogs, Sunny and Bo, on the White House lawn balcony. Additionally, President Obama sent me a Humanitarian Award because I gave to over 60 nonprofit organizations 200 times, which was a tremendous sacrifice for me. I am very proud that the President honored me. I also am a speaker for several nonprofits that have helped me.

As for my goals for the future, I want to keep learning and growing as a person. I have always been the type of person who wants to grow and improve myself in all areas of my life; intellectually, physically, educationally, emotionally, and psychologically. I believe it is important to move out of my comfort zone and see how far I can go. I would like to learn to knit, crochet, and sew. I want to continue to improve my health by exercising and eating healthy foods. I would

also like to pursue a certificate in Bible studies and a technical degree in computers.

Pathway Homes has been a blessing to me. I am so grateful that I persevered and applied to all 4 housing programs 20 years ago. I did not give up. I pressed forward and it worked out for me. Pathway Homes is a perfect fit for me. My desire is that everybody living with a mental illness have a home. It will change their lives for the better and affect every area of their lives positively as it did for me.

Picture Above: Screenshot from Lorraine's 2020 Summer of the Arts interview. Watch [HERE](#)

Update on Thomas O'Shea's In His Own Words Published in InRoads March 2020 Edition



Back in March 2020, Thomas applied for a copyright on an invention he has been working on for several years called the Diabetes Ring. His passion for the Diabetes Ring came from his desire to provide better options for those managing the symptoms of diabetes. We are happy to report that Thomas received the copyright in

January 2021. He is now trying to raise funds from the films he will be producing to pay for the factories to manufacture the rings.

Pathway Homes President & CEO Featured in Center for Non-Profit Advancement Spotlight

A graphic titled "I Am the Change" featuring Sylisa Lambert-Woodard. The graphic has an orange header with the title "I Am the Change". Below the title, it says "Honoring Black women leaders during Women's History Month". A circular portrait of Sylisa Lambert-Woodard, a Black woman with dark hair, wearing a blue blazer, is on the right. To the left of the portrait, it says "Sylisa Lambert-Woodard President and CEO Pathway Homes, Inc." and a quote: "With intentional action we can dismantle systemic barriers to justice." Below the quote, it says "Full feature: https://www.nonprofitadvancement.org/i-am-the-change/" and "www.linkedin.com/in/sylisalambertwoodard". At the bottom, there is a logo for "center within the center Race, Equity, Justice & Inclusion".

I Am the Change

Honoring Black women leaders during Women's History Month

Sylisa Lambert-Woodard
President and CEO
Pathway Homes, Inc.

"With intentional action we can dismantle systemic barriers to justice."

Full feature:
<https://www.nonprofitadvancement.org/i-am-the-change/>

www.linkedin.com/in/sylisalambertwoodard

center within the center
Race, Equity, Justice & Inclusion

In honor of Women's History Month, the Center for Race, Equity, Justice, and Inclusion spotlighted some of the region's most prominent black women in leadership. We were filled with pride to see our President and CEO, Dr. Sylisa Lambert-Woodard, featured!

Visit <http://www.nonprofitadvancement.org/i-am-the-change> for the full feature of Sylisa and other amazing woman in our community.

HomeAid & Joy Design + Build Update Pathway Homes' Townhome to House One More Person



HomeAid Northern Virginia and Joy Design + Build, a custom-home builder based in McLean, VA, have teamed up for the first time to update and build out the basement of a townhome for Pathway Homes. The renovation will increase the capacity of the home from three bedrooms to four, and create the space needed to house one more person.

“This important update and the addition of another bedroom means we can maximize capacity by housing an additional person and better serving all four residents,” said Rachel Matzke, Pathway Homes’ property manager.

“It literally means bringing in someone off the waitlist, and it’s hard to overstate how important that is. How can you define what it means to put one more person on the road to recovery and able to live a more fulfilling and stable life?”

[CLICK HERE](#) to read the full article by HomeAid.

Pathway Homes is grateful to HomeAid for being a long-term partner in refurbishing our homes, and to Joy Design + Build for partnering to make this particular project happen!



Friend of Pathways Shoutout: Sedona Taphouse



Thank you, Sedona Taphouse in Chantilly, for choosing Pathway Homes, Inc. as your March charity for your monthly Dine Out for Charity fundraiser! Every month, Sedona Taphouse chooses a new charity to benefit from the proceeds from their meals on Mondays.

Help the community while dining out by satisfying your appetite at Sedona Taphouse!

SAVE THE DATE: Summer of the Arts



The weather's heating up which means it is almost time for our annual Summer of the Arts event!

Save the date for June 28th – July 29th to view Pathway Homes consumers' amazing artwork at the Vienna Arts Society. Some pieces will be available for purchase, with all profits going directly to the artist.

The art will also be exhibited and available for purchase on our Summer of the Arts website from June 28th – August 31st. Keep an eye out for our emails and social media posts that will include the link!

Pathway Homes consumers, if you would like to submit 1 or more pieces for the Summer of the Arts exhibit, please [CLICK HERE](#)

Save the Date!

 **PATHWAY HOMES, INC.**
Supportive Residential Mental Health Services

*Annual Steps to Pathways
Breakfast*

OCTOBER 27, 2021

BEGINNING AT
8:30AM

The key to realizing a dream is to focus not on success but significance, and then even the small steps and little victories along your path will take on greater meaning - Oprah Winfrey

We are thrilled to announce our 2021 Breakfast Awardees:

Spirit Award: Senator Tim Kaine

Joyce Flynn Award: Nina Janopaul, President and CEO of the Arlington Partnership for Affordable Housing (APAH)

Corporate Citizen Award: Krafft Service Corporation

We hope you join us in October to celebrate these individuals and their contributions in ending homelessness in our community.

If you're interested in sponsoring, [CLICK HERE](#)

Support our Florida Branch!



PATHWAY HOMES OF FLORIDA, INC.
Residential Services • Case Management Services

DUCK RACE 2021

Join us for the first annual Duck Race to benefit Pathway Homes of Florida at Island H2O Waterpark!

Your rubber ducks will race around the river to educate, advocate, and raise funds to end homelessness as well as provide mental health services to those in need in Central Florida.

FRIDAY, MAY 14TH AT 10:30 AM

HOSTED BY  **ISLAND H2O WATERPARK**

Marta Negron, Chairwoman of 1st Duck Race and SVP/Regional Manager
of  **MIDFLORIDA**
Florida's community foundation

If you sponsor a duck, you will receive 50% off waterpark admission to use later.

More than 5,000 individuals are homeless in our region.
Our goal is to have 5,000 ducks sponsored to honor these individuals.
All proceeds support Pathway Homes of Florida's mission to provide residential case management and mental health services for homeless families and individuals in Central Florida.

PLUCK YOUR DUCK TODAY AT
<http://pathwayhomes.info/DuckRace>

 JUMBO DUCK \$100	 DUCKLING \$20 OR 6 FOR \$100	 NEON DUCK \$5 OR 5 FOR \$20
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PRIZES INCLUDE

- 2-NIGHT STAY AT MARGARITAVILLE RESORT ORLANDO
- ISLAND H2O WATERPARK TICKETS
- AMAZON GIFT CARDS
- GIFT CARDS FOR RESTAURANTS AT PROMENADE AT SUNSET PARK

Visit www.pathwayhomes.info/duckrace to purchase a duck sponsorship for your chance to win! Virtual streaming will be available on race day for those out of state or choosing to stay home.

All proceeds go towards Pathway Homes of Florida, Inc.'s mission to end homelessness and provide mental health services to those in the Central Florida area.

