



November 24, 2021

Dear Friends of Pathway Homes,

For many of us, 2021 has been a year of recovery. Yes, we're still lingering in uncertainty, but we have begun exiting isolation. We have started seeing our loved ones, returning to a normal workday, and participating in group activities that we have missed dearly. However, not only does the uncertainty linger, but also the damage that last year caused.

The pandemic unfortunately left trauma as we dealt with grief, depression, loneliness, anxiety and we are now in a mental health recovery. We are pushing ourselves past the anxiety COVID-19 left us and are attempting to move forward in life with socialization and everyday activities. The one solace we have is that many of our peers have experienced that same trauma, and we can walk in the path of recovery together.

Now imagine if you were in this recovery state alone. Rather than being quarantined in the safety of your home, you were isolated in unknown places. Whether it be outside in the cold or in a homeless shelter, the loneliness grew, and you felt trapped in solitude, practically frozen in time as the pandemic caused others to be even less likely to interact with you than before. You are unable to find a job hiring in these unprecedented times and can no longer afford transportation to your support center.

"There is nothing to do when you're homeless," James, a resident with Pathways since 2008, explains his experience. "There is no medicine. You just walk around. People don't like you. They treat you like you are not even there."

This hopeless and overwhelming feeling is what we at Pathway Homes, Inc. fight against every day. We not only help these individuals by providing safe, stable housing to those marginalized by poverty and inequity, but also provide counseling services so that we can help them on their road to recovery. They will no longer feel alone and weighted down as we walk alongside them in their route to recovery. We listen and take the stress off their shoulders every day.

"I went to a human services organization on Route 1. The case worker asked if I wanted to go into a home. She recommended Pathway Homes. I have been with Pathway Homes since 2008 and I receive supportive services."

James continued, "I feel good that I don't have to worry about keeping a roof over my head. I have a little bit of money saved in the bank. I don't have to worry about getting rained on. I have all of my basic needs met. I am able to play my guitar and garden. I'm in a good place now."

We encourage those we are privileged to serve to continue with their hobbies which benefits both their skillset and mindset. This year, volunteers helped us construct our first urban garden at a Pathways home, of which James is a resident.

“My experience with the newly installed community garden has been interesting. I have never really watched a garden grow. I water it just about every day. I see it go from leaves and stems to all of a sudden, I have flowers, and the flowers turn into fruits. I like to watch it grow and see what is going to happen next.”

James has begun using the garden to create nutritional dishes. He proudly spoke of his cooking that the urban garden has reaped.

“I will eventually eat the vegetables except for the peppers which are very hot. The garden inspired me to make a delicious Hungarian Mushroom soup. I used the peppers for the soup, but they were way too hot! The white eggplant is about the size of a golf ball. I’m going to watch it grow and when it gets big enough, I will fry it. I have never eaten white eggplant but I’m looking forward to trying it. I put rosemary and basil from the garden on pork and chicken dishes. I like to cook and there is nothing better than fresh spices. Gardening has been a positive experience for me since it is something that can keep my mind occupied and it feels like an accomplishment.”

It is such a blessing to hear how the funded projects of Pathway Homes have left those we serve with the feeling of success. It takes a village to make recovery happen, and we want to take this moment to send out a huge thank you to those that donated to our cause. Thanks to you, individuals that once experienced homelessness are starting their new lives with hope on their path to recovery.

In 2021, we served over 1500 individuals seeking shelter and/or counseling services. With over 500 permanent supportive housing units, all donations are much appreciated in continuing providing a home to those in need.

With your help, we can continue to house and serve those struggling to survive these winter months and beyond. Today we launch our annual Holiday Wish List campaign, inviting you to contribute and turn a house into a home for the individuals we serve. With your donation, you too can experience this rewarding feeling of accomplishment as you make a significant difference in someone’s life. You have a unique opportunity to give a holiday gift that will be appreciated like no other.

I wish you the happiest of holidays filled with family, friends, and happy memories.

With gratitude,



Sylisha Lambert-Woodard, EdD, LCSW, LSATP, MAC
CEO and President

P.S.: If you prefer, you can make your donation on-line. Visit our website at www.PathwayHomes.org, and click on the “DONATE NOW” button and select Holiday Wish List to designate your gift. It’s secure, convenient, and greatly appreciated!



Holiday Wish List 2021

- 1. Adopt a Home (\$38,325)** Adopt a 3-bedroom Pathways' home for (3) individuals which would cover one year of operating expenses, maintenance costs and supportive services. It costs \$35 per day for each person who receives housing and supportive services at Pathway Homes.
- 2. Maintenance Vehicle (\$30,000)** Of course having the tools needed for our maintenance crew is just the first step. A maintenance van is also needed so that our four fully equipped maintenance employees are able work on different properties simultaneously. The goal is faster response and efficiency.
- 3. Rent and utilities for a month (\$1,700)** The home is the foundation for recovery. It costs approximately \$1,500 per month to lease a unit for an individual we serve. You can provide a safe and secure shelter for those we serve. Utilities cost approximately \$200 per month.
- 4. Vacuums (\$50 to \$150)** Vacuums are the number one item requested by our residents. Whether hardwood or carpet, dust piles up. Many individuals we serve have respiratory issues and dust aggravates their quality of life. A good vacuum cleaner makes a huge difference!
- 5. Furniture (\$250 to \$500)** There is nothing better than slipping into a cozy bed on a winter night. We continually need new dressers, beds and mattresses for incoming residents. We also have aging furniture that needs to be replaced.
- 6. Large & Small Appliance Replacements (\$500 to \$1,000)**
Many of our residents have retro lime green refrigerators. These decades- old refrigerators are not energy efficient, and food doesn't keep as long, resulting in higher grocery bills and frequent trips to the store. Other items requiring replacement include stoves, dishwashers, and water heaters. If you can't cook, frozen pre-made meals are a lifesaver. But they require a microwave oven to be able to heat them. A small, counter-top microwave, a coffee maker, a toaster – are needed and greatly appreciated.
- 7. Professional Cleaning Services (\$100)** Even the most fervent housekeepers know that there's nothing like a good, deep professional spring cleaning. What a wonderful way to support those we serve, many of whom rely on these simple gestures remind them of the better life that comes with a commitment to recovery.
- 8. Activities & Recreation (\$50 - \$1,000)** We want to encourage those we serve to remain active and social. Besides miscellaneous activities in our assisted living facilities, we also host our annual Resident Holiday Party & Resident Cookout which we hope to hold in-person after 2 long years. These events not only bring some fun into the lives of those we serve, but also help them feel connected to us as well as each other.
- 11. Annual Maintenance (\$200 to \$275)** An ounce of prevention is worth a pound of cure. ~ Benjamin Franklin. Keeping up with annual maintenance costs helps home systems last longer and run more efficiently. Replacing filters annually also keeps the air cleaner, and of course replacement of fire extinguishers and/or smoke alarms are necessary.
- 12. Landscaping Services (\$100 - \$250)** Being a good neighbor includes maintaining the yards of our townhomes and single- family homes. To look out on a bed of fresh flowers in the spring or a newly raked yard in the fall provides a sense of pride and stability in maintaining a place called home.

YES, I want to make holiday wishes come true for adults with mental illness!

Please click on our logo to visit our donation page or copy and paste this link: <https://pathwayhomes.info/donate>



Thank You!