



August 2023

A Message from the President & CEO

Housing is Health

Housing is Health! As the cost of housing increases and makes it less accessible for many, positive health outcomes for marginalized individuals suffer.

There is a strong correlation between housing and health. Individual stability, safety, quality of life and affordability of housing affect all health outcomes. Housing is one of the most significant social determinants of health. It remains critically important that healthcare systems, government entities, and insurance payers understand the relationship between health and housing. At Pathway Homes, we envision four clear pathways connecting housing and health. These four pathways are affordability, stability, quality, and safety, and the pathways to natural and healthy environments.



Health through housing **affordability**. We know millions of American families and individuals spend more than 30% of their income on housing. The condition of being housing cost burdened hinders individual ability to invest in personal health. While more of this burden falls on renters, inflation and increasing interest rates impact homeowners as well. Investing in affordable housing and advocating for rental assistance that outpaces the rate of inflation will be critical advocacy issues for our region. We also know that the lack of disposable income impacts individuals' ability to pay housing expenses such as utility bills; presents challenges that result in individuals being less likely to afford medical care; and often results in postponing needed treatment and preventative care compared to those who are not cost burdened.

Health through housing **stability**. Without a stable home there is no foundation for good physical and mental health. Many people experience trauma from being unhoused. Individuals who are chronically homeless experience physical and mental health deterioration, increased mortality and trauma that impacts their ability to manage successfully in their environment. Families who experience homelessness often experience complex health conditions. Some studies indicate women who are pregnant during episodes of homelessness experience increased miscarriages, premature births and children that have long term medical and other disabilities. And unstably housed youth are challenged with a myriad of developmental issues and health problems. In addition, unhoused individuals oftentimes have trouble securing entitlements, remaining connected to work, and communicating and utilizing support systems due to their instability.

Health through **safe quality** housing. Many in our communities reside in substandard living conditions where housing options have poor ventilation, pest infestation, faulty plumbing and unaddressed maintenance issues that can affect residents' health and safety. These conditions are all associated with poor health

outcomes such as asthma, learning disabilities, cardiovascular illnesses, infectious diseases, and psychological distress.

Health through **natural and safe environments**. We know that nothing impacts an individual more than the zip code in which they live. The physical surroundings, green space, grocery stores, and community medical services are critical to improving health outcomes. Living too close to highly traveled roads and industrial communities with high levels of pollution all impact health outcomes negatively and trigger many respiratory and cancerous diseases as well as cardiovascular conditions. In addition, neighborhood issues that have more similar characteristics due to systemic segregation have disproportionate levels of crime and social capital. Systemically segregated communities also have significant impacts on school performance, unemployment, education, and healthcare.

We know that there is significant evidence to support the relationship between housing and health. A commitment to utilizing an equity lens while exploring the impact of housing in our environment will also be critical in fostering the political will to value housing as a right not a privilege. As Maya Angelou stated, "I did then what I knew how to do." We can all be empowered to learn more about the connections between housing and health and learn to value housing as part of the solution to health inequity. We can all value and validate the importance of housing and we can all do better!

Supporting organizations who are committed to the Housing First Model in providing affordable permanent housing is a critical way to do better. Thank you for your continued support of Pathway Homes, Inc. as it truly takes a village to address these issues. Living in a region as capable and well-resourced as ours, we can create an environment that embraces inclusiveness with stable, safe, affordable neighborhoods that we all can live in and thrive!



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 illnesses 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 His Own Words: Developing a Can-Do Attitude

by Nick Kaske

My name is Nick. I live in Pathway Homes’



Assisted Living Facility, Stevenson Place. I have been living here since the facility opened in 1999! Before Stevenson Place, I lived with my parents in Annapolis, Maryland. It was a difficult time for me, especially since I was dealing with anxiety and schizophrenia.

In the past, I experienced a number of anxiety attacks that were worrisome. When I'm anxious, I feel like the walls are caving in on me. It is my brain's way of alerting me; however, it can be extremely exhausting. Often times, my natural response is to pace to soothe my nerves. Thanks to Pathways, I have developed healthy coping mechanisms, such as

meditation. By meditating I can focus on my breathing and what is happening around me. It is a great way to relax. I would like to start journaling because it would help me practice mindfulness. It can also help me with my memory since I tend to forget things.

Every Monday, Wednesday, and Friday, I work at Wegmans as a part time stocker. Working there for the past 18 years has been enjoyable. Sometimes, I get anxious when I have difficulty finding the products. My boss always reminds me to have a can-do attitude. This inspires me to tell myself every day, "you can do it!" Customers that come in are super friendly, which eases my concern about my performance.

I try to find other ways to spend my time outside of work. I enjoy listening to

my favorite artists, such as the Cure, Billy Joel, and James Taylor. Music helps with my healing process. It makes me feel good! My friend Ken, who I met in Crisis Care, visits me often. I feel comfortable sharing my thoughts and feelings with him since we have similar perspectives. Prior to becoming friends with him, I had never experienced talking to someone without fear or anxiety. In the future, I hope that I can be more comfortable expressing myself to others in the same way.

Pathway Homes, Inc. and Arlington Partnership for Affordable Housing Formalize Collaborative Relationship to Increase Affordable Housing



Left to right: Kim Painter (APAH), Henry Spears (APAH), Sharon Blacketor (APAH), Danielle Johnson (APAH), Marquan Jackson (APAH), Lauren Leventhal (Pathway Homes), Eleanor Vincent (Pathway Homes), and Randy Shusman (Pathway Homes).

Pathway Homes, Inc. (Pathways) and Arlington Partnership for Affordable Housing (APAH) have always recognized the value of developing a collaborative relationship. Pathways is a behavioral health provider built on a foundation of affordable housing, and APAH is a “nonprofit developer with heart.” Both Pathways and APAH believe that a stable home is the foundation of a stable life, and both help individuals in need find a safe place to call home. Pathways honors that commitment by helping these individuals stay housed long after they walk through the doors of that home for the very first time.

The dream of partnering was a dream deferred for a while as Pathways waited for APAH, an Arlington County-based entity, to expand their housing development into Fairfax County, where the majority of Pathways affordable housing inventory is located. Fortunately, APAH made a welcome move into the Fairfax County affordable housing development market in 2021. The interest in partnering was quickly rekindled and Pathways and APAH officially executed a Supportive Housing Agreement in March this year wherein APAH sets aside an agreed upon number of units in its new Oakwood development for individuals in the 30% and below Average Median Income (AMI) range that Pathways serves. This win-win collaboration ensures these units are sourced with eligible tenants who come with the supportive services that help them remain stable in housing; and keeps leasing costs affordable for a population on fixed income that would otherwise not be able to afford the rent at these valuable new housing developments.

We have high hopes for this collaborative agreement which is already bearing fruit. The Oakwood Meadow Senior Residences, which broke ground in October 2021, was APAH’s first venture into Fairfax County. The residence started

accepting tenants this June and two months later, Pathways has six individuals in process for tenancy at this property and several more potential residents in queue! Conveniently located a half mile from the Van Dorn Metro Station and one mile from the Kingstowne retail center, this state-of-the-art residence features game and garden rooms, a library, and business center, walking paths, and dedicated resident services space. It is also 100% Universal Design to meet the needs of its 62+ population and support aging in place. Fairfax County's Housing Strategic Plan notes that seniors have the greatest need for affordable housing in the county, surpassed only by small family households and individuals. Over one-third of Pathways' residents are over 60 years old and almost all are in the 30% and below AMI level.

Pathways is grateful for the opportunity to collaborate with a dynamic, mission-centered entity such as APAH while also meeting the needs of the people we serve in a county where lack of affordable housing continues to be the primary factor in homelessness.

About APAH

Founded in 1989, APAH now helps more than 2,600 households live in stable, secure, and affordable rental homes. APAH has more than 300 affordable apartments under construction and an additional 1,500 in its development pipeline. As a CORES Certified Resident Services provider, APAH delivers comprehensive services to youth, families and seniors across its 20 properties. In 2020, APAH was named one of the nation's Top 50 Affordable Housing Developers by Affordable Housing Finance magazine. The organization was named 2021 Developer of the Year by the Housing Association of Nonprofit Developers (HAND). In 2022, APAH's Queens Court Apartments received HAND's award for the Best Large Affordable Housing Project as well as the Urban Land Institute's inaugural Terwilliger Center Award for Innovation in Attainable Housing. Lucille and Bruce Terwilliger Place was named Best Affordable Housing Development at the 2022 Virginia Governor's Housing Conference.

Pathway Homes' Day of Service at Miriam's Kitchen to Feed the Homeless



Left to right: Briana Morrisette (Pathway Homes), Martha Wolf (Miriam's Kitchen), Liz Susla (Pathway Homes), Sue Bell (Miriam's Kitchen), Kayla Daley (Pathway Homes), Sylisa Lambert-Woodard (Pathway Homes), Lauren Leventhal (Pathway Homes), Juanita Driver (Miriam's Kitchen), Dave Leventhal (Pathway Homes), Anita Robinson (Pathway Homes), and Randy Shusman (Pathway Homes).

Eight Pathway Homes employees had the pleasure of volunteering at Miriam's Kitchen, a nonprofit organization working to eliminate the housing crisis in

Washington, D.C. This was an excellent opportunity for us to connect with a D.C. community partner and their guests, while sharing knowledge and resources.

Pathways has made significant strides in the fight against homelessness not only in Northern Virginia and Central Florida but in the District. Last year, we received a three-year contract with D.C.'s Department of Human Services to connect homeless single adults and homeless families with affordable permanent supported housing through our housing navigation and stabilization services.

Volunteering at Miriam's Kitchen was transformative for everyone involved and ignited each individual's desire to give back to the community in a tangible manner. Pathway Homes' Executive Assistant, Briana Morrisette, a D.C. resident, shared her sentiments about the experience: "Serving as a volunteer with my Pathway Homes family at Miriam's Kitchen was truly a humbling and compelling experience. Their dedication, commitment, and drive to serve our community is inspiring. This opportunity to interact directly with the population has fostered my commitment to proactively seek out more opportunities to connect and give back to my community." Pathways President & CEO, Dr. Sylisa Lambert-Woodard echoed those sentiments, "Partnering with premiere nonprofits like Miriam's Kitchen collectively make it possible to achieve our shared mission. Our shared initiatives bring us closer to making a lasting impact on the unhoused community and creating a more equitable society."

Pathways staff worked alongside staff from Miriam's Kitchen to provide toiletries, serve dinner, and complete post-dinner breakdown and cleanup. Our sincere gratitude goes out to Miriam's Kitchen staff for their invaluable services and ongoing advocacy efforts to eradicate homelessness in the community.

Miriam's Kitchen (miriamskitchen.org) The Miriam's Kitchen team utilizes a comprehensive approach to eliminating the housing crisis in Washington, D.C.

Through engaging their guests with healthy, made-from-scratch meals, they connect them with personalized social services that assist them with re-building their lives. Beyond their intensive program offering, they regularly engage community leaders and elected officials who fiercely advocate on their guests' behalf.

2023 Summer of the Arts Reception



Dr. Sylisa-Lambert Woodard pictured in front of Karen Free's Lion Pride.

Thanks to all our guests for making this another successful Summer of the Arts

Reception! On July 12, 2023, Pathway Homes had over 50 attendees celebrating incredible artists and their beautiful pieces. This Exhibition honors Karen Free, a long-time resident of Pathway Homes and accomplished artist, who passed away in 2011.

This annual Reception allows us to celebrate the individuals we serve for their creative perspectives and showcases their commitment to embracing recovery. This year, artists shared their passion for various art media, including poetry, acrylic, watercolor, and fabric embroidery. Guests were enthralled by the profound expertise in each artist's work.

A special thanks to Supervisor Kathy Smith for her continued service and dedication, as well as her support of our mission. Our appreciation also goes to residents Sue Zywokarte, Sherril Crawford, and Ray Walsh for their candid depictions of how art has influenced their lives.



Our gratitude and admiration are extended to each artist for displaying their talent and vulnerability to the public. We hope to see you at the Summer of the Arts reception next year!

Fairfax County Times: Overcoming Adversity Through



"A few weeks before this year's "Summer of the Arts" exhibition opened at the Fairfax County Government Center in Fairfax, over 32 pieces of art were stolen from the office where the pieces were being stored."

Find out how the artists rallied to help the show go on despite this significant loss:
Fairfax County Times

**Mark Your Calendars for the Steps to Pathways
Breakfast**



PATHWAY HOMES, INC.
Supportive Residential Mental Health Services

SAVE THE DATE



ANNUAL STEPS TO PATHWAYS BREAKFAST

NOVEMBER 1, 2023

8:30 AM - 10:30 AM

**WESTFIELDS MARRIOTT WASHINGTON DULLES
14750 CONFERENCE CENTER DR, CHANTILLY, VA 20151**

Enjoy a delicious breakfast while supporting our mission of providing mental health services—starting with safe, stable housing—to individuals marginalized by poverty and inequity. In addition, hear the personal stories of those we serve!

For over 43 years, Pathways has been committed to our mission of embodying 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 dream.

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

100% of the contributions raised will provide housing and supportive services to the individuals we serve! This includes contributions from our upcoming silent auction and raffles. Prizes to be announced!



Join us and enjoy a delicious breakfast while supporting our mission of providing mental health services—starting with safe, stable housing—to individuals who are often marginalized by poverty and inequity. Please save the date for Wednesday,

November 1, 2023, as we gather to support our neighbors in need.

The Steps to Pathways Breakfast will be held at the Westfields Marriott Washington Dulles, with a delicious spread of food and drinks for all to enjoy.

As you enjoy a lovely breakfast with friends and colleagues, hear directly from the individuals we serve as they share their life-altering experiences.

Interested in sponsoring?: *Click here*

The Connection Newspapers: Life's Curve Balls



Pathway Homes' resident, John Franklin, was featured in the Connection Newspaper for his compelling journey as a San Diego Padres player.

"My name is John Franklin and life sometimes throws you a curve ball."

Read more about how he copes with a mental illness and his eventual success in finding permanent housing through Pathway Homes: **The Connection Newspapers**

Consumer Advisory Council Newsletter



Consumer Advisory Council

SUMMER ISSUE



CAC NEWSLETTER



Council Members:

Tina Simms
Mitchell Kato
Sue Zywockarte
Sherril Crawford
Marty Kelly
Alan Miner
Jon Purcell
Emilio Callejas
Don Amos
Paul Kononchik

The Consumer Advisory Council (CAC) is a group of individuals served, your peers, that act as a liaison between Pathway Homes residents and management team. We actively reach out to individuals served to obtain input and feedback regarding Pathway Homes services and programs. As a member of the CAC you will help us connect with Pathway Homes residents and also take part in advocacy, conferences, and personal enrichment.



Check out the newsletter created by our Consumer Advisory Council here: **CAC Newsletter**

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