

## EXECUTIVE DIRECTOR'S CORNER

■ “DON’T JUST MAKE A DIFFERENCE  
IN THE WORLD. MAKE THE WORLD  
DIFFERENT.” (Len Sweet) This quote made me pause and think about my agenda and about Pathway To Hope. I know that we make a difference in this world, but are we making the world different?

It has been eight years since PTH was created and while on vacation, I was able to reflect on that process. It has been an amazing journey, colored with all kinds of twists and turns that has led us to where we are today. We are established in the local mental health field and we have a great reputation among other agencies and professionals. We are asked to provide trainings for various types of staff, as well as continuing to offer help and resources, when needed.

We have been blessed with wonderful board members over the years and today is no exception. We have an amazing Board of Directors who are eagerly embracing the ideas suggested by our strategic planner and by the board members who attended that session. We are re-evaluating various issues, making sure that we are up to date and fiscally smart.

Blake House has been in existence for 18 months now and we have five residents. They all get along well and are doing a good job of keeping the house clean and the yard mowed. They share the responsibilities and rotate the chore list each week. Lana Lynn takes them grocery shopping once a week, making sure that they have healthy food to eat.

We just received a large grant from the Health Care Foundation of Greater Kansas City, which will enable us to reach some of our goals. We are truly blessed by their confidence in us.

I am constantly reminded that my day is not ordered by me, but by God. I always have my days planned and some days, they go that way. Most of the time, my days go nothing like I had planned and sometimes it is frustrating because I may be working on a deadline, etc. However, I usually end up smiling at some point, realizing that I’m right where God wants me to be and doing exactly what He wants me to do. People are the reason PTH exists and we do make the world a different place for those whose lives we touch!

Sharon Lawrenz  
Executive Director

## ■ PTH AWARDED GRANT

Pathway To Hope has been awarded a \$74,700 grant from the Health Care Foundation of Greater Kansas City. About half of it will go to Blake House to pay for some improvements and a part-time staff position. The other half will come to PTH to provide for capacity building in various areas. Our deepest thanks to Paula Schumacher, our grant writer, for her great job and also to the Health Care Foundation of Greater Kansas City for believing in us.

## ■ SHARED NETWORK SITE

PTH is now a shared network site for **Kansas Work Force**, formerly Kansas Job Link. We have trained volunteers who are here three times a week to assist people with finding a job. We have collaborated with Center of Grace to use their Computer Lab for these times and it has worked out wonderfully. Not only can people look for a job, they can receive help in resume writing and interviewing skills. Our hours are as follows: Monday, 4:30pm-8:30pm; Tuesday, 10:00am-2:00pm; Wednesday, 2:00pm-6:00pm. Not only is this great for our clients, but it is open to the public, as well.

## SUPPORT GROUP SCHEDULES

Call Gloria for more information - 913.782.5040

### Family Support Groups

(for family members with a mentally ill loved one)

College Church of the Nazarene in Olathe:  
- Every Thursday, 7:00pm  
Room S115

St. Thomas the Apostle Episcopal Church  
- Every Tuesday, 7:00pm

### Survivor Support Groups

(for individuals with a mental illness)

College Church of the Nazarene in Olathe:  
- Every Thursday, 7:00pm  
Room S121

## PTH BOARD

### Chairman:

Larry Zimmerman

### Vice Chairman:

Maurice Bowersox

### Treasurer:

Cindy Allen

### Secretary:

Ann Palmer

### Executive Director:

Sharon Lawrenz

Peg Carlson

Larry Dowd

Jan Graham

Gregg Herbert

Lana Lynn

Ron Shrum

Bob Slattery

## WEB SITE

We have been blessed to have one of our family members (who designs web sites) help us redesign our website and bring it from the old HTML into templates that are easily managed from here in the office. We are able to use some of our grant money to pay for this. Cathe Messick is so talented and has so many ideas for helping us go "global," as she often says. So, be looking for the new design in the next few weeks.

## WHIM CLASS THIS FALL

Our fall With Hope In Mind course will start on Thursday, September 11th, at College Church of the Nazarene in Olathe at 7:00pm. It is an eight-week course for family members and those with a loved one living with mental illness. It not only educates about the various mental illnesses and their medications, but it also educates about problem-solving, crisis management, advocacy, and self-care. Call the office (913-397-8552) to reserve your spot.

## TWO FAMILY SUPPORT GROUPS

This year, we have added a new location and day to our family support group. You can now choose to attend the one on Tuesday evening in Overland Park at St. Thomas The Apostle Episcopal Church at 123rd & Antioch, which begins at 7:00pm. For more information, please contact our office. Of course, our Thursday evening family support continues in Olathe.

## SURVIVORS' GROUP

The Survivors' Group has been growing, for we have new members each week. The Survivors have formed a council and has had several meetings. We have designed packets to give to newcomers and we are working on getting permanent nametags for those who attend regularly. The Council is busy planning activities, as well. It is exciting to see the progress that the survivors are making. We want to thank all of you who attend and add so greatly to the group.

## THANK YOU TO

All of the volunteers that help to make Pathway To Hope the success that it is today. I want to highlight one volunteer in particular and that is Gloria Bowersox. She is our Program Director and is responsible for all support groups, WHIM classes, training of facilitators for both, and also helps with speaking engagements and booth set-ups. This does not count all of the work that Gloria does behind the scenes helping to make our various events successful. She has been with PTH almost from the beginning and gives tirelessly of her time. Gloria, please accept our heartfelt thanks and appreciation for the great job that you do on behalf of our families and survivors.

## EMAIL ADDRESSES NEEDED

Last newsletter, we asked that you send us your email so that we could cut down on our expense of mailing our newsletter. A few of you responded, but many of you, I know, forgot to email us. This is a reminder to sit down, right now, at your computer and send Ann a quick email to let her know that you would like to help us conserve our expenses by receiving our newsletters via email. We send them out quarterly, so they won't clutter up your mailboxes. Please send your emails to [ann@pathwaytohope.org](mailto:ann@pathwaytohope.org). Thank you.

## RESIDENTIAL CARE PROVIDER NEEDED

Since we received the grant, we are now able to hire some one part-time to provide services to our Blake House residents. This person (or it could be two people), would work Monday – Friday, late afternoon into the early evening (4 hrs.), with pay starting between \$9 - \$10/hr, depending on experience. They must have two years experience working with the mentally ill, or one year with education to replace it. They should have CPR and be Mandt certified. If you or someone you know of are interested, please have them call the office (913-397-8552) for a complete job description and fax resumes to the office at 913-397-8559.

## DO YOU KNOW THE DIFFERENCE...

...between Schizoaffective Disorder and Bipolar Disorder with psychotic features? Several people have asked me that question, so I thought it was worthy of featuring in this newsletter. "Schizoaffective Disorder is the diagnosis if the primary symptoms present at all times at some level are from the symptom complex of thought disorder. This means all relapses are characterized by symptoms of schizophrenia. The mood symptoms must be present for a substantial part of the time that the symptoms of a thought disorder are present, but the mood symptoms will come and go over time.

The opposite is true with Bipolar Disorder with psychotic features. Here, the primary symptoms are either severe depression or mania. Psychotic symptoms will be present during at least some of the mood episodes, but do not have to be present every time for this diagnosis to be made." WHIM 06.05

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## 2008 PTH FALL FUNDRAISERS

### Put them on your calendars!

## THE 4TH ANNUAL GOLF TOURNAMENT

The Pathway To Hope's 4th Annual Golf Tournament will be on Monday, October 6th, at Prairie Highlands Golf Course in Olathe, KS. The Tournament is a 4 Person Scramble with 2 flights and prizes for the 1st, 2nd, and 3rd teams in each flight. As in previous years, there will be a dinner, presentation of awards, and special prizes immediately following the tournament. Please go to the PTH website at [pathwaytohope.org](http://pathwaytohope.org) to see the brochure and/or download it to register to play. If you are unable to play, then come and enjoy the dinner. The Golf Tournament Committee has been working hard to make this a great event. They are looking for donations of golf-related items (especially sleeves of golf balls) to put in gift bags for the participants or things that might be good for the follow-up silent auction. Send in your registrations and/or call the PTH Office if you have items to donate. Help make this event successful so PTH can continue to benefit those families affected by mental illness.

## NIGHT AT THE MOVIES: THE 1980'S

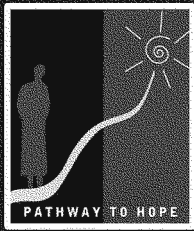
The 3rd Annual "Night at the Movies" event will be held on Tuesday, November 18, at the Ritz Charles in Overland Park, KS. This year's theme is Movies of The 1980s. Can you think of your favorite movie from the 1980's? This event includes a dinner, socializing, watching of movie clips, plus a large silent auction and a live auction of very nice items, such as jewelry, vacation trips, nice antiques, holiday items, etc. The committee is looking for donations for the auctions and volunteers to help the evening of the event. Please contact Gloria Bowersox at 913-782-5040 or email [glosox@sbcglobal.net](mailto:glosox@sbcglobal.net). You can also call the PTH office at 913-397-8552 for further information, to volunteer, or to donate any items.

To purchase tickets to attend, please call our office or you may do so through PayPal on our website. The tickets are \$50 per person (\$35 dollars are tax deductible) and dress is business casual. COME & ENJOY A FUN-FILLED EVENING!

**Remember these are the two main fundraisers PTH hosts each year and the proceeds from these two events help PTH provide classes on mental illness free to those who attend (WHIM & WHIM:B), as well as other resources (library of books & videos), and other types of support for those families affected by mental illness.**

## MANDT TRAINING

Our next Mandt training will be on Saturday and Sunday, September 27 – 28, from 8:00am – 5:00pm, here at Center of Grace. Lynelle Vondergeest will be facilitating the training that teaches a system of gradual and graded alternatives for de-escalating and managing people, using a combination of interpersonal communication skills and physical interaction techniques designed to reduce injury to all participants in an encounter/crisis. There will be a fee to cover the cost of materials. Lynelle is an LCSW and has received permission to give CEU's to nurses and nursing home administrators. If your area of profession is not one of the above and you would like to attend and receive CEU's, please call our office and ask to speak to Lynelle. If you are interested in taking this course, which corporations are now using to train their management-level employees, please call the PTH office at 913-397-8552.



Pathway to Hope, Inc.  
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913.397.8552  
[www.pathwaytohope.org](http://www.pathwaytohope.org)

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## VOLUNTEERS NEEDED

Pathway To Hope has grown so much over the past 18 months that we are in need of some people to fill some volunteer positions. I realize that we are asking you to give of your time and talent without benefit of payment; however, the reward comes from knowing that you are making the world different for one of society's most vulnerable populations – the mentally ill.

We need the following:

- Director of Volunteers – someone to recruit, train, and coordinate volunteers.
- Support Group Facilitators – family members who are at a place in their lives where they feel they can move into a place of “helping” to lead a support group.
- WHIM and WHIM-B Facilitators – we need family members who feel like they would like to encourage other family members by facilitating one of our courses. You'll learn something new each time you teach it!
- Shared Network Site Volunteers – we could use a few people who are interested in helping others secure employment. We are open three days per week at various hours and you will be trained by Kansas Work Force.
- Event Volunteers – we have various events for which we always need volunteers. Some are fundraisers and some are marketing. Two fundraisers that are coming up for which we could use your help would be our golf tournament in October and our Night at the Movies in November. For marketing, we need volunteers to man our booth in September at the Remembrance Walk (to promote suicide awareness).
- Office Help – our office can always use people who want to volunteer a few hours per week to help file and reorganize.

If any of these have piqued your curiosity, please call our office (913-397-8552) and talk to Ann.