

formerly the NWW Committee



## Winter Newsletter

Inside the Issue

### BEST PRACTICES FOR THE WHOLE PERSON

How best practices are defined in our homes.  
p. 1

### RUNNING BOSTON 2020

Introducing our 2020 Boston Marathon team!  
p. 3

### UPCOMING EVENTS

Don't miss out on upcoming spring events.  
p. 4

## BEST PRACTICES FOR THE WHOLE PERSON

by Keavy Smith, LICSW, MSW  
Chief Clinical Officer

How do we define best practices as we serve adults with cognitive and developmental disabilities? Often it looks like lists of how to manage behavioral challenges especially when the safety of individuals, their house mates, or staff are involved. Here at Pathway to Possible, our best practices often look different. They read something like this: ***always staff for the whole person.***  
(continued on page 2)



## OUR 2020 ANNUAL APPEAL NEEDS YOU!

**20** The need for our services is beyond capacity.

**20** Together, we can meet the need.

Your donation to Pathway to Possible's 2020 Annual Appeal **expands our capacity** to serve our community by developing **new programs**, investing in **excellent staff**, and embarking on **purchasing a 7th home** for the agency!

### HOW TO GIVE:



Online at [pathway2possible.org/give](https://pathway2possible.org/give)  
By check mailed to Pathway to Possible  
1301 Centre Street, Newton, MA 02459



Support staff, master's level interns and student volunteers create a living environment that cares for the whole person in each home.

Instead of long lists of appropriate physical interventions or quiet rooms for individuals dealing with large emotions and difficult seasons of life, we have a second type of personnel available in our homes on evenings and weekends to keep their eyes open for challenges and emotions *before* they bubble over. These social workers and student volunteers teach coping skills and create a supportive community for those we serve through engaging in conversations, leading yoga classes, social skills groups, self-esteem classes, and other interactive interventions.

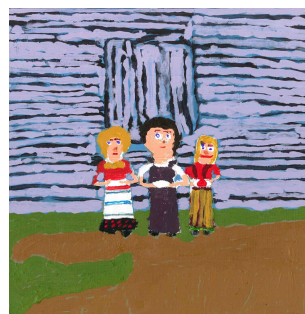
On any typical evening at a Pathway to Possible home you will see three or four different groups of people visiting and working together. **Clients** go about their evenings, relaxing, enjoying hobbies, and visiting with friends. **Support staff** care for the physical needs of clients, making meals, managing medications and schedules of social events, and helping with personal care. **Master's level interns** with social work degrees support clients in one-on-one or group settings, helping with specific mental health needs. And lastly, undergraduate students through **Boston College's PULSE program** are in the home to support a fun and engaging community - leading activities and visiting with residents. These groups together form a home that cares for the whole person. A home where the physical health and safety of residents is taken as seriously as their psychological health and safety. To us, this reflects true best practices.

## CLIENT SPOTLIGHT: JANET



Janet is an artist, skilled in a variety of media from paint to sculpture to jewelry making. Each piece she creates is delicate and detailed, highlighting colors and patterns from the natural world. Her work has been exhibited in the Gateway Gallery in Brookline, and Barneys NY in Boston. Sharing her art with others provides a deep sense of pride and joy in Janet, and also creates a supplemental income for her.

During the work week, Janet spends time devoted to her art through the Gateway Arts program, and on weekends she can often be found sharing her talents with housemates, leading crafting activities for her friends.



## CLINICAL INTERN SPOTLIGHT: ERIK

by Erik Inbar, MSW candidate Boston College

What excites me the most about my internship at Pathway to Possible is **knowing that I am making a difference** in the lives of the individuals I work with. I love seeing clients happy to see me and eager to share with me about their day. It's exciting to observe the progress clients make in their lives and to play an active role in that process.

**Interning at Pathway to Possible has helped me understand that above all else, individuals with developmental disabilities wish to be treated with respect, dignity, and just like someone who is neurotypical; with equality and fairness.**



Clients express that they do not wish to be regarded as "patients" with problems that need to be "fixed" by a therapist. These experiences will serve as a reminder for me, when continuing my career, to help me explore humanistic and dynamic methods of establishing a meaningful relationship with the client, rather than focusing on models that pathologize the client.

One highlight of the internship so far has been using my skills as a certified yoga instructor to lead a group yoga class at the Paul T. Babson III Jubilee House in Wellesley house this fall. Seeing the joy and peace in clients' faces as they moved through various poses was fulfilling. Knowing that I am providing not only psychosocial support but also helping clients engage and attune with their bodies physically feels like I am truly facilitating growth in their lives. I am grateful for this internship experience and believe it has taught me impactful lessons that will permanently affect who I am as a clinical social worker for the better.

## RUNNING BOSTON 2020

We are excited to have two runners returning to run the Boston Marathon in support of our agency for a second year!



Douglas Emslie  
Marathon 2019 & 2020

"I believe in helping local charities, like Pathway to Possible, where you can make a difference and can have a direct connection with the people you are helping."

-Douglas Emslie



Tony Hurley  
Marathon 2018 & 2020

**THANK YOU DOUGLAS & TONY FOR YOUR SUPPORT!**



### HOLLIDAYS WITH MAYOR FULLER

Continuing a **16 year long tradition**, Newton Mayor Ruthanne Fuller generously hosted a holiday celebration for the Pathway to Possible clients complete with music, food, and gifts. A special thanks to: the Mayor, Chapman Construction, the Newton Commonwealth Golf Course and the Newton Commonwealth Foundation.



## THANK YOU

Because of your generosity, we raised \$100,000 at our 2019 Autumn Auction!

Thank you for your support, feedback, and generosity as we launched our new name -- Pathway to Possible -- and invested in growing our services to your neighbors with cognitive and developmental disabilities.



[www.pathway2possible.org](http://www.pathway2possible.org)

1301 Centre Street | Newton Centre, MA | 02459

Brenda Noel, MSW, LCSW *Executive Director*

Carol Ann Shea *Board President*

Rachel Tetrault *Director of Advancement & Community Engagement*

## UPCOMING EVENTS



### Family Series Brunch

Saturday, March 22  
10:00 - 11:30am  
*For all client families.*



### 2020 Boston Marathon

*Support our runners!*  
Monday, April 20



### Newton Serves

Sunday, April 26



### Dog Show

Wednesday, May 20  
7:00 - 8:30pm



### Annual Meeting

Tuesday, May 12  
7:00-8:00pm

Learn more about events:

Contact Rachel Tetrault

[rtetrault@pathway2possible.org](mailto:rtetrault@pathway2possible.org)

617-964-6860 x11