

# PATHWAYS PATTERNS



## NOTE FROM ADMIN STAFF

We are eagerly anticipating the opportunity to showcase all the incredible new developments on the horizon for PTO! We trust that you will relish in a summary of the events and achievements from the month of January.

## NOTE FROM ADVOCACY COUNCIL

We are available to assist you! Feel free to visit us if you require any assistance. We hope everyone had a pleasant month!



# January Birthdays





O D D A Y S E E I N G E Y E D O G D A  
 T Y A D D R A O B N O I S I V N Y R D  
 C A Y Y A D E I P Z Z C H E S A T D E  
 H D D A A E R M T H A M N I D I Z A M  
 O R A D Y D G U A R D P S N N Y Y Y O  
 C E I N D A N T N K O H E L A A A D H  
 O K S A I Y D A G P O K U D Y D D S R  
 L C Y M E A T O C R C T S M S S E W U  
 A I D W Y I R O T I H D Y R Y E L O O  
 T T A O O N R B H E R S A A H S Z R Y  
 E S Y N D N R C R A K E D M A U Z K E  
 D M D S D E D K W A Y K M R I O U H Z  
 A A H A A E I K Y W L E S A Y P P A I  
 Y R Y D I N C B E I S V I B N S I R N  
 E T D R G A Y N M D E H T T E A A D A  
 H A R J B Y A D A E T T O H Z A E E G  
 Y U R U F I G N E W T O N D A Y N R R  
 C D O G Z B E Y E C A E P F O Y A D O  
 A D I T T E H G A P S E Y T W E N A A  
 A E H Y A D E E F F O C H S I R I Y T

**MARTIN LUTHER KING JR DAY**  
**PUZZLE DAY**  
**ORGANIZE YOUR HOME DAY**  
**DAY OF PEACE**  
**KOREAN AMERICAN DAY**  
**POPCORN DAY**  
**CURRIED CHICKEN DAY**  
**SPOUSES DAY**  
**HOT BUTTERED RUM DAY**  
**PEANUT BUTTER DAY**  
**HOT TEA DAY**

**HOT CHOCOLATE DAY**  
**STICKER DAY**  
**MILK DAY**  
**DAISY DAY**  
**SEEING EYE DOG DAY**  
**NEW YEARS DAY**  
**BIRD DAY**  
**HYPNOTISM DAY**  
**PIE DAY**  
**HAT DAY**  
**CARNATION DAY**

**IRISH COFFEE DAY**  
**SNOWMAN DAY**  
**VISION BOARD DAY**  
**SHORTBREAD DAY**  
**BIRD DAY**  
**BLOODY MARY DAY**  
**SPAGHETTI DAY**  
**KETO DAY**  
**WORK HARDER DAY**  
**BEAN DAY**  
**BACKWARDS DAY**  
**FIG NEWTON DAY**





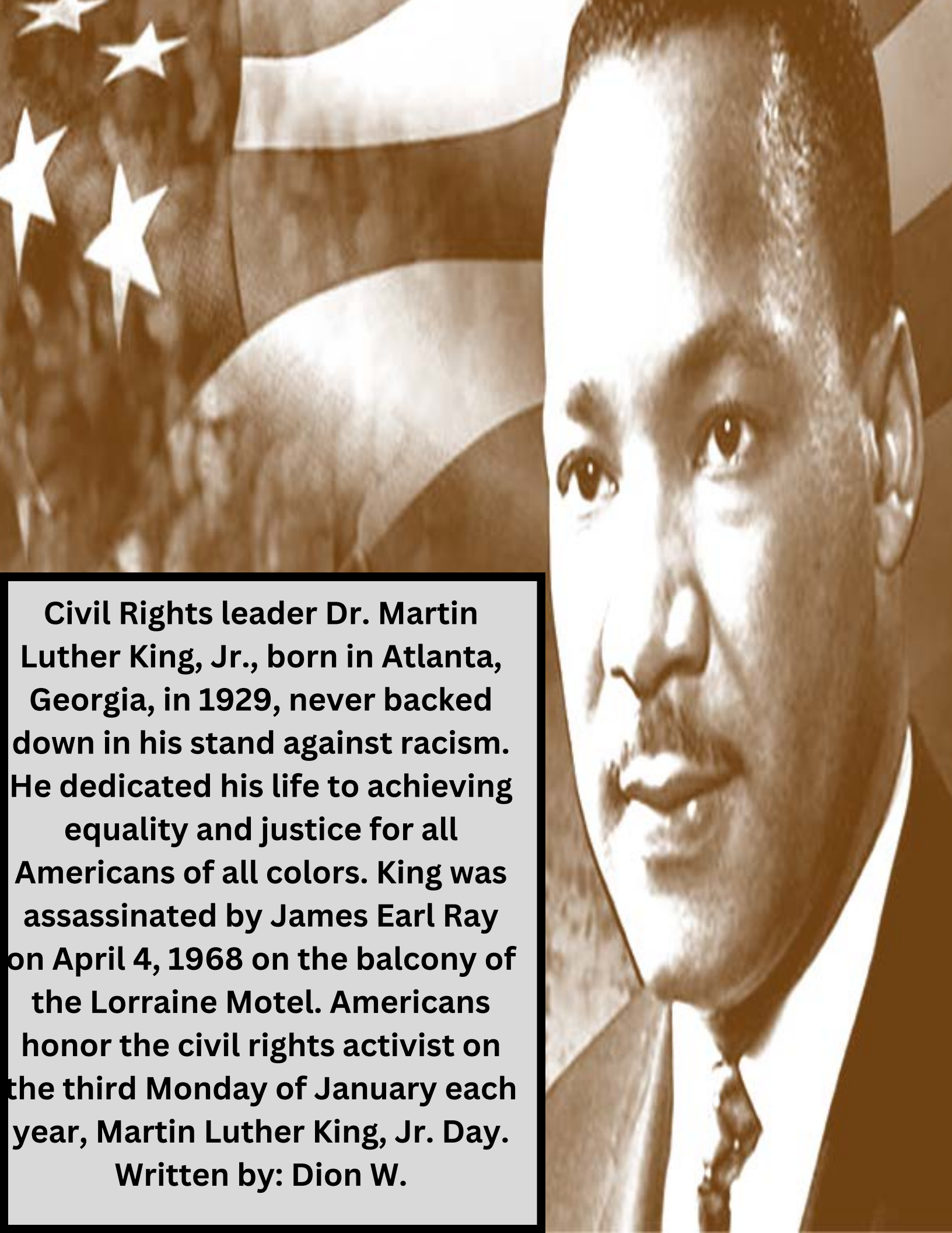
# Save Your **EXES**

## JANUARY IS GLAUCOMA AWARENESS MONTH

January is Glaucoma Awareness Month. Get the facts about glaucoma and schedule a comprehensive dilated eye exam with your eye doctor today to protect your sight.

Glaucoma is a disease in America that affects nearly 3 million people, yet almost half of them do not even know they have it. This “sneak thief of sight” is glaucoma, and it can cause irreversible blindness if not treated on time.

Vision loss and nerve damage resulting from glaucoma are usually irreversible; however, glaucoma is a condition that can be controlled. To treat glaucoma, the ophthalmologist may either use pills, eye drops, traditional surgery, laser surgery or a combination of these techniques.



**Civil Rights leader Dr. Martin Luther King, Jr., born in Atlanta, Georgia, in 1929, never backed down in his stand against racism. He dedicated his life to achieving equality and justice for all Americans of all colors. King was assassinated by James Earl Ray on April 4, 1968 on the balcony of the Lorraine Motel. Americans honor the civil rights activist on the third Monday of January each year, Martin Luther King, Jr. Day.**

**Written by: Dion W.**



# New Year's Good Luck Traditions Around the World

**United States:** A kiss at the stroke of midnight signifies the purification into the New Year, and making deafening noise is said to drive away evil spirits.



**England:** The first guest to arrive at their home is believed to hold their good fortune. They believe it should be a man bearing gifts, such as coal for the fire or a loaf of bread for the table. The guest will enter through the front door and exit out the back. Any guest who shows up empty handed or unwanted will not be allowed to enter the home first.

**Spain and Peru:** These countries have similar traditions, in that they eat 12 grapes to bring good luck in the 12 months ahead. However, in Peru they eat a 13th grape to insure their good luck.



**Japan:** In Japan they decorate their homes for the New Year with pine branches symbolizing longevity, a bamboo stalk symbolizing prosperity, and a plum blossom showing nobility.

**Sicily:** Lasagna is served on New Year's Day, because any other noodle served is said to bring bad luck.





# Pathways Treat

Let us know if you cook them this recipe

Share pictures

Enjoy!

## VANILLA BEAN SWEET POTATO WAFFLES



- 2 small sweet potatoes, roasted and cooled
- 1 1/2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 teaspoons pumpkin pie spice
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon freshly grated nutmeg
- 2 tablespoons packed brown sugar
- 1/2 vanilla bean, split and seeds scraped (or 2 teaspoons pure vanilla extract)
- 2 large eggs
- 5 tablespoons unsalted butter, melted
- 1/4 cup maple syrup
- 1 1/4 cup buttermilk

1. To roast the potatoes, place a rack in the upper third of the oven and preheat oven to 375 degrees F. Wrap whole, unpeeled sweet potatoes in foil, place on a rimmed baking sheet and allow to bake until a fork inserted in the potato meets no resistance.

Depending on the size of your potatoes, this could take 30 minutes or so. Remove from the oven and allow to rest until cool enough to handle. Peel the potatoes, discard the peel, and mash well with a fork. Measure 1 cup of potatoes for the waffles.

2. In a medium bowl, whisk together flour, baking powder, baking soda, salt, and spices. Set aside.

3. In another medium bowl combine brown sugar and vanilla beans. Use your fingers to rub the two together, infusing the brown sugar with vanilla. If you're using vanilla extract, add vanilla to the eggs and sugar after they're beaten together.

4. Whisk in the eggs until well combined. (Add the vanilla extract here, if using.) Whisk in the melted butter, maple syrup, and buttermilk. Stir to combine.

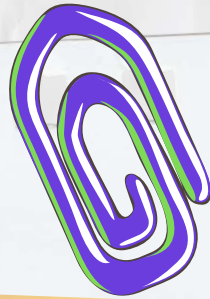
5. Add the wet ingredients all at once to the dry ingredients. Stir well to combine thoroughly. Allow to rest while the waffle iron heats.

6. Spray waffle iron if it isn't already nonstick. Add waffle batter and cook according to your specific waffle iron.

7. Serve warm with pure maple syrup. These waffles also freeze very well once baked.



# DISABLED ARTS FOUNDATION

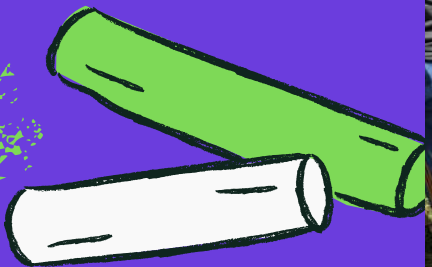


Extra Extra

Thank you Disabled Artists Foundation, Inc for the amazing activity! We worked on our fine motor skills while creating unique landscapes!



# Rays To Grow Garden



## Upcoming Events

Our Pathways to Opportunity participants are pouring their hearts into our garden project! Exciting news - we're planning an official Garden Reveal once all the hard work is done. Stay tuned for a celebration of growth, teamwork, and beautiful blooms!

## Garden Activities

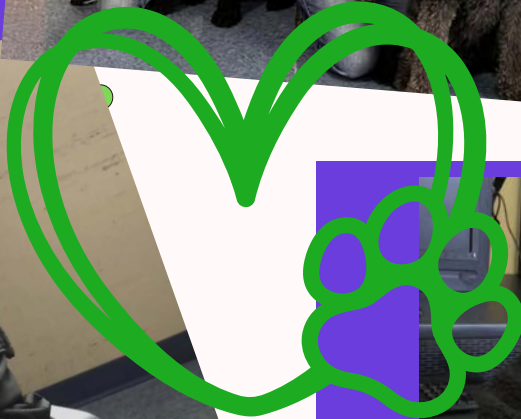
- Plan
- Plant
- Love and Water



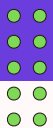
# PET THERAPY



Puppy Love



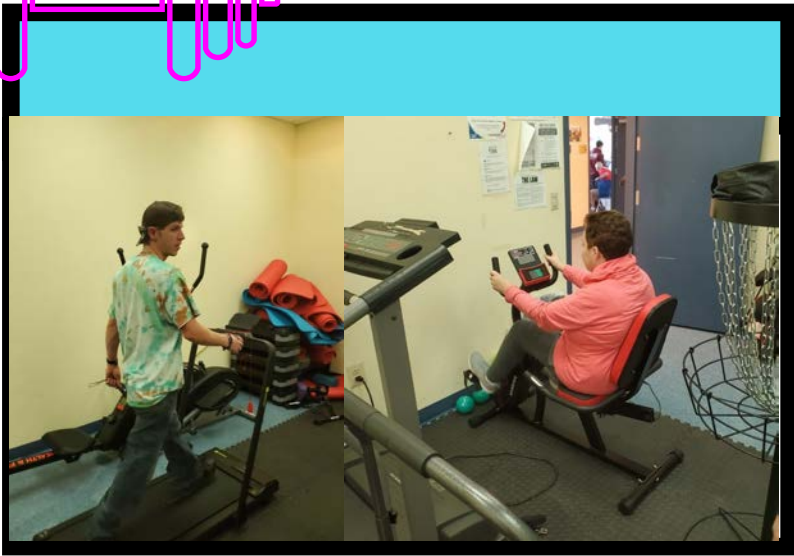
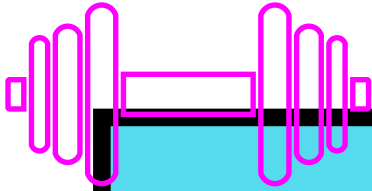
Thank you to Pet Therapy for always bring us smiles with the love of the puppies.





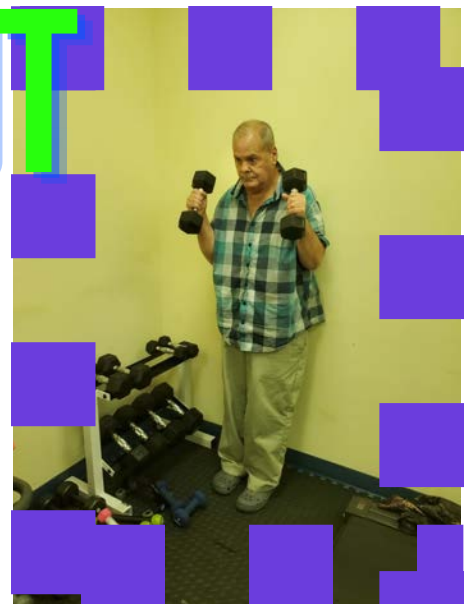
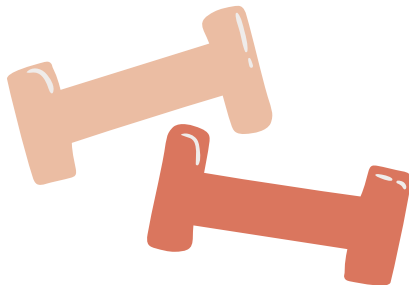
# FITNESS CLUB

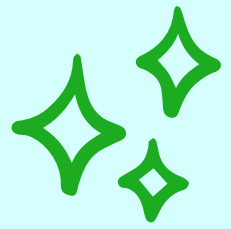
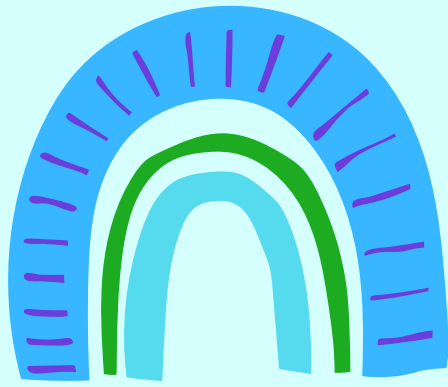
## newsletter



Pathways to Fitness have not gone out this January but we have been working out in our Gym working with free weights and the stationary bike and jumping on the small trampoline so we are working out

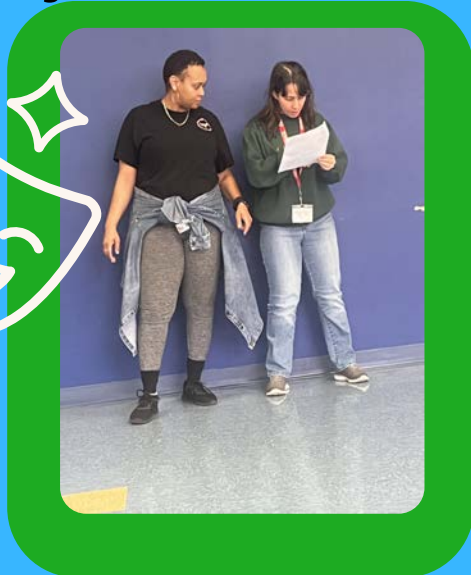
# WORKOUT





# Drama Club

Our drama club is working hard and practicing for the Willy Wonka play



NOW SHOWING

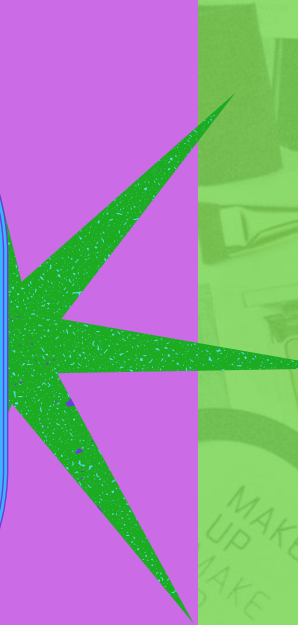
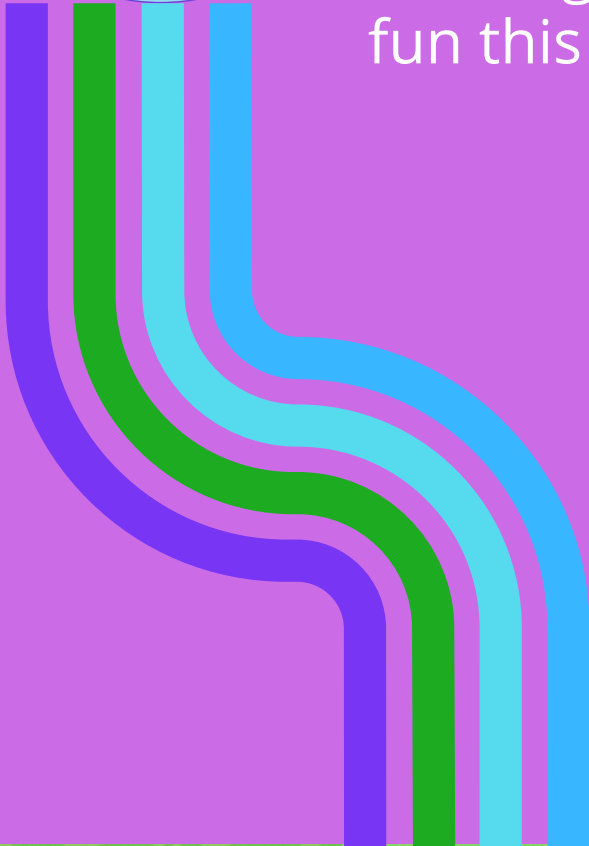


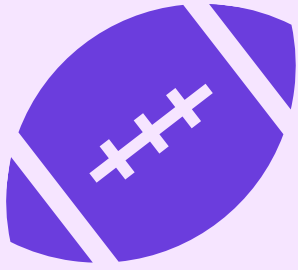


# BOWLING

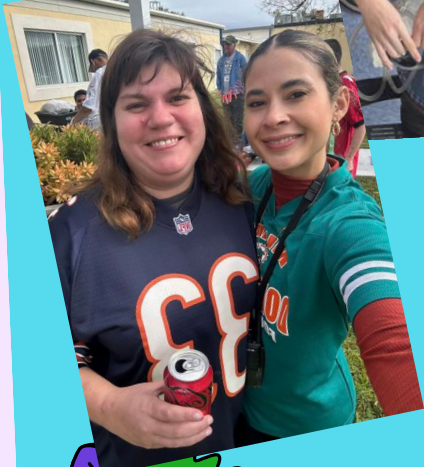


Bowling has been fun working on having a lot of fun this winter.

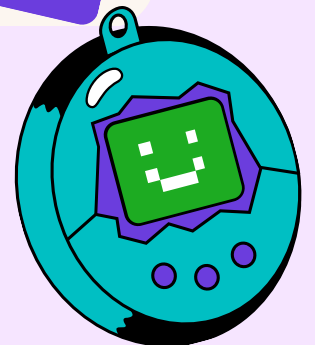




# JERSEY DAY!



**Celebrating NFL Day at Pathways to Opportunity! Inspiring moments and teamwork as we come together to empower and support.**





# Department of Transportation

## VISIT

STOP

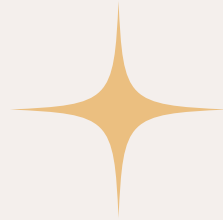
Thank you Lee County D.O.T. And Mike Padgett for having us out for the field trip to learn all about lights and signs. Thank you for our new sign that will proudly display in our lobby! We can't wait to go back!



Thank you!

PATHWAYS  
TO  
OPPORTUNITY





# NAPLES BOTANICAL GARDEN



Thank you Naples Botanical Garden for hosting our gardening club, The Green Thumbs! During the guided tour, we learned that the garden has several themed gardens. We were able to touch the Achiote seed, a red spiky seed, which was actually soft! We learned that many things we eat or use are made from this achiote seed, such as cheese and lipstick! We were able to enjoy the calming sounds of their waterfalls and wind chimes throughout the garden. After the tour, we were created and took home lavender sachets!







# Keiser University OTA Class



## CLASSROOM NEWS

Thank you to Keiser University for their incredible hospitality in hosting Pathways to Opportunity! We had a fantastic time learning about the university, meeting some of the students, and, of course, enjoying delicious pizzas. Your warm welcome made our visit truly memorable!



# Kings of Opportunity



Exciting times at the Men's Club! Members engaged in a powerful activity, writing words about themselves and positive affirmations for personal growth. Anticipating incredible growth and camaraderie as we embark on this journey together throughout the quarter.

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# QUEENS OF OPPORTUNITY



## STRONG & INDEPENDENT

Today in Women's Club, we had very special guests come in to encourage us that no matter where you come from if you could dream it can happen. Thank you to DeMine Immigration Law Firm P.A. for the treats and all the inspirational words! Welcome to the PTO family!

PTO Teaching Kitchen

# Pathways Chefs

Melissa Genovese thank you for showing us how to prepare your renowned Chicken Alfredo. We enjoyed it and look forward to your return! We have full stomachs and happy heart!

Also, thank you Alex Damerell for the yummy Texas Roadhouse rolls!





# Bayshore Fire Station

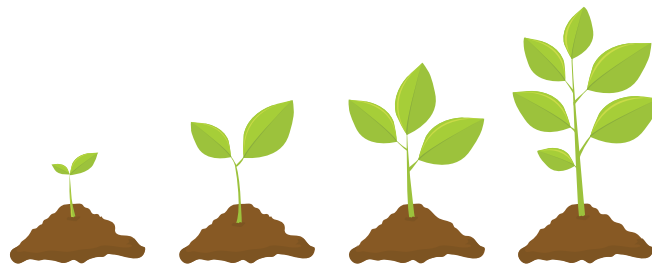


Pathways Social Club had an amazing time visiting the fire station! Grateful for the opportunity to learn about the incredible work they do. A big thank you to the firefighters for their time and insights!

# WAYS TO GROW GARDEN



A heartfelt thank you to the Naples Botanical Garden for the wonderful plants and planters! Exciting news – Pathways to Opportunity's garden is now officially a 'Let's Grow!' garden! Grateful for the support as we cultivate growth, both in our garden and in the lives of those we serve.







**Pathways to  
Opportunity**



**2024**  
**Program Calendar**

Pathways to Opportunity (PTO) will be closed for the following holidays and in-service training days. PTO may add additional closure days for in-service training. Participants, caregivers, and guardians will be notified as much time in advance as possible.

## Winter Quarter



### January

New Year's Day (1/1/24)  
In-Service Day (1/2/24)  
In-Service Day (1/15/24)

### February

None

### March

In-Service Day (3/8/24)



## Summer Quarter

### July

Independence Day (7/4/24)

### August

None

### September

Labor Day (9/2/24)  
In-Service Day (9/13/24)

## Spring Quarter



### April

None

### May

Memorial Day (5/27/24)

### June

In-Service Day (6/19/24)



## Autumn Quarter

### October

In-Service Day (10/16/24)

### November

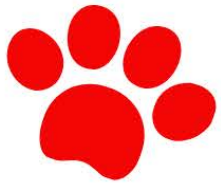
Thanksgiving (11/21/24)  
In-Service Day (11/22/24)

### December

In-Service Day (12/24/24)  
Christmas (12/25/24)



**PAWS CROSSED INC.**  
**RESCUE - REHAB - REHOME**



## **PET FOOD DRIVE FOR THE MONTH OF FEBRUARY**

**WE ARE A GROUP OF DEDICATED INDIVIDUALS WHO ARE PASSIONATE ABOUT SAVING THOSE WITHOUT A VOICE. WE ARE ALL UNPAID VOLUNTEERS WHO DO THIS IN OUR SPARE TIME. WE JOINED THIS RESCUE WHEN A SMALL GROUP OF PEOPLE (THE RESCUE OWNERS) JOINED TOGETHER TO MAKE A BIG IMPACT ON THE WORLD AROUND US.**

**OUR FOSTER BASED RESCUE IS HOME TO MORE THAN 300 DOGS EVERY YEAR. THE RESCUE HAS BEEN RESCUING FOR OVER 25 YEARS IN A STRICT FOSTER-BASED FORUM. ALL OF OUR RESCUES ARE LIVING IN SOMEONE'S HOMES UNTIL THEY FIND THEIR FOREVER HOME.**

**A DONATION WILL GET YOU INTO A RAFFLE DRAWING FOR A TEXAS ROADHOUSE GIFT BASKET!**

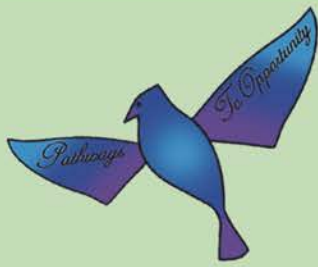
### **PET NEEDS:**



- ✓ dog food dry or wet
- ✓ cat food dry or wet
- ✓ dog beds and blankets
- ✓ animal leashes and collars
- ✓ animal toys







# Pathways to Opportunity



## Fairways to Opportunity

Come Brunch and Golf with Pathways to Opportunity  
at the Second Annual  
Pathways to Opportunity Top Golf Fundraiser!

**February 18, 2024**  
**9 am - 12 pm**

**\$550 for a Bay accommodating  
6 players or \$150 per person**

Cost includes golfing for three hours at Fort Myers  
Top Golf facility, two beverage tickets, Brunch buffet,  
and a morning of fun while supporting a great cause!

**Register at:**

[www.eventcreate.com/e/fairways](http://www.eventcreate.com/e/fairways)

or scan the qr code

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