



The Pathways Post

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“I Do Not Do Drugs”: A Story about Recovery

I'm Bonnie and this is my story.

I've been clean for 8 months now and have never felt better. I had forgotten what it felt like to have a clear mind. I started doing drugs when I was 50 years old. Both of my parents were addicts. My father was addicted to heroin and my mother to lithium. My mother and father chose to quit. They did so by: (1) moving; and (2) losing all those 'friends' who were in the drug circle. It worked for them!

So as I pondered my life choices, I thought of them and what they did to win the battle with drugs. So I moved, changed my friends, my phone number and chose to live a different life.

I tell myself every day, several times a day, "I do not do drugs"

For 8 months, I have stayed clean, and I am happy, healthy and take care of myself. I care about my daughters, my grandchildren, and most importantly, myself. It's amazing how it all comes together when you make the effort.

I convinced my mind with repetition, saying to myself:

I do not do drugs.
I do not do drugs.
I do not do drugs.

Pathways provided me with my first apartment, and my second. But I did not stop the party and friends, as you would call them, or the drugs— but in the third apartment, I did!

I would like to thank Pathways for saving my life and helping me be off the street. I would never have made it to 8 months clean and sober without their help to get an apartment, a phone and a life.

I do not do drugs.



What is Love by Ali B

Love is knowing that you are loved by someone
But the greatest love of all can not be seen
only felt by the Father, the Son and the Holy Spirit
Once you have all three
Then you know you loved
and that's the greatest love of all
Amen

Harm Reduction Supplies

Don't forget, Harm Reduction Supplies are always available— just ask a member of the Team.

Naloxone/Narcan kits are also available.

Help us Make the Pathways Post a Great Newsletter!

Honorariums of \$25 will be paid for content from our Clients included in the Pathways Post.

We accept: - Drawings - Short Articles - Poems
- Photographs - Recipes - Budget/Shopping Tips

Please pass along your submissions to a Team member .

Broccoli Apple Salad from Good and Cheap: Eat Well on \$4/Day by Leanne Brown

Serves Four

Salad

1 large crown and stem of broccoli
2 apples

Dressing

1 lemon, juiced
1 tbsp olive oil
salt and pepper

Alternate Dressing

1 tbsp yogurt
1 tsp olive oil
1 tsp lemon juice
1 tsp fresh dill, chopped
salt and pepper

Slice the stem of the broccoli into 1/8" discs. If you can't get them that thin, don't worry, but the thinner the better if you have the patience! Once you reach the crown of the broccoli, cut each of the florets off and slice each of them as thinly as you can as well. Set the broccoli in a bowl. Halve and core the apples, then place the apples flat side down on your cutting board to make them easier to slice. Slice the apples into 1/8" pieces as well, then dump them into the same bowl.

Choose either of the dressing options and prepare it by simply mixing the ingredients together in a small bowl. Taste it and season with more salt and pepper to match your preferences.

Pour the dressing over the bowl of vegetables and mix it all together. If you put a plate in the fridge for 10 minutes before serving the salad, it'll stay crisp slightly longer.

Good and Cheap: Eat Well on \$4/Day is a free cookbook with ideas on how to eat healthy food on a tight budget. It's available on-line— or if you would like a printed copy, call Wendy at the office to ask for one.

Time to Get Cleaning And Win Prizes!

Everyone who completes this month's cleaning challenge will get a \$10 Wal-mart gift card ... and one lucky winner (to be drawn at random from everyone who participates) will receive a \$50 gift card to their grocery store of choice!



**THANK YOU TO BOARDWALK RENTAL COMMUNITIES
FOR THEIR GENEROUS DONATION THAT PROVIDES FUNDING
FOR OUR CLEANING CHALLENGE PRIZES!!!**

Kitchen Cupboards and Drawers

Start your Spring Cleaning with your kitchen cupboards:

1. Take everything out of your cupboards and drawers
2. Discard (or donate!) any items you don't use, and any expired food or food you know you aren't going to eat.
3. Use a sponge and some all-purpose cleaner mixed with water to wipe out all your cupboards and drawers.
4. Put everything away, neat and tidy.

All you'll need is some sponges and all-purpose cleaner—
let a member of the Team know if you need help getting them.

Show a member of the team your clean and tidy Kitchen Cupboards and Drawers by April 29th to receive your \$10 Wal-Mart gift card and to be entered to win the \$50 grocery store gift card grand prize!

Awesome work to everyone who entered the Cleaner's Choice challenge and received a \$10 gift card—and Congratulations to Allan, winner of the \$50 gift card!!!

Welcome Louise to P2H Edmonton



We are very pleased to announce that we have a new nurse on the P2H Edmonton Team—
Louise started with us on April 4th. We hope everyone will have a chance to meet her soon!

We also wish Kathleen, who recently left P2H Edmonton, all the best.



EVENTS



Catch the Exhibition "7: Professional Native Indian Artists Inc." at the Alberta Art Gallery until July 3rd.

Free Admission on the last Thursday of every month from 6-9pm. Upcoming free evenings on Thursday April 28th and Thursday May 26th.



Don't forget that your Leisure Access Pass gets you free admission to Recreation Centres, some fitness classes, and many Edmonton attractions!

Any member of the Team can help you figure out how to use your Leisure Access Pass to get out and enjoy Spring!

Edmonton Public Libraries have a wide variety of free events. Some upcoming events include:



Cree Language Conversation Circle: Interested in learning Cree or improving your Cree language skills? Join the Cree Language Conversation Circle hosted by the Native Friendship Centre at the Highlands Library (6710 118th Ave) on Thursday evenings from 6-8pm.

Reuse Crafting Workshop—learn how to make a journal by repurposing an outdated calendar and creating abstract designs with acrylic designs on mat board for the book cover. Monday, April 18th, 6:30 to 8:30pm at the Whitemud Crossing Branch (Whitemud Crossing Shopping Centre 4211 106th St)—Register in advance.

From Books to Films—screening of movies adapted from books. Fridays, 2-4pm at the Stanley A. Milner Library (downtown).

Any member of the Team can help you look up events at your local library branch.

Upcoming Events and Important Dates

WHEN	WHERE	WHAT
Tuesdays	P2H Edmonton office	IDDT Group—talk to Keith or Dr. Wright for more information



<http://bmhc.net/>



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