



# The Pathways Post

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## A Step Challenge from Dr. Barr

Hey you! Yes, YOU! Have you ever wondered, “boy, I wish I get could get more active?” Or “man, the team won’t shut up about me getting more active?” Or even, “I am active! I wish I had some way to prove how active I am so the team will stop pestering me!” Well, NOW YOU CAN!

P2H Edmonton is running a STEP CHALLENGE all summer long, starting this Victoria Day weekend and ending the last day of summer (May 21 to September 21)! We’ve obtained a limited supply of fancy-schmancy pedometers; simply throw one in your pocket or in your purse, and it’ll keep track of your steps every day! Let us know if you would like one, or perhaps you already have one in your phone or have one that clips onto your belt! ANY OF THOSE WILL WORK! To participate, simply write down your step counts on a handy-dandy sheet. We’ll

tally them up each month and publish the leaderboard here in the Pathways Post!

Compete against your friends, and even against P2H Edmonton STAFF! See if Dr. Barr actually gets up and exercises, or if he spends all summer playing video games\*! More importantly, compete for FABULOUS PRIZES! There will be PRIZES for the most steps in a day, month, and overall! There will be PRIZES for the most improved from May to September! To join, simply contact your friendly neighbourhood P2H Edmonton team member! DON’T MISS IT!

\*Dr. Barr says, “why can’t I do both?”



## Want to log some steps and have some fun? Join the new P2H Edmonton Walking Group

Weekly on Wednesdays at 1pm  
First meeting: May 25

Meeting location: Downtown Library  
Water and Healthy Snacks will be provided  
Will rotate walking locations for July and August  
Increase your STEPS to win prizes  
Celebrate success at September BBQ



Talk to Kirsten or any member of the Team for more information!

### 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 .

### 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.

### Bed Bug Prevention and Treatment

Battling bed bugs is stressful for everyone. While there is no way to completely eliminate the risk of a bed bug infestation, there are some steps you can take to minimize the risk:

- Vacuum your home at least once per week, taking particular care around base boards
- Carefully check any used items you bring into your home
- Visit friends or family who have bed bugs infestations somewhere other than in your home or their home until their bed bugs are cleared up
- If you get a notice from your landlord that your home is being inspected or treated for bed bugs, please let P2H Edmonton know immediately. Landlords often don’t send us a copy of the notice. If we know about the inspection or treatment, we can help you prepare your home— if your home isn’t properly prepared, bed bug infestations can get worse, and it can lead to eviction.

If you have any questions about bed bugs or preparing for bed bug treatment, please feel free to contact Bryan or talk to any member of the P2H Edmonton Team.

### In Memory

Several months ago, we asked P2H Edmonton Clients what they thought about the Memorial Wall, where pictures of Clients who had passed away were put up to honour their memories. Many people thought the wall was a good idea, but many also thought that it was not an uplifting tribute. Lorelei and Geri took the input we received and recreated the wall to be a way of remembering those who have touched our lives, but also a celebration of the life journey. We hope everyone will take some time to check out the new feature walls in our reception area, and let us know what you think.



Since Pathways to Housing began in 2009, we have celebrated numerous events and successes. We have welcomed new children. Together we have faced the challenges of creating a home. Time has been set aside to mark the passing of moments and the celebrations of the seasons.

Sadly, we have also mourned the passing of many wonderful people. This “Memorial Wall” is meant to honour and acknowledge the impact their lives have made on each of us. It is intended to provide pause and give space to those whom we have been connected with; to give thanks for the gift of their relationship.



## 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!!!**

Show a member of the team your clean Stove and Oven by June 10th to receive your \$10 Wal-Mart gift card and to be entered to win the \$50 grocery store gift card grand prize!

If you need supplies or assistance to meet the challenge, please let a member of the Team know.

### 5 Easy Steps to Clean Your Stove and Oven

1. Take the elements off of your stove and place the drip pans and trim rings into your sink. Soak them in very hot water and all purpose cleaning product for 2 hours.
2. Spray oven cleaner all over the inside of your cold oven, and let soak for 2 hours.
3. After 2 hours, wipe out the oven and use SOS pads to clean off any caked on areas.
4. Use SOS pads to clean any caked on areas of the drip pans and trim rings. Wipe down all outside surfaces of the stove with hot water and all purpose cleaner.
5. Wipe the inside of the oven, the drip pans and the trim rings, and the surface of the stove with a clean, hot cloth to take off any excess cleaning products.

Awesome work to everyone who entered the Kitchen Cupboard and Drawer cleaning challenge and received a \$10 gift card—and Congratulations to Bev L, winner of the \$50 gift card!!!

### Survey of Life in Recovery in Canada

The Canadian Centre on Substance Abuse is conducting a survey to gather information on life experiences of individuals in recovery from addiction to alcohol and other drugs in Canada, including information on the personal journeys and the different pathways to recovery that exist for Canadians. The survey findings will be used to educate health service providers, decision makers and the public about the experiences of individuals in recovery, to help increase understanding and help address stigma.

The survey is open to individuals aged 18 and over who reside in Canada and who previously had an addiction involving alcohol or drugs that is no longer active (which is the survey's definition of being 'in recovery')

Anyone interested in completing the survey can find it at <http://surveys.pra.ca/s/CCSA/> - feel free to ask a member of the Team for help in finding it.

Please note that P2H Edmonton is not connected to the survey in any way, and we are not endorsing it.

### 2016 Census

Every household in Canada is required to complete a Census questionnaire in May 2016. The Census is used to collect information for planning public services. You should have received a card in the mail with a secure access code which you will need to complete the survey at [www.census.gc.ca](http://www.census.gc.ca)

If you need more information about the census, you can call Statistics Canada at 1-855-700-2016 or ask any member of the Team for assistance.

### Use your Leisure Access Pass!

Visit the Muttart Conservatory at any time—or plan to take in Concerts at the Conservatory: Songs of Spring with live music and guided tours on Thursday, May 19th from 6:30-8pm

The John Janzen Nature Centre has a family friendly event on the daily life of bugs and bees on Sunday, May 29th from 11am-3pm.

Or visit a gym or pool!

Ask any Member of the Team for more information about the many ways you can use your Leisure Access Pass to enjoy free activities throughout the City.



### Aboriginal Cultural Events

There are many Aboriginal Cultural Events each month in Edmonton—for instance, in May there are Traditional Arts and Crafts at the Canadian Native Friendship Centre at 11728-95St on Wednesday nights from 6-8pm and a Soup and Bannock lunch at Bent Arrow once per month. If you'd like more information about Aboriginal Cultural Events in Edmonton, you can contact the Canadian Native Friendship Centre (780 761 1900) or Bent Arrow (780 481 3451)—or ask a member of the Team to assist you.

### Relax and Have Fun at the Library

Enjoy Board Games? Want to try your hand at the new Adult Colouring craze? Interested in joining a Book Club? Edmonton Public Libraries have all that and more—check out [epl.ca](http://epl.ca) for information about what is happening at your local branch, or ask a member of the Team to help you look it up.

### TAXES NOT DONE YET?

Please let us know at your next Home Visit so we can discuss whether you want some help getting them done—it is important to get them done to make sure you can send your Notice of Assessment to AISH or Alberta Works, and to make sure payments like GST are not delayed.

### Upcoming Events and Important Dates

WHEN	WHERE	WHAT
Thursday, May 12th 2-3pm	Commonwealth Rec Centre Green and Gold Room	1000 Days Celebration
Wednesday, May 25th 1pm	Downtown Library	First meeting of the P2H Edmonton Walking Group
Tuesdays	P2H Edmonton office	IDDT Group—talk to Keith or Dr. Wright for more information



<http://bmhc.net/>



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