



Monthly Newsletter

Volume I | Issue 3 | Pathway Pages

March 2019

As we spring into March, it is important to look at what this season means to us. March is a time of renewal, when we can look at the fresh Spring with hope and optimism. Having hope and optimism, however, does not mean that it is not still important to be cautious and plan. March is national Colorectal Cancer Awareness Month, which is a type of cancer that is detectable through screening and treatable in the early stages. Here at Pathways we are proud to be offering free screenings and educational materials about this disease. It is always a good time to prioritize your health and focus on preventative care. If any aspect of your life has been on the back burner, from financial health to physical health, stop by Pathways to see how we can help.

Inside This Issue

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Check out our spotlight on health and programs at the clinic!

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Learn about the goings on of Pathways, our staff, and ways you can make a difference in your community.



SPOTLIGHT ON HEALTH

Pathways' free clinic is devoted to health, treatment, prevention, and detection. We are so grateful to have Rachel Hunley, who works for the Office of Health Equity and Disparities Research at VCU doing work in our clinic. Rachel is providing informative presentations on colorectal cancer as well as free screenings for any clinic patient. Colon cancer is preventable and treatable, if you would like to learn more or obtain a free screening, stop by our free clinic for this amazing program!



Lessons Learned from Surviving Cancer

Doug Lewis is a Case Manager here at Pathways, who has an inspiring story about overcoming a colon cancer diagnosis 10 years ago. After experiencing symptoms, Mr. Lewis advocated for his health and insisted on getting screened and seeing a specialist right away. Colon cancer has a 90 percent five-year survival rate if caught in the first stage, and Mr. Lewis was able to catch it early. After undergoing surgery and recovery, Mr. Lewis was declared cancer free. Mr. Lewis learned two key things "if you have symptoms, don't wait, immediately listen to your body and see a doctor," and "90 percent of life is mental, you have to stay positive." Mr. Lewis' story reminds us of the importance of early screenings and advocating for your own health.

FREE Tax Preparation and Filing

Contact Pathways Works: rbrown@pathways-va.org

(804) 862-1104



Applications are being accepted NOW for YouthBuild 2019!

Check out our website to learn more and fill out an application!

www.pathways-va.org/yb-application

Matthew Ruland



Meet Our Staff

What He Does: Career Coach/Case Manager for YouthBuild

Time at Pathways: Three years

Favorite Pathways Event: HarvestFest

Favorite Movie: The Blues Brothers

Favorite Food: You can't go wrong with a good pizza

Favorite Local Spot: Petersburg Battlefield

Pathways Programs, Dates to Know



Join our Envelope Giving CHALLENGE!

Visit our website (pathways-va.org) and help us reach our goal!



Pathways Works Financial Opportunity Center ORIENTATION:

March 27th, 2019 10 am -12 pm

April 10th, 2019 10am - 12pm



APPNA Chronic Care Clinic

Every Thursday

March 21st, 2019 12pm-1:30pm

March 28th, 2019 12pm-1:30pm

How Do I Get Involved in Pathways?

Becoming a donor and/or volunteering are great ways to get involved in the work done at Pathways. It's as easy as...

- 1 Visit our website – www.pathways-va.org
- 2 Select how you want to contribute. Click either DONATE NOW to donate OR click GET INVOLVED and select VOLUNTEER (www.pathways-va.org/volunteer) for volunteer options!
- 3 Fill out our easy to use online forms. We appreciate your help, thank you for being part of the Pathways family!