

# Pathways TO INDEPENDENCE™

Education, Healthcare, Therapy & Mentoring  
for Young Women in Need

AUTUMN 2017



Photos courtesy of Justin Rudd

## Friends of Pathways 21st Annual Fundraiser, “Wild West in the Park” raises \$650,000 for Pathways to Independence. Lock, Stock and Barrel!

We had a Rootin’ Tootin’ good time! “Our Wild West in the Park fundraiser was an incredible success,” said Lisa Mais, Fund Developer for Pathways. “We are so grateful to all the guests, donors, restaurants, and sponsors who contributed their money, time, talents and services towards our cause, and especially to all our Friends of Pathways volunteers for being the ‘ace in the hole’ to guarantee that this year’s event would be our best fundraiser yet!” Expenses for this year’s event were less than 10% of the total raised, among the lowest of our recent events. The \$650,000 raised during our fundraiser is instrumental in reaching our yearly budget goal of \$1.4 million, which helps us change the lives of 50 young women. Thank you for getting us closer to our goal!

Park Estates was transformed into the Old West for over 500 guests who dined on delicious food from 30 restaurants in Long Beach and the surrounding area. Saloons featuring craft beer, fine wines, specialty cocktails, and whiskey tasting helped get the party going, while guests bid over silent auction items in mercantile-themed auction tents. From the main stage, The Killer Dueling Pianos kept guests entertained and dancin’ the

night away to tunes like Sweet Home Alabama and The Devil Went Down to Georgia.

Here’s a very special thank you to our presenting sponsor, Farmers and Merchants Bank, for embracing our mission and for their continued generosity in supporting us. Longtime Friends of Pathways Patti Flynn recognized and thanked Henry Walker and his family for Farmers & Merchants Bank’s 20 years of support. And, another special thank you to our Park Estates neighbors who allow us to host our Pathways fundraiser in their neighborhood each year.

### **Congratulations to the lucky winners of this year’s Opportunity Drawing:**

**First prize:** Stacy Field – a Hotel Del Coronado getaway!

**Second prize:** Heidi & Jody Campbell – \$1,000 cash!

**Third prize:** Audrey Anders – two tickets to Stagecoach!

Friends of Pathways is composed of 90 volunteers who support Pathways to Independence, whose mission is to change the lives of young women in Long Beach and Orange County who

*continued on inside..*



*continued from page 1*

are overcoming obstacles and gaining independence through education.

The women receive the emotional and fiscal support they need to reach their goal of graduating college, finding a job and becoming contributing members of society. Since its inception in 1991, Pathways has helped more than 350 women, of whom 80 percent have graduated from college.

Pathways' volunteer roster includes more than 50 medical professionals, 40-plus licensed therapists, 17-plus dentists and orthodontists and a growing list of attorneys, printers, mechanics, accountants, and other professions. All of the professionals donate their services free of charge. A list of the 2017 sponsors and donors can be seen on page 5.

We are grateful to the following performers and artists  
**The Killer Dueling Pianos**  
Caity Peters, Mark Perry, Don Witten  
and McKenzie Goff

We would also like to thank the 2017 Wild West in the Park hosting homeowners:

**Dr. Willie & Carmen Goffney**  
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# Charitable Giving & Taxes

## *Know the Rules*

As the new year approaches we hope that you will consider Pathways to Independence in your giving plans and contribute to transforming the lives the young women we serve.

The greatest benefit of charitable giving is the knowledge that you've helped make a difference in the lives of others. Yet giving can also provide tax breaks so long as you are aware of the rules and keep track of what you have donated. You should always consult with a legal and tax professional on charitable giving matters.

There are several methods of donating to the charities that you support. There are the obvious direct gifts of cash or non-cash gifts of property (including such items as clothing, jewelry, furniture, computers, automobiles and boats) and some not so obvious ways that you can contribute:

**Donate appreciated securities** – Donors who are considering current year charitable contributions and are also facing long-term capital gains taxes on appreciated stock that they have held for more than a year can realize a much more favorable income tax result and charitable impact by making a timely donation of the appreciated stock directly to Pathways to Independence. If a donor sells the stock first and then donates the cash proceeds to Pathways, the donor may be subject to capital gains taxes on the proceeds from the sale of the stock. But if a donor contributes appreciated stock held for more than one year directly to Pathways, the donor can usually deduct the fair market value of the donation without realizing any capital gain.

**Donor-Advised Fund** – A fund maintained in your name by a public charity from which you may recommend grants over time for charitable purposes.

**Charitable Remainder Trust (CRT)** – An arrangement in which cash or property is transferred to a trust. You and/or other beneficiaries receive income from the trust for a period of time, after which the remaining principal becomes the property of the charity.

**Charitable Lead Trust (CLT)** – A CRT in reverse. Charities become the income beneficiaries, receiving a stream of income from the trust for a period of time, after which the named noncharitable beneficiaries receive the remaining trust principal.

*Charitable donations are an excellent way to make a difference in the lives of others while also reducing your taxes.*

Please contact Lisa Mais 562 884-3629 or  
[lisa.mais@pathwaystoindependence.org](mailto:lisa.mais@pathwaystoindependence.org) to learn more or to donate.

# Donations

# Where are they now?

We truly appreciate the wonderful group of clients with whom we have been privileged to have worked together with these past 26 years. They have worked hard, confronted their pasts, transformed their lives and become women of purpose. We are proud of all of our clients, their accomplishments and their desire and ability to pay it all forward. Read about one of our graduates and where she is now...



I was born to a single mother with few resources or support. My father, a heroin addict, continued to struggle with his addiction and we didn't meet until I was 21 years old. My mother and I lived with several relatives until she married my step father when I was three years old and we finally had a stable home.

We lived in a traditional home, my mother a homemaker and my stepfather working two jobs to support our growing family. Although my stepfather provided for my basic necessities, he also sexually abused me for many years. Like many children, I did not disclose the abuse due to fear, guilt and shame. As a result I developed low self-esteem, anxiety, depression; I engaged in unhealthy relationships.

My outward behavior was excellent: a straight-A student, social butterfly, and obedient child. In my mind, perfect children are not victims of abuse. I was accepted into Cal State University of Long Beach and began attending school while continuing to reside at home. However, my unaddressed trauma and daily interaction with my perpetrator began to manifest itself in suicidal thoughts, anger and resentment towards my mother.

At the time I was working part time and had decided to drop out of school in order to work full-time, so I could move out of the house. Then I heard about Pathways to Independence through my employers who encouraged me to apply. I applied and after my interview I was informed of the waiting list. Only a week later I received a call that a spot had become available, and I was accepted into Pathways. I thought it was too good to be true!

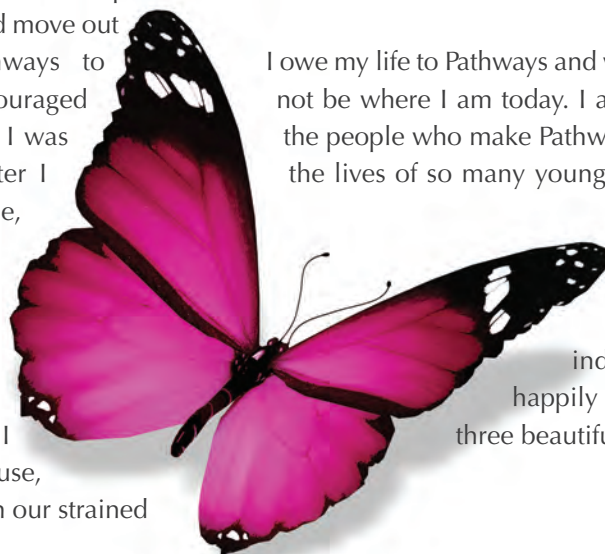
I was assisted with housing expenses in order to move out of my parents' home as well as financial assistance to continue my education. I began participating in therapy to address my abuse, disclosed the abuse to my mother and worked on our strained

relationship. Pathways also paid for my participation in various retreats including an Incest Survivor Retreat which helped guide my decision in my career choice. In 2007 I graduated from CSULB with a Bachelors of Social Work and currently work as a Children's Social Worker for the Department of Children and Family Services. I investigate child abuse and neglect allegations, working with children who share similar stories to mine and serve to protect them from any further abuse or neglect.

**"Pathways not only provided the financial assistance I needed to achieve my educational goals but provided the emotional support I needed to heal."**

Pathways not only provided the financial assistance I needed to achieve my educational goals but provided the emotional support I needed to heal. However, I attribute the most important factors of my success in Pathways to be my mentor, Suzy Gowin and Dave Bishop, who have truly been like a mother and father to me. When I felt like giving up, they were always there to listen, encourage and guide me every step of the way. They are the most selfless, humble, loving individuals who taught me to believe in myself and break the cycle of abuse.

I owe my life to Pathways and without it I know I would not be where I am today. I am forever grateful of all the people who make Pathways possible and change the lives of so many young women. Thanks to the therapy, education and relationships I built I am a healthy, well adjusted and successful individual. I am now happily married and a mother to three beautiful girls.



## Blessed & Safe at Home

Since becoming a Pathways Client, I have been so blessed. I now live in a beautiful home that before I could only dream about. Having lived in poverty my whole life, this has been a huge deal for me. I feel safe in my new home.

Pathways has shown me the possibility of a life that could be mine through hard work in both school and life. I have been shown the kindness, love, and support that everyone desperately needs.

With the help of my mentor I have managed to get through some of the toughest academic and personal struggles. I never really thought I “needed” therapy, because I always dealt with issues on my own. But thanks to Pathways, I am able to see my amazing therapist, Kate, once a week and just vent.

I am also very thankful for the car that Pathways has provided for me because it makes traveling to school or work so much easier. The Pathways volunteers have taught me how to care for my car as well. I didn’t know the first thing about an oil change or even how car insurance works.

I have also discovered my love for Astronomy and Physics, and everyone has been very supportive about my decision to pursue such a unique career for a young woman.

**EVERY MORNING  
YOU HAVE TWO  
CHOICES: CONTINUE  
TO SLEEP WITH  
YOUR DREAMS,  
OR WAKE UP AND  
CHASE THEM**

I have been provided with all the resources to succeed, even a math tutor, since my major involves a lot of math.

Interest in my health is another benefit. I have recently enrolled into Cross Fit because of Pathways. I have also been changing my

eating habits, so that I can get into shape and become healthier. I have had the chance to see an optometrist for the first time in my life, as well regular appointments with a dentist, a doctor, and an orthodontist for a problem with my jaw that I have had for years.

As a Pathways Client I was able to attend Equine Therapy, a very therapeutic and unique experience for me.

Thanks to all of the supporters and volunteers, I have a true chance to do something great with my life, to tackle life’s obstacles and become stronger. This is something that Pathways has shown me, and for that I am very grateful.

*Teresa R, Pathways Client*

## Safe & Sound

Since joining Pathways I have gained hope. I can see myself having a chance to have the life I want. For a long time I didn’t see a future for myself. Now I know I have that opportunity if I work hard.

Thanks to Pathways, I have a stable home where I feel safe. I no longer need to worry about where I am going to live. Now I can focus on school and working towards a career I want.

I have had traumatic events in my life and have built up walls in an attempt

to keep myself “safe.” Although I am still working on it, thanks to Dave Bishop, increasingly I can put my guard down. He has been there for me, being supportive and caring. It really has inspired me to work towards my future.

Knowing that many people I don’t even know are helping and volunteering reminds me of the power of kindness.

I am grateful for Pathways and all those who make this organization possible. Thanks for not letting my past circumstances hold me back and dictate my future.





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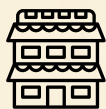
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This will offer better cash flow and provide more funds directly to the young women we serve. We're almost to our goal! Please help us make a direct, substantial impact on our bottom line.

**Please contact Lisa Mais**  
**to learn more at 562-884-3629 or**  
**[lisa.mais@pathwaystoindpendence.org](mailto:lisa.mais@pathwaystoindpendence.org)**



To St. Nick's Commercial Design & Decor for providing holiday lighting this year for Pathways residential buildings.

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*Pathways Graduates*



Through your donations to Pathways, our clients learn independence, and futures are changed for the better. Thank you for your consideration in contributing to Pathways.

Since its inception in 1991, over 350 young women have participated in the program. Pathways is appreciative of its personal, corporate and service organization sponsors, as well as the health care providers who donate their services without charge to improve the quality of life of Pathways clients. For more info call 562-493-9048

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