



Change....

It is with mixed feelings I write this insertion for the newsletter.

This may be my last official newsletter as I will be on leave when the next one comes out, although I am very pleased to say that Louri Snider will take over this position in my absence. When I return next spring it will be to retire from NHCIA.

I am also sad to note that Teena Surma will be leaving the agency after 17 years with NHCIA. She has held every position possible and some that were unique to only her. She is the epitome of the term lifelong learning within an organization. She entered as a placement student and held the Interim Executive Director Position before having to make a difficult decision to leave her NHCIA work family to create a new personal family. I wish her every bit of happiness from the bottom of my heart. It is a true expression of "follow your path and make hopes and wishes happen".

I will hold every experience and connection to NHCIA with the fondest of memories.

Thank you to all past and present people associated with the agency for fulfilling my career.



Sandy Phillips
Executive Director

Getting Experience... The experience begins at your resume ,then the interview, training and then hands on experience.

This year we were lucky to have 3 summer hires through Canada Summer Jobs. Holly Leveque, Kendra Gaebel and Sam Brooks. Each has written about their experience so far this summer.

I am thoroughly enjoying my second summer at NHCIA! Working here has taught me new skills, allowing me to have clinical experience while completing my degree and helping me realize I would love to work in this field of social work. NHCIA has given me so many amazing experiences and helped me connect with such wonderful people, those being both the individuals we support and the staff. As a job coach I have been assisting people we support with resumes and in building skills for future jobs. I have often been supporting individuals to complete both their employment and social goals. I love that when working I get to help out in different departments with all types of projects and events. It is such a great feeling to help others feel more independent and watching them persevere and succeed after all of their hard work. I am so appreciative of this opportunity to work in such a caring and conscious environment giving me a rewarding and enjoyable experience.....**Kendra Gaebel**



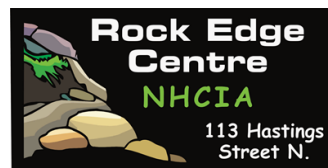
When I first started as a summer student at NHCIA, I had already completed a co-op semester during my grade 11 year. I enjoyed every moment of that experience, so when I heard about the summer position, I knew I had to apply. I am incredibly fortunate to have been selected as one of the few students for the summer program. Spending time with individuals and witnessing their growth and learning has been an enriching experience. From going to Cedar Ridge or playing baseball, we spend each day getting to know each other and experiencing new things together.

I look forward to more opportunities connecting with individuals and learning together. I'm genuinely grateful for this opportunity and the chance to be part

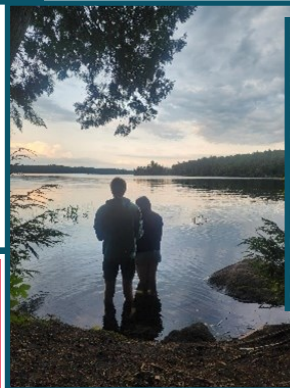
of such a meaningful journey....**Sam Brooks**

Child & Youth Update

Youth & Family Support



Learn to camp...Deep Roots Adventures provided a "learn to camp" experience. We learned about safety when setting up tents and the kitchen area. We also learned to deal with unpredictable weather and the importance of leaving no trace when camping. The group cooked great food, swam, fished, used paddle boards and sat around the campfires enjoying friends.



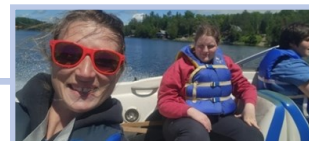
Splash Valley...another awesome experience. This was a huge hit with everyone in attendance. We went on the zipline and played for hours on the floating water park and water slides!



If you need any support to with your loved one going back to school, support with meetings or transitions please reach out to Julie (JK to grade 8) at j.vardy@nhcia.ca or call 613-318-5634. Grade 9 to college contact Niki Braybrook n.braybrook@nhcia.ca or 613-334-4029.

Youth Overnight

Camp...Youth attended Cedar Ridge Leadership overnight camp, where they experienced some "firsts" including going for a boat ride, riding horseback and one of our campers was brave enough to do the Leap of Faith! During the leadership camp we also participated in a leadership/anti-bullying training session with camp counselors.



Child & Family...had an active summer enjoying time at local farms, parks and beaches. Artist, Ketha Newman, led two sessions of Art Club. Activities included tie-dying shirts, clay building and games. There were new experiences and new friends made. We have a trip planned to visit Peterborough Zoo and a youth who will be attending Potter Camp at Fleming College in Haliburton.



Courtney volunteered to help with art club.

NHCIA
CAREGIVER'S NIGHT OUT
BBQ & FIRE NIGHT
IF YOU HAVE A FAMILY MEMBER OF ANY AGE WITH A DISABILITY, THIS GROUP MAY BE FOR YOU!
SUPPORT FOR FAMILY MEMBERS PROVIDED
JOIN OTHER CAREGIVERS FOR A REALKING NIGHT AND EXPAND YOUR NETWORK OF SUPPORT
September 24 2024
5 pm - 7 pm
TO ENSURE WE HAVE ENOUGH FOOD AND RESPITE PROVIDERS
PLEASE CALL BY SEPTEMBER 18TH TO JULIE AT
J.VARDY@NHCIA.CA OR NIKI AT N.BRAYBROOK@NHCIA.CA OR CALL
613-332-2090

Also coming up in the fall is a new 6-week after school club called **Evening Warriors** for students 6-14 years old. Information on this club will be coming soon!

We also have a weekend respite retreat in November.

Getting experience cont'd...My name is Holly and I was hired through Canada Summer Jobs to work at NHCIA. The moment I stepped into the office on my first day here, I was welcomed with warm smiles and people ready to support me in any way I needed.

Since then, I have gotten the chance to meet some wonderful children in our community and learn about what NHCIA does. My role is Youth Support Worker, I support children in the community to attend camps, visit places in town and provide respite as part of a team.



Recently I've been providing extra support at Experience Summer Camp and Teen Theater Camp; helping those I support with transitions between activities, regulating emotion and staying on task. I've had some one-on-one time with a few youth going on walks to visit local art galleries, visit the Eagle's Nest and went to the Cardiff pool.

One of my favourite days was a trip to splash valley with 8 youth, we enjoyed going on the waterslides, the zipline, and had some great times swimming. I really love this job because I feel like I am making a difference in the community even if it is just with a few people. Every day is different, bringing new challenges and changes my perspective about our community. NHCIA is such a supportive community to work in. I am happy that I chose this position for my summer employment... **Holly Leveque**





GoalsOne of our 'Values' at NHCIA is that dreams are possible. We help support individuals to work towards and achieve their dreams and goals every day. Some recent successes include visiting the War Museum with friends, this was Jeff's goal. The guys especially enjoyed the display of machinery and they learned about Canada's involvement in world conflicts.



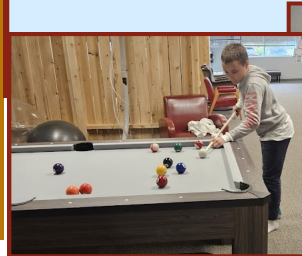
Self Advocate Committee....held a bake sale, at the farmers market in July. They baked for the event under supervision in our NHCIA kitchen with staff who have their Food Safety Certificate. They raised a total of \$305.00 dollars which will be added to the funds they have already raised from other fundraisers held this year. The funds will be used to help pay for rooms and transportation for 2 self advocate committee members to attend the 71st Inspiring Possibilities conference being held in Vaughan in September.

The Self advocate committee hosted the Trent Hills Self advocates at their July meeting. The Trent Hills individuals asked the group for advice on how they ran their meetings and created their agendas because they are forming their own self-advocate committee. The self-advocates also identified their roles to the Trent Hill group and what responsibilities each position has. Many great questions were asked by Trent Hills self-advocates and answered by NHCIA Self advocates.



New at the Design Room....there is now a pool table at the Design Room and it has been a great activity for all ages. It also doubles as a ping pong table.

Our space at the Design Room has been great for art workshops and activities needing some open space. It is also a relaxed setting for Book Club.



White Water Rafting....We battled low water levels, a storm and a trip reschedule, but we finally got to ride down the Madawaska River and it was all worth it! Most of us did the Family level trip, while a couple of brave souls tried the challenging adventure route! We stopped part way through the route to jump off a big rock and float in the river.



Community Participation down 1....but we have gained a new NHCIA member. Welcome Beau Roy Dennis born July 6th. Mom and dad are extremely happy and adjusting well to parenthood. Although Desiree misses all the staff and self advocates she is in no hurry to return back to work.



FUTURE HAPPENINGS

Friday Sept. 6th

Annual General Meeting taking place at the Bancroft Curling Club. Meal is being catered by Salut Bistro, the cost of the meal is \$20. Please RSVP by August 30th. Call 613-332-2090

September 24th

Caregiver Night Out-BBQ & Bonfire. Contact by Sept. 16th to reserve a spot. J.vardy@nhcia.ca or n.braybrook@nhcia.ca or call 613-332-2090

NHCIA Mission Statement

North Hastings Community Integration Association, through partnerships with community, inspires people with developmental disabilities and their families to live as fully participating citizens.



Blue Jays....what is summer without baseball? This has also been a tradition for a few years as individuals love to see the Jay's in action and wear their Jay's swag. It also allows individuals to see a bit of what Toronto has to offer, like the C N Tower.

Yearly Tradition....Mike and Duncan enjoyed cottage life so much last year they rented another cottage this summer on a different lake. Baptiste Lake was the spot this year where friends gathered to swim and sit around the campfire eating smores. When Duncan was asked what was one thing he enjoyed he surprised everyone by saying it was the ice machine on the refrigerator. You never know what new experience people will have when doing something new. Duncan now has his own icemaker.



Tina Turner Musical.. Was the choice of Brenda and Tammy. Brenda had never been on a train before so this was a big highlight for her. They stayed overnight at a Hotel close to the Mirvish Theatre and the musical was amazing. Brenda especially liked the young woman that played Tina Turner in her younger years.



Off to the strawberry field.. Tammy and Jennifer were given a unique ride to the field at Hillsview Berry Farm. Mr Parks escorted the ladies in style to pick strawberries. Tammy and Jen later served strawberry shortcake at their team meeting.



Wedding Bells....Annabelle and Bill made the final plans for their wedding day and were married in July. Her Sister Karen walked her down the aisle making it an extra special day.

Friendships...Duncan has known Ian Hendry since he began volunteering at the Fish Hatchery in 2015. Ian and Duncan have formed a great natural connection. Ian will often invite Duncan to do activities and recently invited him to go fishing with himself and Kevin Vance. Duncan caught three bass! After fishing, they went back to Kevin's camp and had a fish fry out on the deck. Duncan came home all smiles and said he had a great time!



Show Your Support Become a Member

Membership.....By choosing to enroll in NHCIA's annual membership you are showing support to persons with developmental disabilities. Your contribution will assist NHCIA in achieving our mission of inspiring these individuals to live as fully participating citizens.

Name:
Address:
Postal Code:
Email Address:
Phone:

Non Voting Memberships (as per our bylaws)

Self Advocate (\$5.00)
Staff (\$20.00)
Family (\$15.00)
Single (\$5.00)
Business /Agency (\$25.00)

NHCIA will provide or arrange for accessible formats and communication on request.