



Update

Once again the past few months have given us many insights into the value of the supports and services NHCIA provides to individuals, families and community. A true way to determine the meaningful impact is when that service or support is changed or removed. It is with gratitude to those involved that we were able to adapt, adjust and work with people to provide services in a different way. We extend appreciation to those who were and continue to be patient as we work through the multiple regulations and guidelines to start to reopen and adjust to the new ways to provide services. We are still trying to determine what things will be in future months - some things we have learned were great additions like our virtual gatherings, these will remain, others like group events or participating in community will continue to require risk assessments. As always be kind to one another stay safe and wash your hands.



Sandra Phillips
Executive Director



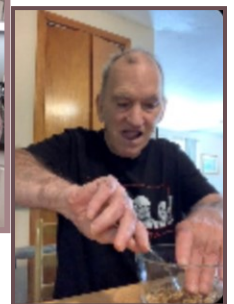
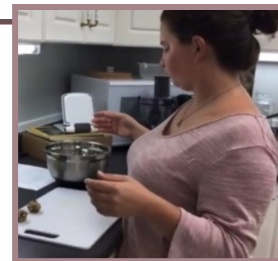
Unfortunately **Dimples** Mini Golf and the Muffin Run did not run this summer due to COVID-19. In spite of this we are happy to say several individuals have found work. Summer students are shifting gears and coaching young adults on other job aspects such as job safety, lawn maintenance and scheduling/paperwork. NHCIA is ensuring the grounds at Dimples are regularly maintained and garbage removed from the yard.



Jacob cleaned up garbage, cleaned out the "Shady Rest" and trimmed grass around the fence. Other students are taking turns going out to keep up with cleaning and yard maintenance.



Summer Student ...Desiree Nolan took the lead in one of the Virtual Hub activities. She lead everyone through the process of making some no bake energy chocolate peanut bars. **Mike** quite enjoyed getting into the ingredients and stirring things up! Desiree is currently enrolled at Loyalist College in Belleville finishing up her SSW (Social Service Worker) course. Desiree is hoping to continue working at NHCIA when she finishes. ▲



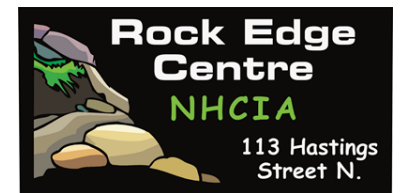
Coming Right Up

Aug. 20th: Autism Ontario & NHCIA present **Tie Dye Kits**. Drop off/pick up on Aug. 20th. To register go to www.autismontario.com or email l.oram@nhcia.ca

Oct. 21st: Our AGM will take place virtually this year. If you are interested in information on how to join virtually contact Gwen at 613-332-2090 by September 25th.

Child & Youth Update

Youth & Family Support



FEATURING

We are proud to share that **Megan Hall** was able to lead a popsicle making activity for fellow campers at Experience Summer Camp, virtual edition! She received a camp name of "Galaxy"! Megan has been working on her leadership skills through participating in the Youth Advisory Board. She hopes to continue this and work towards becoming a camp counsellor in the future. Way to go Megan, we are so proud of you!



SUMMER UPDATE

Niki, Laurie, Kim and Janet are all busy trying to learn new skills such as attending and now hosting virtual meetings. At the same time they are working on plans for in person activities that we hope to offer as the province reopens .

Good news from the provincial government regarding Special Services at Home Funding – letters have gone out and 4,700 more people will receive funding. If you received a letter recently and need assistance please contact Laurie Oram or Kim Tregaskis at 613-332-2090.

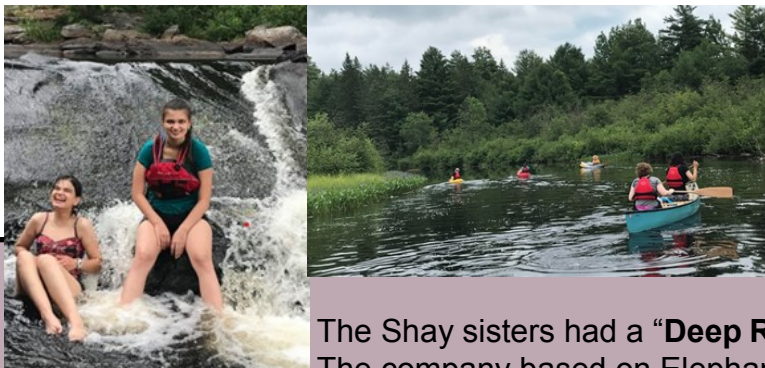
NHCIA is happy to have Jacob doing some yard maintenance and other odd jobs as needed.



Charity Challenge

In 2019 Brianne Crawford participated in the 2019 Charity Challenge, as part of the Scotiabank Toronto Waterfront Marathon, team Re:Action4inclusion. Joining forces to walk/run together this event was a great deal of fun and raised awareness and funds for the Re:Action4inclusion movement.

Brianne was congratulated by Chirs Beesley, CEO of Community Living Ontario, for raising \$300. All of the money raised goes towards change projects.



The Shay sisters had a "Deep Roots Adventure".

The company based on Elephant Lake Road

provided a group paddle/ explore and dine adventure while still observing physical distancing. They provided canoes and kayaks, PFD's, lunch and a guide for a paddle up the York River to High Falls in Algonquin Park. NHCIA supports one individual or one family unit at a time

Summer Fun

Sabrina and Niki had a blast on stand up paddle boards rented from **Heart of the Park** in Bancroft

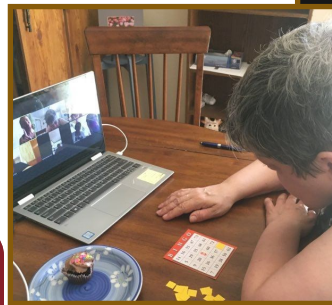


Update on Virtual Hub

Virtual **HUB** is going well and we would like to thank Community Care for their contribution of 2 iPads. We offer a morning and an afternoon workshop every Wednesday. Self Advocates are eager to connect, to have an activity and to see friends and staff. We've done lots of painting, drawing, crafts, planting, bingo, a collective kindness rocks project, meditation, chair yoga, and lots of discussions on Covid-19. Some self advocates including Wanda, are starting to facilitate their own workshops with the help of staff. There is extra organizing and planning that goes into each virtual workshop. We are grateful for technology, without it we would not be able to do this. We have people joining our workshops who live out of town and do not usually get to come for regular HUB workshops. Everyone loves seeing their friends homes and meeting their pets. There are some self advocates joining our workshops who have never shown an interest in arts and crafts before that are now painting up a storm! One thing we've learned is not to schedule a workshop when the snack wagon comes by...suddenly screens are empty. The end of every Zoom or Blue Jeans meeting is a long awkward and hilarious goodbye.



Painted rocks with words were used to create a decorative basket.

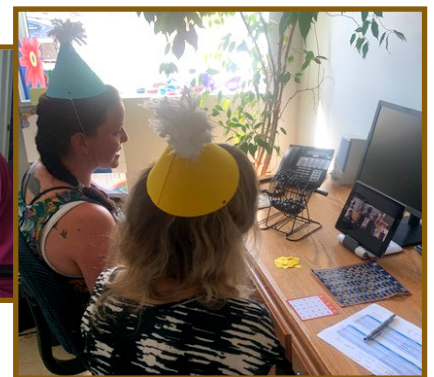
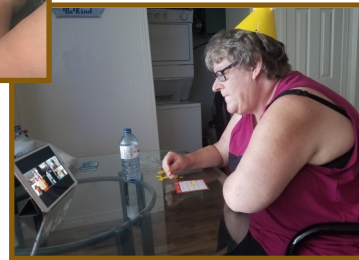


Wanda Foster led the workshop on making blankets. Tammy is pictured showing off the blanket she created.



happy
birthday

Virtual BINGO!
Along with the BINGO game Tammy Thauvette's **Birthday** was celebrated. Everyone wore a party hat and sang her Happy Birthday.



Membership.....By choosing to enroll in NHCIA's annual membership you are showing support to persons with developmental disabilities. Your generous 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)
Single (\$5.00)
Family (\$15.00)
Business /Agency (\$25.00)

Summer Student.....Nancy Moffitt has returned for her second season at NHCIA. For the past four years, Nancy studied music at Briercrest College in Saskatchewan and graduated this spring with her Bachelor of Arts in music. The love of music was instilled in her at a very young age from her father, who is also a musician. Nancy was very involved at community events in Bancroft such as music festivals, fundraisers, church services, Christmas gatherings, and local theatre productions.

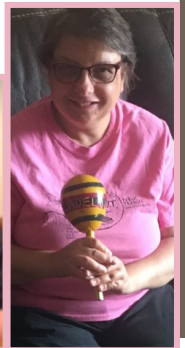
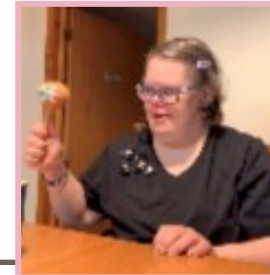
She currently teaches private lessons and is interested in starting her own private studio. She wants to study music therapy in the future.



...with all Nancy's talents, those that attended **virtual HUB** in July had a very enjoyable morning playing instruments and singing along. Nancy facilitated the session where Individuals learned how to warm up their voice and bodies before they sang group songs. Then they all joined in to sing songs ranging from Lady Gaga to "Grandma Got Run Over by a Reindeer" as requested by Miss Tammy Thauvette! Everyone

was given instruments to add to the fun.

Not only did Individuals sing, dance, and play, but they also composed a song together. They each came up with a list of five things that made them happy, and then substituted their ideas with words from Louis Armstrong's "Wonderful World." Everyone then joined in to sing their new composition together!



Bailey Wiltshire- this is my third summer working at NHCIA. In the past I worked at Dimples Mini Golf, but this year I had the opportunity to support an individual living independently, as well as grocery shopping for individuals.



I have had a great time working here this summer and will be returning to Trent University in the fall to study Law and Education.

Evelyn & John Lock Bursary

Congratulations to **Dawson Currie**, this year's recipient of the Evelyn & John Lock Bursary in recognition of continuing education. Dawson is enrolled in the Community Integration through Co-operative Education Program (CICE) at Loyalist College in Belleville and has a goal of becoming a carpenter.



Shannon Norris - this is my 5th summer working at NHCIA and as always it has been a wonderful experience! This year I have been doing direct support work with two self advocates. We have been working hard to come up with fun, creative activities to do that are safe during COVID-19. Thankfully we live in such a beautiful area that we can easily go on trips to Algonquin Park, go canoeing and go to the Lindsay Drive-In theatre! When I am not working at NHCIA during the school year I am attending Nipissing University in North Bay for my Honors Bachelor of Social Work with a minor in Child and Family Studies. I am going into my 4th and final year this fall and am excited to see what the future holds!



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.