



Staff Perspective... Most days we are busy with long hours of paperwork, brainstorming, trying new ideas, supporting individuals with activities of daily living such as cooking, laundry, cleaning and appointments. But we are also fortunate to be able to enjoy the best excursions with those we support. On one such occasion myself, Tracy McAllister, and another staff experienced the “Kingston Pen Tours”, where we were detained. It was a fun time of laughter and learning and even better to be able to do this event with a wonderful Co-worker and friend. It was also an opportunity to connect people we support with friends they might not usually spend a lot of time with.

My favourite part of the tour was seeing the actual cells the writing on the walls put there by the actual residents who were imprisoned there. Very eye opening and quite an eerie feeling. We had a wonderful lunch out as well, and even better conversations!!

Getting away from the office and having an adventure really makes our job more interesting, and being able to share these experiences with the individuals we support is very rewarding for all.

Tracy McAllister



A Social Enterprise Initiative... Andrew Roche, who was hired by NHCIA to work on the Refill Station, did a presentation to staff and individuals to explain what a “Social Enterprise” is and how the Refill Station will work. *The Refill Station* will carry several products that encourage the reduction of single use plastics and promote the use of greener cleaning products. Customers can bring their own or purchase refillable containers and buy common household cleaners from bulk reusable containers. All the suppliers are based in Canada, we have partnered with TruEarth, The Eco Alchemist and Pure Soaps for products such as laundry strips, hand soaps, shampoo bars, stain removers and other body and cleaning products. The Board of NHCIA has provided funds for the project as well as Community Futures Development Corporation of North & Central Hastings and South Algonquin.

Once hiring has been completed the Refill Station will open up to the public 3 days a week (Thursdays, Fridays, and Saturdays).

We will send out the opening date via Facebook and our website as well as posters around town. We look forward to serving you in the near future.



Upcoming Events

September 12th: Caregiver Support Group “Working Collaboratively with Schools” from 5:00—7:00pm taking place at 2 Alice Street office. Respite for your family member will be available, call Laurie Oram to sign up 613-332-2090.

October 26th: AGM taking place at Bancroft Ridge Golf Club from 4:30-8:00 pm must RSVP by September 30th call 613-332-2090. Cost of dinner \$25.00 & dinner is catered by Shaun Zoernack.

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 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:

Non Voting Memberships

(as per our bylaws)

Self Advocate (\$5.00)

Single (\$5.00)

Family (\$15.00)

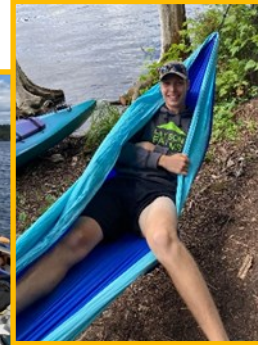
Business /Agency (\$25.00)

Youth Canoe Trip..Last year a group of youth participated in an online Survival Series with Deep Roots Adventure. This summer we took those skills and put them to the test during a canoe trip into Kingscote Lake in Algonquin Park.

The group received a paddling lesson before heading out on the water to find their campsite. They learned how to set up camp, hang a bear barrel, start a fire, filter water and tie knots. Adam, one of the guides walked them through a backcountry survival kit and they were each able to make their own. Corina from Deep roots gave a refresher on the first aid information they learned online.

We of course left time for adventure swimming, hammocking and getting to know each other around a campfire.

"Into the woods I go to lose my mind and find my soul"



Each month NHCIA staff and other professionals that support children and youth in North Hastings meet to do an informal round table. We share information, give updates about our programs, and then have some time to talk trends, needs and collaborations. It is a great opportunity to know what is going on, make connections with each other and be on the same page to best support families. Ideally, we like to rotate where meetings are held so we can see each other's spaces and share the task of hosting the meeting. People are welcome to join virtually as well if that works best. If you are interested, please contact Laurie Oram or Niki Braybrook at 613-332-2090

Summer Camp Fun at Mountain Creek Ranch



In August in partnership with Deep Roots Adventures eight children and youth went on an adventure in Algonquin Park. We pushed our limits on a guided hike of Big Pine Trails. We learned how to tell if trees have been hit by lightning, different kinds of moss and how to stick together as a group. We also went for a tour of the museum at Algonquin Park's Visitor's Centre. It was a great day of connecting with each other and nature.



Getting ready for school starts now...

Early to bed, early to rise. Get back into a school sleep schedule gradually in the next week

Re-establish a routine. A consistent routine is important for kids.

Encourage independence: use visual calendars for chores and responsibilities

Talk about safety on the bus or at crosswalks

Establish healthy habits, have children start planning and making healthy snacks and lunches

Set limits screen time, unplugging in the evening and reading books before bed

Contact your school and ask for a tour if your child is nervous or starting at a new school

Celebrate – remind children about the things they enjoy at school (friends, sports, music or a favorite teacher etc..)

Summer Fun and JobsThis summer staff and individuals did an amazing job at finding new experiences as well as revisiting some familiar activities to enjoy. Haliburton Sculpture Forest was one of the new destinations that was unknown to many of us as well as go-karting and mini-putt in Coboconk. Staff were able to capture all the good things of summer in the photos below.....

“Everything good, everything magical happens between the months of June and August.” – Jenny Han



Coboconk Go-Karts & Mini-Putt



OH so good... berries from Adam's Berry Farm and the Buckhorn Berry Farm



Thank you Tyler from Donnadale Farms for the tour. The guys loved it!



Wanda had a dream of going on vacation after years of hearing about staff going off for a vacation. She had never been to Niagara Falls so she worked with her team to plan the perfect trip and she invited her friend, Mike!. Wanda worked very hard to save all of her business money, **“Fleece by Wanda”**, to go on this trip.

Next time you see her ask about her vacation, she will have lots to share.



NHCIA purchased several SUP boards “Origami Paddler” and they have been awesome for people with mobility concerns. They are very stable on the water and fold up after use so they can be transported in a van or SUV.



An amazing place to explore “Haliburton Sculpture Forest” A magical trip in the woods.



This spring Cody Lockwood participated in the **Youth Job Connection** program at Loyalist College and was fortunate to have Rebecca Malloy help him each step of the way. Cody worked hard and completed the program along with all the training required. After getting to know Cody's likes and dislikes, the staff at Loyalist found the perfect job for him. Our local Timber Mart offered Cody the opportunity to come in for an interview which resulted in a job offer, he now works in the yard Tuesdays and Thursdays from 9– 12. Cody is extremely happy and enjoys what he does and would like to thank Rebecca and Sarah from Loyalist College for all their help preparing him for employment. He would also like to thank Sam from META Employment Services for being a fantastic job coach and preparing him for working on his own.



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.

Baseball.....We wrapped up our summer baseball skills sessions on Tuesday, August the 2nd. Our first time on the field since the summer of 2019! Grace, Courtney, Kirsti, Carter, Cody, Kayla, Jenna, and Trevor (also Kenneth and Zachary) were all enthusiastic and fabulous participants. Thanks to Allison, Desiree, Carly, and Marlena for their support and encouragement. I look forward to seeing you all again next summer! Brenda Locke, NHCIA Board Member.



White Water

....During the summer months Community Participation has scheduled activities every Wednesday. We have done many exciting trips such as Go

Karting, beach days and the Pet Rescue Farm. One of the most exciting was white water rafting with Madawaska Kanu. The staff there were fantastic and gave us a great experience. Although some of us were nervous we all enjoyed floating down the Madawaska River. We were even given the opportunity to get out and swim in small rapids. Everyone enjoyed the thrill of floating down the river. We will definitely be planning another trip in the future!

When hiring young students we not only give them hands on experience in the work field but the hiring process is a very important step as well. As Heidi expressed in her write up her interview was out of her comfort zone but she welcomed the opportunity and will benefit from it in the future.



summer I was successful in landing the position of Community Service Worker at NHCIA.

DSW....Hi my name is **Carly McCaskie** and I have completed my first year of a two year program of the Developmental Service Worker program at Georgian College. I was looking for a summer position that would help me decide on my career options after graduating and this



be a part of peoples accomplishments.

This position has given me many opportunities to support people on group trips and I have really enjoyed one on one supports. I feel like I am getting the full experience of what being a DSW will be like and it is everything I hoped it would be. It is very rewarding to see and

Countdown Public Art Project...

is an Ontario-wide arts initiative that works with communities to create monuments in public spaces to honour those affected by gender-based violence and to imagine, or count down to, a world without gender-based violence. Six self advocates participated in building the latest pebble mosaic at Look Out Park in Combermere. It was great to participate in another meaningful initiative organized by Redefine Arts in partnership with Maggie's/Tamarack Resource Centre.



Working at NHCIA this summer has been an amazing experience, I am so grateful for all the opportunities I was given. Being interviewed for the first time certainly pushed me out of my comfort zone but a great experience for future interviews. Once I was hired I needed to gather forms such as a criminal reference check and a drivers abstract-again all new experiences that I can carry forward.

As Child & Youth Support Staff my job was to support children to attend local camps and provide respite for families. Before coming to NHCIA I had never worked with children or

done any work involving supporting people. This job gave me the opportunity to work with several children with different personalities and I acquired skills on how to deal with different situations. I am happy that I was able to give children the opportunity to go to camps this summer. This program is amazing as it gives children and families such great opportunities and experiences that they wouldn't have been able to get without NHCIA's support.

I am incredibly happy for the opportunity and to have been able to make connections with some of the children and their families. I can't thank you enough for the experience and the opportunities that NHCIA has given me. I had a great summer.

Heidi Neuman