



Reflection....

I practice reflection on a regular basis most recently reflecting on my time working with Lloyd as Chair, President, Vice President, Advisor, Director, Employer and friend. He was so open to learning about the organization and using his skills to make it a better one. Reflection helps with perspective, understanding, learning and call to Action. Lloyd was generous with his time, insights, viewpoints and connections all of which made me a better administrator. I look forward to working with the Board to creatively recognize his contributions and establish a fitting acknowledgement.

I will forever be grateful for time spent with him at NHCIA.

Sandra Phillips

Executive Director



Spirit of Inclusion Award... This years overall winner was Alice McMichael of York River Public School. Teachers expressed how Alice inspires everyone in her school daily with her positive and caring attitude.

This award is given to students who demonstrate acceptance and include others in activities regardless of differences. Congratulations to all the students who inspire others to be kind and inclusive.

Awards were also presented to the following:

- Taylor Dynes for North Hastings High School
- Kylie Wodzak for Our Lady of Mercy Catholic School
- Jenna Boomhouer for Bird's Creek Public School
- Cailinn Larade for Coe Hill Public School
- September Eagles for St. Martin of Tours Catholic School
- Ben Pozniak for Maynooth Public School



Alice McMichael accepting the Spirit of Inclusion Award from Laurie Oram.



Lloyd and his wife Muriel
attending the fundraiser
"Walk This Way" in 2018.

In 2013 Lloyd Churchill joined the Board of Directors and remained until his passing in June of this year. NHCIA was very fortunate to have had such an knowledgeable and involved Board Member. Lloyd always advocated for staff, individuals and families. Members of Parliament and our local government were more informed about the Community Living movement through his connections and strong advocacy. He gave tirelessly to the Mission of NHCIA and he spearheaded the housing initiative at 36 Chemausghon St. Planning and sustainability were always on his radar for the organization.

Lloyd brought awareness to the many other organizations and committees he was involved in—always giving 100%.

*"If you can't figure out your purpose, figure out your passion.
For your passion will lead you right into your purpose."*

Bishop T. D. Jakes

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)

Single (\$5.00)

Staff (\$20.00)

Family (\$15.00)

Business /Agency (\$25.00)

For more information on NHCIA go to our website www.nhcia.ca or Facebook www.facebook.com/nhcia

Time sure does fly when you are having fun! It is hard to believe summer is half over. Our Child and Youth program staff have been busy supporting a wide variety of activities. Art camp and a trip to Calypso Water Park are planned for August.

Looking forward to fall we are planning more small group activities, educational groups, caregiver support nights and a weekend respite retreat at Cedar Ridge Camp.

If you are interested or have questions, please call Laurie Oram, Niki Braybrook or Janet Christie at 613-332-2090.



Hayleigh gardening at Riverstone Residence



Ivan and Savannah after tending to the garden at NHCS to provide a space to display their pebble mosaics.



Terrific Tuesday....this program was organized for a small respite group that went on adventures. Activities included geocaching, the beach, horseback riding and an art afternoon at The Muse. Fears were conquered while horseback riding, new friendships were made, new areas were explored and beautiful art was created. This was a wonderful opportunity for youth to have some fun but also for their caregivers to have a break.

NHCA Child and Youth staff ran a **volunteer club** on Tuesday mornings. This group was open to youth looking to build their resume, obtain hours for their community service high school diploma requirements and advance their job-readiness skills. This was also an opportunity for the youth to network with local agencies and discover what they offer to the community. The local organizations where the group volunteered were Riverstone Residence, Cedar Ridge Camp, North Hastings Children's Services, and the North Hastings Community Cupboard. We received great feedback from the organizations as well as the youth who participated. Staff are hoping to continue this opportunity throughout the school year as there is a continued interest.



NHCA and Hastings Highlands Library collaborated to offer a free colouring workshop facilitated by artist Ketha Newman and hosted by Brian Wall.



Deep Roots Adventure facilitated a Learn to Camp weekend with a group of youth at Silent Lake park. They had the opportunity to practice skills like fire building and water safety as well as having time to relax in the great outdoors.

Summer Holidays...discovering our beautiful area



Jennifer.... Her goal was to go to a cabin for “the whole weekend” in Texas, USA, but she settled for a cabin in Paudash, ON. When living out your goals one has to sometimes downscale.

Jennifer went on a tour of the Somerset Lakeside Resort before booking and loved the cabin and friendly staff. Her idea of a vacation was to relax, enjoy some great food (which the chef assured her she would enjoy) and being at the beach. Jen was treated to some specialty sugar free drinks made special for her.



Wanda...invited her friend Mike to join her on a relaxing cruise along the St. Lawrence River earlier this summer. The 3 hour cruise included cruising past spots such as the historic Fort Henry, multimillion dollar homes and the windmill farm on Wolf Island. Wanda had a great time with Mike and danced along to the music onboard. Wanda joined the sing along with the other tourists aboard to Neil Diamond's *Sweet Caroline*.

Kendra loved job coaching and felt she made a real difference helping people stay motivated in their job, helping them build on their skills and adding to their resume. One of the most important things she has learned is that each person is unique, so coming up with supports to fit each person is essential to make it work.



Mikayla is looking at becoming a special education teacher. This job has given her the opportunity to work with individuals and use different approaches to help support them in workplace skills and the many activities that take place. She has learned a lot about teaching strategies and the amount of planning that goes on behind the scenes.
“ I love that I am doing something new and spending time with different individuals every day!



Carling has finished college with a diploma in Social Service and was glad for the opportunity as a Youth Worker and put her knowledge to work.

She enjoyed working one on one with individuals while attending local camps, learning about their needs, interests and how best to support them. Her best experience was supporting an individual in theatre camp and witnessing the first time they participated in a musical theatre production.

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.

9th Annual BBQ... Thank you to everyone who attended our BBQ to celebrate Community Living Month. Lots of celebrating with friends and community partners. Thank you to staff who helped with setup, prepared food and clean up. As always the Town of Bancroft helped get the month underway by raising the Community Living Flag.



Safe Canoe Certification... Over the course of 4 weeks, we have been learning about the canoe and how to paddle, along with all the safety measures. The group worked hard learning the Basic Safety Course, which included in class and on the water. Learning features of the canoe, paddling techniques, and being able to launch and come back to shore safely. We learned about the dangers of the weather and making good decisions based on skill level and necessary items to have in a canoe. Everyone passed and earned their ORCKA badge (Ontario Recreational Canoeing and Kayaking Association).

Flemming College in Haliburton is a magical fun place! We spent the day there in late June in the pottery studio. In the morning we learned 2 different techniques on hand building bowls and vessels and after lunch we glazed our master pieces. The colourful glazes we used are a type of special paint for ceramics.

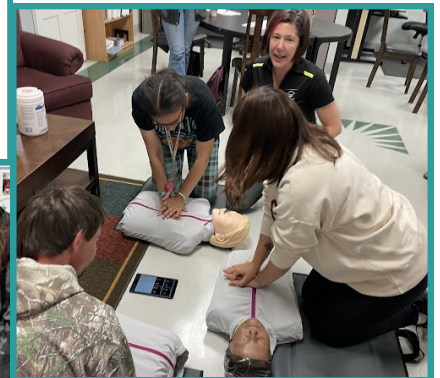
After the workshop, we were given a quick tour of the beautiful building that is full of art and interesting architecture. Our guide brought us outside and we learned about many of the sculptures in the sculpture garden as well.



The Self-Advocate Committee attended the local market at Riverside Park and raised \$110.15 with their bake sale. Thanks to everyone who stopped by!



First Aid CPR... The Self Advocate Committee talked about doing some education and learning together. Someone suggested learning First Aid and everyone on the committee loved that idea. They invited Karin Aschenbrenner from Engage First Aid. The workshop was opened up to the larger community. 6 self-advocates, 1 staff and 2 community members spent the day learning Standard First Aid and CPR. Everyone was successful in passing the First Aid exam and are now all certified First Aiders.



Upcoming Events

Calypso Waterpark: August 29, 2023. The cost of the trip is \$130 per person, if interested call 613-332-2090.

AGM: Taking place Wednesday October 11, 2023 at the Fireside Lounge 1 Manor Lane from 4:30pm-7:30pm

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