



I find myself reflecting on the lives of three people supported by NHCIA that have passed this February in Long Term Care—Vera Lesperance, Eugene Prince and April Hare. As we grieve the loss of these individuals we are comforted by the many people in the community who reached out to share their stories demonstrating our Mission and how much they were a part of the local community.



Aging and living in the community is a topic our Board of Directors has discussed recently with Seniors for Social Action of Ontario. Ninety one percent of Ontarians when asked would prefer aging at home versus a Long Term Care Facility. Our government is planning to put \$6 billion into more Long Term Care institutions—this may be the time to look at reform; having money go towards home based community supports. There is time before the election for citizens to speak up and let the government know your preference.

Sandra Phillips
Executive Director



Bancroft's New Crossing Guard...

The Town of Bancroft put out a call for crossing guards and Cheyenne was chosen for an interview. Her positive attitude shone through during the interview as she explained to them her current job, running her own successful mail courier service for several businesses in town.

As a result Cheyenne was hired by the Town of Bancroft as a Crossing Guard. Her first day on the job was February 22nd—remember that day? Rain, sleet and ice but she worked through the inclement weather and looks forward to assisting students to cross the road safely.

Book Club Update

The virtual book club has started on our third book. Everyone is enjoying the stories, plays and poems and take turns reading aloud to each other. There is always good discussion about the topics that have been covered -friendships, being a good roommate, building community. Everyone loves the poetry and coming up with poems of our own. Here is a sample of one:

Groceries

*I'm so hungry I need to eat
I'm going shopping to get some treats
First is cheese slices in the fridge aisle
Popcorn is in the discount pile
Broccoli I guess I should
Cauliflower.... I wish I would
Now chocolate milk is really a treat
With strawberries on top, is really sweet*

*I need peanut butter - smooth not crunchy, for my toast
Pepperettes I love the most
Bananas,...
Honey garlic sausage
Medium ground beef
Oh my goodness I'm having a feast!
The coffee I like better
....than toffee
I also like to put mustard on chicken wings
It really makes the chicken sing
Chips and pop for dessert
Oh my stomach is starting to hurt
All the hoarders are in the toilet paper aisle
Hot chocolate is really more my style
I need to go, I cannot stay
'Cause if I do, I cannot pay!*

▲ Collectively written by the NHCIA Book Club

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 in Transition...Community collaboration-NHCIA and North Hastings High School's Life Skills Program collaborated to bring a practical perspective to the math curriculum. The students in Ms. Graham's class spent the month of November learning about money, budgeting, taxes etc., and each student made a personalized budget for some Christmas shopping. Once the students were equipped with their shopping list and budgets Niki and Kim took the students shopping. Each student was able to apply what they had learned at school in a practical way and surprise their family members with Christmas gifts.



Youth Group Holiday Style...

In December the Youth in Transition group came together to make a mouthwatering turkey dinner. Everyone

worked on different stages of the meal prep cutting vegetables and making cranberry sauce from scratch. While waiting for the food to cook they decorated some sugar cookies for dessert.

To top off the evening they went to the Maynooth area to check out the beautiful display of lights put on in support of Baseball for Dad's.

News for Families...It is time to complete funding applications and goal

Important

plans for Out of Home Respite and Autism Respite for children under 18 years and Adult

Respite for those over 18 living with a family caregiver. Please contact our team at 613-332-2090 Niki Braybrook, Laurie Oram, Kim Tregaskis or Janet Christie.

March 31st marks the end of NHCIA's fiscal year. **Please submit all 2021/2022 receipts for funding by April 7, 2022.**



March Break Activities for Children and Youth...We are planning a mixture of in person and virtual activities including snowshoeing, a painting workshop, a cooking workshop and a movie night. Check in with NHCIA's Facebook page and Website for more information.



In December we hosted another Sensory Friendly Santa Visit at Santa's House!

Eleven families were able to have a private visit with Santa in a calm environment with no crowds or line ups.

We would like to give a shout out to the **Lion's Club of Bancroft** for supporting this event over the years, they help make the event super special for the families that attend.



Caregiver Support Group... If you have a family member of any age with a disability, please join us. In March we will be offering a "hybrid" Caregiver Support Group with options to attend in person or ZOOM. Caregivers will come together to do a guided Paint Night while respite is provided (if joining in person). The date is to be determined look for details on our Facebook Page or our Website for more details.



This group meets monthly and is meant to bring families together to build a community of people who understand the everyday joys and challenges while doing some self-care and having some fun! If you are interested in participating in this group or have any questions please reach out to Laurie Oram at 613-332-2090 ext. 308 or email l.oram@nhcia.ca

Remembering Vera

Sadly, Vera Lesperance, passed on Monday January 17th at Hastings Centennial Manor. Vera moved from Midland ON and had been supported by NHCIA since about 2013 after her husband passed.

Kim Tregaskis, who had supported Vera in the last few years, said this about Vera: "She was feisty, funny and loving. She overcame a lot of hurdles in her life and was resilient and a survivor. Staff at Centennial Manor as well as Maple Manor Nursing Home thought she was delightful—except when she wasn't!"

Kim organized a Celebration of Life for Vera via ZOOM so that her friends could share their memories of Vera. Friends expressed how much they were going to miss her and how happy Vera was when she seen everyone on ZOOM.

Dear Vera may you rest in peace.



We were very saddened to hear of the passing of Eugene Prince Wednesday February 16th at Caressant Care in Marmora.

Remembering Eugene



Eugene was supported at NHCIA for many years and enjoyed wood working and building items in the workshop located at Chris Budd's farm. For many years he was supported by Brian Ingham and Brian shared the following; "I was fortunate to have had the opportunity to support Eugene for 17 years while working at NHCIA. My sympathy goes out to Eugene's family and friends. I have many fond memories of times spent on adventures we shared from camping, mountain biking, cross country skiing, going to Disney and skating on the Rideau Canal in Ottawa".

Staff at Ontario Works, where Eugene worked shredding, shared memories of his great sense of humour, his jokingly "scaring people". Eugene shared an amazing true friendship with Cec Andrus of Rockfield farm in Boulter. He loved working alongside Cec and his team of horses. The men were often seen in the Maynooth Madness parade and the Santa Claus parade in Bancroft. They had an amazing true friendship!

Many community people have reached out since hearing the news which demonstrates how our Mission of being a true citizen in the community was a reality for Eugene. We will arrange an opportunity at NHCIA to celebrate Eugene's life, share memories and support each other in grieving the loss.



Self Advocate Committee Fundraiser

Last November the Self Advocate Committee launched a Hoodie and T-Shirt Fundraiser. The committee decided on the colour and design and wanted a message about the importance of inclusion on the front. They spent a long time looking at different meaningful quotes. They voted for: "Diversity is having a seat at the table,

Inclusion is having a voice and belonging is having that voice be heard."

They received 45 orders and raised \$300.00 for Baseball for Dads.

Staff and self-advocates love their funky new hoodies and t-shirts expressing the important message.



Upcoming Events

May is Community Living Month...Each year we celebrate the successes of NHCIA. Finally this year looks like we will be able to celebrate in person with staff, individuals, families and our community partners and friends. We look forward to planning events such as our BBQ to reconnect with community partners. When plans have been finalized we will post on our website as well as our Facebook page.

Great friends just pick up where they left off.

Farewell to Stephen



After about 20 years living in Bancroft and receiving supports from NHCIA, Stephen relocated to the Picton area just before Christmas and will now be supported by Community Living Prince Edward. Stephen's team did an amazing job preparing him for the move and ensuring his new home was comfortable and had a familiar feel to it. Stephen loved going down to the house every week, visiting and meeting everyone that lives and works in the home. Emma and Lindsey worked with Stephen's new support team so the transition went smoothly to ensure supports continued without any hiccups. Stephen's birthday coincided with his leaving so he and his team organized a dual Birthday Party and Farewell Party at the Design Room so that he could say goodbye to all of his friends and staff at NHCIA. He was able to see so many of his friends and family from the community that he hadn't seen for over a year due to COVID.



On Moving day Stephen met Lindsey at the top of his stairs with a great big smile on his face and yelled **'Move Today!!!'** When Stephen arrived at his new home he pretty much ran to the front door, wanting to get in his room and check it out. The staff and his new house mates took turns coming to Stephen's bedroom door to say hi and welcome him home. This transition was such a great success and it's a really great feeling knowing that Stephen is being supported by great people and that he is going to love living there. Stephen still keeps in touch with his old team—calling them once in awhile to say hi.

Virtual HUB NH...

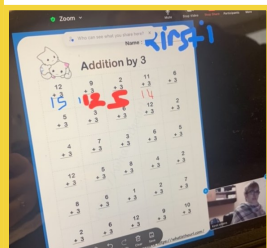


Gentle Stretch... We have been fortunate to have Heather Lockwood, professional trainer, lead us with gentle stretch exercise once a week for virtual HUB. Everyone sits in a chair in their home as Heather guides them with stretches via ZOOM. Right now we are using bands for part of our stretches. The bands create resistance and add a new twist to the stretching. Exercising with Heather has been especially wonderful during the winter months when everyone is stuck inside. We all feel energized, stronger, balanced and more flexible after the workout.

Passport Supports

Courtney and Kirsti wanted to do something to give back to the community and after discussing a few options decided to collect gifts for children to donate to the Fire Departments Toy Drive this past Christmas. April supported the women to prepare a nicely decorated box for donations. While dropping off the gifts Kirsti and Courtney were thrilled that they got to meet a real fireman, Matt Musclow, who accepted the donation on behalf of the Fire Department.

Over the last few months Courtney has been supported in person by Emily while connecting with Kirsti over ZOOM for a couple of hours each week. They loved to read so they have both joined the Book Club. They also worked on a one page profile to get to know one another better.



Zoom has a lot of great features they have learned to use such as being able to draw pictures together over the screen and writing the answers to questions on the screen. They also work on math sheets together and problem solve. As they continue to work on their budgeting skills they used one of Kirsti's goals, to someday go to Harry Potter's World. Both worked on a budget finding the cost of tickets, accommodations, gas, food etc.



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.