



Connections

Building community is never an easy task. At NHCIA we are often at the intersection of community building and people's goals. As a community we are all most healthy when we belong. Through the work that we do at NHCIA, we hope to inspire others to take action, make change, and be involved. We have a clear vision of what we want society to look like as outlined in our strategic plan and our Mission. As we work on how to get there we constantly look for others who care and want to be involved. By becoming involved and making connections based on shared interests, we often learn acceptance along the way.

In this edition you will hear about people's interests, passions and dreams. As community members we hope you will see where you could make a difference and make a connection.



Sandra Phillips
Executive Director

Winterlude In Ottawa

January 31st to Feb 02nd, 15 Self advocates and 3 staff had the opportunity to experience Winterlude in Ottawa. The group stayed at the HI Ottawa Jail Hostel which is located in the old Ottawa jail, this was an experience in itself. On Friday night the group walked down Spark St. where they saw ice sculptures and enjoyed the free outdoor concert with live performances. On Saturday people were able to choose the activities and outings they wished to participate in. Unfortunately, the canal was closed due to mild temperatures. Some chose to do a tour of the jail while others went to the Science Museum and later met at the Rideau Centre for lunch and some mall time. In the evening they boarded the bus for the Snowflake Kingdom to see the amazing snow sculptures. Some people went sledding while others just took in the sights and enjoyed a beaver tail.

Following breakfast Sunday morning, we boarded the bus for the trip home. Everyone reported having a great time.



Winter Fun



Autism Ontario

A fun day was had at the Bancroft Curling club thanks to Autism Ontario.

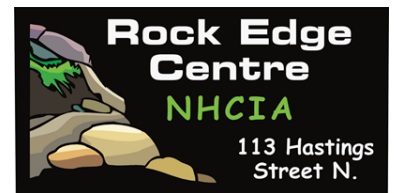
A group of volunteers from the club introduced 20 children, youth and family members to the sport. Cheyenne, seen in photo, enjoyed learning some curling skills was very happy that she put 2 rocks in the house!

After curling everyone enjoyed pizza and snacks. **Thank you** to Autism Ontario for organizing the event and the volunteers that came out to help.



Child & Youth Update

Youth & Family Support



FEATURING

Last winter this cheerful 9 year old girl, Trinity, and her mom set a goal of getting active in the community and trying new things. Wow! She took that goal and hit it out of the park! Trinity went from being a "home body" to stepping out of her comfort zone and joining Kids Club, baseball, attending Experience Summer Camp, and this fall joined gymnastics. Trinity began her gymnastics class with staff support and she is now attending totally independently, including taking the bus, and she is loving it! Trinity has gained so much confidence and independence over the last year and we are so proud of her! **Great job Trinity, you are amazing!**



Travis Layzell left Bancroft in September to explore a new opportunity as a college student. He was nervous about his classes but was excited to start college life. He moved into residence and quickly made friends with roommates and classmates. He was accepted to the automotive program as part of the CICE course at Loyalist College. He had to work hard but was excited to tell us during his Christmas break that he passed all of his first semester courses with a **78% average!** He is now in his second semester and started his first placement working with a car detailing company and can't wait to get in the shop.

YOUTH LEADERSHIP CAMP

January 17th- 19th a group of youth from NHCIA, the Youth Advisory Board (YAB), and Madoc COPE gathered for a weekend of leadership exploration. The youth participated in workshops on breathing techniques, meditation, power of positive thinking and advocacy. In between workshops they took in some of the activities that Cedar Ridge Camp offers: cross country skiing, snowshoeing and winter fire building.

Jazmine and Brianne two youth that attended the Re:Action 4 Inclusion Conference back in November were excited to lead their first workshop with the group on Advocacy. They led the youth through some discussion on the difference between advocacy and volunteerism and how to create action plans to make change for an issue you are passionate about. This workshop was so well received that the discussion could have gone on all night. **Well done girls.**



Coming Right Up

Caregiver Support Group will be meeting February 27th at NHHS. Supported individuals will be cooking for their caregivers under the direction of Alice Martin followed by fun and games for everyone.

March Break Activities include an art/pottery workshop, Laser Tag & a trip to the Canoe Museum in Peterborough, Wolf Centre in Haliburton and a movie day/mall day for teens in Belleville. Information will be posted on our Facebook page and website. Registration for events will take place February 13th 4:30-6:00 at 2 Alice St.

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

No giving up on Dreams !!!

We look at other people achieving great things and dream of someday doing something as exciting. We at NHCIA see individuals achieving their dreams mainly because of good friends in the community who have shared their experiences and given individuals the confidence to try new things.

What are you looking forward to this year?

Cody.... While talking to John, a friend of Cody's who has accompanied him to an NHL game, the conversation turned to wrestling. Someone asked "is wrestling still a thing?" "What, you haven't heard of John Cena who is awesome and what about retired Steve Austin (two of Cody's favorites)? This began a search for an upcoming WWE and they found there is one coming up in March in Toronto. Tickets are being ordereddetails and photos to follow in our next issue.

Conversation with people with similar interests sparks new plans and adventures!



Karen.... I'm going on a plane to somewhere warm. I want someone to make my bed and make my dinner. I hear other people that go on trips have fun, dance and listen to music.

Karen has run her two businesses for the past 7 years and has saved up for something special. After hearing other people talk about their trips Karen started thinking of going on a plane to a warm destination. This has been a long time coming but she is in the final stages of planning her trip for next year.....

This Dream Is Becoming A Reality, stay tuned!!



Annabelle ... I got a ring from my boyfriend last year and I am getting married. I want to go to a bridal show to see all the dresses and decorations. I am hoping to have my wedding outside in the park and would like someone to help me plan my wedding.

Annabelle has a very clear idea on how she wants her special day designed and is looking forward to having someone bring this day to life. She is looking forward to celebrating this special occasion with her family and friends. **Congratulations!**

If you are interested in getting to know someone and see if you have similar dreams to achieve contact us at NHCIA

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)

HRM Placement

I'm Kylie McMaster and I am thrilled to be back at NHCIA! In the summer of 2018 I was given the opportunity to do an internship with NHCIA where my main projects were conducting a community engagement survey, and compiling a resource booklet. I have also worked here on a casual basis over the last year covering for reception, and working with self-advocates. I am now in my final semester of the Human Resource Management (HRM) Program through Fleming College, Peterborough, and after applying for a placement, I was accepted back to NHCIA to complete my placement hours.

Through the months of January to April I will be with NHCIA gaining real world experience in the field of Human Resources. I'm very excited to learn more about Health, Safety, and Wellness, and Training and Development in the workplace. As NHCIA is a not-for-profit organization sanctioned by many Government regulations, I believe my experiences and education here will set me up for an amazing career in the Social Services or the Health Services sectors. I look forward to once again working with this amazing team of employees and self-advocates. Thank you to NHCIA for having me back!



Trenton Air Force Museum

Ricky and Brett had an Ace of a day at the museum in Trenton. Both young men had an incredible amount of knowledge about the different types of planes and war history. Ricky corrected the guide about one aircraft being a single engine plane not two as the guide had said. Another fact the boys knew was that soldiers who parachuted out of the planes had to be careful not to deploy their parachute too soon or it would get caught in the plane. The guide commented on how impressed he was with their interest and understanding of the aircraft.

Very Impressive Guys!

North Hastings Community Integration's 3rd Annual **Fundraiser**

ROCK THIS WAY

When: Saturday June 27, 2020 **Time:** 6 to 8:30 p.m., **Dance** 9 to 12 p.m.

Where: The Bancroft Legion

A 50's and 60's Rock n' Roll themed celebration of the connections individuals supported by NHCIA have with community members who know how to **"Rock the Walk"**
50's and 60's Diner Fare, Cash Bar and Auction, themed photo booths, Dance
DOOR PRIZES



Prizes are as follows: **1st Prize \$1000 2nd prize \$750 3rd prize \$250.**
Tickets are \$10.00 each or 3 for \$25.00

Mark June 27th on your calendar.
Tickets available in March

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.