



The Bright Side of COVID-what?

With all the negativity this pandemic has thrown at us, it is nice to see people turning this around and doing some fun, creative activities. We have all been spending more time at home and many of us have used that time to finish tasks, resume a hobby, or take on something absolutely new.

Here at the office we have been hearing more and more of the positive things that are going on in people's lives and throughout this newsletter we would like to share the "**Bright Side of COVID**" with you.

Sandra Phillips: My COVID "**Bright Side**" besides preparations for selling my home and then getting my new space ready I have spent copious amounts of time walking and exploring outdoors.



Tracy McAllister: Thanks to NHCIA and the Healthy living benefit, I've been able to continue to do what I love in the winter months. I was able to purchase a new sleigh to take all my things to my ice hut and some new tackle to catch a big one!!



Barb Millar (member of our Board of Directors):

During this time I have gone through my entire house and thrown out many useless (to me) things. I have also had some extra time to work on oil painting and of course reading. I also have walked every day to exercise my pup and support my health.

Everything
has changed and yet,
I am more me than
I've ever been.

Iain Thomas



Stacy Baker (member of our Board of Directors): My family had fun painting in the snow with water guns mixed with food coloring. Our backyard was so colorful! We have been very crafty in our house—lots of painting, science experiments and sledding.

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)

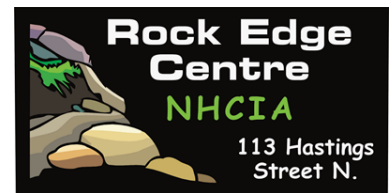
Single (\$5.00)

Family (\$15.00)

Business /Agency (\$25.00)

Child & Youth Update

Youth & Family Support



Virtual Youth Groups

NHCIA and Madoc Cope have been partnering to offer monthly virtual youth groups for the individuals in the Youth in Transition program.

Each month we gather via Zoom and socialize and share in an activity. We have done painting with Meryl, cooking, Christmas crafts and more.



Drive—Thru

Due to COVID 19, we have had to do a lot of things differently this year. Our sensory friendly Santa visits became a “drive thru” event with Santa saying hello from a distance. This worked out very well and brought lots of smiles.

Animal Therapy

Nancy Keating has warmly welcomed two youth to her farm to spend time with her and the animals. Her farm has horses, dogs, a cat and chickens. The relationship being built between the youth, Nancy and the animals is extremely therapeutic and we are thankful for this opportunity.

Working with the animals has a very calming effect and provides an opportunity to learn social skills, assertiveness and confidence. We look forward to continuing this partnership with Nancy and her animals.

Holiday decorating



New Year's Eve rainbow punch

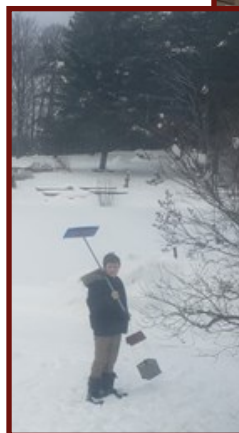
Take Out Activity Kits

Staff have been busy putting together a variety of activity kits for Out of Home Respite. The kits includes everything that is needed for the activity and helps to get youth out of the house and give caregivers a well deserved break.

More to Come

March Break events-scavenger hunt, virtual paint party and activity kits, details coming soon so keep checking NHCIA's Facebook page and website.

It is time again to apply for funding. Niki Braybrook, Laurie Oram and Kim Tregaskis will be contacting families to complete forms.



Bird feeders

"Bright Side of COVID"

Wanda Foster: Wanda has been joining online HUB activities regularly and loves seeing her friends every week. Over the past few months Wanda has developed her skills on accessing her calendar, turning on her Wi-Fi and going online independently. Wanda has embraced technology and the new way of joining in on activities.



A lone moose seen during the Lock Down taking advantage of the empty path along the river to take a stroll.

This photo was taken across the river from our building on Alice St behind the post office.



Bev Lloyd: During the past few months I have kept myself busy by video chatting with my children and grandchildren and doing outdoor porch visits when possible. I have been taking walks with my dog Lucy, crocheting and most recently creating signs to paint painting using my Cricut Explore Air 2. The Cricut was purchased in part with my COVID Healthy Living Benefit through the agency, many thanks to NHCIA.



Tammy Thauvette: Tammy's staff, Esther Robbins, has developed a system for Tammy so that she can independently join ZOOM meetings. Together they have been going over the steps on how to join a meeting, Esther writes down the meeting information on cards so the information is readily available to her when it is time for her to join the ZOOM meetings. Tammy is now able to use her iPad and join on her own...way to go Tammy!



Don Taylor (member of our Board of Directors): I have kept busy cutting stove wood and trying hard to stay close to home and practice social distancing. I hope everyone else is doing well and encourage you to keep up the good work and it will ultimately pay off.



Marlena Zuber: My son and I do a lot of hiking camping and canoeing from spring to fall. This activity allows me to recalibrate and reconnect with myself, it brings me calm and happiness. We have been borrowing a tent for many years so the COVID Healthy Living Benefit helped us purchase a new tent of our own. February is the time to book canoe/camping trips in Provincial Parks. Until then we continue to hike, snowshoe and ski the trails close to our home in Maynooth



Creativity During Pandemic

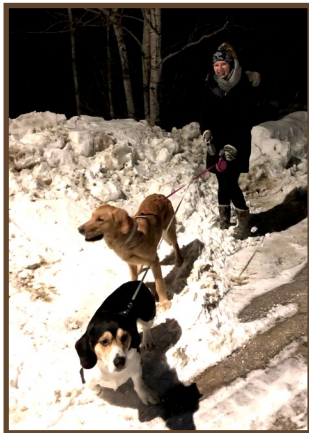
The last year has given us the opportunity to try new things or time to do activities we never seemed to have time for. The following are just some of the creative activities staff, individuals and board members have been up to.



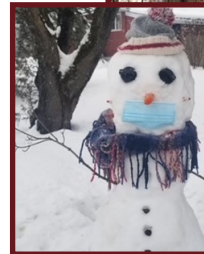
Jen Embury: Jen loved baking blueberry muffins to pass the time during this COVID lockdown. Great aromatherapy too!



Joan Easton: Personally I have been walking the trails in our neighborhood and making snowmen with my grandson. I have even went tobogganing which I have not done in years! Fresh air and exercise clears my mind and helps me appreciate the simple things in life. Deep breath.....this will pass!



Sam Tomasini: I have been walking a lot more with my sister and our dogs Cooper and Nella.



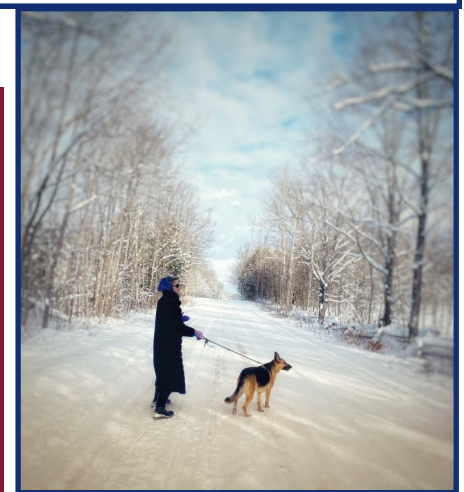
Diana Vaillancourt: I have recently taken up snowshoeing. I have never been much of a winter sports person but find this activity so much fun and it enables me to go into the woods in the winter, which I had never done before.



Matt Hamm: has been meeting with staff once a week to do art. Matt purchased an art kit which has allowed him to play with a few different mediums. The flowers yo see here were done with chalk pastel Matt loves bright colors.

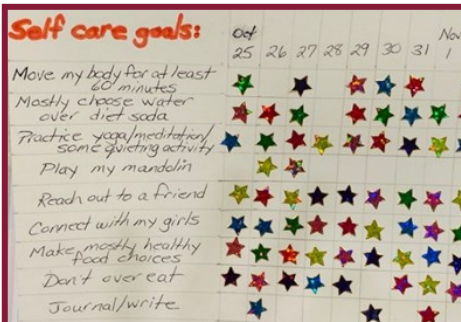


Janet Christie: I have been doing some editing and experimenting with photo apps. This photo below is one of my favorites.



Brenda Locke (new to the NHCIA Board of Directors): To deal with my mental, physical, emotional and spiritual wellbeing during the pandemic, I actually "crafted" a self-care chart-sparkly colors adhesive stars and all. I chose self-care goals that addressed all 4 of these wellbeing aspects.

It has been a fun visual reminder to be kind to my mind, heart, body and spirit.



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.