



Recently staff spent two days in training online with Helen Sanderson and Associates. They were updating and learning new skills in how to provide person centered supports. They enjoyed the breakout rooms that allowed them to talk to other organizations to see what they are or are not doing.

The topic of Community came up often. I recently listened to Empowering Ability, which talks about peoples typical days and possibilities, creating “ordinary” days for the people we support. We are not about separating persons with disabilities from community. We strive to support people to learn and experience things in their own homes and in their community and foster natural connections and relationships. We support individuals to pursue their dreams, explore their interests and find employment.

Our mission at NHCIA is through partnerships to have everyone live a full life as participating citizens. You will see many examples of self-advocates connecting with community in this edition.

Sandra Phillips

Executive Director



Refill Station... The Refill Station continues to expand with more product as the interest grows throughout our community. If you have visited the Refill Station you have had the pleasure of meeting our sales people Courtney, Kathryn and Tammy. They are enjoying meeting customers, talking about the products and of course “we get paid”! The Stain Remover we carry has had great reviews from customers. One customer could not remove a stain on her car seat and had tried several other products with no luck. After using the Pure Soap Stain Remover one time—stain is gone!



Another top seller is the TRU EARTH laundry strips and Toilet Bowl strips. For every 32 laundry echo-strips purchased, one plastic container is eliminated from a landfill or ocean. The top seller has been our laundry detergent which is sold in bulk. Our newest product is CHANGE Toothpaste that eliminates the tube and uses tablets packaged in

recyclable packaging—again great reviews from customers. We encourage you to let us know what you think of our products and if there are any other products that we could look into for you.

A huge thank you to everyone who has supported this Social Enterprise or dropped in to inquire about products and how the Refill Station is run.

See us at: the Refill Station on Facebook



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



Youth Leadership Weekend..The youth group went to Cedar Ridge Camp in January. Youth participated in several sessions reviewing topics such as basic first aid and safety practices, communication skills and problem solving. Outdoor activities were also enjoyed as always.

Niki Braybrook, Youth Transition Facilitator, and Jillian Anderson, Child & Family Facilitator accompanied four youth to a Raptors game in Toronto. This was a dream come true for this group and the Raptors won the game which made the day complete!. The group joined a bus tour out of Peterborough, making travel easy



Caregivers Night Out.....In December NHCIA hosted a well attended sign painting workshop with caregivers while family members played games and created Christmas Cards.

March Break Activities....The Child and Youth programs are excited to host March Break events again this year! We will be offering 4 fun day options including: Pottery day at Flemming College in Haliburton, an Outdoor Escape Maze day in Peterborough, a day at Cedar Ridge Camp and a Mall and Movie day for teenagers.

Our programs focus on connecting children and youth, helping them to achieve goals and facilitate opportunities for caregiver respite. March Break is an ideal time for inclusive recreational opportunities for everyone to have fun! Please contact Laurie Oram or Niki Braybrook (613-332-2090) for more details.



Back in December NHCIA hosted sensory friendly visits at Santa's Village House in Bancroft. Families enjoyed having scheduled visits with Santa.

Summer Planning..If you are hoping to send your child or youth to summer camp this year then it is time to start planning. Overnight camps fill up fast and registration and payment are usually due early. If you need information or assistance to find a suitable camp for a child with specific needs please contact Laurie Oram 613-332-2090 ext 308





Leadership Training.....The Self-Advocate Committee helped in organizing and hosting a very successful overnight trip at Cedar Ridge in December and two self-advocates from Madoc COPE joined as guests. This was a great Leadership Training experience. Jesse and Kathryn lead a discussion on independence and Sarah Phoenix, from Your Space (NHCS), facilitated a workshop on Cyber Safety. There were also lots of outdoor activities to enjoy as well as connecting with one another.

Jesse Mercier– President of the Self-Advocate Committee



Bowling....Once a month there is a Bowling trip planned through Community Connections. The spots fill up fast as everyone seems to love bowling. Thanks to BCT, we are able to travel to the Quinte Bowling Alley in Belleville. BCT provides drivers to get us to many destinations each month.

Geocaching with Deep Roots....Community Connections organized a Geocaching trip to Wilberforce—the Geocaching capital of Canada. We met up with Corina from Deep Roots and she showed us how geocaching works. We used a geocaching app that shows you where the nearest geocache is located. This app helps you navigate and sometimes gives clues. It was super satisfying to finally find each geocache, most of which were found outdoors. One was inside the Wilberforce library which is a unique straw bale sustainably build building.



....First time going tubing at Joy Bible Camp, oh what a thrill of a hill. Everyone enjoyed the “comfort” of the tubes when going over the bumps and we also tried saucers and crazy carpets to see which was faster. Staff at Joy Camp warmed us up with some hot chocolate.



Staying Creative

....Lots of creative projects are being organized by our amazing staff. Individuals also get to give suggestions and facilitate some of the workshops.



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.

0303-339-66

Staff Perspective... I have the unique opportunity in my job to work specifically with Transitional Aged Youth. I enjoy working with this age range, of late teens and early twenties, because they are just beginning their adult life and have so many exciting experiences and changes ahead of them. Sometimes this stage of life can be stressful, confusing, and scary, so I am very grateful to be able to support people through this. Examples of this, that I am currently working with self-advocates to achieve are getting their first job and moving out on their own for the first time.

One self-advocate's main goal for this year is getting his driver's license to increase his independence. We worked really hard studying for the G1 written test and after a couple tries he passed! This started as a difficult day for him, where he doubted his abilities and lacked confidence in himself. Seeing how proud he was of himself, once he completed this, was amazing to witness. The individuals and staff at the Drive Test center all clapped for him and he gave me a huge high-five. The next step of this goal has already begun, starting the online portion of a driver's education course.

Dawson got a job hand delivering papers locally within the town and he did so well and liked it he was given a second route. One customer commented how polite he is and she appreciates him delivering it to her door step.



Congratulation's Dawson!!

It's very rewarding to be able to play a part in helping young adults achieve goals and try new things!

"You can, you should, and if you're brave enough to start, you will" —Stephen King

Brynn Hansen—Independent Living Facilitator

Celebrating Upcoming Baby.....lots of excitement up to the final moments of the baby shower. Jennifer and Tammy were delighted to plan, organize and help with decorating and choosing their gifts for Ellie's baby girl. It was almost a surprise LOL!

Congratulations Ellie and welcome baby Bella



Staff Time/Coffee Time!

Once a month staff get to enjoy "Coffee Time" to connect and enjoy some great snacks. Each month a couple of staff organize this social hour at different locations, giving all staff an opportunity to gather and enjoy some social time with peers.



Upcoming Events

March Break Events: March 13-16 –for days of fun activities, call Niki or Laurie for details 613-332-2090

May Is Community Living Month: stay tuned for events taking place throughout the month of May to celebrate with our community what we do as an organization.