



As we move into the New Year with new goals and plans, I realize we are at the half way mark with my contract as Interim Executive Director – It's amazing how time flies. I am so thankful for all of the employees, board members, individuals and families connected to NHCIA as they have all been so supportive. We welcome Sandy back in May of 2024.



We have lots of exciting things already in the works for this year. We welcomed two Placement Students from Fleming College and are currently working with North Hastings High School to have a Coop Student join us until the end of the school year. Jillian Anderson is joining our Leadership team for the next year as a Manager of Independent Living. She is completing a contract as Brittany McCaig welcomes her newest family member. Jillian has been with NHCIA for the past couple of years as a direct support staff and comes to us with over 20 year's experience working in the Developmental Services Sector.

We look forward to new and exciting activities and sharing these experiences with you.

Interim Executive Director
Teena Surma

A New Year --- A Fresh Start

Placement Students... Ashala Fitzgibbon
I have recently joined NHCIA and I have really enjoyed my time so far. As part of my college program, Social Service Worker at Fleming, I am required to do a field placement to demonstrate my learning and put into practice while also gaining the practical skills necessary to obtain a job after completing the program. I chose NHCIA because of its wide range of opportunities and ability to work with people closely in the community in which I live in. NHCIA is a very welcoming place where I have experienced positive interactions with staff and self-advocates.



My favorite experience so far was learning to knit on the loom as a group and watching individuals see their hard work pay off when they've finished their hat.

Same but different ... Cheyenne Fitzgibbon
I am also completing a college placement with NHCIA from January to April. I have settled in well and the staff here have been very supportive and welcoming. I chose NHCIA because of the various opportunities that are offered within their agency and the different programs available. I am not sure what specific path I want to take after obtaining my SSW so being able to try a bit of everything with different age groups could benefit me in making my decision.

My best moment so far was walking with Carter from the dog park and every time we walked by the Vance Motor's parking lot he would stop to admire a red dodge truck. One day Chris, from Vance Motors, kindly offered to open the doors so Carter could look inside and Carter even got to sit inside. When we got back to the office he was so excited to tell everyone about it.



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)

Tubing at Joy... Child & Youth Program did a small group respite trip to go tubing at Joy Bible Camp. The hill was fast and the smiles were big! We welcomed a couple of new faces to our group along with some of their friends from school to create a positive, integrated atmosphere. We can't wait for more fun to come in the near future!



Art Club ...On February 1st, NHCIA started an art club program for youth in the community to join once a week for six weeks. So far, the youth have begun making Paper Mache animals and Valentines Day crafts. Over the next few weeks we look forward to seeing their wonderful designs and creations. This also allows for the opportunity to share their love and talent for art, inspire new connections and give the opportunity to socialize with other youth.



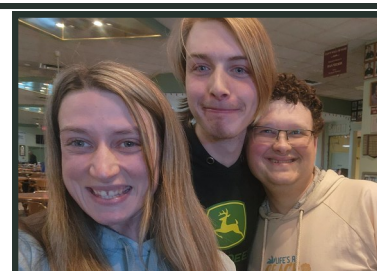
Youth and Family Support News... Spring is just around the corner and that means it is time for planning new events and activities for March Break and into the summer. Many camp registrations are happening now so please let us know if you need help navigating those.

It also means it is time for applications to Autism Respite and Annual Complex Respite Funding (formerly called Out of Home Respite). These funds are for families with children under 18 years of age. Applications are available from Laurie Oram and Julie Vardy, our Child and Family Facilitators and Niki Braybrook, our Youth Transition Facilitator. **Deadline for applications is March 15th 2024.**

Adults (over 18 years of age) who are living with a primary caregiver are able to apply for Adult Respite Funds. These can support people to be active in their communities as well as offering respite for caregivers. For more information please contact me Janet Christie at 613-332-2090 ext. 304.

Julie Vardy is now a full-time employee at NHCIA.

Her time is split between the Community Participation and Child and Family Programs. Julie is a lifelong resident of the area and comes with a background in Early Childhood Education. Julie is enjoying new experiences, getting to know coworkers and individuals and learning about their goals.



Making the Team ...Ivan Watt and Masiah Tocewicz from our Youth in Transition program made their High School Basketball team. ▲

Both of these young men have been shooting hoops on their lunch break with the dream of playing with the Raptors someday. They both enjoy cheering for their favourite NBA players. Seen in the photo, their former classmate Carter, came to a game to cheer them on. .

Way to Go Ivan and Masiah!



March Break Camp....is coming and we are getting geared up for a super fun week of adventures! We have 4 days of camp this year including an art day at Haliburton School of Art, a trip to Whitby for Laser Tag and Glow in the Dark Mini Put, an outdoor day at Cedar Ridge Camp and a Teen Mall and Movie Day. Stay tuned for registration dates!

Mexico Update....



We're Back.... and had a great trip. My sister and I were very excited to join Karen and share in her travel adventure. It was a pleasure and a privilege
Wendy and Pat

Karen: People keep asking me, how was your trip? It was good. I wanted to go on a trip where it was nice and warm and somebody else would make my bed and get me my morning coffee. Wendy's sister Pat said we should go to Mexico (*Friendly Resort in Puerto Vallarta*) so we did. Pat came from B.C. to join us. I did lots of things for the first time like driving to Toronto and staying at an Airport Hotel. We flew in an airplane and went to a different country. It flew very fast and I got to look out the window.



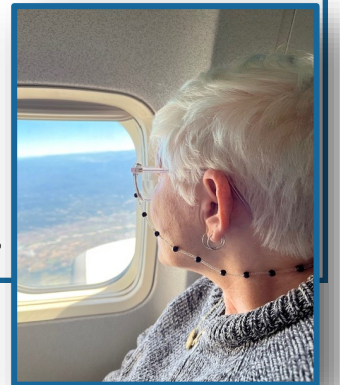
I went swimming every day with Wendy and Pat and got blue hair. Wendy likes my blue hair but I like my purple hair better. I'm going to be a good swimmer. I drank a Margarita for the first time and ate Mexican food. We took the bus to Puerto Vallarta so I could go shopping (it was my birthday) and I bought a new dress, a puzzle, a bracelet, a necklace and a book to write in. We walked on the beach a little bit and in the ocean and at night I danced my head off in my new dress. I like to try new things.

My cat Mittens just sleeps all day but I started missing her. Pat missed her cat too. I like to travel with Wendy and Pat but I was glad to get home too.

I want to travel again, maybe the same place or maybe somewhere new so I have to keep saving my money.

THANK YOU TO EVERYONE WHO HELPED ME MAKE THIS TRIP COME TRUE!

.....one last look but she says she will be back.



MAKE IT HAPPEN

Self Advocate Committee...welcomed a guest speaker on January 15th. Keith Dee from Community Living Ontario Council joined the self-advocates to discuss how people with lived experience influence decision making within their organization and community. He shared with them how they can become more involved with the self-advocate Community Living Ontario Council and help strengthen the self-advocacy movement in Ontario.



Keith suggested that it would be good for one of the self advocates to join the council to represent their area. It was suggested that some of the self-advocates might want to join one of the Community Living Ontario Council meetings via ZOOM to get a feel of how their meetings work.

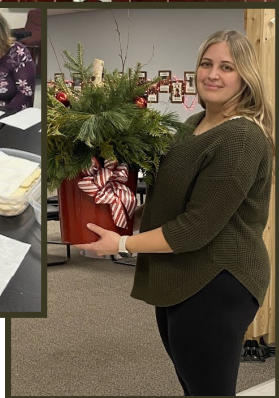
NHCIA Mission Statement

North Hastings Community Integration Association, through partnerships with community, inspires people with developmental disabilities and their families to live as fully participating citizens.



Christmas was a Blast : All locations participated in decorating their space and board members were asked to judge the results. Again, the Community Participation Crew won with their "Whoville" theme.

Many activities took place for both staff and individuals. Cookie decorating, Christmas planters and games that included staff and individuals. To top it off managers prepared a wonderful lunch for staff which was well attended and allowed everyone to sit down and enjoy time with peers during a very busy season.



Goal Completed: Matt and his family quilt! This was a goal of Matt's that he can now check off his list.

Last year Matt expressed that he would like to create a family quilt and was introduced to textile artist Eliza. Over the next few months Eliza helped Matt to design and create a quilt. Matt said that he found it difficult at times but seeing it come together made the task easier.

He plans to gift his quilt to his mom.



Appreciation of Co Workers:

Cody Lockwood has worked with the Timber Mart crew for the past 2 summers and wanted to do something to show his appreciation to the staff at Christmas. He created his own card and delivered some treats. Cody also invited two of his friends to go with him and showed them around the yard where he worked and introduced them to his supervisor Jayson Keever.



Family: Duncan participated in the Christmas planter activity. Duncan gave his planter to his parents when he visited with them in December. They were very happy to receive it and enjoyed going out to dinner to top off the visit.



Upcoming Events

Caregivers Night Out: February 27th : Let your family member show their love by cooking you dinner with assistance from Alice Martin. Drop off 3:30 at 2 Alice St (school pick up can be arranged). Caregivers will join at 5:00 pm. Please RSVP by Thursday February 23rd to Laurie @ l.oram@nhcia.ca or Niki @ n.braybrook@nhcia.ca or you can call the office 613-332-2090.

Refill Station: Open Thursday 2-6pm, Friday 10-2pm, Saturday 10-2pm and some products are now available for sale at the main office (#2 Alice St). You are also able to call the office and book an appointment to shop at the Refill Station. Prepackaged gifts now available in an assortment of prices for that last minute hostess gift.

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