



May is Community Living Month

Over the month of May, people from across Ontario celebrate the many successes in creating inclusive communities for people with intellectual disabilities.

What does Community Living mean to you? We would love to hear your stories, thoughts and examples.

For us at North Hastings Community Integration it is about creating a truly inclusive society that reflects the abilities of every individual. We advocate for the full inclusion of people who have an intellectual disability in all aspects of community life.

This month we will celebrate by:

- Raising our flag in the center of town
- Sponsoring a Tuesday Community Lunch
- Our annual BBQ on Wednesday May 23rd
- Lighting our building in Green and Blue
- Open House at the Design Room



Sandra Phillips,
Executive Director

Last year on the suggestion of NHCIA staff member Sue Shaw the CN tower was lit in Blue and Green – this year as part of **Shine a Light on Community Living** it will also include Nathan Phillips Square.



Design Room

In January 2017, NHCIA began a pilot project for self-advocates interested in looking at entrepreneurial options for self employment. Duncan and Eugene are exploring their talent and interest in woodworking and have been fine tuning their skills while gaining the experience necessary to design products and start their own business. Duncan is currently focusing on making shelves and Eugene has started making wooden owls and other decorative garden ornaments. Al Bryan, a local woodworker, has been coaching and guiding them in the use of tools, safety protocols, and is

supporting them to develop signature products they can market. Matt Hamm, who has been operating “Hamm Made Designs” since 2015, has been a peer mentor as he continues to build his unique rustic bird and bat houses.

The woodworking opportunity at 124 Hastings Street is part of a larger vision for a self sustaining “Design Room” which includes space for NHCIA’s monthly ‘Kairos Time,’ business development supports for those with employment barriers and a creative workshop with local artisans as instructors. The Design Room can also be used as a low cost meeting space for community groups, and a work space for individual entrepreneurs to share interests and skills while keeping overhead costs down.

Wanda Foster is using the space to create products for her “Forever Fleece” sewing business and Jennifer Embury works on contracts for her “Labels are Me” business. An NHCIA staff member has applied for grants to support the development of this creative arts exploration and entrepreneurial hub.

For more information, or to be a part of this community development project, please contact Marlena, Lynne or Sandy at 332-2090.



Child & Youth Update



Kidz Quest-Teen Edition

This is a partnership between **GoodLife Kids Foundation**, **NHCIA** and **Bancroft Community Transit**. This program is providing an opportunity for kids 12-14 to build their physical literacy and knowledge of how to sustain a healthy physical lifestyle after the 6 week program is over. The participants will be doing archery, a fitness class, aqua fit, paddling, biking and karate, all of which are available to youth in our community. Thank you to GoodLife Kids Foundation for the grant, and Bancroft Community Transit for equipment and venue space.



Ramp Project

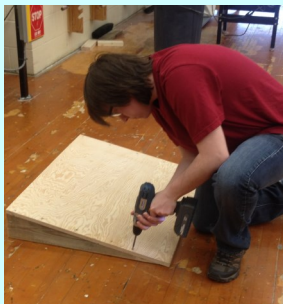
The students of North Hastings High School and NHCIA have come together to initiate a community ramp project in partnership with the Stop Gap Foundation. This project will provide ramps for businesses with a one-step entry.



The vision of Stop Gap is to break down barriers in the built environment one ramp at a time. The brightly coloured ramps will not solve all accessibility barriers but will start a conversation.

Students started building the ramps for sign-on businesses in April. Luke Anderson, founder of Stop Gap, will present to the entire High School On May 12th, 2017. Business representatives and students involved in the project will have the opportunity to meet with him.

Businesses committed to date are: Re/max, Bancroft



Community Transit, Bancroft Granite Golf Course, West Wind, Bowes and Cocks. Many others are very supportive, but do not meet the criteria of this particular project. We are still open to more ramps, if you know of someone with a one-step entry contact Niki to find out how to get involved.

n.braybrook@nhcia.ca

Child & Family Supports

Allison Lavoy is filling in for Laurie Oram who is currently on maternity leave. Allison has worked in developmental services with youth and adults in supported living and day supports for the past five years in Ottawa.

Over the past week she has been introducing herself to families and is working on OHR plans and summer activity plans. If there is anything she can help you with please call her at 613-332-2090 ext. 308 or email a.lavoy@nhcia.ca



Kidz Quest - Ages 9-12

SPORTS-ACTIVITIES-FRIENDSHIP

Come try a new recreational activity each week and learn about healthy eating as we cook and enjoy a meal together!

Monday Nights-3-6pm May 15th—June 19th

Location –Heart of the Park, Bancroft (behind post office) Transportation provided from school
Cost-\$50 (subsidies may be available)

To register call Gwen at 613-332-2090 or drop in at the NHCIA main office at 2 Alice St



Niki and Allison are busy reviewing funding applications and assisting families to plan for the coming year.

In April NHCIA introduced a new method for processing payments for Passport, Adult Respite, Out of Home Respite, Assistance for Children with Severe Disabilities, Special Services at Home and other funding sources. Letters are in the mail explaining the changes and we are scheduling time with all families who would like to meet in person to go over the changes.

It may seem a long way off, but now is also the time to start planning for summer activities such as camp, travel, and employment. NHCIA is pleased to offer employment training opportunities for youth with disabilities in "The Muffin Run" (youth 13 – 16 years) and "Dimples Mini Golf" (youth over 16 years). If you know someone who is interested please call 613-332-2090 and ask for Niki Braybrook at extension 307 or Janet Christie at extension 304.



Kim Tregaskis, Mental Health Access facilitator will be on leave starting May 1st. Please contact me if you want to make a referral or have questions about the program.

Janet Christie, Manager of Youth and Family Support

"What's Going ON"

Duncan Wilson has volunteered at the Bancroft Fish Hatchery for 3 years. Recently, Duncan had the opportunity to be involved in a very exciting phase for the Hatchery: the release of Brown Trout into Eels Creek. This was the first time the hatchery had raised and released Brown Trout. Duncan helped carry the fish in buckets to the containers in the back of the two trucks that were transporting the fish to their new home.

Duncan was also involved in transporting lake trout to North Paudash Beach for their release. Buckets of fish were carried onto a pontoon boat which transported the fish onto the lake and then he helped pour the fish into the water. Duncan was very excited as this was his first time releasing fish from a boat. Releasing the fish into the lake was a rewarding result to his hard work at the fish hatchery each week!

Duncan has made a great connection with the other volunteers at the Fish Hatchery over the years. This connection was evident as the gang sang "happy birthday" to him as he walked into the fish hatchery on his 51st birthday in April.



Eugene Prince has been busy making decorative wooden owls at the Design Room. He is planning to begin marketing them soon!



Jeff and Duncan spent a day at Robbie's Hobbies. It has 3 commercial slot car tracks with 8 lanes each. You can rent a car to race with your friends. They provide a family friendly facility for R/C and racing hobbies.



Tammy Thauvette has been a member of the North Hastings Community Choir for five years and she has been going independently for three years. This year the choir is doing a special Canadian choral celebration for Canada's 150th birthday. There will be 150 voices representing not only the Bancroft choir, but also the College Community Choir from Lindsay, and the Highlands Festival singers from Haliburton. Melissa Stephens directs all three choirs. The Bancroft performance will be at the North Hastings High School on Saturday May 6th at 4 pm. Tammy will also perform with the choir Sunday May 7th in Lindsay and Tuesday May 9th in Minden. Tammy is very excited and proud to be a part of the choir performances this year. Her favourite song is "We will Rise Again".

Did You Know..... You must have an NHCIA membership in order to become a board member and /or vote at our AGM. If you are interested in becoming a member, please fill out this section and return to NHCIA.

Name:
Address:
Postal Code:
Email Address:

Non-Voting (Associate) Membership

Staff (\$5.00)
Business/Organization (\$25.00)

Voting Membership

Self Advocate (\$5.00)
Single (\$5.00)
Family (\$15.00)
Business (\$25.00)

Lloyd's Profile

Why I am passionate about being a Board Member at NHCIA...
I have always been passionate about giving back to my community and have devoted a great deal of my life to advocating for people that are in need of assistance.
This is a great way to stay connected to people and their needs.



My Interests.....

Family*****

Fishing*****

Toronto Blue Jays*****

Gardening*****



Important to me.....

Family*****

Community*****

Faith*****



What friends & family admire about me.....
Honest, fair and very committed to community.
Gives people the benefit of the doubt and is a good listener.

Lloyd Churchill has been President of NHCIA's Board of Directors since 2013.

Social Service Worker Placement Fair

Melissa Perry shared her experience as a placement student at NHCIA with other Loyalist College students at the Social Service Worker Placement Fair on March 24th. Melissa finished her placement on April 19th after nearly 4 months shadowing NHCIA's Personal Network Facilitator and Community Connections Facilitator, as well as assisting in many other areas of the agency. Melissa spent the majority of her placement working in the HUB and planning for March break programs. NHCIA would like to thank Melissa for her time and effort here and wish her all the best in the future!



Hired!

Rebecca Roy completed her placement at NHCIA through Fleming College on April 21st. We are happy to have Rebecca continue with our agency as relief staff!

