



I am excited that we have just finished collecting all the information to create our new Strategic Plan for 2018-2022 at NHCIA. I want to thank everyone for their generosity of time and sharing their insights and wishes for our future. One of the themes to emerge was **Belonging** and I feel this is such an important directive for us to address in so many ways.

Integration, found in the agency's name, is the practice of ensuring that people feel they *belong*, are engaged and connected.

As we celebrate Community Living Month we are not only able to reflect on how so many dedicated support staff have supported *belonging* with the people we support through amazing partnerships within our community but also to set the path for the work to be done.

The time line in the newsletter demonstrates the need to focus on opportunities to explore and participate in valued community roles – to feel belonging. The day in the life example Emma has provided explains the need to have Self – Advocates be involved in choosing, planning and creating opportunities to experience risk, build social skills, explore new interests, take on jobs, include peers and others in their supports in order to create this belonging. I am very much looking forward to the next 5 years.



Sandra Phillips,
Executive Director

Discovery Time Art Show & Design Room Open House

An exhibit of work by Discovery Time participants (a 3 month art program). Entrepreneurs will also be available to show and sell their designs. NHCIA welcomes you to our accessible community space.

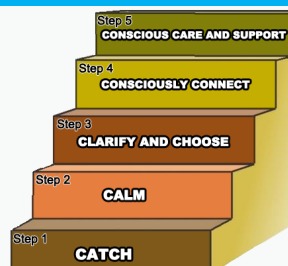
What you can expect:

Art work on display and for sale
Refreshments and snacks
An art activity for all abilities and ages
A video of Discovery Time

All are welcome!



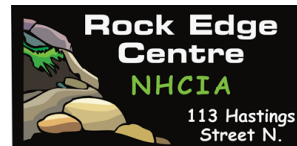
Conscious Care Workshop



NHCIA hosted a workshop facilitated by Peter Marks. Peter, through conscious care and support, provides support staff with the skills that will enable them to be competent and kind in situations where they may be supporting individuals whose behaviours create negative feelings. Peter also talked about the importance of decreased sugars, increased natural food, sleep and activity. The goal is to prevent difficult behaviours and enhance the life experience of both the individual and the people who support them.

1. Catch oneself in the "here & now"
2. Not impulsively reacting-intentionally calm yourself and the person you are supporting will become calm
3. Assess the needs of the individual and choose the best possible response
4. Really see the person you are supporting-be respectful, kind and caring (even if it is difficult to feel that way)
5. Ensure your actions are not only mindful and compassionate, but authentic, timely and effective

Child & Youth Update



Congratulations to Jesse Mercier who was successful in his application to the Youth Advisory Council for Re:Action4Inclusion. Jesse will spend the next year working with a team of youth from all over Ontario to celebrate and promote inclusion. Check out their Facebook page or follow the link to the website to see what projects they create.

"I want to be able to give ideas and help support community change. I can't do it all but we can work together to make difference. I want to give everybody a chance to see what we can accomplish and make sure that everybody gets to show their strengths." **Jesse Mercier**



Do you have a family member (any age) living with a disability? If so, this group may be for you.

Parent/Caregiver Support Group

WEDNESDAY JUNE 13, 2018
5-7PM AT RIVERSIDE PARK
POT LUCK PICNIC

Join Deep Roots Adventure's Corina Mansfield to learn about water safety, an intro to paddling, other programs Deep Roots has to offer and to get an on-water paddling experience for all ages

Respite provided (paddling activity) for family members (any age). Please let us know in advance so we can plan for their needs.

PLEASE RSVP TO NIKI OR LAURIE BY JUNE 12 AT 613-332-2090

DO YOU HAVE A FAMILY MEMBER (ANY AGE) LIVING WITH A DISABILITY? IF SO, THIS GROUP MAY BE FOR YOU

PARENT/CAREGIVER SUPPORT GROUP

MONDAY, MAY 14, 2018
5-7PM
MEET AT DESIGN ROOM (124 HASTINGS ST N)

Learn about the importance of healthy active living and take part in an intro work-out for all abilities with LiveFit's Amanda Stone

Respite (fitness activity) provided for family members (any age). Please let us know in advance so we can plan for their needs.

Please RSVP by May 11 to Niki or Allison at 613-332-2090

Youth & Family Support News

As Allison, Niki and Lynne meet with families around respite needs we have been asking what types of group or individual activities they are interested in. This year along with organizing a trip to Ripley's Aquarium we have opportunities for people to try family camping, skating, swimming, gymnastics and slot car racing.

Our Family Support Group meets once a month. Respite is provided for loved ones and is open to any age. Upcoming dates and topics are; May 14th Healthy Active Living and June 13th Learn to Paddle & Water Safety.

I am happy to report that Laurie Oram (Child and Family Support) will be returning from her maternity leave at the beginning of May. Allison Obradovich has accepted a position as a Community Connections Facilitator working with adults but thankfully she will still be around to assist with some of our child and family activities.

Please call if you have any questions or would like to join us at Parent Support. 613-332-2090 Laurie/Allison (Children under 14 years) Niki (youth 14-25) or Lynne (Adult Respite and Passport)

"What's Going ON"

Matt has been joining a group that meets once a month for a pick up game of basketball. Dave Archer coaches the team that meets at St John Bosco Separate School in Barry's Bay. The players start with a good warm up and then divide themselves into teams. Matt has met new friends and executes a mean slam dunk.



"What's Going ON"



It is with great excitement we share that Cheyenne and Shania have moved out on their own. There have been some learning opportunities over the course of their first month living independently, but the sisters are successfully adjusting to living in town and enjoying the opportunities it presents to them. You may have seen their smiling faces around town as they head to the library or some of their other favorite destinations.

Eugene has been friends with Cecil Andrus for many years and often helps out when Cec runs horse-drawn sleigh or wagon rides at community events like Bancroft's Santa Claus Parade or Maynooth Madness. Eugene wanted some of his friends and family to see the horses and meet Cec, so he invited them to come with him for a sleigh ride at Rockfield Farms in Boulter. It was a chilly, but sunny day and everyone enjoyed the hot chocolate and hot dogs cooked over the fire in the woods. Eugene and his sister, Lavina, from Barry's Bay were glad to see each other and enjoy the sleigh ride together.



Stephen is looking forward to heading to a Blue Jays game with his brother in June.

In May 2016, Stephen caught the bus in Haliburton to attend the Community Living Blue Jays game with a couple of friends. He loved the experience so much that he decided to make it a goal to see a Jays' game with a friend or family member in 2018. Stephen was especially excited when he found out that his brother Rob and his family were able to go to a game with him in June. Sharing life's exciting events with friends and family is one of the nicest ways to enrich your life. Stephen can't wait to share this experience with his brother.



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)

From Then to Now...

How our supports have changed over the years.



Sheltered Workshops

Provincially funded workshops were created for people with intellectual disabilities where they worked for less than a dollar a day. In Bancroft it was called ARC Industries. Rarely was anyone given a choice as to what type of work they performed. It was a segregated workshop environment and allowed few opportunities for people to engage with or contribute to their community.



Day Programs

Segregated Day Programs were developed by NHCIA in collaboration with the school system. Individuals attended preplanned activities that were educationally based.

Employment Programs

Employment programs were developed to find job placements for individuals. Positions were paid but did not always reflect the strengths and talents of the person nor did they always pay minimum wage.

Housing

People with intellectual disabilities were placed in group homes with other people with intellectual disabilities. They were given no choice as to who they lived with or where they lived. Plans were developed for people.

Outings

People participated in group activities. Individuals had little input into what activities were offered. Often large groups of people all went out together. This made it difficult to meet new people in the community or make friendships. NHCIA had a 16 passenger van.



Strengths, Skills, & Talents

People are now supported to find employment or create their own employment based on the strength, skills, and talents they have.

Individuals sit on local committee's, board of directors, and participate in local fundraisers and events.

Individuals have been recognized for their volunteer contributions to this community



Individuals have relationships with people who love and care for them. Relationships include those who are not paid to be in their lives.

The Life of The Community

Individuals are now encouraged to participate as any other member of the community would— volunteer, vote, attend community events , join clubs, attend church, and further their education.



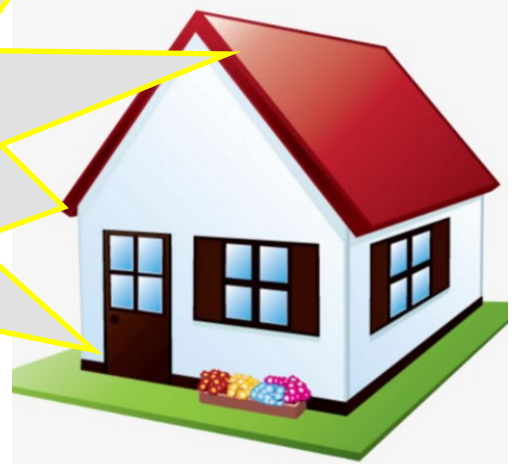
Home

People choose where they live, and whom they live with. –if anyone.

Dream Big

Plans, Dreams, & Goals

NHCIA is Person Centered. Supports are directed by the individuals based on their needs, wants and dreams.



A Day In The Life Of A Supported Independent Living Facilitator

We have been asked over the years many questions from the community about what we do, why we do it, and sometimes why don't you do it? We hope to answer some of these questions with the following interview with one of our staff.

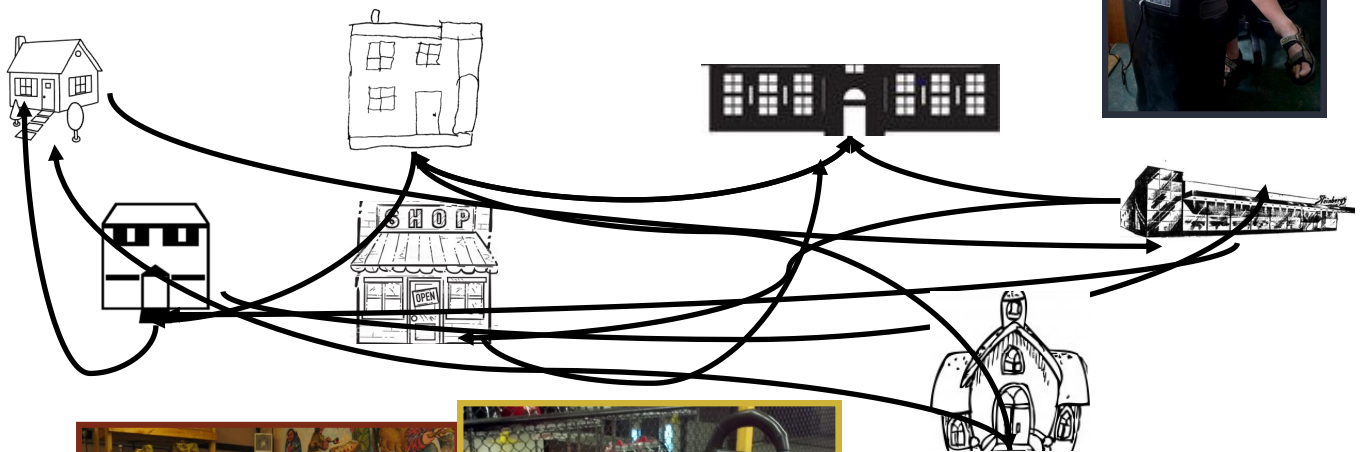
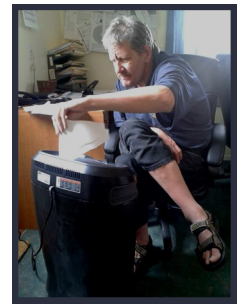
Emma Woodcox is a long-time employee of 30 plus years who has seen many changes in how supports are provided to those supported by NHCIA.

Emma, What does a typical day of work look like to you?

I support 4 individuals, who live on their own, who require very different kinds of support. I start my day by checking their calendars to see what is planned for that day. I give reminders for hygiene and occasional help with preparing a crock pot for later.

I may need to support them to a medical appointment, assistance to get ready for their jobs—3 of the people I support are employed. I document daily, review the financials of 12 people monthly, and with the person, plan supports for the next month. This is a typical day, not all days go as planned. People get sick (both staff and people we support) which means I flex my schedule to support others where needed cover for staff unable to come in.

Appointments get changed, activities are cancelled due to weather etc. and sometimes the individual has decided to go out on their own so my day is never really "typical" LOL



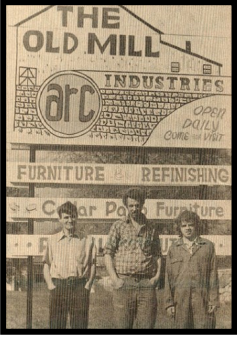
How do you support people in the community?



One of the individuals I support has 2 jobs so I ensure that she is always ready for her workday which includes dressing appropriately and arranging transportation with Bancroft Community Transit. This person is an Artist who also has a photography business. I support her to register for Art Festivals (she has been accepted into 2 this year) and connect with her photography mentor.

I am often seen around town supporting people with different types of errands such as medical appointments or groceries. I assist with keeping on a budget as some people have difficulty reading prices. I encourage healthy choices but also promote as much independence as possible. You might see me at the grocery store with someone but you may see them pack their items in a cart and walk them home on their own. ***We do not do for someone what they can do themselves***

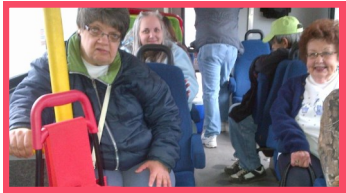
What are some of the challenges?



It is sometimes difficult to find the balance of supporting too much or too little. I'm sometimes the one who has to assist people in understanding natural consequences. If someone doesn't have enough money to pay for something at the grocery store, the natural consequence is to have to put it back. I'm a generous person but it's so important for people to be held accountable.

The community is often generous but it leads to the person repeating their actions and not being allowed to experience the consequence of their actions. I have supported people over the years who have not had opportunities to learn without risk.

How has this job changed over 30 years?



When I started in 1987 we did things for individuals such as preparing their meals, household chores, provide transportation and attend events in the community with them. Instead of having jobs in the community they worked at ARC Industries. Now we support them by teaching them to do these things on their own or with little supports. Supporting individuals to connect with community people has been such a positive thing in peoples lives, not only creating more independence but true friendships. They no longer depend on staff to be with them at community events or tagging along at their job sites. The individuals today have more friends in the community who are offering rides to events, asking them to join or volunteer and inviting them to social events. Individuals are involved in the Community Choir, baseball teams and have meaningful jobs.



Why Celebrate Community Living Month?



It is a month of reflection as we look back and see how far the people we support have come and we celebrate these accomplishments. We also start to look at what we as staff can do to improve on these achievements. .

It is a time to celebrate those in our community that have in some way improved the lives of those we support, by providing friendships, employment, trust and understanding. Our annual BBQ in May is one of those ways and it is so great to see so many people in our yard visiting and sharing stories.



Community Living Month Celebrations



Purchase your ticket before May 5th



“Walk This Way” **No: 0001**
Fundraiser for NHCIA
1st Prize: \$1500.00 Cash
2nd Prize: \$300.00 Cash * 3rd Prize: \$200.00 Cash

Draw will take place at our 1st Annual “Walk This Way” event.
 Saturday May 5th at Bancroft Ridge Golf Club
 30 Nicklaus Drive, Bancroft, ON

Note: Tickets for this event are sold separately call 613-332-2090
 For Event Details Visit: Facebook: www.facebook.com/nhcia
\$10.00 or Website: www.nhcia.ca Lic. #: M792826

“Walk This Way”
Showcasing community members
walking the walk with individuals
supported by NHCIA

Saturday May 5th 2018
Doors open at 11:45—3:00pm
Bancroft Ridge Golf Club
30 Nicklaus Drive
Hors d’oeuvres by Bruce Kellar
Cash Bar & Raffle Table
Door Prize (Blue Jay Tickets & \$250 cash)
Ticket Price \$25

May 2nd : Flag Raising meet at the Town of Bancroft municipal office at 11 am

May 4th: We will have our building and others in the community light up with community living colors—blue and green.

May 5th: “Walk This Way” fundraising event taking place at Bancroft Ridge Golf Club (see above for details)

May 15th: NHCIA will be sponsoring the Community Lunch at St Johns Anglican Church

May 16th: Discovery Time, Art Show and Open House at the Design Room, 124 Hastings St. from 1:00-5:30 (Details on front page)

May 24th(rain date May 25th): Community BBQ held at #2 Alice St side yard beginning at 11:30-1:30, celebrating community partners

A Day In The Life of A Supported Independent Living Facilitator

What is my job:

- advocating for access to health care and education
- helping people maintain positive relationships
- support people to contribute to their community
- being able to adapt my role to ensure people receive the supports they need when they need it

What are some of the challenges?

- Finding the balance between supporting people with daily routines and supports to maintain friendships and making community connections
- Keeping on track to work towards someone’s goals



What do you enjoy about your job?

- Sharing people’s success’s
- Being challenged to try something new
- I am in the community rather than sitting as a desk 9-5
- No 2 days are ever the same

What is your favorite experience?

When I first started working at NHCIA I was helping someone I support to organize their birthday party. He told me he was about to turn 50, so we bought balloons and decorations with “Happy 50th!” on them, and a couple of the friends he invited over for the dinner party got him 50th birthday cards. The next day, another NHCIA worker came in and saw the leftover decorations in his apartment and said “What’s going on here? You’re not 50, you’re 49!” I’m not 100% sure whether he really thought he was turning 50, or whether he was just pulling a prank on a new worker, but we both still get a good laugh from the experience.