



ED Message

Crisis presents uncertainty but also opportunity.

The lessons learned over the last few months have been valuable. We all live in a time of exceptional vulnerability and we are stronger and safer when we work together. Partnerships are ways we learn together, strengthen our social safety net and create strong support networks for our community. As we venture into this new operational preparedness after such an undefined and rapidly changing time, we find that adaptability and resilience are qualities we have in abundance. We will continue to navigate a different way of providing supports to individuals and their families.



Thank you to amazing staff, accommodating families, patient individuals and supportive community.

Stay safe and wash your hands!

Sandra Phillips

Executive Director

Thanks for Asking

"A smile is the light in your window that tells others that there is a caring, sharing person inside."

Denis Waitley

Neighbours, delivery drivers, people in general have been asking "where are the people you support"? In a small community people are used to seeing and talking with many of the individuals. Like everyone else they are trying their best to stay away from others and only going out for exercise and fresh air while keeping their distance.

This newsletter will explain some of the ways staff and individuals are dealing with the current changes in the way people are supported. Everyone at NHCIA are coming up with ideas on how to keep some normalcy in people's lives while keeping every one safe and happy while having to stay in their homes.

Grocery Shopping

Staff usually help people with their grocery lists and then support them to go to the store and purchase their items. Some individuals would then walk home with their groceries until now.....

- * Individuals make out their list with the help of staff and email it to the office
- * One staff person has been assigned to do all grocery shopping for individuals
- * Shopping days are divided between individuals over a 3 day period
- * No transaction of cash, all shopping is done with Grocery Cards
- * Groceries are delivered outside the persons home to stay in compliance with distancing

Funny story...it is very hard to get someone else's groceries as probably a lot of you know (shopping for parents or neighbor's). Someone received oatmeal...."I don't eat oatmeal", ok so now we do a trade off with someone who does and they get their mini wheats. This was in the beginning so now people are pretty clear on explaining what kind/brand of item they want. 😊



How Supports Have Changed

Two years ago our May Newsletter included a 2 page spread on how supports have changed over the years. Well here we are in 2020 and we have changed supports drastically within weeks. People we support are facing the same challenges as their friends and neighbors; unemployment, unable to attend church and not being able to go to any sports, music or art activities.

For many this situation of COVID-19 is very hard to comprehend. Staff have sat with individuals to watch the news to help them understand that this is happening all over the world. While on walks they notice that shops are closed and there is very little traffic or people out walking on the sidewalks.

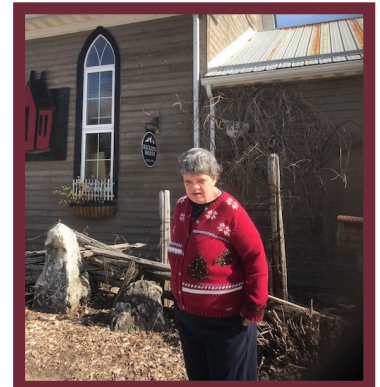


Staff are as always dealing with each person in an individualized way, some like crafts while others are happy to watch movies, knit or play games.

Staff have also had to adapt their schedules to help with social distancing and reduce the number of people they support.

How supports stand now.

- * Staff are supporting only one person, this means that they are with one person for a longer period of time or do a split shift in the morning and then come back in late afternoon
- * Staff are to go directly to the location they are scheduled to work
- * Cleaning and disinfecting is a priority while supporting all individuals
- * Staff are to help with creative activities and supports that alleviate people from feeling isolated
- * Support individuals to keep in touch with family and friends by calling or facetimeing
- * Go for walks to get fresh air and exercise while practicing physical distancing
- * Education on COVID19, hygiene and physical distancing
- * Cooking meals
- * Helping to prepare a grocery list
- * Support to do laundry if the person has laundry facilities in their building
- * If the person does not have laundry facilities staff will drop off laundry to Alice St where we have a designated staff to do laundry



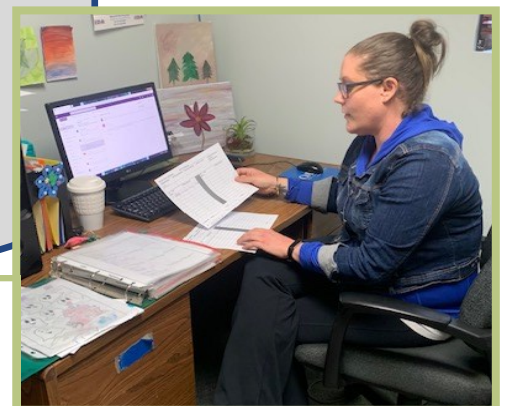
Linda taking in one of the nicer days getting some exercise and fresh air.



Keeping in touch while keeping our distance.

"Smiles are contagious, be a carrier." Author unknown

NHCIA staff member, Aleta, sorts through the grocery lists for individuals. Aleta does grocery runs three times a week.



What we are not supporting.

- * Grocery shopping (this is done by only 1 designated staff person for all individuals)
- * Anything that involves going out to stores or areas that individuals would have a hard time social distancing.
- * Trips out of town unless they are medical or mental health related.

SHOUT OUT

Thank you to **Country North, Barb Marois and Wanda Foster** for donating homemade masks to NHCIA.

Karen Keller also used her knitting skills and knit comfortable backs for the masks for staff members.



Wanda gave each staff member a package with a mask and a personal note telling them to be safe.



Let Me Intruduce Myself



My name is Samantha Tomasini. I am the Finance Assistant at NHCIA. I grew up in Palmer Rapids, where I went to elementary school and I attended high school at Madawaska Valley District High School in Barry's Bay. After high school I moved to Ottawa to attend University. I studied business at the University of Ottawa where I completed a Bachelor's of Commerce with an option in Human Resources Management. Upon completion I was offered a full-time contract at the City of Ottawa in the Finance Department as an Accounting Clerk. I worked at the City of Ottawa for two and a half years. During my last year I actively searched for employment in the area as I wanted to move back to the country.

When I saw the job posting for the Finance Assistant position at NHCIA I knew that it was an opportunity I did not want to miss. I have been in this position for a couple of months and I already feel very welcomed. I have learned a lot in this short time and continue to learn on a daily basis.

It is an honor to work for an organization that values, 'belonging, innovation, citizenship, and partnership.'

COFFEE TIME

The first Friday of every month staff come to the office to have a break with co-workers and enjoy coffee, tea and an assortment of breakfast goodies. With all the other changes instead of cancelling we took "Coffee Time" on the road. For the month of May "Coffee Time" was delivered to staff at their place of work. Boxes were filled with coffee/tea bags and packages of cookies along with notes of appreciation.



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:

Phone:

Non Voting Memberships

(as per our bylaws)

Self Advocate (\$5.00)

Single (\$5.00)

Family (\$15.00)

Business /Agency (\$25.00)

Managers Prospective

When first preparing for Covid 19, it was a very uncertain feeling. I asked myself how can we continue to provide the best possible supports for individuals while addressing so many changes? This uncertainty was quickly replaced with confidence as staff from all levels of the agency came forward to assist where they could.

Everyone offered to help were flexible and willing to do what they could to ensure the safety of individuals and co-workers. Even now, a month and a half in, staff continue to shine by bringing their ideas forward and find creative ways to support people. It has been a busy time for staff having to flex their schedules, working split shifts all while still keeping up with mandatory online training. Staff help each other out by covering shifts at their designated location when needed, make sure tasks are completed and reach out to one another for support.

During these times, it's fantastic to know we have a strong team here at NHCIA and the leadership team could not be prouder.

Teena Surma, Manager of Independent Living

SCHEDULE

CALENDARS

INDIVIDUALS

STAFF

TRAINING

Thank You to NHCIA Staff



The Self Advocate group had their first virtual meeting on May 12th with Jessie Mercier chairing the meeting. Everyone was pleased to see their fellow committee members and had some really great discussions. The group is planning on doing a fundraiser to support a local not for profit agency in response to COVID-19. Stay tuned for more to come from this great group of passionate Self Advocates!

~~**MAY IS COMMUNITY LIVING MONTH**~~

Community Living Month is usually a month full of events to celebrate all the wonderful accomplishments throughout the year and to thank friends and neighbors in the community for their support. This year we will be holding off on celebrations and our tentative date at the moment is

SEPTEMBER??

Thank you to everyone in the community for your support throughout the year.



Fundraising committee is still working on this very special event. We will have much to celebrate when this event takes place.

STAY TUNED for a new date.

Hold The Date

AGM: We will be holding our "55th" AGM in October of this year, details to be announced in our August newsletter.

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.