



Celebrate Community Living Month with NHCIA

Mission Moments

I would like to introduce "Mission Moments" – you will see several excerpts in this newsletter from stories written by direct support staff at NHCIA and shared with our Board of Directors.

When you write or tell a story, you spark a connection. We are hoping to build on the connection between the day to day actions of direct support staff and their links to the Mission and Vision of the agency.

Storytelling invites conversation, captivates attention, inspires the imagination and captures hearts; stories influence, they teach, and they inspire.

Through stories, we share our passions, fears, sadness, hardships, and joys, and we find common ground with others. We are all storytellers.

Stories help shape our own perspectives. They also help us understand other people and their perspectives. I hope you enjoy our 'mission moments'.

Sandra Phillips

Executive Director



Good Bye *Dimples!*

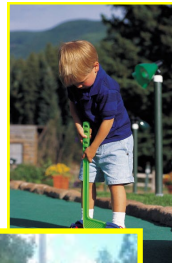
Every summer, since **2005**, *Dimples Mini Golf* opened to the public and provided employment to youth with developmental disabilities. Employment was also given to students who worked as job coaches to

mentor and allow individuals to gain work experience. Many school children visited Dimples

as a year end celebration and many birthday parties took place on the Dimples grounds.

The Board of Directors is working on new initiatives that will create new employment for youth and students.

We at NHCIA would like to take this time to **THANK EVERYONE** who supported us over the years.



Mission Moment

"I love my job at NHCIA for so many reasons, the challenge, the creative outlets and most importantly the human connection and opportunity for growth for both myself and an individual I support. – School support is a role I find so much joy and impact from. Through open communication and connection we are able to break down barriers, have positive partners and "open doors" for students. A student has completed high school integrated into regular classrooms and entered post-secondary education in their field of interest. It's my role to help people find ways to share their light."

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 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:

Non Voting Memberships

(as per our bylaws)

Self Advocate (\$5.00)

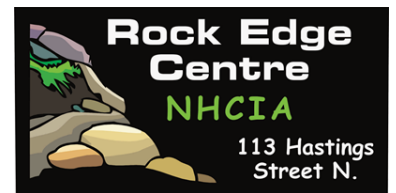
Single (\$5.00)

Family (\$15.00)

Business /Agency (\$25.00)

Child & Youth Update

Youth & Family Support



Spring Break

Spring break from school looked a little different this year. NHCIA was unable to offer our usual group activities so Laurie Oram, Child and Family Facilitator, and Youth in Transition Facilitator Niki Braybrook along with Kim Tregaskis and April Cooney offered families respite kits and some virtual activities including a paint party and prizes for completing a photo scavenger hunt.



Something yellow



My favorite team



With someone you love



Paint party!

Mission Moment

"We were lucky enough to have a community member reach out who has a deep connection with animals and wanted to share this passion with children and youth. I have been able to bring 2 young women to her farm to support this new relationship. What I witnessed during these times is nothing short of magic --I do believe the relationship that has been established between the 2 young women, Nancy and the animals will continue for many years to come and have meaningful lasting impacts on their lives."

April putting together Time Capsule Kits



Time Capsule Kits

We thought time capsules would be a fun way to reflect on the past year and to record both the positive and negative events and feelings that we have all experienced during COVID-19. We put together kits for families to create their own capsules and in a few years it will be fun to look back and see the changes.

Youth Groups

Niki Braybrook facilitates monthly virtual youth groups for high school students in North and Center Hastings. This spring they have done yoga, had speakers from Loyalist College and Cedar Ridge Camp and this month made pizza from scratch.



Caregiver Support Groups

In March we had a presentation from the Institute of Child Psychology about the impact of technology on children and youth. Adults and children need to be aware that technology impacts the chemicals in our brains and that setting time limits and monitoring the type of activity is important for developing brains. In April, Joelle Hill, presented with a talk on supporting better sleep and in May we are having author Michael Jaques speak about his books and life as a young adult with autism and an intellectual disability. June's group will be a virtual comedy night with Barb Shaw and mock tails. Watch for posts on our Facebook Page / Website .

Hat's Off....

Join us in celebrating the hard work and success of Tristan LaBarge. Tristan started high school 9 years ago with many barriers in her way. At no point did she let that stop her. She voiced her dreams and aspirations and with supportive friends and family knocked one huge goal off her list, **graduating from college** with **honours** and she made the **Dean's List!**

In April of this year Tristan completed her 2 year course in the CICE program at Loyalist College in Belleville. Along this journey she lived independently, experienced college life, made new friends and gained so many new skills. Tristan is now back at home and working at Foodland and planning her next big goals. We are so glad to have been a part of her journey, **Congratulations Tristan!**



"Book Club"

New Love, Spilt Milk and Pot Bellied Pigs— This is the title of our newly formed HUB Book Club. The stories, plays and poems explore topics ranging from having a bad hair day at work to making friends with a new neighbor to getting the laundry done. Each section ends with questions that often lead our group into meaningful discussions. Book Club members are taking turns reading aloud, becoming a



character in the plays, and even writing their own poetry. Several individuals have been inspired to purchase books to read on their own.

It was very exciting to have Duncan join us in reading aloud with the use of his new C-Pen. This is a pen size device that reads text aloud.

RAIN

Ripples form with every cool drop
Angled down with a westward wind
I feel spring in all the puddles
New blue rain boots splash out the door

written collectively by the NHCIA HUB Book Club

CAKE

Chocolate icing is whipped on the cake
Apples are upside down in the cake
Keep the blueberries for the next cake
Eat a plate full of birthday fun

written collectively by the NHCIA HUB Book Club

Mission Moment

"A book club for virtual Hub. We started with a book called New Love, Spilt Milk and Pot Bellied Pigs. They feature people with intellectual disabilities doing everyday things – having a bad hair day at work, making friends with a new neighbour, being cranky about having to do their laundry. There are stories, plays and poems and each section ends with questions that explore these scenarios and ask how the reader would respond in certain situations and have led to some very lively and real conversations.

At the first meeting we found that most participants had fond memories of being read to as children and could recall some favourite books. We soon asked if anyone would like to take turns with the reading and had a couple of volunteers. This group has individuals that can read quite well and those that cannot read at all. I am so pleased to be able to tell you that now every person in the group takes turns reading.-- Just last week another individual joined in the reading with the use of his new C-Pen, a device that reads the text aloud. He listened to the words then repeated them back to the group. It was beautiful!

And that's not all. Inspired by the poems in the books we have now been writing poetry, some as a group and some done individually (see example above).

I have been in this field a long time, worked for a number of employers, done a lot of different jobs and nothing has given me more pleasure than this book club."



Completed Project



Staying Connected: Karen has enjoyed meeting up with Wendy on nice days so they can continue knitting together and occasionally go for a walk. Wendy helps Karen get the first row started and Karen takes over from there, she is currently working on her 2nd shawl.

Mission Moment

"As an independent Living Facilitator at NHCIA I had the opportunity to support an individual completing his goal to give back to his community. We determined that something relevant to what was important to him in the community mattered—This was a great way for him to also make connections. I could tell he was genuinely enjoying himself as he had such a big smile. I was proud to be a part of his planning and celebrate the success of his goal to give back."

Mission Moment

Like everyone else during COVID lockdowns a person I support was in need of a haircut. From time to time he would mention it so I knew it was bothering him as he has always wanted his hair short. I offered to bring in clippers and cut his hair for him. He was in agreement so I thought it only fair that I forewarned him that I was in no way trained or for that matter even good at cutting hair and that he could potentially lose an ear! I reassured him I would make sure we had glue on hand and we could stick it right back on. We had a chuckle over this and he was still willing to have his hair cut—When the day finally arrived I put a cape on and set a glue bottle in plain sight and turned on clippers. He immediately put his hands over his ears and stayed that way for entire haircut. We laughed together so hard that day.”



Summer Sports Equipment

Summer Fun



NHCIA has the following items individuals and families may borrow at no cost; Ontario Park Passes and sports equipment (baseball, badminton, basketball, soccer, tennis, bocce, skipping ropes, lifejackets). Ontario Parks are offering free weekday daily vehicle permits from May 1st to September 2nd for all provincial parks Mondays through Thursdays. Call 613-332-2090 to ask about availability of equipment and make arrangements to sign out equipment.

Mission Moment

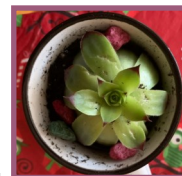
“I truly believe that it takes an entire team/ village to provide the best possible supports and together we are excelling at this --I’m so proud to say that NHCIA Supported Living didn’t miss a beat and worked together to move forward with creative thinking to ensure self –advocates and team members were not only listened to but heard and valued. When one sits and actually listens we can learn so much from one another.”

Staff are still being creative in coming up with workshops that are both fun and easy to follow via ZOOM.

Karen Keller and Lisa Eastman hosted a workshop with the theme

“Inclusion Grows Community”

This involved planting succulents in NHCIA mugs. The succulents were generously donated and each person was able to leave with 3 plants to give to a natural connection celebrating Community Living Month.



Wanda Foster was featured in the local paper and shared why inclusion is important to her. Wanda loves going to church and running her own business “Forever Fleece” it makes her feel like she is part of the community. Inclusion gives people a chance to have a voice and share their ideas that could help our community be a better place to live. She shared that more inclusion would be possible if people knew more about different disabilities and keep an open mind and listen to what others have to say. It is easy to say hello to people that you meet and invite people to join your groups or to celebrate community events together.

If you have questions Wanda encourages you to please ask by calling NHCIA 613-332-2090.



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.