



Community Living Month, looking back at our history.

In the 1950's families from the Bancroft and Cardiff area met to discuss the needs of family members with an intellectual disability. In 1965 our organization was established as a charitable Nonprofit where the main goal at the time was to provide education for those individuals. It was not until 1967 that changes to the Education Act provided schools for persons with intellectual disabilities. In 1973 the association received incorporation status and ARC (Adult Rehabilitation Centre) was opened to provide work skills and employment. A recreation program, Experience Summer Camp, came to fruition In 1976 and now North Hastings Children's Centre runs the program. I began my career with the agency when the residential program began in 1982 and in 1992 the name changed to North Hastings Community Integration Association. Supports for families and children began in 1996 and in 2018 the offices at 113 Hastings opened for Child Family & Youth Supports. At the present time we are awaiting new affordable housing at 36 Chemaushgon.

We are so very grateful for the support and partnerships over the years in North Hastings that enable us to continue to meet the needs of persons with disabilities and their families.

Sandra Phillips
Executive Director



First Up for Community Living Month

NHCIA celebrated the beginning of Community Living Month this past May by raising the flag. Mayor Paul Jenkins, Councilor John Kirby and Mark Sills joined staff at the municipal building and then proceeded to the flag pole by T D Bank to raise our Community Living Flag.



Appreciation of Community Partnerships

To highlight some of our community partnerships we chose to sponsor/donate to three community events/organizations. As many individuals enjoy the Wednesday night concerts in Millennium Park during the summer months we donated to Mineral Capital Concerts. NHCIA sponsored Laverne Stapley in the Walk for Dog Guides and we donated to the Good Food Box program.



Cookies created by Lori Bronson

Celebrating with Community

NHCIA staff did a tremendous job organizing a BBQ to celebrate Community Living Month. This BBQ is a chance to reconnect with our neighbours and community partners who have shown their support over the years. With the support of our community, individuals have found employment, social acceptance and friendships.



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)



...Laurie and Niki along with natural support Taio supported 5 youth on an overnight trip to Ottawa in April. This trip was designed to check off a few much anticipated goals from their bucket lists. Ricky, Brett and Nathan had goals of learning more about military, aviation and war history....so off to the war and aviation museums.

Megan and Savannah's goal of doing a spa day came true as they chose a few treatments and enjoyed a fully relaxing afternoon. The entire group loved getting out of town spending a night at a hotel, drinking milkshakes at an old fashioned diner and checking out the amazing city sites. As one of the youth said with the utmost enthusiasm, "It was one for the books!"

Niki and Laurie were moved as they listened to the youth reminisce about past opportunities that they have had through NHCIA. They recalled going to the Blue Jays game, the army base in Petawawa and overnight in a hotel in Belleville. It is so satisfying to be able to play a part in helping young people explore new passions and accomplish goals.

"We didn't realize we were making memories, we just knew we were having fun."

A.A. Milne



Good to have a plan... Robbie has officially completed the Working at Heights Certificate at Loyalist College and is currently doing the Job Connect Program. Robbie would like to continue with his first aid and chainsaw certification. The ultimate goal for Robbie is to learn more about trapping and falling trees which will eventually help him begin his own business.



"It takes collaboration across a community to develop better skills for better lives."

Jose Angel Gurria

NHCIA and NHHS have collaborated yet again to bring a work experience to Keenan. He has started to job shadow with Jon Faulkner at EverLily Maples Farm. At the farm he will be learning about market gardens, livestock, farm babies, and more.

In his class at NHHS he worked with his teachers and EA's about job readiness, employment expectations, resume building etc. He is also working with the school on the life skills aspects of the job, like washing dirty farm clothes, and making sure his equipment is clean and in working order before his



Caregiver's Night Out...

In April, our families had the opportunity to visit Everlily Maples Farm near Marble Lake. We met the animals and were able to start some plants for our own gardens. Thank you Jon, Kristen and family for the tour.



Families enjoying the Birds of Prey...see back page for details.



Follow us on Facebook and check out our website for details on end of school Bash at L'Amable dam

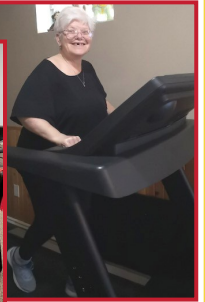
What a Great Way to Celebrate - IN PERSON...Leading up to and including the month of May, our staff have been busy planning activities and workshops for all ages. Registration for activities fill up quickly as everyone is anxious to get back to seeing friends and participating in activities such as Cedar Ridge Camp, personal training and creative workshops and wow the smiles say it all-even when they are exercising.

Pam and Karen were happy to start back with Heather Lockwood for personal training. Heather has been working with the ladies over the past few years and they have developed a fun relationship which they are now able to carry on again in person. We are all anxious and ready to reconnect with our community and other fun destinations.

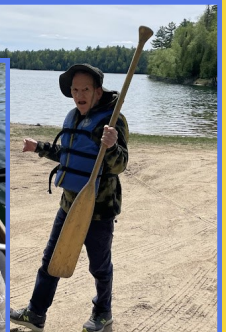
Take a look at where we have been.



Jen and Wanda enjoyed their day out at Shorelines Casino in Belleville.



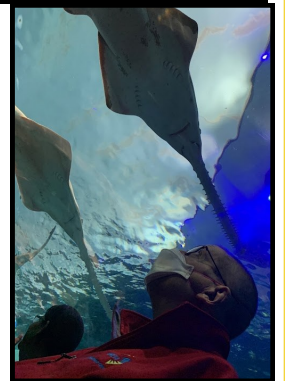
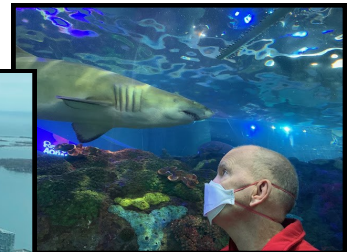
Friends helping friends and ..heading out on the water for the day at Cedar Ridge.



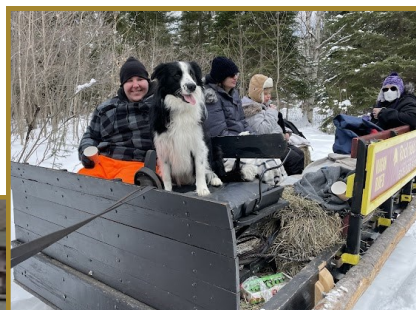
Celebrating Birthdays again with friends and of course cake!



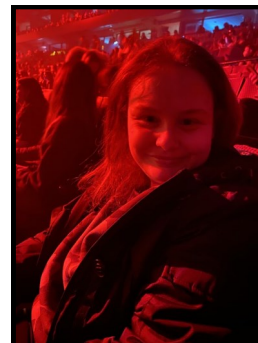
Mike, Duncan and Roxy made the trip to Toronto and visited Ripley's Aquarium and then to the top of the C N Tower. What a great shot of the city.



Matt joined a group for a sleigh ride at Cec Andrus farm and is back bowling at Quinte Bowl.



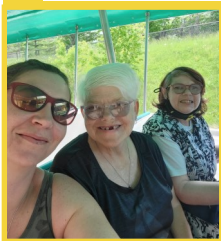
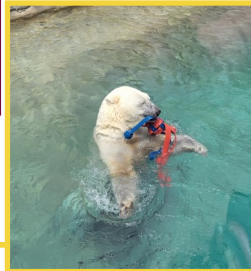
Justin Bieber Concert...wow Kayla was so excited to finally get to see and hear him in person! What an experience



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.

Nail Techs.....Jenna and Shania have been working hard at learning manicure techniques over the last few months. Recently they tried their hand at performing nail care for their peers by facilitating a workshop. Everyone appreciated the opportunity to be pampered by Jenna and Shania's new found talent!



Karen's first time visiting the Toronto Zoo. Her favorite part was watching the polar bears in the water and she did meet a rhino whose name was Kareen but she's going with the story that it was named after her "Karen".

Cruise NightCody and Shania went to Cruise Night at CraftWorks in Peterborough. To begin the evening they chose to have dinner at Montanna's Cookhouse and then on to the car show.

Cody found himself a pretty nice ride and the owner of the vehicle was nice enough to let him and Shania check out the inside.



*Don't cry because it's over;
smile because it happened.*

Dr. Seuss



A date has been chosen to let friends, family, community and support staff gather on July 15th from 12:00-1:00 pm to share memories of those we have recently lost. Sadly we lost **Vera Lesperance, Eugene Prince and April Hare**. We will gather at the side yard at Alice Street to share memories, console one another and celebrate their lives.

The Eyrie...is a Birds of Prey facility with the goal of instilling a respect, sense of wonder and knowledge-base for raptors in the public. Those attending got the chance to see these incredible creatures up close while learning about some of the most impressive animals. The handlers also explained how we can become better stewards of the environment .



SLOW

As we ease back into travelling and organizing events we remain diligent in our protocols of screening and sanitizing to ensure we do our utmost to keep everyone safe and healthy.

Social Enterprise....Refill Station

"Dimples" Mini Golf closed during Covid19 and the Board of Directors have taken on the challenge to create an opportunity to provide employment to persons served while providing a service to the community and doing our part to save the environment.

NHCIA has hired Andrew Roche through the Canada Summer Jobs as a summer student for a Business Development position to work on a refill station project. The refill station will be open to the public to come and refill containers with products—as of now we do not have a list of products that we will be carrying. We are supporting employment in the area and encouraging people to reduce the waste and take care of our environment.



The Book Club just finished reading "Something's Brewing". Short Stories and Plays for Everyone by Jillian Ober and Tom Fish. Each story or play was about navigating the ups and downs of adulthood while living with a disability. We followed 6 characters stuck in the pandemic, just like us, as they moved through heartbreak, disappointments, friendships and triumphs.

Upcoming Events

Caregivers Night Out: Monday June 20th from 5:00-7:00pm Beach night at the L'Amable Dam, please RSVP by Wednesday June 15 to ensure we have enough food & staffing—email l.oram@nhcia OR n.braybrook@nhcia
Memorial: July 15th from 12:00-1:00 at #2 Alice St in memory of Vera, Eugene and April.
AGM: Save the date*** Wednesday October 26, 2022 for our in person AGM