



NHCIA Continues to Grow....

Social Enterprise: In 2018 the Board of NHCIA began looking for alternate options to provide employment skill building opportunities for persons with intellectual disabilities. The idea of a REFILL Station provided a year round option for employment that would be sustainable, a social enterprise and focused on environmental concerns. This began a journey of market research, creating a business plan that focused on attainable goals and looking at partnerships within the community. The REFILL Station opened December 2022.

New Manager: We are very happy to announce an additional member of the leadership team at NHCIA- Louri Snider who started as a relief support in 2008 and then became part time 2009 and full time in 20014 has taken a part time Manager role. Louri brings with her an amazing skill set, she is a crisis prevention instructor, a strong advocate for mental health and has a passion for attaining our Mission and Vision.

Increased Staffing: Coming out of COVID19, we have had an increase in direct support staffing as well as people wanting supports at NHCIA.

New staff have had orientation that includes training on the importance of natural connections in the lives of people we support. Journey to Belonging is the Ministry's reform strategy for services that focus on services that build on support networks and community. We all want people supported to live meaningful and inclusive lives in their community.

We are striving to attract staff with the right skills to deliver person-centered supports, who are passionate dedicated people that will make a real difference in the lives of the people they support.

Sandra Phillips

Executive Director

Opportunities that come from co-op... My name is Desiree Nolan. I started at NHCIA as a 16 year old high school student completing my Co-op placement. I never would have thought that 7 years later I would still be walking in the same doors every day. Over the years I have left to complete my Social Service Worker program. I have always returned to NHCIA for summer positions, placements, direct support and now a full-time job in the Community Participation program.

While having many positions in the agency over the years I have formed many strong relationships with staff and self-advocates. I knew from my first high school placement that this is the career path I would like to follow.

NHCIA staff were very welcoming and gave me many opportunities to experience various positions.



Grade 11 doing my placement at NHCIA



Presently in my full time position in the Community Participation Program



Helping out boiling down sap at Everlily Maples Farm in L'Amable. And ohhh yes we did the taste test!

We also visited the farm animals and were lucky enough to see the two day piglets!



Great experience on a guided ice-fishing trip with Michael from MAD Fishing in Bancroft. As we began to think we were going with no fish...they started to bite! What a great way to end ice fishing season.

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 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)

Staff (\$20.00)

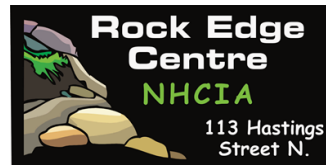
Family (\$15.00)

Business /Agency (\$25.00)

For more information on NHCIA go to our website www.nhcia.ca or Facebook www.facebook.com/nhcia

Child & Youth Update

Youth & Family Support



Congratulations to Niki Braybrook our Youth Transition Worker on her 10 years of service at NHCIA. Niki supports youth to identify and work towards their goals in partnership with families, schools and other community agencies. Thank you for your hard work and commitment to youth in our community.



April Caregivers Night Out...Super special evening with Alice Martin. The children/youth came early to prepare a delicious spaghetti and meatball dinner with Alice to spoil their much deserving caregivers. They enjoyed serving their parents and making them cards with reasons they love them. It was great to see the love between caregivers and their children. Thanks to Alice for supporting this event again this year.

Megan has been working on her goal of learning to play the ukulele with her instructor Ally. It has been a pleasure to hear them play, sing some great songs and have a great time together. Maybe we will be lucky and have them perform at one of our upcoming events!



Summer Camp's..Would your child like to attend camp this summer? Do they require support or accommodation? Please reach out to Laurie Oram (Children up to age 14) Niki Braybrook (Youth age 14 – 24 years) ASAP and we would be happy to chat about how we can help.

Spring & Summer Programming....We are gearing up for some exciting spring and summer programming. Starting in May we will be offering a small group a four week Home Alone Safety and Cooking program.

Looking into summer we are planning to do a four week Volunteer Club where we will meet once a week and volunteer at various locations around Bancroft. Our hope is to provide opportunities for youth to give back to their community learn about job preparedness and get some experience to put on their resumes. If you are looking for a small group to do a few hours of volunteering on a special project, please reach out to l.oram@nhcia.ca.



NHCIA presents...

Drivers License Prep

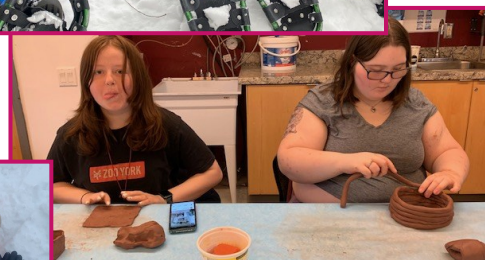
G1 practice group

DATE AND TIME TO BE DETERMINED BASED ON INTEREST

SNACKS PROVIDED

For more information or to sign up contact Brynn

(613) 332-2090
bhansen@nhcia.ca



Successful March Break Camp...Combining some fun with friends and working on some new skills—pottery lessons, starting a fire and snowshoeing. For those that liked a challenge we organized a trip to an escape maze—everyone made it out! Another group enjoyed a day at the mall and the chance to see a movie.

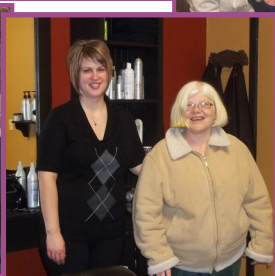


The Importance of Community Connections.....As things have opened up and events are once again happening people have looked forward to getting out with old friends and connections. For some it has been like reconnecting with your best friend and realizing that nothing has changed and you take up right where you left off. You begin again to go to concerts, a local theatre or a hockey game and these friendships are very evident for some individuals we support.

As you will see from below it benefits both sides of the friendship and it does not have to involve a lot of planning ...you just have to be there once and awhile.

A best friend –someone who will laugh with you and at you—now that’s a friend!

Karen & the gang.... It started 14 years ago with Karen being introduced to two women and through these friendships her circle of friends has grown. The photos say it all, Karen is included and celebrated just as she celebrates her friends. The write up below is from one of Karen’s friends and shows how a true connection and friendship can happen naturally with shared interests.



A true friend holds you accountable to your best self.
Mike Glenn



Phones off. Lights down. Curtain up. Cue the music....aaand MAGIC. This is one of the scenarios Karen and I have been following for the past few years. Without planning it, Karen and I have become Theatre partners. **One of the best parts of this partnership**, aside from the look of wonder she gives me when we’re experiencing one of those magic moments, is that she is game to experience anything. Together we have seen musicals, mystery’s, a Christmas panto, cabaret style shows, strippers a drag show and many music concerts.

As well as a passion for theatre we share a love of music. Over the years Karen as been mining my CD collection on a regular basis and I am always amazed at the breadth of styles of music she enjoys. Motown is a particular favorite for both of us especially during a road trip. In another life I can see us combing back as one of Gladys Knight’s “Pips”.

So! Spring is here and the new theatre season has started. With our tickets in hand...cue the music and together, we will follow the magic.

Wendy Taxits

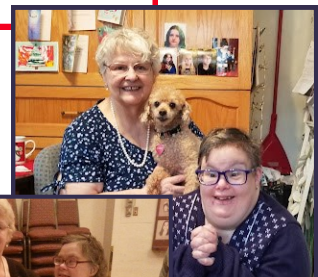
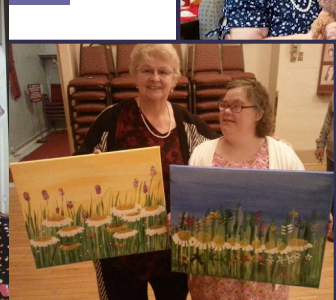


Elaine and Jennifer have been friends for many years. In fact, they are more like family than friends. Elaine includes Jennifer in special occasions and ensures they see each other on a regular basis. They compete see who’s beans will grow the fastest during garden season and on Jen’s 50th birthday Elaine put a sign out at her mailbox saying “Honk for Jennifer she turns 50 today” - this generated a lot of noise on her street. They both love to dress up so they occasionally get together to sew their own creations.

Jennifer enjoys every minute she spends with her dear friend and looks forward to including her in her own special occasions and celebrations.

True friends are families which you can select.

Audrey Hepburn



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.

New Staff Perspective...

Hi my name is Cheryl Avey and I have recently been given the amazing opportunity to work as a full-time independent living facilitator at NHCIA. After graduating from the 2-year Developmental Service Worker Program at Loyalist College, I knew NHCIA was where I undoubtedly wished to fulfill my career. Along with myself, four other amazing new members were also hired for varying positions at NHCIA and we completed our orientation together as a group. Orientation with staff was a great opportunity for us as new employees to understand the organization and our roles and responsibilities as a team member.

From the beginning I was made to feel welcome and appreciated as part of the NHCIA team. Management was available for any questions and made sure I was given all the necessary tools and training needed to be successful in my position. I appreciate the open-door policy of my manager and the management team.

I am thoroughly enjoying my new position at NHCIA. I look forward to coming to work and value being listened to and heard. I have been given the opportunity to support and participate in various activities with many amazing individuals to help accomplish their goals. I have been a part of supporting someone hiking a challenging nature trail, trying out archery, and canoeing just to name a few. I look forward to reconnecting with people in my hometown as I support individuals in and around our community.



Providing Employment... this means more than giving someone a job. It means taking the time to encourage and help to build a person's confidence, something that Shania and her team have been working on over the last year. Having these connections in the community—like the team at RE/MAX, Gp Wealth Management and the Post Office—has given Shania confidence to go out into the community on her own to do her job knowing that she is doing a great job and can ask for help when needed.

Shania now looks forward to her job and has become confident enough to volunteer at Community Lunch and at the Switchyard where she does food prep and supports for the Thursday night youth program. All of this she does on her own without the help of her team.

True friends aren't the ones who make your problems disappear. They're the ones who won't disappear when you're facing problems.



Remembering.....In 2013 Pierre Berton wrote an expose on Huronia: Settled, but not forgotten. He walked through the buildings, seen the overcrowded beds, the grossly neglected buildings.

To celebrate how far we have come we must also reflect on the past. On Thursday May 11th at 4:00 pm the documentary **"The Unloved"** will be shown at the Bancroft Playhouse. Filmmaker Barri Cohen uncovers the truth about Alfie and Louis, her two half-brothers. Seating is limited to 50 people, call 613-332-2090 to reserve your seat.

There is no cost for this event.



Upcoming Events

May is Community Living Month.....Join In on the celebrations as we enter our 58th year in this community supporting individuals and families with an intellectual disability.

Unloved Documentary: May 11th at the Playhouse 4:00 pm-seating limited to 50 people call 613-332-2090 to reserve a seat

Flag Raising: To Celebrate Community Living Month we will be raising our flag to create awareness.

Baseball: May 23rd NHCIA will be taking part in a ball tournament being held at Madawaska Valley.

Wonderland Bus Trip: June 2nd, look at our Facebook post or our website www.nhcia.com for more details.

Caregiver's Night Out: June 26th, Kick off Summer Beach Bash at L'Amable Dam.