



May is Community Living Month!

This is a province-wide awareness campaign to recognize the many accomplishments of the Community Living Movement. A big thank you to all of the staff at NHCIA the NHCIA Board of Directors, families and community members for being part of this important movement.

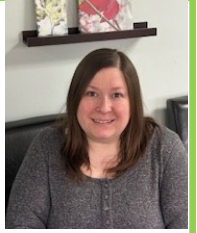
NHCIA welcomes back Sandy Phillips as the Executive Director from her 6 months leave. I am thankful for all of the opportunities I had as the Interim Executive Director and grateful for all of the support from staff, family and community. Over the past 6 months, our agency has celebrated some amazing success stories, welcomed new staff and placement students and we worked toward our strategic plan. I am also pleased to share that our Board of Directors continue to volunteer their time to help ensure everything runs smoothly.

Wishing you all a fantastic spring!

**Interim Executive Director
Teena Surma**

I am extremely grateful to Teena for taking the "helm" for the past 6 months. I am looking forward to accomplishing good things in my final 6 months at NHCIA before retiring.

**Sandy Phillips
Executive Director**



Connecting with Youth... NHCIA has always welcomed students from NHHS to do co-op placements. At NHCIA there are opportunities to build skills in preparation for admin, finance, direct support, business, education and social work. We were very happy to have Sam Brooks join our team. Sam has taken on many roles and has become very comfortable with taking the lead to support people in various activities. Below is Sam's account of his experience at NHCIA.

I am thrilled to share with you the incredible journey I've embarked on during my co-op placement at NHCIA. From the moment I stepped through the doors I felt the warmth and inclusivity radiating from every corner of NHCIA. The team's kindness and unwavering support instantly captivated me setting the stage for an enriching experience ahead. Since joining in February not once have I found cause for complaint. On the contrary, every day presents new opportunities for growth, learning and camaraderie.

The wealth of experience I've accumulated here surpasses anything I could have imagined elsewhere. From mastering the art of Loom-Knitting along with individuals to surprising myself on the dance floor Line dancing, my skill set has expanded beyond measure.

But where I've excelled the most is with the supported individuals. They've taught me so much about how everything works and they've accepted me with open arms and I couldn't appreciate them more. From going to the gym or practicing cooking skills we spend each day getting to know each other better and I look forward to more opportunities connecting with individuals and learning together. ▲

At NHCIA, it's more than just a placement; it's a community where everyone is valued, encouraged and celebrated. I am immensely grateful for the chance to be a part of this dynamic environment where challenges are embraced and triumphs are shared.

Thank you, NHCIA, for opening my eyes to new possibilities and empowering me to reach greater heights.

Sam Brooks



Saying Goodbye...Laurie Oram has taken another position with our local OPP. Laurie will be greatly missed by the many families she has supported throughout the years as well as all of contacts she had at the local schools while navigating children through the system. We are very grateful that Laurie initiated the Spirit of Inclusion awards given out each year in the schools.



Julie Vardy has now taken on the role of Child & Family Facilitator. Contact Julie if you would like summer respite or camp supports.

Caregiver Night Out...had Alice Martin guide a group of youth to prepare a meal for their families.



Self-Defense... instructors Shelly and Shane from Fighting Griffin North demonstrated some defense moves to a group of youth.



Natural Connections ...are the best! A group of youth had a dream trip thanks to Grayson and Mackenzie from Cedar Ridge. They were able to go to the CN Tower, dinner and a VIP experience at a Raptors Game.



March Break Camp....was a very busy week full of activities. Pottery in Haliburton at the School of Arts was a popular activity. Everyone took home a beautiful piece of pottery. Of course Cedar Ridge is always a fun day of high ropes, archery and a hike.

Summer Jobs...NHCIA is looking to hire 3 summer positions. Applicants between the ages of 15 and 30 who are aware and supportive of NHCIA's mission, vision and values.

The first position is **Youth Worker** who would provide support to children, youth and families to participate in recreational, volunteer, camp and pre-employment opportunities.

The second position is a **Job Coach**. You would work collaboratively with individuals and NHCIA to develop a plan of action to meet the individuals identified employment goals. Support individuals to maintain their professionalism as an employee which may include supporting them to be prepared to work each day. You would also market and promote the Refill Station.

Third is a **Community Service Worker**. Provide support to explore communication methods and take on a leadership role assisting individuals with daily living skills.

Submit your cover letter, resume and One Page Profile by 4:30pm May 31, 2024 by emailing communityliving@nhcia.ca or bring in person to #2 Alice St office.





Relationships...Who said long distant relationships don't last? Duncan and Michelle have been together for twenty plus years! When Michelle moved away from Bancroft several years ago, Duncan and Michelle continued to keep their relationship going. They have gone to several Blue Jays games, dinners and dances over the years. Duncan often calls his "sweetie pie" just to say hello and to see how she is doing. They exchange gifts and cards for all special occasions and keep showing their love for each other even though they are miles apart!
A true love story.



It is with great sadness that we share the passing of Dennis Maker. Dennis was supported in SIL until his move to the Manor. After his move to the Manor, Dennis continued to receive support from NHCIA through our Community Participation and Purchase of Service programs. Dennis enjoyed his visits, especially when his friends came along and coffee was involved. Dennis had a wonderful sense of humor and it was a pleasure to spend time with him.
Dennis will be missed by all who knew him.

Self Advocate Committee....held a Leadership Retreat at Cedar Ridge. The first day Samantha Bierworth, from Maggie's Resources, was the guest speaker and spoke on healthy relationships and boundaries. The second day self-advocates did their own presentation on Healthy VS Unhealthy relationships and boundaries with activities and role playing.

Members of the committee also attended a People First of Canada information session in Peterborough. They touched on the importance of self-advocates having a voice and what it means to be a People First member and how to join.



A poem inspired by the recent Eclipse.

Like the clouds, you cover the sun.
Hiding it's light, it's warmth.

You create a beautiful act of nature.
A Wonderment to behold.

Though you only last a short time.
Trying to be seen in the day.
You will be back, shining with all your grace.
Showing your radiant beauty, for all to see.

Kathryn Jacob



FUTURE HAPPENINGS

Thursday May 23rd	NHCIA's team the "Bancroft Barracudas" will be participating in a baseball tournament in Barry's Bay at the Paul J Yakabuskie Arena and would love for you to come out and cheer them on. Games begin at 9:30 am and the final game will be at 4:00 pm.
Monthly	Caregiver Night Out-the next one takes place May 28th call 613-332-2090 for more info
July 16th & 17th	Art camp for 7-14 yr. old's call 613-332-2090 for more information
Friday Sept. 6th	Annual General Meeting taking place at the Bancroft Curling Club-more details to follow

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.



Wolf Painting Workshop : On March 13 Amber, Jenna and Lucas participated in a super fun Wolf Painting workshop at the Wolf Centre in Haliburton Forest. They had the opportunity to see 4 real-life wolves lying in the sun. After viewing the wolves in the observatory room they joined 4 other participants in the exhibit area. Everyone was provided with an easel, a photo of a wolf, a large canvas and paint. Their instructor gave excellent detailed step-by-step instructions and directions. After 2 hours, Lucas, Jenna and Amber walked away with beautiful and vibrant wolf paintings.



Batter up...the Bancroft Barracudas' baseball team is headed to Barry's Bay for the Community Living Baseball tournament May 23rd. Every year a group of self-advocates has played ball throughout the summer with the help/coaching of Brenda Locke and were invited last year to the Barry's Bay tournament. Since this is becoming a yearly event we decided to make our team official and are now known as the Bancroft Barracudas. In preparation for the upcoming game they purchased t-shirts and personalized them with their lucky numbers. The Bancroft Barracudas are ready to hit the field at the Community Living baseball tournament on May 23rd in Barry's Bay.

Tree Planting.. Duncan participated in the tree planning that took place at McGeachie Conservation Area. Duncan is a long time friend of Ian Hendry, BASC chair, so he along with several others from NHCIA joined the group to support Ian and the planting of 500 white pine seedlings.



Beginning of a Goal...Roxy has boarded the train and is on her way to Nova Scotia!

Roxy wasn't sure if travelling somewhere was out of her reach when planning her goals at her last planning meeting. Roxy has travelled on a plane so thought going on a train might be fun. Team member Tracy looked into a travel options by train and Roxy decided on Halifax, Nova Scotia. Roxy left Oshawa May 8 and travelled to union station and from there to Montreal, Quebec. Roxy boarded the train and headed to Halifax where she will spent two nights. She plans to visit Peggy's Cove, Titanic Museum and a gravesite. Roxy will then fly back to Toronto.

Roxy said she really wanted to experience seeing the views out of the moving train window. A little bit more of Canada!!

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)

Staff (\$20.00)

Family (\$15.00)

Single (\$5.00)

Business /Agency (\$25.00)

NHCIA will provide or arrange for accessible formats and communication on request.