



ED Message

This May we are proud to celebrate **60 years** of service, advocacy, and inclusion at North Hastings Community Integration Association. As we mark **Community Living Month**, we reflect not only on how far we've come, but also on the incredible individuals who continue to shape our journey every single day.

From our humble beginnings in 1965 to the amazing, person-centered organization we are today, NHCIA has always been guided by one core belief: that every person has the right to live with dignity, choice and full participation in their community. Our work is and always has been, inspired by the dreams, strengths and resilience of the individuals we support. Their voices, their goals and their achievements push us forward and challenge us to be better—every day.

To honour this incredible milestone we are, giving back **"60 Ways in May"**—an initiative focused on community connection, acts of kindness and raising awareness about inclusion. Whether it's volunteering, sharing stories, supporting local organizations or simply celebrating our successes, each of these 60 acts is a tribute to the powerful impact of community.

As we look to the future, we remain deeply committed to our person-centered supports. We will continue listening, learning and growing—with the people we support at the center of everything we do.

Thank you to our dedicated staff, families, community partners and of course the individuals we support. This celebration belongs to all of you.

Here's to the next 60 years of inclusion, empowerment and community.



Interim Executive Director

Louri Snider

Looking Back...at our past 60 years we have seen many changes. These changes are not just about the individuals that are supported but how staff, funding and support programs have changed. Along with the changes and the help of social media the community has become more informed on what we do which has allowed more doors to open for opportunities such as jobs, volunteering and natural connections.

“
Achievement
seems to be
connected with
action. Successful
men and women
keep moving.
They make
mistakes, but they
don't quit.
Conrad Hilton

Looking Ahead...at the next few years we are hoping to create more opportunities for individuals and helping families and individuals to navigate the ever changing medical system/Developmental Services Ontario and education systems.

We will continue to advocate for the families and individuals we support and provide ongoing training opportunities for our staff.



We are in the process of concluding our History leading up to this, our 60th Year Anniversary. We hope to have it on our website as well as having hard copies on hand to give out.

It has been an amazing story beginning with a handful of families who believed in a better life for their children. Families and Self-Advocates continue to focus on building a community where everyone is welcome and appreciated for their contributions.

NHCIA has a very strong **Self-Advocate Committee**, some of whom have gone to Community Living Ontario to exchange information with peers and make sure that their voices are being heard. Their feedback is important regarding programs and initiatives, helping to create a more inclusive and person centered organization.

It began with brave families who believed in a better future for their children.....families, self-advocates and dedicated staff continue their legacy.

- ◆ Individual's were basically confined to their home from birth or put in an institution
- ◆ Families had no resources and lobbied for changes in education and funding
- ◆ People in the community were not aware of the abilities of people with an intellectual disability
- ◆ No involvement with community, no volunteering and no jobs except for ARC Industries-a sheltered workshop that paid \$5 per week until its closing in 1991
- ◆ Institutions or Group Homes were the only option for individuals to live. Aging parents were concerned about who would care for their adult sons & daughters when they were gone



- ◆ Now families are given resources to help their children and they have the right to attend school
- ◆ The Ministry provides funding for all ages to help with respite/activities/sensory items etc
- ◆ Our community is more aware of people with an intellectual disability and their capability to contribute to society
- ◆ Individuals are volunteering, working, attending plays/concerts and developing friendships in the community
- ◆ Individuals now learn daily living skills and most live independently in their own homes

Now Look What We've Done!



I volunteer in my community!



I have my own apartment and invite my friends over.

We go to Raptors Games!



I have a friend that takes me fishing.



Communication leads to community, that is, to understanding, intimacy and mutual valuing.
Rollo May

In keeping with the ever-growing needs of individuals, NHCIA implemented support systems as needed over its 60 year history. As families struggled to navigate the education system NHCIA added a Family Support position which also included working with many community based supports. A Resource Coordinator position was created to help individuals live their best life. This position involved Outcomes Based Planning and Rights Awareness training for all employees. This lead to hiring Planning Facilitators to ensure individuals had plans to achieve their goals.

NHCIA takes pride in looking ahead and navigating any foreseeable obstacles. Every 5 years we complete our Strategic Planning which includes input from staff, community members, families and individuals supported. It is very important that we include all perspectives to create more awareness, expand opportunities for future partnerships in our supports of individuals and continue to grow.

We created a Youth in Transition program and a Mental Health Access Facilitator program in response to the needs of the individuals and families supported by NHCIA.

Lasting Friendships



In May of 2018 and May of 2019... NHCIA held two of the most successful events to date. **Walk this Way** was created to show off how many friendships and unpaid connections that have been formed with community members. Individuals walked down the red carpet with their “natural connections”, people in their lives that genuinely care about them and share in celebrations like birthdays, personal successes and sometimes just to spend time together. These relationships were gained through community participation ie. volunteering, employment, local choir and clubs and groups such as baseball and soccer.

The photo top left shows members of the Bancroft Fire Department walking Duncan down the red carpet. Duncan had been recouping from surgery and having his friends show up to surprise him with their support sure gave him a lift. This was a solid testament to how strong some of these connections are and that they make a huge difference in one's life.

To see more of the great connections check out the 2018 and 2019 videos on the About page on our website www.nhcia.ca.



NHCIA Fundraiser 2018



Friends and neighbours....make great connections and recently Courtney was asked to help out a family friend. Aileen Mountney, from Country North, was a good friend of Courtney's grandma's and reached out to Courtney's mom to see if Courtney would be interested in helping her out at the store. Courtney was excited to try it out and now once a week she helps organize squares of fabric for the quilt making and arranges the materials on the shelves.

A friendship that began between Courtney's grandma and Aileen now carries on with Courtney.



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)

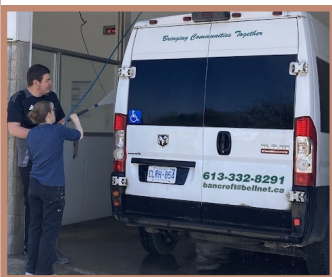
MAY IS COMMUNITY LIVING MONTH

60 Ways to Celebrate....we here at NHCIA are challenging ourselves to complete 60 acts of giving, big or small to celebrate our 60th Year Anniversary. Both staff and Self-Advocates are participating and we have our May calendar full of community events we plan to or already have participated in. Small acts of kindness are being carried out such as delivering someone flowers, a coffee or donating a meal.

Our finance and admin staff donated a basket of homemade jams and frozen bread dough for the residents of Hastings Centennial Manor. On Tuesdays the bread is freshly baked by manor staff so the residents get the smell of the fresh bread and enjoy the bread with locally made jams.

On Saturday May 10th Self-Advocates volunteered to plant trees at Nelly Lunn Park. Many of our Self-Advocates enjoy the outdoors and visit many parks throughout the year, so this was a great way to give back to community.

Carter volunteered to help Christina clean up BCT vehicles as they provide transportation for many activities that he and his friends attend.



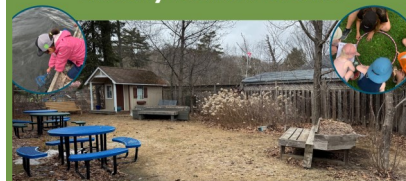
Thanks to Watersheds Canada... and its funders Kawartha Credit Union and TD Friends of the Environment Foundation, NHCIA now has a backpack lending library and a variety of other resources including games, books and a telescope.

The backpacks promote healthy outdoors hands on-learning and will be an excellent resource for integrated student adventures. The backpacks contain materials that can be used outside to teach about wetlands, marshes, science and nature. We will have a total of 18 backpacks to lend out. Nine have resources geared towards children up to grade 6 and nine are created for youth grades 7 to 12 but can be used by anyone with an interest in nature. The materials are designed to assist learners of all abilities using a lot of visual aids and plain language.

A lending library fits perfectly into our mission and will assist us to strengthen existing community partnerships and build new ones as well as supporting everyone to participate more fully in the community. We hope that the backpack resources will support students in becoming better stewards of our bountiful wilderness. Being in nature and learning about nature offers wonderful opportunities for growth in all areas of humanity and the outcomes cannot be understated.

For more information call NHCIA 613-332-2090

Nature Discovery Backpack Library launch event!



Borrow a backpack full of science and nature tools and join us for free activities to learn about local wildlife and water!

This event will showcase an exciting new backpack lending library program available at North Hastings Community Integration Association.

Join us at this free, family-friendly outdoor event!

Tuesday, May 27th from 1-2:30pm
2 Alice St. (outside NHCIA's main office)

What to bring: comfy clothes
& shoes for exploring outside

Delivered by:
Watersheds
Canada

Project Sponsors:
TD Friends of the
Environment
Foundation
Kawartha
Credit Union

If you want to learn more
about Watersheds
Canada, a national
registered charity, please
visit watersheds.ca
or scan this QR code!



Hold The Date SEPTEMBER

Don't Miss our 60th Year Anniversary AGM....which will be held Thursday **September 4th** at the Bancroft Curling Club, the meal will be catered by chef Sean Zoernack. We will be sharing success stories of individuals, families, staff and our great community partners. There will be draws and door prizes. More details to follow. Call 613-332-2090 to reserve a spot. The cost of the dinner is \$20 payable when you RSVP.

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.