

SUPPORTED INDEPENDENT LIVING

Schedules and lists of supports needed were given to staff at the beginning of each month. This included when to grocery shop when there was an outing planned and when dinner would be served.

Between 2005-2014 a new support model was launched at NHCIA. Gradually a transition to Self Directed Work Teams took place and self-advocates took more of a role in how and when supports were delivered. This allowed for more flexible scheduling and allowed individuals to change supports when opportunities came up with community members, friends or family.

Below are staffs reflection on how supports have changed .

◆ Supported up to 13 individuals in a group home

*We no longer have a group home, individuals live in their own homes in the community. We support each person individually according to their own needs

◆ Meal prep was done by staff with very little choice given to individuals

*Individuals are supported to create their own meals and they choose the menu-staff encourage healthy choices

◆ Grocery shopping was done mainly by staff

*Staff support people to go to the grocery store of their choice and shop. Some individuals are totally independent to do so on their own

◆ Recreation was done as a group, everyone loaded into the van and did whatever activity that was planned by staff

*Now individuals have goals and choose destinations to visit where they either have an interest such as astronomy or a desire to visit a new place. Roxy went to Nova Scotia, and Disney World Florida, Karen went to Mexico for her 65th birthday with a natural connection, Wanda has gone to many Ottawa Senators games with natural connections. Jenna, who loves astrology, went on a trip to the Montreal Planetarium and one day hopes to go to Nassau

◆ Staff would rent a cottage for everyone, there would be up to 12 people

*Now individuals rent a cottage on their own and invite whom they wish

◆ Staff look after all purchases and banking

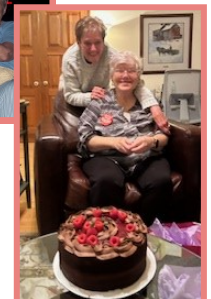
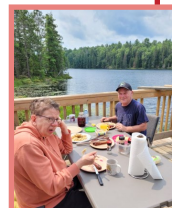
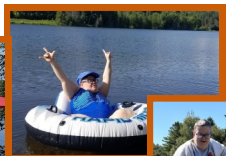
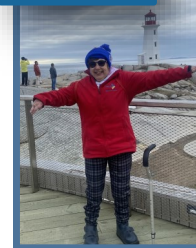
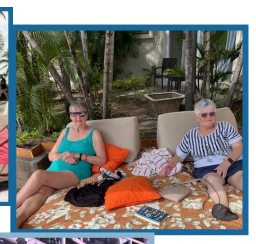
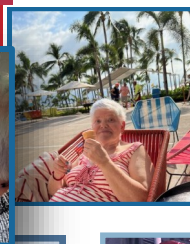
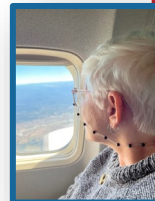
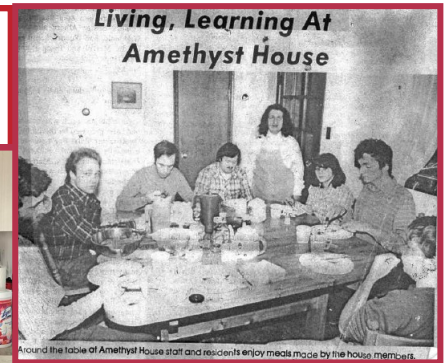
*individuals go into local shops on their own and purchase items as well as do some banking independently

◆ Staff did almost everything for/with individuals

*individuals are encouraged to do things independently. They have good natural connections that genuinely care and are true friends that want to hang out with them, celebrate birthdays and special occasions

◆ Individuals were not involved much in community events or volunteering

*Now they volunteer at Community Lunch, participate in the gardens at Heart of the Park, Fish Hatchery, planting trees and community art projects



Aviation 101.....was presented to a very intrigued group. Captain Taio Marson from the Canadian Armed Forces came to the agency to share some insight into what he does. He is an Instructor Pilot with the Operational Training flight based out of Petawawa ON.

Captain Marson shared his experiences with flying the Canadian Chinook, how the CAF supports Canadians and many more details about the Armed Forces. Everyone who attended the presentation was mesmerized and curious for the entire presentation.



Community Participation Update

Ask anyone....staff or individuals what their “happy place” is and Cedar Ridge Camp is first on their list! The CP program goes there once a week to walk the trails, discuss nature and recently have been cooking their lunches outside over an open fire. Last month a successful leadership retreat for two nights with over 25 people in attendance was held at the camp. Individuals from NHCIA as well as Madoc, Picton and Barry’s Bay attended resulting in new friendships being developed and seasoned friendships continuing.

Many conquered personal goals as well as attending educational workshops learning about healthy relationships and about ODSP benefits.



Archery skills are improving and is still a favourite activity.

Seen left are two different perspectives on the Leap of Faith –on the platform looking down and on the ground looking up.



Healthy Baking/Healthy You ...workshops emphasize the importance of mental health and healthy eating. Every month we invite local guest presenters with mental health backgrounds to facilitate. The photo above shows everyone with the masks they made, which expresses the masking we do in our lives, often hiding our true feelings. Carly Zoernack, SSW from CMHA, was the facilitator for this workshop.



Friendship FriYay's....where participants get to spend one on one time with the horses and other therapeutic animals at Walkabout Farm in Minden.

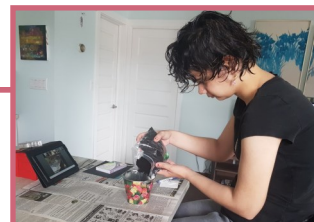
Book Club, Spa time, Scrapbooking, Diamond Art, Garden Club and participating in North Hastings Seniors Club activities at the Leaf Gym are some of the other activities included in the **Community**



A little history pre-covid....individuals attended the “HUB” on Wednesdays to socialize and engage in activities. During Covid we were very creative offering all of our programs virtually over Zoom links. During this time the number of program participants grew significantly and since Covid we have broadened our Community Participation program. We now send out a monthly calendar and individuals choose what they wish to participate in, many things on the calendar reflect goals from individual plans and take place in our local communities and beyond. We are also able to offer some of our programming in a hybrid format where individual’s can join by Zoom if they are not able to attend physically.

This month we are looking forward to all of the activities to celebrate the great milestone of NHCIA’s 60th anniversary and continuing to offer individualized opportunities for recreation, personal development, education, life skills and more.

ZOOM



HUB Days



NHCIA has taken the lead in many areas over the years. In 1999 we received the Innovation in Excellence Award at the Ontario Rehabilitation Work and Community Conference (ORWC) for its youth work in the High School and the Friendship Club program.

Page 14 The Bancroft Times, Thursday, September 30, 1999

Integration Association Receives Award



The key players in NHCIA's award-winning programs are, left to right: Dave Buttineau, Allison Mountney, Bev Lloyd, and Donna Brownson of NHCIA; Janet MacDonald and Pam Keller of the integrated class at NHHS; Vicky Thompson, NHCIA; and Jerry MacDonald and Barb Millar, NHHS.

by Luke Hendry

The North Hastings Community Integration Association has been recognized for its innovative programs.

At the first annual Ontario Rehabilitation, Work and Community Conference on September 15, the NHCIA was presented with an Innovation of Excellence award for several projects, ranging from the life skills programming with the North Hastings Integrated Class at North Hastings High School to the Friendship Club, a children's group promoting tolerance and understanding through outings and recreational activities.

Two other groups - the Durham office of the Canadian Mental Health Association and the Kingston and District Association for Community Living - also won awards.

The ORWC is a professional association dedicated to the promotion, development, and implementation of services that reflect integration and community interaction. "We were thrilled," said Bev Lloyd, who submitted information on NHCIA to the ORWC. "It was a pretty proud moment."

The association prides itself on its proactive approach to helping those with developmental disabilities and its emphasis on integrating them with their communities.

"What we're doing is on the cutting edge of what's happening," said Lloyd.

"It's excellent recognition for the agency," added Jane Mayberry, the group's executive director. She said the ideas for the programs came naturally to NHCIA staff.

Mayberry noted the agency has heard from other groups that consider NHCIA projects, especially those that work in conjunction with the high school, to be ahead of current trends.

"We didn't think it was that cre-

ative or innovative. It just seemed like common sense to us," said Mayberry.

But the ORWC selection committee was impressed.

Chris Grayson, executive director of the Campbellford and District Association for Community Living, was on the committee. He said there were several reasons why the NHCIA received the award.

Grayson said the group "not only has some track record to it, but is expanding," explaining the committee took note of the association's progress.

The ORWC committee was also impressed by the local group's work with schools, its attempt to involve able-bodied and disabled children in activities together, and its efforts to develop new programming.

In fact, said Grayson, the NHCIA submission was unique because it was the only one to mention a partnership with schools.

"The partnership [with the Hastings and Prince Edward District School Board] is, in fact, a partnership," he said. Unlike partnerships in other areas, the two organizations contribute equally.

Grayson said representatives from the local association, along with delegates from the two other award-winning groups, are now able to participate in the selection of next year's winners.

Looking Back

Does anyone remember Mary May?...this was a method for families to anonymously ask questions and receive information for "mentally retarded" adults and children. It also helped public awareness and to try and rid the negative stigma attached with mental retardation. *Please note the language of that era!**

Wednesday, March 22nd

MARY MAY HELPS

DEAR MARY MAY:
I have been told that my child suffered brain damage at birth. Does this mean he will be retarded?
Sis

Worried
Very unlikely. However, it would be wise to discuss this problem with your family doctor.

DEAR MARY MAY:
Jane is nearly nine years old. She is a bright youngster and when it comes to expressing herself is quite articulate. But she's clumsy, falls over things, is no good at games, and loses her temper quickly. Saddest of all, she can neither read nor write. Can you tell us what can be done to help her?
Manitoba Grandmother

DEAR GRANDMOTHER:
Jane is not alone. There are thousands of children in Canada like her. Her problem is that she cannot co-ordinate her senses. She doesn't know (instinctively, like most of us) how much space she takes up. I imagine she's not sure of her right or her left. Rest assured, she is not retarded, nor is she an under-achiever. Jane has what is usually called a perceptual handicap, or a learning disability. There is a good chance that a well-informed child psychiatrist or school psychologist could come up with therapeutic training routines that will help Jane achieve her potential.

Please send your letters to Mary May, Bancroft and District Association for the Mentally Retarded, Box 805, Bancroft, Ontario. Give your name if you wish, but we will use only a nom-de-plume.

DEAR MARY MAY:
My sister is a mongoloid at an Ontario Hospital. I am engaged to be married in Sept.

PAGE 24 • MAY 27, 2005

IN THE COMMUNITY

Bancroft THIS WEEK

Dimples opening a big success

Enjoy burgers and ice cream, with a side of mini-golf, and support a good cause



From left to right: Bill English, Blake Frazer, Phil Chowen, Janice Conlin, Carl Tinney, Lynne Kantautas, Ray Kantautas, Joanne Prentice, Chris FitzSimons, Judy Skidmore, Jane Mayberry, Tim Lang, Mandy Cox, Roxy Sipes (seated), Tammy Thauvette, and Checkers the

In 2005 **DIMPLES Mini Golf** opened with the help from a Trillium Foundation grant. The Board of NHCIA hoped that this initiative would raise funds for the association and increase public awareness of NHCIA and its role and services. It also provided the opportunity to give job coaching and paid employment in a real work situation.

The last year DIMPLES Mini Golf operated was the summer of 2019, The Board of Directors made the decision to close the spring of 2020.

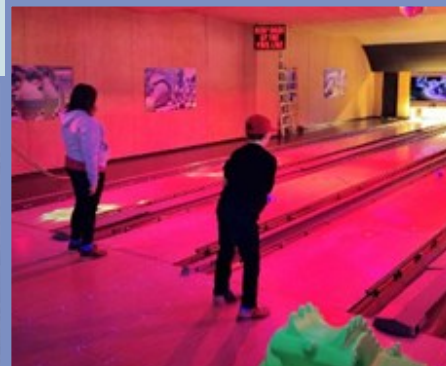
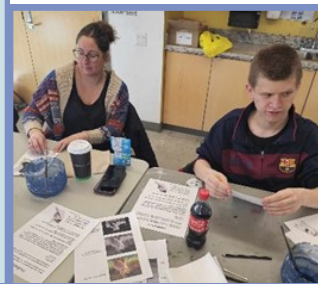
Youth & Family Support

Child & Youth Update

March Break update...this year's adventures were divided into three days. A trip to Haliburton School of Art for drawing and a painting workshop.

We then took a bus to Peterborough and visited the new building that now houses the Canadian Canoe Museum. The design of the building was inspired by the canoe and features new exhibits and a Canoe-Building Studio. From there we went bowling at Lakeview Bowl.

And of course one of our favourite places to visit "Cedar Ridge Camp". This is a day that never disappoints. We had a beautiful day outside and were able to go snowshoeing, climbing, sledding and tried out our fire building skills.



A group of youth travelled to Toronto to see the Lion King. Going to live theater was a goal for many of those participating and it was an amazing show to experience.

Goals complete...Ivan has been talking about attending a hockey game since last year. As luck would have it Ivan won tickets to a Belleville Senators game and was able to invite a friend to go along with him.

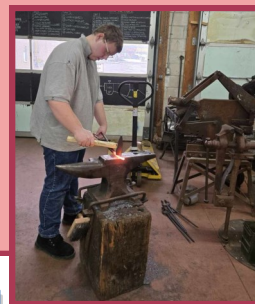


A Shared interest...is all it takes to begin a friendship. Cedar Ridge Camp has two counsellors who have forged a friendship with this group of Self-Advocates over basketball. They recently went on their second trip to Toronto to see the Raptors play and are planning to make this an annual event.

A huge thank you to Mackenzie and Grayson for making it all happen.



Rick had a desire to learn more about blacksmithing and being able to make his own knives. He recently made a connection with a respite worker who is a beginner blacksmith and who shares many of the same interests. In March Rick was able to make his goal a reality and attended a beginner blacksmith workshop at Forged Canada in Pembroke. He loved the experience and will be looking into attending one of the 2 day workshops at Forged Canada.



Get Ready for Summer!

Contact Julie Vardy, Child and Family Facilitator, (children up to 14 years) if you need assistance to register for local day camps or other summer events
j.vardy@nhcia.ca or call 613-318-5634

