



Inclusion is defined as “the state of being included” but it is a bit more complicated than that...

The challenge with inclusion is society is not honouring the right of persons to participate in society in a full and meaningful way. The act of inclusion means fighting against exclusion and all of the social conditions exclusion gives birth to—i.e. ableism, racism, sexism, ageism, classism, colorism etc.

Inclusion is a sense of belonging, feeling respected, valued for who you are, getting equal access and opportunity and removing discrimination and other barriers to involvement. It is about more than having a presence but contributing and having respect for those contributions.

Sandra Phillips,
Executive Director



We are deeply saddened to have lost an employee this month in a tragic accident. Art Copper had worked at NHCIA for the last 4 years. He was respected and admired by coworkers, those he supported and management for so many wonderful characteristics. Art was generous, caring, grateful, humble and adventurous-the guy kayaked in the winter! His coworkers will remember him for his great sense of humor and his infectious laugh.

Inclusive Community—Rewarding Community

The word inclusion or being inclusive is something we often hear about at Community Living but what does it really mean? How do we make it happen?

Inclusion is about every person having a role in the community, a responsibility, and opportunity to share their gifts and talents. It's about being actively involved in ways that are meaningful. This can include employment, spirituality, sports teams, where you live, leisure and more.

This summer brought to life a very important “Inclusive” story.

It began a few years ago when Trevor started attending games at the local ball diamond. Trevor would take his ball glove with him to watch and cheer on the players most of whom he knew. This summer one of the teams asked Trevor to join them on their bench. Now for some people this would have ended there — on the bench. But this team expected Trevor to do much more than just cheer and keep the bench warm, he was expected to “**play ball**”.



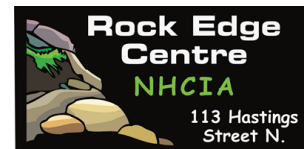
The team Trevor played on won the year end tournament!



HUB Night

On October 26th, the Zoo visited NHCIA. 25 people from both NHCIA and Madoc COPE enjoyed meeting and interacting with creatures from Zoo to You. Everyone was given the chance to get up close and face their fears of creepy crawlies and snakes. Afterwards everyone visited while enjoying some homemade chili and Halloween themed cupcakes for dessert.

Child & Youth Update



People's First Conference

The young adults at NHCIA have been busy advocating for inclusion this fall! Three individuals attended the People's First Conference in Orillia in September. The students learned about new changes with ODSP and were able to interact with others from around the province.

Re:Action 4 Inclusion

Cody and Jesse represented NHCIA and NHHS at the Re:Action4 Inclusion Conference in October. They hosted a booth representing the stop gap project that they ran last spring to help inspire other students to start projects in their schools. Two students, who the agency does not support, attended the conference as peer support and made a commitment to work with Cody and their fellow students to continue the lunch inclusion club at school. The students will also be creating some new ideas for an Inclusion 2018 project.



INTEGRATED Fall Respite Retreat

Your child(ren) are invited to join us for a fun-filled fall weekend at Cedar Ridge Camp in McArthur Mills.

Participants will get a chance to try a variety of activities including; archery, high ropes, climbing, biking and more!

To book your child's spot please call Niki or Allison at (613) 332-2090 ext. 307 or 308 before Nov 6th, 2017.

NOV 17-
19, 2017

Cost \$147 per child

Ask about subsidies

Details

Pick up and drop off at Cedar Ridge Camp - 57 Cemetery Rd. McArthur Mills, ON

Drop off time: 5pm
Friday, Nov 17th, 2017

Pick up time: 1 pm
Sunday, Nov 19th,
2017



Kidz Quest - Ages 9-12

Kidz Quest this fall is all about celebrating the arts. Nine children ages 5-10 are getting the chance to experience drumming, working with clay, painting, wood-working, making paper-mache, creating pictures on wood, line-dancing, and yoga. All of this while

building new friendships through an integrated program that runs weekly until mid-December.



Tiny Tim

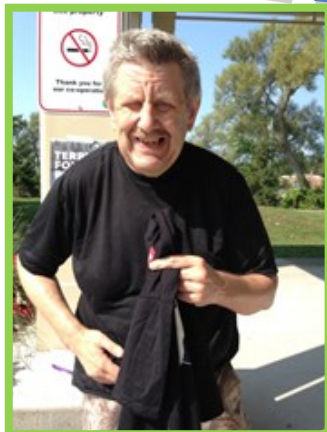


Balta

Parent/Caregiver Support Group

The support group held in Oct. was all about support animals. Tiny Tim the miniature emotional support donkey showed off his "yes" and "no" skills. Janice and Laverne Stapley, who are members of the Lions Foundation of Canada Dog Guides, explained the process getting a dog guide and the benefits they provide for people with medical or physical disabilities. Those attending also heard from a young man and his personal experience of what life is like with a support dog.

"What's Going ON"



Stephen-

Newbie:" Stephen participated in the Terry Fox Run in Belleville on September 17th, 2017. He completed the 1km route. Stephen did the walk in memory of his Mom, Doris Genereaux, who passed away from cancer when Stephen was in his late teens. This was Stephen's first time doing the Terry Fox Run. A number of his community connections – including staff at Dollar Store Plus and Cottage Rentals – were excited to sponsor him.

INCLUSION

Duncan – Volunteer

Ron Speck nominated Duncan for the VIQ (Volunteer Information Quinte) Volunteer of the Month in August 2017 and Duncan was featured in *Bancroft This Week* on August 25th. This award recognizes Duncan's valued role as a volunteer at many events and organizations in the community, including the Fire Hall, the Fish Hatchery, the Vintage Shop, Relay for Life, the Terry Fox Run, and the annual Christmas Eve dinner at the Bancroft Legion. Duncan is very proud of the award and appreciates the recognition of his contribution to the community.

INCLUSION

Duncan – "One of the Guys"

Duncan has been volunteering at the Fish Hatchery since 2014. Over the years, he has made connections with a number of the men who volunteer there. On September 23rd, Ian (one of the other volunteers) had a BBQ at his house and Duncan was invited to partake. Duncan had a great time at the BBQ. He went for a tour around Clark Lake in Ian's boat and had a drink with the guys. Duncan is not only a trustworthy weekly volunteer, but also has become "one of the guys."



Karen-Entrepreneur

Karen was accepted to the Bancroft Art and Craft Guild Summer Show held at Millennium Park August 5th –6th. Karen's canvas of Crooked Slide Park in Combermere drew many people to her tent to view and share their stories about the park. The experience was a success as Karen sold many of her greeting cards and a couple of her canvas's. She also visited with other artist's and purchased a couple of their items.

Karen displays some of her work at Country Camera Studio and Wattle & Daub Café has purchased several pieces to decorate their space. Coming up in January 2018 Karen will be displaying her work at the Maynooth Library.

INCLUSION

Did You Know..... You must have an NHCIA membership in order to become a board member and /or vote at our AGM. If you are interested in becoming a member, please fill out this section and return to NHCIA.

Name:
Address:
Postal Code:
Email Address:

Non-Voting (Associate) Membership

Staff (\$5.00)
Business/Organization (\$25.00)

Voting Membership

Self Advocate (\$5.00)
Single (\$5.00)
Family (\$15.00)
Business (\$25.00)

Tristan's One Page Profile



What is important to me...

**My Family
My Rabbit
My Dogs
My Bike
Walking
Hunting
Horseback Riding
Being Included**



What people like and admire about me....

Fun, Good work ethic, Happy, Engaged in community building

How to best support me.....

**I do not like people yelling, please talk calmly, even if your frustrated
Sometimes I get frustrated when I don't understand something. Don't take it personally, please help me to calm down and then we can talk about the situation
When I have a lot to read I need help to understand what it means
Its' important to me to make my own decisions. Explain to me all my options and possible consequences, than let me decide.**

Newest Board Member

Tristan Nunn joined the NHCIA Board of Directors September 26th. Tristan is very involved with the self advocate group, Reaction: 4 Inclusion and attended the People's First Conference.

AGM

NHCIA celebrated their 52nd year on Sept. 25th at the St John's Anglican Parish. Penny and the group of volunteers started our evening off with a lovely dinner. We were very lucky to have Donna LeClair and Patricia Liverseed provide musical entertainment. Guest speaker, Nicole Flynn, who has Down syndrome is a strong advocate for persons with a disability. Nicole spoke of being home schooled along with her older siblings and how she was expected to complete household chores and learn to be independent. Nicole is currently enrolled in a 4 year course at Loyalist College. Her dream job is to be a motivational speaker on behalf of people with a disability and indigenous people. Nicole's passion was evident and those in attendance were touched by her sincere and genuine words .

The evening also allowed self-advocates to showcase some of the artwork and woodworking items they have created.

