



AGM

Our AGM, which took place Monday Sept. 24th at the Bancroft Ridge Golf Club, provided an opportunity to celebrate our accomplishments over the past year and share our plans for the coming years. The business part of the meeting explained the findings of another successful audit completed by Wilkinson & Company.

Going forward, NHCIA is excited to announce the building of an accessible Apartment building on Chemaushgon Street. Phil Spry, of Springdale Development Inc., presented the plans for single and 2 bedroom units.

After the delicious dinner, catered by Bruce Kellar and his staff, Stacy Baker presented the video "Walk This Way" featuring NHCIA's fundraiser that took place in May. Presentations were made to staff celebrating anniversaries and new this year was the Art Copfer award. The evening ended with several musical pieces by Donna Leclair and Patricia Liverseed.



Donna Leclair and Patricia Liverseed perform at the AGM.

A very special award, The Art Copfer Award, was presented for the first time to Allison Obradovich. Art was a staff member at NHCIA who unfortunately passed away last year. Art's parents, Tom and Twila, donated a monetary award to be given each year to a staff person who demonstrates humour and gratitude in the workplace as well as exemplifies sharing interests with self-advocates.



Community members, staff and self advocates gathered to honour staff celebrating 5, 10, 25 and 30 year anniversaries.



Chris Beesley, CEO of Community Living Ontario, and Teresa Jordan, E. D. of Community Living Trent Highlands have some fun during a break after dinner.

Long Time Employer



Alice Martin ...Five years ago, when Alice Martin started her specialty grocery store, Alice's Pantry, she knew she needed hard-working, reliable employees to have the business succeed. Shortly after opening the store, she hired Annabelle Keller, who Alice had previously worked with at Bancroft's local deli, Zehrs.

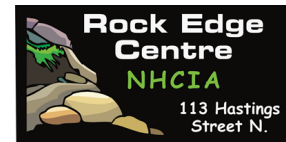


When talking about her decision to hire Annabelle, Alice highlighted the importance of finding a job that fits with each person's skills and interests. Routines and clear expectations are also a key ingredient for success in the workplace. Alice set the example for her other employees and supported them to work through communication barriers at the beginning. Co-workers now talk about how much they appreciate Annabelle's reliability and cheerful demeanor.

Annabelle takes a lot of pride in her work, and Alice agrees that she should. She said that Annabelle's work ethic has been an asset to the store for the nearly 5 years Annabelle has been an employee.



Child & Youth Update



Life After High School

On October 3rd, three students from Bancroft took a road trip to an open house at Loyalist College. Students went on a treasure hunt all over campus that lead them to many opportunities, services and supports that are offered to college students. They met faculty, talked to current students in the programs they plan to apply for and found the student center where all the fun happens. Exclusive access to the shop for the automotive program was a highlight for a couple of the students. This winter we will be busy filling out college applications as at least 3 students from our Youth in Transition Program pave their path from High School to post-secondary.



P A Day

Friday October 26th was a day off school for many but 22 children chose to get up and head out to enjoy the outdoors at Cedar Ridge Camp. Although it was a cold day many enjoyed rock climbing, the high ropes course and paddling a voyageur canoe. For some this was the first experience of attending Cedar Ridge and for others it was a reunion with camp director Grayson and his awesome staff.



Welcome

Julie Wiltshire has joined our team on a part-time basis. Julie comes to NHCIA with years of experience working with children, youth and families in the Bancroft area. We are also very happy to welcome back Kim Tregaskis, our Mental Health Facilitator, who has returned from a leave.



Julie Wiltshire

Volunteer

Robbie is a volunteer fire fighter for the Faraday Fire Department. Robbie shared with everyone the green light feature on his vehicle that informs other drivers that he is responding to an emergency.

Youth & Family Support

Fall Leadership for Youth

Youth experienced an overnight camp at Cedar Ridge to learn about personal safety, starting their own business and developing leadership skills. The most awesome part was having OPP, Phil Regamey, allow youth to check out the cruiser and all its features. The officer also did a presentation on social media and online safety.



We are planning a trip for youth to go to Belleville for movie night and a winter respite retreat at Cedar Ridge. We are looking forward to providing Sensory Friendly Santa visits, call Laurie or Julie for details-613-332-2090.

"What's Going ON"



Karen....was accepted to participate in the Lakefield Art & Jazz festival and the Bancroft Art Festival in the park this past summer. Karen enjoyed meeting new people in Lakefield and talking about her photography. Karen attended the Kingston Women's Festival where she visited with vendors and did some buying from other artists. Karen enjoyed staying over in Kingston walking along the waterfront and having lunch outside on the patio while watching the cigar boats come and go.



Pam...On October 21st Pam welcomed a group of local women from the Bancroft Bible Chapel to her woman's social luncheon.

It was a fantastic day with guest speaker Amanda Stone from LIVEFIT gym providing great resources on healthy eating and living a healthy lifestyle. After Amanda's presentation the women gathered in the kitchen where they each made their own salad jars and then enjoyed lunch with one of the salad jars they made as well as some other goodies. Pam was a great hostess and put on a great woman's social event. Way to go Pam!



Wanda....had the honour of being in her niece's wedding Thanksgiving Weekend in Bethany. Aside from having the honour of being a bride's maid, Wanda was pleased that she and Heather from "Heathers Designs" designed and made the dress she wore. Wanda has been working with Heather for the last couple of year's developing her sewing skills.

Wanda has been a member of the Community Fellowship Baptist Church for a few years and on October 14th she was baptised. Pastor Wes assisted Wanda with planning and preparation. Wanda was very pleased as this goal was very important to her.



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)

“Retreat”



Staff retreats are planned yearly to provide opportunities for staff to come together, have fun, and share ideas. Retreats also provide an important opportunity for the agency to engage with direct support for their feedback and ideas on how the agency can continue to move forward and provide the best supports.

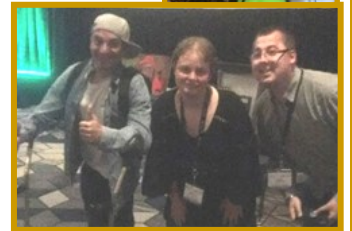
This year two retreats were planned to ensure the majority of staff could attend. The first retreat was at the beautiful Magnificent Hill in Highland Grove and the second in Wilberforce with Deeps Roots Adventures. After a morning of brainstorming ideas on developing an “onboarding package” for new employees, staff enjoyed an afternoon of activities such as geocaching, drumming, meditation and a creative art project.



Community Living Ontario Conference

Community Living Ontario’s 65th AGM and conference took place in Richmond Hill in September. Two representatives from the Self-Advocate Committee, Kayla and Travis, attended and had the opportunity to meet and network with other individuals from all over Ontario sharing experiences and ideas. Keynote presentation was delivered by Doug Griffiths who authored “13 Ways to Kill Your Community” in which he shared strategies for strengthening our communities no matter the size. There were various workshops to attend some were learning about relationships, ODSP, technology, accessible housing, and having just enough paid support.

One of the highlights of the event was listening to and meeting world-famous break-dancer and motivational speaker, Luca “Lazylegz” Pateulli. He shared his inspiring movement “No excuses No limits” and the importance of not giving up to reach your goals and dreams no matter what obstacles are faced. We were lucky to experience a performance as well! It was a wonderful experience for all, not only to learn at the workshops but to experience all that goes with going to a conference-hotel pools and shopping malls too! We plan to take some of the inspirations and tools back to the Self-Advocates Committee to continue its great work in the community.



Coming Up...

Nov. 24th: Photography Exhibit by Karen Keller taking place at the Design Room located at 124 Hastings St. from 10am—4pm. Drop in check out the new canvas pieces and Christmas cards while enjoying some light refreshments and a glass of hot apple cider.

Nov. 28: Parent Support Group at the Design Room (124 Hastings St). We will be designing 10x10 wooden signs with April’s Creations, you can choose from 3 designs. Cost is \$20 per sign. RSVP to Niki or Laurie at 613-332-2090 by November 23rd.

Save The Date

Saturday May 4, 2019—NHCI will be holding their 2nd annual “**Walk This Way**” Fundraiser. We are fortunate to host the event at the Bancroft Ridge Golf Club and catering again by Bruce Kellar and his team. Get your tickets early, this event sold out last year!

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