



ED Message

Like all associations, NHCIA pursues its mission amidst an environment of challenge and change. Some of the pressures are internal (e.g. keeping up with evolving technologies, allocating resources for best outcomes and recruiting exemplary staff) and some are external (navigating the changes, operating as costs increase and competing for limited dollars beyond our core funding).

Associations like NHCIA work hard to stay on top of the challenges by continually checking in on what our stakeholders need and adapting to meet those needs and building strong partnerships. Staying informed about emerging best practices and ensuring that our own offerings and operations are responsive to the needs of persons supported and our community. Navigating the complex range of challenges and opportunities keeps our board and staff engaged and working together as a great team. I am privileged and honored to be a part of this hard working and innovative team. If you have any ideas, suggestions, concerns or compliments we are always open to your comments, they can be made in person leave a message 613-332-2090 ext. 303 or online at communityliving@nhcia.ca



Sandra Phillips
Executive Director

AGM

This year's AGM began with President Janice Stapley welcoming approximately 40 people to the 54th AGM and directing the business part of the evening. Once again NHCIA had a clean audit completed by Wilkinson & Company and is continuing to partner with Springale Development Inc. on the new affordable build on Chemaushgon which will provide affordable apartments.

Self Advocates were featured in a video which gave them the opportunity to say in their own words what they are passionate about in their community. The video of the 2nd "Walk This Way" fundraiser, held in May of this year, showed the strong unpaid relationships that self-advocates continue to have and new one's made through various activities in the area.



Krys McGuire received the Art Coper Award for openly sharing his talents, showing gratitude in the work environment and demonstrate the perfect example of someone who has a great work life balance.

Krys will receive \$250 which was set up in Arts memory by his family.



Jessie Mercier ended the evening with a fun auction of items donated by management. Jessie was an amazing auctioneer and had everyone involved in a "friendly" bidding war amongst staff, board, community members and self-advocates.

If you need an auctioneer Jessie would love to help you out.



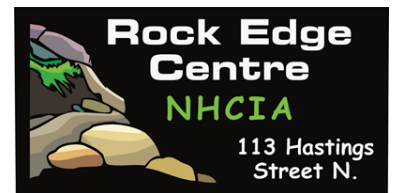
This year "**The Purple Heart Award**" was created by family in memory of staff member, friend and family member Shirley MacDuff. Shirley worked at NHCIA for 15 years and advocated for each person's quality of life. This award is goes to a self-advocate who has overcome a challenge while remaining positive and upbeat. **Wanda Foster** was this years recipient, she is pictured left receiving a medallion from Shirley's 2 niece's Tanya and Rhoda. Wanda will also have her name put on a beautiful purple plaque.

"In the Works"

The new committee for "**Walk This Way**" is already in the process of planning a new format for the fundraiser which takes place **May 30, 2020, SAVE THE DATE**. In December we will be again hosting "Sensory Friendly Santa". Look for details on our facebook page and our website www.nhcia.ca

Child & Youth Update

Youth & Family Support



re:ACTION 4 Inclusion

NHCIA supported 4 youth to participate in the annual re:ACTION 4 Inclusion Conference held in Port Sydney Ontario in October. Jessie Mercier has been working on the Advisory Committee for the movement for the last year and was this year's conference MC. Jesse did a fabulous job and was asked to be the MC at the youth conference to be held in London Ontario November 22nd-24th.

The youth involved in the Port Sydney conference left inspired and plan to meet on a regular basis at NHHS to create some new ways to build inclusion into the school environment. Those involved were: Brianne Crawford, Jazmin Spencer, Keenan DeCarle-Bradshaw and Jesse Mercier.



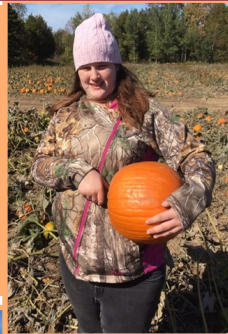
On Campus

Tristan LaBarge and Travis Layzell left home for 2 years of college in September. After a spring full of interviews, paperwork and planning, they both moved onto campus in residence.

Tristan and Travis are enrolled in Community Integration Through Co-operative Education (CICE). At Loyalist College Belleville Campus. Tristan will participate in the ECE program and Travis is signed up for the Automotive program.



Goal's are crossed off the list after heading to Buckhorn for the Pumpkin Fest! 4 children/youth had a great day getting spooked in the corn mazes, picking out their pumpkins and having lots of laughs and giggles.



At our September **Caregiver Support Group** families created visual calendars to help get organized for the new school year. In October we had Heather Johns

from G.P. Wealth Management speak with families about all things financial when it comes to disabilities. She is a very knowledgeable contact for people wishing to learn more on this topic. Do you have a Registered Disability Savings Plan (RDSP) for your child? If not, please contact Laurie or Niki for more information.

Respite Camp at Cedar Ridge

A group of 20 children and youth spend the weekend at camp giving caregivers a weekend off. The older more experienced campers helped lead games and took on various tasks around the camp. This gave youth the opportunity to see if having a summer job at the camp in future might be something they would like to pursue.

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

"What's Going ON"

Wanda ...and Sue Shaw travelled to **Community Living Ontario** in Toronto in September. Their goal was to generate energy and encourage creative thinking as to how organizations can work together moving forward with new ideas for Community Living Month. The conversation was lively and many positive ideas were brought forward. It was a fantastic day and Wanda shared it was nice to meet the "Big Boss." Those attending were Chris Beesley, Marcy Galipeau, Marwa Osmand, Linda White, Keith Dee, and Heather Evans. Wanda was very confident when sharing her ideas and also enjoyed sitting in their Boardroom.



Karen, Annabelle and Pam... travelled to **Atwood Ontario** to visit their sister who is dealing with health issues.

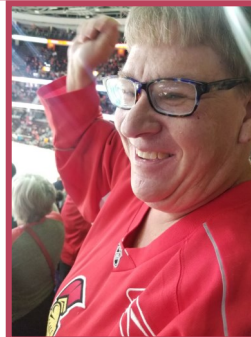
They shared stories of their lives - their jobs, their pets and their partners. After getting caught up on all the family stories the ladies treated their sister and her family to dinner out.

Their sister, Carlon, was so happy and grateful for the visit and despite the long drive Karen, Annabelle and Pam were very happy they made the trip.



Mike.... Made the most of a beautiful fall day by going to **Campbell's Orchard** in Belleville. Mike experienced picking apples right from the tree and enjoyed the pumpkins displayed for Halloween. More importantly however; was the apple crisp made from the apples that he picked.

Wanda ...attended an Ottawa Senators game on Thanksgiving weekend, Wanda said "this weekend I'm thankful for the Senators!". Arriving early for the game she was able to explore the arena and visit the souvenir shops. To top it off the Senators won on home ice...a fantastic experience for Wanda as it was also celebrating her recent successes.



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:

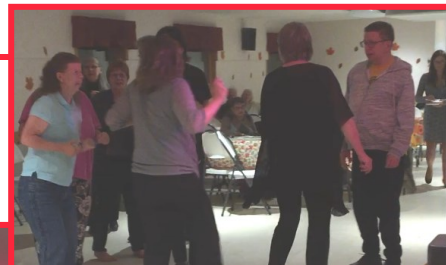
Non Voting Memberships
(as per our bylaws)

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

The Self-Advocate Committee hosted a community dance Saturday Sept. 28th at Club 580 with music by the band **Rewind**. They played a variety of music from the Rolling Stones to Brooks & Dunn.

Many thanks to **Northern Rural Net** for their generous donation of a 55" TV, **won by Sean Lloyd**. The draw occurred at the Fall Ball dance on September 28th. Thank you also to the following who donated items; Niffers, Necessities, Dairy Queen, NHCIA, Wendy Taxis, Pat Lavoy, the Mountney Family, Sandy Phillips and Ann MacDonald.

Proceeds will go towards attendance at conferences, education opportunities and committee functions.



Affordable Housing Project 36 Chemaushgon Street

Things are moving along with the affordable 7 unit apartment building on 36 Chemaushgon. In October the water and sewer services were connected to the building and final grading started. The canopies and deck work start end of October then the roofing and asphalt will follow shortly thereafter, weather permitting. Project manager, James Ireland, says the masonry work will finish by first part of November and wiring for Bell and Nexicom will be going to each unit. We have received requests for the "good Neighbour community spots" in the building and will be contacting people in a month or so when they can view a unit to help with decision making and discuss our "good neighbour" requirements. If you would like to be considered please contact Sandy or Teena at 332-2090.

**IF YOU HAVE A FAMILY MEMBER (ANY AGE)
LIVING WITH A DISABILITY, THIS GROUP MAY
BE FOR YOU!**

CAREGIVER SUPPORT GROUP

Tuesday, Dec. 3rd, 2019 5-7pm
North Hastings Community
Integration - 2 Alice St.



**CHAT WITH ANN
DOUGLAS,
PARENTING
EXPERT AND
AUTHOR ABOUT
POSITIVE
PARENTING
THROUGH THE
CHALLENGES**

**Light supper provided
Respite provided for loved ones
Please RSVP to Laurie or Niki by Fri. Nov. 29th
SAVE THE DATE**

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.