



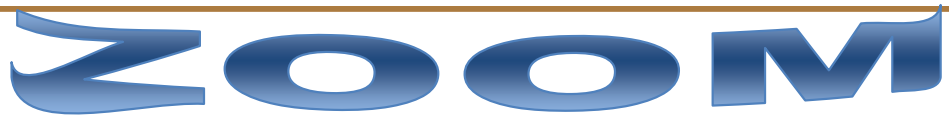
Update

As we are in the ninth month of the Pandemic the saying that "change is the only thing that is constant" rings very true.

You will read in this newsletter how we at NHCIA are navigating a different way of supporting and providing services to children, youth, adults and families. There are certainly many hours of direct support given where required. And when we can provide virtual connections or events that need to have safe physical distancing taken into consideration we do that.

I am continuously impressed with the level of creativity and the immense dedication that the employees at NHCIA continue to demonstrate.

Sandra Phillips
Executive Director



Virtual AGM Celebrating 55 Years of Supports

2020's AGM was quite different compared to other years. This year we were unable to get together to enjoy a meal and visit before the meeting. The meeting was done via ZOOM and packages outlining the updates for the previous year were emailed out.

Staff anniversaries included Jackie Moore celebrating 20 years with NHCIA and Lindsey Boomhouer celebrating 10 years with NHCIA.



The Purple Heart Award
was given out to *Stephen Genereaux*.

This award celebrates a self-advocate who has demonstrated resilience when faced with a challenging situation while remaining positive and upbeat in spite of their challenges.



The Art Coper Award
recognizes gratitude, sharing of gifts talents and demonstrates work/life balance. This year *Louri Snider* was the recipient.



Show Your Support Become a Member

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:

Non Voting Memberships

(as per our bylaws)

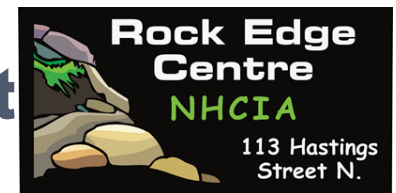
Self Advocate (\$5.00)

Single (\$5.00)

Family (\$15.00)

Business /Agency (\$25.00)

Child & Youth Update Youth & Family Support



Youth in Transition

Niki Braybrook continues to work with students and staff both in high school and at Loyalist College as well as youth up to age 25 who have left school. Niki regularly provides support for youth to apply for funding (such as ODSP, Passport, OSAP etc...), access community services & resources (health, mental health, recreation etc...) and planning.

Niki will be helping facilitate student participation in Reaction 4 Inclusion's virtual conference.



Employment Experience

This fall Shakira has had the opportunity to do a full-time Co-op placement at Wattle and Daube Café. Shakira is enjoying learning how to prepare lunches and bake new and delicious items. She hopes to work there this summer.



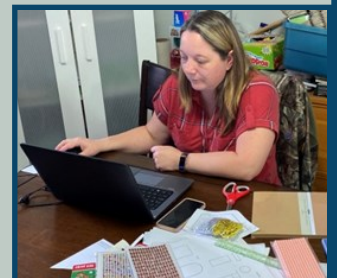
Virtual Youth group events have provided a way for high school aged youth to connect with friends outside of school. This fall the activities were pumpkin based; baking pie for Thanksgiving and carving Jack-o'-lanterns for Halloween. Upcoming events will be a paint night with Meryl Hall and homemade ornaments for the holidays.



April Cooney has joined us from the Developmental Service Worker program at Loyalist College.

April is doing her placement with our Child and Family and Community Participation programs. April enjoys crafting in her spare time and has shared her knowledge and experience by assisting with planning and preparing activity kits and Out of Home Respite events for families.

April has been gaining experience supporting individuals to participate in virtual HUB activities, completing documentation for files and participating in staff training.



Volunteering

Cheyenne and Shania braved a chilly early morning to volunteer at Cedar Ridge Camp's half marathon fundraiser in September. They were in charge of making sure there was water and Gatorade for the runners at the 5km mark.

Cedar Ridge plans to make this an annual fundraiser with funds going to Amici Camping Charity with hopes to sponsor a local child to attend summer camps.

In early November Cheyenne joined other local volunteers to clean up garbage around Bancroft. She picked up a whole bag of garbage along the river.

Getting Back On Track

As restrictions lessened over the summer months supports for individuals started to get back on track. Individuals were supported to get take-out at local businesses, more walks around town and going to the grocery stores. This allowed staff to go over proper practices of physical distancing, washing hands and wearing masks when self-advocates physical distance themselves from others.

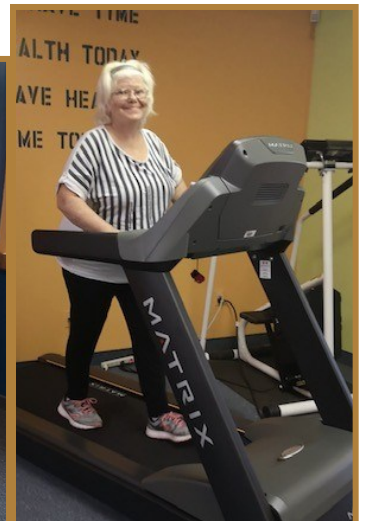
Some individuals were able to resume their previous employment and just recently two individuals were able to hit the gym for their workouts—until the gym shut down again. During the summer the individuals did their personal training outside at the local parks.



Pam and Rob went out to Campbell's Orchard. They were very excited to see where all the apple's grow as neither of them had been to an orchard before. Along their walk they chose to pick Empire and Gala apples. They also chose to make their way through a corn maze. They did not get lost because they just turned around and came out the entrance. Lots of laughs were shared, this may become an annual trip!

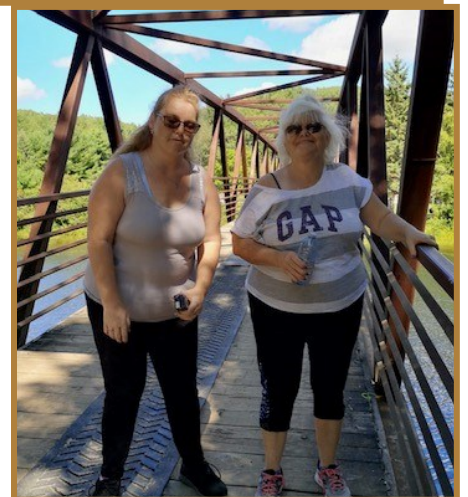


Family Bubble: Karen and Pam were happy when they were able to exercise together outdoors. They continue to workout and they, friends and support staff have seen an improvement in their mobility, strength and mental health.



Annabelle is thrilled to be back working at Alice's Pantry every week. Annabelle had previously worked 2 days a week and has now taken on an additional day each week.

You will see Anabelle there every Monday, Wednesday and Thursday working diligently to help keep the store clean.



The Design Room

The Design Room, located at 16 B Station St., is now being used regularly by Community Participation, Out of Home Respite and Enhanced programs. This new space allows plenty of room to prepare for Virtual HUB workshops. There is plenty of storage space for art supplies and a small kitchen to film our cooking workshops. Staff and self-advocates use the large space for friendly physical distancing meetings and activities. In the last few months we have been regularly running 2 virtual HUB workshops per week and once a month there is a virtual workshop done on the weekend.



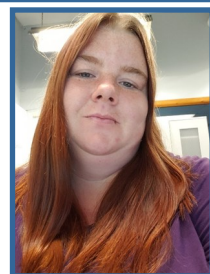
Taking Time To Remember

Self-advocates paid their respects by painting stones and adding thoughtful quotes. They then walked to the site to lay the stones at the base of the cenotaph.



Community Participation Placement Student

My name is Lisa and I am finishing my first year of a two year program to become a Developmental Service Worker through Loyalist College in Bancroft. NHCIA is my first placement and I am grateful for the chance to work with staff and self-advocates. I have been getting to know everyone through ZOOM meetings being held by the Community Participation Program. During my time here I have helped facilitate different projects including arts and crafts, crockpot cooking and movement challenges. I am now supporting a self-advocate to facilitate her own ZOOM workshop.



Staff supported Individuals plan a beer and wing night!



SAFE SOCIAL FUN

Support staff are taking the initiative to come up with some social activities to keep individuals active and enjoying social safe get-togethers.

For fall everyone at the apartment building helped decorate the entrance way, next up Christmas. On Nov. 16 residents of the building helped to decorate the outside of the building with lights and decorated trees on the top floor balcony. Afterwards everyone enjoyed hot chocolate. On Nov. 23rd people are invited out to view an outside light display at a staff's home and wreath making is another activity they will be able to participate in.

Look for the "Bright Lights" on Sherbourne St.



"Social distancing kiss" not quite 6 feet but the reindeer was ok with it ☺



"Merry Christmas from the hill"

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.