



As we move into the festive season, it is very appropriate to talk about gratitude.

We have much to be thankful for and show appreciation for. There are many ways on a regular basis staff support the people at NHCIA to return the thoughtfulness demonstrated through community interactions, partnerships and opportunities for citizenship.

Gratitude is a recognition of value independent of monetary worth. I am very happy to say throughout the year support staff share the things they appreciate about NHCIA. We strive to promote positive mental health and wellness along with gratitude. Feeling gratitude depends on the person, it differs for each of us in the way we experience or express gratitude.

I wish to express my immense gratitude for being part of such a positive and progressive agency.



Sandra Phillips
Executive Director

AGM-Celebration of Staff... The Board of NHCIA combined business with a celebration of staff for all of the great work that has been done over the last couple of years. Our celebration took place at the Bancroft Curling Club, club members were more than accommodating and certainly added to the fun of our celebration.

This year 71 people attended and socialized for the first hour before enjoying a wonderful dinner catered by Chef Shaun Zoernack. Staff had the chance to win one of four gift baskets, one of which was donated by our Board Member Stacy and her husband Chris Baker. There was also a prize of \$100 cash and Donna LeClair generously donated a one hour massage .

The following staff were recognized for their anniversaries:

5 Years: Allison Obradovich, Bev Lloyd & Shaely Coulas

15 Years: Teena Surma

20 Years: Liz Emery

35 Years: Emma Woodcox

The business meeting went over the previous year activities and announced a clear audit of 2021/2022.

The Art Copfer Award was awarded to Desiree Nolan for showing gratitude and sharing her gifts and talents with individuals and staff. The Purple Heart Award was awarded to Megan Hall for over-coming a life challenge while staying positive.

Emma Woodcox
celebrating 35
Years at NHCIA
Congratulations!



Pop Up of the Refill
Station-showing off some
of the products for sale.



29 staff attended and
enjoyed having time to
socialize and enjoy the
evening.



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 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)

Paint Ball.. The youth group put in many requests to do a paint ball excursion and it finally happened in September when Niki and Laurie took 6 youth to Trenton.

They spent a few hours learning to be stealth, when to approach, how to work as a team and sharing many laughs. It was a great day outside helping youth meet their goals. Other goals youth are working on include studying for their G1 drivers test, getting their hunting license and doing Co-op placements at school.



NHCIA has a great working relationship with Cedar Ridge Camp and groups often go out to the camp for different activities. This fall we used funds from a Canadian Women's Foundation Grant to run a six-week violence prevention series where youth learned about boundaries, personal safety and had some fun .



Caregivers Night Out..... Held once per month this is an opportunity for caregivers to meet, do a fun activity, share stories, offer mutual support and learn about resources. Family members with a disability are supported to play games, do arts and crafts while you have a break. Call Laurie Oram or Niki Braybrook at 613-332-2090 for more information. Upcoming topics include; estate planning and self-care.



Polar dip while at Cedar Ridge Camp!

A very brave group took the plunge cheered on by John Tate who took the first step into the cold waters of Wannamaker Lake while at Cedar Ridge Camp. Carter helps with restocking the wood supply.

Respite Retreat Weekend at Cedar Ridge. The leap of faith takes strength, courage and a great team to provide support.



Book Club.....A few members of the book club enjoyed discussing the book "Wonder" At The Muse Gallery & Café. They are enjoying this book along with the great conversations it has created regarding going to mainstream school, belonging, friends and being bullied.



In October a small group headed out to **Saunders Farm** located in Ottawa for some spooky fun. Witches were seen the haunted hayride was a scream and it's safe to say everyone, even the skeletons, had a Spooktacular night!



Neighbours and Friends....Early fall we contacted Madoc Cope and planned a baseball game along with lunch in the park. This was a great way to get together and renew friendships.

Wanda participated in the **Christmas Craft Sale** held at Joy Bible Camp. Wanda was happy to show off her items from her business, **Forever Fleece**, and even happier to make some sales.



Christmas is coming...



Getting ready.... Staff and residents of 41 Sherborune had a fun time decorating the building. Everyone celebrated with a chili dinner after the decorating was complete. What a sight to see as you are coming around the corner. Great job everyone!
As well staff are supporting people to get out and see the decorations in town as well as some out of town trips.



The Coe Hill Fair was once again booming with activity as people lined up for rides and eats at the food trucks. Jenna and Shania participated in the nail driving contest while Karen and Wanda cheered them on!

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.

Megan Hall was the recipient of the **Purple Heart Award** in memory of Shirley MacDuff. Shirley was known for her upbeat positive attitude no matter what the circumstances in her or others lives. Megan has overcome some of life's challenges while remaining positive and remains so. Megan celebrated her Birthday the night of the AGM and was surprised to have her principal and teachers, former and present, there to celebrate with her.



Desiree Nolan was very surprised to receive the Art Copfer Award. Although Desiree has only been at NHCIA for a short time she has exhibited all of the qualities that this award represents. Desiree shares her successes with co-workers, is creative with ideas of supports and is very proud of individuals when they have accomplished goals. One of her biggest moments was seeing an individual she supports land a job—she was more excited than the individual! Pictured is Tom and Twila Copfer with Desiree.

All Aboard!

Transportation is a huge barrier for individuals so over the past few months we have worked collaboratively with Bancroft Community Transit (BCT) to help individuals learn about the service they provide. We learned about the different types of services offered: fixed route shuttle which is available for anyone to use and goes around town every hour with various stops, on-demand shuttle which can be booked to bring people in from outside Bancroft to do their shopping. These shuttles are in addition to the regular booked rides. After the presentation, we put our knowledge to the test and took weekly trips on different routes to neighbouring communities and in town.

Once everyone was comfortable travelling with BCT they booked their own rides with BCT to different activities and invited friends to join them. On one such trip they travelled together as a small group without staff to Peterborough. Staff met the group at each stop to help with any issues but individuals really stepped up to help each other to problem solve when needed. What a great way to grow their independence. We were grateful that BCT donated a bus pass as a prize and we will continue to practice these valuable skills!



Mural....When NHCIA was asked to help with a mural on the wall by Alice's Pantry we immediately stepped up and Marlena Zuber took the lead on getting a group together to come up with a design. Many individuals and staff helped with the painting and it was fun to have community members stop and ask about the work being done. Thanks to everyone for their positive feedback.



Upcoming Events

Sensory Friendly Santa Visits: This event will be coming soon, check our website and face book page for details on the dates and times.

December 14th: Free webinar Disability benefits and credits for persons with disabilities. You must register online and it begins at 2:00pm. If you are interested in registering please call 613-332-2090 and Janet, Laurie or Niki will send you the link.

