

among friends

Keeping friends of Integra in touch



INTEGRA

Improving the Lives of Children & Youth with Learning Disabilities

Exciting Times for Mindfulness Martial Arts (MMA)

Paul Badali

Integra's innovative MMA program started in 2002, with only three youths in our first group. Fast forward seven years and now four MMA classes meet each week from September to June.

Ronald McDonald Children's Charities donated the initial funds to convert Integra's Board and Workshop room into a part-time dojo. We thank our many supporters over the years and more recently **The McLean Foundation**, whose generosity enabled us to expand our dojo; we now have the capacity to respond to the increased demand for more classes. This gave us the accommodation we needed to welcome eight youths in each of our beginner classes and fourteen students in our advanced classes. A newly established volunteer program brings us new expertise. Maryolga Gonzalez, a black belt in Tae Kwon Do and a social service worker, and Kalila Badali, a blue belt in Mixed Martial Arts, offer specialized help that has enabled us to start a MMA program for girls. This was a much needed and welcomed feature in the growth of the MMA program at Integra.



Further, Integra has brought two of its Child and Family Therapists into the MMA fold of instructors: David Jurasek and Trish McKeough. Together with Paul Badali, founder of the MMA program, our volunteer instructors, our newly expanded dojo and more equipment, our youth now have the opportunity for even more advanced training.

With two clients on the verge of obtaining their black belts we wait with anticipation for them to join MMA's recently founded mentorship program, whereby youths who have achieved black belt status will be able to assist in teaching beginner and advanced classes.

Recently an MMA youth, asked to write about an influence in his life for a university application, captured some of its essence:

... "Among the precepts of Paul Badali's Mindfulness Martial Arts program is that of acceptance of one's emotions, and not trying to change or eliminate them. . . Paul taught us to accept our griefs, instead of running away from them, or fighting them. This advice, seemingly so simple, opened to me an entire new world, one where I did not have to allow myself to be run by my anxiety."

What's New

Welcome to our new Director of Research and Psychology!

Jacqueline Beckford

Karen Milligan joined Integra as Director of Research and Psychology on March 2, 2009. She has been involved in clinical practice, both individual and group, treatment research and knowledge translation/education with parents, children and other professionals. Karen brings a strong background of clinical assessment, psycho-educational assessment and knowledge of learning disabilities.



Karen Milligan

During the transition of finding a new Director of Research and Psychology, Marjory Phillips did double duty as Clinical Director while still running the Research and Psychology Department. Evidently the wearing of two hats was to her liking as she is now permanently Integra's Director of Clinical Services and Community Consultation.

Voices of Parents

We often hear from parents and thought you'd enjoy reading their comments.

“ Our daughter attended Camp Towhee and each time that she returned from camp, she was more confident in her abilities. However, what surprised us more was the benefit that Camp Towhee made towards the Camp Counselors and the parents. I got to talk to a number of the counselors at one of your open houses and heard from them the difference that this opportunity was making towards their future career decisions. The parents also learned as they saw the benefits and/or shared their experiences with other families which provided a level of reassurance. Most important, everyone was given the opportunity to become better informed about learning disabilities and how people with learning disabilities can become successful in their future endeavors. In summary, my wife and I are happy to assist so that others can see the fabulous work done by Integra and Camp Towhee. ”

Brian & Diane

“ My fifteen year old daughter has just finished her first year of high school. Early in grade eight I had her tested for learning disabilities. Despite the fact that she appeared to be incredibly bright and could articulate verbally well beyond her years and educational experience, she did very poorly in written assignments and in math and struggled to achieve passing grades. Her teachers took the position that she was not motivated, which I knew not to be the case. During grades six and seven she had come to believe that she was 'stupid' and her self-esteem plummeted. Adding to her difficulties was her inability to earn and maintain lasting friendships which created even further stress for her until she developed such anxiety that going to school often invoked panic attacks. As her mother my heart bled for her. Then a friend suggested that she be tested for learning disabilities. The tests showed non-verbal learning disabilities in writing and math and also of course that she is a very bright girl. Hence began my education. The Integra website is the best website for straight-forward information that has enabled me to quickly understand the many complications that my daughter struggles with, not only educationally but socially as well. Thank you again. ”

Anonymous

Cocktails for a Cause – March 12, 2009

Ellen Nichols



Michael Clemons & Michael McCain

The evening of March 12, Deb Robinson and Tom Higgins very graciously welcomed some eighty guests into their home in support of Integra.

That evening guests settled back to listen to Michael McCain of Maple Leaf Foods as he spoke of his company's philosophy of business and the challenges faced during the last year, and of Integra and the importance of its programs. The following is an excerpt from his talk:

“...It occurred to me that Integra is largely about passionate people too. What is more worthy to care about than young children with learning disabilities that may result in mental health issues? What is more worthy to care about deeply than the well-being of children who are in that situation? What is more worthy to care about than the injustice of ignoring that situation, which research shows is common? What is more worthy to

care about than the belief that a bit of intervention can make a difference?

When you consider what the Integra organization stands for - the programs, the workshops, the counselling, the camp - the portfolio of what Integra does for the families that participate is absolutely incredible . . . I found it really inspiring that they have taken something that they care so deeply about and really, truly have done something about it, to create a better future for these children and their families.”

After Mr. McCain, guests heard Arthur Heinmaa give a very moving tribute to the way Integra has changed the life of his son, Marcus, and indeed the lives of their whole family.

Guests enjoyed meeting Michael Clemons, affectionately known as Pinball, CFL Legend and Toronto Argonauts CEO, when he made a surprise appearance at the event.

We are greatly indebted to Cocktails for a Cause's dedicated Co-Chairs, Deb Robinson and Leanne Petroff, for their creativity, wisdom and their ability to compel their friends and colleagues to support the cause.

Special thanks to our sponsors for the evening:



Specialty Wines by Larry Brenzel larrybrenzel @sympatico.ca

ORO

Thank you for helping keep Integra's work vital

Principal gifts from October 1, 2008 – April 6, 2009

Governor (\$10,000 - \$15,000)

Jose Danobeitia and Karen Wynnchuk
Scotia Capital
TD Securities' Employees Charity Auction

Leader (\$5,000 - \$9,999)

Doris Hansen
Tom Healy and Joan Flood
David Kassie and Susan Harris
Maxwell Cummings Family Foundation
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Pace Consulting Benefits and Pensions Ltd.
David Patterson
Marjory Phillips
Deb Robinson
Sorbara Development Group Inc.
The Lawrence and Judith Tanenbaum Family Foundation
Vector Management (Realty) Limited

Tribute Gifts

Individuals being honoured:

Janet Aderman
Harvey Armstrong
Elaine Danson
Till Davey
Dalia Eisen
Kristen Ferguson and Family
Cheryl Goldhart
Elizabeth Haddow
Liz Hemmerick and James Elliott
Henry
Stan and Stacie Katchen
Joanne Kates
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Barbara Lew
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Nadav
Neil Petroff
Genevieve, Ivan and Caroline Reitman
Michele and Jason Reitman
Nia Rose
Paul Sadowski
Ann Sectar
Lynn Seligman
Ruth Shapiro
Billy Sharma and Ellen Nichols
Karen Steele

Catherine and Philip Sternberg
Steven's 21st Birthday
Alice Sugarman
Eileen Swinton
David Worling
John, Jane Carson, Stefan and Carly Wornig
Lauren Wornig
Shirley Wornig

Integra's Susan Sorokin Memorial Fund

Provides subsidies for children and youth to attend Camp Towhee. Susan was a gifted social worker, student and staff member at Integra who passed away in 1998. Her family established this fund in her honour and the following gave gifts in Susan's memory:

M. Delphine Brooker
Karen Gordon and David Daien
Stanley and Beverley Salsberg
Ruth Shapiro
Shmuel and Naomi Sharir
Gerald Sorokin and Claire Chapnick
Hershel and Lois Sorokin
Ronnie Sorokin
Ann Tang and Alan Milner

Integra Memorials

In memory of the following individuals, gifts have been made to Integra:

Simon Assouline
Peter Barsony
Basil Erdman
Hazel Garber
Steven Hamel
Terry Horwitz
Drew Hosier
Tillie Leslie
Colin Lund
Rose

Mr. and Mrs. Max Shapiro
Susan Sorokin
Thomas William Stapleton

2008 Camps Campaign

The following individuals and families made gifts to help send kids to Camp Towhee. We thank them and their camps, Arowhon, Crestwood, Manitou, Northway/Wendigo and Wahanowin for their belief in the power of camp to change lives.

Camp Arowhon Junior Counsellor (\$100)

Pete Ryan
Simon Ungar

Counsellor in Training (\$50)

Taryn Fleischmann
Tamara Grunberger
Casey Levitt

Crestwood Valley Day Camp Senior Counsellor (\$200)

Olivia and Greyden Buchholz
Joseph, Gabriel and Madeleine

Junior Counsellor (\$100)

Spencer Adams
Maarsen and Anne-Marie Brouwers
Spencer, Jayson and Jenna Dale
Ezra Kirsh

Counsellor in Training (\$50)

Halle Burnett
Maggie and Ella Craig
Mason and Erin Friendly
Jamie Schwartz
Benjy and Sammi Track

Camp Manitou Section Head (\$500)

1 Manitou Family

Senior Counsellor (\$200)

2 Manitou Families

Junior Counsellor (\$100)

6 Manitou Families

Counsellor in Training (\$50)

3 Manitou Families

Camp Northway/Camp Wendigo Section Head (\$500)

Anonymous

Counsellor in Training (\$50)

Anonymous

Camp Wahanowin Junior Counsellor (\$100-150)

Anonymous
Riley and Jesse Cott
Emma and Alex Fried
Simon, Erica and Rachel LeBlanc

Counsellor in Training (\$50)

2 Anonymous
Shannon Houston

No Camp Affiliation Junior Counsellor (\$100)

Anonymous



We would also like to thank the following sponsors for supporting Camp Towhee:

The Toronto Star
Fresh Air Fund



Steven Hamel's Spirit Lives On

Ellen Nichols



On Sunday afternoon, March 1, the Boston Pizza Restaurant in Oakville (QEW & Dorval), was jumpin'! It looked like the Boston Bruins had invaded en masse as guests donned custom made Bruins hockey jerseys in recognition of Steven's favourite hockey team. These jerseys were emblazoned with "Steven Hamel 1983 – 2008" and were sold in support of the Hamels' commitment to buy kayaks for Camp Towhee.

Over a hundred friends and relatives came and went throughout the afternoon and into the evening to offer tribute to the memory of Steven, who lost his life last summer in a boating accident.

*An event
as big as
Steven Hamel's
heart*

The occasion included spoken tributes, with one about Steven's charity of choice - Integra and Camp Towhee - and the unveiling of a framed Boston Bruins' jersey with Steven's name on it. The jersey will hang in the main eating area for the next year so drop by 270 North Service Rd W, Oakville, have a look and of course, a bite or two or three.

Integra thanks the Hamel Family, including aunts, uncles, cousins and Steven's amazing friends who organized the event, and Boston Pizza for its generous loan of the venue.

Pizzas were consumed, beer flowed, and hearts overflowed as everyone took the time to remember a warm and generous guy who will live on in the hearts of everyone he touched.



Upcoming Event

Portage to the Future



November 8, 2009

Hosted by ORO



Reserve your tickets now!

Call Ellen Nichols at:

416. 486.8055 ext. 248

or email: enichols@integra.on.ca

Go Green with Integra

Integra is making a solid effort to Go Green and we need your support.

If you would like to be a part of our commitment to a clean environment, please request to receive your fundraising literature and newsletter via email by contacting jbeckford@integra.on.ca or 416-486-8055 ext. 222.

25 Imperial Street

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INTEGRA

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Lives of Children
& Youth with
Learning
Disabilities

25 Imperial Street Toronto, ON M5P 1B9

Please help Integra provide vital mental health treatment for children and youth struggling with learning disabilities by filling out the last page and sending in your donation by mail or by going online to www.integra.on.ca or by calling us at: 416-486-8055

YES! YOU CAN COUNT ON MY SUPPORT.

YES! I want to Invest in a Child's Future.

Enclosed please find my tax-deductible donation of

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Address _____

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E-mail _____

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in the amount of \$ _____

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In our last newsletter we included a brief summary – What is Planned Giving? Below is a more detailed account of the importance of one aspect of this type of support. The reply form at the right has a place for you to indicate further interest in this means of ensuring Integra's vitality in the future. In the meantime, some reminders of the importance of Wills:

- Please send me information on how to make a charitable bequest to Integra in my Will – an excellent way to reduce my estate taxes and increase inheritances to my loved ones.
- Please send me information on the advantages of giving gifts of life insurance to Integra – an easy way to save taxes now and give a large gift later.

Why Should I Bother Writing a Will?

Most Canadians spend their lifetimes acquiring personal property, paying off the mortgage, saving for their children's education, building financial security by contributing to an RRSP or pension plan and looking forward to retirement. However, if you are like over 50% of Canadians, you might not have planned for the final distribution of those assets that you took an entire lifetime to build.

Estate planning can help you maintain the money you worked so hard to save. Your Will is not about death; it is about life - the lives and protection of your loved ones and the appropriate level of support for the organizations that you helped during your lifetime. Some people put off making a Will because they're waiting to have some free time and we know how hard that is to come by. Without a Will, your best intentions and promises made in life may not be realized.

Please send me information on the above as indicated.

*Please print out this page and mail back.
Thank you*