



# among friends

keeping friends of Integra in touch

## An Evening to Remember

What an amazing combination: Susur Lee brought his inimitable east Asian food interpretation of the freshest the market has to offer together with Douglas Rodriguez' *nuevo latino* cooking, and all for the benefit of Integra's children and their families.

We would like to salute them, their staff, and everyone listed below who gave us such a memorable evening. Integra families are truly blessed to have such wonderful people on their side.

Ira Hopmeyer of Ritchies, once again led us on a delightful caper through a collection of wonderful auction items: the *Genesis* revival tour concert and dinner at EDO; night and dinner at the brand new ONE Restaurant and The Hazelton Hotel; Auctioneer for an Evening at Ritchies and a delectable trip to Susan Sniderman's California estate via Air Canada jet.

Fir Valley Productions recorded the evening for a documentary about world renowned chefs. Visit [www.integra.on.ca](http://www.integra.on.ca) to view a photo montage, courtesy of Ronny Shinder and Rough Layout Photographics.

Of course, not to be forgotten, the most important part of the evening - we raised enough to send forty kids to Camp Towhee with money left over to go into important programs here at our Toronto location.

### Special thanks to our major sponsors:

*James B. Archer-Shee & Mary Matthews*  
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Chefs Susur Lee (left) and Douglas Rodriguez (right)



Bison Striploin with Coffee and Vanilla Marinated

*This evening was made possible through the remarkable generosity of Susur and his friend Douglas Rodriguez. Many thanks also to Aura Wallace, Greg Ali, Adam Schop and Dominik Amaral for lending their expertise and guidance to the success of the evening.*

*Special thanks to the Event Committee: Paula Todd and Jessie Kittilsen - Event Co-chairs, Cindi Brand, Mike Faye, Carrie Gemmell, Michael Harris, Ira Hopmeyer, Ellen Nichols, Gina Rémy, Ann Tang and Kaaren Whitney-Vernon.*

# Walk A Mile in their shoes



Integra's community Consultation Program *Walk A Mile In My Shoes* has received acclaimed success since its inauguration. Thanks to funding from RBC, *Walk A Mile In My Shoes* has been presented to thousands of individual including: educators, mental health professionals, child protection staff, staff of youth justice services, and parents of children and adolescents with learning disabilities.

*Walk A Mile In My Shoes* workshop is designed to help participants gain a greater awareness of the emotional, social and behavioural impact of learning disabilities. Participants in this workshop are given the opportunity to experience the challenges of having a learning disability. Participants are also provided with a comprehensive workbook. This

workbook reviews descriptions of learning disabilities and their social and emotional impact, and provides practical strategies and resources.

*Special thanks to the Royal Bank Foundation for supporting this program.*



*~Barbara Muskat*

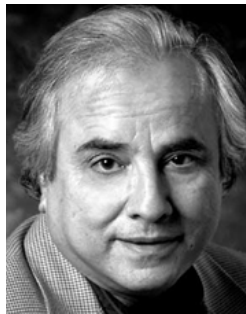
## The Art of Giving

Years ago when I left the comfort of a large advertising agency to branch out on my own, the first jobs that came my way were a condom manufacturer, a life insurance company, a cosmetics company and a large Canadian bank. I have had my share of helping big businesses get bigger.

Now the tables are turned. There are some things that are worth protecting and strengthening, and this doesn't mean just promoting goods and services to goose the economy. Included in that should be attention to the non-profit sector.

Culture, social services, the environment, all can use some professional help. A time came in my career for me to step up to the plate and help improve the promotional and marketing materials for non-profit organizations.

So today, I don't promote the sale of condoms, instead I work for a charity to promote safe sex to help stem the pandemic of HIV/Aids infection. The way I help promote life insurance is by trying to save women and children fleeing domestic violence by working



*~Billy Sharma*

with woman abuse prevention groups and shelters. The energy and creativity I formerly devoted to helping people look more beautiful on the outside, now goes to help raise funds for children with physical or learning disabilities. And the only bank I work for now is an organ donation bank.

Today, more than ever, charities need the help of good creative to persuade the audience to donate. One way I have done this is through direct marketing packages where band-aids fall out in people's laps as they read: "Bandages are not enough" when opening a mailing for Education Wife Assault. Others opened a package from the United Nations High Commission for Refugees and as they read: "Refugees deserve a better shelter

than this", they were left holding a piece of cardboard.

So now, each time you receive a direct mail piece from Integra, you will know who was behind the creative aspect of it. And be on the lookout for our ongoing public awareness campaign as we work to make sure the public truly understands what our kids are faced with everyday. I'm having a good time helping people understand how they can support Integra in "improving the lives of children and youth with learning disabilities".

W.C Gannett said it beautifully: *"If there is any kindness or good thing I can do for my fellow being, let me do it now. For I shall pass this way but once."*

I invite you to join me in supporting Integra. Charity is truly a great exercise for the heart.

**Thank you** to all Integra donors!

Generous supporters like you make sure that Integra can deliver vital programs to children and youth in need. Below, please find a list of donors who gave recently to Integra.

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**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. She died in 1998 at the young age of 28. Her family established this fund in her honour. Thank you to these donors who gave...*

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

Barney Dvorkin  
 Janet Frumm  
 Joanne Katz  
 Max Mishna  
 Wayne Moseley  
 Phyllis Patterson  
 Susan Sorokin  
 Zoe Springer  
 Brian Whitefield's beloved mother

**Integra TRIBUTES**

*Gifts have been made to Integra in honour of the following individuals:*

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 Billy Sharma and Ellen Nichols  
 Sora Shilman  
 Rena Sky

**Please Note:** Donations in this newsletter include gifts from October 5, 2006 to May 4, 2007

# Alas, it's 'Goodbye'

It is with heavy hearts that we announce the departure of Barbara Muskat as she leaves to join the Faculty of Social Work, University of Toronto.

Integra has had the good fortune to benefit from Barbara's incomparable skills and her remarkable dedication and warmth for the last nineteen years. In that time she has risen to the challenge to meet Integra's needs in many capacities: as a Child and Family Therapist and team leader in the early days and as Director of Community Consultation and Acting Co-Executive Director more recently. Of her many accomplishments, thousands have been touched by Barb as she brought the *Walk A Mile In My Shoes* workshop from infancy to the full-blown effective program it is today. And anyone who has ever participated in the work shop knows what we will all be missing.

And *Walk A Mile* is just one aspect of the immense contribution she has made to

the cause of children challenged by learning disabilities and accompanying mental health issues. Barbara has a wealth of knowledge on many professional and philosophical subjects. She has written and delivered workshops and training sessions on a wide variety of topics related to learning disabilities and children's mental health. She is a gifted public speaker, and has been Integra's first choice for media interviews. She is in demand as a conference presenter and has taken the message to many Canadian and American professional conferences. As well, Barb has prodigious writing skills and has published a long list of professional articles. She has shared all this knowledge with the staff and clients of Integra with a generosity of spirit beyond compare.

Barb has also put Integra on the map through her leadership in community outreach. The fruits of her incredible



Barbara addressing a captivated audience at Integra's Breakfast in 2004.

networking talents have been several important community projects with key partners such as schools, youth justice and culturally diverse communities as well as two successful province-wide conferences.

Her clients and their parents, her community partners, her Integra colleagues, volunteers and students will miss her vital and enthusiastic way of viewing the world and getting involved to make a difference in all our lives.

~Margaret Amerongen, Ellen Nichols, Ann Tang

# Lemonade & Love

On a warm June day last summer, Mia Sanders set up her lemonade stand in anticipation of her neighbourhood's street sale. Proudly displayed was a sign that read:

*Proceeds of the sales  
of this lemonade stand  
will help kids from Integra,  
a children's mental health  
centre that specializes in  
learning disabilities.*

In addition to the lemonade she had cheese straws and spring rolls for sale as well as a display of Integra brochures for buyers to take with them. What a fantastic crusader for kids with learning disabilities! People were very hungry, very thirsty and very generous. By the time everything was sold, Mia had collected \$102.25 for Integra's programs.



Mia accepting an Integra paddle from Margaret Amerongen and Barbara Muskat for her outstanding fundraising.

On Friday, July 7, Mia, her dad Graham and her sister, Esmé, came by at lunch time to present her donation to Margaret Amerongen and Barbara Muskat, the acting Executive Directors of Integra. And she brought some lemonade and cheese straws for Integra staff to enjoy. Many thanks, Mia, from everybody here at Integra!

You too can crusade for kids with learning disabilities by hosting your own fundraiser! Join our Kids 4 Kids program. For more info, go to: [www.integra.on.ca/help6.htm](http://www.integra.on.ca/help6.htm)

## What's New?

- Camp Towhee - a cornerstone of Integra's Children's Mental Health services, has recently unveiled the Towhee website, a great site for parents, future and former campers and past or prospective camp staff. We invite you to visit at [www.camptowhee.ca](http://www.camptowhee.ca).
- A new addition has been added to the Integra Family. Congratulations to Carrie Gemmell and Chris Tyndall on the birth of their new son Jackson Alexander .
- We would like to welcome Mike Faye who joined Integra as Executive Director in November 2006. Mike has an extensive background as a social worker, a supervisor and as a senior manager. He holds a Master's Degree in Child and Youth Care Administration from Nova South Eastern University in Florida. He has provided leadership to agencies that offered programs for children, youth and their families in the area of Child Welfare, Youth Justice, Children's Mental Health and Homeless Youth.



# An Historical Breakfast



Margaret MacMillan autographing her book for attendees at the breakfast.

November 17, 2006 guests of Integra were treated to the chance to hear a best-selling historian. Margaret MacMillan held everyone in thrall as she talked about her recently launched

*Nixon in China – The Week that Changed the World.* Guests already knew her from the remarkable success of her bestselling *Paris 1919: Six Months that Changed the World.*

She entertained us, answered our questions and let us in on the secrets of history. But kindest of all she did this in

support of Integra's children and their families. This event will live long in the memories of those of us fortunate enough to have heard her.

Also everyone will remember the words of an Integra parent, Collen Coman, whose son has now 'graduated' from Integra. She expressed our mission very eloquently:

"A Korean proverb suggests that the two greatest gifts we can give our children are roots and wings. Integra gives our children a foundation of skills and confidence to know that their learning differences are just that, differences not disabilities. These children have the potential within themselves to be our future leaders and creators and Integra helps them with this. For that I am very grateful."

And Integra is grateful to Colleen, Dr. MacMillan, our emcee Paula Todd and

John Madden who spoke on behalf of Scotia Capital, the event's lead sponsor.

This event raised more than \$100,000 to put into Integra programs. Following are some of the leaders in that success:



Cindi and David Brand  
Michael Cohl and Lori McGoran  
JAY-M HOLDINGS  
Vector Management (Realty) Limited

~Ellen Nichols

## Thank You

Integra would like to thank CIBC for funding our Find a Friend program. This group treatment program helps children and youth improve their ability to interact socially and make friends, abilities that they often seriously lack. This year two new components were added to this program: 1) participants are learning about their disabilities, their strengths and how to advocate for the help they need; 2) workshops for parents are now available so they can support their children's progress in group treatment.

Thank you CIBC World Markets  
Children's Foundation



Special thanks to Ronald McDonald House Charities for supporting Integra's Mindfulness Martial Arts (MMA) program. This program is an inspired combination of martial arts, mindfulness meditation and cognitive behavioural therapy. It teaches youth self control, self-awareness, adaptability and problem-solving skills.

Thank you Ronald McDonald House Charities for your support.



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INTEGRA

Among Friends is an action update published by Integra.

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