

Raised Vegetable Garden Project Underway Thanks to Funding from Local Organizations



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NTEC is excited to expand its horticulture program this year by building raised vegetable plots and a watering system in their garden. This major upgrade is possible because of generous grants from United Way of St. Catharines and District (\$8,000) and the Niagara Community Foundation (\$4,000).

NTEC's 2,700 square foot garden has been used to grow vegetables for their food services program, with surplus produce donated to Project S.H.A.R.E.'s food bank. By modifying the garden with raised beds and a watering system, more NTEC participants will take part in the preparation, planting, weeding and harvesting of the garden. Nine beds are under construction, making approximately 1,000 square feet available in raised beds.

Gardening in raised beds offers several advantages including:

- Making gardening easier and more enjoyable for the people we support
- Providing participants with mobility issues access to the gardening program

- Offering more controlled soil management, which accommodates a wider variety of vegetables
- Soil in raised beds warms earlier in the spring and cools later in the fall, allowing for a longer growing season

Improving the garden is important because it gives NTEC program participants, regard-



The new raised vegetable garden is a beautiful place early in the morning.

less of physical limitations, the opportunity to participate in the garden program and be involved with the production of their own food. It encourages healthy eating by producing fresh, wholesome produce.

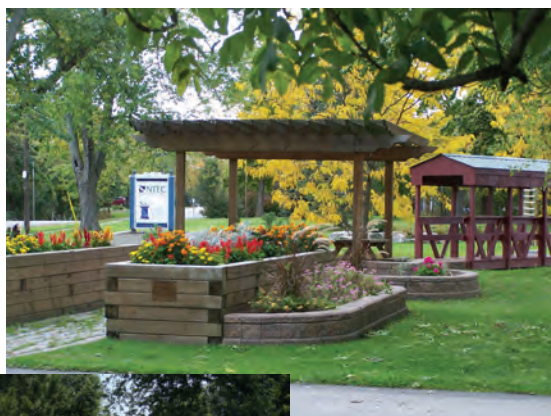
NTEC participants also take pride in knowing that they are serving their community by donating vegetables they have grown to

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ANNUAL FAMILY PICNIC
 See page 3 for details

Dedication of Horticulture Therapy Garden

NTEC participants, staff and board members gathered on Thursday, June 25 to dedicate the **Dr. Henry G. "Hank" Hedges Horticulture Therapy Garden**. Dr. Hedges, his wife Jean, and son Rob, were able to join us to dedicate a fitting tribute to mark Dr. Hedges' 30-year term on the NTEC Board of Trustees and his Honourary Lifetime Board Member status. The garden was made even more beautiful with the addition of Dr. Hedges' famous lilies that he generously donated for us to enjoy.



Dr. Henry Hedges (left) with Joe Mergl, Chair of the NTEC Board of Trustees



(Raised Vegetable Garden— from page 1)

the local food bank. While the existing garden has been adequate in the past, it will be much more accessible, efficient and bountiful with the modifications supported by the United Way of St. Catharines and District, and the Niagara Community Foundation.



Liz Palmieri, Executive Director of the Niagara Community Foundation says, "This is a great project that will have multiple benefits, not only for the clients of NTEC, but also for the community. What particularly appealed to the Foundation was that the benefits will continue into the future and that we were able to leverage our grant with additional support from the United Way."



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**SPECIAL SERVICES AT HOME
FAMILY INFORMATION SESSION**

Representatives from the Ministry of Community and Social Services will be sharing information, updates and changes to the SSAH program. The NSS Family Support Team encourages all families who are receiving, or have applied for SSAH funding, to attend this session to get firsthand information and answers to any questions.

Wednesday, July 8 at 7:00pm.

4037 Longhurst Avenue, Niagara Falls

Please RSVP by Friday July 3 to Bonnie Ironside at 905-384-3141 or bironside@ntec-nss.com

CONNECTIONS PROGRAM

The Boys and Girls Club of Niagara is offering the half-day **Connections Program** for youth with special needs (ages 16-30) at 6681 Culp Street in Niagara Falls. A wide range of activities will be offered including recreational opportunities, physical activity, life-skills development and offsite trips. Youth may register for a morning or afternoon session for \$25.75 per day beginning June 29. For more information or to register, please call the Boys and Girls Club at 905-357-2444.



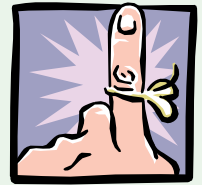
YEAR END CELEBRATION FOR THE NIGHT OUT PROGRAM!

The Night Out Program would like to thank the residents and staff at the Kalar Road residence for opening their doors so graciously to all of this year's Night Out participants. On June 4 we enjoyed the second annual

year-end celebration, which included a delicious BBQ and an array of fresh summer salads – along with lots of laughs and fun! Night Out will resume in September for another year of social interaction and fun activities for everyone. Thanks again, Kalar, and all who attended, for a very successful year.



**DATES TO
REMEMBER**



BINGO

Friday, July 31 at 9:45 a.m.

Delta Monte Carlo Bingo
4735 Drummond Road
Niagara Falls

FAMILY PICNIC

Saturday, August 22

11:00 a.m. – 2:00 p.m.
Fireman's Park (upper level)
Mountain Road at Dorchester Road
RSVP to Bonnie by Friday, August 7 at 905-384-3141 or bironside@ntec-nss.com



PARTICIPANTS PICNIC LUNCH

Friday, August 21, 2009

Time and location to be confirmed

BINGO

Friday, August 28 at 9:45 a.m.

Delta Monte Carlo Bingo
4735 Drummond Road
Niagara Falls



BINGO

Monday, August 31 at 3:45 p.m.

Delta Monte Carlo Bingo
4735 Drummond Road
Niagara Falls

NSS Annual General Meeting

Wednesday, September 9, 2009

Details to follow