

# HAV-IT MONTHLY

June 2025

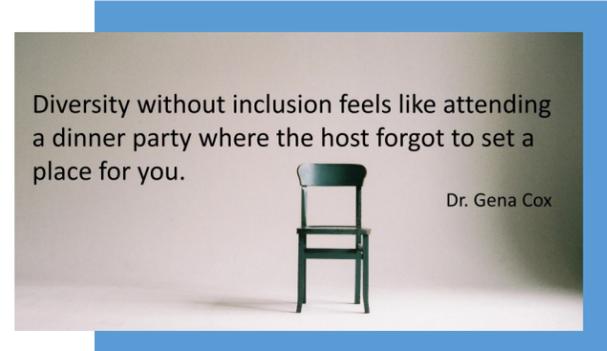
## Inclusion

**Inclusion is not** a service, placement or program. **Inclusion is** a mindset. Inclusion and adaptation are often referred to using interconnected concepts. According to AI, "Inclusion focuses on ensuring all individuals have equal access and opportunities, while adaptation involves making changes to accommodate diverse needs and circumstances. They are often used together to create environments and systems that are both equitable and responsive to the needs of all."

**Inclusion is not** a matter of political correctness. **Inclusion is** the key to growth. A mindset of inclusion and thinking outside the box for adaptations is vital so that every person has an opportunity to have their needs met and gain access to the same freedoms to learn, play, work and live to their full potential. One small detail could make the difference in fostering a sense of belonging and participation for someone, or even an entire group.

**Inclusion is not** an all or nothing. **Inclusion is** the intentional act of identifying and removing barriers so that everyone can participate to the best of their ability. If someone only participates in an activity, outing, household chore, any experience for three minutes—that's a successful stepping stone! If they only participate with hand over hand guidance—that's still participation! If someone can help with five minutes of dinner prep—that's still a proudful moment of independence!

Life is not a one size fits all experience...but all do deserve to experience life to their full potential.



"All of us do not have equal talent, but all of us should have an equal opportunity to develop our talent."- John F. Kennedy

## Contact Us

Please send feedback/ contributions regarding our monthly newsletter to:

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Visit us on the web at  
[www.hav-it.org](http://www.hav-it.org)

## HAV-IT WELCOMES



**Harley Burgard**  
Direct Support Professional



**Summer Haug**  
DSP Substitute



**Kaitlyn Klimpel**  
Direct Support Professional



**Jasmine Kukowski**  
DSP Substitute



**Kylee Nelson**  
DSP Substitute

## SOME IDEAS ON HOW TO ADAPT ACTIVITIES

Ask the participants! Say, "How can we make this work for you?"

Keep activity modifications to a minimum. The less change in an activity, the better included the participant feels as part of the group. Always focus on the participant's abilities rather than disabilities, and don't be afraid to experiment with new ideas.

- You may need to adjust **Time** (allow extra time to complete tasks).
- Equipment** (such as providing softer balls, balloons shorter bats).
- Environment or Number of participants.**
- Adaptations to existing equipment** (e.g. pontoons for kayaks) or extra support (volunteer, spotter or support worker.)



**TIP** Ask the participant to help find solutions and engage with the other participants (if it is an integrated program) to find solutions as a group. The coach or program leader should lead by example in how to interact.



**TIP** Include a handcycle alongside spin bikes; add sport wheelchairs as a normal piece of equipment at camps or programs; make space around pieces of gym equipment that are accessible to people with disabilities.

Aim to develop a good understanding of the participant's disability(ies) their ability to perform in sport (for example, balance or range of motion).



- Incorporate stations into gym program.
- Offer a variety of modifications for all skill levels.
- Pair new participants with experienced mentors.

**ALWAYS LOOK FOR THE POTENTIAL, NOT THE LIMITATIONS.**

"It is often the people who need sport and recreation most who have the most trouble accessing it."

- Review the wording of program descriptions so they are welcoming of all abilities.
- Include photos of different ages and abilities.



**TIP** Try reverse integration by getting non-disabled participants to try wheelchair tennis, wheelchair basketball, wheelchair curling, sledge hockey, sitting volleyball, floor table tennis and other para sports! It is a powerful way to break barriers and illustrate the skills of people with disabilities.

This infographic was created by Recreation Integration Victoria through funding provided by the Victoria Foundation.

**A thank you card and yummy pretzel rods were delivered to the library as a way of showing appreciation for their fun day at the library!**



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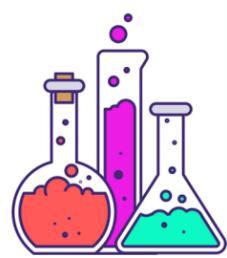
*Be somebody who makes everybody feel like a somebody.*

## HUMAN RIGHTS COMMITTEE

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Hand over hand assistance, waiting close by in case help is needed, friends helping and teaching each other, making a mess and trying again, something taking a little longer than expected, letting others try first to see what they can do on their own, or creatively coming up with ways to adapt the environment or equipment so everyone can participate...that's daily life and every minute is worth that "aha" moment!



## Experiments!

Experiments around here definitely get us all to think outside the box. Whether indoors or outdoors, experiments come in so many different "shapes and sizes" so to speak. They tend to alert our sense of taste, smell, touch, hearing, sight or all of the above!



Heart Pumping Simulation



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Making Slime



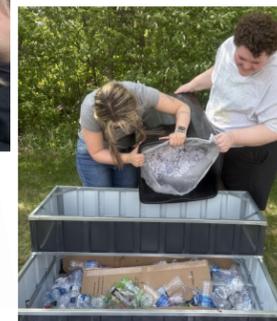
Cloud in a Jar



Egg Drop Project



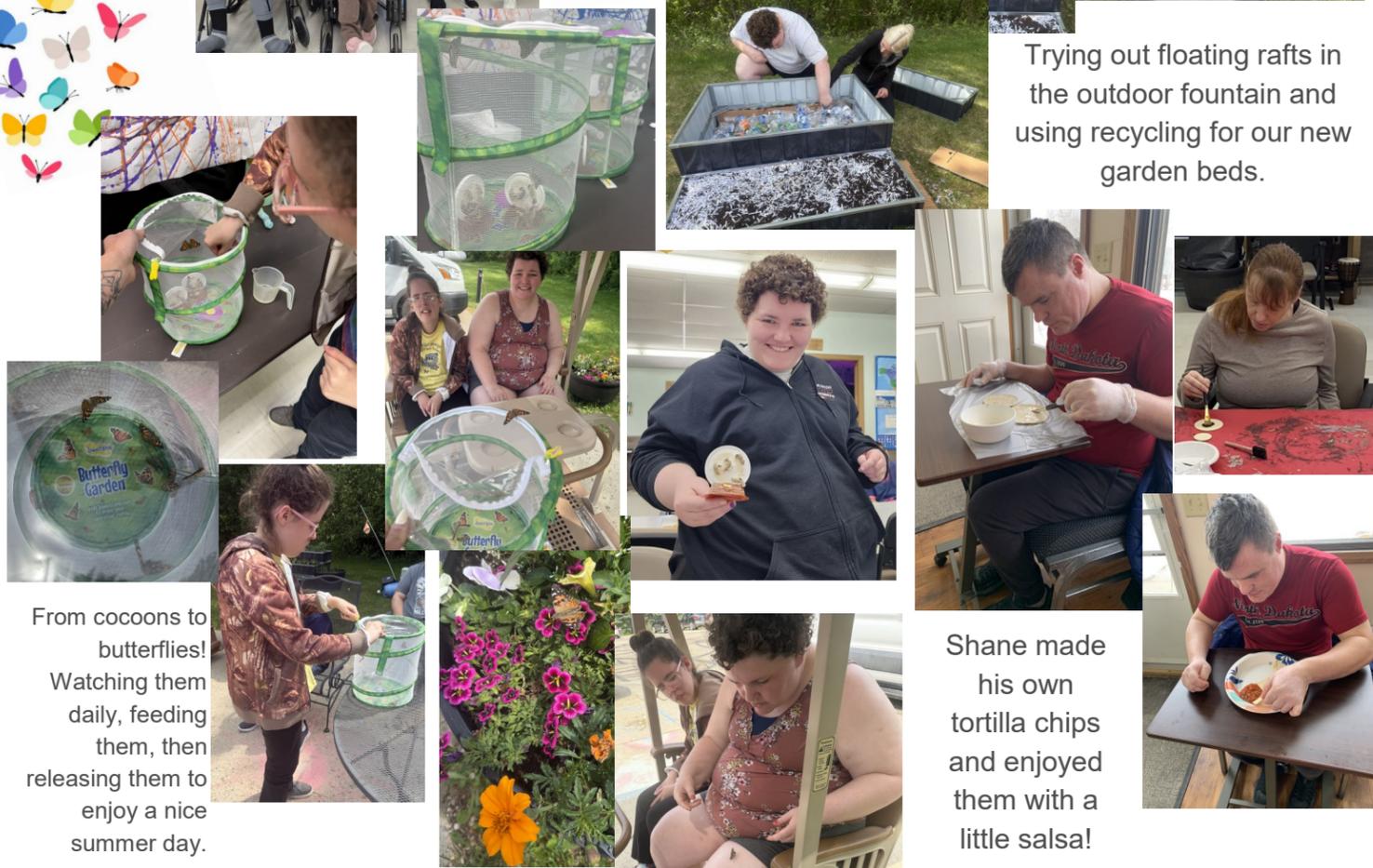
Frozen Bubbles



Trying out floating rafts in the outdoor fountain and using recycling for our new garden beds.



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From cocoons to butterflies! Watching them daily, feeding them, then releasing them to enjoy a nice summer day.

Shane made his own tortilla chips and enjoyed them with a little salsa!



A Day at the Heritage Center