



INDEPENDENT
LIVING SUDBURY
AND MANITOULIN
Wellness

February – June
Newsletter 2018

IN THIS ISSUE

COME TO ILSM AND SEE WHAT'S HEATING UP IN 2018



ILSM BASKETBALL TEAM
We Want Your Thoughts on a Name for Independent Living Sudbury Manitoulin's New Basketball Team. The Winner Name's the Team and a Prize.

Image description to left is the front of the ILSM, image above is a black and white photo with many people playing adaptive basketball and below is ILSM's very own team



Things are really heating up this winter and we are looking forward to many exciting events coming up. November was spectacular, as Independent Living Sudbury Manitoulin got an adaptive basketball team Whoohoo! Now we need to find a winning name for our team. Please come by the centre to put your suggestion in the box. The person who picks the winning name will be the winner a prize, come in to inquire.



GENEROSITY IN THE COMMUNITY
Seen here is Rob, Independent Living Sudbury Manitoulin's cook with Frank from the Sudbury Lion's Club who dropped in to donate a wheelchair. Thank you from ILSM for your continued support and generosity



COME IN TO INQUIRE ABOUT OUR UPCOMING EVENTS

Join us for bowling at plaza bowl in February, come in to register, spots are filling up quick. Or try your luck at bingo on Wednesdays. Image Description. 1 to 3: Bowling pins and a shiny red bowling ball, bingo card with tokens, and movie reel with popcorn and a movie ticket.

EVENTS AND OUTINGS AT ILSM

ILSM IS ALWAYS EXCITING WITH WEEKLY ACTIVITIES

Come in and join us where members teach members. Knitting and crocheting, music appreciation, arts and music, computer skills, games. As well as social skill building activities, a variety of workshops, guest speakers, events, outings and a weekly peer support group. We also have membership meetings twice a month where we discuss upcoming events or new fun ideas for the ILSM, can't make it for a members meeting, drop a comment in the suggestion box.



Image description: Pink, blue, yellow and white yarn with knitting needles.

DAILY ACTIVITIES, LEARNING AND SOCIALIZING

Image description: A microphone and twinkling lights with words "keep calm and karaoke." Second image arts and crafts materials, including scissors, paints and glue.



The people who make it work

VOLUNTEERS AND MEMBERS SHARE THEIR THOUGHTS: WHAT IS ILSM?

ILSM is a support system, a place to be myself, I love that we include everyone, no one is pushed aside. Member.

Everyone here is polite, nice and respectful, they are all my friends. I feel welcomed with an open heart, like a second home. Member.

ILSM is a great place to socialize. Home away from home where you always feel safe and supported, physically and emotionally. The centre provides activities to support people's needs. The cook is great at customizing healthy nutritious cost-effective meals. Member.

Over the years the ILSM has become like a family, a great place to socialize, and the cook is always accommodating, cooking my favorite, fish. Member.

A happy haven for people to come together, enjoy each other's company and help one another. Member.

I have been coming to the centre for fourteen years and really enjoy the friends I have made. As well helping out, taking part in our fundraisers and being a part of our rowing and adaptive basketball team. Member.



HEADING 4



In the kitchen with ROB

Fresh, healthy meals prepared daily by Rob \$2.50 for breakfast and \$ 4.00 for lunch daily.

Image Description: Above; Sheppard's pie covered in gravy, a fresh bun and coleslaw. Below; Rob's famous spaghetti covered in hearty meat sauce with parmesan and garlic bread smothered in cheese.



Meals, nutrition and cooking

Come in and learn a new recipe, check out our workshops on food, budgeting and healthy eating.

Cooking class is in session Wednesdays from 9:30 am to 11:30 am.

WEEKLY EVENTS SCHEDULE

Mondays – Arts and crafts

Tuesdays – Knitting, karaoke

Wednesdays – Cooking class, bingo

Thursdays – Events, workshops

Fridays - Games

Come into Independent Living Sudbury Manitoulin to see what is new and upcoming or check us out at ILSM.ca

COOKING WITH ROB CLOUTIER

Every Wednesday 9:30am to 11:30 Rob is sharing useful cooking tips with members, teaching new cooking skills as well as kitchen safety and cleanliness, come by the centre and brush up on your skills, meet friends and learn something new.

SUPPER CLUB AT ILSM

Every second Monday of the month join Independent Living Sudbury Manitoulin for supper club, a night to get together, socialize, make memories and enjoy a great meal.



Cooking Corner

Cooking 101 questions and answers

Q. How do I get my food to stop sticking to cooking surfaces?

Great question and it all depends on how food is being cooked.

- A. In the oven parchment paper works great or you can grease baking sheets with Pam, butter, margarine or cooking oil, just a light coating will do, silicone baking sheets are great too. If baking pastries like cakes, it is a great idea after you have greased the pan to coat it lightly with flour.
- A. If food is sticking on the stovetop turning down the heat might help or putting a little more butter or margarine in the pan. If you are boiling pasta or food cooked in water make sure your heat is not set to high and you have enough water, careful not too much $\frac{1}{2}$ to $\frac{3}{4}$ full will reduce the chance of water boiling over or evaporating.

Q. How do I fry food?

A. Frying on the stove requires a large pot $\frac{1}{3}$ filled with oil, canola, vegetable, your oil of choice. Set element at 4 or 5 temperatures, just below the middle. Make sure you have a strainer handy to put in and take out fried foods. High heat can be very dangerous and if oil spills over fires can happen. To keep safe and reduce the risk of getting burnt or fires do not stand super close to the pot and make sure you have flour close by in case of an emergency. To reduce danger, keep heat on low to medium, never leave the room, never use too much oil. Also, when water mixes with oil this can cause the pot to boil over (too much frozen not good, slow and steady). You should always keep flour or baking soda close by in case of fire NEVER USE WATER, when in doubt lower heat or take it off the stove and don't forget to keep emergency numbers handy.



Direct Funding Program

In 2014, I became the fortunate recipient of the Direct Funding program. As a result I became a self-manager, in charge of hiring people to assist me with my daily needs and services. These caring and compassionate people have made it possible for me to continue living at home instead of a nursing home. More so, my quality of life has since been enhanced resulting in less time spent in a hospital leaving more time enjoyed with family and friends. I continue being grateful for the ongoing support from the direct funding program I can continue living my life instead of existing my life; before the direct funding program I spent a lot of my time waiting not knowing who, when, and if someone would come over to help me with my daily needs. In closing I would like to thank everyone at Direct Funding that have supported me with answering questions and their feedback in making my ongoing services and funding a success. It Works!

For more information on Direct Funding call Jen Grooms at 705-675-2121 Ext. 202. Or visit the Direct Funding website at www.dfontario.ca.

INDEPENDENT LIVING SUDBURY AND MANITOULIN Wellness

125 Durham street
Sudbury, On P3E 3M9

705-675-2121 or
rdimeglio@ilsm.ca



Make A Difference

Volunteer

Image description: 1. Red arctic cat 500, side by side. 2. Raffle tickets. 3. Colourful sign that says "volunteer."

Growing Together 6th Annual Raffle is heating up. We are looking for businesses who want to donate prizes. As well as volunteers who want to donate time and give back to the community. Come in and volunteer at ILSM. Please call the centre for more information or come by and fill out a volunteer form. Speak with our fundraising committee and share your ideas for upcoming fundraisers, see how you can help and get involved with your community and learn more about the many opportunities at ILSM.

Lots of celebrations coming up, join us for Valentine's Day, Earth Day, Easter, Saint Patrick's Day and more. Call the centre for details 705-675-2121 or check us out on Facebook and our Website ILSM.ca