



INDEPENDENT LIVING RESOURCE CENTRE CORP.

Accredited by Independent Living Canada
Charitable Registration # 86481 2664 RR0001

125 Durham St, Sudbury, ON P3E 3M9
(705) 675-2121, (705) 675-1283 (Fax)
info@ilsm.ca | <https://www.ilsm.ca>

ISSUE 16 | JULY 2022



INDEPENDENT LIVING

Sudbury Manitoulin

EXAMINER



Visit our website today to learn more about the member services we are offering.

<https://www.ilsm.ca>

VOLUNTEER ORIENTATION DAY

WEDNESDAY, JULY 13TH AT 1:00PM

Independent Living Sudbury Manitoulin is hosting a Volunteer Orientation Day on Wednesday, July 13th at 1:00PM, where we will share details of our new Volunteer Program. Learn about the current volunteer opportunities and screening process at ILSM! Contact volunteer@ilsm.ca for more information.



ORGANIZATIONAL GOAL

Independent Living Sudbury Manitoulin started very small in 2002 with two employees and volunteers. We have grown from this and in 2013 we moved into our own building at 125 Durham Street. However, we are looking to expand further into building Sudbury an adaptive housing using Independent Living's philosophy. With adaptive housing facility, ILSM can offer greater opportunities for our members. Through fundraisers and constant support from our members we will make our goal become a reality.

#Testimonial Independent Living is a place where everyone who walks through the door becomes part of a close knit family. A small inclusive community where everyone is respected and listened to. It has changed my life by making me more confident in my own skills and abilities. It has shown me that I can do anything I put my mind to. I have been a member, a volunteer and an employee at Independent Living and in every respect they understood that I was an asset to the organization and treated me as such. This has affected my confidence and overall view of myself in a positive way.



ACCESSIBILITY MATTERS

It's just good business sense

To help local businesses and organizations to comply with legislation and standards, ILSM is offering a new service. Our knowledgeable staff will survey your business or organization to identify areas to improve accessibility.

Remember: accessibility is everyone's responsibility!



Hey members!

Join the members' area and keep in touch with all your friends here at Independent Living.

It's great for:

- Staying up to date on the latest news.
- Chatting with your buddies.
- Voicing your opinions.
- ...and tons more!

check it out for yourself at www.ilsm.ca.

ILSM SPECIAL PROGRAMMING

VISIT ILSM.CA TO ACCESS OUR CURRENT VIRTUAL MEET-

Every Wednesday at 2:00 p.m. we host an Online Bingo* session. This week on April 6 Kim Greene was the winner of the final game in bingo. As a result, our IT Coordinator Kevin Yu had to dance to Wham's classic Wake Me Up Before You Go Go! Come join on Wednesday. We look forward to seeing you!

(*Those are just two of the online programs we are currently offering.)

<https://www.ilsm.ca/>



Just One Click

You can now click the unique button here to access all of our online events on Zoom.

[Join The Meeting >](#)

Please follow up on our Facebook Page @ILSudbury to get more information about the events.



Direct Funding

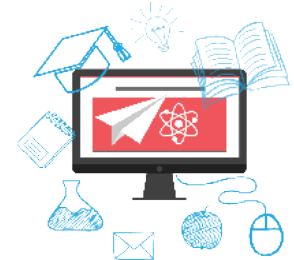
Self-Managed Attendant Services in Ontario

NEW PARTICIPANTS WANTED

Direct Funding is an innovative program enabling adults with physical disabilities to become employers of their own attendants. Attendants assist with routine activities of living, such as dressing, grooming, and bathing. As employers, participants are fully responsible for managing their own employees within a budget that is developed on an individual basis.

Different people have different needs. Direct Funding is intended as an option suited to people with physical disabilities who are willing and able to take on the extra management responsibilities (and possible risks) of the program.

Visit www.dfontario.ca or call and speak to Angela Gray our Direct Funding Coordinator at 705-698-5440 today!



Skills Development

Computer Training

We are currently offering one-to-one computer training sessions, all the training paths will be specifically customized according to your personal circumstance.

Please don't hesitate to give us a call at (705) 675-2121 ext.207, or email it@ilsm.ca to book your session!

TESTIMONIAL

Hello! I have been a member at Independent Living for 15 years. I or anyone else can be a volunteer, you get to learn how to cook for 10-15 people who come in for lunch. The staff is amazing, they support your every need and give you advice when needed. It is also a place in which if you need food they can help. All you need to do is ask. If you wish to become a member the cost is \$20.00 a year. I think that is fantastic. We are one big happy family. Come and drop by and find out for yourself. by Theresa Whyte

JOIN OUR COMMUNITY! GET \$15 OFF YOUR FIRST PURCHASE OF \$50 OR MORE

www.marks.com



2408 Long Lake Rd
Sudbury ON P3E 5H5

800 Center Street
Mall Unit 105
Espanola ON P5E 1J3

Delta
BINGO > GAMING

2914 Hwy 69N, Val Caron, ON P3N 1E3

Open daily at 10:00 am for Vegas-style gaming machines & pods!
Limited bingo sessions available
Visit us today!

Learn more: www.DeltaBingo.com
Must be 18+. PlaySmart.

<https://www.ilsm.ca>



ILSM PROGRAMS

We exist to create and sustain opportunities for people with disabilities to overcome barriers and to be part of an inclusive community through an independent lifestyle.

SKILLS DEVELOPMENT

- ◆ Literacy
- ◆ Budgeting
- ◆ Nutritional Education
- ◆ Computer Training
- ◆ Life Skills

INFORMATION & NETWORKING

- ◆ RDSP
- ◆ RESP
- ◆ Community Resource Centre
- ◆ Housing Availability Resources
- ◆ Semi-Annual Newsletters
- ◆ Links to Community Agencies & Partners



RESEARCH & COMMUNITY DEVELOPMENT

- ◆ Direct Funding
- ◆ Adaptive Sports Council
- ◆ Accessibility Advisory Council
- ◆ Government Relations Committee
- ◆ Social Strategy Network
- ◆ Seniors Community Network

PEER SUPPORT

- ◆ Food Program
- ◆ Dinner Club
- ◆ Personal Development
- ◆ Recreational Programs
- ◆ Adaptive Sports Programs

SPECIAL PROGRAMS

- ◆ Feed The Folks
- ◆ Clothing Donations
- ◆ Future North Computer Lab



ILSM Official



ILSM Facebook

PLEASE REMEMBER TO RENEW YOUR MEMBERSHIP

Unsure if it's up-to-date? Call us at 705-675-2121 to ask. Memberships are FREE! Fill out an application found at www.ilsm.ca or ask for a paper application.

THANK YOU



VOLUNTEER OF THE MONTH

Erick Zoepel



Erick Zoepel has been a member and volunteer with ILSM for over 5 years. Erick is an amazing organizer and is extremely helpful when it comes to cleaning up our centre. We appreciate the time Erick donates to us and love his easy smile and helpful attitude. Thank you Erick!

“As you grow older, you will discover that you have two hands — one for helping yourself, the other for helping others.” — Audrey Hepburn

MUSIC PROGRAM SIGN-UP!

Independent Living Sudbury Manitoulin (ILSM) is starting a music program every Thursday at 1:00 p.m. Are you musically inclined? Can you play any instrument or sign? Come into the center and join by executing our sign-up sheet on the bulletin board. We look forward to hearing your talent!



Box Breathing

Mindfulness

Our lives can be full of stressful and unexpected situations and can have a negative effect on our bodies. Stress is usually the result of negative thoughts that defy our ability to cope with certain situations. Breathing techniques are just some of the strategies that can help decrease levels of stress and can even increase feelings of calm. Try out “Box Breathing” at home.



Box breathing



McDougall

INSURANCE & FINANCIAL

McDougall Insurance & Financial
 1769 Regent St. Unit 4, Sudbury, ON P3E 3Z7
 705-523-2030, 1-855-523-2035
www.mcdougallinsurance.com

SUDBURY INTEGRATED NICKEL OPERATIONS

A GLENCORE COMPANY



WORLD FINANCIAL
 GROUP CANADA INC.

- RDSP
- TFSA
- RRSP
- INSURANCE: LIFE, INCOME PROTECTION, HOME & AUTO ETC
- RETIREMENT & ESTATE PLANNING

Andrew Olivier
 (Licensed Agent: 19177672)

Insurance Agent
 E-2354 Long Lake Rd, Sudbury ON P3E 5C2
 (705) 698-9112, f. (705) 806-0323
aolivier13ujac@wfgmail.ca
www.agents.wfgcanada.ca/andrew-olivier

BulkBarn[®]

Ted & Judy Drenth
 Franchisee

store487@bulkbarn.ca
 Tel: 705.566.5250
 Fax: 705.566.7408

Bulk Barn Franchise

MSK Holdings Inc.
 1380 Lasalle Boulevard
 Sudbury, Ontario
 Canada P3A 1Z6

ILSM would like to thank The Bulk Barn for their generous donation of goodies for our Easter Gift to members. It is businesses like Bulk Barn who open their hearts and support organizations like ILSM.

Laughter is the **BEST** medicine

Q: What did the boy volcano say to the girl volcano?
A: I lava you.

Q: What do you call a 5000 pound gorilla?
A: Sir!

Q: How do you stop a baby alien from crying?
A: You rocket!

Q: what is the longest word in the dictionary?
A: the word smiles because there is a mile between each s.

Q: What color is a burp?
A: Burple!!

Q: What did the porcupine say to the cactus?
A: "Is that you, Mama?"

Q: What did one plate say to the other plate?
A: "Lunch is on me!"

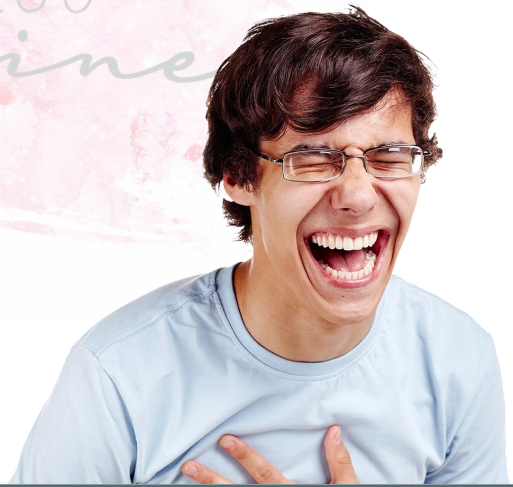
Q: How many divorced men does it take to change a lightbulb?
A: Who cares? They never get the house anyway.

Q: What do the films The Sixth Sense and Titanic have in common?
A: Icy dead people

Q: How many photographers does it take to change a lightbulb?
A: Just one more, just one more...

Q: What did the blanket say to the bed?
A: Don't worry, I've got you covered.

Send us your jokes & riddles at info@ilsm.ca... If we like them we'll post them, and give you the credit! Just type out your joke, and tell us the name or nickname that you want me to post with it.



Canadian Culture



Word Search

N	O	V	A	S	C	O	T	I	A	H	S	N	A
I	S	I	O	D	Y	A	D	A	D	A	N	A	C
I	I	H	F	A	F	G	N	I	I	K	S	F	P
D	R	D	N	O	N	E	T	O	R	O	N	T	O
L	E	I	N	R	A	S	N	L	G	O	O	S	E
O	V	V	G	M	A	P	L	E	S	Y	R	U	P
C	A	E	D	N	G	I	R	O	A	R	N	I	I
R	E	R	E	G	I	E	E	R	D	E	E	E	H
I	B	S	F	G	A	L	I	F	E	T	E	H	O
C	C	E	P	C	A	N	R	O	R	N	F	C	C
W	O	N	S	E	R	S	A	U	U	I	F	C	K
M	A	P	L	E	L	E	A	F	C	W	O	K	E
R	R	R	G	N	I	H	S	I	F	E	C	I	Y
C	R	D	E	F	R	E	V	U	O	C	N	A	V

- CURLING
- NOVA SCOTIA
- COLD
- SNOW
- MAPLE SYRUP
- DIVERSE
- COFFEE
- SKIING
- VANCOUVER
- CANADA DAY
- WINTER
- GOOSE
- BEAVER
- ICE FISHING
- TORONTO
- HOCKEY
- MAPLE LEAF
- RED

Brain Teasers

- » What has cities, but no houses; forests, but no trees; and water, but no fish?
- » In my hand I have two coins that are newly minted. Together, they total 30 cents. One isn't a nickel. What are the coins?
- » What is harder to catch the faster you run?
- » What can be swallowed, but can also swallow you?
- » They fill me up and you empty me, almost everyday; if you raise my arm, I work the opposite way. What am I?

M	A	E	R	C	E	C	I	M	O	V	I	E	S
H	O	T	D	O	G	S	A	U	B	E	A	C	H
M	C	O	F	E	K	A	L	T	S	U	G	U	A
A	J	U	L	Y	G	N	I	M	M	I	W	S	L
N	J	U	N	E	O	I	G	N	I	T	A	O	B
O	I	T	S	H	O	P	P	I	N	G	N	R	E
F	U	E	T	S	V	B	A	S	E	B	A	L	L
S	U	E	D	S	R	L	I	M	E	A	D	E	M
T	W	G	E	H	D	R	A	M	A	F	R	E	E
E	H	T	O	B	E	D	A	N	O	M	E	L	W
E	H	L	E	E	N	O	I	T	A	C	A	V	D
L	C	H	E	E	S	E	B	U	R	G	E	R	S
S	M	U	E	C	A	M	P	I	E	D	M	J	T
N	S	R	L	N	I	P	E	E	L	S	E	B	A

Issue 15 Word Search Solution





Accessibility Spotlight SHOUTOUT

Laurentian Chrysler's New Building at 440 A Falconbridge Road Greater Sudbury was recently visited by one of our columnists. The building is completely accessible from ramps to auto door openers to ample space to accommodate mobility aids. The management and staff at Laurentian Chrysler should be proud of their new build and the fact that they are meeting AODA Standards ahead of schedule. Way to go Laurentian Chrysler!

SAY GOODBYE TO SPILLS! Ads

- ✓ Smartgrip© enhanced to avoid spill
- ✓ Leak Proof, even in your bag
- ✓ 6 Hours Hot / 24 Hours Cold
- ✓ Triple Wall High-grade stainless steel
- ✓ Condensation-free
- ✓ BPA - Free
- ✓ Car Cup Friendly
- ✓ 360 drinking Dishwasher Safe Lid
- ✓ Works on all smooth flat surfaces like your desk or table
- ✓ 100% Happiness Guarantee




MIGHTY MUG.

EXCLUSIVE PRICE ONLY AT WWW.MERCHMART.CA

PSAs

Fighting Hunger
Feeding Hope



1105 Webbwood Drive, Sudbury ON P3C 3B6
 sudburyfoodbank@vianet.ca
 (705) 671-9663

Ads

Victoria's Custom Framing & Stitchery

705-669-1616

Victoria May - Owner

115 Durham St. (Downtown) Sudbury, On P3E 3M9

Complete Picture Framing Services-Cross Stitch+Needlepoint Supplies
 Custom Printing Services-Photos to Canvas-Photo Restoration

victoriascf@eastlink.ca victoriascustomframing.com



Charitable revenue from bingos has directly met our urgent challenges during the pandemic but we need your help as this fundraiser is crucial for ILSM and funds raised are buying supplies we may not necessarily receive from donations.

People with disabilities and marginalized are underserved and have been specially burdened by the pandemic, and they have relied on us for peer support, groceries, meals and any other support throughout this time of immense hardship. This has only been possible because of the Charitable revenue raised at Delta Bingo and Gaming located in Val Caron.

Furthermore, the donations we receive from individuals like yourself, make our work possible. We have supported our community every step of the way. The value and impact of this Charitable local, community-based work cannot be understated. Thriving, healthy communities are the building blocks for a better society - and your tax-deductible donation is needed today as our daily requests out weigh the supports we can offer at this time.

Thank you Nathalie Dube -Leroux and the team at the Delta bingo and Gaming Centre in Val Caron!

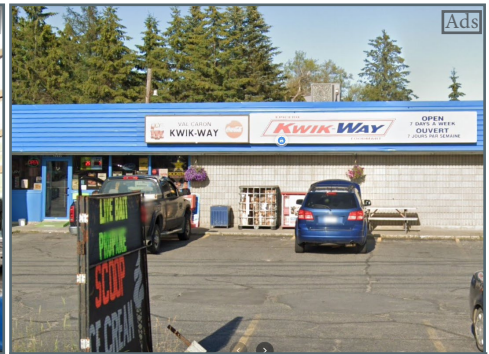
ILSM would like to thank the following sponsors for their ongoing support through Nevada Break Open Ticket Sales.



Melvin's Variety Store
400 Melvin Ave, Sudbury, ON P3C 2R5



Elm News
59 Elm St, Greater Sudbury, ON P3C 1R6



Kwik-Way Val Caron
3000 Hwy 69 N, Val Caron, ON P3N 1R8

HELLO!



MEET THE TEAM



Rob DiMeglio
Executive Director



Angela Gray
Direct Funding Coordinator



Kevin Yu
IT Coordinator | Data Analyst



Kelly Fraser
Bookkeeper



Amanda Fitzhenry
Volunteer Coordinator



Jenna Fournier
Marketing Coordinator



Steve Rouleau
Custodian



Visit our website today to learn more about the member services we are offering.

<https://www.ilsm.ca>