



INDEPENDENT LIVING RESOURCE CENTRE CORP.

Accredited by Independent Living Canada
Charitable Registration # 86481 2664 RR0001

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INDEPENDENT LIVING
SUDBURY MANITOULIN

enjoy
SUMMER
time



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

<https://www.ilsm.ca>

WORLD ELDER ABUSE AWARENESS DAY

Jun 15th, 2022

Independent Living Sudbury Manitoulin would like to announce a presentation on Elder Abuse and Financial Scams. We are hoping this presentation will inform our members of different types of scams that are taking place within the community. Members are asked to join the Independent Living Sudbury Manitoulin Facebook page for the live presentation or may attend in-person at the centre on June 15th at 1:30 pm. Marketing Coordinator Jenna Fournier, our Executive Director Rob DiMeglio, and a police officer from Greater Sudbury Police Station will facilitate the presentation to ensure everybody remains informed and safe.



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!



Having a Birthday This Month?

On the last Thursday of every month ILSM will be hosting a Birthday Party for all of those born during the month. So come celebrate your birthday at our June Birthday Party on Thursday June 30 2022.



ILSM SPECIAL PROGRAMMING

VISIT ILSM.CA TO ACCESS OUR CURRENT VIRTUAL MEETUPS!

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.)



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!



THERESA'S CROCHET

ILSM's talented Theresa Whyte created another crochet piece. Photographed here is Theresa with her most recent piece. A beautiful blanket with a variety of colours. Great work Theresa!

Ads

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

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Ads



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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.



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



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

James Whyte

For every ten that watch, only one comes forward to help. Today we celebrate James as our volunteer of the month. James has been a member at ILSM for over 20 years and we wish to Thank him for his continued membership as well as helping out whenever possible. Thank you James!



“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!



National Indigenous Peoples Day and the Summer Solstice

This month, we welcome the Summer Solstice which is considered by most as the longest day of the year. Did you know that on this day, the Northern Hemisphere receives more daylight than any other day? This is because the Sun travels its longest path through the sky. Many refer to the Summer Solstice as the official first day of summer, where the days start to become longer and the nights shorter.

For generations, many First Nations, Metis, and Inuit peoples and communities have celebrated their rich and diverse cultures near or on this day with ceremonies, traditions, and teachings. Although many Indigenous peoples and communities are similar, they are all distinct in language, cultural practices, and spiritual beliefs. This Tuesday, June 21st, 2022, we recognize the 25th anniversary of National Indigenous Peoples Day— a day marked by ceremonies of celebration such as Sun Dance, displays of handmade arts and crafts, and recognizing all the contributions Indigenous peoples have made to our nation and Shkagamik-Kwe, our first Mother (Mother Earth).

It is a day we all come together to listen, learn, and share with one another the values of respect, wisdom, and love.

Ads

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Ads

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

Q: How does Moses make his tea?
A: Hebrews it

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

Q: What's the difference between a hippo and a zippo?
A: One is really heavy, and the other is a little lighter.

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

Q: What's ET short for?
A: He's only got little legs.

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

Q: What's loud and sounds like an apple?
A: AN APPLE.

Q: What did the hamburger name his daughter?
A: Patty

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.

Q: What do you call a computer that sings?
A: A-Dell

Q: Why did the picture go to jail?
A: Because it was framed

Q: What did the baby corn say to the mama corn?
A: Where is popcorn?



SUMMER BREAK

Word Search

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 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 |

- BASEBALL
- ICE CREAM
- LIMEADE
- DRAMA FREE
- LEMONADE
- CHEESEBURGERS
- SWIMMING
- SHOPPING
- CAMP
- VACATION
- LAKE
- BEACH
- HOT DOGS
- MANOFSTEEL
- SLEEP IN
- JULY
- JUNE
- MOVIES
- AUGUST
- BOATING

Brain Teasers

- » A man pushes his car to a hotel and tells the owner he's bankrupt. Why?
- » What is special about these words: job, polish, herb?
- » In 1990, a person is 15 years old. In 1995, that same person is 10 years old. How can this be?
- » What makes this number unique: 8,549,176,320?
- » Arnold Schwarzenegger has a long one. Michael J. Fox has a short one. Madonna does not use hers. Bill Clinton always uses his. The Pope never uses his. What is it?

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

Issue 14 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!

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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



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<https://www.ilsm.ca>