



# INDEPENDENT LIVING SUDBURY MANITOULIN

Accredited by Independent Living Canada  
Charitable Registration # 86481 2664 RR0001

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**ISSUE 9 | NOVEMBER 2021**

# ILSM EXAMINER

PROMOTING A NEW PERSPECTIVE ON DISABILITY



*Lest We Forget*

## A PLAN TO SAFELY REOPEN ONTARIO AND MANAGE COVID-19 FOR THE LONG-TERM



Due to an alarming increase in the number of people testing positive for COVID-19 in our community in the last several weeks, Public Health Sudbury & Districts is reminding everyone to follow public health measures to prevent the spread of COVID-19 including the more transmissible variants of concern. Please visit <https://www.ontario.ca/page/reopening-ontario> to learn how Ontario plans to cautiously and gradually lift remaining public health and workplace safety measures.

## KICK COVID WITH KINDNESS

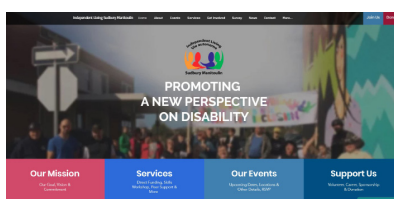
Although the event was planned for October 29, 2021, due to an increase in COVID numbers the event will be postponed until early spring. We have a ton of winter coats that members can access if there is a need. We plan to donate the balance of the winter coats to Sudbury SOS who can distribute them to the homeless. So, if you need a coat, please let us know before our inventory donated to our Community Partner.



## FREE 2021 MEMBERSHIP

We invite you to become a member of the Independent Living family today!

Help us make a difference in the Sudbury Manitoulin community, by taking part in our programs and services. Benefit from peer-support, skills education, leadership, personal development, independence, and self-determination, etc. You can submit your application online at <https://www.ilsm.ca/membership-registration>, or call (705) 675-2121 for any assistance.



### NEED ASSISTANCE?

If you need a little extra assistance, please remember that ILSM has food and clothing available. Just call the centre and let us know and we will do our very best to help!



### MEMBERS AND VOLUNTEERS WANTED

Are you interested in helping an amazing charity? Are you looking to learn more about keeping yourself independent? Check out our website at:  
[www.ilsm.ca/get-involved](https://www.ilsm.ca/get-involved)



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

<https://www.ilsm.ca>



Talk Tuesday uses laughter to strengthen the immune system and release endorphins that ultimately boost mood. Since laughter has also been found to temporarily reduce pain and stress, using it seemed to be the most logical thing to do as the pandemic has put so many restraints on our lives. The program runs weekly with each week having a brand-new topic. Some of the topics to date include cats, food, accessibility, movies, and siblings. This program is open to Independent Living Members, participants of the Direct Funding Program as well as those who have joined our Facebook Community.

On January 19, 2021, ILSM began a virtual peer to peer support program that focuses on drawing people together in ways that can trigger healthy physical and emotional responses.

## ILSM SPECIAL PROGRAMMING

### PEER SUPPORT

Weekly ILSM offers four types of virtual peer support programming so far. Tuesday's at 11:00 AM. join Angela Gray for some laughter medicine! Wednesday at 2:00 PM play virtual Bingo with us; Thursday at 1:00 PM join our newly launched Accessible Technology Program where you will learn the cutting-edge technology that helps boost your career! Fridays at 1:00 PM join Rob DiMeglio's membership meeting! Please watch our Facebook page (@ILSudbury) for the updates and the links to these events.



## 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](http://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](mailto:it@ilsm.ca) to book your session!

## Bingo Game



While ILSM is closed to visitors we will be offering a weekly virtual Bingo via Google Meet® on Wednesday 2 PM.

Watch our Facebook page for the link to this event. Alternatively, you can dial in the session at +1 778-747-4036 PIN: 755 590 357#

**Women's + Men's Jeans:**  
**Buy One Get One 50% Off**

Offer valid from Sept. 9 - 15



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# PUMPKIN CARVING



Members from ILSM joined us for a pumpkin carving/painting workshop. Members were encouraged to release their inner artist to create some amazing carvings. According to History.com pumpkins with ghoulish faces and illuminated by candles are a sure sign of the Halloween season. The practice of decorating jack-o'-lanterns originated in Ireland where fall harvest vegetables (turnips, potatoes and pumpkins) were carved to ward off Stingy Jack. Stingy Jack is the main character in an Irish folktale. According to the story Stingy Jack invited the Devil to have a drink with him, Jack didn't want to pay for the drinks so he convinced the Devil to turn himself into a coin so Jack could pay for the drinks. The Devil complied and Jack decided to keep the money and put it into his pocket which also contained a silver cross. Because of the cross the Devil was not able to turn back into his normal form.



Jack eventually freed the Devil under the condition that he would not bother Jack for the whole year and if Jack died the Devil couldn't take his soul. Jack played a trick on the Devil again the next year and finally convinced the Devil not to bother him for 10 years. After Jack died neither heaven or hell would let his soul in so the Devil tossed Jack's soul into a carved out turnip and Jack has been roaming the Earth ever since. This ghoulishly figure is Jack Lantern.



## Cup Cake Decorating

Due to a lack of participants, we will schedule another Cup Cake Decorating workshop. Please follow up our Facebook page (@ILSudbury) for dates and sign-up to learn how to decorate cupcakes. Reminder, due to limited numbers if you sign up for an event and are unable to attend, please inform us at 705-675-2121 to let us know so that someone else can take your spot.





## 12th Annual International Day of Persons with Disabilities

Dec. 03, 9:00 a.m. EST | Virtual Conference

The annual observance of the International Day of Persons with Disabilities organized by ILSM this year will showcase and provide information regarding Accessibility and the up-and-coming Accessibility for Ontarians with Disabilities Act and its impact on business.

### Highlighted Sessions

- Workplace requirements and the health & safety aspects of returning to work
- Working full time and having a disability
- Guide Dogs and Etiquette
- Book Author - My Abilities Outweigh My Disabilities
- Accessibility in Sudbury
- Accessible sports
- Municipal programs in place for the launch of the AODA
- Direct Funding

RSVP

*"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"*

– Amy A. (ILSM Member)

We will be organizing a Virtual Conference regarding the 12th annual International Day of Persons with Disabilities (IDPD) to be held on Friday December 3rd, 2021. This one-day virtual event will showcase and provide information regarding Accessibility and the up-and-coming Accessibility for Ontarians with Disabilities Act and its impact on business.



International  
Day of  
Persons with  
Disabilities  
3 DECEMBER

The annual observance of the **International Day of Persons with Disabilities** (IDPD) was proclaimed in 1992, by the United Nations General Assembly resolution. Celebrated on 3 december around the world, IDPD mobilizes support for critical issues relating to the inclusion of persons with disabilities, promotes awareness-raising about disability issues and draws attention to the benefits of an inclusive and accessible society for all. UN agencies, civil society organizations, academic institutions and the private sector are encouraged to support IDPD by collaborating with organizations for people with disabilities to arrange events and activities.

## Remembrance Day

11<sup>th</sup> November



Thursday, November 11 2021 is Remembrance Day. This is a day for all Canadians to remember the men and women who served and sacrificed for our country. It is a day we encourage every individual, young and old, to pause, to give thanks and to remember.

There will be many Ceremonies across our city. At the eleventh hour of the eleventh day of the eleventh month we will gather in parks, community halls, workplaces, schools and homes to stand in remembrance for those who have fought for the freedoms we now enjoy today. To show your support you can wear a poppy which displays your commitment to remembering their sacrifices.







# FEEDS THE FOLKS

Due to the rise in COVID related illnesses, ILSM has once again changed gears in order to continue to provide assistance to our homeless and needful friends. We have temporarily ceased delivering hot meals and instead place bagged lunches daily on the wall near the centre. In addition, folks can walk by and pick up hats, mitts, coats and other needed necessities. This ensures that we keep everyone safe. If you are hungry, need a coat, a hat, mitts or warm socks, take a walk down Durham and help yourself!

## SAY GOODBYE TO SPILLS! Ads

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# Laughter is the BEST



An airliner is coming into land at an airport obscured by fog. Visibility is practically nil, the ILS system is on the blink, so the pilot has to land on wits alone. "Flaps, check," he says to the co-pilot, "Landing Gear, check. Altitude, check. Right, we're going in. Hold on." The plane lands and comes to a screeching, grinding halt; just short of the edge of the runway. "POOP!" exclaims the pilot, "This must be the shortest runway I've ever landed on!" The co-pilot looks left and right and says "Yeah, and about the widest, too..."

Q: What did one autumn leaf say to another?  
A: I'm falling for you.

Q: Why would anyone hire an elephant?  
A: Because they like to work for peanuts.

Q: How did Ronald McDonald celebrate his engagement to Wendy?  
A: He gave her an onion ring!

Q: Why was the pine tree sent to its room?  
A: Because it was being knotty!

Q: What do cows do for entertainment?  
A: They rent moovies!

Q: Why don't aliens eat clowns?  
A: Because they taste funny.

Q: Why do aliens make crop circles?

A: Because they are corny.

Q: What did the teddy bear say when he was offered dessert?  
A: No thanks, I'm stuffed!

Q: Why did the baby strawberry cry?  
A: Because his parents were in a jam!

Q: Why did the cookie go to the hospital?  
A: He felt crummy!

Q: Why don't mountains get cold in the winter?  
A: They wear snow caps.

Q: What did the pencil sharpener say to the pencil?  
A: Stop going in circles and get to the point!

Q: Why did the computer squeak?  
A: Because someone stepped on it's mouse.

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



## Remembrance Day

### Word Search

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

POPPY  
DECORATION  
FREE  
SOLDIER  
COUNTRY  
RED  
BATTLE  
MILITARY  
FLAG  
FLOWER  
VETERAN  
WAR  
MEMORIAL



## Word Riddles

- » What five-letter word becomes shorter when you add two letters to it?
- » What begins with an "e" and only contains one letter?
- » A word I know, six letters it contains, remove one letter and 12 remains. What is it?
- » What would you find in the middle of Toronto?
- » You see me once in June, twice in November and not at all in May. What am I?

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

Issue 8 Word Search Solution





**Theresa Whyte**

# THANK YOU

Theresa Whyte, a long-term member and volunteer, has been very busy knitting hats, scarves and slippers for our needful friends. In previous years Theresa knitted blankets as a prize giveaway for our Growing Together Raffle and even spent many hours selling tickets at the SouthRidge Mall. ILSM recognizes your continued support and kindness today Theresa! Love from your friends at ILSM.

## ILSM would like to thank the following sponsors for their on-going 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



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## MEER OUR TEAM



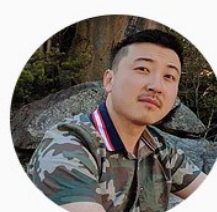
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