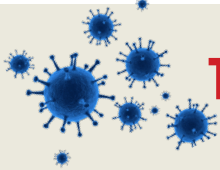


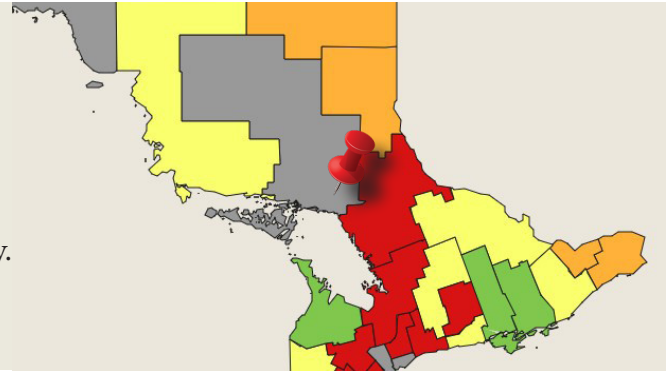


ILSM EXAMINER



THE PANDEMIC

Sudbury is still in the Grey Zone. New lockdown orders require everyone to stay at home unless absolutely necessary. Be patient, be safe if we are apart now, we will be able to be together later!




NEED FOOD/CLOTHES?



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!

Start filing your taxes with our newly launched portal at <https://www.ilsm.ca/tax-clinic>. An accurate, easy, secure and FREE tax solution you will actually enjoy using year after year. Start your return today!

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



Thank You!

Volunteer Marcel Lafantaisie has been working with us for over FIVE years in our Food Program! We are most grateful for his support and kindness throughout the pandemic! Marcel knows that his hard work is helping the members he so loves!

ILSM SPECIAL PROGRAMMING

PEER SUPPORT

Weekly ILSM offers two types of virtual peer support programming. Tuesday's at 11:00 a.m. join Angela Gray for some laughter medicine!



Please join our membership meeting every Friday at 1 PM. If you are not a member and you want to learn more about us you are welcome to.

The weekly membership meeting is a place where we are inviting the ongoing participation of people in the development and creation of the Centre's programs. What we offer is a wide variety of programs free of charge to our members, like Life Skills and Educational Workshops, Computer Training, Self-Improvement Workshops, Employment and Training, arts and Culture, adaptive sports and a Self-Directed Attendant care program.



Self-Managed Attendant
Services in Ontario

LOOKING FOR PARTICIPANTS

DIRECT FUNDING

Wanted: New Participants

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 today! 705-698-5440.

Questions you have been asking about ILSM, the Pandemic and Vaccination

➤ When will members be able to come back to the centre?

The Declaration of emergency and provincewide Stay-at Home order requires that all non-essential businesses close. This includes Independent Living Sudbury Manitoulin. Some programming continues throughout the lockdown and tighter restrictions including:

- Food Delivery
- Peer Support

When Sudbury is in the YELLOW zone we can again open for small gatherings.

<https://www.ontario.ca/page/covid-19-response-framework-keeping-ontario-safe-and-open>

➤ Who should I talk to about the vaccine?

The best person to talk to about the vaccine is your Family Doctor/Nurse Practitioner. He/she will know what medicines or illnesses require a specific vaccination. And if a vaccination is a good idea for you.

➤ How do I book an appointment for a vaccination?

Book online:

Visit <https://covid-19.ontario.ca/book-vaccine/>

Book by phone:

Main line: call 705.674.2299 (toll-free: 1.800.708.2505), between 8 a.m. and 8 p.m., seven days a week.

To help with call volumes, an additional call centre has been set up.

Alternate line: call 1.844.782.2273, between 9 a.m. and 9 p.m., seven days a week.

➤ What should I know about after I have the vaccine?

Over the years vaccines have been proven to be safe, effective and one of the best ways to protect those around you. They work with your body's immune systems so your body will be ready to fight the virus if you are exposed. For instance, Mumps, measles, rubella vaccine (MMR). Babies all around the world are given this vaccine to prevent these deadly childhood diseases.

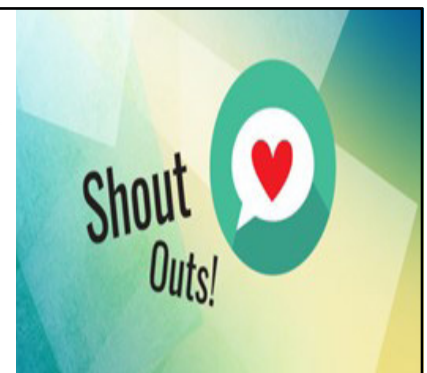
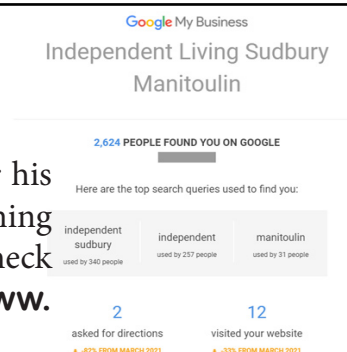
Many of you have had one dose of the Covid-19 Vaccine and it will be months before you receive your second dose. It is important for you to understand that you need to behave as if you haven't had the vaccine yet until sometime after you have the second dose. This is so your body has time to develop the immunity it needs to protect you.

So, after the first vaccine follow the same practices as you did before you received that vaccination which means:

- Follow the rules in your area up by Public Health and our Federal and Provincial Governments.
- STAY HOME unless you absolutely must go out.
- Practice Social Distancing
- Wear a mask in public spaces or where Social Distancing is not possible.

ILSM RECEIVES A 5-STAR REPORT CARD FROM GOOGLE

Thank you to Kevin Yu our IT Consultant for his hard work with the websites and streamlining ILSM's Data. If you have not had a chance to check out our new site, please do so at <https://www.ilsm.ca/>



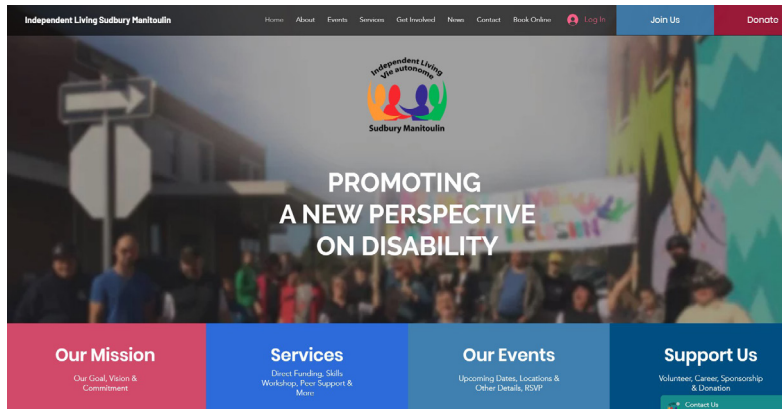
National Accessibility Week

May 30 - June 5, 2021

ILSM strives to ensure that individuals, communities, and workplaces are actively working to remove barriers to accessibility and inclusion. Our Boss is away on holidays and the Staff of ILSM are going to expose all the mysterious programs that make ILSM so important to our community.

Show ILSM some love by making our phones ring and watching our Facebook page daily during this special week! Donations can be mailed to ILSM in support of National Accessibility Week or visit www.ilsm.ca and pledge your donation through Canadahelps.org.

When the boss returns, he will be so surprised!



ILSM LAUNCHES ITS NEW WEBSITE

We brought some exciting new changes with the launch of our new website. All are encouraged to visit the new ILSM platform and fill out a membership at <https://www.ilsm.ca/membership-registration>.



ILSM Official



ILSM Facebook

Meet The Team



Rob DiMeglio
Executive Director



Angela Gray
Direct Funding Coordinator



Robert Cloutier
Logistics Coordinator



Kevin Yu
IT Consultant