



# INDEPENDENT LIVING SUDBURY MANITOULIN

Accredited by Independent Living Canada  
Charitable Registration # 86481 2664 RR0001

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(705) 675-2121, (705) 675-1283 (Fax)  
info@ilsm.ca | <https://www.ilsm.ca>

**ISSUE 13 | APRIL 2022**



Sudbury Manitoulin

# INDEPENDENT LIVING

GOODNESS TO YOU



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

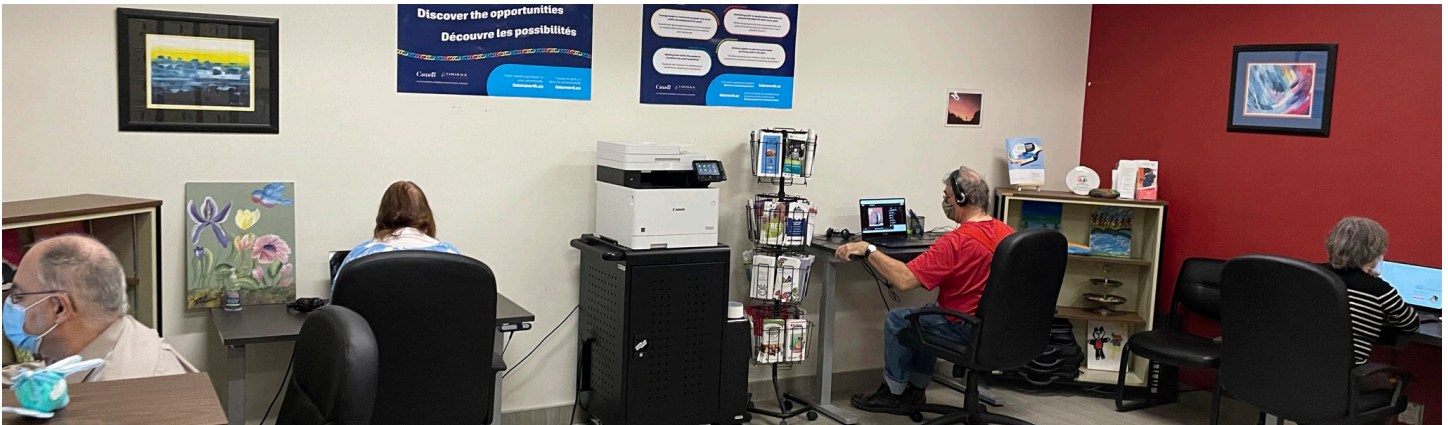
<https://www.ilsm.ca>

# NEWS RELEASE



Sudbury, Ontario – Independent Living Sudbury Manitoulin (ILSM) is proud to announce the opening of our Adaptive Technology Lab. Through a generous donation by Future North we are able to offer a fully accessible computer lab for our members. ILSM is dedicated to breaking down barriers and creating an inclusive, accessible and supportive environment.

This lab provides barrier free access to braille and printers. Those who access our lab will be able to utilize programs that enhance reading and writing skills. This lab will also increase employability and educational opportunities. If you or anyone you know requires computer technology and support contact us today to book an appointment at 705-675-2121. For more information, visit [www.ilsm.ca](http://www.ilsm.ca), or contact our staff Kevin at (705) 675-2121 ext. 207, [kyu@ilsm.ca](mailto:kyu@ilsm.ca).



## Organizational Profile

Independent Living Sudbury Manitoulin was incorporated in 2002 as a branch of Independent Living Canada. The Independent Living Movement rose to prominence among major civil rights-based protests in the 1960's. The philosophy was to change the old-held beliefs about disability and what it meant to be a person with a disability. A new perspective has emerged that focuses on the social impact of life with a disability rather than the medicalization or an institutional view that seeks to shield those with a disability from view or a mindset that supports correcting or curing these individuals.

Centres for Independent Living have been established worldwide with the vision of creating an environment for individuals with disabilities by individuals with disabilities and providing the tools that people need for autonomy and dignity. Independent Living Sudbury Manitoulin continues to promote awareness, support advocacy, raise funds, and offer crucial services and instruction to its members including important life skills. The centre seeks to provide critical opportunities for individuals to enjoy a higher standard of living and better quality of life. In many cases this

involves vocational skills and assistance with finding employment.

While great strides are being made to ensure access to education, proper accommodation and human rights advocacy in the world of academia, we need the labour market to move in the same direction more swiftly: the Rethinking Disabilities in the Private Sector Report (2013)<sup>3</sup> notes that of the 795,000 working aged Canadians (who are not working but whose disability does not prevent them from doing so) almost half (340,000) of these people have post-secondary education.

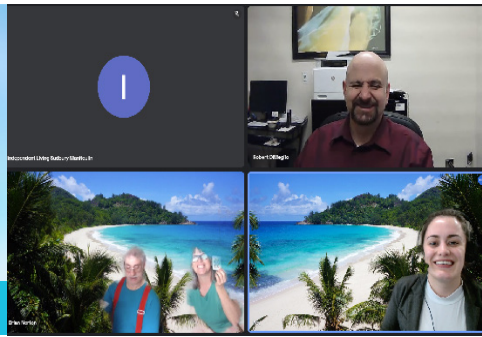
## ACCESSIBILITY MATTERS

**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!**





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

VISIT [ILSM.CA](https://www.ilsm.ca) TO ACCESS THE MEETINGS ENTRANCE

Weekly ILSM offers four types of virtual peer support programming. Tuesday's at 11:00 AM. join Angela Gray for some laughter medicine! Wednesday at 2:00 PM play online Bingo; Thursday at 1:00 PM join our newly launched online game Charades. We cannot wait to see you join in and have some fun! 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.

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.



## 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 online 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#

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# 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



## MEMBERS WANTED

Request a tour of our accessible facility. Open to members of our community and organizations. Book your tour today at (705) 675-2121!

# THANK YOU



## VOLUNTEER OF THE MONTH

**Kohl Gray and Oscar Gray**

Kohl has been a silent volunteer for ILSM for 2 years. She is a great sounding board for fundraising ideas and works behind the scenes to help come up with interesting ideas to create new revenue streams for ILSM. Recently her dog Oscar became a member. Oscar is a Dachshund (wiener dog) who is very friendly and loves to be petted. Oscar is comfortable around new people and will be visiting regularly. Thank you to Kohl for her selfless gift of time and Oscar for brightening our day and lifting our spirits!



# spring CLEANING

*Clear mind and bring a new focus to life*



Spring has almost Sprung. The days are getting longer, the light is extended throughout the day. It is the time of year for us to rip off those winter coats, drop the heavy boots and switch to sweaters and rubber boots. Spring has traditionally been a time to clean and plant new seeds to grow. This spring I want to challenge our members to think of spring cleaning as Self-Care and plant some seeds of self love!

If you haven't started your spring cleaning yet, here is one good reason to start: Spring cleaning can and will boost your wellness and promote the development of a variety of healthy habits for life. With so many people isolated due to Covid, the art of spring cleaning is going to be more important than ever.

- › When you declutter your home you will feel physically lighter.
- › Your surroundings that are clean and organized can and will lift your mood.
- › Speaking negatively about clutter can send signals to the brain that cause sadness and anger so try to reduce your negative self talk.
- › When we declutter our outside world, it is a reflection of decluttering our brain as well.
- › Decluttering can promote good sleep.
- › Finish tasks so that you can have a feeling of accomplishment. Even if it's just putting fresh sheets on your bed.
- › Clean spaces encourage healthy lifestyles.
- › Spring cleaning is a form of cardiovascular exercise so you are getting a workout by the time you are done!

There is such a link between physical and mental health so help clear your mind and your home to bring a new focus to your life!

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FEEDBACK

**WE WANT TO HEAR FROM YOU!**

[www.ilsm.ca/survey](http://www.ilsm.ca/survey)

Independent Living Sudbury Manitoulin (ILSM) is seeking to develop a renewed strategic plan and establish realistic goals and objectives to carry this vision out. As an important contributor to the organization, ILSM staff and board are excited to hear your perspective on their work right now, and your declarations of a future that they could begin to work toward.

Incorporating your contributions from this survey today will give us Common Good Solutions and will guide the development of a two and a five -year strategic and implementation plan, which will provide a framework and roadmap for how to put our ideas and priorities into action.



# Laughter is the *BEST* medicine

Q: Why are people always tired in April?  
A: Because they just finished a march

Q: Why do seagulls live near the sea?  
A: If they lived near the bay, they'd be bagels

Q: Why did the horse go behind the tree?  
A: To change his jockeys.

Q: Did you hear about the man who was tap dancing?  
A: He broke his ankle when he fell into the sink.

Q: What kind of shoes do frogs wear?  
A: Open toad!

Q: Did you hear about the farmer who fed crayons to his chickens?  
A: He wanted them to lay colored eggs!

Q: How do bunnies stay healthy?  
A: Eggercise

Q: Why did the rabbit cross the road?  
A: Because it was the chicken's day off.

Q: What does a rooster say to a hen he likes?  
A: Your one hot chick!

Q: How do you catch the Easter Bunny?  
A: Hide in the bushes and make a noise like a carrot!

Q: Which side of the chicken has he most feathers?  
A: The Outside.

A man is driving down a country road, when he spots a farmer standing in the middle of a huge field of grass. He pulls the car over to the side of the road and notices that the farmer is just standing there, doing nothing, looking at nothing. The man gets out of the car, walks all the way out to the farmer and asks him, "Ah excuse me mister, but what are you doing?"

The farmer replies, "I'm trying to win a Nobel Prize." "How?" asks the man, puzzled. "Well I heard they give the Nobel Prize to people who are out standing in their field."

Q: How many mystery writers does it take to change a light bulb?  
B: Two. One to screw it almost all the way in and the other to give it a surprising twist at the end.

**Send us your jokes & riddles at [info@ilsm.ca](mailto: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.**



Word Search

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

RABBIT  
HOP  
CHOCOLATE  
MARCH  
HUNT  
EGGS  
FIND  
BASKET  
SPRING  
HOLIDAY  
EASTER  
CANDY  
SUNDAY  
BUNNY

## Brain Teasers

- » A sundial has the fewest moving parts of any tiepiece. Which has the most?
- » What five-letter word becomes shorter when you add two letters to it?
- » Your parents have six sons including you and each son has one sister. How many people are in the family?
- » A man was walking in the rain. He was in the middle of nowhere. He had nothing and nowhere to hide. He came home all wet, but not a single hair on his head was wet. Why is that?

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

Issue 12 Word Search Solution





# FEED THE FOLKS

ILSM changed gears during the pandemic in order to continue to provide assistance to our homeless and needful friends. Daily we 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!

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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**  
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**Kwik-Way Val Caron**  
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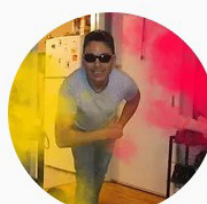
## MEER OUR TEAM



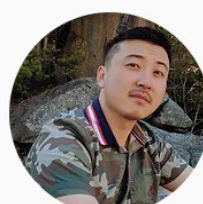
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Executive Director



*Angela Gray*  
Direct Funding  
Coordinator



*Robert Cloutier*  
Food Program Manager



*Kevin Yu*  
IT Coordinator



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