



**INDEPENDENT LIVING
RESOURCE CENTRE CORP.**

Accredited by Independent Living Canada
Charitable Registration # 86481 2664 RR0001

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SUDBURY MANITOULIN
— EXAMINER —

INDEPENDENT LIVING



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

<https://www.ilsm.ca>

ARE YOU LOOKING FOR A REWARDING CAREER?

WEDNESDAY, AUGUST 3RD AT 11:00AM

For Attendant Care Positions – Greater Sudbury/Manitoulin

Attendant Care Services provide non-medical assistance with activities of daily living in the home, such as dressing, bathing, eating, and helping with range of motion. Attendants will provide physical assistance with activities of daily living such as personal grooming, transferring, meal preparation, ventilator, and tracheotomy services, and more.

Join us Wednesday August 3, 2022, at 11:00 a.m. online or In Person at Independent Living Sudbury Manitoulin. 125 Durham Street, Sudbury Ontario. **Online Link:** <https://us02web.zoom.us/j/85415399021> **Meeting ID:** 854 1539 9021.



How To Prepare For A Job Fair

Bring your resume, cover letter and any certificates you may have. We will upload them and send them out to the perspective employers you will meet at the job fair. You will meet many employers so be sure to bring any questions you might have for them!



TESTIMONIALS



Amy Adair

I met the local Direct Funding Program coordinator at Value Village, who told me how I could become more independent by applying and studying for the eligibility interview for the program. I joined the Independent Living Sudbury Manitoulin centre and spent a summer working for them before getting my current job as an activities coordinator at a long-term care home.

I have now been a Self-Manager since June, 2021, and Direct

Funding has given me the independence and freedom to schedule my own care and decide who is going to provide that assistance; it works great for my work schedule, as I work days and afternoons. Recently, because of Direct Funding, I was able to move into my own space and set it up exactly the way I want.

“Direct Funding has given me independence and freedom.”

Direct Funding has changed my life, and I encourage anyone who has a permanent physical disability to access this program. It will give you more independence, freedom to choose, and control over your life!

Della Gauthier,



How can I best explain the profound impact the Direct Funding Program has had on my life? I guess it's the little things that most people take for granted, like getting out of bed when you want to, having a refreshing morning shower, and going out looking your best because your hair and makeup are done with two healthy, steady hands. It's having the people you choose to help you with your most intimate self care – the little things that mean so much to someone who can't manage these things themselves.

Direct Funding gave me back my husband, too. The community care nurses were fabulous, but only had time to

help with the absolute

necessities a couple of days a week. So, my husband took on cook. He did it without complaint, but our relationship was no longer as partners, but as a patient and carer. Since Direct Funding came into our lives, my husband is once again my partner and best friend. We laugh together, support each other, and do things we had stopped doing when he was busy taking care of me and everything else by himself. Direct Funding gave me back my dignity and freedom.

My life happens on my terms now. I have my support workers who have become dear friends helping me, and life has once again become joyful and exciting, not something that is just passing me by.

“Direct Funding gave me back my dignity and freedom.”



Elder Abuse Information Webpage Goes Live Now!

Welcome to our newly launched bilingual pages about the elder abuse awareness resources on our official website. You can also go to www.ilsm.ca/senior or www.ilsm.ca/fr/senior to access them directly.

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.)

<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 @ILSM.Sudbury to get more information about the events.

DF 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.

Ads

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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



PLEASE REMEMBER TO RENEW YOUR MEMBERSHIP
Unsure if it's up-to-date? Call us at 705-675-2121 to ask. Fill out an application found at www.ilsm.ca/membership-registration or ask for a paper application.

THANK YOU

VOLUNTEER OF THE MONTH

★ Steve Rouleau



This month we would like to recognize Steve Rouleau as both the volunteer of the month as well as our Staff Shout Out! Steve has been a member and volunteer with ILSM for many years. Recently Steve joined ILSM Staff as our janitor part time but attends the centre daily in a volunteer capacity as well. Steve is an amazing cook and volunteers in our kitchen daily to cook delicious and healthy meals. Steve takes every opportunity to encourage other member volunteers to help him in the kitchen and around the centre. We are extremely grateful to Steve for his generous donation of time and cooking skills. P.S. Steve makes amazing honey buns and has taken responsibility for encouraging other members to produce tasty baked goods for our bi-weekly bake sales! Way to go Steve!!!

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

A Kindness Activity

Share Kindness

August 7th is National Friendship Day! Friendships come in many forms and over time, their meanings evolve, and bonds strengthen. Share some kindness with one of your friends!

I appreciate when you _____

I love when you _____

My favourite thing about you is _____

You make me smile when you _____

I like that you _____

I think you are _____

You are really good at _____



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. Why don't oysters donate to charity?
A. Because they're shellfish.

Q. What does a baby computer call its father?
A. Data.

Q. What did the custodian say when he jumped out of the closet?
A. "Supplies!"

Q. Why are colds bad criminals?
A. Because they're easy to catch.

Q. How does a penguin build its house?
A. Igloos it together.

Q. Which knight invented King Arthur's Round Table?
A. Sir Cumference.

Q. What do sprinters eat before a race?
A. Nothing. They fast.

Q. What do you call a fly without wings?
A. A walk!

Q. What happens when you witness a ship wreck?
A. You let it sink in.

Q. How can you find Will Smith in the snow?
A. Follow the fresh prints.

Q. What does a clock do when it's hungry?
A. It goes back four seconds.

Q. What's the easiest way to make a glow worm happy?
A. Cut off its tail—it'll be delighted!

Q. What do you call a belt made of watches?
A. A waist of time!

Q. Why did Adele cross the road?
A. To say hello from the other side!

Q. What's the best way to carve wood?
A. Whittle by whittle.

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.



Types of Drink



Word Search

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

- MILK
- PEPSI
- SOUR
- DR PEPPER
- COCOA
- ICED
- LEMONADE
- STRAWBERRY
- CHERRY
- COFFEE
- WATER
- SODA
- HERBAL
- TEA
- TASTY
- SEVEN-UP
- COLA
- HOT
- VANILLA
- DIET

Brain Teasers

- » A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?
- » Fourteen of the kids in the class are girls. Eight of the kids wear blue shirts. Two of the kids are neither girls or wear a blue shirt. If five of the kids are girls who wear blue shirts, how many kids are in the class?
- » If I am holding a bee, what do I have in my eye?

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	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
G	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	M	R	E	G	I	E	E	R	D	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	A	N	S	E	R	S	A	U	I	F	C	K	
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

Issue 16 Word Search Solution





BAKE SALE DAY *Bake Sale*

Keep posted on our Facebook page (@ILSudbury) regarding the recurring bake sale day events for some delicious baked goodies! Our volunteers are working diligently and are creating some delicious smells and beautiful sounds coming from our kitchen. Hope to see you then!

SAY GOODBYE TO SPILLS! Ads

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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
59 Elm St, Greater Sudbury, ON P3C 1R6



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



Robert Dimeglio
Executive Director



Angela Gray
DF Coordinator



Kevin Yu
IT Coordinator



Amanda Fitzhenry
Volunteer Coordinator



Kelly Fraser
Bookkeeper



Steve Rouleau
Custodian



Heidi Stewart
Student Placement



Falgune Dusara
Student Placement



Christina Ouellet
Summer Student



Jenna Fournier
Summer Student



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