



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 12 | MARCH 2022

ILSM EXAMINER

Promoting a New Perspective on Disability



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

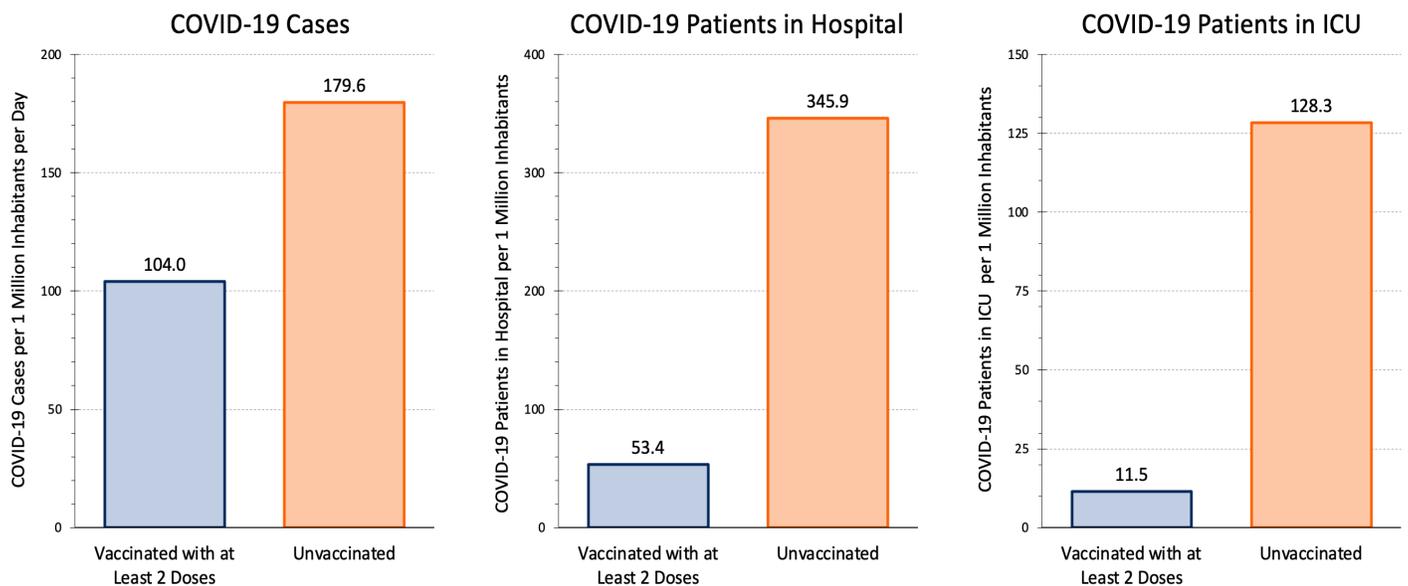
<https://www.ilsm.ca>

RISING TO THE CHALLENGE

YOUR ACTION MATTERS



Since the beginning of the COVID-19 pandemic, there have been a total of 11,075 known cases locally, of which 10,615 are resolved. Sadly, COVID has now caused or contributed to the deaths of 106 people in our community. Provincial data indicate that between January 6, 2021, and February 4, 2022, the risk of an individual who is unvaccinated, or who only has 1 dose of a COVID-19 vaccine, being admitted to hospital due to COVID-19 was 1.8 times that of someone with 2 doses and 2.3 times that of someone with 3 doses. Further, their risk of being admitted to the intensive care unit (ICU) was 2.5 times that of someone with 2 doses, and 4.6 times that of someone with 3 doses. Visit phsd.ca/COVID-19/data for regular updates about COVID-19 testing, confirmed cases, as well as outbreaks and potential exposures in Greater Sudbury, the Sudbury District, and the Manitoulin District.



Current COVID-19 Risk in Ontario by Vaccination Status

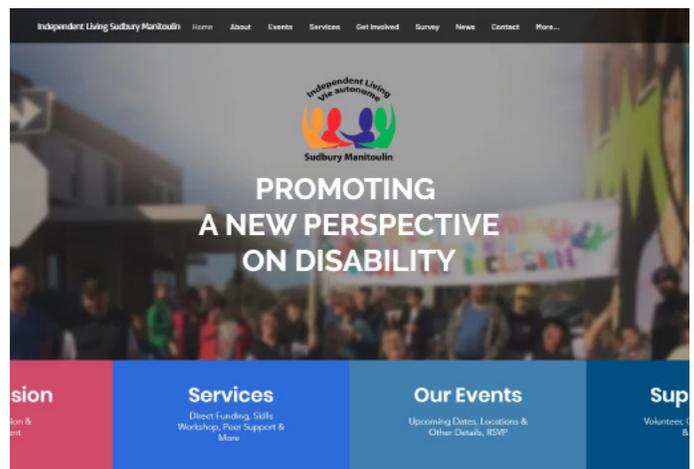
(source: Public Health Sudbury & Districts, February 25, 2022)



JOIN INDEPDENT LIVING COMMUNITY 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 www.ilsm.ca/membership-registration, or call (705) 675-2121 for the paper application.

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.



TALK TUESDAYS Weekly
11 a.m - 12:30 pm

+1 647 558 0588
Meeting ID: 857 5997 8191



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

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

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 online Bingo with us; 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.

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!

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



ILSM Official

ILSM Facebook

THANK YOU



VOLUNTEER OF THE MONTH

Kaylee is currently working at a local grocery store on a full-time basis, she had been an accountant before immigrating to Canada in 2018. After being told that ILSM had to deal with lots of mailing lists, she was very happy and passionate to spare time to help as a volunteer. Due to the high volume of the newsletters and lots of procedures before sealing an envelope, she usually worked late at the centre until they were all done at a time. So far, she had participated in the newsletters packing task for six issues with up to 263 copies being mailed out. It's her pleasure to help more at ILSM whenever requested. We so appreciate your hard work for us, thank you, Kaylee!



AODA CHECKLIST FOR EXISTING FACILITIES OF SCIENCE NORTH

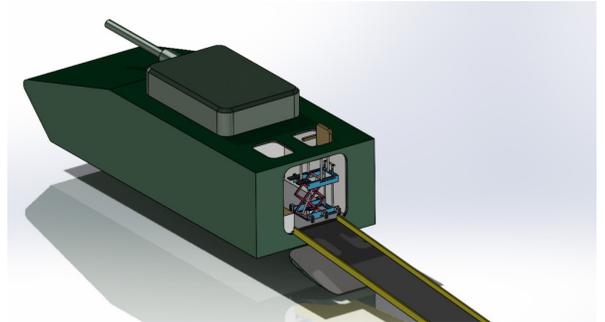


On February 14, Robert DiMeglio, Jennifer Belfry and Angela Gray from ILSM were invited as the surveyors to recognize additional measures Science North can take to make their facilities more accessible to differently-abled consumers. ILSM would like to thank Science North for inviting us to participate in a walk around to review your accessibility updates. We are very proud of our Science Centre and the commitment they have made to accessibility.

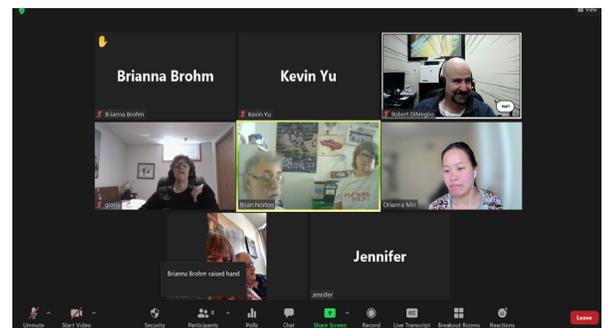


FOCUS GROUP FOR PROJECT UPLIFT

DESIGN FEEDBACK



The Focus group was on February 4 at 2 PM. Input from persons with lived experience of a physical disability, needing to use mobility devices, were required to give feedback on a device design to assist persons with physical disabilities accessing tank rides at the Ontario Regiment Museum . ILSM was proud to partner with the Ontario Regiment RCAC Museum, Ontario Tech University, and Wounded Warriors Canada for this innovative engineering experience. Engineering student Yin Brown from Ontario Technology presented in the virtual meeting.



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First Day of Spring 2022

The Spring Equinox



In 2022, the spring equinox occurs on Sunday, March 20. This event marks the astronomical first day of spring in the Northern Hemisphere and the start of the spring season. What does equinox mean? What happens on the equinox? What determines the first day of spring? Before you try to balance that egg, read this!

What Is the Spring Equinox?

In the Northern Hemisphere, the March equinox (aka spring equinox or vernal equinox) occurs when the Sun crosses the equator line, heading north. This event marks the start of the spring season in the northern half of the globe. After this date, the Northern Hemisphere begins to be tilted more toward the Sun, resulting in increasing daylight hours and warming temperatures. (In the Southern Hemisphere, it's the opposite: the March equinox marks the start of autumn, as the Southern Hemisphere begins to be tilted away from the Sun.)

When Is the First Day of Spring?

In 2022, the March equinox happens on Sunday, March 20, at 11:33 A.M. EDT. In the Northern Hemisphere, this date marks the start of the spring season. In the Southern Hemisphere, the March equinox marks the start of autumn, while the September equinox marks the start of spring.

Year	Spring Equinox (Northern Hemisphere)	Spring Equinox (Southern Hemisphere)
2022	Sunday, March 20, at 11:33 A.M. EDT	Thursday, September 22
2023	Monday, March 20, at 5:24 P.M. EDT	Saturday, September 23
2024	Tuesday, March 19, at 11:06 P.M. EDT	Sunday, September 22

Spring Equinox Dates and Times

What Happens on the March Equinox?

On the March equinox, the Sun crosses the celestial equator going south to north. It's called the "celestial" equator because it's an imaginary line in the sky above the Earth's equator. If you were standing on the equator, the Sun would pass directly overhead on its way north. Equinoxes are the only two times each year that the Sun rises due east and sets due west for all of us on Earth!

While the Sun passes overhead, the tilt of the Earth is zero relative to the Sun, which means that Earth's axis neither points toward nor away from the Sun. (Note, however, that the Earth never orbits upright, but is always tilted on its axis by about 23.5 degrees.)

After the spring equinox, the Northern Hemisphere tilts toward the Sun. Although in most locations (the North Pole and Equator being exceptions) the amount of daylight had been increasing each day after the winter solstice, after the spring equinox, many places will experience more daylight than darkness in each 24-hour day. The amount of daylight each day will continue to increase until the summer solstice in June, during which the longest period of daylight occurs.

Laughter is the *BEST* medicine

Q: What did the birthday balloon say to the pin?
A: "Hi, Buster.

Q: Why do we put candles on top of a birthday cake?
A: Because it's too hard to put them on the bottom!

Q: How do you change tires on a duck?
A: With a quackerjack.

Q: What goes "Ha, ha, ha, plop"?
A: A man laughing his head off.

Q: What season is it when you are on a trampoline?
A: Spring-time!

Q: Did you hear about the leprechaun who worked at the diner?
A: He was a short-order cook!

Q: What did the leprechaun say to the elf?
A: "How's the weather up there?"

Q: How can you tell if an Irishman is having a good time?
A: He's Dublin over with laughter!

Q: Why did the leprechaun stand on the potato?
A: To keep from falling in the stew!

Q: Do leprechauns make good secretaries?
A: Sure, they're great at shorthand!

Q: Why are leprechauns so hard to get along with?
A: Because they're very short-tempered!

"I married an Irishman on St. Patrick's Day."
"Oh, really?"
"No, O'Reilly!"

Q: How did the Irish Jig get started?
A: Too much to drink and not enough restrooms!

Knock, knock!
Who's there?
Don.
Don who?
Don be puffin' down the Irish now!

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.

SPRING

Word Search

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

- DELICIOUS
- SUNNY
- FROSTY
- BIRDHOUSE
- SNOWDROP
- AIR
- FRESH
- EARTH
- DAMP
- ALIVE
- TINY
- WARM
- MELT
- SEED
- BLOSSOM
- NEST

Brain Teasers

- » What is special about these words: job, polish, herb?
- » I can't be bought, but I can be stolen with a glance. I'm worthless to one, but priceless to two. What am I?
- » Turn me on my side and I am everything. Cut me in half and I am nothing. What am I?
- » No matter how little or how much you use me, you change me every month. What am I?
- » What has cities, but no houses; forests, but no trees; and water, but no fish?
- » What is harder to catch the faster you run?

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

Issue 11 Word Search Solution



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!

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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 especially 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 Charitable revenue 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 way 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



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Maggie Mew
Direct of Rodent Control