



**INDEPENDENT LIVING
RESOURCE CENTRE CORP.**

Accredited by Independent Living Canada
Charitable Registration # 86481 2664 RR0001

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info@ilsm.ca | <https://www.ilsm.ca>

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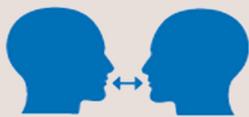


SUDBURY MANITOULIN

INDEPENDENT LIVING

EXAMINER

**NATIONAL
AccessAbility
WEEK**
MAY 29 TO JUNE 4, 2022



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

<https://www.ilsm.ca>

EVENT RELEASE

Every year starting on the last Sunday in May, Canadians celebrate National AccessAbility Week. This week is an excellent opportunity to celebrate Canadians with disabilities and raise awareness of the critical need for accessibility and inclusion for all in our communities and workplaces. Join us via Facebook for our AccessAbility Week celebrations from May 29th to June 4th 2022. We will be holding a fundraiser all week and celebrating accessibility rounding off the week with a BBQ Friday from 11 A.M. -2 P.M.



ORGANIZATIONAL GOAL

Independent Living Sudbury Manitoulin started very small in 2002 with two employees and volunteers. We have grown from this and in 2013 we moved into our own building at 125 Durham Street. However, we are looking to expand further into building Sudbury an adaptive housing using Independent Living's philosophy. With adaptive housing facility, ILSM can offer greater opportunities for our members. Through fundraisers and constant support from our members we will make our goal become a reality.

#Testimonial 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. It has shown me that I can do anything I put my mind to. I have been a member, a volunteer and an employee at Independent Living and in every respect they understood that I was an asset to the organization and treated me as such. This has affected my confidence and overall view of myself in a positive way.



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!



KARAOKE FRIDAY!

Friday's Membership Meeting*

We had a great in person Karaoke Friday. From CCR to ACDC, we make sure that everyone has their choice of songs available. For this session Kim Greene showed us her rock and roll spirit by singing Thunderstruck. Afterwards, Theresa Whyte enthusiastically sang the 1971 hit Have You Ever Seen the Rain! Want to show us your singing skills or your favourite song? Come visit either in person or virtually and join us for our next Karaoke day!

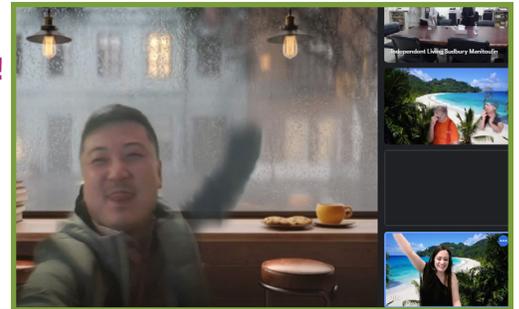


ILSM SPECIAL PROGRAMMING

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.)



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!



Theresa's CROCHET

ILSM's talented Theresa Whyte created another crochet piece. Photographed here is Theresa with her most recent piece. A beautiful blanket with a variety of colours. Great work Theresa!

Ads

JOIN OUR COMMUNITY! GET \$15 OFF YOUR FIRST PURCHASE OF \$50 OR MORE

www.marks.com

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Ads

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Learn more: www.DeltaBingo.com
Must be 18+. PlaySmart.



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

PLEASE REMEMBER TO RENEW YOUR MEMBERSHIP

Unsure if it's up-to-date? Call us at 705-675-2121 to ask. Memberships are FREE! Fill out an application found at www.ilsm.ca or ask for a paper application.

THANK YOU



VOLUNTEER OF THE MONTH

Brian Norton

Brian Norton has been a member and volunteer with ILSM since 2003. Brian assists the IT department and helps members with their computer issues. Brian is happy to fill any role that is asked of him from selling tickets to computer training. ILSM is so grateful to have Brian and we look forward to many more years! This month we are celebrating Brian Norton!



MUSIC PROGRAM SIGN-UP!

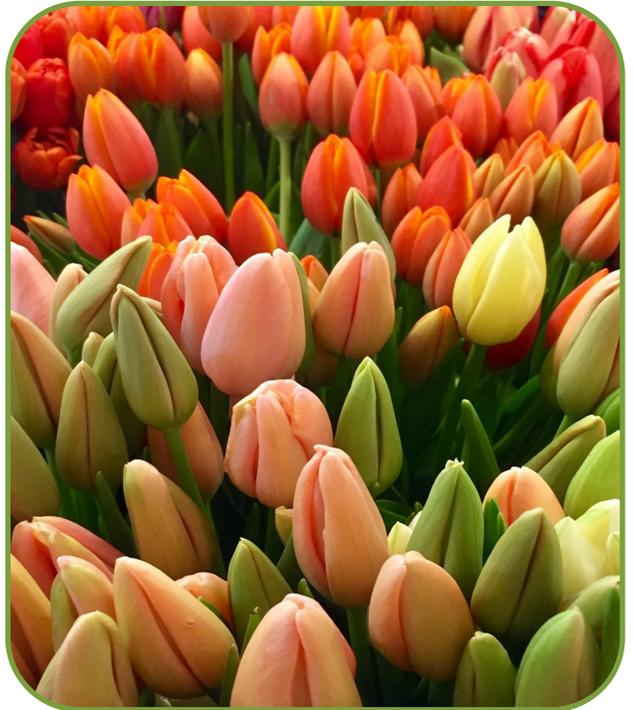
Independent Living Sudbury Manitoulin (ILSM) is starting a music program every Thursday at 1:00 p.m. Are you musically inclined? Can you play any instrument or sign? Come into the center and join by executing our sign-up sheet on the bulletin board. We look forward to hearing your talent!



LET'S CELEBRATE THE MONTH OF MAY



May is the fifth month of the year in our calendar and has 31 days in length. Many believe that it is named for the Roman goddess Maia who oversaw the growth of plants while others say that it might have come from the Latin word “maiores” which means elders. Whichever origin you believe, the month May marks the return of spring. Historically May 1 is May Day which is a holiday rich in history and folklore but always celebrates spring. May 5 or “The Fifth of May” many folks celebrate the victory of the Mexican army over the French army with Cinco de Mayo. May also brings about Mothers Day which will be held on Sunday May 8 this year! On May 29 we will begin the weeklong celebrations for National Accessibility Week. Stay tuned that week as we have some crazy fundraising and activities planned!



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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 was the Tomato blushing?
A: Because he saw the salad dressing.

Q: What do you call a fly with no wings?
A: A walk.

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

Q: What's Dracula's idea of spring cleaning?
A: He just shakes the bats out of the belfry!

Q: How do you make a hot dog stand?
A: Steal its chair.

Q: What do you get from a pampered cow?
A: Spoiled Milk!

Q: What's worse than biting into an apple and finding a worm in it?
A: Finding half a worm!

Q: Why do gorillas have large nostrils?
A: Because they have big fingers!

Q: What do you call a boomerang that doesn't work?
A: A stick!

Q: What did one casket say to the other casket?
A: Is that you COFFIN?

Q: Why do seagulls fly over the sea?
A: If they flew over the bay then they would be bagels.

Q: What do you call a sleeping cow?
A: A bulldozer.

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.



ACCESSIBILITY

Word Search

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

- AUTO DOOR
- SCREEN READER
- HEARING AID
- HEALTHCARE
- READING GLASSES
- WHEELCHAIR
- ACCESSIBILITY
- BARRIER FREE
- ASSISTIVE
- ADAPTIVE SPORT
- SIGN LANGUAGE
- MOBILITY
- BRAILLE
- RAMP

Brain Teasers

- » What is special about these words: job, polish, herb?
- » What has cities, but no houses; forests, but no trees; and water, but no fish?
- » In my hand I have two coins that are newly minted. Together, they total 30 cents. One isn't a nickel. What are the coins?
- » In 1990, a person was 15 years old. In 1995, that same person was 10 years old. How can this be?
- » He has married many women, but has never been married. Who is he?

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	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	A	E	T	A	L	O	C	O	H	C	
T	S	H	L	U	M	A	R	C	H	D	C	I	E

Issue 13 Word Search Solution





EASTER DINNER 2022

Finally ILSM was able to open our supper club to enjoy an Easter Celebration. A good time was had by all and we were so happy to have everyone at the table. We would like to thank Dr. Karen Wilson for collecting donations for a lovely Easter Gift for our members. We would like to thank the organizations who supplied Dr. Wilson with the treats: Bulk Barn, Pet Save and the Jarett Centre for providing the treats and presents. It is volunteers, members and businesses like this who make ILSM a much better place to live, work and play.

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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



Rob DiMeglio
Executive Director



Angela Gray
Direct Funding Coordinator



Kevin Yu
IT Coordinator



Kelly Fraser
Bookkeeper



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