



INDEPENDENT LIVING SUDBURY MANITOULIN

Accredited by Independent Living Canada
Charitable Registration # 86481 2664 RR0001

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

ISSUE 7 | SEPTEMBER 2021

ILSM EXAMINER

PROMOTING A NEW PERSPECTIVE ON DISABILITY

PAUSING THE EXIT FROM THE ROADMAP TO REOPEN



In response to evolving data around the Delta variant and based on the recent experiences of other jurisdictions, the government, in consultation with Ontario's Chief Medical Officer of Health, is pausing the exit from the Roadmap to Reopen. Please visit <https://www.ontario.ca/page/reopening-ontario> for details. Cases are still climbing so it's important we stay diligent with our mask-wearing and hand washing. If we stay away now we can all be together later!

UPCOMING EVENTS

OCTOBER

Friday October 29, 2021, Kick Covid with Kindness BBQ and Winter Coat Giveaway. Join us for a hotdog and company from 11:00 a.m. – 2:00 p.m. outside event please follow Covid Safety Precautions. NO CHARGE donations to ILSM will be accepted.



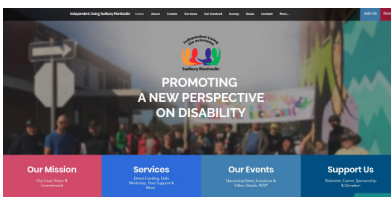
DECEMBER

Friday December 3, 2021, International Day of Person's with Disabilities Virtual Conference. \$30.00 per person.

FREE 2021 MEMBERSHIP

We invite you to become a member of the Independent Living family 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 <https://www.ilsm.ca/membership-registration>, or call (705) 675-2121 for any assistance.



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!



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:
www.ilsm.ca/get-involved



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

<https://www.ilsm.ca>

TALK TUESDAYS Weekly

11 a.m - 12:30 pm





Virtual Peer Support Meeting

JOIN US

Every Friday at 1:00 PM



Every Thursday 1:00 PM

THURSDAY TRIVIA

hosted by Guy Carriere



+1 647 558 0588
Meeting ID: 857 5997 8191



+1 647 558 0588
Meeting ID: 856 3057 2166



+1 613-778-5592
PIN: 489 860 720

ILSM SPECIAL PROGRAMMING

PEER SUPPORT

Weekly ILSM offers three types of virtual peer support programming so far. Tuesday's at 11:00 AM. join Angela Gray for some laughter medicine! Thursday at 1:00 PM join our trivia! Fridays at 1:00 PM join Rob DiMeglio!



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 virtual 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#

Women's + Men's Jeans:
Buy One Get One 50% Off

Offer valid from Sept. 9 - 15



2408 Long Lake Rd
Sudbury ON P3E 5H5

800 Center Street
Mall Unit 105
Espanola ON P5E 1J3

Delta
BINGO GAMING

2914 Hwy 69N, Val Caron, ON P3N 1E3

Open daily at 10:00 am for Vegas-style gaming machines & pods!
Limited bingo sessions available
Visit us today!

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



FEEDS THE FOLKS

ILSM staff are continuing with the weekly feed the folks event. There are so many homeless folks out there that need our help and we are doing our best to meet some of their needs. Members began this program in February 2020 and during the pandemic you asked us to continue. Well guess what? We did and are still heading out on Wednesdays with a nice hot meal for our homeless friends!

SAY GOODBYE TO SPILLS!

Ads

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- ✓ 6 Hours Hot / 24 Hours Cold
- ✓ Triple Wall High-grade stainless steel
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- ✓ BPA - Free
- ✓ Car Cup Friendly
- ✓ 360 drinking Dishwasher Safe Lid
- ✓ Works on all smooth flat surfaces like your desk or table
- ✓ 100% Happiness Guarantee



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1105 Webbwood Drive, Sudbury ON P3C 3B6
sudburyfoodbank@vianet.ca
(705) 671-9663



FEEDBACK

WE WANT TO HEAR FROM YOU!

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 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 is a soldier's favorite month?

A: March!

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.

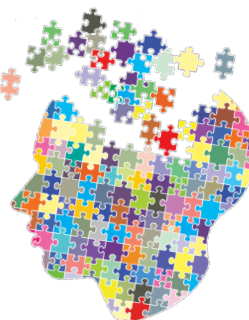
Diet Joke

Popular Pizza Toppings

Word Search

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MUSHROOMS
SALAMI
SAUSAGE
PEPPERONI
CILANTRO
RICOTTA
BACON
SPINACH
ZUCCHINI
PEANUTS
PROSCUITTO
BEEF
EGGPLANT
LOBSTER
CHORIZO
CHICKEN



Funny Riddles

- » What has lots of eyes, but can't see?
- » What has one eye, but can't see?
- » What has many needles, but doesn't sew?
- » What has hands, but can't clap?
- » What has legs, but doesn't walk?

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Kitchen Items' solution for Issue 6



Bianca Forestell

THANK YOU

Bianca Forestell has been a member and volunteer as well as a previous Board Member with Independent Living for many years. She has been instrumental in the success of our yearly breakfast, helping out in admin and of course she is a great sounding board to our members. We love you B and are forever grateful for your continued support and kindness.

ILSM would like to thank the following sponsors for their on-going 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 Corner Store
324 Elm St, Sudbury, ON P3C 1V8



ILSM Official

ILSM Facebook

MEER OUR TEAM



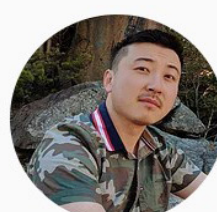
Rob DiMeglio
Executive Director



Angela Gray
Direct Funding Coordinator



Robert Cloutier
Logistics Coordinator



Kevin Yu
IT Consultant



Maggie Mew
Direct of Rodent Control