



# INDEPENDENT LIVING RESOURCE CENTRE CORP.

Accredited by Independent Living Canada  
Charitable Registration # 86481 2664 RR0001

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**ISSUE 18 | SEP/OCT 2022**



**EXAMINER**

**INDEPENDENT LIVING**  
*Sudbury Manitoulin*



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

<https://www.ilsm.ca>

# NATIONAL DAY FOR TRUTH AND RECONCILIATION

## ORANGE SHIRT DAY

National Day for Truth and Reconciliation is a commemorative day which takes place on September 30th. On this day, we honor the children who never returned home, as well as the survivors of the residential school system, their families, and communities.

Orange Shirt Day also takes place on September 30th and is intended to raise awareness of inter-generational impacts and to promote that “Every Child Matters.” Wearing the colour orange symbolizes the relinquishing of identity, culture, and freedom experienced by Indigenous children over generations, and honors the lives and spirits of those lost.



## 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

“Direct Funding has given me independence and freedom.”

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 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.”

**The Boss is Away and the members and staff are celebrating...**



*The End of Summer*

Recently our Executive Director attended a conference and was away from the centre for a week. In true ILSM fashion, we spent the week playing games and having a ton of fun. Members enjoyed learning about Hawaii, the history, the culture, the environment and of course the food. We played games like Coconut Bowling, Jumbo Jenga and had tournaments like Crazy 8's, Chess and Scrabble. Members participated in a porketta bingo and of course our weekly Talk Tuesday. We closed out the celebratory week with a movie day. A good time was had by all!

## ILSM SPECIAL PROGRAMMING

VISIT [ILSM.CA](http://ILSM.CA) TO ACCESS OUR CURRENT VIRTUAL MEETUPS!

Weekly at 11:00 a.m. on Tuesdays ILSM hosts "Talk Tuesday". This laughter medicine is well received and the members enjoy spending time together and having a good time and great conversation. This program is a hybrid which means that members who are unable to be present at the centre can still zoom in via computer and take part.

<https://www.ilsm.>



**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 to get more information about the 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](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.



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](http://www.DeltaBingo.com)  
Must be 18+. PlaySmart.

Ads

## Do you have a Disability and are worried about your financial future?

Start a savings plan while protecting your ODSP benefits!

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**[www.davecopeland.ca](http://www.davecopeland.ca)**



**Dave Copeland**  
Financial Advisor

Mutual funds are offered through Monarch Wealth Corporation. Insurance products, including segregated funds are offered by Dave Copeland, a Life Insurance Broker with Monarch Wealth Assurance. Commissions, trailing commissions, management fees and expenses all may be associated with mutual fund investments. Mutual funds are not guaranteed, their values change frequently and past performance may not be repeated. Please read the prospectus/ fund facts before investing.



<https://www.ilsm.ca>





# 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](http://www.ilsm.ca/membership-registration) or ask for a paper application.

# THANK YOU

## VOLUNTEER OF THE MONTH

★ Angela O'Link



Angela O'Link is an avid member and volunteer with our centre. Her cheerful attitude and commitment to ILSM shines brightly and we are so grateful for the time she invests in us!  
Thank you Angele!

"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

**F**riendships 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

# McDougall

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Ads

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(Licensed Agent: 19177672)

**Insurance Agent**

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[aolivier13ujac@wfgmail.ca](mailto:aolivier13ujac@wfgmail.ca)

[www.agents.wfgcanada.ca/andrew-olivier](http://www.agents.wfgcanada.ca/andrew-olivier)

Ads



HAPPY THANKSGIVING



# Laughter is the **BEST** medicine

» What's the difference between a hippo and a zippo? One's pretty heavy and the other's a little lighter.

» Did you hear the one about the roof? Never mind, it's over your head.

» I used to hate facial hair...but then it grew on me.

» A cheese factory exploded in France. Da brie was everywhere.

» What's a ninja's favorite type of shoes? Sneakers.

» What's the best smelling insect? A deodor-ant.

» What do you call a bear without any teeth? A gummy bear.

» Why was the coach yelling at the vending machine? He wanted his quarter back.

» What did one wall say to the other? I'll meet you at the corner.

» Why don't sharks eat clowns? Because they taste funny.

» A horse walks into a bar. The bartender says, "Why the long face?"

» What did the pirate say when he turned 80? Aye matey.

» What's black and white and goes round and round? A penguin in the washing machine.

» How do you organize a space party? You planet.

» Why couldn't the bicycle stand up by itself? It was two tired.

» Did you hear the rumor about butter? Well, I'm not going to spread it.

» Why did the student eat his homework? Because his teacher told him it was a piece of cake.

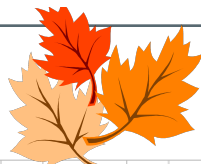
» What did one hat say to the other? You wait here, I'll go on ahead.

» What do you call a dinosaur that crashes his car? Tyrannosaurus Wrecks.

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



## Thanksgiving



### Word Search

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

BLACK FRIDAY  
FAMILY  
TURKEY  
GRAVY  
STUFFING  
HARVEST  
CELEBRATE  
PUMPKIN PIE  
PILGRIMS  
MASHED POTATOES  
NOVEMBER  
FEAST  
CORN  
GREEN PEAS  
THANKSGIVING  
FALL  
AUTUMN  
PLYMOUTH

## Brain Teasers

- » What 4-letter word can be written forward, backward or upside down, and can still be read from left to right?
- » Which word logically comes next in this sequence? Spots, tops, pots, opts...
- » Which creature walks on four legs in the morning, two legs in the afternoon, and three legs in the evening?
- » What fastens two people yet touches only one?
- » How can a man who shaves several times a day still sport a long beard?



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	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	T	E	E	R	E	C	R	M	M	I	
O	A	I	O	A	E	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

Issue 17 Word Search Solution





# BAKE SALE DAY

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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<https://www.ilsn.ca>

PSAs

»—————«

## Fighting Hunger Feeding Hope

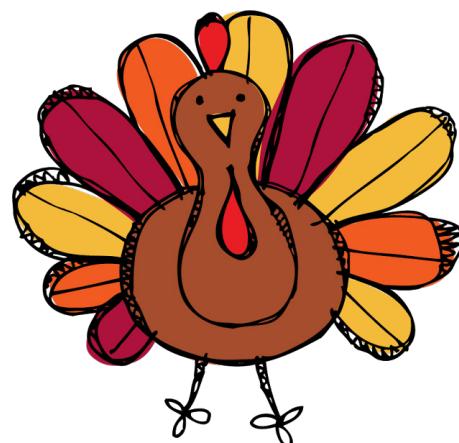
»—————«



1105 Webbwood Drive, Sudbury ON P3C 3B6

[sudburyfoodbank@vianet.ca](mailto:sudburyfoodbank@vianet.ca)

(705) 671-9663







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 outweigh 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!

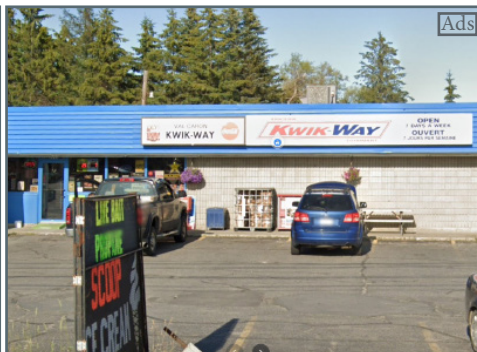
## **ILSM would like to thank the following sponsors for their ongoing support through Nevada Break Open Ticket Sales.**



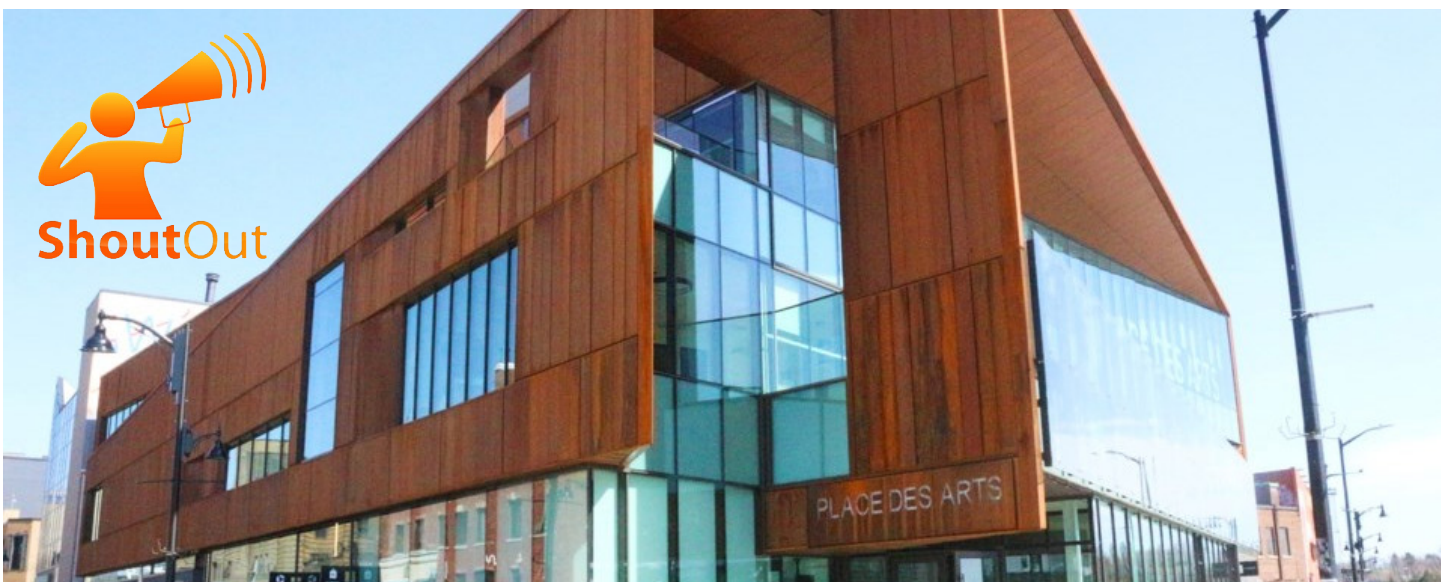
**Melvin's Variety Store**  
400 Melvin Ave, Sudbury, ON P3C 2R5



**Elm News**  
59 Elm St, Greater Sudbury, ON P3C 1R6



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



## **Place des Arts**

Place des arts is a centre of artistic and cultural excellence and a gathering place for Francophones and for the whole community. ILSM is pleased to spotlight their new build and their commitment to accessibility! Thank you Place des Arts for being such great neighbours and for showing everyone what accessibility really means!



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

<https://www.ilsm.ca>