



# INDEPENDENT LIVING SUDBURY MANITOULIN

Accredited by Independent Living Canada  
Charitable Registration # 86481 2664 RR0001

125 Durham St, Sudbury, ON P3E 3M9  
(705) 675-2121, (705) 675-1283 (Fax)  
info@ilsm.ca | <https://www.ilsm.ca>

**ISSUE 8 | OCTOBER 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.



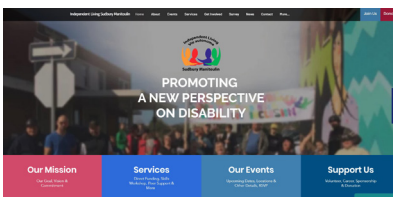
### DECEMBER

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](https://www.ilsm.ca/get-involved)



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

<https://www.ilsm.ca>



+1 647 558 0588 Meeting ID: 857 5997 8191	+1 647-734-9761 PIN: 591 783 832	+1 613-778-5592 PIN: 489 860 720	+1 647 558 0588 Meeting ID: 856 3057 2166
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## ILSM SPECIAL PROGRAMMING

### PEER SUPPORT

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, and the same day at 1:00 PM let's take a deep breath, our stress management session will bring you peace of mind. Thursday at 1:00 PM join our trivia talk to share and enjoy the moments! Fridays at 1:00 PM don't forget to participate in our weekly membership meeting with our executive director 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](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.

Please don't hesitate to give us a call at (705) 675-2121 ext.207, or email [it@ilsm.ca](mailto: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#

<div style="text-align: right; font-size: small;">Ads</div> <p>Women's + Men's Jeans: Buy One Get One 50% Off</p> <p>Offer valid from Sept. 9 - 15</p> <p>2408 Long Lake Rd Sudbury ON P3E 5H5</p> <p>800 Center Street Mall Unit 105 Espanola ON P5E 1J3</p>	<div style="text-align: right; font-size: small;">Ads</div> <p>2914 Hwy 69N, Val Caron, ON P3N 1E3</p> <p>Open daily at 10:00 am for Vegas-style gaming machines &amp; pods! Limited bingo sessions available Visit us today!</p> <p>Learn more: <a href="http://www.DeltaBingo.com">www.DeltaBingo.com</a> Must be 18+. PlaySmart.</p>
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**STUDENT  
PLACEMENT**

# Students Doing Their Placement

@ILSM



Hi. My name is Tricia Kelly. I am currently taking the one-year course in Community and Developmental Services program at Trillium College, and I chose Independent Living Sudbury Manitoulin for my placement. I have a background in visual arts, cake decoration and I also have my home support worker level 3. I have worked in bakeries, retirement homes and currently am employed at Our Children Our Future. I have been working there for over 12 years. I thoroughly enjoy working with the children and I have made several cakes and many cookies that they could decorate at Christmas time. I have been involved in many huge events such as Christmas parties as well as fall brunches with the parents, family, staff, and friends. I look forward to creating and organizing group meetings with ILSM members. I hope that some of these meetings will include baking cookies, cakes and arts and crafts. Over the next few months, I will be holding Anxiety workshops via zoom. A large part of these workshops is based on how well the group is informed about anxiety and what to look for when you are faced with anxiety and how to deal with it. I also discuss the value of breathing exercises and how it can help to calm your mind. I look forward to meeting with the members at ILSM and exchanging different ideas with all of the members as to what programming you would like to see at Independent Living as the centre begins to open.

Brianna is a fourth-year student in the Indigenous Social Work Program at Laurentian University and is also a graduate of the Law Clerk Program at Northern College. In addition to her educational endeavors, Brianna volunteers as a member of the Youth Advisory Committee since 2018. After working as a legal assistant for five years, Brianna decided to transition into a field where she can integrate her personal and professional qualities to help others succeed and achieve independence. Brianna is a gregarious, altruistic individual. Her goal at Independent Living is to provide members with support and encouragement to foster an autonomous, fulfilling, and jubilant lifestyle. Brianna enjoys meeting new people and hearing about other's backgrounds and perspectives. Brianna is excited to start her placement at ILSM and looks forward to meeting all of you!





# Feeds Folks

## 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

- ✓ Smartgrip© enhanced to avoid spill
- ✓ Leak Proof, even in your bag
- ✓ 6 Hours Hot / 24 Hours Cold
- ✓ Triple Wall High-grade stainless steel
- ✓ Condensation-free
- ✓ 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](mailto:sudburyfoodbank@vianet.ca)  
(705) 671-9663



FEEDBACK

**WE WANT TO HEAR FROM YOU!**  
[www.ilsm.ca/survey](http://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.

<https://www.ilsm.ca>



# LAUGHTER IS THE BEST MEDICINE

Q: What do you do with a green dinosaur?  
A: Wait until it ripens.

Q: Can a turkey jump higher than the Empire State Building?  
A: Yes - a building can't jump at all

Q: What do you get when you cross a turkey with an octopus?  
A: Enough drumsticks for Thanksgiving

Q: How can you tell that a vampire likes baseball?  
A: He turns into a bat every night.

Q: How do you fix a jack-o-lantern?  
A: With a pumpkin patch.

Q: What did the french fries dress up as for Halloween?  
A: Masked potatoes.

Q: What did the skeleton say while riding his

Harley?  
A: I'm bone to be wild.

Q: What do you call a roomful of ghosts?  
A: A bunch of boo-boos.

Q: What's a ghost's favorite breakfast?  
A: Ghost toasties with booberries.

Q: Why are so few ghosts arrested?  
A: It's hard to pin anything on them.

Q: Why didn't the skeleton dance at the party?  
A: He had no body to dance with.

Q: Why don't witches like to ride their brooms when they're angry?  
A: They're afraid of flying off the handle!

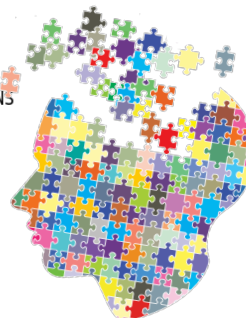
## Halloween

### WORD SEARCH

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



GHOST  
SCARY  
BATS  
CHILDREN  
CANDY CORN  
TREATS  
JACK O LANTERN  
FALL  
WITCHES  
FUNNY  
LEAVES  
SPIDERS  
COSTUMES  
PUMPKIN  
HAPPY  
BROOM  
EYEBALLS  
DECORATIONS  
MIDNIGHT  
GOBLINS  
BOO  
TRICKS  
MONSTERS



## HALLOWEEN RIDDLE

I have a name but it isn't mine  
You don't think about me while in your prime  
People cry when I'm in their sight  
Others lie with me all day and night.  
WHO AM I?

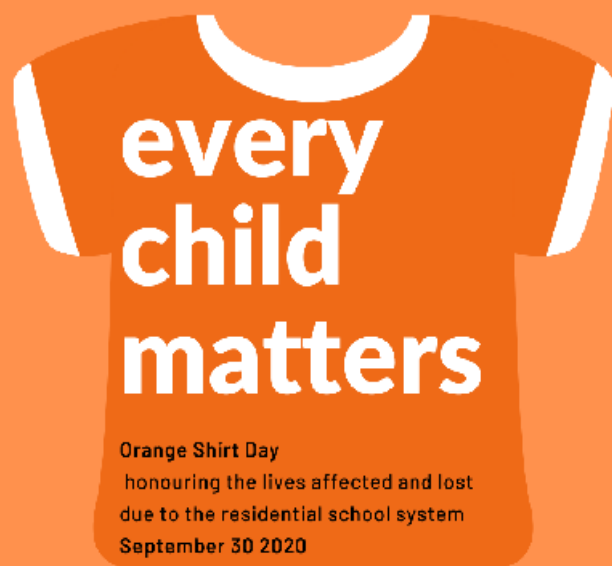
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P	I	S	G	S	N	I	S	B	G	C	E	I	C
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S	P	A	E	S	P	P	R	N	H	T	O	I	R
D	B	A	A	F	S	O	O	G	U	T	B	H	O
O	D	A	C	O	V	A	N	A	S	O	S	C	N
P	R	O	S	C	U	I	T	T	O	C	T	C	I
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C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

Word Search solution for Issue 7\*

# ILSM HONOURS AND REMEMBERS THOSE AFFECTED BY RESIDENTIAL SCHOOLS

September 30, 2021, marked the First National Day for Truth and Reconciliation, it was previously known as Orange Shirt Day. Orange shirt day originates from the story of Phyllis Webstad and an excerpt is found further on this page. This proposed day was part of the 94 calls to action identified by the Truth and Reconciliation Committee. This solemn day was established to honour the survivors of the residential school system, their families, and communities, and to ensure that public commemoration of the history and legacy of residential school. It is a vital component of the reconciliation process.

To show our support ILSM management and staff created a Facebook Video to show that we support, honour, and remember our Anishinabek Anishnaabe community and then management sent our employees home after completing our daily duties that help our homeless friends. This day provides all of us with an opportunity to reflect on the tragic history of residential schools.



## The Story of Orange Shirt Day

Orange Shirt Day first began in Williams Lake, BC to witness and honour the healing journey of residential school survivors, and it is now recognized by schools, children, and educators across Canada. The orange shirt represents the story of a student named Phyllis Webstad, who was given a new orange shirt by her grandmother for the first day of school at St. Joseph's Mission residential school in British Columbia. Sadly, Phyllis did not get to wear her orange shirt proudly as it was taken away, along with her other personal items. This was a common scene at residential schools.





**Brian Norton**

# THANK YOU

Brian Norton is a long time member and volunteer at Independent Living. Brian is always ready and willing to help the centre with whatever needs to be done. Brian is an avid computer guy and has helped us to keep our tech up to date and is helpful when it comes time to fundraise. Thank you Brian for your support and love!

## 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**  
3000 Hwy 69 N, Val Caron, ON P3N 1R8



ILSM Official

ILSM Facebook

## MEET OUR TEAM



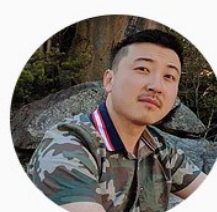
*Rob DiMeglio*  
Executive Director



*Angela Gray*  
Direct Funding Coordinator



*Robert Cloutier*  
Logistics Coordinator



*Kevin Yu*  
IT Consultant



*Maggie Mew*  
Direct of Rodent Control