



INDEPENDENT LIVING SUDBURY MANITOULIN

Accredited by Independent Living Canada
Charitable Registration # 86481 2664 RR0001

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ISSUE 10 | DECEMBER 2021



PROMOTING A NEW PERSPECTIVE ON DISABILITY



RIISING TO THE CHALLENGE

YOUR ACTIONS MATTER



Due to an alarming increase in the number of people testing positive for COVID-19 in our community recently, we are reminding everyone to follow public health measures to prevent the spread of COVID-19 including the more transmissible variants of concern. Based on data from Public Health Sudbury & Districts' service area, the risk of contracting COVID-19 for unvaccinated residents of Sudbury and districts was 3.8 times the risk for fully vaccinated residents. 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.

KICK COVID WITH KINDNESS

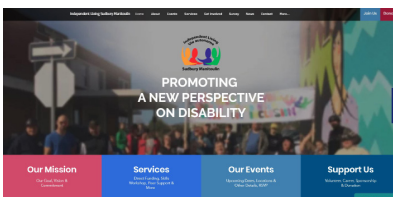
Although the event was planned for October 29, 2021, due to an increase in COVID numbers the event will be postponed until early spring. We have a ton of winter coats that members can access if there is a need. We plan to donate the balance of the winter coats to Sudbury SOS who can distribute them to the homeless. So, if you need a coat, please let us know before our inventory donated to our Community Partner.



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 ASSISTANCE?

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!



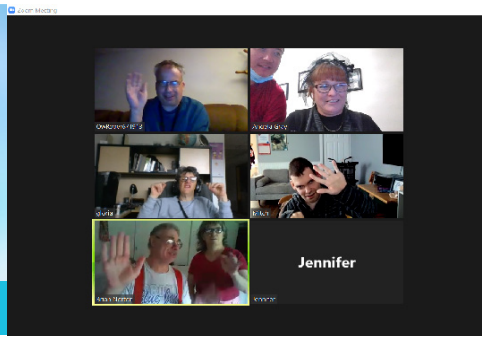
MEMBERS AND
VOLUNTEERS WANTED

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 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 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! Wednesday at 2:00 PM play virtual Bingo with us; Thursday at 1:00 PM join our newly launched Accessible Technology Program where you will learn the cutting-edge technology that helps boost your career! 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.



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



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Delta
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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.



Independent Living Sudbury is so excited to introduce you to this amazing young man. Larsen Therrien visited our centre to learn more about how he could help those less fortunate. Larson helped to make the lunches ILSM hangs on the wall outside the centre, organized the hats, mitts and scarves and hung out some heavy sweaters. In this day and age, we don't often hear positive things about young people. But Larsen's heart is so full of kindness that we cannot help but share his story. Larsen, we are so glad that we got to spend time with you and are looking forward to seeing you again. Larsen is working hard to raise money to help our vulnerable friends if you can please show your support through a monetary donation or encouragement I am sure that he will be very happy. In just over two weeks, Larsen has raised more than \$2,500 to our centre with our initiatives to assist the homeless.

HOPE you have a great day!



Larsen

Larsen you rock!



#HELPHOMELESS



ACKNOWLEDGMENT OF FIRE



LAUNDRY DAY WORKSHOP

PAST ENVENTS
IN NOVEMBER

Ads





INTERNATIONAL DAY OF PERSONS WITH DISABILITIES

Virtual Conference

Every year on December 3 ILSM celebrates the United Nations Day of Persons with Disabilities, normally we have a breakfast and invite local dignitaries, but due to Covid we are changing things up and have created a Virtual Conference On Accessibility. This virtual event will showcase and provide information regarding Accessibility and the up-and-coming Accessibility for Ontarioans with Disabilities act and its impact on Business. Attendees of the conference will be able to choose from a multitude of sessions providing pertinent information regarding accessibility. If you are interested in attending. Call the centre and book your spot today.

- The annual observance of the International Day of Persons with Disabilities (IDPD) was proclaimed in 1992, by the United Nations General Assembly resolution. Celebrated on 3 december around the world, IDPD mobilizes support for critical issues relating to the inclusion of persons with disabilities, promotes awareness-raising about disability issues and draws attention to the benefits of an inclusive and accessible society for all. UN agencies, civil society organizations, academic institutions and the private sector are encouraged to support IDPD by collaborating with organizations for people with disabilities to arrange events and activities.



International
Day of
Persons with
Disabilities
3 DECEMBER



Ads

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FINDING WAYS TO MANAGE THE INEVITABLE HOLIDAY STRESS

Welcome to the holiday season – a whirlwind of money spending, marketing blitzes combined with holiday parties and all the activities that go along with holiday entertaining. It seems to begin right after Halloween and then the momentum increases right through until the end of the year. The whole season is meant to bring families closer together in love and cheer and yet it is one of the most stressful times of year.

What causes this Holiday Stress you say? Well we can start with doing too much. We flit from store to store spending money and combine that with far too many activities (even if they are fun) all of this culminates into way too much holiday stress which leaves us feeling rather fizzled out than fulfilled. Add in an overabundance of parties and gift giving occasions that lead many people to eat and drink often to excess. This temptation to overindulge (in spending, eating rich foods and partaking of too much alcohol) can cause many of us to create our own stress from dealing with the consequences of our overindulgence. Sometimes this inadvertently makes the stress last long after the holiday season is over. Another added factor is too much togetherness or not enough togetherness depending on your current pandemic, familial and extended family situation.

But how do we minimize the holiday stress you ask? Well one of the great things about holiday stress is that it's predictable. Unlike other types of stress we have a good idea of when it will begin and when it ends so we can make plans to help reduce the amount of stress we experience and its negative impact on us. A good start would be to set some priorities before you get too overwhelmed by too many activities or spending too much. It's a good idea to pick a few favourite activities and really enjoy them while skipping the rest! Make a list of things you would like to accomplish and be sure to let go of perfection. Always set realistic expectations for yourself.

If you need to, call a friend and take a break from holiday shopping and preparation to just let out your feelings. Maintain your normal routines as much as possible including your daily exercise regimen. Remember that you cannot do everything yourself so be sure to let others help whenever possible and ask for it. Finally, even if your hectic holiday schedule only allows you to spend a few minutes on yourself, take the time to go somewhere quiet to recharge your batteries.

STRESS FREE HOLIDAY LIST

- › **Create a to do list**
- › **Create a gift list of those you need to buy for (keep it simple)**
- › **Stick to your budget**
- › **Don't overspend**
- › **Don't overeat**
- › **Don't make expectations of yourself that are too high**
- › **Do spend time with family and friends**
- › **Do keep your regular routines**
- › **Do not overindulge in alcohol**
- › **Do involve your spouse and children in the preparation**
- › **Take time for yourself to recharge**
- › **Make sure your children are taking time for themselves**
- › **Don't be afraid to ask for help**
- › **Enjoy your stress free holiday**



LAUGHTER IS THE BEST



Q: What goes Ho, Ho, Swoosh! Ho, Ho, Swoosh?

A: Santa caught in a revolving door!

Q: Why do Bag pipers walk while they play?

A: To get away from the noise.

Q: What's worse than Rudolph with a runny nose?

A: Frosty with a hot flash!

Q: What do you call a reindeer wearing ear muffs?

A: Anything you want because he can't hear you!

Q: What goes clippity clop clippity clop clippity clop smash!

A: Santa's slay on a short roof.

Q: Why did Frosty the snow man fail math?

A: Because he is a snow flake.

Q: How do you know if there is a reindeer in your refrigerator?

A: The hoof prints in the butter!

Q: What is a king's favorite kind of precipitation?

A: Hail!

Q: What do you get if cross a snowman and a shark?

A: Frost bite!

Q: How long should a reindeer's legs be?

A: Just long enough to reach the ground!

Q: What did the bald man say when he got a comb for Christmas?

A: Thanks, I'll never part with it!

Q: How long does it take to burn a candle down?

A: About a wick!

Q: What happened when the lion ate the comedian?

A: He felt funny!

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.



MERRY CHRISTMAS

Word Search

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

CANDY CANES
TREE
JOLLY
JACK FROST
GINGERBREAD
SNOWFLAKE
CRACKERS
MANGER
CHRISTMAS
MERRY
FRIENDS
DECORATIONS
NATIVITY
SANTA CLAUS
GIFTS
FAMILY
ANGEL



- » These are found in the Harry Potter books and in Lord of The Rings too. They help make Christmas gifts that Santa brings to you. What are they?
- » I come with a lot of colors, so lovely and bright. I turn so many houses into a beautiful sight. What am I?
- » Open me every day for something that can't be beat. Behind each of the doors, you will discover a tasty treat. What am I?
- » You place a skirt around my bottom once I've been chopped. On the other end, a star or an angel is how I get topped. What am I?

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

Issue 9 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 and help yourself!

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Elizabeth Kusan

THANK YOU

Elizabeth Kusan "Liz" is one of our long-time volunteers. Liz has been fundraising for ILSM since the opening of our centre on Larch for over 20 years ago. Liz has been instrumental in organizing volunteers to man the sponsorship Bingo's through Delta Bingo in the Valley. ILSM would like to take this opportunity to thank Liz for her ongoing support, her friendship and her kindness. We love you Liz!

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



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