



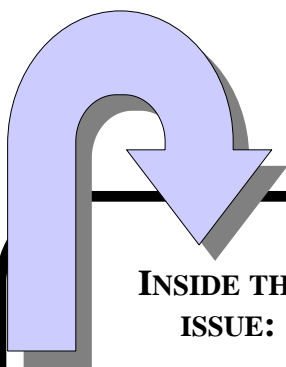
Sudbury Manitoulin

Promoting a new perspective on disability

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August 1st 2009

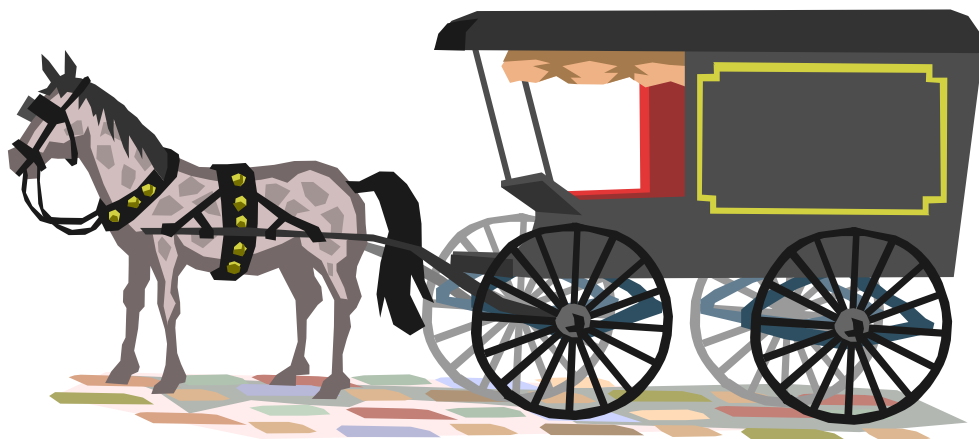
Volume 7 Issue No. 8



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Wagonwheel Ranch *Outting*



On August 21, Come and enjoy a relaxing horse drawn hay ride at Wagonwheel Ranch where you can take in the peaceful splendor and untamed beauty of the trees and lakes of the Boreal Forest. Tickets are \$20 and are on sale at the Independent Living Sudbury Manitoulin centre. Includes lunch, transportation, horse ride, petting zoo, bonfire and snacks.

Tickets are limited so members buy yours today!



Destination Inclusion.....demonstrated true camaraderie and spirit in the 2009 Dragon Boat Festival. On Saturday, July 11th Julie, Lance and team Destination Inclusion boarded the boat for their last race for this year's event. On the side lines cheering our team were other members and staff of the ILSM. As our boat pulled ahead you could hear Julie and Lance encouraging the paddlers to go hard and push way down deep inside. This all came to be the best finish ever. Destination Inclusion and their coaches came in FIRST PLACE of the consolation race. The cheers could be heard from blocks away as the boat approached the dock on the shore of Ramsay Lake with team Destination Inclusion.

Smiles, hugs and tears were shared by all as they came off the victory boat. As the charity of choice of the Dragon Boat Festival, we received \$61,740.00 towards our Capital Campaign.

Team Destination Inclusion raised over \$2,500.00 on their own and Kim Greene was one of the Top Pledge collectors of the entire Festival. Kim was awarded with \$75.00 worth of Boston Pizza Gift Cards.

Special thanks to all of the volunteers and staff that committed to ensuring we would get the job done as the Charity of Choice at the Festival. All of your efforts were greatly appreciated.

A party for team Destination Inclusion will be held at Boston Pizza. August 6th 5:00pm

Thank you to all our sponsors, members, staff, and the Dragon Boat Festival for two great years!

Quote of the month: There is something extra ordinary in most ordinary people.



WANT TO TRY SOMETHING NEW?

The ideas have been flying around the Centre like crazy.

We need to know if you want to join in. Please give Rob a call and let him know if you are interested.

Karaoke - We have the machine, we have the songs, we have the place. All we need are the singers.

Yoga - It unites body, mind and spirit and promotes peace within you. In yoga you will become more aware of your breath and the inner workings of your body and mind. It helps you become healthier and happier by circulating vital life energy through your body.

Lights! Camera! Action! We are proud to present the Independent Living Theatre Group. By this time next year we want to be performing our own play! But we need Actors, Actresses, Set Designers, Costume Designers. Do you want to be in the spot light or back stage?

Your Centre is all about FUN! Come and Laugh with us! Once we have 10 people interested we will book the date! Call Rob today and tell him you want to come and play.



CALLING ALL WOMEN!

There is a current research project being conducted in Canada. They are investigating the difficulties women with disabilities have in receiving adequate health care, due to a lack of accommodations etc. A researcher will be at the Centre the last week in August and we are looking for 1-15 women that would be willing to be interviewed about their experiences. If you would be willing to share your experiences please contact Judy Hyde at the Centre and let her know. The interviews will be set up at your convenience, including time, place and peer support if you wish.

Changes need to be made to our health care system and your input could make a difference. This is an excellent opportunity to voice your concerns.

Contact Judy at jhyde@ilrcsudbury.ca

Every Wednesday afternoon the centre is inviting people to drop in and learn about the programs and events that the centre has available

Talk to your parents, friends and co-workers about this opportunity.



Cribbage Tournament

We are organizing a cribbage tournament. If you want to play, Contact Rob DiMeglio at 675-2121 or email me at rdimeglio@ilrcsudbury.ca.

ILSM- Goes Green

Help us make a contribution towards our environment by recycling your pop cans.



We are now collecting empty pop cans which in turn will generate dollars for the ILSM Centre. All we ask is that you please rinse all your cans, put them in a green garbage bag and then drop off at Centre. This fundraiser will be on going for the next few months. We will provide monthly reports on how we are doing and how many dollars we raise.

Relax and enjoy a great afternoon with the members at Ramsey Lake. On Thursday, August 6th at 1:30 PM and Thursday August 20th at 1:30PM. We will leave from the Independent Living Sudbury Manitoulin centre and meet at Ramsey Lake's first beach. You are welcome to bring a towel, sun tanning lotion and snacks. To participate Contact Rob DiMeglio at 675-2121 or email me at rdimeglio@ilrcsudbury.ca.



Membership Committee Meeting

Attend the Independent Living Sudbury Manitoulin membership committee meeting and contribute your insight and ideas. We will have meetings on Friday, August 14 and Friday August 28 at our boardroom table here in the centre starting at 10:00 A.M.

Billiards You are welcome to join the members for a game of pool. On Monday August 10 and on Monday August 24 at 1:30 PM, meet the members at Peddler's Pub (63 Cedar street close to the bus depot). A game costs \$2.00. To participate, contact Rob DiMeglio at 675-2121 or email me at rdimeglio@ilrcsudbury.ca.

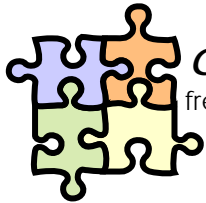


Green Thumbs Workshop

Last month we planted beautiful Bamboo plants in glass containers with colourful stones. On **August 11, at 1:00 pm** we are having a workshop on planting succulent plants and playing relaxing background music. Sonya Desforge will be facilitating the workshop. Call Rob DiMeglio for more information.

Bocce Ball!!

Join us for a game of **bocce ball**. Last Month Team F one with a score of 11 and team E 7. The next games are on **Tuesday August 11 and Tuesday August 25**, at 1 pm, All members are welcome to come and play. Do not miss the fun.



Games & Activities

Every day during the month of August we will be hosting various free games in our centre. We have a large selection of card, dice and board games. All you have to do is show up. Let's play!

Swedish Weaving

We will be postponing the Swedish Weaving program until the Fall. Please look in the upcoming newsletters for information. We are still collecting names. Contact Rob DiMeglio to sign up.



Adaptive Rowing Program - Indoor Rowing Session



Attention adaptive rowers! All Members are welcome to come to the Adaptive Rowing Program. This month it is being held on Sunday, August 16 at 9:00 AM

Dr. Thomas Merrit will be training us on the water. There will be only one session this month. see you at the Sudbury Canoe Club (506 Elizabeth Street.

To participate call Rob DiMeglio at 675-2121 or email me at rdimeglio@ilrcsudbury.ca.

See you there!

Direct Funding

Adults with physical disabilities who want to take full responsibility for managing a budget and hiring and supervising their own attendants are invited to [apply](#) to the Direct Funding Program.

Available province-wide, the Direct Funding Program enables you to receive monthly funds for attendants of your own choosing, to schedule as you please – whether your needs are at home, at work, or in the community. You self-manage your life, making your own choices with greater flexibility and control. For more information Contact Rob DiMeglio at 675-2121 or email me at rdimeglio@ilrcsudbury.ca.

Adaptive Sailing



Enjoy an excellent meal and socialize. On Tuesday, August 04 at 5:30 PM meet the members at Gongas Grill located at 233 Brady Street.

Call Rob DiMeglio at 675-2121 for more information.



**We set sail in
August!!
Call Robbie
to Join the
Team!**

Services and Free Items, Buy & Sell

If you have anything you'd like to advertise in this space, send an email to Mike at classified@ilrcsudbury.ca

- One of our members, Lenni McKim, has just graduated college with a license as a Personal Support Worker. She is fully trained and available for home-care visits. Contact Rob if you or someone in your family is in need of this service at 675-2121.





**DO YOU HAVE A DISABILITY?
 ARE YOU LOOKING FOR WORK?
 WE CAN HELP MAKE THAT HAPPEN!**



This full time 12 week program offers an incredible and unique learning opportunity for persons with varying disabilities. Employ-Ability focuses on assisting adults with disabilities seeking employable skills, education, confidence leading to long-term attachment in the workforce.

Who Can Take Part

Our program serves people with all types of disabilities. You may apply to enrol if you:

- Have a permanent or chronic disability that is your primary barrier to employment
- Are of legal working age
- Are a Canadian citizen or landed immigrant

Classes Include:



- Workplace Values and Beliefs
- Identifying Abilities and Interests
- Brainstorming Occupational Ideas
- Labour Market Information
- Resume and Cover Letter Development
- Role Playing Employment Interviews
- Successful Job Search Techniques
- Developing a Career Action Plan
- Employee Standards
- What Employers Want
- Making Presentations

UPCOMING WORKSHOPS

August 6th	Disclosure of a Disability to Potential Employers	9:00 – 11:30 a.m.
August 10th	Managing your Health and Disability For the workplace	9:00 – 11:30 a.m.
August 13th	Positive Self-Esteem and Confidence	12:30 – 3:00 p.m.
August 17th	Conflict and Anger Management	9:00 – 11:30 a.m.
August 19th	Energy Conservation	9:00 – 11:30 a.m.
August 24th	Motivation and Momentum	9:00 – 11:30 a.m.

ALL OF OUR PROGRAMS ARE FREE. TO REGISTER CALL Liz Judd 675-2121 or email: ljudd@lrscsudbury.ca

Computer Training



Independent Living Sudbury Manitoulin is offering **free** computer lessons! The training is primarily one-on-one, and the pace of study is tailored to the needs of each individual student.

Training is available in:

Computer fundamentals

Surfing the internet

E-Mail

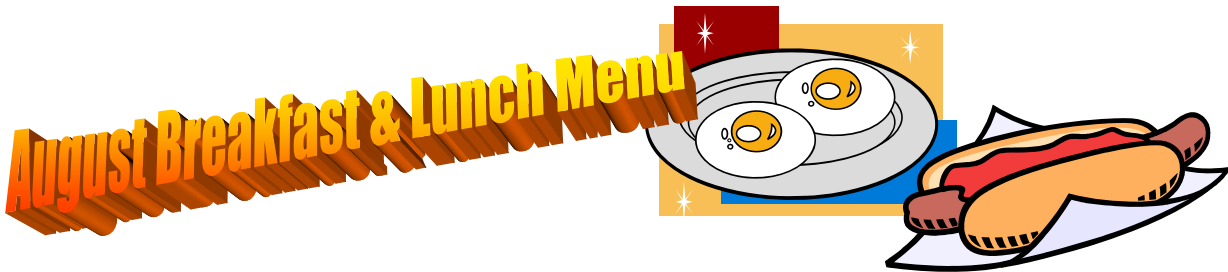
Job searching

Avoiding online scams

Writing resumes and cover Letters

Web programming in HTML, CSS, JavaScript, PHP, and MySQL

Even if you've never used a computer in your entire life we can get you up and running in no time! For more information, please contact Jonathan Tweed at 675-2121 or email him at jtweed@ilrcsudbury.ca



TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Lunch Portobello Pasta	5 Breakfast Monte Cristo	6 Lunch Beef Bourguignon	7 Breakfast Eggs Benedict
11 Lunch Vegetable Stir-fry w/ Rice Pilaf	12 Breakfast Mickey Mouse Pancakes	13 Lunch Lasagna	14 Breakfast Biscuits & Gravy Breakfast
18 Lunch Beef Stroganoff	19 Breakfast Crepes with Fresh Berries and Yogurt	20 Lunch Honey Garlic Meatballs on Rice with Corn.	21 Breakfast Toasted Western Sandwich
25 Lunch Mushroom Cheddar Soup w/ Cheese Bread	26 Breakfast Waffles w/ Blueberry Sauce	27 Lunch The Center Burger	28 Breakfast Cinnamon Raisin French Toast



August 2009 Program Schedule



Fun & games!! Every day in August

Mon	Tue	Wed	Thu	Fri
3	4 Members Lunch 12pm-1pm Dinner Club Gonga's Grill 5pm	5 Member's Breakfast 9am-10am Open House 1pm	6 Members Lunch 12pm-1pm Beach Day 1:30pm	7 Member's Breakfast 9am-10am
10 Billiards's Peddler's Pub 1:30pm	11 Members Lunch 12pm- 1pm Bocce Ball 1:30pm	12 Member's Breakfast 9am-10am Open House	13 Members Lunch 12pm-1pm	14 Member's Breakfast 9am-10am Member's Meeting 10am
17	18 Members Lunch 12pm-1pm	19 Member's Breakfast 9am-10am Open House	20 Members Lunch 12pm-1pm Beach Day 1:30pm	21 Member's Breakfast 9am-10am WagonWheel Ranch 11:30am
24 Billiard's Peddler's Pub 1:30pm	25 Members Lunch 12pm-1pm Bocce Ball 1:30pm	26 Member's Breakfast 9am-10am Open House	27 Members Lunch 12pm-1pm	28 Member's Breakfast 9am-10am Member's Meeting 10am
31	The Adaptive Rowing Session will be held Sunday August 16th, 9:00am,			