



Sudbury Manitoulin

Promoting a new perspective on disability

March 1st 2010

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OUR NEW WEBSITE!!!

At our Annual General Meeting we launched our New website!!! It's bright, it's fresh and packed with information. CHECK US OUT!
www.ilrcsudbury.ca

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Open Monday to Friday from 9:00 AM to 4:30 PM.

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The Great Wheelchair Challenge 2010 Family Games

Sunday, April 11, 2010
 Laurentian University
 Ben F. Avery Fitness Centre



The 2010 Family Games are here! It's new, it's exciting, a full day of fun and enjoyment for the whole family!

The games will feature a series of fun and accessible athletic challenges that demonstrate the experiences of people living with disabilities and will include a free lunch for all participants.

Participants and corporate teams are asked to collect pledges from family, friends, and colleagues to support them in the competition.

PRIZES

- Top TWO individual fundraisers
- Top fundraising team

TEAM AWARDS

- 1st Place GOLD
- 2nd Place SILVER
- 3rd Place BRONZE

The games are open to people of all abilities so come out and have some fun while learning about your community.

VOLUNTEERS WANTED

We are looking for volunteers to assist us on the day of the event.

If you are interested in being a volunteer please contact Nicky

Pledge packages available at the Centre, on our website or by visiting any of our sponsors

Shopper's Home Health Care
Michael Cecutti Financial Planner

Medi-Chair
Nana's Kettle Corn

Motion Specialist,
Coca-Cola



THE OLYMPIC SPIRIT

As I write this today, the games of the 21st Olympiad in Vancouver have come to a glorious end. Over the last 17 days, we have heard many stories of our Canadian athletes. Many of them are interesting and heart wrenching tales of sacrifice and succeeding often against all odds to reach their goals.

There are at least 2 Canadian athletes whose actions spoke much louder than their words, or their accomplishments on the fields of play at the Olympics. The first one is Alexandre Bilodeau, who won a gold medal in the men's moguls. At Alexandre's side throughout his competition was his older brother Frederic, who has suffered with cerebral palsy since birth. As Alexandre was interviewed by the media, he pointed to his brother Frederic as his daily inspiration to keep him going through his long days and hours of training for success.

The second athlete is Kristina Groves, who won a silver medal in long track speed skating. The day after she won her silver medal, CTV aired an interview with Kristina's biggest fan, a 5-year-old boy with a severe hearing impairment.

It is unlikely that Frederic Bilodeau or Kristina Groves 5-year-old biggest fan will ever win an Olympic medal, but their influence in the lives of the Olympic athletes that they have touched has been profound. Often in sports, the words courage, determination, inspiration and hero are often overused.

The point here is simple; that people with disabilities have incredible opportunities to make profound, positive and lasting impacts upon the people that they interact with. Many people with disabilities are afraid to make their mark in this world, or even in the circle of family and friends that they have. I believe the reason we don't see more of this is that they do not believe that they can make a difference in other peoples lives. In fact, it seems to me that the opposite is true. People with disabilities make an impact upon the people they meet just because of who they are, and how they persevere to make a difference for themselves. The reality is that people are watching us every day, and they are judging whether they will support us and our cause by how we react to those adverse circumstances in our lives.

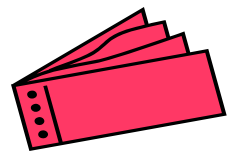
That is why being a member of ILSM is so special. When I have a down day due to circumstance that is unpleasant, I often think of many of you who face much greater challenges and problems than I do, but succeed and persevere in spite of all of that. Our members serve as an inspiration to me, and move me to reach deep within myself to rise above my challenges. I wanted to let you know that the Olympics are not over. From March 12-21, 2010, the Paralympic games are also in Vancouver. They will receive considerably more television coverage than they ever have before. This can only do great things for those people with disabilities, as they show the world that disability is not a sentence or suffering and shame, but rather, an opportunity to inspire and positively impact others with true and genuine courage, determination, inspiration and, in the case of the Paralympics, athletic excellence. It is my hope that many of you will watch the Paralympics, and while doing so become even more inspired to succeed despite your own challenges in order to inspire others.

Share the Olympic flame within you!!
Craig Ticalo, Chairperson

Groovy Movie Day

Come out to the centre and see a movie.
Friday, March 5 and March 12 at 1:30 PM.
Bring a favourite movie to share with us.
Popcorn is provided.

Valentine's Day Raffle Winners



On Friday, February 12, Glenn Thibeault MP came by the Centre and made the draw for the prizes of our Valentine's Day Raffle. The winners of the prizes have been listed on our website. Thank you to the members of the ILSM for going out and selling all the tickets. Special thanks to all who purchased tickets for the Raffle.

Dinner Club

Tuesday, March 9 at 5:30 pm

Join us at Peddler's Pub located downtown at 63 Cedar Street. Want to try someplace new, come to the Membership Committee meeting and put your favorite restaurant on the list.

Neil Squire Employability Workshops

Would you like to learn new skills or brush the dust off some old skills. These workshops are designed to do just that! If you would like to attend these workshops please contact Althea to register.

Organization and Interpersonal Skills

Monday March 1 12:30 3 pm

Improving these skills will help ease stress in your life. The techniques we discuss can also help you in the area of job satisfaction and performance.

Time Management

Monday March 8 12:30 3 pm

Understand how time management strategies can reduce stress and improve efficiency. Learn to apply techniques at work and at home.

Positive Communication

Monday March 15 12:30 3 pm

Soft skills are very important in getting along in any situation. A positive attitude will help with energy levels, self confidence and the ability to accept criticism and grow from the experience. This workshop is a must for everyone.

Disclosure of a Disability to a Potential Employer ***Monday March 22 12:30 3 pm***

Being able to discuss a disability, injury or illness can often ease the fear-of-the-unknown for a potential employer. Deciding if, when and how to talk about the challenges you face is important for a back to work action plan.

Positive Self-Esteem and Confidence

Monday March 29 12:30 3 pm

Self-esteem will help in every aspect of your life. It is a learning process that requires you to focus on the positive. We will work on gaining confidence through tips and techniques.

Organization and Interpersonal Skills

Monday April 12 12:30 – 3:00pm

Improving these skills will help ease stress in your life. The techniques we discuss will help you in the area of daily living, job satisfaction and personal performance.

Pain Management

Mon. April 19 12:30 – 3:00pm

There are an increasing number of non-medicated options available for controlling various forms of pain. Knowing how to make use of existing approaches to pain control is essential to enable you to focus.

Team Work

Mon. April 26 12:30 – 3:00pm

Understand the importance of teamwork and learn techniques that could be useful. Teamwork is examined because it is an important part of learning how to adapt in any setting.



2010 Membership Registration Days

Don't miss out on all the great member events happening in 2010! Join us on member registration day for light refreshments and get this job done! Not a member yet! Join

us and learn about all the great benefits membership has to offer.

Yearly Membership is just \$10.00. Valid until March 31, 2011

Friday March 12 1:00 - 3 PM

Friday March 19 1:00 - 3 PM



Membership Committee

Welcome all members! Join us on Friday March 5 and 19 at 9:30 am in our kitchen. This is a great opportunity to learn what is happening at your centre and to bring ideas to the table.

Julia from the Sudbury & District Health Unit will be in on Friday March 12 to talk about how to quit smoking! Come in for some advice and to ask questions. t

Do you have an idea for a speaker? Come to the meeting and let us know. We will do our very best to book them.

Billiards

You are welcome to play pool with us. Show up on Monday, March 1 and 15 at 1:30 PM at Peddlers Pub (63 Cedar Street) Close to the bus depot. A game costs \$2.00.

Craft Classes

Meet Kathleen for some afternoons of fun with friends. On March 8th and 22nd we will be creating beautiful Easter decorations. Simply come into the Centre.

BOWLING

Come out and play a few games of Bowling. We will be at Plaza Bowl at 10:00 AM on Monday, March 8 and 22 at 10:00. Join the fun! After the game, members have lunch at the King Pin Lounge.



Open House

On Wednesday afternoons we are inviting people to visit the centre and to learn about our programs and events. Talk to your parents, friends, and co-workers about this opportunity. Walk in and ask for Rob.

BOCCE BALL

Would you like to try something fun? Come play bocce ball On Wednesday, March 10 and 31 at 1pm. Don't miss the fun. Come in and ask for Rob

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. Contact Rob for more information!



Services and Free Items, Buy & Sell

If you have anything you'd like to advertise in this space, send an e-mail to Rob at rdimeglio@ilrcsudbury.ca

- Dog crate for large dog with a divider, 2 doors with the tray at the bottom, it is practically new only used for one month. Measurements 42 inches long, 28 inches wide, 31 inches high call Kathleen at 969-1849.
- Brian Norton is available to help you with free technical hard drive computer services. Call him at the centre.
- Leather shower chair for sale. Call Jen B at the Centre.
- 2 Stannah Chair Lift Systems for stairs available for more details contact Judy at the Centre.



ILSM Goes Green Pop Can Fundraiser

Our pop can fundraiser is going full force. If you are interested in participating in this fundraiser please collect your pop cans and bring them into the Centre. If you would like to ask a business or your landlord to participate please contact Nicky

Hey members!

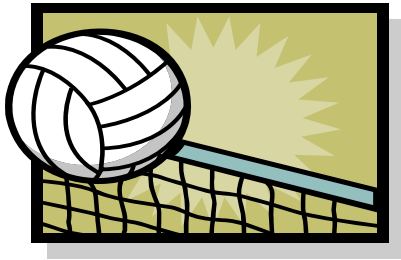
Join the members' area on our new website and keep in touch with all your friends here at Independent Living.

It's great for:

- Staying up to date on the latest news.
- Chatting with your buddies.
- Voicing your opinions ...and tons more!

Talk to Jonny Tweed for more information, or check it out for yourself at: www.ilrcsudbury.ca/i/en/izone-link.html





Adapted Sports

And More Rowing...

Want more rowing sessions let Carla know. **We can do it!**

Rowing

Lots of members are staying physically active and having fun.

Come join us on Wednesdays at 2:00 pm and see for yourself.

Wednesday March 3rd,
Wednesday March 17th
Wednesday March 24th

Skiing

8 active members came out to ILSM's FREE "Try it" ParaNordic skiing event and had a fantastic time. "We can't wait to go again!"

Do you want to try !!! Our last trip of the season will be March 25th. All you need to do is sign up at the Centre or call Carla and say **YES!!!** I want to join the fun.

Go For The Gold!

Para-Nordic cross-country skiing will be included for the first time in the Canada Winter Games to be held in Nova Scotia in February 2011. Join us at the Naughton Cross Country Ski Trails on March 6th from noon to 4 pm. Coaches and equipment will be provided.

To register contact Patti Kitler by phone 692-3818 or email: pattikit@vianet.ca

Calling all Curlers!!!

We are still looking for members to participate in our **NEWEST** adapted sport. Indoor Curling right here at our Centre! No ice to slip on; No cold fingers and toes; Just a great afternoon of fun. Call Carla and say YES! I WANT TO DO THIS!

Do you want to get more involved with the Centre?

Do you want to make a difference in a child's life?

Join Carla's team Monday and Wednesday night at Ball Hockey!

We need volunteer Coaches, Referees and Score Keepers.

Monday Queen Elizabeth Public School.
Wednesday Cyril Varney Public School

HOOPS and WHEELS

On March 11th the men's varsity team at Cambrian College will be playing a fundraising basketball game against the Sudbury Rolling Thunder Wheelchair Basketball team. Doors will open at 6:30PM. For more information about the event contact Cambrian College.



Two hours of your time can change a child's life Forever. Call Carla today!

FREE COACHING COURSES

Independent Living Sudbury Manitoulin is willing to pay for 10 people to take two coaching courses in return for 40 hours of volunteer service over the course of one year in our adaptive sports program. We currently have curling, skiing, rowing, and sailing programs and most of our activities take place during the operating hours of the Centre: Monday – Friday, 9am – 4:30pm.

National Coaching Certification Program Coaching Courses – These are Multi Sport Modules being offered at Cambrian College

June 5th and 6th — Part A
June 19th and 20th — Part B

For more information please contact Carla

Our Celebrity Chefs!

In February the food program continued its Celebrity Chef project which is an opportunity for you, your friends or your family to choose your favorite meal and prepare it for the center. We buy the groceries, you become the

Chef. We offer any assistance you need and when it's all over we do the dishes.

Cherie Mercier kicked us off in February with her grandmother's "Hearty Vegetable Stew" followed by Roxann Zöpel and her recipe for "Stuffed Pork Chops & Scalloped Potatoes". Lastly we all enjoyed Kevin Lalonde's "Italian Chicken & Potatoes"

In March we have three brand new Celebrity Chefs taking the stage so be ready and if you or someone you know would be interested in appearing as our next celebrity chef please contact Kevin.



Music

Don't miss out! Join the exciting world of music here at Independent Living. Our program is member driven and tailored to the interests and growth of the individual musicians. Whether you're just starting out or you've been at it a while we've got a spot for you in the group, so come check it out!

We have a performance coming up towards the end of April, so keep on the lookout for details.

For more information contact Jonny.



Rehearsals:

Tuesdays 1:30pm – 2:30pm,

Thursdays 1:30pm – 2:30pm ,

Saturdays 1:00pm – 4:00pm

ILSM Theater Group

The theater group provides an opportunity for members to get involved in the magic and wonder of the stage and set. We meet regularly on Tuesdays at 3pm and hold a stage and costume workshop on the last Tuesday of every month. We are always looking for new members and there is no cost to join. Theater offers a great opportunity for fun and fellowship so come on out and get involved.

Announcements:

We are currently in rehearsal for our first ever play, "the Caterpillar's Voice," which we intend to perform in April. All our roles have been cast; however, new Theater group members are still invited to join our rehearsals to get the feel of acting on stage. The theater group wants your old costumes, props and materials. If you have old Halloween costumes, props, odds and ends, backdrop sheets or any items you think the theater group can use, please bring them in and we'll put them to good use!

March 30th the set and costume department of the ILSM theater group is going shopping! We are heading to Value Village at 3pm to get costumes, supplies and props for our up-coming production. To all you members of the theater group particularly interested in costume and set design: Don't forget! Transportation is being provided free of charge. For more information contact Jonny.



Jocelyne Roy from Roy's T.V. and appliances would be happy to assist any of our members or staff with their appliance or furniture needs. When visiting Joc at Roy's make sure to let her know that you are a member of the ILSM and you will receive 10% off any regular price appliance and 20% any regular price furniture. (You must see Jocelyne to receive the discount.)



March

Breakfast Menu

Tue	Wed	Thu	Fri
2 Cheryl Bruce "Bagel BELT"	3 Mushroom Omelets	4 Cinnamon French Toast & Fresh Fruit	5 Ham, Eggs & Toast
9 Scrambled Eggs, Bacon and Toast	10 Mushroom Omelets	11 Cinnamon French Toast & Fresh Fruit	12 Ham, Eggs & Toast
16 Scrambled Eggs, Bacon and Toast	17 Mushroom Omelets	18 Cinnamon French Toast & Fresh Fruit	19 Ham, Eggs & Toast
23 Scrambled Eggs, Bacon and Toast	24 Eggs Benedict	25 Cinnamon French Toast & Fresh Fruit	26 Ham, Eggs & Toast
30 Scrambled Eggs, Bacon and Toast	31 Mushroom Omelets	We've heard you'd like some changes, check out our new breakfast and lunch menus. Let us know what you think.	



March

Lunch Menu

Tue	Wed	Thu	Fri
2 Vegetable Stir Fry with Rice Pilaf	3 Irish Stew	4 Chicken in a Hurry	5 Spaghetti and Meat Sauce
9 Chicken and Monterey Jack Quiche	10 Chili Sheppard's Pie	11 Kim Greene "Pizza"	12 Macaroni Casserole
16 Chicken in a Hurry	17 Vegetable Stir Fry with Rice Pilaf	18 Irish Stew	19 Chicken in a Hurry
23 Spaghetti and Meat Sauce	24 Chicken and Monterey Jack Quiche	25 Rob DiMeglio "Beef Wellington"	26 Chili Sheppard's Pie
30 Macaroni Casserole	31 Vegetable Stir Fry with Rice Pilaf		

March 2010 Program Schedule

Mon	Tue	Wed	Thu	Fri
1 Billiard's @ Peddlers Pub 1:30pm	2 Member's Breakfast 9am Member's Lunch 12pm Music Program 1:30pm ILSM Theatre Group 3pm	3 Member's Breakfast 9am Member's Lunch 12pm Adaptive Rowing 2pm	4 Member's Breakfast 9am Member's Lunch 12pm Music Program 1:30pm	5 Member's Breakfast 9am Member's Lunch 12pm Member's Meeting 9:30am Movie Day 1pm
8 Bowling @ Plaza Bowl 10am Craft Workshop 1:30pm	9 Member's Breakfast 9am Member's Lunch 12pm Music Program 1:30pm ILSM Theatre Group 3pm Dinner Club 5pm @ Peddler's Pub	10 Member's Breakfast 9am Member's Lunch 12pm Bocce 1pm	11 Member's Breakfast 9am Member's Lunch 12pm Music Program 1:30pm	12 Member's Breakfast 9am Member's Lunch 12pm Movie Day 1pm
15 Billiard's @ Peddlers Pub 1:30pm	16 Member's Breakfast 9am Member's Lunch 12pm Music Program 1:30pm ILSM Theatre Group 3pm	17 St. Patrick's Day Member's Breakfast 9am Member's Lunch 12pm Adaptive Rowing 2:00pm	18 Member's Breakfast 9am Member's Lunch 12pm Music Program 1:30pm	19 Member's Breakfast 9am Member's Lunch 12pm Member's Meeting 9:30am Member Registration 1—3 pm
22 Bowling @ Plaza Bowl 10am Craft Workshop 1:30pm	23 Member's Breakfast 9am Member's Lunch 12pm Music Program 1:30pm ILSM Theatre Group 3pm RDSP Workshop 7:00 pm	24 Member's Breakfast 9am Member's Lunch 12pm Adaptive Rowing 2pm	25 Member's Breakfast 9am Adaptive Skiing 9:30am Member's Lunch 12pm Music Program 1:30pm	26 Member's Breakfast 9am Member's Lunch 12pm Member Registration 1—3 pm Fundraising Meeting 1:30pm
29	30 Member's Breakfast 9am Member's Lunch 12pm Music Program 1:30pm ILSM Theatre Group 3pm Value Village Tri 3pm	31 Member's Breakfast 9am Member's Lunch 12pm Bocce 1pm RDSP Workshop 7:00 pm		