

ILSM Newsletter

November 1, 2010

Volume 11, Issue 11



Greater Sudbury Public Library

"On Wednesday, November 24, at 1:00 PM a representative from the Greater Sudbury Public Library will be coming into the centre to assist members in getting set up with a library card. Library cards are free to all members of the public and are required in order to access materials and programs offered by the Library. In order to get a card, you will need a piece of picture identification and will need to provide your mailing address and telephone number. The Greater Sudbury Public Library is working with CNIB Library Partners Program to provide us with access to the CNIB Library's collection of material in accessible formats including DAISY audio books, Braille, Print Braille and Descriptive Video.

More information on this partnership will be provided at the session on November 24."

We Have A New & Improved Membership Area!

Come On In & Check It Out

Visit Our Website

www.ilrcsudbury.ca

FOR INTERESTING NEWS

Visit Our Blog

OUR ONLINE COMMUNITY

The Members Forum

Check us out on **TWITTER!**

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Craig Ticalo, Board Chair

Life is a Highway

Canadian rocker Tom Cochrane wrote a popular song number of years ago. Its most famous lines were:

"Life is a highway"
"I want to ride it all night long."

At ILSM, we also believe that life is a highway. Even though there are peaks and valleys, bumps and rocks along the way, we all persevere in order to succeed. Everyone loves that exhilarating feeling of being on the open road, moving ahead, the wind at their back, and life in front of them.

We would like to give ILSM members an opportunity to experience the same feeling. To that end, if there is sufficient interest, we would like to contact Laurentian Driving School, and ask them if they would be interested in teaching our members how to drive. Our disabled accessible van was purchased with the intention that it would be used for members, and what better way to use the van then to teach some of you the invaluable tool of independence, learning how to drive. Please let Rob know if you're interested.

The goal of teaching the disabled how to drive is not unattainable. There are many of you who have the physical and mental ability to drive a vehicle. The next step is to believe in yourself enough that you put your name forward, and have the courage to move ahead. In the book *Impact: Changing the Way we View Disability*, a young lady associated with the Kapuskasing IL Centre detailed her story about how she acquired the skills and self-confidence necessary to obtain her driver's license. She explained how a drivers licence made a huge positive difference in her life. It would be an absolute pleasure to see the joy on your face when you obtain your driver's licence. You might also be able to help your friends at ILSM by delivering things to them, or giving them a ride!!

I wanted to take this time to tell you that I was very impressed with the wonderful decorating at the Centre for Halloween, and I was greatly moved to see the wonderful pumpkins that you have created. The place looks scary!! It is truly impressive. Have a happy Halloween. Be a treat and not a bad trick. Keep smiling, and remember, keep moving ahead on life's highway, because WE ARE ABLE.

Craig Ticalo



Beautiful Original "Pen & Ink" Miniature Art
Enlarged Into Note Cards To Send To Somebody Special
Assortment Prices
\$2.50each / \$4.00each
Or \$22.00 For A Package Of 6
Contact Kim Greene, Chair Of Fundraising
Support Your ILSM



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!

For More Information, Call Todd.

Senior's Friendship Group

On November Wednesday the 17th we will be holding our very first Seniors Friendship Group here at the centre in the members lounge. If you are over the age of fifty and would like to connect with other seniors in the greater city of Sudbury, make new friends and have a good time come out and join us at the centre on Wednesday! The group will be held from 1:00 until 2:30 and some refreshments will be provided. Feel free to bring some friends!

For More Information, Call Althea.

Computer Training

Are you looking to learn how to use the computer or looking for a refresher? We now have two computer trainers on staff ready to train you!

Contact the center to make your appointment today!

Membership Committee Meetings

Friday	Nov. 5th	9:30 am
Friday	Nov. 19th	9:30 am



For Members Only!

Show Jocelyne at Roy's T.V. your membership card and you will receive 10% off any regular price appliance and 20% any regular price furniture. You must see Jocelyne to receive the discount.

Looking for a new place to live, We can help!

If you are looking for an apartment, we have free weekly listings of vacant apartments in the Greater Sudbury area. Drop into the centre and ask the staff for an updated printout.

From the Kitchen

Celebrity Chef

August was another Celebrity Chef event with Bill (Popcan) Moore delivering a wonderful lunch of Breaded Pork Chops with melt in your mouth mash potatoes and yummy mixed vegetables. I heard that it was a member favourite.

Well it looks like September is a busy month not only for children going back to school but our members too! It seems no one has the time to be a Celebrity Chef. We are now booking — November.

**It's Your Turn Now!
Come Have Some Fun and Be
Our Next
Celebrity Chef!**

Call Claudette today to book your special day!

We Need You!

We are looking for a few more hands to help out at breakfast and lunch. Our kitchen team is doing a great job but they need more help.

Can you spare a 1/2 day a week to help? This will be the best job you ever had.

- Pick your own hours
- Pick the job you want to do
- Be your own boss

It doesn't get any better than this. If you can help, call Claudette and he will set it up!

From The Sports Desk

Brian Norton, Volunteer

Rowing at the Centre



The rowing program is open to rowers of all abilities, interests, and skill levels. Come out every Wednesday at the centre for a rowing session from 2-4. We are always looking for more participants! We are also excited to introduce Kelly, a student from Laurentian University who will be helping out with the program, as well as other sport aspects at the ILSM. Stay posted for workshops that she will be running in the future.

See Rob for further details.

October Rowing Schedule

Rowing Technique and Instruction -

Every Wednesday

November 3rd - 2 pm

November 10th - 2 pm

November 17th - 2 pm

November 24th - 2 pm

From A Member

I Never Knew

About six years ago it all started. One day, my right leg started to hurt and from that point on, everything got worse. Major pain all through my body, then fibromyalgia set in. I was about to find out what four walls closing in on me would feel like. Going to the store, anything that had to do with walking or standing up, would end up being a bad sore that would not go away.

I finally got tired and went to see my doctor, and of course she gave other alternatives, but it all had to do with standing and walking and that would still have kept me as a prisoner in my home. No freedom to do anything, or become someone I would be proud of being. So, the doctor finally came to the solution that a wheelchair was my only way out. I will never be the same woman again, now I know what life is all about.

You can bet that I made that chair work for me, I was for the first time in my life independent, with many choices ahead of me. I always wanted to volunteer, but I didn't know where or what, the only thing I knew is that I wanted to help people, and be a functioning member of the community. So, I prayed and prayed, until one day I got up, and my television wasn't working right, and there was nothing I could do either. The next day, I threw out my television in the garbage, I mean I had no money to buy another, and my internet was more important to me since I'm a writer.

I did something I never thought I was capable of doing got rid of a badder evil, which was addictive to say the least. Turned out to be one of the best decisions I've ever made. A few days later, a friend told me about the ILRC without a thought, I became a member that same day with every intention of volunteering in as much things as I could. I just never knew how much being part of the Independent living Centre would change my life.

Everyone accepted me, smiled at me, gave me coffee ...never had a welcome like that anywhere. I made friends very fast with some nice ladies, I just loved the atmosphere around me. I found out all the different volunteer work I could do, and I was very much interested. Our leaders, are just awesome always smiling and willing to give a helping hand when needed. I never thought that this centre existed at all a day before and now I was a proud member. I can be myself here, people accept each other for who they are, and that feels really good. I've been smiling ever since making jokes ...even my daughter is proud of me, and that means the world to me.

This place is like a refuge for everyone, a place to meet, talk, eat and be merry. We all work for the same purpose to keep the centre going at all cost. We all need the centre for everything that it offers, things we can learn individually, participate in group events ...even do things we never thought of doing before. There are great possibilities here, and we all share in the vision of a better future, with the centre and the people of Sudbury.

I have a place to go now, be myself, and flourish ...I have a purpose. This is where I belong.

— Christiane Pilotte

The Social Scene

DINNER CLUB

Tuesday November 9th @ 5:00 pm
 At Pat & Mario's on LaSalle Blvd
 Want to try someplace new, come to the Membership Committee meeting and put your favorite restaurant on the list.

GROOVY MOVIE DAY

Finish off the week by kickin' back and watching a movie in our Theatre Lounge. Have a favorite, bring it in!
 Every Friday 1:00 pm

SWIMMING—YMCA

Get out of the heat and join us for a swim! **\$2.00 a session**
 Monday Nov 8th 3:00 pm
 Thursday Nov 25th 3:00 pm

CRAFT CLASSES

If you would like to take part let Rob know. All supplies will be provided

Nov. 10th & Nov. 22nd @ 1:00 pm

BOWLING

Do you want to go bowling with us?
 Call Us To Join The Team

Friday Nov. 12th & Nov. 26th @ 10am

GAMES/CARDS/PUZZLES

Join us for a wacky game of Crazy 8's or you favourite board game.
 Every Monday @ 10:00 am

BILLIARDS

Join us at Peddlers Pub for an afternoon of eight ball.
 Monday Nov 1st, 15th, 29th @ 1pm
\$2.00 per game
 53 Cedar St. near the bus depot

Financial Services

Direct Funding

This program provides monthly funding for adults with physical disabilities who want to take full responsibility for managing a budget and hiring and supervising their own attendants. You hire your own attendants to schedule as you please - whether your needs are at home, at work, or in the community. Giving you greater flexibility and control.
 To Register see Rob

RDSP

Registered Disability Savings Plan
 The RDSP is designed to help people with disabilities and their families save for the future.

Learn more about this new federally registered savings plan delivered by the Government of Canada.

Talk to Rob he will show you how this can work for you.

DID YOU KNOW....

Having an RDSP does not impact Federal Benefits

You may be eligible to receive grants and bonds of up to \$4,500 depending on your contribution and family income

Even with no financial contribution, you may be eligible to receive up to \$1,000 every year to invest.

FREE TO REGISTER!

The Arts

Jonny Tweed & Lenni McKim, Program Coordinators

The Lion King!

Come join the fun and take part in the Independent Living Performing Art groups' next production!

Everyone is welcome to participate. We have lots of activities.

- | | |
|---------------------------------|----------------------------|
| <i>Acting</i> | <i>Singing</i> |
| <i>Playing in the orchestra</i> | <i>Making costumes</i> |
| <i>Set design</i> | <i>Lighting/Sound tech</i> |
| <i>Organizing props</i> | |

We also have room for lots of musicians in the pit orchestra.



Rehearsal Schedule for October

Tuesdays: 1:30-2:30pm
 Tuesdays: 3:00-4:00pm
 Thursday: 1:30—2:30pm

Hakuna Matata



The Bargain Shop

Have something to sell? Looking for a service? Looking for that special something. This is the place to reach out to all the members

VOLUNTEER OPPORTUNITIES

DO YOU LIKE TO TALK, PLAY CARDS, GO FOR WALKS BE A FRIEND?

We are looking for members that would like to visit lonely seniors once a week. A great way to make a new friend. See Rob for details.

DO YOU LIKE TO SHOP?

We need volunteers to help Seniors with their shopping.
See Althea Gibson for details.

SERVICES AVAILABLE

TECHNICAL HELP

Need free technical help with your computer hard drive.
Call Brian Norton at the Centre

COMPUTER TRAINING

Free one-on-one training available from beginner to expert.
Call Nick at the Centre

LITERACY TUTORING

Want to improve your reading, writing and math skills? We now have three trained tutors available
Call Rob at the Centre

Fundraising

Kim Greene, Committee Chair

IT'S FUNDRAISING EVENT TIME AGAIN!

The committee and board could use your help to get these events up and running.

It's hard to believe but it's that time of year again to start planning for our two biggest fundraisers.

If you would like to help contact Kim or Rob.

**International Day of
Persons with Disabilities**

**The Great Wheel
Chair Challenge**



Fundraising Committee Meeting

Monday Nov. 22nd @ 11:00 am

How To Reach Us

105-66 Elm Street
Sudbury, Ontario P3C 1R8
Phone: 705.675.2121
Fax: 705.675.1283

Business Hours

Monday—Friday
9:00 a.m. - 4:30 p.m.

Meals Served
Monday to Friday

Breakfast 9:00 am—10:00 am
Lunch 12:00 pm—1:00 pm

STAFF Members

Rob DiMeglio (Executive Director)
rdimeglio@ilrcsudbury.ca

Nicholes Weijia (Membership, IT)
nweijia@ilrcsudbury.ca

Claudette Rody (Food Program, Cook)
crody@ilrcsudbury.ca

Lee-Ann Gould (Addiction's Worker)
lgould@ilrcsudbury.ca

Althea Gibson (Seniors Program)
agibson@ilrcsudbury.ca


Angele Lafreniere (Researcher)
alafreniere@ilrcsudbury.ca

Pascal Labelle, (Senior's Program)
plabelle@ilrcsudbury.ca

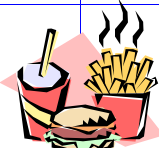
Todd Waern (IT Administrator)
twaern@ilrcsudbury.ca

November Menu

BREAKFAST

Mon	Tue	Wed	Thu	Fri
1 <i>Pancakes / Fruit</i>	2 <i>Oatmeal / Toast / Fruit</i>	3 <i>Bacon / Fried Eggs / Homefries / Toast</i>	4 <i>French Toast Sausage</i>	5 <i>Cream Of Wheat Toast / Fruit</i>
8 <i>French Toast Fruit</i>	9 <i>Scrambled Eggs Bacon / Toast</i>	10 <i>Cereal Toast / Fruit</i>	11 <i>Breakfast Wrap Hashbrown Pattie</i>	12 <i>Blueberry Pancakes Sausage</i>
15 <i>Cream Of Wheat Toast / Fruit</i>	16 <i>Poached Eggs Hashbrown Pattie</i>	17 <i>French Toast Sausage</i>	18 <i>English Muffin (Eggs / Bacon / Cheese) Hashbrown Pattie</i>	19 <i>Oatmeal Toast / Fruit</i>
22 <i>Breakfast Wrap Hashbrown Pattie</i>	23 <i>Blueberry Pancakes Bacon</i>	24 <i>Cream Of Wheat Toast / Fruit</i>	25 <i>Eggs Benedict Hashbrown Pattie</i>	26 <i>Cereal Toast / Fruit</i>
29 <i>Oatmeal Toast / Fruit</i>	30 <i>Cinnamon French Toast Sausage</i>			

LUNCH

Mon	Tue	Wed	Thu	Fri
1 <i>Chicken Wings Fries</i>	2 <i>Chilli Bannock</i>	3 <i>Soup Sandwich</i>	4 <i>Spaghetti (meat sauce) Garlic Bread / Salad</i>	5 <i>Chicken Broccoli Casserole Rice / Vegetables</i>
8 <i>Sausage On A Bun Salad</i>	9 <i>Fish / Fries Coleslaw</i>	10 <i>Sheppard's Pie Salad</i>	11 <i>Breaded Chicken Rice / Vegetables</i>	12 <i>Macaroni Casserole Garlic Bread / Caesar Salad</i>
15 <i>Chicken Alfredo Salad</i>	16 <i>Kraft Dinner Casserole Salad</i>	17 <i>Indian Taco</i>	18 <i>Soup Sandwich</i>	19 <i>Mini Meatloaf Mashed Potatoes / Vegetables</i>
22 <i>Bannock Dogs Fries</i>	23 <i>Pork Chops Scalloped Potatoes / Vegetables</i>	24 <i>Soup Sandwich</i>	25 <i>Beef Stew Bannock</i>	26 <i>Taco's Salad</i>
29 <i>Soup Sandwich</i>	30			

November 2010

	Mon	Tue	Wed	Thu	Fri
	1 Cards / Board Games 10am 1pm Billiards	2 Member's Breakfast 9am 12pm Member's Lunch 1:30pm Performing Arts	3 Member's Breakfast 9am 12pm Member's Lunch 2pm Adaptive Rowing Bocce	4 Member's Breakfast 9am 12pm Member's Lunch 1:30pm Performing Arts	5 Member's Breakfast 9am 12pm Member's Lunch 9:30am 1pm Membership Meeting Movie Day
	8 Cards / Board Games 10am 3pm YMCA Swim	9 Member's Breakfast 9am 12pm Member's Lunch 1:30pm Performing Arts Dinner Club 5pm	10 Member's Breakfast 9am 12pm Member's Lunch 2pm Adaptive Rowing Crafts With Kathleen	11 Member's Breakfast 9am 12pm Member's Lunch 11am Remembrance Day Performing Arts 1:30pm	12 Member's Breakfast 9am 12pm Member's Lunch 10am 1pm Bowling Movie Day
	15 Cards / Board Games 10am 1pm Billiards	16 Member's Breakfast 9am 12pm Member's Lunch 1:30pm Performing Arts	17 Member's Breakfast 9am 12pm Member's Lunch 2pm Adaptive Rowing Senior's Group (66Elm) 1pm	18 Member's Breakfast 9am 12pm Member's Lunch 1:30pm Performing Arts	19 Member's Breakfast 9am 12pm Member's Lunch 9:30am 1pm Membership Meeting Movie Day
	22 Cards / Board Games 10am 11am Fundraising Meeting Crafts With Kathleen 1pm	23 Member's Breakfast 9am 12pm Member's Lunch 1:30pm Performing Arts	24 Member's Breakfast 9am 12pm Member's Lunch 2pm Adaptive Rowing Guest Speaker (GSPL) 1pm	25 Member's Breakfast 9am 12pm Member's Lunch 1:30pm Performing Arts YMCA Swim 3pm	26 Member's Breakfast 9am 12pm Member's Lunch 10am 1pm Bowling Movie Day
	29 Cards / Board Games 10am 1pm Billiards	30 Member's Breakfast 9am 12pm Member's Lunch 1:30pm Performing Arts			