

ILSM Newsletter



Happy Halloween

Volume 10, Issue 10

October 1, 2010

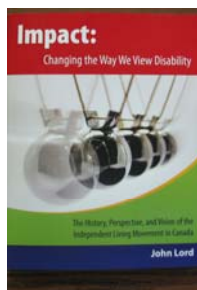
Annual General Meeting 2009

The AGM was a great success; We learned a lot of information about the way our center is run, and we hope we can have a better year this year. (For More Pictures, Visit Our Website)



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Book Launch



IL-Canada has launched a new book, entitled **Impact: Changing The Way We View Disability By John Lord**

Come To The Centre (66Elm) on October 18th, 2010 @ 1pm To Celebrate The Launch Of This Book.

The book details the history, perspective, and vision of the Independent Living Movement in Canada

Craig Ticalo, Board Chair

The Year of the Member

As we learned at the Dragon Boat Festival, in the Chinese calendar, different years are celebrated by honoring certain animals. One year is the year of the Rat, another the year of the Ox, yet another the year of the Rabbit (2010), and so on.

I do not know if many members realize this, but 2011 marks the 10th anniversary of the concept of IL in Sudbury. In honor of that, our Board is placing more emphasis than ever before on the member experience at the Centre.

In the coming months, there will be many new and different events introduced at the Centre.

Our Board wants to connect with our members, and in that regard, prior to the October Board meeting. There will be a meet and greet where many of the members will have an opportunity to meet our hard-working Board Members that work in our community. In November, we will have an open Board meeting, where members will be invited to join us, enjoy some food with the Board, and remain for the meeting to observe and listen to our board discuss important matters relating to the operation of the Centre and disability issues in general.

We will have new fundraising events. One of the events that the Board is very excited about is an event called the "Summer Solstice Spectacular", which as the name implies, will take place in late June, and will be on a Friday evening and Saturday, just after the longest day of the year. This event will be held at the future home of the Centre, our vacant lot at 268 Larch Street. This event will feature a barbecue, a dance under the stars on Friday evening, and a pancake breakfast on Saturday morning. There will be plenty of opportunity for numbers to have a great time at this event.

Once again this year, we will celebrate the International Day of the Disabled Breakfast, which will be held December 3 at the Caruso Club. We have confirmed local Paralympic athlete Jeff Dixon as our guest speaker for that event.

The Great Wheelchair Challenge will take place in March, 2011, once again at Laurentian University.

Our Food Program will expand in the coming weeks with the addition of a full-time cook. With a full-time cook comes the opportunity to have special dinners, where we can promote our Centre to our corporate members and the community at large. Our members will be asked to help out at these dinners, and will have an opportunity to showcase their skills learned at the Centre.

In the coming months, we will announce even more activities that will make the member experience at our center not only memorable, but also of value in all of our lives.

The point that I wish to emphasize is that is that the success of these then these events depend to a large extent on the participation of our members that come to the Centre on daily basis. We need you the members to get behind these new initiatives, and to lend your support, physical effort and your enthusiasm, which will ensure the success of each new event.

If any of you have any other ideas, we are pleased to hear them, so please let Rob, Kim, or any one of the Board members know your ideas. There is no such thing as a bad idea, remember, the light bulb started as an idea in the mind of Thomas Edison, and I assure you that the skeptics would have said. that is a dumb idea.

Until next month, live the IL philosophy every day, and remember that "We Are Able".

Craig Ticalo

Membership Committee Meetings

Friday	Oct. 8th	9:30 am
Friday	Oct. 22nd	9:30 am

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.



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!

To Register call Rob.



Monday Oct 4 12:30- 3:00 Decision Making

Decision making is a valuable tool while job hunting and at a new job. We will examine how we make decisions. We will discuss the importance of decision making and how it relates to making choices about work.

Monday Oct 18 12:30—3:00 Positive Self-Esteem and Confidence

Improved self esteem will help with the steps you take toward your employment goal. Building self esteem is a learning process that requires you to focus on the positive. We will work on gaining confidence through tips and techniques.

Monday Oct. 25 12:30—2:30 Energy Conservation

We will explore energy conservation by managing energy through a variety of strategies and techniques.

Letter From Former Executive Director

If nothing ever changed, there'd be no butterflies.
~Author Unknown

It is time for changed again at ILSM; for those of you who have not heard the news I am leaving the position of Executive Director. When I started this job almost 2 years ago I thought it would be like any other job. Go to work every day, do what needed to be done, make a friend or two with the people you worked with and go home. WOW! Was I wrong!

The members of ILSM have changed my life forever! When I would tell people the Centre was like a 2nd home for our members, it was like that for me too! You welcomed me with open arms, you shared your lives with me and made me share mine with you. You made me part of your family and I will never forget it. I will take your love, laughter and friendship with me where ever I go. Thank you for making me part of your family.

I may not be "The Boss" anymore but I am a member! Rob has the application to prove it!
So this isn't goodbye, just see you at the Centre.....

Judy Hyde

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 Rob 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 you 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 Rob and he will set it up!

From The Sports Desk

Brian Norton, Volunteer

Sailing

We had the opportunity to participate and learn about adaptive sailing on Friday September 24, 2010. Everyone had a goodtime participating, especially the group from The Canadian Hearing Society



Rowing at the Centre



Our program is open to rowers of all abilities, interests, and skill levels - from novices seeking a relaxing row on Lake Ramsey, to competitive rowers interested in national and international competition. We hope to get out on the water at least once this month, so be sure to let Rob know that you are interested.

See Rob for further details.

October Rowing Schedule

Rowing Technique and Instruction -

Every Wednesday
 October 8th 2 pm
 October 15th 2 pm
 October 22nd 2 pm
 October 29th 2 pm

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.

2010 Halloween Haunt

On Friday, October 29th we are holding our annual Halloween potluck & party. This year we are having a haunted carnival theme so prepare to be frightened and delighted.

Our Event List Includes:

- Potluck
- Costume Contest
- Movie (Killer Clowns from Outer Space)
- Fortune Telling
- Face Painting
- Games and Prizes
- Tricks, Treats and much more!

Please call in and let us know what you are bringing to the potluck.

The Social Scene

Rob DiMeglio, Program Manager

GAMES/CARDS/PUZZLES

Join us for a wacky game of Crazy 8's or your favourite board game.

Monday Sept 13 10:00 am
 Monday Sept 27 10:00 am

CRAFT CLASSES

This month join us for Part 2 of our Paint By Number class. If you would like to take part let Rob know. All supplies will be provided

Monday Oct 13 & Oct 18 1:00 pm

DINNER CLUB

Tuesday Oct 12 5:00 pm
[King's Buffet](#), 1051 Kingsway

Want to try someplace new, come to the Membership Committee meeting and put your favorite restaurant on the list.

BOWLING

Do you want to go bowling with us? All you have to do is call Rob to be added to a team.

Friday October 15 10:00

SWIMMING—YMCA

Get out of the heat and join us for a swim! **\$2.00 a session**

Monday Oct 11 3:00 pm
 Friday Oct 15 3:00 pm

BILLIARDS

Join us at Peddlers Pub for an afternoon of eight ball.

Monday Oct 4 & 18 1:00 pm
\$2.00 per game
 53 Cedar St. near the bus depot

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
Free Popcorn!

The Arts

Jonny Tweed & Lenni McKim, Program Coordinators

The Lion King!

Come join the fun and take part in the Independent Living Music and Theatre 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 (**Music**)
 Tuesdays: 3:00-4:00pm (**Acting**)
 Thursday: 1:30—2:30pm (**Music**)

Hakuna Matata

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 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 Rob for details.

Fundraising

IT'S FUNDRAISING EVENT TIME AGAIN!

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

International Day of Persons with Disabilities

The Great Wheel Chair Challenge

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 Tuesday to Friday
Breakfast 9:00 am—10:00 am
Lunch 12:00 pm—1:00 pm

FOR SALE

Leather shower chair .
Blue Cat Carrier
Call Jen B at the Centre.

FOR SALE \$5,000

Electronic Wheelchair
2000 Jazzy 1120
2 Batteries, Charger on board
Life Time Warranty more.....
Call After 6 PM 669-0007

FOR SALE \$150.00

3 Year Old Scooter, Comes with 2
new batteries, a battery charger, and
a red basket
Call Wayne 586-2956

Rob DiMeglio, Program Manager

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 Rob 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

Kim Greene, Committee Chair

The committee and board could use
your help to get these events up and
running. If you would like to help
contact Kim or Rob.



Fundraising Committee Meeting

Monday October 18th 11:00 am

STAFF MEMBERS

Rob DiMeglio
Executive Director
rdimeglio@ilrcsudbury.ca

Visit Our Website

www.ilrcsudbury.ca

FOR INTERESTING NEWS

Visit Our Blog

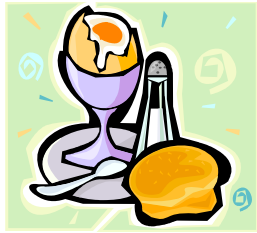
OUR ONLINE COMMUNITY

The Members Forum

Check us out on **TWITTER!**

October Menu

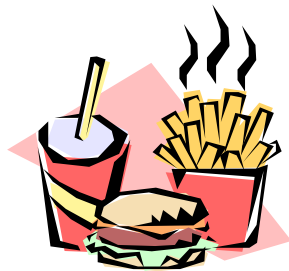
BREAKFAST



September CELEBRITY CHEF

Tue	Wed	Thu	Fri
			<i>Cereal & Toast</i> ¹
Scrambled Eggs Bacon, Toast ⁵	Pancakes & Fruit ⁶	Cinnamon French Toast & Fruit ⁷	Scrambled Eggs Bacon, Toast ⁸
Cereal Toast & Fruit ¹²	Cinnamon French Toast & Fruit ¹³	Cinnamon French Toast & Fruit ¹⁴	Scrambled Eggs Bacon, Toast ¹⁵
French Toast & Fruit ¹⁹	Pancakes & Fruit ²⁰	Eggs Benedict ²¹	Cereal Toast & Fruit ²²
Scrambled Eggs Bacon, Toast ²⁶	Pancakes & Fruit ²⁷	Scrambled Eggs Ham, Toast ²⁸	Eggs Benedict ²⁹

LUNCH



Tue	Wed	Thu	Fri
			Macaroni Salad And Pogo's ¹
Sheppard's Pie & Salad ⁵	"Celebrity Chef" Chris Charbonneau Chicken Fingers / Fries ⁶	Homemade Mac and Cheese With Salad ⁷	Chicken Stir Fry With Rice ⁸
Centre Closed Happy Thanksgiving ¹²	Fettuccine Alfredo & Garlic Bread ¹³	Roast Beef Potatoes and Carrots ¹⁴	Stew & Garlic Bread ¹⁵
Chicken Stir Fry With Rice ¹⁹	Spaghetti And Meat Sauce ²⁰	Garden Salad & Tuna Salad Sandwich ²¹	Chicken Fajita Wraps and Fruit Salad ²²
Soup Grilled Ham and Cheese ²⁶	Meat Loaf Mashed Potatoes Corn ²⁷	Perogies with Sour Cream and Garden Salad ²⁸	Potluck Call Centre For More Information ²⁹

Lunch Menu May Vary Until We Hire A New Cook

Come Join Us @ <http://ilresudbury.ca> In The Member's Forum

