



Sudbury Manitoulin

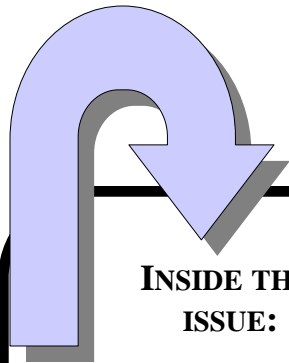
Promoting a new perspective on disability

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September 1st 2009

Volume 7 Issue No. 9

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



INSIDE THIS ISSUE:

ILSM Open House	1
Dragon Boat Team Dinner	2
Fundraising Committee Meeting	2
Pop Can Fundraiser	2
Want to try something new?	2
Bowling	2
Beach Day	2
Motion Specialties Open House	3
Membership Committee Meeting	4
Billiards	4
Swedish Weaving	4
Adaptive Sailing	4
Service and Free Items, Buy and Sell	4
Information Workshop—Save Taxes!	5
Direct Funding Information	5
Open House	5
Computer Training	6
Robbies Joke Corner	6
Neil Squire Workshops	7
Neil Squire Graduates Pictures	8
Cribbage Tournament	8
The Music Program	8
Bocce Ball and Adaptive Rowing	8
Dinner Club & Movie Day	9
Breakfast & Lunch Menu	10
September Programs Schedule	11



Neil Squire graduates James Whyte and Suzanne Severin with Instructor Liz Judd (centre)

You are cordially invited to our

Open House



From 4:00p.m. to 7:00 p.m.

In the main corridor at 66 Elm Street

Wednesday, September 23rd, 2009

Bring a friend and see what these three Agencies can offer you to empower your independence.



Independent Living Sudbury Manitoulin is a member driven organization that exists to enhance the lives of its members. At the Centre you can participate in any of the following programs, Neil Squire's employability, Recreation Leisure and Adapted Sports programs. You may also register for Direct Funding and have free access to computers. The Centre is a great resource to our community and provides networking opportunities for all who drop in.



Canadian Paraplegic Association – Ontario's Regional Services provide one-on-one, holistic, individualized and quality-assured services to assist individuals with spinal cord injuries and other disabilities to achieve independence, self-reliance and full community participation. Services include information provision, advocacy, counselling and service coordination.



ICAN provides persons with physical disabilities opportunities for independence and community inclusion by providing individualized support and rehabilitation services. Services are provided through the Independence Training Centre, Supportive Housing and Outreach Attendant Care programs.



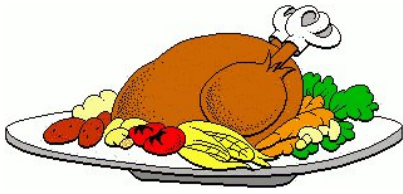
Please R.S.V.P. by Sept 18/09 to:

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671-2444

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DRAGON BOAT FESTIVAL-DESTINATION INCLUSION TEAM DINNER



James.

On Thursday, August 4th some of the team members from Destination Inclusion gathered at Boston Pizza for dinner. Craig handed out "Trophies" to team members who were in attendance for their first place win of the consolation race. Team members also received a free movie pass to Rainbow Cinemas. Random draws took place for some prizes and congratulations to the following Prizes winners Cheryl, Craig, Shannon, Tracy, Julie and

FUNDRAISING COMMITTEE MEETING

The membership fundraising committee will resume their meetings commencing on Monday, September 14 at 10:00 a.m. in the kitchen area at the Centre.

ILSM GOES GREEN POP CAN FUNDRAISER

Our pop can fundraiser is going full force. Members are collecting pop cans and bringing them into the Centre. Kim Greene as well as other members are working diligently at rinsing all the cans and putting them into our storage area. If you are interested in participating in this fundraiser please collect your pop cans and bring them into the Centre. We are also asking for the support of some local businesses for this campaign. If you would like to ask a business or your landlord to participate please contact Nicky



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! Contact Rob or Judy today and tell him you want to come and play.

BOWLING

Come join the gang at Plaza Bowl (1799 Garden Street, off LaSalle) for a few rounds of bowling on Monday, September 14th at 1:30PM and 28th at 10:30AM.



The cost will be \$9.00 for the two games (\$4.50 each game).

After the game, members have lunch at the King Pin Lounge.



Relax and enjoy a great afternoon with the members at Ramsey Lake. On Thursday, September 24 at 2:30 PM. We will leave from the Independent Living Sudbury Manitoulin centre and meet at Ramsey Lake's first beach. Be sure to bring a towel, sun tanning lotion and snacks. Since we're nearing the end of the Summer, Beach day will be weather pending. To participate Contact Rob or Judy at the Centre.



RAMPS
LIFTS



WHEELCHAIR
ACCESSIBLE VEHICLES

PRESENTS

ACCESSING YOUR HOME AND COMMUNITY

OPEN HOUSE

THURSDAY, OCTOBER 1ST, 2009

10am-8pm



STAIRLIFTS
PORCH LIFTS

WHERE: HOWARD JOHNSON PLAZA
50 BRADY
SUDBURY

WHO: BRUNO INDEPENDENT LIVING AIDS
CAMBRIDGE ELEVATING
HANDICARE
LIBERTY MOTOR COMPANY
PRIDE MOBILITY PRODUCTS



CAR SEAT
CLINIC

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& BEST ACCESSIBILITY ITEMS
AVAILABLE TO IMPROVE YOUR LIFE!!!!

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TOLL FREE: 888.522.0025
FAX: 705.522.1427
NORTH BAY: 705.497.4788

OWNERS: MINDY GRANT AND ROBERT LAMARCHE
WWW.THEMOTIONGROUP.COM

SNACKS AND
REFRESHMENTS

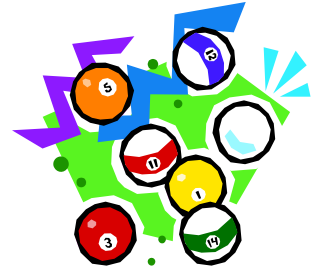


Membership Committee Meeting

Attend the Independent Living Sudbury Manitoulin membership committee and contribute your insight and ideas. We will have meetings on Friday, September 11 and Friday September 25 at our boardroom table here in the centre starting at 9:30 A.M.

Billiards

You are welcome to join the members for a game of pool. On Monday September 21 and on Monday September 28 at 1:30 PM, meet the members at Peddler's Pub (63 Cedar street Close to the bus depo. A game costs \$2.00. To participate Contact Rob or Judy at the Centre.



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 or Judy to sign up.

Adaptive Sailing

AHOY MATIE!



On Sunday Aug 16th, 9 of our members were guests of the Sudbury Yacht Club. Two Captains from the Yacht Club took members out for a taste of sailing on Ramsey Lake and from all accounts it was an amazing experience. Not only did they enjoy the wind in their hair but they also found out first-hand the challenges of steering a sailboat! I have it on good advice that it is harder than it looks! But everyone had a great time and can't wait to go out again.

There may be one more opportunity before the season ends if you are interested contact Judy.

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.





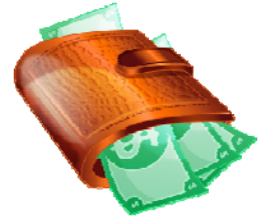
Information Workshop



**Save on Taxes, Protect Inheritances and Maximize Government Benefits
A Workshop to Give you the Edge! Come out and learn what is new!**

Date: Wednesday, September 16, 2009, 7:00 p.m. to 9:00 p.m.

Where: Travelodge Hotel, Ramsey Room
1401 Paris Street, Sudbury Ontario



Topics:

Ontario Disability Support Benefits – Get the most out of your benefits
Disability Tax Credits - Are you get the most out of your tax credits?
Registered Disability Saving Plan – Free government money!
How to Protect Your Assets

Reserve your seat by calling Judy at the Centre.

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 at the Centre.



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.

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 Rob or Judy at the Centre.



Q: What is the difference between a fish and a piano?

A: You can't tuna fish.

Q: What happened when the cat swallowed a coin?

A: There was money in the kitty.

Q: What do you find in a clean nose?

A: Fingerprints!

Q: Why did the Football team go to the phone booth?

A: To get their quarter back.

Q: What did the big furry hat say to the warm woolly scarf?

A: "You hang around while I go on ahead."

Q: Why was the Tomato blushing?

A: Because he saw the salad dressing.

Q: What do you call a fly with no wings?

A: A walk

Q: How did the Irish Jig get started?

A: Too much to drink and not enough restrooms!

Q: What is a soldier's favorite month?

A: March!

Q: What's Dracula's idea of spring cleaning?

A: He just shakes the bats out of the belfry!

Q: Why is the slippery ice like music?

A: If you don't C sharp - you'll B flat!

Q: Where do seals go to see movies?

A: The dive-in!

Q: What do you get from sitting on the ice too long?

A: Polaroids!

Q: Why do centipedes hate playing hockey?

A: They hate tying up all of them skates.

Q: Why do seals swim in salt water?

A: Because pepper water makes them sneeze!

Q: How do you make a hot dog stand?

A: Steal its chair.

Q: What do you get from a pampered cow?

A: Spoiled Milk!

Q: What's worse than biting into an apple and finding a worm in it?

A: Finding half a worm!

Q: Why do gorillas have large nostrils?

A: Because they have big fingers!

Q: What do you call a boomerang that doesn't work?

A: A stick!



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



Pain Management

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 on work.

Ergonomics (proper workstation set-up)

To ensure that employees avoid injury from repetitious physical functions and unnecessary strain, employers have become more aware of principles of ergonomics. Nevertheless, it is up to you to ensure that your workspace is ergonomically suited to your needs and provides you with the accommodations you require in order to do your best work.

Team Work

Understanding the importance of teamwork and learning techniques that could be useful at the workplace. Teamwork is examined because it is an important part of learning how to adapt to a workplace setting.

Time Management

Understand how time management strategies can reduce stress in a job. Learn how to apply strategies and techniques.

Decision Making

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

Stress Management

Stress Management skills are vital in today's workforce. Developing a plan to control stress is very important for the long term health benefits.

What Employers Want

All employers have expectations that they want employees to meet. Understanding these expectations will enable participants to be better prepared for gaining and sustaining employment. Gaining knowledge of basic behaviours that can ensure job retention will help participants remain employed for longer periods of time.

Job Search Techniques

Looking for employment is one of the most challenging jobs you will ever have and most people know little about how to search for these jobs. This lesson plan will increase our knowledge and open our eyes to possibilities that we may have never considered.

- Positive Communication Skills** Soft skills are very important in getting along at the workplace. A positive attitude will help with energy levels, self confidence and the ability to accept criticism and grow from the experience.
- Disclosure of a Disability to Potential Employers** Being able to discuss a disability (injury or illness) can often ease the fear of the unknown for a potential employer. Deciding when and how to disclose is an important skill to have with a back to work action plan.
- Managing your Health & Disability for the Workplace** It is important to have an understanding of properly managing your health and disability for work. It is equally important to be realistic. We will explore strategies together.
- Positive Self-Esteem and Confidence** Self esteem will help with the course of action toward your employment goal. It is a learning process that requires you to focus on the positive. We will work on gaining confidence through tips and techniques.
- Conflict & Anger Management** Being able to handle conflict is very helpful at any job. Problem solving and adapting a good attitude for the workplace are important tools we will examine.
- Energy Conservation** Exploring energy conservation by managing energy through a variety of strategies and techniques.
- Motivation and Momentum** Motivation plays a huge role in your job search. Being motivated will provide energy to pursue an employment goal.

These free workshops are 2.5 hours in length and are offered in the morning or afternoon between Monday and Thursday. To register and for more information please contact Judy at the Centre.

Congratulations!!



To our latest Neil Squire Graduates, James Whyte and Suzanne Severin



CRIBBAGE TOURNAMENT

We are organizing a Cribbage tournament. If you want to play, Contact Rob or Judy at the Centre.



The Music Program

What: Music!

Where: Independent Living Sudbury Manitoulin

When: 1:30pm to 2:30pm, Tuesday's and Thursday's

Who: Anyone who is interested in playing an instrument or singing

Training is offered from the very basics, so even if you don't have any musical experience we'd still love to have you join in.

The music program is:

- Fun
- Hard work
- Encouraging
- Member oriented
- Learn at your own pace
- A place to develop teamwork
- A way to use music to serve your community

All types of instruments are welcome, and there's room for every voice, so come on out. If you've been waiting for a chance to get into music, it's here!

For more information, please contact Rob or Judy at the Centre.



BOCCE BALL

Join us for bocce ball. The next games are on every Wednesdays in September at 1 pm. All members are welcome to come and play.

Don't miss the fun.

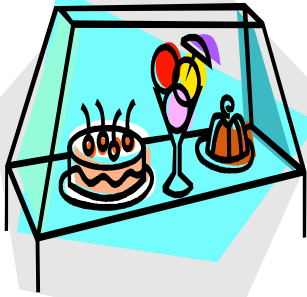


ADAPTIVE ROWING - INDOOR ROWING SESSION

Septembers dates have not been confirmed, Please contact Rob or Judy at the Centre for the dates and times.

September Dinner Club

Friday Afternoon at the Movies



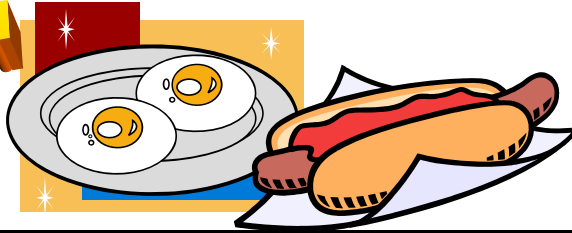
Enjoy an excellent meal and socialise. On Tuesday, September 08 at 5:30 PM meet the members at Casey's located at 1070 Kingsway.

Do you want to get together with the ILSM gang and catch a good flick? If so, you can join us on **Fridays at 1:00p.m..**

Members may bring in any DVDs that they would like to watch on Movie Day.

Free Popcorn to all Movie-goers!

September Breakfast & Lunch Menu



TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Lunch Homemade Chicken Noodle Soup	2 Breakfast BLT w/ Fresh Coleslaw	3 Lunch Penne Pasta w/ Pesto	4 Breakfast Basket Eggs
8 Lunch Pork Tenderloin Salad	9 Breakfast Mini Pot Pies	10 Lunch Indian Taco	11 Breakfast Potato Pancakes w/ chives
15 Lunch Pulled Pork	16 Breakfast Chicken and Monterey Jack Quiche	17 Lunch Chicken Fajitas	18 Breakfast Two Eggs, Breakfast Sausage and Homemade Biscuits
22 Lunch Shrimp Gumbo	23 Breakfast Gyros Pita	24 Lunch Cannelloni	25 Breakfast French Toast with Bananas
29 Lunch Homemade Macaroni and Cheese	30 Breakfast Club Sandwich & Chips		



September 2009 Program Schedule

Mon	Tue	Wed	Thu	Fri
	1 Members Lunch 12pm– 1pm Music Program 1:30pm	2 Member's Breakfast 9am - 10am Bocce - 1:00pm	3 Members Lunch 12pm– 1pm Music Program 1:30pm	4 Member's Breakfast 9am - 10am Movie Day 1pm - 3pm
7 CENTRE CLOSED	8 Members Lunch 12pm– 1pm Dinner's Club @ Casey's 5:30pm Music Program 1:30pm	9 Member's Breakfast 9am - 10am Bocce - 1:00pm	10 Members Lunch 12pm– 1pm Music Program 1:30pm	11 Member's Breakfast 9am - 10am Member's Meeting - 9:30am Movie Day 1pm - 3pm
14 Fundraising Committee Meeting 10:00am Bowling @ Plaza Bowl 1:30pm	15 Members Lunch 12pm– 1pm Music Program 1:30pm	16 Member's Breakfast 9am - 10am Bocce - 1:00pm RDSP Workshop—7:00pm	17 Members Lunch 12pm– 1pm Music Program 1:30pm	18 Member's Breakfast 9am - 10am Movie Day 1pm - 3pm
21 Billiards @ Peddler's Pub 1:30pm	22 Members Lunch 12pm– 1pm Music Program 1:30pm	23 Member's Breakfast 9am - 10am Bocce - 1:00pm Open House—4:00pm	24 Members Lunch 12pm– 1pm Music Program 1:30pm Beach Day—2:30pm	25 Member's Breakfast 9am - 10am Member's Meeting - 10am Movie Day 1pm - 3pm
28 Bowling @ Plaza Bowl 10:30am Billiards @ Peddler's Pub 1:30pm	29 Members Lunch 12pm– 1pm Music Program 1:30pm	30 Member's Breakfast 9am - 10am Bocce - 1:00pm		