

April 24 - 30, 2022



**BREAKING DOWN BARRIERS**  
Independent Living Resource Centre  
Simcoe • Grey • Bruce

# NATIONAL VOLUNTEER WEEK

## WE THANK

## THE VALUE OF ONE...

From our early days in 1985 to present, we have been fortunate to welcome so many wonderfully giving and caring individuals who selflessly volunteer their time to make a meaningful difference in the lives of others.



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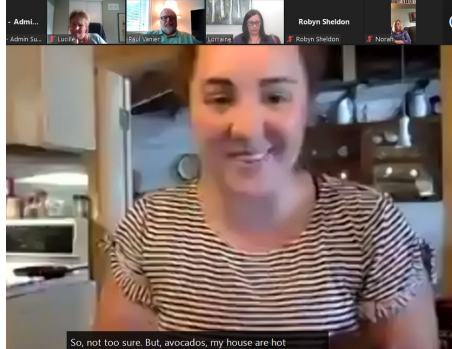
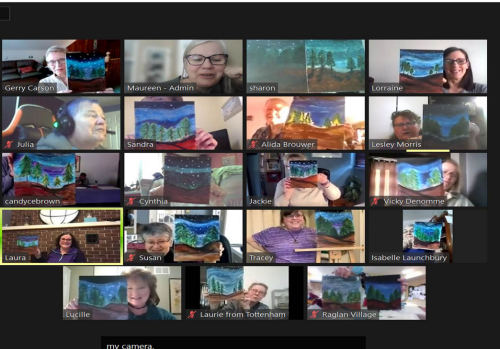
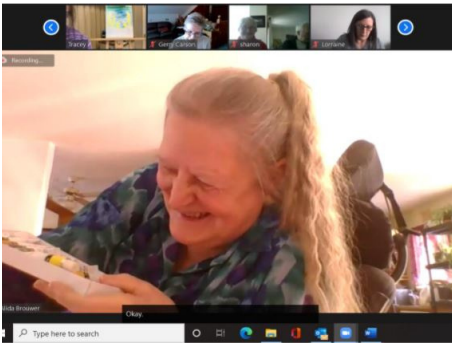
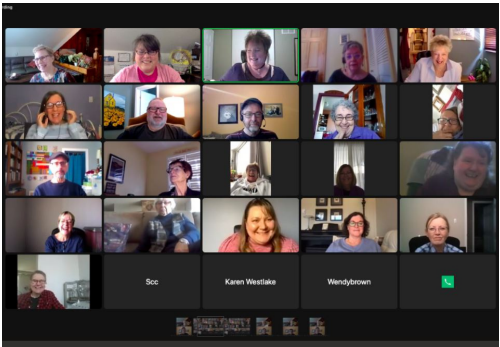
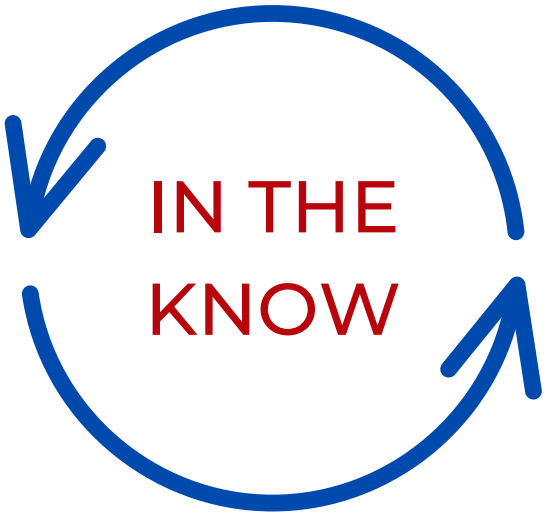
## THE POWER OF MANY

From programs, events and outings to phone trees, appointments and visits, we are grateful for your willingness to give back, engage, show up and be invested in our Member's lives.

Our thanks and gratitude for all you do and for your commitment to BDB.

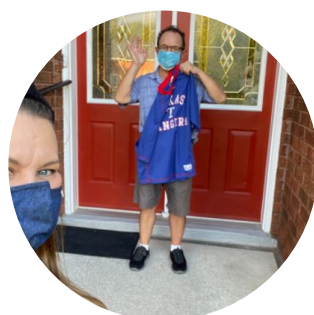
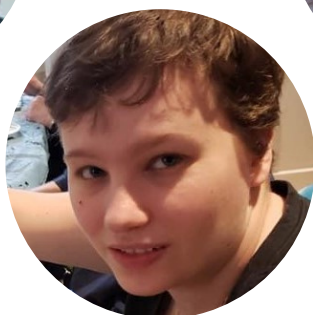
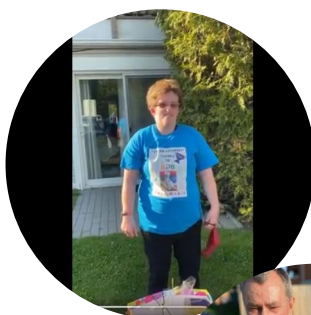
National Volunteer Week's Theme is: "Empathy In Action" Volunteering can help us develop empathy, to see the world through the eyes of others. It can connect people from diverse backgrounds and life experiences, expanding our views. It can build our capacity to work collectively and contribute to a vibrant, inclusive society.

When we launched BDB's Connecting with Seniors program on Zoom in June 2021, we wanted to offer seniors a safe and engaging program to socially connect, learn something new, try arts and crafts, be entertained, meet new people, reduce feelings of loneliness and isolation and be their hub for resources. In it's early days, we welcomed 12-25 seniors monthly. Now, in less than a year, we are averaging over 100 seniors participating every month. To build on this accomplishment and to continue to grow the program, we successfully wrote a second New Horizons for Seniors grant enabling us to introduce new elements like our iPad for Seniors initiative and to continue to make this program, meaningful and impactful for all.





# WHEN VOLUNTEERS TOUCH THE HEARTS OF OUR MEMBERS, THEIR SMILES GROW A LITTLE WIDER



As we celebrate National Volunteer Week April 24-30, 2022, a series of volunteer posts will be made on our Facebook, Twitter, Instagram and LinkedIn pages recognizing you, our amazing team of volunteers and letting the world know how much we appreciate and value having you as part of our BDB family!

