



NEWSLETTER



BREAKING DOWN BARRIERS



APRIL, 2023

Connecting with Seniors

SPRING IS HERE !



A time for rebirth, renewal and awakening. Trees are blossoming and early flowers are pushing through the earth. Things are coming to life!

So too is our Connecting with Seniors program. Spring marks the start of our third year for this program. Thanks to your participation, we are seeing record numbers joining in each month and we couldn't be happier.

If the beauty of Spring brings happiness and joy all around, it's only fitting this program kicks-off another great year to be enjoyed with all of you.



Did You Know...



gardening is an activity that promotes overall health and quality of life, physical strength, fitness, flexibility, cognitive ability and socialization?



Program Topics Coming Up.....



April: Osteoporosis Canada

Guest Monica Menecola

What you need to know about your bone health.

May: Senior Targeted Frauds and Scams

Guest OPP Officer McKean

How to avoid falling victim to scams



Tips for Spring Cleaning Your Health

Fill your plate with fresh, in-season fruits and vegetables.

- try healthy food choices like fruits, vegetables, whole grains, lean meats, and low-fat dairy products



Stay hydrated - choose wisely.

- water is a great substitute for sugary or alcoholic drinks



Get outside and get moving.

- move more, sit less. Enjoy the outdoors - walk in nature.



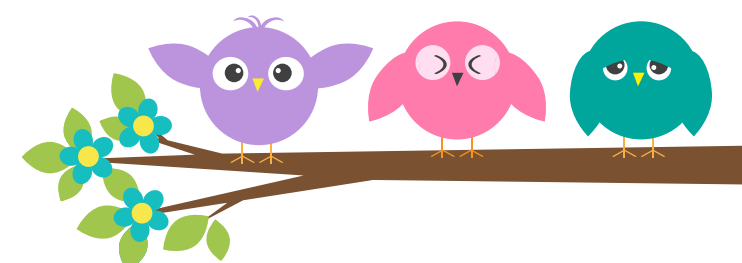
Be sun safe.

- soak up the warm sun safely by protecting skin and eyes from damaging UV's.



Get enough sleep.

- get at least 7 hours sleep per night.



GROCERY HACKS



With rising food costs, here's a few tips and tricks to help save a little money.

"Lettuce" Help You

Lettuce, like everything is anticipated to rise in cost this summer. Good news is there is a simple trick to keep your lettuce fresh for up to a month, preventing the potential waste of your produce and money. To stop lettuce from wilting, simply wrap it tightly in aluminum foil.



How does this work?

Instead of storing your lettuce in a plastic bag or wrapping it in plastic wrap, the foil will help retain moisture, keeping it fresh and crisp for much longer. In fact, if your lettuce is fresh from the garden or grocery store, it could last up to a month when stored in aluminum foil.



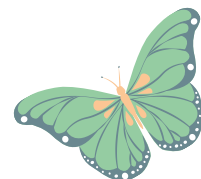
Ask the Butcher

You can use different parts of a big slab of meat for different meals. For example, you could buy one big roast and have the butcher remove the bones for soup, run half through the grinder for hamburgers, and set the rest aside for a pot roast.



Wrap the crown of a bunch of bananas with plastic wrap and they'll last 3-5 days longer than usual.

Go Bananas



Perimeter is Preferred



Grocery stores place essential ingredients like dairy and produce on opposite ends of the store so you're forced to pass through all the aisles and possibly buy more things. Avoid the distraction, shop the perimeter!

No More Wilt



If you struggle with using all of the parsley before it starts to wilt, here's a simple trick. To preserve its color and flavor, place the herbs between two paper towels and microwave it for a minute or so.

food for thought

eat the rainbow.





ADDITIONAL PROGRAMS AND SERVICES AVAILABLE FOR ALL PEOPLE OF ALL ABILITIES

In addition to the programs, services, resources and supports we have been providing individuals with diverse disabilities for 38 years, plus our successful Connecting with Seniors program on Zoom, we also offer additional programs and services for people of all abilities.

If you would like information about any of these programs, please contact Lucille at cvc@bdbilrc.ca or 705-888-8333.

Diabetes Information Group (DIG)

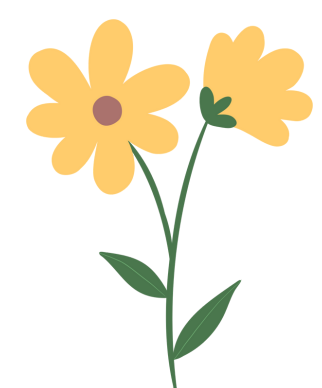
A Cultural Approach for Care

DIG is a monthly hybrid program (in-person or via Zoom) offering support, recipes, resources and connections to nutritionists and dieticians specializing in diabetes for better health and well-being. New to the program is our bi-monthly cultural approach for care that includes embracing diabetes friendly recipes with food demonstrations from a variety of cultures around the world, ethnic restaurants serving diabetic options and best practices for skin care and foot wellness.



Direct Funding Self-Managed Attendant Services of Ontario

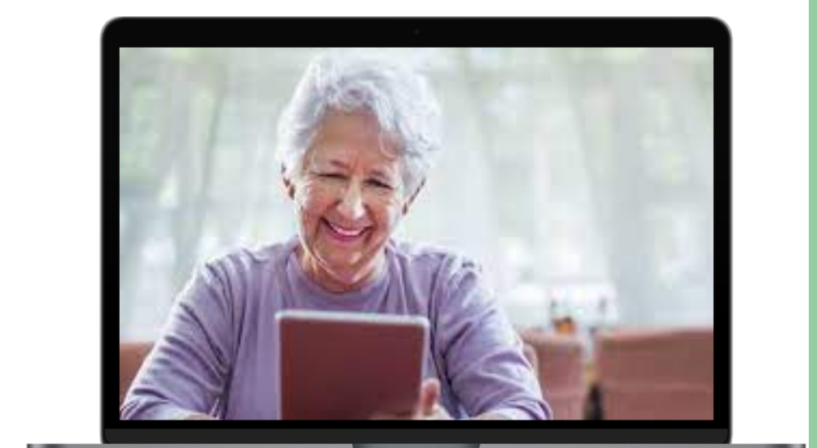
This innovative provincial government program enables adults with permanent physical disabilities including progressive illnesses to become employers of their own attendants. We are the regional contact within Simcoe, Grey and Bruce Counties and work with individuals from the application and interview process to supporting the hiring and management of your care. If you or someone you know could benefit from this program, please contact us.



Digital Literacy Training



What started as a service offered specifically for seniors wanting to learn Zoom so they too can join our Connecting with Seniors program, has grown into training opportunities for all people of all ages and abilities. Training includes Zoom and other communication tools helping them stay connected. We offer safe in-person options, over-the-phone instruction or training in a workshop setting at our Centre.



Smiles from the Heart



Our March Connecting with Seniors program concluded the 2022-2023 Grant. With the acceptance of our third Grant, April kicks off another year of connecting with all of you. Lets take a look back at the past year.

