

*Spring
Edition*



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

VTV

Volunteer to Volunteer

*April
2023*



When we think of spring, we think of transition, growth and renewal. Things begin to come to life again and a renewed sense of optimism and excitement of what is still to come fill our hearts. That is why spring is the perfect time of year to make a few changes, introduce new initiatives and grow some existing programs and services.

In this edition, we will "spring" into action; keeping you in the BDB loop. From growing programs, awareness campaigns and events to offering new initiatives and services. We want YOU "in the know".

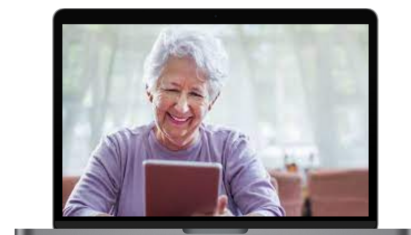
Digital Literacy Training



What started as a BDB service offered specifically for seniors wanting to learn Zoom so they could join our Connecting with Seniors program, has grown into training opportunities for all people of all ages and all abilities. Training includes navigating Zoom and other communication and online tools.

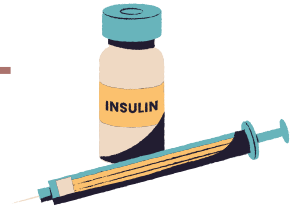


We offer safe in-person options, over-the-phone instruction or training in a workshop setting at our Centre. Also available is BDB's free iPad loan program so people can test out the device while being trained to see if purchasing one makes sense for them.





AN EXCITING ANNOUNCEMENT FROM BDB



Diabetes Information Group (DIG) is Springing into Action

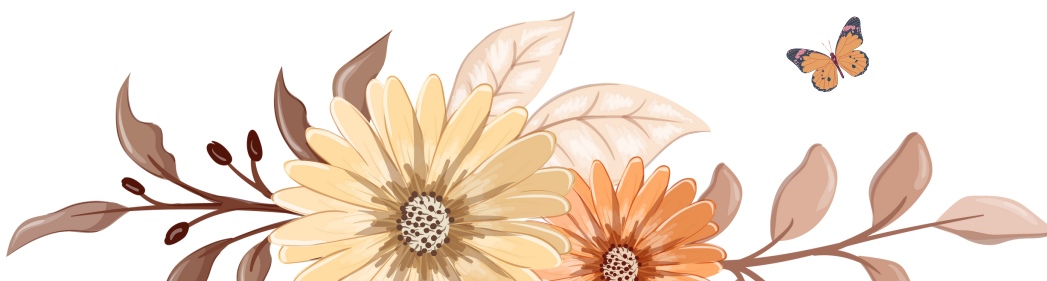
Thanks to funding from the **Town of Collingwood Community Recreation and Culture Grant**, DIG is excited to present a special year-long series called:

“Diversity In Diabetes: a cultural approach for care”

Starting April 25th, DIG will incorporate practicing healthy habits on a daily basis to support participants while they self-manage their diabetes. The series will include working with a dietitian, cooking workshops, embracing and incorporating cultural diabetes friendly meal plans, exercise through the integration of cultural dances, movements like tai chi and the promotion of healthy habits for overall wellness.



As this program grows in popularity, volunteers are needed. If you are interested in volunteering to help prepare for each program, or in-person the fourth Tuesday of each month, please reach out to Tracey. We will be alternating our times for this program and actively engaging you.





Federal Support for BDB's Seniors Program

It's not a secret how successful our Connecting with Seniors program is becoming.

Thanks to a New Horizons for Seniors Grant, the program launched in June 2021 welcoming 15 seniors on Zoom. In less than 2 short years, we are welcoming at times close to 200 seniors monthly across the region and beyond - engaging them with arts and crafts, interesting and meaningful special guests, informative presentations, poetry readings, entertainment and so much more.



The program connects all seniors of all abilities with peers, building friendships and sharing life experiences.



Last month, we received news we were once again successful in our application for support; allowing us to build on the foundation of this program, introduce new elements and continue to grow and reach more seniors.



MP Terry Dowdall dropped by the Centre in March to congratulate us and learn more about the programs and services of BDB.

He was very impressed with all the work we are doing for people with disabilities including seniors and equally impressed to learn we are celebrating 38 years serving the community. Pictured below is what was included in MP Dowdall's recent newsletter. We are grateful for their support.



New Horizons for Seniors

New Horizons for Seniors Program is a federal grant that supports community-based projects that are designed by seniors for seniors. MP Dowdall is pleased to announce that there were two successful recipients of the funding in Simcoe—Grey this year; Breaking Down Barriers in Collingwood and Contact Community Services in Alliston. Both facilities provide seniors a wide variety of assistance from access to communication tools like tablets, to support programs like community and financial information, exercise programs, or just check-in and chat programs.

(Pictured right) MP Dowdall with Tracey MacLeod, Independent Living Skills Coordinator and Lucille Dalziel, Communications and Volunteer Coordinator of Breaking Down Barriers.

Tracey and Lucille outlined all the fantastic programs BDB provides for seniors in the community with the funding received through the New Horizons program. To find out more information they can be contacted at 705-445-1543 or visit 234 Ste. Marie St. Collingwood, ON





MAKING A DIFFERENCE



Direct Funding

Self-Managed Attendant
Services in Ontario

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 their care. If you or someone you know could benefit from this program, please contact us.



LOOKING AHEAD Dates to Remember



April 25th - DIG Presents: "Diversity In Diabetes: a cultural approach for care"

April 26th - A new year of Connecting with Seniors begins

April - Launch of #StartTheConversation AODA 2025 Awareness Campaign

June 17th - Bowling to Break Down Barriers - a BDB Fundraising Committee Initiative

June 22nd - Breaking Down Barriers Virtual Annual General Meeting (AGM)

September 18th - Breaking Down Barriers Open House - details to come



As you can see, things are really buzzing at BDB with many opportunities to volunteer. We thank you for your continued support.

Enjoy the spring season.

