

BDB BUZZ

Newsletter

Fall 2023



BDB Receives \$147,100

Ontario Trillium Foundation Grant

We are pleased to announce Breaking Down Barriers, Independent Living Resource Centre received an Ontario Trillium Foundation (OTF) Capital Grant in the amount of \$147,100 over 12 months to support the installation of a vertical lift maximizing our Centre's public facilities.

This vertical lift will help meet growing demand for in-person services especially skills-building space. The installation of a vertical lift also allows for diverse mobility devices access to our second floor for one-to-one supports and services. The improved acoustic barriers, will ensure programs taking place simultaneously will not be affected by any noise coming from the second floor. Installing the vertical life completes our Centre's AODA compliance and will then be a fully accessible building.

BDB - an Important Resource for Accessibility for Ontarians with Disabilities Act (AODA) Compliance

The Accessibility for Ontarians with Disabilities Act (AODA) is a law that was established by the government of Ontario to develop and enforce accessibility standards for government, businesses, nonprofits and public sector organizations. The goal is for the province to be accessible to people with disabilities by 2025.

We have been supporting individuals with diverse disabilities for close to 40 years. We are well positioned to be an invaluable resource for your business through on-site assessments and recommendations, workshops and information sharing.

BDB Awarded \$98,000 from the Community Services Recovery Fund to Address Increased Demand for Services and Supports

Breaking Down Barriers, an Independent Living Resource Centre committed to supporting individuals with diverse disabilities, has been awarded \$98,300 by the Government of Canada's Community Services Recovery Fund aimed at helping address the far-reaching impact of the COVID-19 pandemic.

Breaking Down Barriers' project "*Community Lifeline: From Surviving to Thriving*" is aimed to directly tackle the growing need for essential supports and services for individuals living with diverse disabilities. By implementing innovative virtual programs, Breaking Down Barriers plans to meet the needs of over 4,500 unique individuals annually, revolutionizing the way supports and services are delivered.

The project includes several key deliverables, such as building a resilient team focused on workplace well-being, providing virtual training and support to address Covid fatigue, creating a comprehensive wellness program, adapting online peer-led wellness checks, utilizing a blend of in-person and virtual supports and re-designing the physical space for maximum functionality.

A significant aspect of this initiative is the development of a dedicated YouTube channel exclusively for Breaking Down Barriers. This platform will offer a diverse range of engaging videos including informative content, creative tutorials and captivating vlogs. All content will be created by Breaking Down Barriers staff and tailored to the specific needs of Consumers. By leveraging the power of online media, Breaking Down Barriers aims to strengthen community connections and provide invaluable resources for growth and independence.

"As an essential service, we continually face new challenges often requiring expansion of existing community programs and services. We are grateful for this funding as it will help us elevate our virtual platform, delivery and engagement to a new level," says Teresa Gal, Executive Director for Breaking Down Barriers.

Projects supported by the Government of Canada through the Community Services Recovery Fund like this one are a testament to the power of collective action and our ability to come together to make a positive difference in the world. We are confident that together we can make a meaningful impact on the lives of those in Simcoe, Grey and Bruce Counties.



Alida, a Self-Manager



What's Ahead

- March 2024 is the return of our signature fundraising event, Rock'n the House curling bonspiel. Silent auction donations from businesses is greatly appreciated. Contact Maureen if you would like to donate an item or register a team at adminsupport@bdbilrc.ca
- Last Wednesday of every month at 3:00 pm is our Connecting with Seniors program on Zoom for individuals 55 plus. Topics are always informative and supportive for healthy aging. Plus there are arts and crafts, cooking demos and live entertainment. The program is free, all materials to fully participate are free and delivered to every participant. Contact Lucille at cvc@bdbilrc.ca for more information.
- Diabetes Information Group: Diversity in Diabetes (a cultural approach for care) takes place the 4th Tuesday of every month. Times may vary depending on topic. From Nutritionists and dieticians to cultural cooking demos and local field trips, this group is all about healthy living at any age. For more information, contact Tracey at ilskills@bdbilrc.ca
- The BDB Centre will be closed over the holidays (December 22-January 8, 2024)

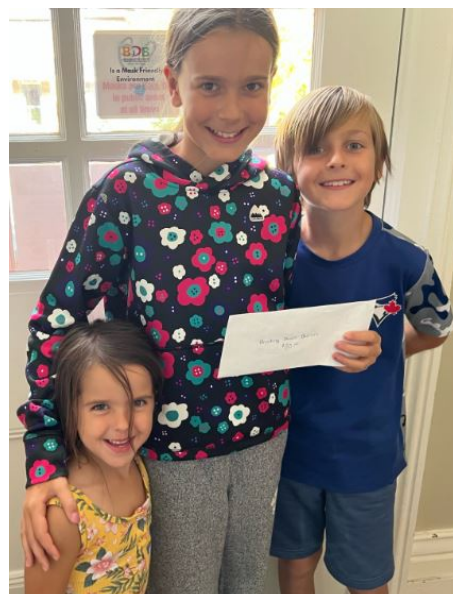


Last Thursday, Donna from MullenandMullen.ca, Mortgage Architects stopped by the BDB Centre to officially make her donation as lead sponsor of our "Apple of My Eye U-Pick" fundraiser.

➔ Pictured here - back row: Board Members, Sandy and Lisa McAuliffe, Rebekah Vaughan. front row: Donna Mullen, BDB Board Chair, Tom Crawford and BDB Executive Director, Teresa Gal. Thank you Donna for your continued support of this fundraiser and of BDB.

Making a Difference

BDB had special visitors stop by our Centre Friday in late October. These lovely children had a lemonade stand in the summer and raised \$80. They researched charities to see who they wanted to donate their money to. BDB was their choice and they stopped by on Friday to make their donation. How incredibly special it was to receive a donation from these three lovely individuals. Thank you so much!



Breaking Down Barriers ILRC NOVEMBER

2023

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Monday

Tuesday

Wednesday








Thursday

Friday

For more information email Chris at: peersupport@bdbilrc.ca or call Tracey: 705-445-1543 *305		¹ Pre-scheduled In-house Appointments --- BDB Centre	²	³ Friendship Café Virtual Tour of Hôtel de Glace (Ice Hotel) with Christine Zoom/In-House - 1:30pm *Pre Registration Required
⁶ Giving Tuesday November 28th "Consider BDB as Your Charity of Choice"		⁸ BINGO with Christine --- Zoom/In-House - 1:30pm *Pre registration Required	⁹ Finger Painting Poppies with Christine --- Facebook -1:30pm	¹⁰
¹³	¹⁴ World Diabetes Day With Tracey --- Facebook -1:30pm	¹⁵ Clean Your Fridge Day with Jasmine --- Facebook -1:30pm	¹⁶	¹⁷
²⁰ Coffee Creations with Jasmine --- Facebook -1:30pm	²¹	²²	²³ Recognizing Scams & Fraud With Tracey --- Facebook -1:30pm	²⁴
²⁷ Holiday Budget Tips with Jasmine --- Facebook -1:30pm	²⁸ D.I.G: Indigenous Health Circle --- 1:00pm *Pre Registration	²⁹ Connecting With Seniors --- Hybrid - 3:00pm *Pre Registration	³⁰ Dairy Free Gnocchi Soup with Christine --- Facebook -1:30pm	

Connect with Us

Breaking Down Barriers, ILRC

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