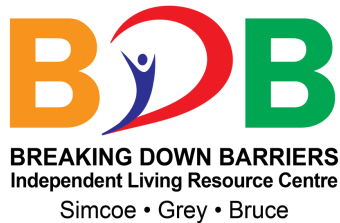




Fall 2023



VTV

Volunteer to Volunteer

Leaves

by Elsie N. Brady

How silently they tumble down
And come to rest upon the ground
To lay a carpet, rich and rare,
Beneath the trees without a care,
Content to sleep, their work well done,
Colors gleaming in the sun.

At other times, they wildly fly
Until they nearly reach the sky.
Twisting, turning through the air
Till all the trees stand stark and bare.
Exhausted, drop to earth below
To wait, like children, for the snow.

It's such a wonderful time of year. Even though the days are getting shorter and the temperatures a little cooler, Mother Nature decides to surround us in the beauty of red, orange, bronze and gold autumn leaves. It makes us want to grab a sweater, a favourite pumpkin spice beverage and head outdoors and enjoy all Fall has to offer.



Our annual Apple of My Eye U-Pick fundraiser took place in October at Kennedy Orchards. Another great fall activity. Lots of families came out to support BDB and pick apples. Special thanks to our sponsor, Mullen and Mullen, Mortgage Architects.





RECENT EVENTS



TEAM BUILDING WITH BDB

We have been busy at BDB, with a number of special projects and opportunities to promote our hybrid approach to programs and services. One opportunity that we were pleased to facilitate was the MacKenzie Investments Team Building Day. For the second time, MacKenzie Investments from Toronto visited BDB for an afternoon of connecting with Consumers, adding their Halloween touch with outdoor decorations, pumpkin carving and participation in accessible outdoor games with and for some, led by Consumers. What a great way to bridge the gap and provide an opportunity to socialize, participate and form bonds.



OPEN HOUSE SEPTEMBER 2023



Rain didn't dampen our spirits for the BDB Open House celebration with dignitaries, community, Consumers, friends of BDB and special guests receiving guided tours, hybrid model presentations and seeing first-hand our accessible friendly renovations.



- ribbon cutting, tours
- Zoom presentations
- celebrations



IN THE KNOW



United Way
Centraide
Simcoe Muskoka

BDB recently received an Ontario Trillium Foundation Capital Grant for \$147,100 to support the installation of a vertical lift. This lift maximizes our Centre's public facilities and will help us meet growing demand for in-person services. The installation of a vertical lift will also allow for diverse mobility devices to access our second floor for one-to-one supports and services, and with improved acoustic barriers, it will not disrupt programs occurring simultaneously in our program room and elsewhere.

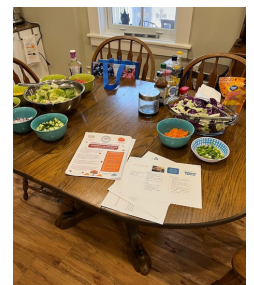
BDB was also awarded \$98,300 from the Community Services Recovery Fund to address the far-reaching impact of the COVID-19 pandemic by tackling the growing need for essential supports and services. Among other things, we will be utilizing a blend of in-person and virtual supports and re-designing the physical space for maximum functionality. We are also launching a dedicated YouTube channel exclusively for BDB offering a diverse range of engaging videos including informative content, creative tutorials and captivating vlogs.



We couldn't be happier welcoming new seniors every month to our program. There is so much to learn and do that seniors really enjoy. Every month is different and we pride ourselves on the variety of meaningful presentations and activities offered. Tell a friend or neighbour to check us out. They won't be disappointed!



You don't have to be diabetic to find value in our informative program that supports making good choices for healthy living. From great virtual and in-person presentations, cultural cooking demos to field trips and personalized grocery tours, DIG's cultural approach for care is taking things to the next level.



Latte Anyone?

Why not put down that store bought pumpkin spiced drink and make this healthy latte instead!

PUMPKIN SPICE LATTE RECIPE

Total Time: 5-10 Minutes | Serves: 1-2

INGREDIENTS

- ▶ 1 cup coconut milk
- ▶ 2 tbsp cooked pumpkin
- ▶ 1 tbsp maple syrup
- ▶ 1/4 tsp pumpkin pie spice
- ▶ 1/4 tsp vanilla extract
- ▶ 1/4 cup organic brewed coffee or espresso



DIRECTIONS

- 1** Combine the coconut milk, pumpkin, maple syrup, pumpkin pie spice and vanilla in a small pan over medium heat until the milk is hot.
- 2** Whisk vigorously to get the milk foamy for about 30 seconds.
- 3** Pour the espresso or coffee into a large mug and add the coconut milk mixture. Sprinkle with a little extra pumpkin pie spice and serve.



CALLING ALL VOLUNTEERS

We will soon be starting preparations for the return of our “Rock’n the House” curling bonspiel. Yes it’s back and we are excited to be rolling up our sleeves for this signature event. Look for more information in the new year about this favourite March event. We hope you will be part of it.



Picking a Perfect Pumpkin

A fresh pumpkin should be solid to the touch. Avoid ones that have soft spots or sunken areas, as decay has already set in. Selecting good quality produce will ensure that your autumn display will be long-lasting. High quality pumpkins have a firm, hard rind and are generally rich orange in colour.

If you have any questions about BDB activities or have an idea to lead a program or activity, let us know. With all programs being hybrid, the in-house element has always remained. So put your thinking caps on and let's hear some ideas! Contact Lucille at cvc@brbilrc.ca