



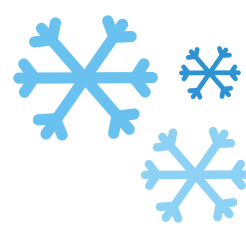
Connecting with Seniors

As we close out our third grant year for the Connecting with Seniors program, we want to say a collective thank you to each and every one of you for helping make this program so successful. We are anxiously awaiting news about our latest grant application which should come some time in February! We will keep you posted. In the meantime, we are already preparing for the next few programs. Here is what you can look forward to:

JANUARY 31 at 3:00 PM on ZOOM

Mindfulness for Self-Care

Dr. Gerald Levine, M.D. will present and lead discussions about the importance of stress management, cultivating awareness, flexibility and acceptance as we age.



FEBRUARY 28 at 3:00 PM on ZOOM

Service Canada

From CPP/OAS, disability pensions, frauds and scams to the NEW Dental Plan for Seniors, tax clinics, resources and so much more, Service Canada Liaison, Carole has all the information you need surrounding federal programs, services and benefits for seniors - and there's more than you realize!

MARCH 27 at 3:00 PM on ZOOM

Arts and Crafts

Spring fever has us kicking off the change of season with a fun interactive craft of sponge painting. This creative art form will be a great way to bring out our inner talents as we sponge paint an Easter-themed masterpiece on canvas.

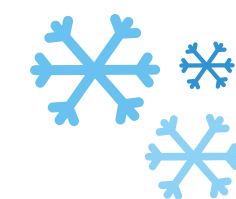
APRIL 24 at 3:00 PM on ZOOM

Laughter Yoga with Kathleen Roxborough

We love it when our program participants want to lead a session. Kathleen will lead us in what is sure to be a fun hour.

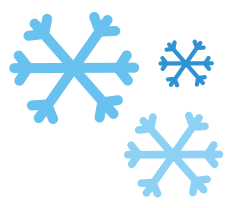


TIMELY TIPS TO KEEP WARM

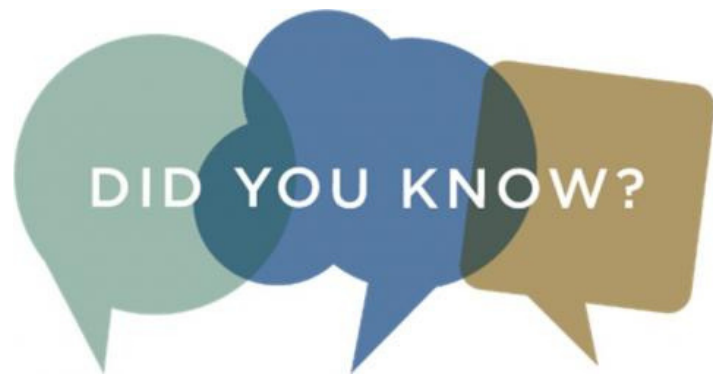


- 1. Wear several thin layers, rather than one thick layer. Layers trap warm air close to the body, helping to insulate the heat.**
- 2. Eat at least one hot meal a day – eating regularly helps keep you warm. Don't forget to have regular hot drinks too.**
- 3. Draw your curtains, as soon as it gets dark to stop the heat escaping and the draughts coming in.**
- 4. A lot of heat is lost through the head and neck, so if you're chilly indoors, try wearing a hat or scarf.**

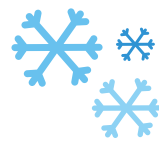




LET'S GET SOCIAL



People over 65 are the fastest growing age group on social media? Breaking Down Barriers has a very active Facebook page filled with cooking, arts & crafts, information and health and wellness videos. We also have information on our events and initiatives, resources and so much more. To find our page, search **Breaking Down Barriers Independent Living Resource Centre**. Then Follow us and enjoy!



We are also on Instagram, X (formerly Twitter) and LinkedIn.



All we need is a computer, internet connection and a bright collective spark of creativity



To further expand our reach beyond our existing social media platforms, on January 15th we launched our very own BDB YouTube channel that will feature videos on the following topics:

HEALTH AND WELLNESS

- Lifestyle for people of all abilities
- Senior related matters
- Resources, guidelines, tips and nutrition

DO IT YOURSELF (DIY)

- Home décor, home improvements, gardening
- Arts and Crafts
- Recipes and cooking demos

MENTAL HEALTH

- How to lessen anxieties
- Meditation, yoga
- Managing your internal dialogue
- Seasonal changes that affect mental health
- Sleep patterns

ACCESSIBILITY AWARENESS SPOTLIGHT

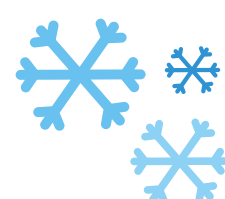
- One on one Interviews
- Celebrating businesses that are accessible
- Mobility Devices

COMMUNITY NEWS

- Staying informed
- In The Know segments
- BDB promotion of fundraising events, programs and initiatives

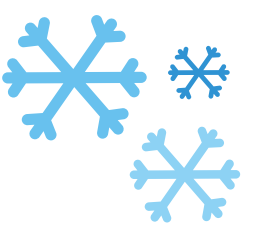


To find us on YouTube
Google You Tube, then search:
breaking down barriers ilrc





RECIPE CORNER



3 COOL THINGS ABOUT GETTING OLDER

Less Sensitive Teeth

- As we age, more of the inner hard tissue of our teeth, called dentin, forms between enamel and nerves. This gives our teeth's nerves a barrier so they don't react as strongly to hot and cold.

Sweat Less

- Our sweat glands shrink as we age, so there's less sweating and less need to manage body odour, at least under our arms. The sweat glands react less to heat as we get older, too.

Smarter with Age

- While it's true certain brain functions slow down as we age, this doesn't necessarily affect our intelligence. For example, one study found that when given a new task to learn, older people performed as well as young people if given a little bit more time.



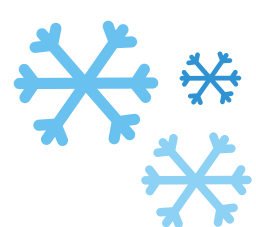
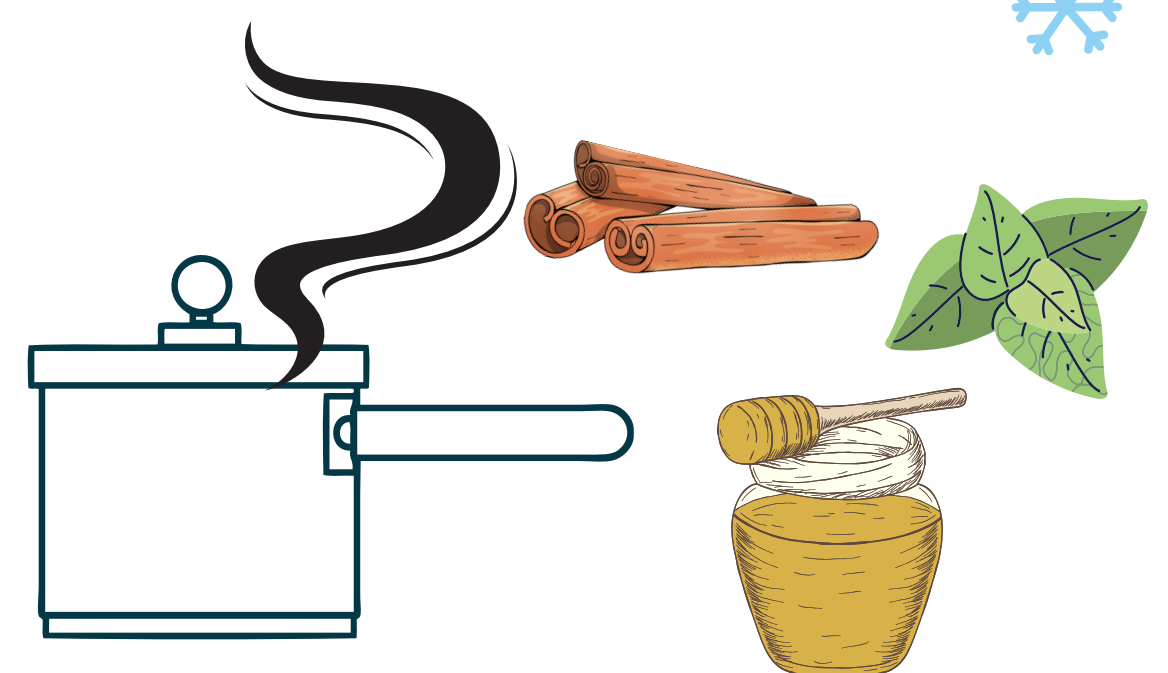
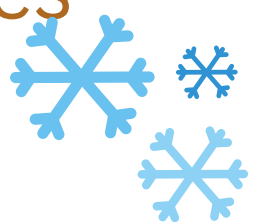
SPICED MINT TEA

Warm up a chilly winter morning with this delightful recipe. It's wonderful with scones, muffins or other breakfast treats.



INGREDIENTS

- 3 cups water
- 1 cinnamon stick
- 2 whole cloves
- 2 whole allspice
- 1 cup fresh mint leaves
- honey (optional)



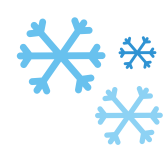
DIRECTIONS

Place the water, cinnamon, cloves and allspice in a large saucepan.

Bring to a boil.

Boil 1 minute.

Stir in mint leaves



Remove from heat; cover and steep 5 minutes.

Strain tea and enjoy.

Serve with honey if desired

Other BDB Programs Worth Noting

February marks BDB's 39th anniversary providing programs, services, supports and resources for individuals living with diverse disabilities (physical, cognitive, sensory, emotional). We help in many aspects of their lives from independent living skills, peer support activities, connecting to agencies and resources in the community to helping break down barriers while promoting accessibility. Over the last five years, we have grown our programs and services to include all people of all abilities. In addition to our wonderful Connecting with Seniors program, we offer other free programs that may be of interest, depending on life circumstances. Here are a few programs worth noting:

Diabetes Information Group (DIG)

- Takes place the 4th Tuesday of every month at 1:30 pm (in-house or via Zoom).
- Professional guest presenters ranging from nutritionists/dieticians to personal trainers and physiotherapists who specialize in diabetes management provide information, tools, meal plans, education and support for people living with diabetes.
- You don't have to be diabetic or pre-diabetic to join.
- If you are interested in healthy eating, maintaining a healthy lifestyle and connecting with others and life experiences, DIG is a great program to check out.



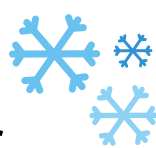
Direct Funding Self-Managed Attendant Services

- This innovative government program enable adults with physical disabilities to become employers of their own attendants - assisting with routine activities of living such as dressing, grooming, meal preparation and bathing.
- Funded through the province of Ontario.
- We support the Direct Funding program by working with individuals through the qualifying process and help them manage their care, elevating their independence.
- Different people have different needs.
- This program is intended as an option suited to people with impaired physical abilities who are willing and able to take on the extra management responsibilities the program demands - from hiring staff, setting a schedule that meets your needs to managing payroll.
- There are many disabilities that qualify under this program.
- To learn more, contact us for details.

Other BDB Programs Worth Noting

Virtual Activities

- We produce a wide variety of engaging videos each month that are informative, interactive, celebratory and entertaining.
- Our monthly program calendar lists what videos you can expect to see that month on our Facebook page.
- The best part is, you can watch them at your convenience.
- If you would like to receive the monthly program calendar by email, just let us know.



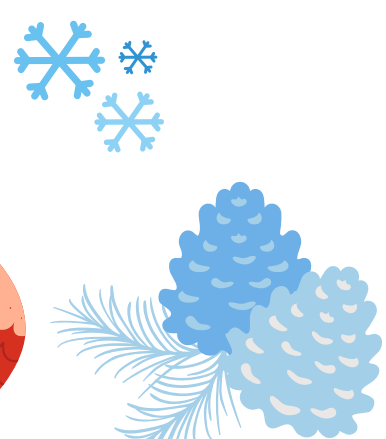
Below is February's calendar.

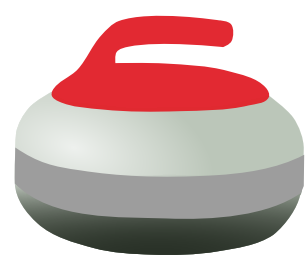
BREAKING DOWN BARRIERS ILRC					February 2024	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
For more information email Chris at: peersupport@bdbilrc.ca or call Tracey: 705-445-1543 ext. 305				1 North American Inclusion Month with Jasmine --- Facebook -1:30pm	2 Friendship Café Discussing Groundhog Day Zoom/In-House - 1:30pm *Pre Registration	
5	6 Pre-scheduled In-house Appointments --- BDB Centre	7 National Safe Internet Day with Jasmine --- Facebook -1:30pm	8	9 Heart Shaped Palmier Cookies with Christine --- Facebook -1:30pm		
12 Epilepsy Day with Jasmine --- Facebook -1:30pm	13	14 Valentine's BINGO with Christine --- Zoom/In-House - 1:30pm *Pre Registration	15	16		
19 Happy Family Day!	20 Faux Stained Glass Candle Holder with Tracey --- Facebook -1:30pm	21	22 Chili Day with Christine --- Facebook -1:30pm	23		
26	27 D.I.G: Chef Greg Godfrey --- 1:30pm *Pre Registration	28 Connecting With Seniors --- Hybrid - 3:00pm *Pre Registration	29 Leap Year	Don't Forget To Visit Our YouTube Page: @breakingdownbarriersilrc		



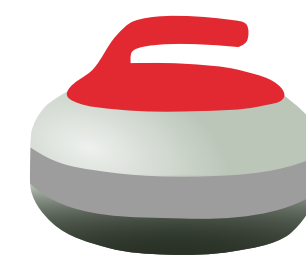
For information about any of our programs or services, please feel free to reach out to me, Lucille, so we can start the conversation.

Email: cvc@bdbilrc.ca or Phone: 705-888-8333

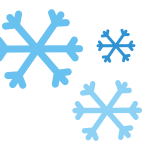




Calling All Curlers



If you love to curl or have been thinking about visiting the beautiful Town of Collingwood, join us for a fun-filled day at our signature fundraising event, Rockin' the House Bonspiel. Curl or watch and cheer on the teams. There will be a silent auction table, breakfast and lunch provided, door prizes and a ton of fun to be had.









**\$350
per Team**



Bonspiel 2024

Fully Accessible



**\$20
Spectator**

Saturday March 2, 2024

Collingwood Curling Club

Morning Draw 9:00 am
Afternoon Draw 11:30 am
(includes breakfast / lunch / refreshments)

 To register/pledge forms: adam@mintice.org
or call 705-351-2326

 Registration closes February 24 - **Hurry Hard**



- Silent Auction Table
- Amazing Door Prizes
- Golden Ticket Draw



- Best costume prizes
- Top Fundraising Team and Individual Prizes



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

Proceeds support programs and services for individuals with diverse disabilities



Breaking Bread

A Collection of Favourite Recipes

A cook book can be an incredibly meaningful way to celebrate cultures, family history and fond memories. As part of our Connecting with Seniors program, we want to create a cook book filled with recipes you and your family enjoy.

Breaking Bread: A Collection of Favourite Recipes will be unique to this program. Over the next couple of months, share some of your recipes and a few back stories if you have any. Maybe it sparks a memory or it's the first dish you learned to cook or it has cultural significance. If you plan to make it again soon, take a picture and share that as well.

After all the recipes, pictures and stories are collected, we will create an actual Breaking Bread cook book and will provide copies for each of you. It's just another way to connect, learn, share and enjoy one another.

This project is completely voluntary so if you do not wish to participate, that's ok. We just won't be held responsible for giving you an appetite after flipping through the pages!

More details to come!



BREAKING BREAD

A Collection of Favourite Recipes

