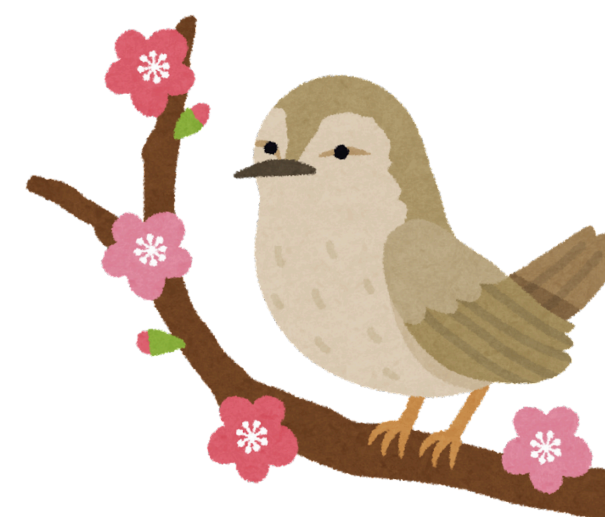


NEWSLETTER
Spring Edition 2025
Lucille - 705-888-8333
cvc@bdbilrc.ca

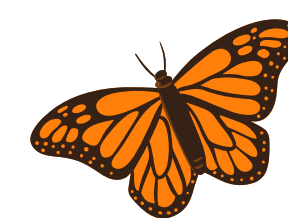


Connecting with Seniors

Spring is on its way and not a moment too soon. What a crazy winter we have endured, some more than others. It is such a wonderful time of year, offering a renewed sense of energy, longer days with blooming flowers, baby animals and warmer temperatures to look forward to.



7 Reasons Why We Love Spring



Blooming Flowers and Greenery:

The vibrant colours and textures of blooming flowers and the return of lush green foliage as plants and trees come back to life.

Warmer Temperatures and Longer Days:

The transition to milder weather and longer daylight hours boost moods and energy levels.



Return of Animals:

Watch for the return of migratory birds, the emergence of baby animals and the awakening of hibernating creatures.



Outdoor Activities:

The opportunity for outdoor activities like gardening, hiking and simply enjoying pleasant weather.

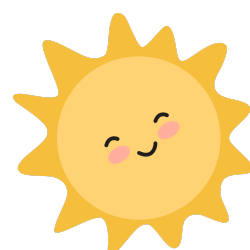
Fresh "Canadian" Produce:

The abundance of fresh, seasonal fruits and vegetables that become available during the spring months.



Increased Vitamin D:

Spending time outdoors soaking up the sun and boosting your vitamin D levels - which are important for overall health and well-being.



Mood Enhancement:

The combination of longer days, warmer temperatures and the beauty of nature can have a positive impact on your mood and mental health.





DID YOU KNOW

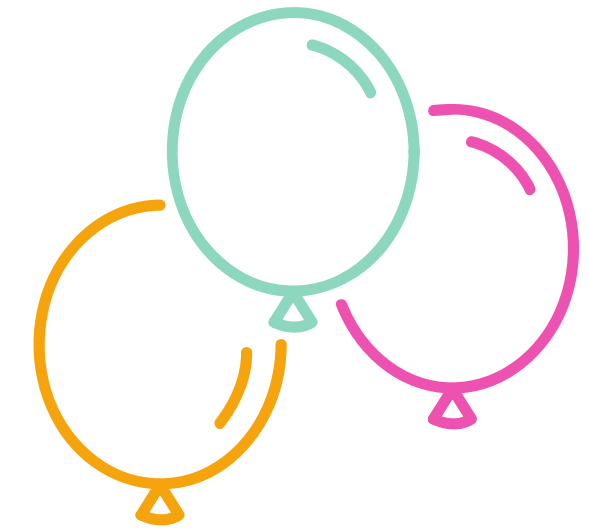
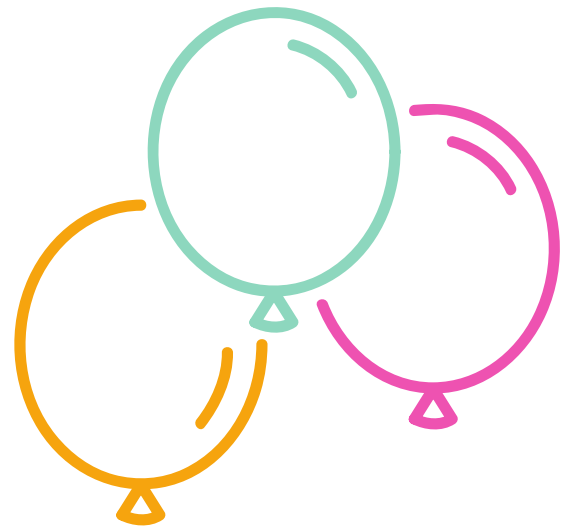
The Federal government is offering support for seniors and families regarding internet costs through a program called **“Connecting Families Initiative”**. This initiative is a Government of Canada program offering discounted Internet services to eligible Canadians. Those who qualify can also request a low-cost digital device, while supplies last. The Connecting Families Initiative is administered by Innovation, Science and Economic Development Canada (ISED), while Internet Service Providers (ISPs) across Canada like Rogers and Bell voluntarily participate in the initiative. For more information, and to learn if you qualify, visit:

<https://ised-isde.canada.ca/site/connecting-families/en>



BDB CELEBRATES 40 YEARS

February 25, 2025 marked 40 years Breaking Down Barriers has been providing programs, services, supports and resources for individuals with diverse disabilities. To mark the occasion, a few of us gathered in front of the Town of Collingwood's municipal office where they lit the clock tower in blue in honour of this milestone.



TRIED AND TRUE RECIPES



BDB's Breaking Bread cookbook successfully launched and is garnering lots of attention from people in the community and media. With 100 recipes, submissions came from some of our Connecting with Seniors' participants, members of the community, family members of staff and from people outside of Ontario; all wanting to be part of this community collection of recipes. Proceeds from the sale of the cookbooks go directly to supporting programs like Connecting with Seniors and services BDB provides the community. To order your copy, please contact Lucille at cvc@bdbilrc.ca or 705-888-8333.

BDB'S ANNUAL GENERAL MEETING (AGM)

As a registered charity, Breaking Down Barriers hosts an Annual General Meeting (AGM) each year that is open to the public. It gives us an opportunity to report on the work of the charity, its finances, committees like the Strategic Planning Committee, Executive Committee, Governance Committee and Fundraising Committee. It's an informative hour and a wonderful opportunity to learn about what we do, meet the staff and Board of Directors, learn about community impact of our work and share in some of our successes. This year, the AGM will be held in-person at the John Saunders Centre in Collingwood with a virtual Zoom element for those who can't attend in person. Mark **Wednesday, June 25 at 4:00 pm** on your calendars. We invite you to join us, either in-person or via Zoom. Please contact Lucille if you want to attend our AGM at cvc@bdbilrc.ca or 705-888-8333. We hope to see you there.

THANK YOU



YEAR-ROUND TAX CLINIC

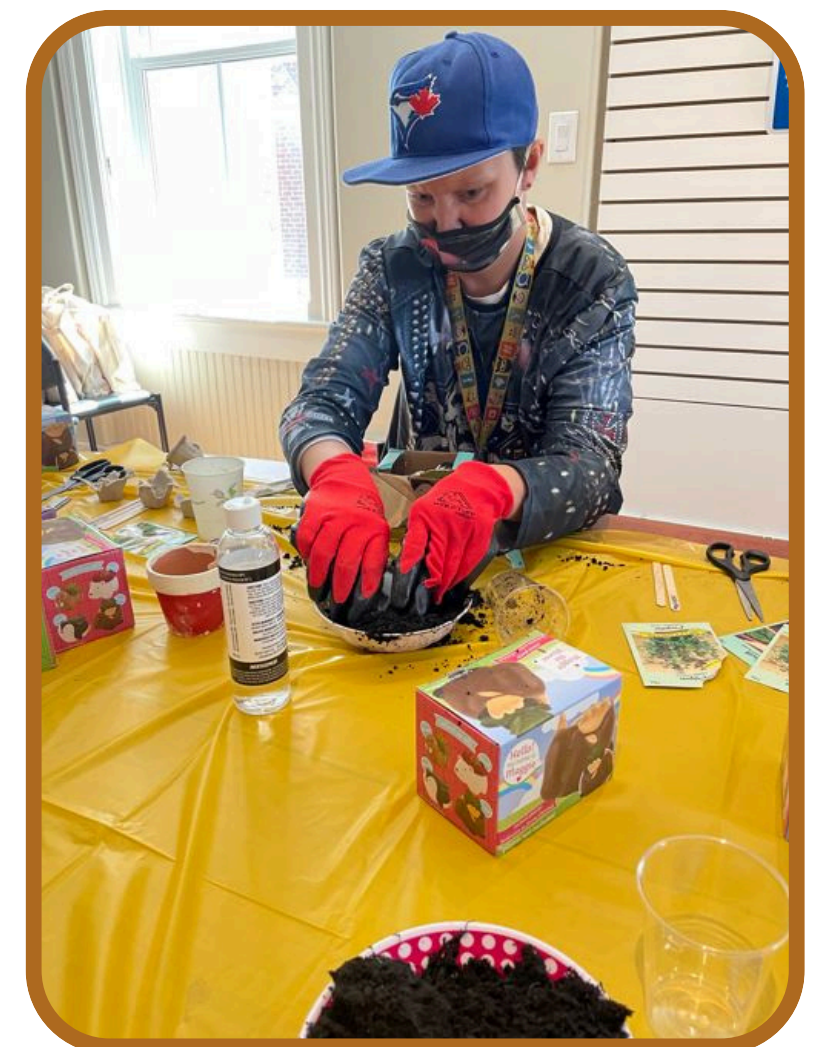


Breaking Down Barriers offers a free tax clinic for anyone wishing to have their income tax prepared and filed by a professional accountant. We have partnered with John Robbins of Transitions Wealth Strategies for over 10 years. He volunteers his services and is efficient and reliable. You don't have to be a Breaking Down Barriers Member or Consumer to take advantage of this service. It is available to everyone. A token \$5 donation to Breaking Down Barriers is recommended but not mandatory. Whether you haven't filed in a while or just need your current taxes prepared and filed, let our tax clinic take the stress of income tax season away. For more information or to register to have your taxes done, please contact Lucille at cvc@bdbilrc.ca or 705-888-8333.



PROGRAM PARTICIPATION

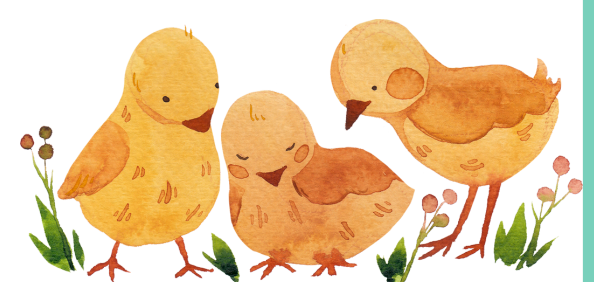
If you have ever seen our monthly program calendar on Facebook, you know we do a variety of programs and fun activities each month with our Consumers. Because we can provide hybrid programming (in-person or over Zoom), everyone is welcome to participate. There is no charge for any of our programs and like our senior's program, all supplies are provided so you can take part over Zoom. So next time you want to add a little more activity to your day, consider joining us for a program or two.

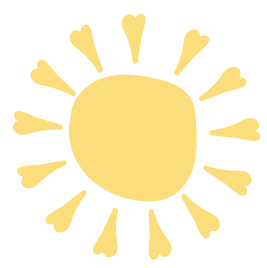


BREAKING DOWN BARRIERS ILRC

March 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Pancake Party! --- BDB Centre -1:30pm *Pre Registration Required	5	6	7 What is International Women's Day with Dana --- Facebook -1:30pm
10 Developmental Disabilities Explained with Jasmine --- Facebook -1:30pm	11	12 BINGO with Dana --- Zoom/In-House - 1:30pm *Pre Registration	13	14 Friendship Café Watching Springtime Videos Zoom/In-House - 1:30pm *Pre Registration Required
17 HAPPY ST. PATRICK'S DAY	18	19 Goal Setting Workshop With Dana In-House/Zoom - 1:30pm *Pre Registration Required	20 Refreshing Cucumber Salad with Christine --- Facebook -1:30pm	21
24	25 The Benefits of Napping with Jasmine --- Facebook -1:30pm	26 Connecting With Seniors --- Hybrid - 3:00pm *Pre Registration	27	28 Starting Seedlings with Christine --- Facebook -1:30pm
31 Inflammation Fighting Food with Jasmine --- Facebook -1:30pm		Don't Forget To Visit Our YouTube Page: @breakingdownbarriersilrc	To Pre-Register Contact: Chris at: peersupport@bdbilrc.ca	





DIABETES INFORMATION GROUP (DIG)

Breaking Down Barriers is the Collingwood Hub for diabetes education. Partnering with the South Georgian Bay Community Health Centre, we open our doors quarterly for our Diabetes Information Group (DIG) program. You can take part in this program in-house at our Collingwood Centre or virtually over Zoom. Diabetes Educators and Nutritionists that specialize in diabetes and pre-diabetes lead the program with information you can use, nutritional tips, sharing of life experiences, recipe ideas, help with managing your diabetes and in-person support. This program is free of charge. Upcoming sessions are:



April 29 1:00-2:00 pm (in-person or over Zoom)

Topic: Discussing the Basics of Diabetes

June 24 1:00-2:00 pm (in-person or over Zoom)

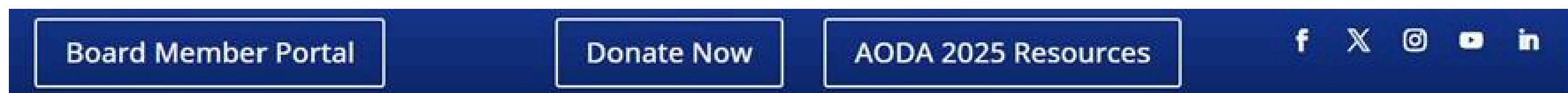
Topic: Diabetes and Nutrition

If you are interested in participating or would like more information, please contact Lucille at cvc@bdbilrc.ca or 705-888-8333



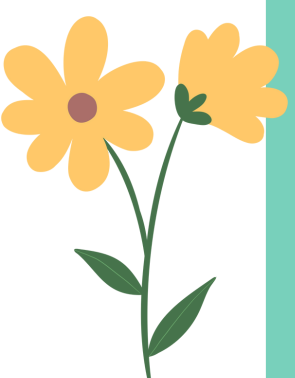
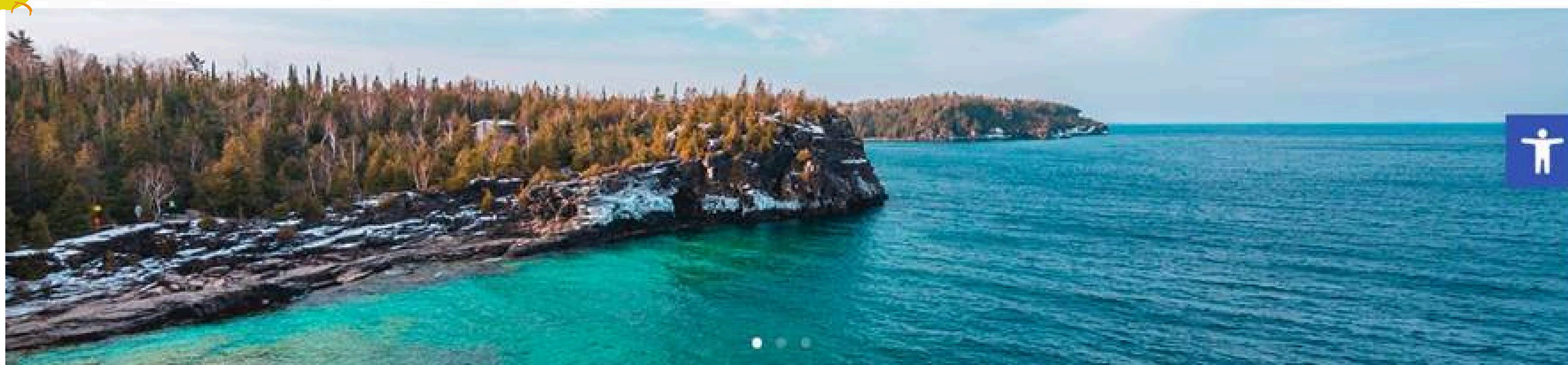
BDB'S WEBSITE - WORTH A LOOK

When you have the chance, visit our website (breakingdownbarriers.ca). There is lots of information about who we are, our programs and services, other newsletters and events, flexibility in being a volunteer, community connections, our independent living philosophy and how to contact us. Plus, the current month's program posters, our monthly program schedule and clips of videos to check out is all just a click away.

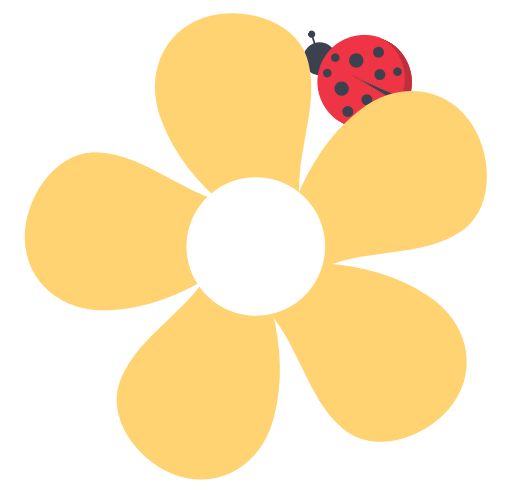


WHO WE ARE PROGRAMS & SERVICES NEWSLETTERS & EVENTS VOLUNTEERING

COMMUNITY CONNECTIONS INDEPENDENT LIVING PHILOSOPHY CONTACT US



WHAT DOES OHIP COVER FOR SENIORS OVER 65?



Doctor Visits:

- OHIP covers the full cost of medically necessary in-person and virtual visits with doctors, including those in walk-in clinics.



Physiotherapy:

- If referred by a doctor, OHIP will cover physiotherapy services for seniors.

Dental Services in Hospital:

- OHIP covers some dental surgery when it's medically necessary.



Eye Exams:

- OHIP covers routine eye exams for seniors aged 65 and over, with specific frequency depending on medical conditions.
- Seniors with an eligible medical condition may receive an OHIP-insured major oculo-visual eye examination every 12 months.
- Seniors without an eligible medical condition will only be eligible for an insured major oculo-visual eye examination every 18 months.

Prescription Drugs:

- Seniors are automatically eligible for the Ontario Drug Benefit (ODB) program, which helps cover the cost of approximately 5,000 prescription drugs.
- Seniors pay a \$100 annual deductible before they are eligible for drug coverage. After the deductible is paid, seniors then pay a co-payment of up to \$6.11 toward the dispensing fee per prescription.
- If you meet income thresholds, your annual deductible will be waived and co-payment fees reduced to \$2 per prescription.

Ambulance Services:

- OHIP covers full or partial costs of ambulance services during a medical emergency.

Home and Community Care:

- Seniors may be eligible for professional, personal support, or homemaking services through Home and Community Care Support Services organizations, which are covered by OHIP.





UPCOMING PROGRAMS

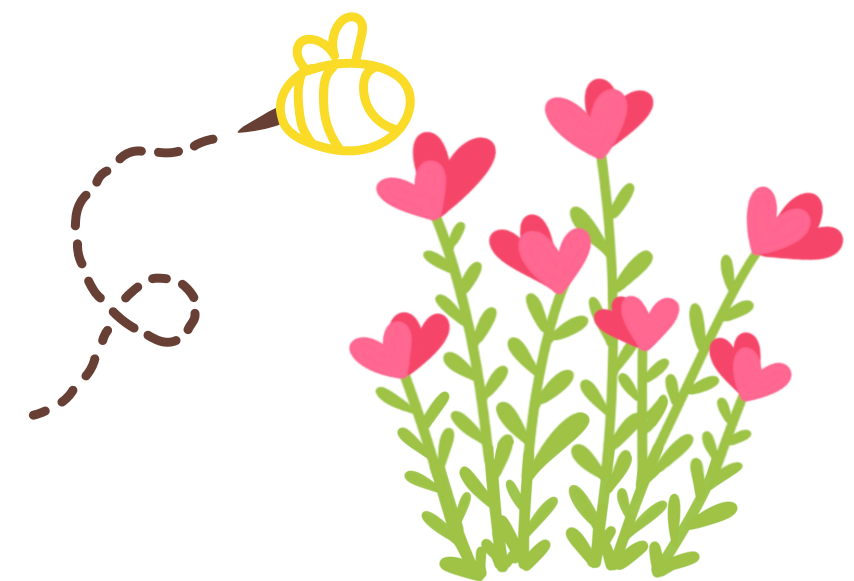
We are so excited to be awarded another New Horizons for Seniors grant. It allows us the freedom to do arts and crafts, have health and wellness presenters, entertainment and more for all seniors of all abilities and free of charge.

Our Connecting with Seniors program continues to grow and we are so grateful for your ongoing support and participation. We have certainly built a community of peers and I know I speak for everyone at Breaking Down Barriers when I say this is a program we all love and look forward to. So, thank you. Thank you for being such good sports no matter what the activity is. Thank you for always showing up and putting a smile on our faces. We look forward to another great year at Connecting with Seniors!

Upcoming programs are:

Wednesday March 26 at 3:00 pm (in-house and over Zoom)

- Assembling and Painting a Ceramic Windchime.
- Registration is now closed.



Wednesday April 30 at 3:00 pm (in-house and over Zoom)

- Bailey Franklin from Harvest Table Nutrition out of Thornbury, ON.
- Registered Dietician. Runs her own private practice offering cooking classes and workshops.
- Loves teaching seniors how to cook easy and nutritious meals.
- Will be doing a couple of food demonstrations while she speaks to us about proper nutrition as we age.
- Registration will open the beginning of April.



Wednesday May 28 at 3:00 pm (in-house and over Zoom)

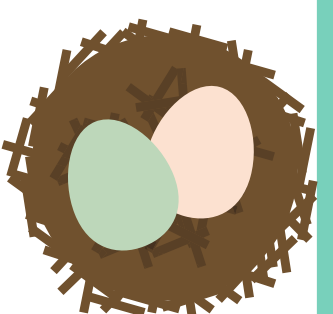
- Sally Sunshine Gentle Fitness from Owen Sound, ON.
- 20 years experience in the fitness industry - is a healthy and fit 72 year old.
- She offers gentle fitness and instructional movement for seniors.
- Registration will open the beginning of May.

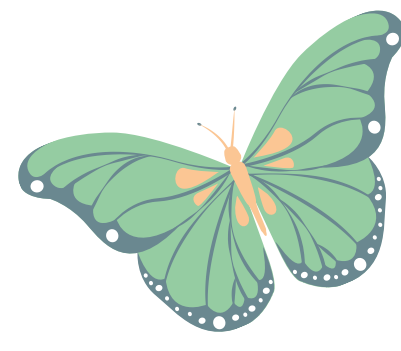
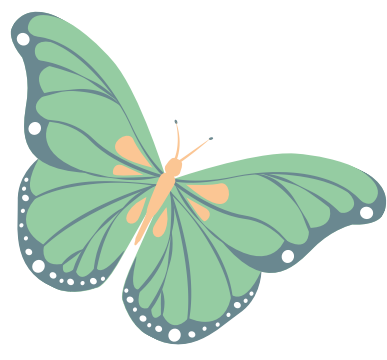
Wednesday, June 25 at 3:00 pm (in-house and over Zoom)

- Craft - to be determined.

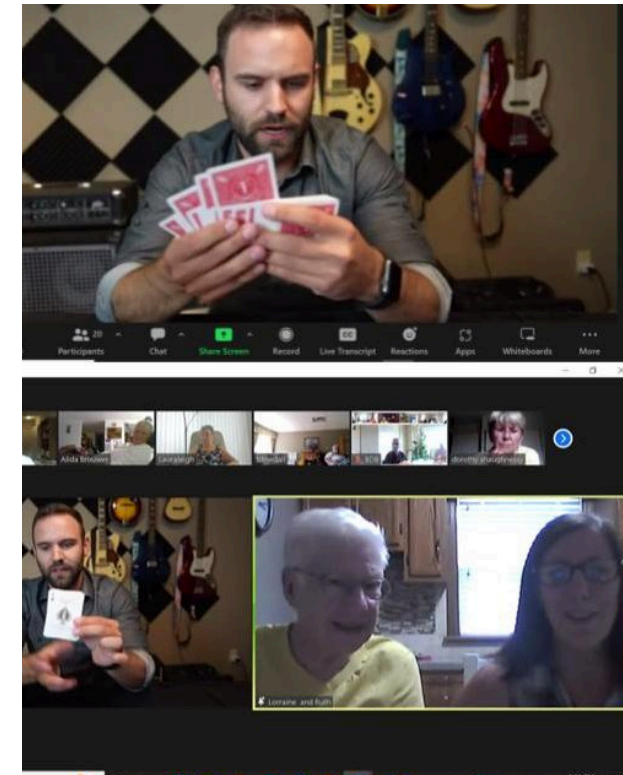
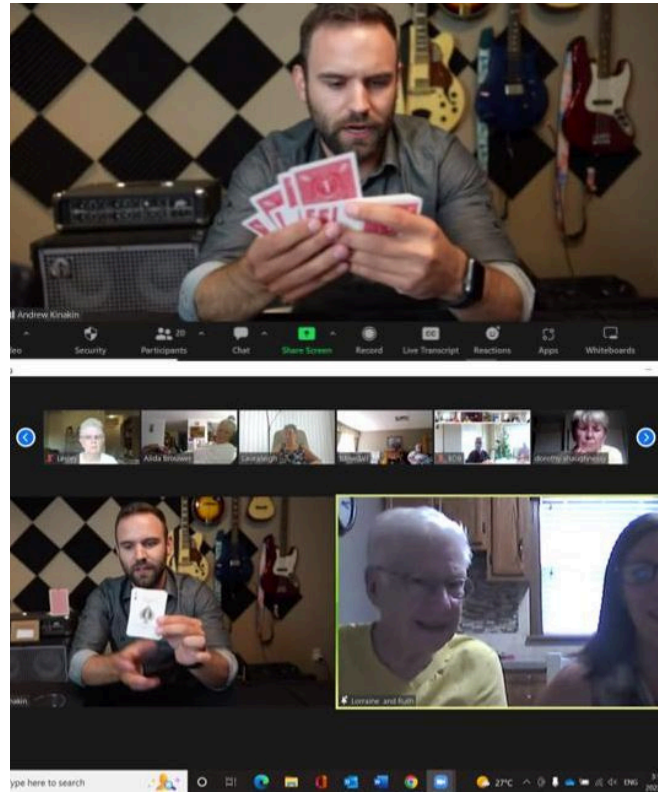
Wednesday, July 30 at 3:00 pm (in-house and over Zoom)

- Christmas in July craft.



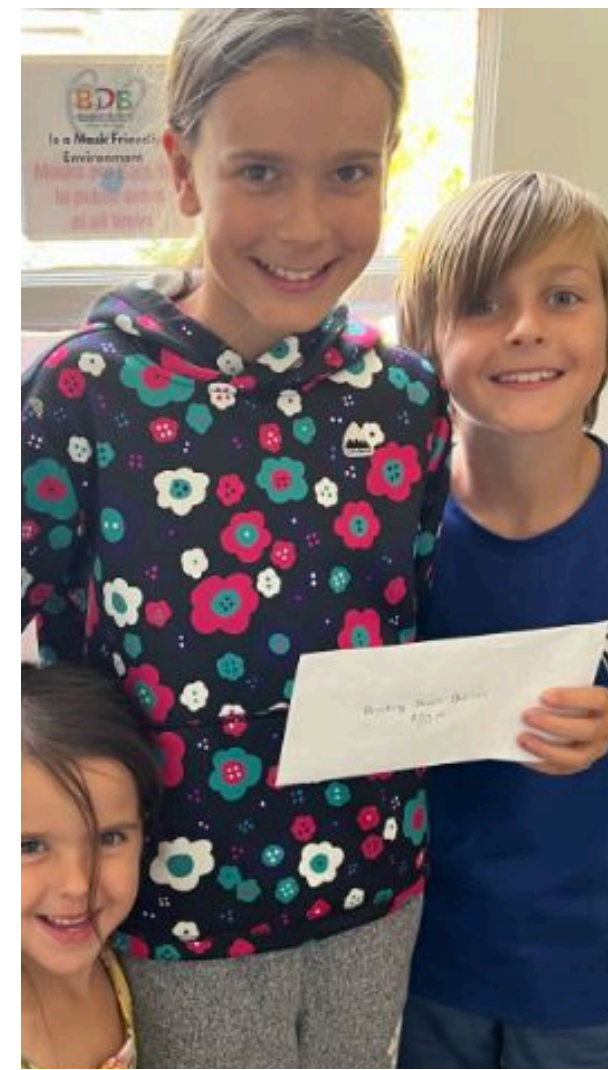


Smiling Faces Warm the Heart

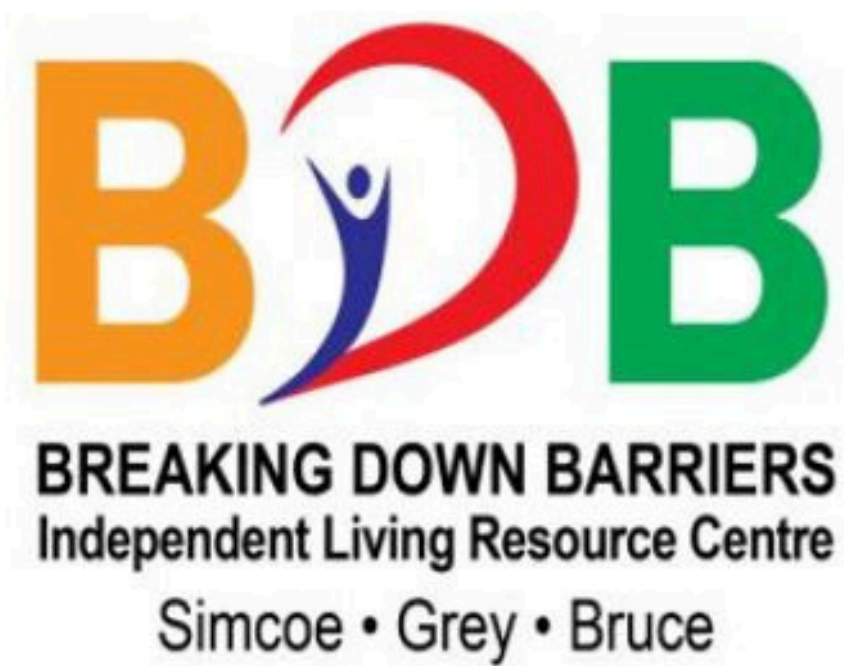




BDB IN THE COMMUNITY



Connect with Us



Breaking Down Barriers, ILRC



Breakingdownbarriers.ca



(705) 445-1543 ext. 301



234 Ste. Marie St. Collingwood, ON



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(Instagram) @breakingdownbarriers



(YouTube) @breakingdownbarriersilrc



(X) @bdbcollingwood



(LinkedIn) breaking-down-barriers

If you do not want to receive future quarterly newsletters, please let us know and we will remove your email, thank you.