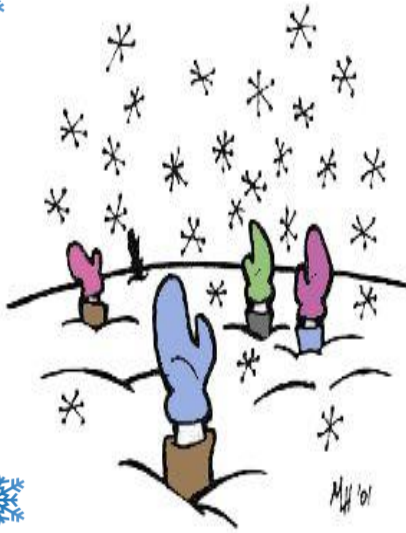




Winter Edition

BREAKING DOWN BARRIERS – February 2021

the Consumer Report



OK, Show of hands...
Who's tired of snow?

BDB's friends are never apart.

Maybe in distance, but never in heart.



Stay Warm – Stay Connected

It sure feels like we are in a real Canadian deep freeze. Sometimes it seems like winter is all about trying to stay warm doesn't it? Well, Breaking Down Barriers has the perfect way to keep you warm. Just "stay home and stay connected".

By now, most of you have seen our Facebook program videos, enjoyed discovering what's inside your Activity Kits, participated in Zoom Bingo or virtual Friendship Café and for that, we thank you. When we stay connected, we warm our hearts, rekindle friendships and enjoy the moments we spend with one another, even if it is just virtual. You see, sharing time, learning new things and just embracing the process of staying connected makes a big difference in how you feel.

Winter can be a little isolating at the best of times, especially if you don't like the cold. Add in lockdowns and restrictions because of the pandemic and life can get a little stressful. We understand. That is why we are doing so many things for you to enjoy on social media. We weren't going to let COVID-19 stop us from staying connected to you!

So keep ordering your monthly Activity Kits. Keep joining Zoom for Friendship Café, Bingo and DIG. Keep watching our live and taped program videos on Facebook and keep liking and sharing our posts.

Oh and if you get a little chilly in the coming days, weeks and months, just come "chill" with us for a while. We will always stay warm when we stay connected.





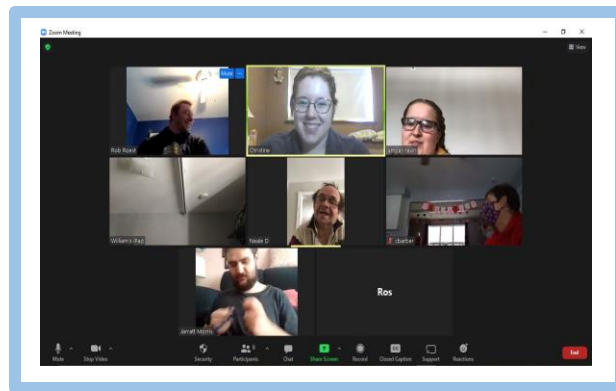
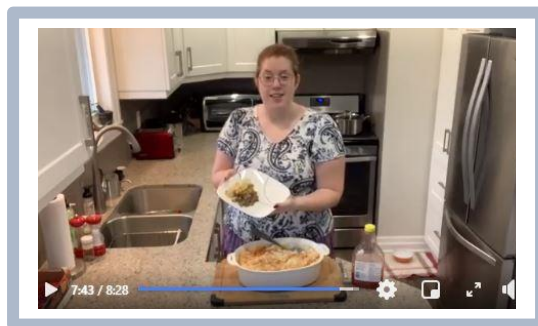
Christine's In Your Corner

If you have been following all our social media activities, then you definitely know who this is. Christine is your Peer Support Worker and she has been very busy creating new and engaging Facebook program videos for you to enjoy.

From cooking tips and crafts to skin care remedies and "do it yourself" activities, Chris is laser focused on giving you the best BDB on-line experience she can.



Get to know her better. It's easy – just join us on Zoom every Friday for Friendship Café or look for her videos on our Facebook page.





FUN PAGE



wnsoknab

UNSCRAMBLE



WINTER RIDDLE

What kind of bicycle does a penguin ride?



(fill in the blank)

HINT: it has 3 letters and is cold



Think you know the answer? Let us know on Facebook Messenger or call us



Winter Word Search



C	S	M	F	S	N	O	W
O	C	B	R	C	S	M	H
A	A	Q	O	O	B	V	K
T	R	E	S	L	F	E	I
W	F	O	T	D	Q	S	Z
L	W	K	Y	Q	I	C	E
V	Q	W	I	G	L	O	O
H	W	I	N	T	E	R	N


COAT
COLD
FROST
ICE

IGLOO
SCARF
SNOW
WINTER





Tell us how we're doing. Call, email or message us through Facebook Messenger how you feel about the following:

1. I am really enjoying the program videos on BDB's Facebook. Yes ____ No ____
2. I would like to see more Zoom activities. Yes ____ No ____
3. I think the telephone check-in calls are great and appreciated. Yes ____ No ____
4. I wish BDB would do more program videos on:
 - a. Food/Drink b. Arts & Crafts c. Wellness d. Exercise e. Mental Health
 - f. Different Places to See g. How To h. Skin Care h. General Interest 
 - i. Other _____
5. I really like getting the Consumer Report newsletter. Yes ____ No ____

DATES TO REMEMBER

1. February 25th - BDB's 36th Anniversary
2. March 14th - Spring Your Clocks Forward
3. March 17th - St. Patrick's Day
4. March 20th - First Day of Spring
5. April 4th - Easter Sunday
6. April 9th - Vimmy Ridge Day
7. **May 4th - Next Edition of the Consumer Report Newsletter**
8. May 9th - Mother's Day
9. May 24th - Victoria Day
10. June 20th - Father's Day



**In Case You Missed It – Robbie is making the most out of winter.
We love this picture!**

