

JUNE 2021

BREAKING DOWN BARRIERS, ILRC

# the **C**onsumer Report

## A POINT TO PONDER

Recently we shared a Facebook post written by Canadian Actor, Ryan Reynolds. In it he mentions how he struggles with anxiety that at times, makes him over-schedule, over-think, over-worry. Sound familiar? Mental Health Week this year more than ever, shed some light on how we are not alone in our struggles. Many people no matter their age, gender or race deal with their mental health issues and that's ok. Isn't it nice to know we aren't alone and even nicer to know we can speak out about it and share our stories with the knowledge it will sound familiar and be helpful to someone somewhere.

## A REASON FOR HOPE

We've sure had our fair share of worry, fear and disruption over COVID. We know the year has been long and at times challenging but, we are still here, still safe, still healthy.

**Thank goodness for that.**

The fact that we have vaccines available to us offers the best reason to hope for a better year ahead. When we get our vaccine shots, we are not only protecting ourselves but we are protecting those we love too. There is light at the end of the tunnel and until then, let's stay strong, stay diligent, stay hopeful and continue to do our part. When we do, we can look with heads held high, to a brighter future knowing we did our best.



# OH WHAT A MONTH



Breaking Down Barriers ILRC					  <b>JUNE</b> 2021	
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	 <b>June 2nd</b> <b>TELLING OUR STORIES</b> <small>NATIONAL STORYTELLING DAY</small> <small>collingwood public library</small>	<b>1 Making Lemonade* with Jasmine</b> --- <b>Facebook - 1:30pm</b>	<b>2 BINGO with Christine</b> --- <b>Zoom - 1:30pm</b>	<b>3 Fold Laundry Like a Pro with Tracey</b> --- <b>Zoom - 1:30pm</b>	<b>4 Friendship Cafe Discussing Internet Safety - Part 2 with Christine</b> --- <b>Zoom -1:30pm</b>	
	<b>7 Independent Living Canada Day</b> --- <b>Facebook - 1:30pm</b>	<b>8 Introductions with Nicole &amp; Rachel</b> --- <b>Facebook - 1:30pm</b>	<b>9 Direct Funding Cafe Corner</b> --- <b>Zoom - 11:00am</b>	<b>10 Baked Ham and Egg Cups with Christine</b> --- <b>Facebook -1:30pm</b>	<b>11 Friendship Cafe Discussing Sun Protection with Christine</b> --- <b>Zoom -1:30pm</b>	
	<b>14 Direct Funding Information Series with Christine</b> --- <b>Facebook - 1:30pm</b>	<b>15 DIY Sensory Bottles with Tracey*</b> --- <b>Zoom - 1:30pm</b>	<b>16 Summer Hike &amp; Swim with Gilbert &amp; Jasmine</b> --- <b>Facebook -1:30pm</b>	<b>17 Father's Day Cards with Christine*</b> --- <b>Facebook - 1:30pm</b>	<b>18 Friendship Cafe Summer Activities with Christine</b> --- <b>Zoom -1:30pm</b>	
	<b>21 Direct Funding Information Series with Christine</b> --- <b>Facebook - 1:30pm</b>	<b>22 Diabetes Information Group with Tracey</b> --- <b>Zoom - 1:30pm</b>	<b>23 BINGO with Christine</b> --- <b>Zoom - 1:30pm</b>	<b>24 AGM</b> --- <b>Zoom - 4:00pm</b>	<b>25 Friendship Cafe Home Emergency Kit with Christine</b> --- <b>Zoom -1:30pm</b>	
	<b>28 Mason Jar Lanterns with Jasmine*</b> --- <b>Facebook -1:30pm</b>	<b>29 Magic Show with Chris</b> --- <b>Facebook -1:30pm</b>	<b>30 Connecting With Seniors</b> --- <b>Zoom - 3:00pm</b>	Register for your July Activity Kit by June 21, 2021 *Items included in Kit For more information email Chris at: <a href="mailto:peersupport@bdbilrc.ca">peersupport@bdbilrc.ca</a> or call Tracey: 705-445-1543 *305		

BDB has been working hard to put together a wide variety of activities and programs we think you will enjoy. June's program schedule won't disappoint. It is full of engaging, informative and down right fun things to do. Don't let another day go by without joining us on Facebook. The best part is, space is **UNLIMITED!**



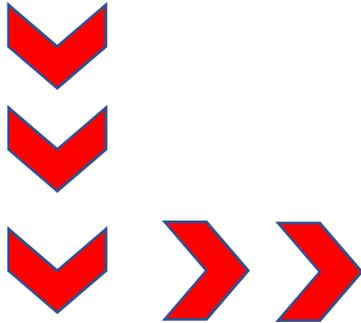
**JUNE  
ACTIVITY  
KITS ARE  
DONE AND  
PACKAGED**



**JASMINE  
AND  
GILBERT  
ARE  
READY TO  
GO**

**ACTIVITY  
KIT**

**HAVE YOU  
HEARD?**



**IT'S BDB  
MEMBERSHIP  
RENEWAL  
TIME**

**BDB Membership Renewal  
REMINDER**

**\$5.00 for one year  
\$10.00 for three years**

To renew OR join, email Maureen at  
adminsupport@bdbilrc.ca or  
message us on Facebook Messenger

**Benefits of Membership with**



Voting Privileges  
Rights to Elect Board Members  
Eligibility to be Nominated to the Board of Directors  
Easy Access to Consumer Programs & Services  
Faxing Privileges  
Field Trips  
Special Events

**If you have not renewed your BDB Membership  
for 2021, please do so by calling the office.  
705-445-1543, ext \*301**

**BDB's 36<sup>th</sup> Annual General Meeting  
is fast approaching. Join us on Zoom  
June 24<sup>th</sup> at 4:00 pm.**

**RSVP by June 10<sup>th</sup> to receive your Zoom link  
and meeting package. Your attendance is  
important to us. We hope you will join us.**

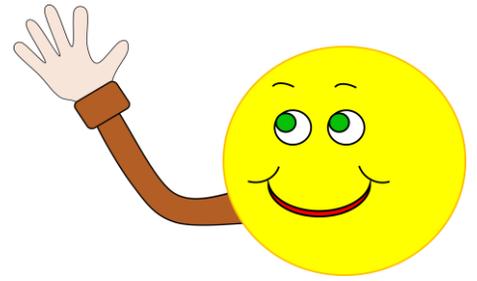
**RSVP by calling 705-445-1543, ext \*301**



**Everyone who RSVP's and  
attends, will receive this  
beautiful custom designed  
BDB canvas bag.**

## Did You Know.....

**Breaking Down Barriers leads the way in making all things accessible? All our materials come with Alt Text descriptors, making it even more accessible - and if you ever need any of our documents in larger print or less colour, just let us know. We are happy to provide it in a format that is best for you. Plus, all our Facebook program videos come with closed captioning. Just make sure it is turned on in your settings.**



## AccessAbility Week – May 30<sup>th</sup> to June 5<sup>th</sup>, 2021

Each year we celebrate **National AccessAbility Week (NAAW)** through Consumer program activities, special video presentations from some of our Members and presentations to virtual events highlighting our work in the community.

For all of us, it is an opportunity to:

- **celebrate the valuable contributions of Canadians with disabilities,**
- **recognize the efforts of individuals, communities and workplaces that are actively working to remove barriers, and**
- **promote how accessibility and inclusion can strengthen communities.**

When persons with disabilities can participate, barrier free, in all aspects of society, everyone benefits. It builds stronger communities with greater access to employment, transportation, education, resources and services. Show your support with the National initiative of wearing a red t-shirt on June 2<sup>nd</sup> in recognition of the importance of accessibility and inclusion.

