

THE BONAVENTURE BUZZ



Empowering Potential, together!

Welcome to the January 2025 issue of the Bonaventure Buzz, our monthly newsletter that will highlight all the happenings within and around Bonaventure Support Services. This edition is packed with activities and events within the communities in which we provide support, a write-up from one of our supported individuals, remind you of important dates coming up, a wonderful cultural spotlight from Ore on the 'Ojude Oba Festival' in Nigeria, and loads of other tidbits of information!

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As always, we welcome your input on future editions of the Buzz including articles you've enjoyed, favorite recipes, personal milestones, and anything else you'd like to celebrate!

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From The Helm – Executive Director Christy Sudyko

Welcome to 2025! I hope everyone had a happy and healthy holiday season. As we step into this new year, I want to take a moment to reflect on our journey and achievements. Bonaventure remains committed to supporting people with diverse abilities, always focusing on “ability”, everyone’s unique strengths and potential.

A heartfelt thank you to everyone for their dedication and hard work throughout 2024. Together, we supported over 160 individuals by either transitioning them or opening 3 new housing programs. We also, sadly, lost a supported individual in the CI program. In honor of her, our team committed to handing out water and food to those streets entrenched, giving as she would have given.

We also celebrated numerous achievements:

- Bottle Drive
- Clothing Drive
- Successful Sports Day
- Participated in the Pride Celebration
- Attended various job fairs
- Program unique celebrations and recognition parties
- Started a monthly spotlight on Global Traditions
- And so much more that we can celebrate

Looking ahead, I am excited about the opportunities and challenges 2025 will bring. With such an incredible team, I am confident we will continue to make a positive impact and achieve great things together.

Here's to a successful and inspiring year ahead!

Heart Month: February 2025

February is Heart Month in British Columbia, a time dedicated to raising awareness about heart health and preparing for heart-related emergencies. Heart disease affects approximately 2.4 million Canadian adults and is the second leading cause of death in Canada. This month, the province will focus on improving heart health through preventive measures such as a balanced diet, increased exercise, quitting smoking, and reducing stress. It's also crucial to ensure bystanders are equipped to respond to heart emergencies.

Heart Month is an opportunity to honor the experiences of individuals and families battling heart disease and recognize the efforts of cardiac teams across Canada in providing exceptional care. Additionally, it's important to highlight the connections between diet, wellness, and heart health. Healthy behaviors, such as physical activity, eating nutritious foods, and managing stress, play a significant role in preventing heart and cardiovascular disease.

Bonaventure's Heart Month Goal: Strong Hearts from Mental Health Strength

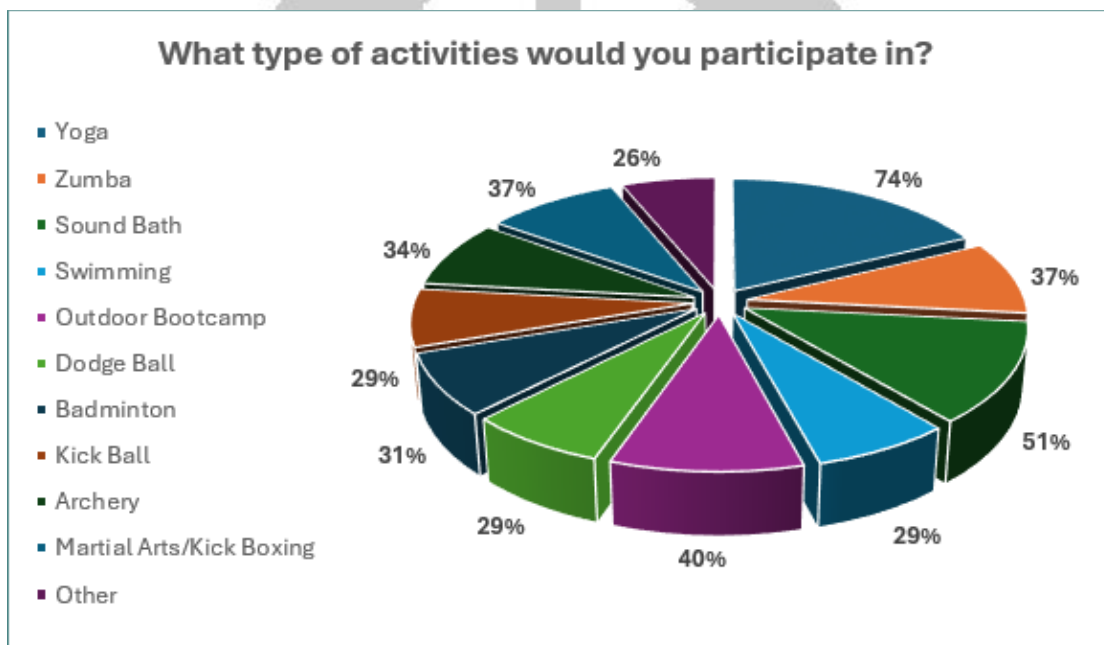
This February marks Bonaventure’s fourth annual Heart Month. We are adding a special focus on the link between mental health and heart health. We encourage everyone to engage in activities that promote not only physical well-being but also mental strength.

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Let's celebrate Heart Month with good food, enjoyable activities, and great company. Together, we can foster strong hearts and resilient minds. ShareVision will host monthly recognition through activities, resources, scheduled events, a Wamsley scavenger hunt, and much more. Stay active, eat well, and support each other throughout Heart Month!

Here are helpful online resources, including [Canada's Food Guide](#) to support healthier food choices and eating patterns, as well as [information about the benefits of being physically active](#), and guidelines on what [a healthy 24 hours](#) looks like when it comes to physical activity and sleep.

In preparation for Heart Month, we conducted a survey among our employees to determine the preferred group physical activity. The results showed that 85% of employees would attend a free Health and Safety Fitness event. Regarding the timing, 37% preferred the morning, 29% the afternoon, and 26% the evening.



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And The Winners Are.....

There were so many worthy nominations that it was impossible to choose one, so we let fate pick our winners at our annual Holiday Party, held at Cavalotti Lodge in December.

Congratulations to all the winners of our prestigious year-end awards!

Frontline Hero ç Community Housing

Avery Woodcock

Frontline Hero ç Community Inclusion

Terry Young

Leadership Award ç Community Housing

Jennifer Bichard

Leadership Award ç Community Inclusion

Holly Arbuthnot

Bona-Vision Award

Christy Sudyko

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Going Dry - Give It A Try!

Dry January is an annual health campaign that encourages people to abstain from alcohol for the entire month of January. It's a voluntary challenge that has gained popularity worldwide as individuals commit to starting the new year with a fresh, alcohol-free perspective. Dry January is not only about giving your liver a break but also about promoting overall well-being, mental clarity, and healthier lifestyle choices.

What is Dry January 2025?

Dry January 2025 marks the latest installment of this month-long challenge, inviting individuals to take a break from alcohol and embrace a sober start to the year. It's an opportunity to reset your relationship with alcohol, reflect on your drinking habits, and experience the physical and mental benefits of sobriety.

How to Participate in Dry January 2025?

Participating in Dry January is a personal commitment that can have lasting positive effects on your health and well-being. Here's how you can get involved:

- **Make a Pledge:** Declare your intention to participate in Dry January and set a goal to abstain from alcohol for the entire month.
- **Seek Support:** Share your commitment with friends and family, and encourage them to join you on this alcohol-free journey.
- **Plan Alcohol-Free Activities:** Explore alternative ways to socialize and have fun without alcohol, such as trying new hobbies, attending fitness classes, or enjoying outdoor activities.
- **Stay Hydrated:** Drink plenty of water and non-alcoholic beverages to stay hydrated and support your overall health.
- **Track Your Progress:** Keep a journal to record your experiences, emotions, and any positive changes you notice during the month.
- **Connect with Others:** Join online communities and use dedicated hashtags to connect with fellow participants and share your journey.
- **Learn and Reflect:** Educate yourself about the effects of alcohol on your body and mind, and take this time to reflect on your relationship with alcohol.

If anyone has any questions or in need of some suggestions, please feel free to reach out to me via email andy@bonaventuresupport.com or on my cell 250 619 5545. I have been happily living a sober life for 5+ years and have lots of information on non-alcoholic cocktail and beer options that I can share!

Spotlight on Global Traditions

Ojude Oba Festival - Nigeria

The Ojude Oba Festival, celebrated annually in Ijebu-Ode, Nigeria, has a rich history dating back over a century. Originating as a post-pilgrimage event to honor the Oba of Ijebu (King of Ijebu), the festival has grown into a vibrant cultural showcase. It is believed to have started over 100 years ago between 1915-1933 as a small, private event where the monarch would receive visitors and well-wishers under the shade of a large tree. Overtime, the festival evolved and grew in popularity, becoming the grand celebration, it is today. It brings together people from across Nigeria and the world to celebrate the Ijebu people's traditions and history.

A Multitude of Festivities

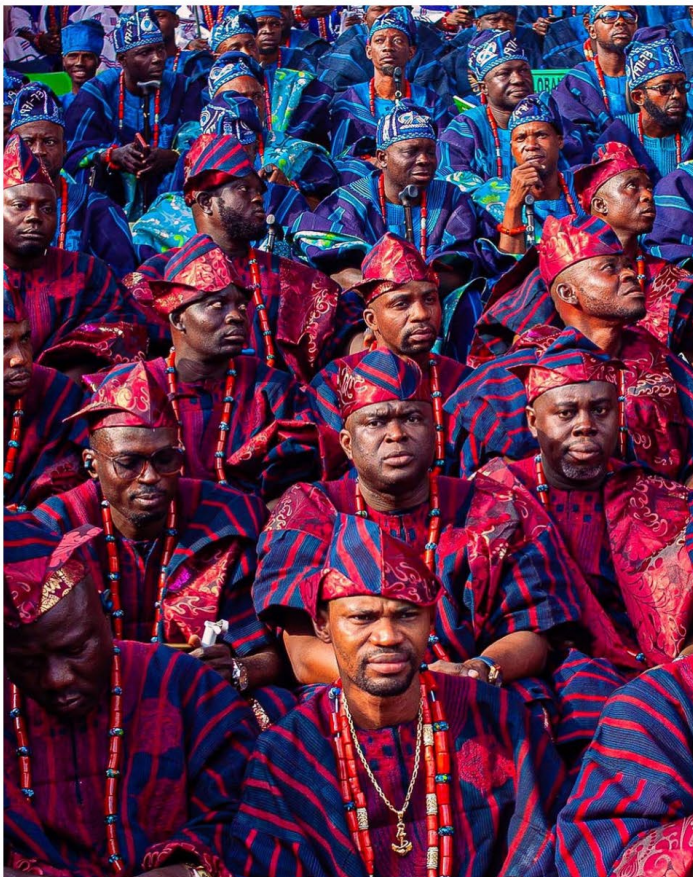
The festival's main highlights is the grand parade, where various groups, known as regbos, march to the Oba's palace, dressed in stunning traditional regalia. The event is marked by lively drumming, dance, and a dazzling display of fashion, showcasing the rich cultural diversity of the Ijebu people.

A Celebration of Community and Culture Ojude Oba is more than just a celebration – it's a time for family and friends to reconnect and for local businesses to thrive. Visitors indulge in local delicacies, enjoy traditional crafts, and experience the region's vibrant culture.

The Impact of Ojude Oba

Beyond its festive nature, Ojude Oba plays a vital role in preserving cultural traditions and fostering unity. It is a beacon of pride for the Ijebu people and Nigerians at large, becoming a platform for global cultural exchange.

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Recreation Program

Check out what your Recreation Program has planned for you this month!

Any questions, please contact Becca via email

recreation@bonaventuresupport.com

January

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---|--|--|--|---|
| | | | 1 Closed | 2 Oliver woods gym day 1:30-3  | 3 Year planning brainstorming activities you want to do! 12-3 Southside | 4  |
| 5 | 6 | 7 | 8 Batting cages 1-2  | 9 Oliver woods gym day 1:30-3  | 10 Fitness Friday 12-3 Southside | 11  |
| 12 | 13 | 14 | 15 Swimming @ NAC 12-2  | 16 Oliver woods gym day 1:30-3  | 17 Nintendo Switch 12-4 Southside CI | 18  |
| 19 | 20 | 21  | 22 Bus to Waterfront Tim hortans 12-3 | 23 Oliver woods gym day 1:30-3  | 24 Fitness Friday YOGA Southside CI 12-3 | 25  |
| 26 | 27 | 28  | 29 Self advocacy 1-2 | 30 Oliver woods gym day 1:30-3  | 31 Bowling at splitzville 12:30-3 |  |

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Oliver Woods Gym is Booked! Thursdays 1:30pm – 3pm

Upcoming Events

APRIL 26TH 2025



THE
BONAVENTURE
'UP TO 10K'
RUN/WALK

Start training today!

Not a RACE! A fun, social 10km run/walk with members of your team and family! A great way to encourage fitness and social interaction!

Contact Andy for any questions and registration info.

Up to 10K Family-Friendly Event
(You choose your distance!)

Aid Station on course

Finisher's medal

BBQ following the event

Traffic-free gravel course

Parksville to
Coombs Gravel
Trail

Springwood Park
450 Despard Ave

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The following was written by Lindsay F, a supported individual in the Parksville Community Inclusion Program. Bonaventure sends a huge 'Thank You' to Lindsay for providing support to others in need within your community!

Today I had the wonderful opportunity to spread love and food to those in need in my community's trailer parks. With the help from Dayhomes Society and a lovely independent community outreach volunteer, we went door to door and distributed about 200 turkey sandwiches donated by Ricky's.

The large neighborhood, locally known as "Dysfunction Junction", deals with barriers such as under-housing (most living out of their cars or in unkept shells of trailers), many with no running water or electricity, substance use disorder, lack of rural transportation to community services, and many deaths from the toxic drug supply.

Some people even slept on lawn chairs outdoors on Christmas Eve all huddled under a blanket and a small space heater just to keep warm and somewhat dry....

I say this as a reminder that this holiday season, when we spend time with our families and loved ones, it's important to help out and advocate for support in our larger communities. We're all one big family in this together. When we reach out to help those around us, it's not a job- it's a calling.

Merry whatever you celebrate, because at the end of the day it's to celebrate love- and we can all use a bit more of that in this world.



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Important Dates to Remember

February 2nd – Groundhog Day!
February 14th – Valentine’s Day
February 17th – Family Day Stat Holiday

Upcoming Training Opportunities



January 21st – Check you emails for time and location
February 20th – Check your emails for time and location



Did I scare you? Don't worry, nothing from the CARF-front just yet, but always keep in mind that our next accreditation will be due in November 2025. So check back for upcoming training and updates!