



THE
BONAVENTURE
BUZZ

Empowering Potential, together!

Welcome to the Buzz for March 2026! This issue of the Bonaventure Buzz, our monthly newsletter, will highlight all the happenings within and around Bonaventure Support Services. This edition features many upcoming events, a wrap up of Heart Month, the March Art Program schedule, and reminders of important dates coming up along with the Recreation Schedule plus loads of other tidbits of information!

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!

Land Acknowledgement: "Bonaventure honors the rich heritage and traditions of the Coast Salish people, on whose lands we work, live, and play. We are committed to respecting and learning from the cultures that shape this land, as we strive to cultivate a community rooted in understanding and inclusivity."

THE BONAVENTURE BUZZ

From The Helm – Executive Director Christy Sudyko

Stronger Together — Olympic Style!

The world just wrapped up the 2026 Winter Olympics in Milan and Cortina d'Ampezzo — full of jaw-dropping finishes, inspiring comebacks, and plenty of “did you see that?!” moments.

But here’s what we love most about the Olympics: nobody gets there alone.

Behind every skier flying down a mountain or skater gliding across the ice is a whole team — coaches, trainers, supporters, and cheerleaders — making those medal moments possible. The podium may only fit three people, but it takes a village to get there.

Sound familiar? 😊

At Bonaventure, we’re in the team business, too.

Every goal reached, every new skill learned, every step toward greater independence is the result of teamwork. The individuals we support are the true champions — and our staff, families, and community partners are right there beside them, offering encouragement, structure, and belief every single day.

And just like the Olympics:

- Progress takes practice.
- Confidence builds over time.
- Comebacks are part of the journey.
- And small wins deserve big celebrations.

There may not be medals hanging around our office (yet!), but we see gold-medal moments all the time — in courage, growth, resilience, and community.

Here’s to being the team behind the champions.

A Culture of Respect

At Bonaventure Support Services, we believe a strong workplace is built on respect.

Each of us brings unique experiences, perspectives, and cultural backgrounds that shape how we see the world. When we take the time to listen, remain open, and value different viewpoints, we create an environment where everyone feels seen, heard, and included.

THE BONAVENTURE BUZZ

Respect also means being mindful of unconscious bias. We all carry assumptions shaped by our experiences — but growth happens when we reflect, stay curious, and choose understanding over judgment.

Honouring culture, committing to reconciliation, and embracing diversity are not one-time efforts. They are ongoing practices that guide how we work together and how we serve our community.

Recognition Survey

Thank you to everyone who took the time to participate in the Recognition Survey. We truly appreciate your honesty and willingness to share your thoughts.

This survey also gave us pause. It's clear that some team members were hoping for a broader satisfaction survey and a more regular way to share feedback — not just when surveys are rolled out. That's something we need to reflect on and do better. Creating more consistent, meaningful ways for employees to provide feedback is important, and it's work we're committed to improving.

Over the years, we've heard clear and consistent feedback around compensation and benefits. We recognize this continues to be a priority for many, and while change can be complex, we will keep advocating, exploring options, and revisiting this conversation each year.

One message that has also come through strongly — and consistently — is the importance of recognition. Feeling seen, valued, and appreciated matters, and this survey reinforced just how meaningful recognition is across our organization.

In the next few weeks, we'll be sharing the survey feedback results and reflecting on what we heard. As always, if you have ideas, concerns, or feedback that go beyond recognition, you're encouraged to share them. You can reach out by email or submit a concern form so your feedback can be reviewed and addressed thoughtfully.

Christy Sudyko

Executive Director

Bonaventure Support Services

THE BONAVENTURE BUZZ



Heart Month 2026 – A Month of Wellness, Community & Fun

February marked our annual **Heart Month**, a time when Bonaventure comes together to promote health, wellness, and self-care. Throughout the month, staff and individuals enjoyed a variety of activities, appreciation draws, and educational resources focused on supporting both physical and mental well-being. We hope you had a chance to explore the articles and videos shared!

Our **weekly wellness activities** were well attended, and it was great to see so many people participating and having fun. Thank you to everyone who joined in and helped make this month such a success.

One of the highlights was our **fifth annual Bake Off!** A big thank-you to all the talented bakers who shared their homemade creations—the treats were a hit and thoroughly enjoyed by everyone who stopped by.

And of course, **congratulations to all our prize winners** from the Weekly Appreciation Draws, the Bake Off, and the Walmsley Scavenger Hunt! We hope you enjoyed the surprises.

Thank you to everyone who helped make Heart Month another memorable celebration of wellness and community at Bonaventure.



BO
RE
SUP
CES

THE BONAVENTURE BUZZ

Recreation Program

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

Any questions, please contact Becca via email

recreation@bonaventuresupport.com

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
1	2	3	4	5	6	7	8	9	10	11	12	13	14
Movie day and Popcorn bar 1-4 Parksville CI 		Batting cages 1-2 		Oliver Woods 1:15-:45 		Fitness Friday 12:30-3 		Craft for saint patricks day 1-4 Parksville CI 		Bottle Drive Pickups Connect with Becca		Bottle Drive 9-2 839 Old Victoria Rd	
Saint Patricks Party 1-4 Parksville CI 		Self Advocacy Screen Time Awareness 1-2 		Oliver Woods 1:15-:45 		Spreading Happiness Wellness Walk 12:30-3 		Walk at little qualicum falls 1-4 Parksville CI 		Cooking Club 11:30-1 Taco Bar 		Board Game Bonanza 12:30-3 	
Clean up garden and planting day Parksville CI 1-4 													

Sing and Sign
Every Friday
11:30-12:30

2026

BONAVENTURE

Important Dates to Remember

SUPPORT SERVICES

STAT HOLIDAYS

Friday, April 3rd, 2026 – Good Friday

Monday, May 18th, 2026 – Victoria Day

BOTTLE DRIVE

Bonaventure Rec, Belles

and Art Program

839 Old Victoria Rd

March 13th 9-2



Pickups available

March 11th

Please Call/Text Becca

250-668-8785

Bonaventure Recreation Program Presents

COOKING CLUB



TACO BAR

Taco bout a good deal free lunch!

March 25th
11:30-1:00

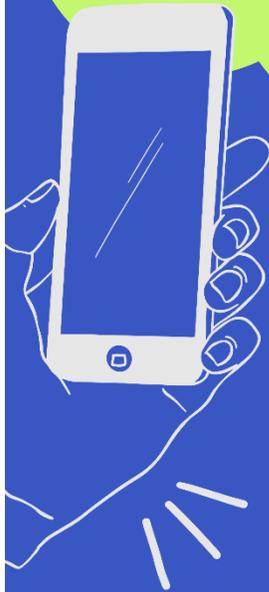
BONAVENTURE RECREATION

BENEFITS OF REDUCING SCREEN TIME

WITH SPECIAL GUEST CHRIS H

MARCH 18TH

1:00-2:00



IMPROVE SLEEP QUALITY

Cutting back on screens before bedtime will leave us refreshed and energized.

ENHANCE EMOTIONAL WELL-BEING

Reducing social media use boosts emotional well-being and self-esteem.

INCREASE FOCUS AND PRODUCTIVITY

Boosts our ability to concentrate on tasks without distractions.

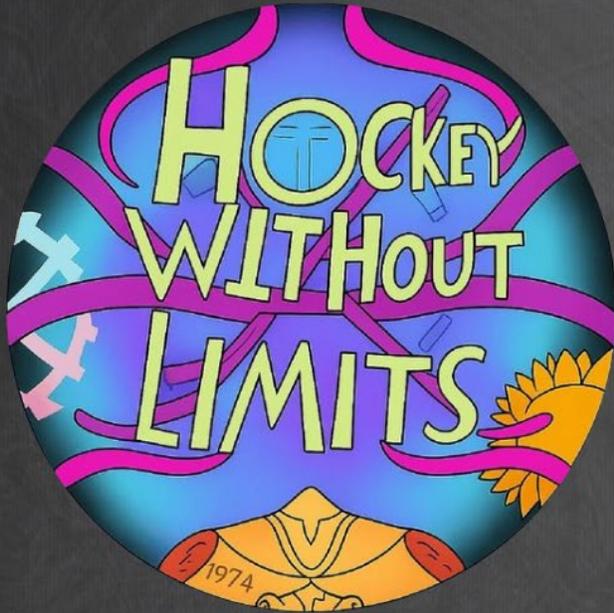
ENHANCE POSTURE

Reducing screen time helps prevent shoulder, back, and neck pain from poor posture.



BO
SUP

RE
CES



**DROP-IN FLOOR
HOCKEY FOR
INDIVIDUALS
WITH DIVERSE
ABILITIES** (18 YEARS +)

Every Monday starting February 23, 2026

Cowichan Community Centre
2687 James St, Duncan from 1:00 - 2:30

All the equipment is provided and it's FREE to play
Participants of all levels and abilities welcome!

FOR QUESTIONS, CONTACT PETER: 250-812-8860 OR PETER.BUITENDYK@GOV.BC.CA.



JOIN THE

CREW

@



SING AND SIGN

Now Friday
Mornings
11:30-12:30



Barons Community inclusion

3148 Barons Rd

OLIVER WOODS



OPEN GYM
1:15-2:45
THURSDAYS



MEET US THERE!

THE 40 STOPS ON UPLANDS

**"UPLANDS- PRIMROSE"
OR**

"UPLANDS-EDGEWATER LANE"



CHALLENGER BASEBALL

Thursdays, May 7th - June 25th

➤ WHERE: BOWEN WEST FIELD, NANAIMO

➤ TIME 4:45pm - 6:00pm **FREE!**



**A FUN, INCLUSIVE BASEBALL PROGRAM FOR KIDS WITH
PHYSICAL & COGNITIVE DISABILITIES! ALL AGES & ABILITIES!
NO EXPERIENCE NEEDED!**

REGISTER NOW! WWW.CAGEDATHLETICS.COM

Art Program

MARCH 2026

4 Bottle drive sign



11 Tote Bags



18 Wild & free



25 Embroidery Keychain



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

🕒 10:00 AM - 11:30 PM

📍 3148 - B Barons Rd, Nanaimo - BC
Bonaventure community inclusion - southside

👤 For any questions please Contact -
Brittney Bell
Brittney.Bell@hotmail.com

BONAVENTURE
SUPPORT SERVICES

THE BONAVENTURE BUZZ

MARCH 2026 ART PROGRAM DESCRIPTION

🕒 10:00 AM - 11:30 PM

📍 3148 - 8 Barons Rd, Nanaimo - BC
Bonaventure community inclusion - southside

👤 For any questions please Contact -
Brittney Bell
Brittney.Bell@hotmail.com

4 Bottle drive sign



This week in Art, we're teaming up for a group project to help out the Rec Program with their upcoming Bottle Drive! We'll be designing and making bright, eye-catching signs to help spread the word and encourage the community to donate their bottles.

11 Tote Bags



This week in Art, we're decorating our very own tote bags! 🎨👜
Participants will get to design and personalize a reusable tote using fabric paints, stencils, and more.
Whether you want something bold and colorful or simple and stylish, this is a fun way to show off your creativity and make something you can actually use every day.
We can't wait to see all the unique designs everyone comes up with!

18 Wild & free



Come and explore your creative side with
Wild & Free Wednesday.
Individuals are welcome to expand their creativity in a space that promotes artistic freedom.
come and create without boundaries with multiple mediums technique and styles

25 Embroidery Keychain



This week in Art, the program is being led by Adrienne!
she'll be guiding us through a fun project making wooden embroidery keychains. Participants will stitch their own patterns onto wooden pieces to create unique, handmade keychains.
It's a great mix of creativity and hands-on skill building, and everyone will get to take home a one-of-a-kind piece they made themselves.
We're excited to see all the different designs come to life!

THE BONAVENTURE BUZZ

Spotlight on Global Traditions

Our Spotlight on Global Traditions for March celebrates Nigeria.

The Cultural Inclusion and Awareness Committee is planning on hosting our annual cultural event this year, in May, and we're excited to share that the event will be called "Wazobia – Come Celebrate Nigerian Culture With Us."

The name *Wazobia* beautifully represents unity across Nigeria's three major languages: "Wa" (Yoruba), "Zo" (Hausa), and "Bia" (Igbo), each meaning "come."

Together, they symbolize an open invitation to everyone: come, come, come celebrate the richness, diversity, and togetherness of Nigerian culture with us.



Nigeria

It's Africa's Most Populous Country:
Nigeria is the most populous country in Africa, with over 220 million people. That means about 1 in every 6 Africans is Nigerian!

Over 500 Languages Are Spoken
Nigeria is one of the most linguistically diverse countries in the world, with 500+ languages. The three largest ethnic groups are: Hausa, Yoruba, Igbo. English is the official language due to British colonial history.

Home of Nollywood
Nigeria's film industry, Nollywood, is the second-largest film industry in the world by number of movies produced – ahead of Hollywood and just behind Bollywood! Afrobeats Took Over the World
Modern Afrobeats (not to be confused with Afrobeat by Fela Kuti) has global stars like: Burna Boy, Wizkid, Davido.
They've topped international charts and won major awards.

Lagos Is a Mega City
Lagos is one of the largest cities in Africa and one of the fastest growing cities in the world. It's a major tech, fashion, and entertainment hub. Makoko is a floating community in Lagos where many homes are built on stilts above the lagoon.
Nigeria has rainforests, savannas, and mangroves. Yankari National Park is famous for elephants and natural wonders. Nigeria's national football team, the Super Eagles, has won the Africa Cup of Nations multiple times.



Accreditation Matters

Achieving accreditation shows the public and funders/regulators your commitment to continuously improve services, manage risk, and distinguish your service delivery.

These valuable benefits and unique advantages are the greatest return on your accreditation investment:

Assurance to persons seeking services and funding sources, referral agencies, and the community that a provider has demonstrated conformance to internationally accepted standards.

Person-focused standards that emphasize an integrated and individualized approach to services and outcomes.

Improved communication with persons served.

Evidence to federal, state, provincial, and local governments of commitment to quality of programs and services that receive government funding.

Management techniques that are efficient, cost-effective, and based on outcomes and consumer satisfaction.

Guidance for responsible management and professional growth of personnel.

Support from us through consultation, publications, training opportunities, and newsletters.

The value of accreditation goes beyond conformance.

Accreditation positively impacts your business and services in many ways. These benefits, combined with the strength of our internationally accepted standards and consultative peer-review model, are distinguishing factors that make CARF the accreditor of choice for health and human service providers.

Business improvement * Risk management * Funding/contract access * Positive visibility

Peer networking * Accountability * Insurance premium savings * eLearning support