



THE BONAVENTURE BUZZ

Empowering Potential, together!

Welcome to the November 2025 issue of the Bonaventure Buzz, our monthly newsletter that will highlight all the happenings within and around Bonaventure Support Services. This edition features many upcoming events, some fabulous photos from our Great Shake Out event, the schedule for our upcoming CARF survey, 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."

From The Helm – Executive Director Christy Sudyko

Navigating Change – Supporting Each Other

Change is a constant at Bonaventure, and we recognize it impacts team members and their schedules. We care deeply about our team and understand that these transitions can be challenging. Our priority is to keep folks employed and support the team as contracts change. We value every team member and are always working hard to find solutions and minimize the impact wherever possible.

Whether it's new ways of working, learning new skills, or adapting to unexpected situations, your teamwork and flexibility make all the difference. Thank you for your resilience, adaptability, and commitment to supporting each other and those we serve!

Recent Program Changes

- **Beacon:** Youth transitioning out of Beacon mean new connections to their community and Kw'umut Lelum—a wonderful opportunity, but not without impact on our team and relationships. Beacon is soon to be a standalone resource, providing one-on-one care for youth transitioning into CLBC services. This change also brings a change to the program schedules.
- **Anchor:** Anchor had a youth move out to independent living, creating an operational schedule change for the team. In addition, the need to learn ASL and design a program for youth with hearing impairment has meant extra effort and a new layer of care. Learning ASL is like learning a new language—thank you for your active participation and progress in learning and applying these new skills!
- **FairWinds:** Supporting families, filling staffing gaps, and revamping schedules—especially in PV, which has been hard to staff. We appreciate everyone who picked up extra shifts and went above and beyond.
- **Lighthouse:** The team handled a last-minute emergency intake with incredible adaptability, quickly building connections and keeping communication flowing for a smooth transition.
- **Parkville CI:** The mid-month move brought renovation delays and logistical hurdles. Huge thanks to everyone who pitched in with cleaning, organizing, packing, and sorting. You made the best of a tough situation!

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Celebrate Our Frontline Heroes & Leaders – Nominate Today!

As we look ahead to Bonaventure's Annual Holiday Party on December 4th, we're excited to announce this year's theme: **Honoring Our Frontline Heroes.**

These everyday heroes are the backbone of our work—ordinary individuals who show extraordinary courage, kindness, and integrity in their daily lives. Whether through small acts of compassion or quiet moments of resolve, they make a lasting impact on our programs and communities.

Do you know someone who embodies these traits?

We encourage you to nominate a Frontline Hero or an exceptional Leader for recognition! Refer to ShareVision home page for the links to nominate.

 *Cybersecurity Awareness Month may be behind us, but good cyber habits never go out of style! Staying safe online doesn't have to be complicated — think before you click, use strong passwords, and keep your devices updated. A few mindful moments can go a long way in protecting both personal and workplace information. Thanks for doing your part to keep Bonaventure secure!*

Cultural Corner: Remembering and Reflecting

This month, as we pause to honour **Remembrance Day** and **National Indigenous Veterans Day**, we're reminded of the many ways courage, service, and sacrifice are expressed across cultures. These observances invite us to reflect on the diverse histories and stories that shape our shared community here on Vancouver Island — including the contributions of Indigenous veterans whose service has often gone unrecognized.

Our *Cultural Corner* continues to celebrate learning, awareness, and connection. Let's take time this month to remember, to listen, and to appreciate the traditions and teachings that guide us toward understanding and peace.



THE BONAVENTURE BUZZ

♥ Walmsley Blog Highlight: *Caring for Our Aging Loved Ones*

As our loved ones age, many of us find ourselves stepping into the role of caregiver — offering support, comfort, and dignity in ways we never expected. It's no different supporting our aging population in programs and services. Elder care goes beyond medical needs; it's about connection, compassion, and preserving quality of life.

Caregiving can be deeply meaningful, but it can also be emotionally and physically draining. If you're feeling exhausted, irritable, or overwhelmed, you're not alone. "Caregiver burnout" is common — and it's important to remember that caring for yourself is part of caring for others. Take breaks, lean on your support network, and ask for help when you need it.

You don't need permission to prioritize your well-being. You are not just a caregiver — you're an advocate, a source of comfort, and a lifeline of love and dignity.

If you're feeling stretched thin or need support navigating elder care resources, reach out to **Walmsley EFAP**. Help is available — for you and those you care for.

Reminders from recent memos

- **Flu Season is Here:**

Let's keep each other healthy! Masks, hand hygiene, and flu shots are encouraged across all programs. If you're at an Island Health site, remember: flu shot or mask up during the season.

- **CARF Accreditation Survey Coming Soon:**

Surveyors will be visiting November 3–5. They'll be chatting with staff, families, and people we support to help us keep improving. Watch for more details soon!

- **MCFD/SHSS Transition Update:**

The province has paused changes to the new service model for now. We'll keep doing what we do best and share updates when we have them. Thanks for your patience and teamwork!

Riddle of the Month

I'm known for my pastries and Copenhagen's charm,

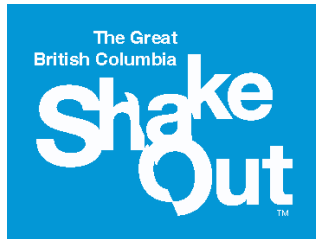
I'm a land full of bikes, but no need for alarm.

With Viking roots and a royal touch,

I bring happiness with hygge, so much!

What am I?

THE BONAVENTURE BUZZ



Earthquake Preparedness: BC ShakeOut

We also had amazing participation in The Great BC ShakeOut this October—thank you to everyone who took part so actively! Getting familiar with our new Emergency Disaster Response Plan and working out the kinks means we're better prepared for whatever comes our way. This year, over 700,000 British Columbians registered for the ShakeOut drill, practicing the lifesaving steps of "drop, cover, and hold on." Did you know that BC is the most seismically active region in Canada, with around 4,000 earthquakes recorded every year? Most are too small to feel, but being ready is key



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Recreation Program

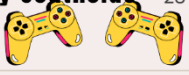
Check out what your Recreation Program has planned for you this month!

Any questions, please contact Becca via email

recreation@bonaventuresupport.com

NOVEMBER

2025

SUN	MONDAY	TUE	WEDNESDAY	THURSDAY	FRIDAY	SAT
					Sing and Sign Every Friday 11:30-12:30	1
2	Pie Making Parksville CI 1-4 	3	4 Batting cages 1-2 	5 Oliver woods 1:15-2:45	6 Fitness Friday 12:30 -2 	8
9	Movie Parksville CI 1-4 	10	11 Bus to military museum 12-2 	12 Oliver woods 1:15-2:45	13 Qualicum fish hatchery 12:30-2 	15
16	Swim at NAC 	17	18 Cooking Club 12-2 @ Barons CI	19 Oliver woods 1:15-2:45	20 Christmas Decorating 12:30-2 	22
23	Tie Dye Day Parksville CI 1-4 	24	25 Self Advocacy 1-2 Decision Making	26 Oliver woods 1:15-2:45	27 Games Day Southside 12:30-2 	29
30					Clothing drop off on southside	

BONAVENTURE SUPPORT SERVICES

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Important Dates to Remember

CARF Accreditation Survey

November 3rd – 5th



Thursday, November 20th

8:30am – 2:30pm

STAT HOLIDAYS

Tuesday, November 11th – Remembrance Day

Thursday, December 25th – Christmas Day

Friday, December 26th – Boxing Day

BONAVENTURE
SUPPORT SERVICES

HOLIDAY PARTY

Bonaventure Support Services invites you to our
semi-formal event on

Thursday, December 4th

Doors open at 5:00pm

Dinner served at 6:00pm

Cavalotti Lodge
2060 E Wellington Road, Nanaimo

This invite is for you and one guest
Come celebrate with us!

There'll be a cash bar for those who'd like to toast the evening.

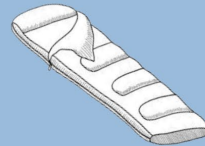
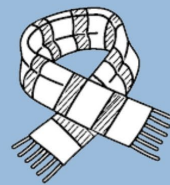
Need a safe ride home?
No problem – we've got you covered with a complimentary taxi.

RSVP Attendance by November 14th to
officemanager@bonaventuresupport.com



BONAVENTURE
SUPPORT SERVICES

SAVE YOUR WINTER CLOTHING & BLANKETS



In November we will be collecting donations to help the unhoused in our communities.

Help us bring warmth and nourishment to those in need. Please save items such as winter clothing, blankets, hot packs, bottled water, and protein bars or drinks!

Stay tuned for drop off dates or how to schedule a pick up of items.

PARKSVILLE
INCLUSION



MIXER MONDAY

MONDAYS 1:00-4:00
JULY 14TH FIRST DAY BACK

ACTIVITIES - FUN - INCLUSIVE

CHECK REC CALANDER FOR
ACTIVITY FOR THE WEEK

CONTACT DEZIREE.T 250-927-8909



OLIVER WOODS



OPEN GYM
1:15-2:45
THURSDAYS



MEET US THERE!

THE 40 STOPS ON UPLANDS

**"UPLANDS- PRIMROSE"
OR**

"UPLANDS-EDGEWATER LANE"





CARF Survey Schedule



Day 1 – November 3 rd	Day 2 – November 4 th	Day 3 – November 5 th
Surveyor 1 – Administrative 8:30am - 4:30pm Head Office Surveyor 2 with Heather Setter, Director of Youth Housing 9:45am - 11:00am Outrigger Place 11:15am - 12:45pm Compass Employment/Job Development Program 1:30pm - 2:30pm Beacon Place 2:45pm - 3:45pm Anchor Place Surveyor 3 with Antoinette Janzen, Director of Adult Housing 9:45am - 11:30am Coal Harbour 12:00pm - 1:30pm Ross Place 2:00pm - 3:00pm Quarterway Place Recap 4:00pm – 4:30pm Head Office	Surveyor 1 – Administrative 8:30am - 4:30pm Head Office Surveyor 2 with Heather Setter, Director of Youth Housing 9:00am - 10:30am Mariner Place 10:45am - 1:00pm FairWinds 1:15pm - 2:45pm Lighthouse Surveyor 3 with Sasha Bazijanec, Director of Inclusion 9:30am - 11:00am Duncan CI 11:15am - 1:00pm Barons CI 1:30pm - 3:00pm Parksville CI Recap 4:00pm – 4:30pm Head Office	8:30am - 12:00pm Draft Report Head Office 12:00pm - 1:30pm Conduct Pre-Exit Meeting and Finalize Report Head Office 2:00pm Exit Conference The Grand Hotel – Emerald Room



In Flanders Fields

*In Flanders fields, the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.*

*We are Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders fields.*

*Take up our quarrel with the foe;
To you from failing hand we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We should not sleep, though poppies grow
In Flanders fields.*

~ John McRae ~



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

Riddle of the Month Answer: Denmark!