



**THE**  
**BONAVENTURE**  
**BUZZ**

**Empowering Potential, together!**

Welcome to the October 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. It showcases Fairwinds Place, reminds you of important dates coming up, shines a spotlight on Tony Matchett, offers a recipe for Noodles with Peanut Sauce courtesy of Isabelle Wickland, and 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!

**BONAVENTURE**  
**SUPPORT SERVICES**

# THE BONAVENTURE BUZZ

## From The Helm – Executive Director Christy Sudyko

### **Fall is in the Air – Let's Get Our Goose On!**

As the leaves start to fall and the air gets crisper, it's time to honk our way into a new season! 🦢🍁 We've got some exciting things lined up to keep the energy high and the feathers unruffled as we head into autumn. From cozy sweaters to pumpkin-spiced everything, this season is about embracing change and having a little fun along the way.

We've also planned some *gander-ful* staff activities that will have you all flocking together for good times and laughter. Keep your eyes peeled for updates – you won't want to miss these quacktivities!

On a serious note, we want to thank you all for your incredible hard work and dedication. We're so grateful to have such an amazing team. Here's to soaring into a fantastic fall together – let's make it the best one yet! 🦢🍁

### **A Reminder: Your Well-being is Our Priority!**

We want to remind all employees that our Employee and Family Assistance Program (EFAP) is available to support you. Our EFAP provider, Walmsley, is a 100% Canadian company that has been providing EFAP services and wellness initiatives since 1994.

Walmsley's holistic approach ensures that you and your family can access confidential support, whether it's for managing stress, navigating personal challenges, or enhancing overall wellness. Their team of experienced counselors offers services that are not only professional but also local and highly accessible.

Please take advantage of this valuable resource. Whether you need a little extra support or just want to improve your well-being, the EFAP is here for you. For more details, don't hesitate to reach out!

Your health and happiness matter to us!

### **National & International Awareness Campaigns**

Please use the following links to get resources.

#### **October**

- [International Day of Non-Violence](#)
- [World Mental Health Day](#)
- [Healthy Workplace Month](#)

With gratitude,  
Christy Sudyko

## THE BONAVENTURE BUZZ

# Payworks



It finally happened! As you know, we have now moved to Payworks for our Time and Absence Management, HR and Payroll system. We would like to thank everyone for taking on learning something new, which will make life a lot easier in the future.

This is new for all of us, so if you have any questions or need help, please contact your manager. If you need a password reset or something like that, please contact me and I can do that for you or alternatively Jody Marshall.

You will have received your login information to the Employee Self-Serve feature which allows you to view your pay statement, make time-off requests, and verify and submit your time worked.

**Note:** All you should be doing after you work your shifts is logging in, verifying that the time the shifts are showing is correct, and then click the **SUBMIT** button. Casuals should not have to enter any shifts because your manager should have done so already. If you do, it can result in duplicate entries and make for a messy and complicated timesheet.

Mileage forms (after being signed by your manager) and any reimbursements still need to be done directly by myself, so please have these sent to me at Head Office by Fridays at 11:00am.

That's all for now....

Your positive thought of the day:

NOT TO SPOIL  
THE ENDING  
FOR YOU, BUT  
EVERYTHING IS  
GOING TO BE

OK

AVENTURE  
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Warmly,

**Amy Paradise**

Payroll and Benefits Administrator

October 2024

# THE BONAVENTURE BUZZ

## Program Spotlight

One year ago, I was given the Key to open **Fairwinds Place**. It has been one of the most amazing, exciting, and challenging work opportunities, with continuous learning opportunities.

Throughout the year our team and our individuals have learned to respect and care for one another.

We have all grown a sense of confidence in working together and cultivated a sense of belonging in all aspects of our lives.

Working at Fairwinds has proven that despite **ANY** diversabilities, a person can work on and achieve their personal goals with the right support.

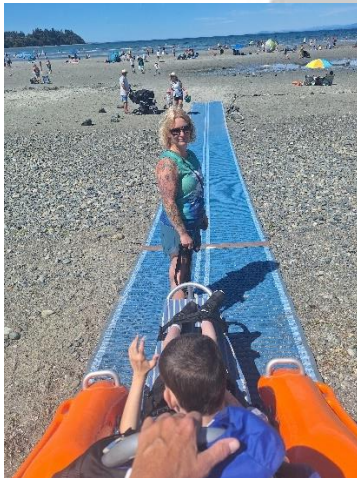
This positive growth has allowed us all to be the very best we can **BE!**

Thank you to all the wonderful, kind, caring and **RELIABLE** Support Workers for taking such pride in their positions and making a difference. Without all of you Fairwinds would not be the welcoming home it has become.

Dawn



# THE BONAVENTURE BUZZ



Upcoming Community Events

# Bottle Drive

## Recreation Program fundraiser

Bottle pick up will be conducted Oct 9th if not able to drop off at the event Call/ Text Becca @ 778-326-0425 (Between Mon-Fri 9-5)

# 2375

# Hayes Rd

Backside of hayes Rd bottle depot

## 8:30-2:30

October 11th



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## Important Dates to Remember and Celebrate

October 14<sup>th</sup> – Thanksgiving Day Stat Holiday



October 31<sup>st</sup> – Halloween



November 11<sup>th</sup> – Remembrance Day Stat Holiday

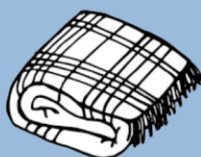




**BONAVENTURE**  
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# DONATION DRIVE

## WINTER CLOTHING & BLANKETS



To help the unhoused in our communities;  
drop off donations at our Community Inclusion Programs

September 9<sup>th</sup> to October 31<sup>st</sup> during program hours

Donations will be distributed to those in need in November  
in Duncan, Nanaimo and Parksville.



## 3 Things You Didn't Know About Me

### Introducing **Tony Matchett!**

The Manager of Horizon Place seems to think these are *uninteresting* facts about him...I disagree!

- 1) Before I started with BSS I was doing an independent study of Barbering / Hairdressing. My desire is to serve individuals with diverse abilities the experience of a haircut that goes beyond aesthetics – it can provide a unique opportunity for relaxation, social connection, sensory stimulation, and emotional wellbeing.
- 2) I learned to play Fortnite because my kids asked me to... Now I play alone because they don't like it anymore and I do.
- 3) I have never been East of Winnipeg MB. SO not much of a world traveler.



# 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](mailto:recreation@bonaventuresupport.com)

	October 2 -5	October 9 – 11	October 16 – 18	October 23 - 25
Wednesdays	Batting Cages 1pm – 2pm	Bottle Drive Pick Ups Noon – 3pm	Bus to Beban Pool Noon – 3pm (Meet at Barons 1130am)	Self Advocacy Southside CI 1pm -3pm
Fridays	Bowling @ Splitsville  1pm – 3pm	Bottle Drive  830am – 230pm	Halloween Bingo Southside CI 1pm – 3pm	Halloween Movie 130pm – 3pm

Halloween Decorating – Wednesday October 30<sup>th</sup> 12 – 3pm

Southside CI

Halloween Party – Thursday October 31<sup>st</sup> 11am – 2pm

Southside CI

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Oliver Woods Gym is Booked!

Thursdays 1:30pm – 3pm

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## Recipe of the Month – Noodles with Peanut Sauce

### Peanut Sauce

- 1/2 cup natural peanut butter
- 1/2 cup water
- 1/4 cup [low sodium soy sauce](#) or tamari for gluten free
- 2 cloves garlic, minced
- 2 tablespoons fresh lime juice or rice vinegar
- 3 tablespoons agave or brown sugar
- 1 teaspoon Sriracha hot sauce

### The Rest

- 8 ounces spaghetti noodles or rice noodles
- 1 cup shelled edamame
- 1/2 cup chopped cucumbers (see Notes for options)
- 1 cup shredded carrots
- 1 red bell pepper, seeded and thinly sliced
- 2 green onions, chopped
- 1/4 cup chopped cilantro
- 1/4 cup chopped peanuts

### Instructions

1. **Make the Peanut Sauce:** In a small/medium bowl, whisk together all sauce ingredients until smooth. Set aside.
2. **Prepare the noodles:** Cook your noodles of choice according to the package instructions, then drain.
3. **Combine:** To a large bowl, add the cooked noodles, along with the edamame, vegetables and peanuts. Pour in the peanut sauce and stir well. Serve immediately with lime wedges, hot sauce, more chopped peanuts and cilantro, as desired. Enjoy!

### Notes

1. **Gluten free** – Make sure to use gluten free tamari and gluten free noodles.
2. This recipe works well with spaghetti noodles (regular or whole wheat), gluten free noodles and rice noodles. Or sub the noodles and mix with cooked quinoa instead for peanut quinoa!
3. Feel free to vary the vegetables as you wish, leaving out what you don't like and adding in what you do.
4. Peanut noodles will keep for 3-4 days in the refrigerator. They don't freeze well.

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## Upcoming Training Opportunities



SIVA – November 12<sup>th</sup> 9am – 2pm  
Lounge at Beban Social Centre – 2300 Bowen Road, Nanaimo



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!

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