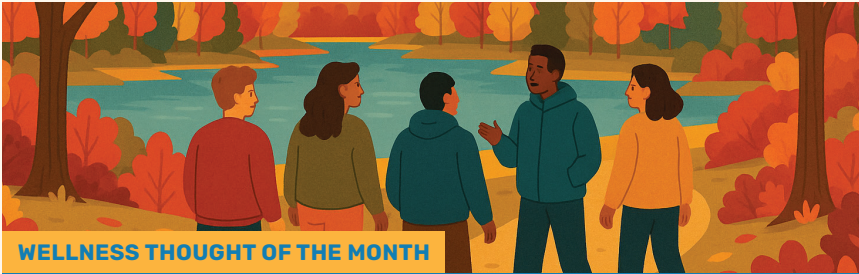


THIS MONTH'S LITTLE SOMETHING -FOR EVERYONE

Celebrate the Power of Kindness



WELLNESS THOUGHT OF THE MONTH

"When you can be anything in this world, be kind, it changes everything."

– Anonymous

Kindness is one of the simplest yet most powerful ways to connect with others. It costs nothing, but it has the power to uplift, inspire, and heal.



YOUR MONTHLY WELLNESS CHALLENGE

Complete any 3 of the following to embrace wellness and kindness:

- ✔ Write a thank-you note to a coworker or friend.
- ✔ Say one kind thing to yourself each day this week.
- ✔ Do one thoughtful act for someone in your program.
- ✔ Share a positive story during your next team meeting.
- ✔ Offer help or encouragement to someone who might need it.

FOR THE TEAM - CARF PREPARATION & STAFF RECOGNITION

What is CARF?



CARF (Commission on Accreditation of Rehabilitation Facilities) is an international accrediting body that evaluates organizations like Kindale to ensure quality, accountability, and person-centered care. Their survey process helps us reflect on our strengths, identify improvements, and demonstrate our ongoing commitment to excellence.

Let's continue to prepare confidently, take pride in our efforts, and showcase the incredible teamwork that defines Kindale.

Performer of the Quarter Update

Congratulations to all our **July–September** winners!
Nominations for **October–December** will open in January.

TO DONATE



SCAN ME

Kindale Developmental Association

2725A Patterson Ave, Armstrong, BC V0E 1B0 | P: 250 546 3005 | F: 250-546-3053 | www.kindale.net

KINDALE NEWSLETTER

NOVEMBER 2025

WWW.KINDALE.NET

Hello November

This month, we celebrate World Kindness Day and the power of compassion, empathy, and small acts that create big change.

At Kindale, kindness is at the heart of everything we do, let's take this opportunity to show kindness to ourselves, our teammates, and the people we support.



LEADERSHIP REFLECTION FOR THE MONTH

Kindness is a ripple, one small act can touch many lives.

As we prepare for **CARF Survey**, let's continue to work together and show the surveyors the incredible dedication, teamwork, and quality of service that define Kindale. Every one of you contributes to making this organization a place of excellence and heart.

Congratulations to all our Best Performer of the Quarter (Jul – Sep) winners!

Wishing you all a month filled with gratitude, warmth, and kindness.

TOGETHER, WE TRULY
DO MAKE A DIFFERENCE!



BENITA (B) ELLIOTT
EXECUTIVE DIRECTOR



WAYS TO DONATE:



SCAN ME

Give us a call at **250-546-3005** and our receptionist will take your donations and details.

Come in person **2725A Patterson Ave, Armstrong, BC V0E 1B0** to donate using debit or credit card or drop off a cheque!

Mail your donation payable to:
Kindale Developmental Association PO Box 94, Armstrong, BC V0E 1B0