



Painting by Carole Spandau

VOLUME 12, ISSUE 1
JAN FEB MAR, 2018

SBC Newsletter

Monthly Themes

January– Beach Party
February - SBC has Talent
March - Health and Nutrition

Agency Closures

Family Day: Monday, Feb 19
Good Friday: March 30
Easter Monday: April 2

Please remember to make the appropriate changes with your transportation bookings



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Winter Program Outings

Despite the cold that winter brings, we want everyone to continue to enjoy their activities in the community and on-site at Springboard Centre. We have put some necessary precautions in place to ensure our clients' safety.

1. Individuals must have weather-appropriate clothing. This includes warm winter jackets, snow pants, mittens/gloves, ear muffs, hats, boots and scarves.
2. Swimming, C-train and outdoor-based programs will be cancelled if the temperature with wind chill is -15 degrees Celsius or colder.
3. If the outdoor temperature is -27 degrees Celsius or colder, and in the event of severe weather warnings (extreme temperatures, wind chill, significant snowfall) and poor driving conditions (icy roads/black ice, poor visibility), all outings will be cancelled and clients will participate in on-site activities.



Message from the Board of Directors



As President of the Board of Directors of the Springboard Centre, I wish to inform you that our Chief Executive Officer Ann Sims has decided to retire in 2018. Ann has agreed to stay on until a replacement is found.

We are currently in the process of finding the best replacement possible for Ann.

On behalf of myself and the entire board, I want to wish Ann all the best in her retirement and to thank her for 12 years of dedicated and devoted service to Springboard Centre.

Yours truly,
J.W.Blair
(signed)
President, Springboard Centre

Welcome new Clients and Staff to Springboard

There are no new clients at this time.

We are happy to introduce the newest member of our staff, Siji and would like to welcome back Jennifer and Coco.



SBC Staff Anniversaries

- Kate @ 1
- Brenda T @ 1
- Nino @ 1
- Cindy @ 1
- Marc @ 2
- Alvin @ 2
- Annette @ 4
- Romeo T @ 4
- Venus @ 9
- Paolo @ 9
- Martin @ 9
- Lolita @ 10
- Aurora.....10
- Edina.....12
- Ann.....12
- Wendy.....16

Around Town

- **Lake Louise Ice Magic Festival**, Jan 18-28. Set in the spectacular surroundings of Lake Louise, the Ice Magic Festival is a world class event. Watch artists from around the world skillfully combine grueling physicality with precision artistry in an ice-carving competition.
- **The Great Canadian Fit Fest**, Jan 20-21, Telus Conventon Centre. The event will showcase parkour, ninja warrior obstacle courses, boxing, acro-yoga and basketball . Anyone over the age of 12 can check out different fitness activities, take a class, watch a calisthenics competition, browse a bike show and more.
- **Edmonton’s Ice Castle**, Dec 31-Mar 9, Hawrelak Park, 9330 Groat Road Edmonton. This winter wonderland is crafted by hand using icicles and



POLICY STATEMENT

Advance Care Planning—CS0006

Effective Date: June 14, 2016

Replaces: CS0006 – Sept 22, 2009, CS0029 – May 27, 2013

Rationale:

The Society recognizes that it is important for guardians and/or parents to know about options in regards to health-care planning.

Policy Statement

The Society will assist in the Advance Care Planning of the individuals by providing information that will assist guardians and/or parents in developing this health care planning. Information regarding Alberta Health Services' Advance Care Planning will be provided on an annual basis through the Society newsletter and explored at Individual Service Plan meetings.

Client Emergency Information

Critical and accurate client information must be readily available in the event of an emergency situation. The Society will maintain up to date emergency contact and medical information on each individual on-site as well as emergency cards that are taken with the individual when in the community. Also see Policy CS0005 Medical Emergency.

Personal Directives

The Society acknowledges Alberta's Personal Directives Act which was proclaimed into law on December 1, 1997. A personal directive is designed to ensure that an individual's preferences and values regarding life-sustaining and personal care matters will be respected.

The Society recognizes a valid personal directive as one that:

- is in writing (by hand, typewriter or computer as opposed to verbal)
- is dated
- is signed at the end in the presence of a witness or, if someone signs on behalf of the maker, signed in the presence of the maker
- is signed by the witness in the presence of the maker

All personal directives relating to life-sustaining care must be forwarded to the Chief Executive Officer for acknowledgment and subsequent dissemination to support staff. Valid personal directives will be placed on file in the individual's administration file. A copy of the personal directive will be placed with the individual's identifying information carried on or with his or her person.

Conversations
Matter





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WE'RE ON THE WEB!
WWW.SPRINGBOARDCENTRE.CA

SBC's Board of Directors

Bill Blair

Carol Allan

Donna Crawford

Nathan Graham

Martin Hoornaert

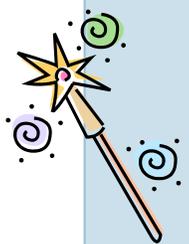
Christopher Rappel

George Roberts

Roxy Schmidt

Ken Taub

Gord Hoffman



Did You know that SBC is a charitable organization? If you or anyone you know wishes to make a donation, please contact us at 403-248-7071.

The Springboard Board Centre (SBC) for Adults with Disabilities is a program designed for individuals with moderate to severe developmental disabilities. SBC offers our clientele the opportunity to develop confidence in their skills, participate in meaningful activities, and have the opportunity to become an inclusive member of their community. SBC utilizes community facilities and services readily available to the public to assist our clients in developing community awareness, life skills and personal interests.

Mission Statement:

SBC will assist adults with developmental disabilities to achieve meaning in their lives.

Vision Statement:

Springboard Centre is committed to assisting the individuals we serve in achieving community integration to the fullest extent of their interests and abilities.

Donations:

The Government of Alberta, through Persons with Developmental Disabilities as part of the Ministry of Human Services, provides the majority of our funding. Our organization is also dependent on fundraising to ensure that we offer quality programs in a safe environment. There are many ways that you can easily contribute. Here are some of them:

One Time Donation

This can be done by either mailing a cheque or on our website at www.springboardcentre.ca through CanadaHelps.org

Monthly Giving

This can be done by either mailing post dated cheques or on our website through CanadaHelps.org where you can set up a donation plan.

Vehicle Donations

Springboard Centre is part of Donate A Car Canada. Every vehicle donated gives you a charitable receipt, with the proceeds going to Springboard Centre.

Planned Giving and Donating Securities

Endowments, charitable trusts, life insurance, stocks, bonds, and mutual funds are other ways that donations can occur. Please see our website for more information .