



VOLUME 13, ISSUE 3  
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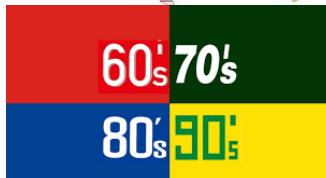
# SBC Newsletter

## Monthly Themes

July – Stampede Celebration  
August – Heritage Month  
September – Decade Celebration

## Agency Closure

Civic Holiday: August 5  
Labor Day: September 2  
Thanksgiving: October 14



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## Summer Activity Outings

We want everyone to enjoy the beautiful weather that accompanies the warmer months of the year. Springboard Centre has some necessary precautions in place to ensure our Clients' safety.

1. If the outdoor temperature is +27 degrees Celsius or higher, the planned activity outing will be relocated to an indoor venue.
2. To attend outings at parks and other outdoor venues, Clients must wear sunscreen. Sunscreen can be sent to Springboard Centre and kept on location for the season. Springboard Centre recommends a water resistant, broad-spectrum protection sun screen with a SPF of 30 or higher. **If a Client does not have sunscreen, they will not be participating in outdoor activities. In-house activities will be offered instead.**
3. Other recommended items that Clients can bring to help beat the heat and pests of summer are sunhats, sunglasses, water bottles and insect repellent.





**Welcome New Client and Staff to Springboard Centre**

SBC would like to welcome back Rachelle at Springboard Centre. We are so happy to see you back!

SBC would also like to welcome our new staff.

- Anisusan
- Jiagang
- Jasper
- Lovepreet
- Gursangeet



**Staff Anniversaries**

- |              |         |           |         |
|--------------|---------|-----------|---------|
| • Ruver      | 1 year  | • Femi    | 2 years |
| • Pushpinder | 1 year  | • Idil    | 2 years |
| • Susano     | 1 year  | • Anesie  | 3 years |
| • Amor       | 2 years | • Paul    | 3 years |
| • Novel      | 2 years | • Sangita | 8 years |



**Annual General Meeting**

The AGM was held last June 24, 2019 and was attended by no less than the Chair of the Board of Directors, Board members, the CEO, parents of the individuals we serve and SBC staff. It was a resounding success with highlights coming from the client and staff video presentation and the art gallery of paintings and crafts created by our very own individuals and staff.



**Swim Wear**

Please ensure that your individual has swim gear if he/she is scheduled for a swim outing. Each client has personal bins to store such items if you want to keep the gear here after they have been washed. When a client does not have his/her swim gear, it could impact the entire outing depending on the ratio on outings.

If you are not aware of what days your individual goes swimming, please give us a call and we can clarify this for you.



**Summer Holiday Reminder**

Everyone loves a holiday! Please let SBC know of any upcoming summer absences.

## Around Town

- **Calgary Folk Music Festival.** July 25-28, 2019 at Prince's Island Park. 71 artists from 15 countries, 8 Canadian provinces and many Indigenous cultures perform on 7 stages around the island. Tickets \$35 - \$200.
- **Chinatown Street Festival – Experience the Silk Road.** See the 18th annual exhibition of Asian culture and Chinatown heritage on Saturday, August 17, 2019 at Calgary's Chinatown streets. Historically, the Silk Road was used for international trade connecting China and the Far East with the Middle East and Europe. This event will reflect a broad multi-cultural experience. Admission is free.



## POLICY REVIEW (Advance Care Planning—CS0006)

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

### Personal Directives

The Agency 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 Agency 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.



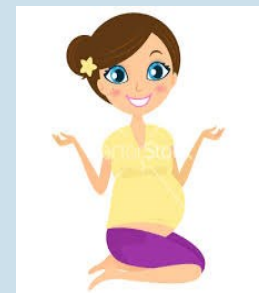
## LETTER FROM OUR CEO

*Dear Parents/Guardians, and Caregivers,*

*I will be taking a very brief maternity leave around the beginning of August 2019 through the beginning of October 2019. All SBC operations will continue to function as usual during my absence. As per usual, if you have any question or concerns, you can call the front desk and Cheryl will direct you to the appropriate contact. If an urgent matter arises, please contact one of the Program Managers or the Director of Operations. If any extenuating circumstances arise requiring executive level attention, SBC management will contact our Board Chair. If you wish to leave me a message for response upon my return, the best way to do so is to send me an email message at: [kmelrose@springboardcentre.ca](mailto:kmelrose@springboardcentre.ca).*

*Enjoy the rest of your summer. I will look forward to seeing everyone this fall!*

**Best Wishes,  
Kathryn Melrose**





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WE'RE ON THE WEB!  
[WWW.SPRINGBOARDCENTRE.CA](http://WWW.SPRINGBOARDCENTRE.CA)

## SBC's Board of Directors

**Donna Crawford**

**Carol Allan**

**Bill Blair**

**Nathan Graham**

**Martin Hoornaert**

**Christopher Rappel**

**George Roberts**

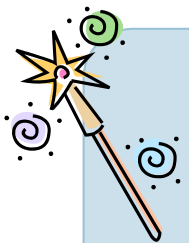
**Roxy Schmidt**

**Ken Taub**

**Karen Roth**

**\*Gord Hoffman-Honorary  
member**

**Kathryn Melrose—CEO**



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](http://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 .