

# SBC NEWSLETTER

VOLUME 19 ISSUE 2  
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## Message from CEO

Dear SBC Family,

February is a special month that gives us the opportunity to celebrate love, unity, and the rich tapestry of history that connects us all. As we move through this month, we are reminded of the importance of fostering environments filled with understanding and compassion.

Valentine's Day, on February 14th, serves as a wonderful reminder to express our appreciation and kindness not only to our loved ones but also to those around us. Let's take this time to celebrate the bonds we've formed in our community and to show our clients and colleagues how much they mean to us with gestures of inclusion and respect.

February is also Black History Month, an integral time to reflect upon and honor the innumerable contributions and achievements of Black individuals throughout history. It is a period for learning, acknowledgment, and deep appreciation of diversity within our agency. As we uplift these voices and stories, let us strive to incorporate these lessons into our everyday practices, ensuring our day programs reflect this rich heritage and continue to empower everyone we serve.

Thank you for being part of this remarkable community, and let's make this February one of love, learning, and collective growth.

Warm regards,  
Romeo Concepcion, CEO

## Staff Anniversary

Windy @ 1 year  
Jennifer @ 1 year  
Romeo T. @ 11 years  
Paolo @ 16 years  
Martin A. @ 16 years  
Lolita @ 16 years

## Monthly Theme

Valentine Theme - February

### Agency closure

Monday, February 17, 2025- Family  
Day

**Please remember to make the appropriate changes with your transportation bookings for this closure.**

## Spotlight of Month

Simran started working at SBC in April of 2021. From the start, she continued to show unwavering commitment to our clients. Simran is a passionate artist. She leads our highly successful Specialized Program for Arts and Crafts, where she puts her heart and soul into it.

# What's new at SBC?

1. On January 6, 2025, SBC joyfully welcomed back our individuals from the Winter Holiday. There was an exciting buzz as everyone reunited with their peers, sharing unforgettable experiences from their vacations.
2. Starting February 6 through April 24, 2025, SBC, clients who have signed up for the Calgary Foodbank Volunteer Program will continue their commitment every Thursday.

## Welcoming new staff and Clients

1. Crisato (Staff)
2. Erin (Client)



## Supporting Individuals with Disabilities: A Quick Guide for Staff

Working in the disability field is about so much more than just providing care; it's about promoting independence, inclusion, and empowerment. It focuses on person-centered approaches, effective communication, and encouraging active participation in activities. Staff play a vital role in empowering individuals to achieve independence, to celebrate their successes, and to ensure they always feel valued.

## Valentine's Day Mug Cakes



Celebrate love with a quick and delicious treat! In a microwave-safe mug, mix 4 tablespoons of flour, 4 tablespoons of sugar, 2 tablespoons of cocoa powder, 3 tablespoons of milk, 2 tablespoons of vegetable oil, and a pinch of baking powder. Stir until smooth, then microwave for 1 minute and 30 seconds (or until fully cooked). Top with whipped cream or a sprinkle of chocolate chips for an extra touch of sweetness. Enjoy a warm, single-serving dessert in just minutes! Perfect for a cozy February treat.

# Things happening in Calgary



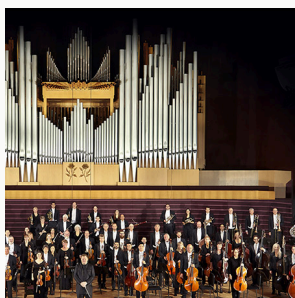
**Calgary International Film Festival:** Winter Edition at Various locations, including Globe Cinema (617 8 Ave SW) and The Calgary Film Centre (225 14 Ave NE) from **February 7-9, 2025**. The Calgary International Film Festival (Winter Edition) showcases a variety of films, from family-friendly features to documentaries, with some screenings offering sensory-friendly options for people with disabilities. The screenings at Globe Cinema and The Calgary Film Centre are wheelchair accessible.



**Family Fun at the Calgary Science Centre** at TELUS Spark Science Centre, 220 St. George's Dr NE from **February 14-17, 2025 ( 9:00 AM - 4:00 PM)**. TELUS Spark hosts special family-friendly events and activities, including hands-on exhibits, science demonstrations, and more during Family Day Weekend. The facility is fully accessible for individuals with mobility challenges, offering a great way for families to enjoy interactive learning together.



**Winter Family Skate at Olympic Plaza** at Olympic Plaza, 228 8 Ave SE on **Every weekend in February 2025 (Fridays to Sundays) from 10:00 AM - 9:00 PM**. The Olympic Plaza Ice Rink provides free skating opportunities for families, with accessible skating options and adaptive equipment available for individuals with disabilities. The rink is wheelchair accessible, making it a great place to enjoy winter fun with your family.



**Calgary Philharmonic Orchestra** - Family Concert at Jack Singer Concert Hall, 205 8 Ave SE on **February 15, 2025 at 2:00 PM**. The Calgary Philharmonic Orchestra offers a family concert that's engaging and accessible to young audiences and those with disabilities. The orchestra performs with child-friendly themes, and the venue is fully accessible for individuals with mobility challenges.

# Winter Program Outing

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

Individuals must have weather-appropriate clothing. This includes warm winter jackets, snow pants, mittens, ear muffs, hats, gloves, boots and scarves.

If the outdoor temperature with wind chill is -15 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 onsite activities.

## Policy Statement

### Client Choice—CS002

The Society is committed to promoting a client's right to make informed choices and experience the inherent risks in doing so.

### Policy Statement:

Appropriate amounts of service and support will be provided to the client to facilitate informed choice making. In the event that the guardian's decisions and choices are in conflict with those of the client, Springboard Centre will endeavor to support the client's choice, provided that their choice does not put them or others in physical, legal or emotional jeopardy.

Springboard Centre strives to develop and maintain effective communication and working relationships with the client and guardian to support choices the client makes.

## Thoughts!



**“ There is no greater disability in society than the inability to see a person as more.”**

**Robert M. Hensel**



## **Board of Directors**

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**Romeo Concepcion— CEO**



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

**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.**

## **About Us**

### **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:**

**Springboard Centre is funded primarily by the Government of Alberta, but we also rely on donations to support our programs. You can contribute in several ways:**

- **One-Time Donation:** Donate via cheque or through CanadaHelps.org on our website [www.springboardcentre.ca](http://www.springboardcentre.ca).
- **Monthly Giving:** Set up a recurring donation through post-dated cheques or CanadaHelps.org.
- **Vehicle Donations:** Donate your vehicle through Donate-A-Car Canada for a charitable receipt.
- **Planned Giving:** Contribute through endowments, charitable trusts, or securities.

**Visit our website [www.springboardcentre.ca](http://www.springboardcentre.ca) for more details.**



