

# SBC NEWSLETTER



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## Message from CEO

November is a special time for all Canadians. It's a month to pause and remember the courage and sacrifice of those who served in our armed forces. Remembrance Day is more than just a day—it's an opportunity to reflect on the freedoms we enjoy and the brave individuals who made them possible.

This month also marks an incredible milestone in our nation's story: the completion of the Canadian Pacific Railway on November 7, 1885. This achievement connected our country from coast to coast, opening doors for trade, travel, and connection. It reminds us of what can be accomplished when vision, determination, and teamwork come together—values that resonate deeply in our own work every day.

As we honour the past, let's take inspiration from both the sacrifices of our veterans and the achievements of those who built our country. Whether it's taking a quiet moment to remember, sharing stories with family, or reflecting on our shared history, November invites us to come together, appreciate our roots, and commit to building a stronger, more connected community.

Wishing everyone a thoughtful and meaningful November.

Romeo Concepcion, CEO

## Agency Closures

### Remembrance Day

**Tuesday**

**November 11, 2025**

### Reminder

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

## Staff Anniversaries

**Romeo C.- 9 years**

**Jasmeen- 8 years**

**Cheryl- 18 years**



LAURA CHOUETTE / ARTTOPICS.COM

# Springboard Highlights and Updates

Our specialized programs for Music ( Music and Me) and Arts (Brushes and Beyond) is back for the Fall season. A 4-week program for both Music and Arts, these programs are designed to create inclusive and engaging opportunities for adults with disabilities to explore, participate in, and thrive through the arts and music. Our goal is to provide a supportive and accessible environment where creativity and self-expression are encouraged and celebrated.

Both “Music and Me” and “Brushes and Beyond” are open to individuals from other agencies. During this Fall edition, we welcomed nearly 30 participants from various agencies along with their support staff – a testament to the growing interest and impact of these initiatives.



## SBC CARES

Due to the ongoing Alberta teachers' strike that began on October 6, 2025, nearly 750,000 students are currently at home. In response to this situation, and through the initiative of Springboard Centre's leadership, we have set up a mock classroom to support the children of our staff and the parents affected by the strike. We have utilized our boardroom for this program.

This temporary learning space run by volunteering adult siblings and at least one parent is designed to help students stay engaged and continue learning during this disruption, while also allowing parents to come to work with a greater peace of mind.

We are committed to supporting our Springboard community through this challenging time.



### Policy- Emergency Contact

Besides the Guardian, SBC must be provided with an alternate contact who with written consent can provide consent or approval in case of emergency, and who is available to accept the individual at home in the event of illness and/or incident. It is the responsibility of the guardian to ensure SBC is notified of any changes of emergency contact.

### Empowering Through Support

Staff in the disability field play a vital role in fostering independence, inclusion and growth. Staff focus on person-centered care, clear communication, and encouraging participation in activities. Staff celebrate achievements and empower individuals to reach their goals while ensuring one's own well-being. Together, we make a meaningful difference!

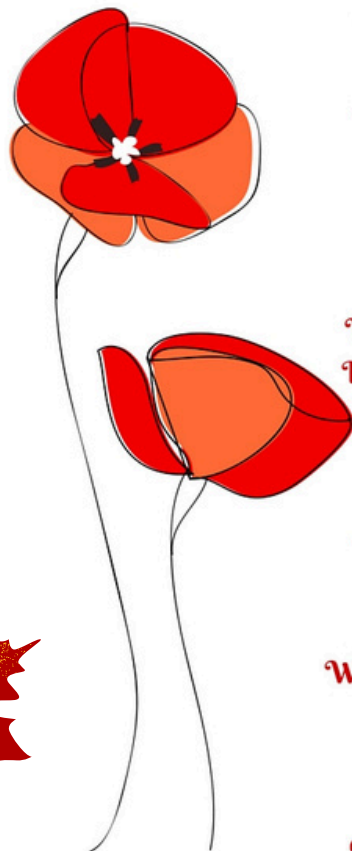
# HISTORY OF REMEMBRANCE DAY



Lest We  
Forget.



Remembrance Day in Canada originated from Armistice Day, commemorating the end of World War I on November 11, 1918, at the 11th hour. Officially named Remembrance Day and observed on November 11 in 1931, it honors all Canadians who have served and sacrificed in times of war and conflict. The red poppy, inspired by Lieutenant-Colonel John McCrae's poem "In Flanders Fields," is a key symbol of remembrance, with donations from the annual poppy campaign supporting veterans and their families



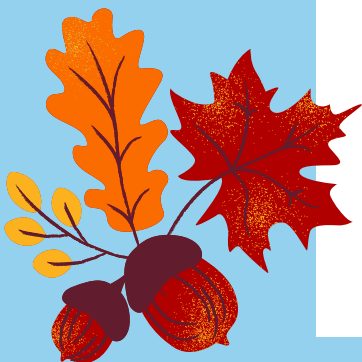
In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields. 🍁

LIEUTENANT-COLONEL JOHN MCCRAE.

CANADIANMOMEH.COM



# Things Happening in Calgary



## Festivals & Holiday Events

- **Spruce Meadows International Christmas Market:**

A large market with local vendors, food, and gift-buying opportunities, held on three weekends in November.

- **ZooLights at the Calgary Zoo:**

The zoo is decorated with thousands of colourful lights, offering a magical evening experience with themed activities.

- **Remembrance Day Preparations:**

Witness the moving display of 3,500 white crosses on Memorial Drive from November 1-10 to honour veterans



## Winter Program Outing.



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 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.



## Board of Directors

**Donna Crawford – Chairperson**

**Sandy Mann - Vice Chairperson**

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**Jackie Ross**

**Katherine Visser**

**Martin Hoornaert**

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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.**