

Thanksgiving

SPRINGBOARD
CENTRE

SBC Newsletter

October 2025 | Issue 22, Volume 10

Message from the CEO

Dear SBC Family,

October is a month that invites reflection and gratitude. With Thanksgiving upon us, we are reminded of the importance of community, connection, and appreciation for the people who walk alongside us in both work and life. It is a season that encourages us to pause, recognize the blessings we often take for granted, and extend kindness to others.

October also holds a unique place in Alberta's history. Many still recall the 1993 Stampede Wrestling riot, an event that began as an exciting night of sport but ended with unexpected chaos. While it was controversial at the time, the incident has since become a notable chapter in Calgary's cultural memory, underscoring the passion and energy that wrestling inspired in its fans. It serves as a reminder of how quickly emotions can escalate—and the responsibility leaders, organizers, and communities have in ensuring safe, positive experiences for all.

As we gather with family and friends this Thanksgiving, may we take inspiration from both celebration and history. Let us channel our energy into building strong, respectful communities where passion uplifts rather than divides. Gratitude, reflection, and shared responsibility are the true cornerstones of October.

Romeo Concepcion, CEO

Upcoming Events

October 13: Thanksgiving Day

October 7,14,21,28: Music and Me

October 8,15,22,29: Brushes and beyond

Reminders

Please remember to make the appropriate changes with your transportation booking for the October 13, 2025 closure

Staff Anniversary

Justinn B - 3 years

New Staff

Sophie - Room 3 and 4



**"THEN CAME
OCTOBER, FULL
OF MERRY
GLEE."**

EDMUND SPENSER

Zucchini Bread Recipe

Ingredients:

2 cups grated, packed zucchini
2 large eggs
2/3 cup melted unsalted butter
1/2 cup packed dark brown sugar
1/2 cup granulated sugar
1 teaspoon vanilla extract
1 teaspoon fine sea or table salt
1 1/4 teaspoons ground cinnamon
1/8 teaspoon ground nutmeg
3/4 teaspoon baking soda
1/2 teaspoon baking powder
2 cups all-purpose flour
2 tablespoons raw sugar

Instructions:

Heat oven to 350 degrees. Lightly coat a loaf pan with nonstick spray. Place grated zucchini in a large bowl and add oil, eggs, sugars, vanilla, and salt. Use a fork to mix until combined. Sprinkle in cinnamon, nutmeg, baking soda, and baking powder and mix until combined. Add flour and mix until just combined. Pour into prepared loaf pan and smooth the top. Sprinkle with the raw sugar. Bake for 55 to 60 minutes, until a toothpick or tester inserted into the middle cake but also into the top of the cake, closer to the dome, comes out batter-free. Let cool completely in the pan. Leave in pan, unwrapped, overnight or 24 hours, until removing (carefully, so as not to ruin flaky lid) and serve in slices.

Fun Things to Do in Calgary This October

• Revel in the Wordfest Imaginairium Festival

October 14 to 19

Celebrate the 30th anniversary of the Imaginairium Festival, a large and lively literary festival hosted annually in the Beltline.

• Celebrate Halloween at Pumpkins After Dark

September 19 to October 31

The annual, family-friendly, walk-through Halloween experience is back at WinSport. Browse more than 10,000 hand-carved pumpkins, see live carving demos and enjoy sweet treats.

• Train of Terror

Starting on October 2, 2025

Canada's only moving haunted house is back with a vengeance! Do you have someone to join you or will you brave it alone?

Your evening begins when you check in at the train station. You and your friends will journey through three mazes all terrifying and unique in their own way. If you are one of the lucky ones that manage to escape, you are then invited onboard our moving train where you can grab your choice of liquid courage before embarking on the final creepy maze that's sure to be the scariest haunting you might ever come across.





Thanksgiving



Origin of Thanksgiving in Canada

Thanksgiving in Canada can be traced back to European explorers and settlers who arrived on Canadian shores in the 16th century. Martin Frobisher, an English explorer, is often credited with the first Canadian Thanksgiving celebration in 1578. He held a ceremony in Newfoundland to give thanks for his safe voyage across the Atlantic. However, it wasn't until 1879 that Thanksgiving was officially declared a national holiday in Canada. Sir John A. Macdonald, Canada's first Prime Minister, proclaimed Thanksgiving to be a day of gratitude for a successful harvest. Since then, the second Monday in October has been designated as Thanksgiving Day in Canada.

"I am thankful for my mom and dad." - Niyousha

"Thankful for having friends to have fun together and take beautiful pictures together."
• -Benny

What are you thankful for?

"I am grateful for Jesus the son of God, my family and friends."- Anette B.



"I am thankful for the people who care about me and bring love and laughter into my life." Simran

"I'm grateful for my family and friends. The people who bring joy, love and support in my life."

"I am thankful for my family, staff, my cat and friends." - Mckayla



SBC Family picnic day held at Stanley Park last Sept. 6, 2025.

SBC's Annual Family Day is a wonderful opportunity for us to come together in joy and fellowship. It allows us to connect outside the work setting, share laughter, and strengthen the camaraderie that truly makes SBC feel like family.



SBC Family picnic day held at Stanley Parc last Sept. 6, 2025.





END OF THE MONTH CELEBRATION

National Day for
Truth
and Reconciliation

Learn. Reflect. *Do Better.*



An afternoon of observance and
acknowledgement. Program will be held at the
big room of Springboard Centre

September 26, Friday at 1:00 pm
Please wear orange if possible
for clients only



AISH letter provided to individuals

Alberta's government understands how important financial and health benefits are to help Albertans meet their needs and live independently. On June 20, 2025, the federal government launched the new Canada Disability Benefit (CDB), which will provide up to \$200 per month for eligible Canadians with disabilities. To access this new federal benefit, individuals must have filed their 2024 federal income tax return and be approved for the Disability Tax Credit (DTC). The federal government has committed to reimburse medical certification costs for the DTC. Additional information about the DTC and how to apply can be found on the federal government's website at canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions#persons-disabilities/disability-tax-credit. Additional information about the CDB, including eligibility criteria, a benefit estimator and how to apply can be found on the federal government's website at Canada.ca/en/services/benefits/disability/canada-disability-benefit. Income from the new federal CDB will be treated as non-exempt for AISH recipients. This means that, with the addition of the CDB, an AISH client's overall monthly government disability support will remain unchanged. As a legislated program, AISH will remain fully funded and available to all eligible Albertans. The federal government has stated that the intention of the CDB is to see the combined amount of federal and provincial or territorial income supports for persons with disabilities grow to the level of Old Age Security and the Guaranteed Income Supplement. This works out to \$1,814 per month. Alberta is one of only two provinces to exceed this federal benchmark. The AISH core benefit rate will remain the same at \$1,901 per month in 2025 — the highest disability support rate of any province in Canada. AISH clients are required to access all sources of income they may be eligible for, including federal programs. Please update your local AISH office to update them about the status of your DTC and CDB applications prior to September 5, 2025. Given the statutory requirement to access all sources of income you may be eligible for, clients who have not communicated the status of their CDB application to their AISH office prior to September 5, 2025, may see an equivalent amount to the CDB benefit, \$200, deducted from their monthly AISH benefits, beginning with the October 2025 period of assistance.

Sincerely,

Assured Income for the Severely Handicapped Program

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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.
- 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 for more details.