

# SBC NEWSLETTER



January 2026 | Volume 20, Issue 01,

## MESSAGE FROM THE CEO

As we welcome the New Year, I want to express my deepest appreciation for the dedication, compassion, and resilience each of you has shown throughout the past year. Your hard work has made a profound difference in the lives of the individuals and families we support, and it is through your commitment that our agency continues to grow, thrive, and inspire. For all that you do, thank you.

The beginning of a new year offers a meaningful opportunity to reflect on our shared accomplishments, honour the challenges we have overcome together, and look forward with renewed energy. I hope each of you was able to enjoy moments of rest, connection, and joy with your loved ones, and that you enter this year feeling refreshed and uplifted.

As we embark on this new chapter, let us embrace the opportunities ahead with optimism, purpose, and a continued commitment to our mission. Together, we will build upon our strengths, support one another, and create even more meaningful impact in the lives of those we serve.

Thank you for everything you bring to this organization. Wishing you all a bright, fulfilling, and successful New Year. May 2026 be a year of growth, happiness, and continued inspiration for us all.

Romeo Concepcion, CEO

2026  
Happy New Year!

### **REMINDERS:**

**Agency closure**

**January 1- 4, 2026**

**Please make appropriate changes with your transportation booking for the closure**

# SPRINGBOARD HIGHLIGHTS & UPDATES

**December 3, 2025 - International Day for persons with Disabilities**



Springboard Centre joyfully celebrated the International Day of Persons with Disabilities with a full day of fun and meaningful activities. The morning kicked off with an energetic Sports Fest, followed by free pizza for everyone at lunch. In the afternoon, we enjoyed a vibrant musical program that showcased the incredible talents of our individuals. This year's International Day of Persons with Disabilities (December 3, 2025) carries the theme "Fostering disability-inclusive societies for advancing social progress." It highlights an important truth: real progress can only happen when people with disabilities are fully included and able to participate in every aspect of life—education, employment, community life, and social protection. The theme reinforces global commitments from world leaders to build a more just, equitable, and inclusive world for all.

## **NEW CLIENTS:**

- 1.Devon**
- 2.Kai**



## **STAFF ANNIVERSARIES:**

- 1.Raymund- 2**
- 2.Gobind- 2**
- 3.Venus- 17**
- 4.Warlito- 6**
- 5.Wendy- 24**
- 6.Marc- 10**

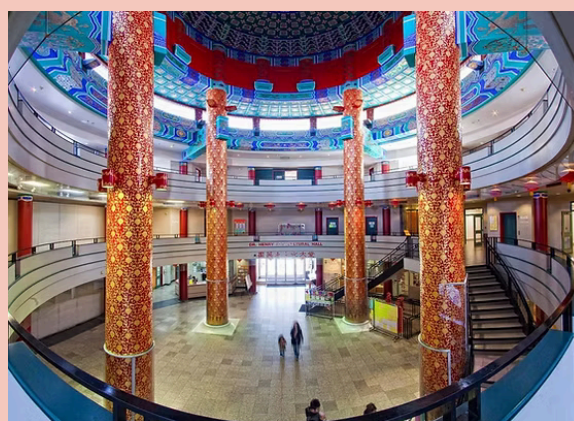
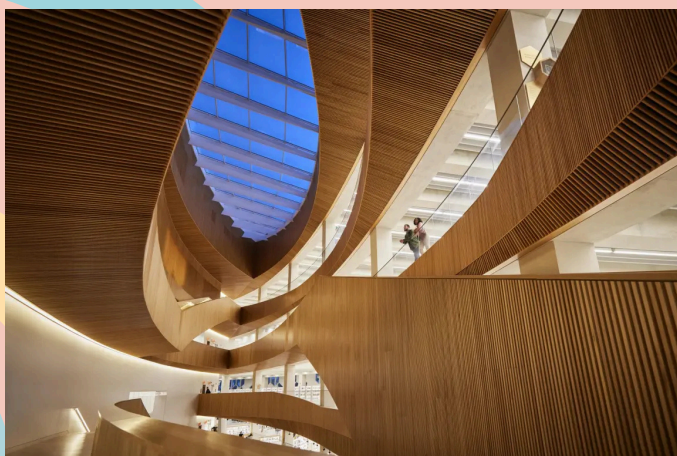
# THINGS HAPPENING IN CALGARY FOR FREE

## Events and festivals

- **High Performance Rodeo:** From January 13–31, 2026, this international festival of the arts will offer performances, film, and other events in a variety of venues, including some that are free.
- **Chinook Blast:** This community and cultural festival starts on January 30, 2026, and runs through February 16, 2026. It will feature free festivities, activities, and community pop-ups celebrating Calgary's art, music, and culture

## Permanent Free Attractions

- **Central Library:** Visit the architecturally significant Central Library for free to browse books, explore the building, and attend various free programs.
- **Devonian Gardens:** This indoor botanical garden is a great place to escape the cold and enjoy a tropical environment for free.
- **Esker Foundation:** A contemporary art gallery located in a building with great views of the city. Admission is always free.
- **Inglewood Bird Sanctuary:** Go for a walk or hike and enjoy nature at this protected bird sanctuary, which is free to enter.
- **YouthLink Calgary Police Interpretive Centre:** Learn about the history of policing in Calgary at this interactive and free museum.
- **Calgary Chinese Cultural Centre:** Explore the cultural center, which often hosts free events or has areas that are open to the public for free



## 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 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 Abuse

Under no circumstances will Springboard Centre for Adults with Disabilities condone or tolerate abuse of individuals with disabilities. Springboard Centre employees, members and volunteers are prohibited from using any method of care or treatment (including Corporal Punishment) that, in any manner undermines the self-worth of Springboard Centre clients. Springboard Centre for Adults with Disabilities adheres to the Abuse Prevention and Response Protocol as outlined by the Alberta Human Services and the Protection of Person's in Care Act of Alberta (PPC). All staff will be trained on Springboard's abuse policy and protocol as part of his/her orientation process and review will occur regularly

## **RECIPE TO WARM YOUR HEART**

### **15-Minute Tomato Basil Soup**

This vibrant soup skips the heavy cream while maintaining richness through roasted tomatoes and a touch of cashew cream. An excellent source of lycopene, this quick healthy soup recipe for meal prep stores beautifully. Lycopene bioavailability increases 35% when tomatoes are cooked with oil (Journal of Agricultural and Food Chemistry, 2020).

Ingredients: 2 cans fire-roasted tomatoes, 1 cup vegetable broth, 1 onion (diced), 3 garlic cloves, 1/4 cup cashews (soaked), 1/4 cup fresh basil, 1 tsp balsamic vinegar

Method: Sauté onion and garlic 5 minutes. Add tomatoes and broth, simmer 10 minutes. Blend with cashews until smooth. Stir in basil and vinegar. Total time: 15 minutes.



# CHRISTMAS FESTIVITIES OF 2025



**Staff ginger bread house making contest**



**Santa came to SBC  
December 17, 2025**



## Board of Directors

Donna Crawford – Chairperson  
Sandy Mann - Vice Chairperson  
Tammy Lafortune  
Christopher Rappel  
Jackie Ross  
Katherine Visser  
Martin Hoornaert  
Creedence Galarion  
Gord Hoffman– Honorary  
Douglas Owoo  
Romeo Concepcion- CEO



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WE'RE ON THE WEB!

[WWW.SPRINGBOARDCENTRE.CA](http://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](http://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](http://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.