

SBC Newsletter



volume 19 Issue 1
January 2025

Message from CEO



Dear SBC Family,

As we embark on a new year, I want to take a moment to reflect on the exceptional work we have accomplished together and share my excitement for what is ahead. Your dedication and passion for supporting our individuals are nothing short of inspiring.

In 2024, we have made significant strides in creating an inclusive and enriching environment that fosters growth and independence for the adults we serve. Your empathy and creativity have touched many lives, and for that, I am immensely grateful.

Looking forward to the upcoming year, our commitment to excellence remains unwavering. We will continue to innovate and adapt, working collaboratively to expand our programs and resources to better meet the needs of those we serve. Each one of you plays a crucial role in this mission, and I am confident that together we can achieve our goals.

Let us continue to cultivate a workplace filled with compassion, respect, and innovation. Your well-being is important to us, and we are committed to fostering an environment where you thrive both professionally and personally.

Here's to a new year filled with possibilities, growth, and success. Thank you for your hard work and dedication. Happy New Year!

Warm regards,
Romeo CEO





Reminders

Please note that Springboard Centre will be closed from January 1 to January 3, 2025, in observance of the New Year. We will reopen and resume regular programming on Monday, January 6, 2025.

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

Spotlight of Month!

For our Staff Spotlight this month, we are proud to recognize Ruver, who has been an integral part of the SBC family for six years. Ruver's passion and dedication shine through in everything he does. His exceptional facilitation of the music and independent skills programs has made a significant impact on our clients. With his vast knowledge and experience, Ruver continuously enriches our programs, creating meaningful and engaging experiences for everyone. Thank you, Ruver, for your hard work, creativity, and commitment to making SBC a special place!



Springboard's 2024 Achievements:



This past year at Springboard Centre was filled with accomplishments and memorable moments. We proudly celebrated CDSP Week and participated in the ACDS Conference in Edmonton, where we shared insights and gained valuable knowledge. Our annual Stampede BBQ brought together clients, guardians, and board members for a fun-filled day, while the Sports Fest energized everyone and fostered community spirit. A major milestone was the purchase of a new bus, significantly enhancing transportation for our clients. We made great progress toward our strategic goal of reaching 75 clients and hosted two successful 5-session of the specialized arts and music program, welcoming clients from other agencies during both summer and fall. Additionally, our clients made a meaningful impact by volunteering with the Food Bank and Grow Calgary, reflecting their commitment to giving back. These highlights showcase the growth, dedication, and community spirit that defined 2024 at Springboard Centre.

What new at SBC?

The Springboard Centre recently hosted its second trial of the specialized arts and music program, welcoming participants from other agencies and enjoying a fantastic turnout. Clients engaged enthusiastically in music and arts activities, creating a vibrant and joyful atmosphere. On December 3rd, the agency proudly participated in The International Day of Persons with Disabilities (IDPD) at the University of Calgary's MacEwan Hall, where we hosted a booth with interactive activities and giveaways. To wrap up the year, we celebrated with client and staff winter holiday parties on December 19 and 20, featuring games, activities, and festive fun for all.

Staff Anniversaries

Venus @ 16 year

Warlito @ 5 year

Raymundo @ 1 year

Gobind @ 1 year



Welcoming our new staff and clients

Katie

Ekundayo

Roderick

Gerik

Erin D



New Year's Sparkling Punch



Mix 4 cups of sparkling water or ginger ale with 2 cups of orange juice, 1 cup of cranberry juice, and ½ cup of pineapple juice. Add fresh orange slices, cranberries, and mint for garnish. Serve chilled for a festive and refreshing non-alcoholic toast to the New Year! 🎉

Things happening in Calgary.

Calgary Ice Festival: Held from January 13–14, 2025, from 10:00 AM to 6:00 PM, at Olympic Plaza, this winter celebration includes ice sculptures, ice skating, and a variety of family activities. The festival is wheelchair accessible, with supportive facilities for participants with disabilities.

Winter Walk Day: On January 24, 2025, from 1:00 PM to 3:00 PM, the Winter Walk Day at Prince's Island Park encourages health and community inclusion. The event features accessible routes and support for participants with disabilities.



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



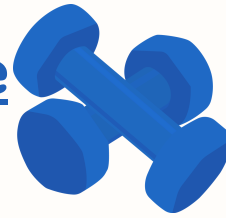
Client Abuse

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.

Wellness Tip for the New Year



Start the New Year feeling your best! Stay active indoors with simple exercises like stretching or dancing, and keep hydrated with water or warm herbal teas. Enjoy seasonal fruits and veggies in comforting food to stay nourished. Prioritize sleep by creating a calming bedtime routine, and make time for self-care activities that bring you joy. Remember, small wellness choices each day can lead to big changes! Let's make 2025 a healthy and happy year! 🌟

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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

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 also accepts donations 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 through CanadaHelps.org.

Monthly Giving

This can be done by either mailing post dated cheque 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 .

