


# SBC NEWSLETTER

March 2026 | Volume 20, Issue 03



## Quote for the month of March



*It was one of those March days  
when the sun shines hot  
and the wind blows cold:  
when it is summer in the light,  
and winter in the shade.*

*Charles Dickens, Great Expectations*

## Message from the CEO

As we welcome the month of March, we are proud to recognize National Developmental Disabilities Awareness Month – a time to celebrate inclusion, dignity, and the meaningful contributions of individuals with developmental disabilities in our communities. This month reminds us that true progress is measured not only by the services we provide, but by how well we create opportunities for belonging, participation, and respect for every person. We remain deeply committed to advancing supports that empower individuals to live, work, and thrive according to their goals and strengths.

March also brings a moment of celebration with St. Patrick's Day on March 17, a cheerful reminder of community spirit, friendship, and shared joy. May it offer a lighthearted pause and a chance to connect with one another.

Thank you for the heart you bring to our work and to the people we serve. Together, we continue to make a lasting difference.

Romeo Concepcion, CEO



## Staff Anniversary

### 1. Alvin- 10 years

### Key March 2026 Dates in Alberta

Daylight Saving Time: Begins Sunday, March 8, 2026 (clocks move forward).

St. Patrick's Day: Tuesday, March 17, 2026.

# THINGS HAPPENING IN CALGARY FOR FREE

## Winter walks

Let the cold air clear your mind and reduce stress. Take a winter walk to improve your health and explore our community maps and pathways.

## Winter walking safety tips:

Follow these steps to stay safe on your winter walk:

**Wear shoes or boots that provide traction on snow and ice. Boots made of non-slip rubber or neoprene with grooved soles are best. Look for features like waterproof, well-insulated, thick non-slip tread sole made of natural rubber, wide low heels, light-weight.**

**Stay warm by wearing a warm hat, scarf, and mittens or gloves. Dressing in layers can also help keep you warmer.**

**Focus on trying to keep your balance.**

**Point your feet out slightly like a penguin. Spreading your feet out slightly while walking on ice increases your centre of gravity.**

**Walk slowly and take small steps or shuffle your feet on icy paths.**

**Keep your head up and don't lean forward.**

**Try not to carry too many groceries or other items because the weight could affect your balance.**

**Keep your hands out of your pockets. If you start to slip, having your hands free can help break your fall.**

## Tobogganing & sledding

Our city is full of toboggan hills of all sizes. When we get a snowfall, find a sled and have a great time.



# SPRINGBOARD HIGHLIGHTS & UPDATES

## 40 Years Strong – Monthly Countdown to July 10, 2026

SBC is thrilled to announce our upcoming 40th Anniversary Celebration on July 10th. Although our 40<sup>th</sup> anniversary officially falls on July 10, we will be celebrating it on July 03.

We're proud to be marking four decades of excellence, growth, and community. Stay tuned for more details – we're planning a spectacular celebration you won't want to miss!

Last February 21st, SBC held its annual team-building activity at Laser City. The participants were divided into two teams, competing to earn the highest number of points and claim victory.

The primary goal of the activity was to strengthen camaraderie and foster closer collaboration between staff and the management team. Through friendly competition, teamwork, and shared excitement, everyone had the opportunity to build stronger connections in a fun and engaging environment.

Overall, the event was both enjoyable and highly successful, leaving participants with great memories and a renewed sense of teamwork. Kudos to WWC for organizing such an amazing event.



# Recipe to warm your heart

## Pancetta-Wrapped Grilled Cheese Sandwiches

### Ingredients

¼ cup (57g) salted butter, softened

1 large garlic clove, minced or finely grated

Kosher salt and freshly ground black pepper, to taste

Small handful of fresh parsley, chopped

Small handful of fresh oregano, woody stems removed and leaves finely chopped

Small handful of fresh mint leaves, chopped

8 slices white bread

14 ounces (397g) mozzarella cheese, shredded

12 thin slices pancetta, cut in half lengthwise



### Directions

1. In a small bowl, add the butter, garlic and a pinch of salt and pepper. Mix well and set aside. In another small bowl, combine the parsley, oregano and mint. Set aside. Using a butter knife, evenly spread the butter mixture on one side of each slice of bread.
2. On a work surface, lay out 4 of the bread slices with the buttered side facing down. Add equal amounts of the mozzarella cheese to each slice. Generously sprinkle the herb mixture over the cheese and season with salt and pepper to taste.
3. Top with the remaining bread slices, buttered side up, to create four sandwiches.
4. Preheat a large skillet or grill pan over medium heat. Take one sandwich and wrap it with 6 slices of pancetta. Repeat with the remaining three sandwiches.
5. When the skillet is hot, add the sandwiches, placing the side where the pancetta slices meet facing down. (Cooking this side first will allow the pancetta slices to get crispy and stay firmly on the sandwiches.) Cook until the cheese starts to melt, about 4 minutes.
6. Use the back of a spatula to gently press down on the top of each sandwich. Flip each sandwich over and continue to cook until the cheese is completely melted and the sandwich is golden-brown on both sides, about another 4 minutes.

### 🍀 History of St. Patrick's Day !

St. Patrick's Day is celebrated every year on March 17th. It is a special day to remember Saint Patrick, the patron saint of Ireland.

St. Patrick's Day has become a worldwide celebration of Irish culture, especially for people with family roots in Ireland. It's a day to appreciate Irish history, traditions, and community.

St. Patrick's Day is big in Canada mainly because of the country's strong Irish roots and long history with Irish immigration.

Large Irish Immigration to Canada

In the 1800s—especially during the Great Irish Famine. Many people left Ireland and came to Canada. Hundreds of thousands arrived looking for safety and new opportunities.



# 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.

## National Developmental Disabilities Awareness Month



March is National Developmental Disabilities Awareness Month in Canada, dedicated to fostering inclusion, ending stigma, and celebrating the contributions of people with developmental disabilities. The month focuses on creating equitable opportunities in education, employment, and community life for individuals with disabilities like autism, Down syndrome, and fetal alcohol spectrum disorder.

Key Aspects of the Awareness Month in Canada:

Goal: To promote awareness, understanding, and acceptance of people with developmental disabilities.

Focus Areas: Encouraging inclusion, reducing stigma, and providing resources for education and employment.

Observance: Organizations like the Developmental Disabilities Association and various community groups highlight the rights and potential of individuals with disabilities.

Impact: Over

of Canadians over the age of 14 live with developmental disabilities, and the month highlights their right to full participation in society.

## Board of Directors

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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](http://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.**