

# SBC NEWSLETTER

Volume 19 Issue 3

March 2025



## Message from the CEO

Dear SBC Family,

As we celebrate St. Patrick's Day this March, let's embrace its spirit of joy and togetherness. Wear your favorite green outfit, enjoy fun activities, and maybe even try some traditional Irish dishes together!

March is also National Nutrition Month, an excellent time to focus on healthy eating habits. Let's explore delicious, nutritious meals and learn about making balanced food choices that keep us energized and healthy. We'll have engaging workshops and cooking sessions to inspire everyone to support their wellness goals.

Join us for a month of celebration and wellness!

Warm Regards,

Romeo Concepcion, CEO

## Monthly Celebration

St. Patrick's Day- March 17th  
Nutrition- End Of The Month  
Party on March 28th

## Spotlight of the Month

Our spotlight of the month goes to Hazel V. who started at SBC on June 16, 2022. Ever since, she has consistently brought a strong work ethic and an infectious positivity that uplifts the entire team. Her innovative ideas and constructive feedback reflect her unwavering dedication, passion and commitment to supporting our individuals in achieving meaningful and fulfilling days at SBC. We are truly grateful to have Hazel as part of our team.

## Staff Anniversary

Alvin @ 9 years

## What is new at SBC?

1. Supportive Lifestyle Speak Up and Nutrition Development Classes- 8 of our individuals have been chosen to participate in the program that would run from February 14 thru April 11, 2025
2. On February 8th, the staff had their much needed team building activity at the Laser City, Calgary. It was an awesome day for everyone.

## Welcoming new clients and Staff

New clients:

1. Abe
2. Foargratte
3. Denis

New Staff:

1. Randy
2. Kinjal
3. Christine
4. Chentel
5. Gomer

## Quote

**"Alone we can do so little; together we can do so much." — Helen Keller**

## Spring Vegetable Soup.

**Celebrate the flavors of March with a simple and hearty Spring Vegetable Soup. Start by sautéing chopped onions, carrots, and celery in olive oil until tender. Add vegetable broth, diced potatoes, and a mix of seasonal veggies like peas, spinach, and leeks. Bring to a boil, then simmer for 20-25 minutes until everything is tender. Season with salt, pepper, and a pinch of thyme. Serve hot with a slice of crusty bread for a light, warming meal perfect for transitioning into spring!**



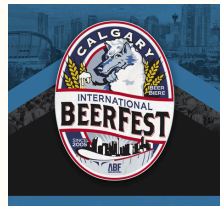
## Things happening in Calgary



**Alberta Ballet's The Wizard of Oz** at Southern Alberta Jubilee Auditorium, 1415 14 Ave NW on March 13-22, 2025. Alberta Ballet presents The Wizard of Oz, a visually stunning reimaging of the beloved classic. The venue is fully wheelchair accessible, ensuring an inclusive experience for all attendees.



**Festival of Animated Objects** at Various locations across Calgary on March 11-29, 2025. This unique festival celebrates puppetry, mask performance, and animation through live shows and workshops. Several venues offer accessible seating and accommodations for individuals with disabilities.

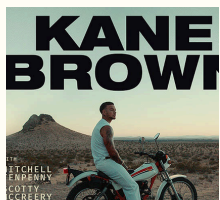


**Calgary International Beerfest** at BMO Centre at Stampede Park, 20 Roundup Way SE on March 21-22, 2025.

One of Canada's largest beer festivals featuring over 700 beers from 200+ breweries. The venue is wheelchair accessible, ensuring that everyone can enjoy the experience.



**Heart - Royal Flush Tour** at Scotiabank Saddledome, 555 Saddledome Rise SE on March 20, 2025. Legendary rock band Heart performs live in Calgary as part of their 2025 tour. The Saddledome offers accessible seating and support services for individuals with disabilities.



**Kane Brown - The High Road Tour** at Scotiabank Saddledome, 555 Saddledome Rise SE on March 29, 2025. Country star Kane Brown brings his High Road Tour to Calgary. The venue is fully accessible, with designated seating areas for individuals with mobility challenges.

# Winter Program Outing

Despite the cold that winter brings, we want everyone to continue enjoying their activities in the community and on-site at Springboard Centre. We have put 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 on-site activities.

## Policy

### Staff Training at SBC

SBC ensures that all staff receive thorough training before working independently with clients. Required certifications include:

- ✓ First Aid & CPR
- ✓ CPI and/or SIVA
- ✓ Abuse Prevention
- ✓ Back Care & Lifting
- ✓ Medication Administration

Ongoing training covers:

- ◆ Program Facilitation
- ◆ Positive Approaches & Restrictive Practices
- ◆ Goal & Documentation Completion
- ◆ Medication Administration

SBC also provides external training opportunities to keep staff skilled and informed.

## Board of Director

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**Martin Hoornaert**  
**Gord Hoffman – Honorary**  
**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](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.**



