

# SBC NEWSLETTER

July 2025 | Issue 19, Volume 7

## Message from the CEO

As we move into July, I would like to take a moment to thank each of you for the continued spirit of connection and celebration that makes our agency such a special place.

We were proud to host our Annual General Meeting on June 25, and I am pleased to share that it was very well attended by staff, parents, guardians, and members of our Board. Thank you to everyone who participated and shared in recognizing the exemplary services our agency provides. Your support and engagement continue to inspire the work we do every day.

For the month of July, I am excited to share two special events that reflect the vibrant spirit of our agency and the communities we belong to.

First, we look forward to celebrating Canada Day together! This is a time to reflect on the diversity, resilience, and inclusiveness that make our country and our agency truly special.

Then, dust off your cowboy hats and boots, the Calgary Stampede is back from July 4 to 13! To mark this iconic event, we are hosting a BBQ on July 11. It's going to be a festive day with great food, music, and western-themed cheer. This is our way of bringing the Stampede spirit right here to our Day Program community.

We hope to see everyone as we continue to build meaningful moments and memories together. Thank you for the energy, heart, and community spirit you bring every day.

Respectfully,  
Romeo Concepcion, CEO

### Agency Closure

#### July 1, 2025 - Canada Day Reminder

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



## Springboard Highlights & Updates

### Springboard Centre Annual General Meeting – June 25, 2025

Springboard Centre successfully held its Annual General Meeting (AGM) on June 25, 2025, with attendance from parents, guardians, board members, and SBC staff. The meeting was jointly presided over by the CEO Romeo Concepcion and Board Chair Donna Crawford. Immediately after the meeting, was the unveiling of the Boardroom named after the late George Roberts, in honor of his valuable contribution to Springboard Centre during his tenure as the Chairman of the Board.

Following the formal proceedings, guests enjoyed a light dinner and a vibrant music showcase. Attendees were also invited to explore a captivating art exhibit featuring the creative works of our clients.

### Springboard Centre Canada Day End Of The Month Party- June 27, 2025

A fun filled celebration about the history and culture of Canada and its diversity.

### Springboard Centre Annual Stampede BBQ Party – July 11, 2025

We're excited to invite everyone to our Annual Stampede BBQ Lunch on Friday, July 11, 2025, at the SBC parking area! Get ready for a fun-filled afternoon with mouth-watering BBQ, great music, and a bit of dancing to celebrate the Stampede spirit.

Come hungry and bring your energy—we can't wait to see you there!

Please confirm your attendance with Cheryl!



### Staff Anniversaries

**Amor- 8 years**

**Ruby- 7 years**

**Francis- 2 years**

#### Quote

**“I expect some new phases of life this summer, and shall try to get the honey from each moment.”**

LUCY STONE

### Recipe of Grilled Veggie and Pesto Flatbread



Beat the summer heat this July with a delicious Grilled Veggie and Pesto Flatbread! Start by grilling seasonal vegetables like zucchini, bell peppers, and cherry tomatoes until tender. Spread a layer of basil pesto over a toasted flatbread, then top it with the grilled veggies and a sprinkle of mozzarella or feta cheese. Bake or grill for a few minutes until the cheese melts, and finish with a drizzle of balsamic glaze and fresh basil. This quick and flavorful dish is perfect for summer gatherings or a light weeknight dinner!

### Enhancing Professional Growth in Disability Services

Continuous learning is key to providing the best care for individuals with intellectual and developmental disabilities (IDD). Building professional learning communities allows staff to share knowledge, stay updated on best practices, and feel more confident in their roles.

#### Quick Tips:

- Join virtual learning sessions and online forums.
- Share strategies with colleagues to strengthen teamwork.
- Participate in upcoming training at Springboard Centre.

## Things to do in Calgary for free in July

Calgary offers numerous free activities in July. Enjoy the outdoors at parks like Prince's Island Park, Fish Creek Provincial Park, and Bowness Park. Explore the city's public art, including the Wonderland Sculpture. The Calgary Public Library and Esker Foundation offer free access to art and resources. You can also take a free walking tour or enjoy events at St. Patrick's Island.

### Parks and Outdoor Activities:

- Prince's Island Park: Enjoy a picnic, walk the trails, or relax by the river.
- Fish Creek Provincial Park: Hike, bike, or have a picnic in this expansive urban park.
- Bowness Park: Explore the lagoon, wading pool, and play areas.
- St. Patrick's Island: Discover walking and biking trails, a public plaza, and children's play area.
- Inglewood Bird Sanctuary: Walk through nature and observe various bird species.
- Nose Hill Park: Hike the trails and enjoy scenic views.
- North Glenmore Park: Explore the reservoir, picnic areas, and recreational facilities.

### Art and Culture:

- Calgary Public Library (Central): Explore the library's resources and exhibits.
- Esker Foundation: Visit this contemporary art gallery for free.
- The Slabs: Head to the Elbow River in Stanley Park to enjoy a unique sunbathing and river hangout spots.
- Wonderland Sculpture: Take photos with this iconic public art installation.
- Peace Bridge: Admire the unique architecture of this pedestrian bridge.

## Summer Outing Program

We want everyone to enjoy the beautiful weather that accompanies the warmer months of the year. Springboard Centre has necessary precautions in place to ensure our clients' safety.

1. If the outdoor temperature is +27 degrees Celsius (feels like) or higher, the planned activity outing will be relocated to an indoor venue.
2. To attend outings at parks and other outdoor venues, individuals must wear sunscreen. Sunscreen can be sent to Springboard Centre and kept on location for the season. Springboard Centre recommends a water resistant, broad-spectrum protection sun screen with a SPF of 30 or higher. If an individual does not have sunscreen, they will not be participating in outdoor activities. In-house activities will be provided instead.
3. Other recommended items that individuals can bring to help beat the heat and pests of summer are sunhats, sunglasses, water bottles and insect repellent.

## Policy-Reporting of Abuse

We are required by law and the term of our funding contract to report any incident of abuse. We abide by the Abuse Prevention and Response Protocol as directed the by Alberta Human Services, and the Protection of Persons in Care Act. All guardians will be informed when a report is made.

## Board of Directors

Donna Crawford – Chairperson  
Sandy Mann - Vice Chairperson  
Bill Blair  
Tammy Lafortune  
Roxy Schmidt  
Christopher Rappel  
Jackie Ross  
Katherine Visser  
Martin Hoornaert  
Gord Hoffman –Honorary  
Romeo Concepcion— CEO



807 42 Ave SE  
Calgary, AB  
T2G 1Y8  
Phone: 403-248-7071  
Fax: 403-235-3872  
E-mail: [admin@springboardcentre.ca](mailto:admin@springboardcentre.ca)

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 on our website [www.springboardcentre.ca](http://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](http://www.springboardcentre.ca) for more details.



# Happy Stampede, Calgary!

