

SBC NEWSLETTER

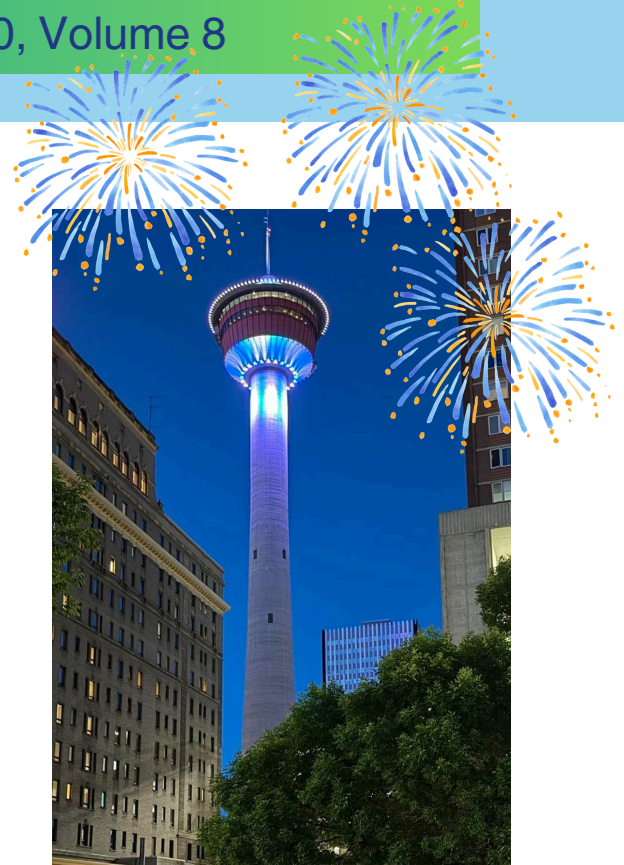
August 2026 | Issue 20, Volume 8

Message from the CEO

July has been a truly memorable month for the Springboard Centre family as we celebrated an extraordinary milestone—40 years of serving adults with developmental disabilities. Our anniversary celebration was more than a reflection of our history; it was a celebration of the countless lives touched, partnerships built, and dreams realized since our incorporation in 1986. We extend our heartfelt appreciation to our Board of Directors, staff, individuals, families, community partners, former leaders, volunteers, and distinguished guests who joined us and helped make this occasion a tremendous success. Your presence, encouragement, and continued support made this celebration one that will be remembered for years to come.

As we enter August, we also recognize Heritage Day in Canada, a wonderful opportunity to celebrate the rich cultures, traditions, and diversity that strengthen our communities. At Springboard Centre, we proudly embrace inclusion and believe that every person's unique story and background enrich the lives of those around us. As we reflect on our remarkable 40-year journey, we remain inspired by our past, grateful for our present, and excited for the future. Together, we look forward to continuing our mission of creating opportunities, fostering meaningful community inclusion, and making lives more meaningful for many years to come.

Romeo Concepcion, CEO



On the eve of July 10th Calgary Tower was illuminated into Springboard colors to commemorate its 40th anniversary celebration.

Agency Closure August 3, 2026 - Heritage Day

Reminder

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



Congrats

Staff Anniversaries:

Kinjal @ 1 year
Randy @ 1 year
Gomer @ 1 year
Elijah @ 2 years
Cindy @ 9 years
Ruver @ 8 years

Congrats

New Staff:

Criscel
Simran R.

Springboard Highlights & Updates

Springboard Centre Celebrates 40 Years of Community, Growth, and Inclusion

On July 10, Springboard Centre marked an incredible milestone—our 40th Anniversary—with a vibrant celebration that brought together our community in a day filled with joy, connection, and cherished memories.

Blessed with beautiful sunshine and warm summer weather, the outdoor BBQ celebration welcomed 240 attendees, including our clients and staff. We were honoured to have almost 100 parents, guardians, board members, representatives from PDD, former Springboard Centre clients and staff, community partners, and special guests join us for the occasion. The event was made even more special by the dedication of 15 volunteers, who generously assisted with registration and food service throughout the day.

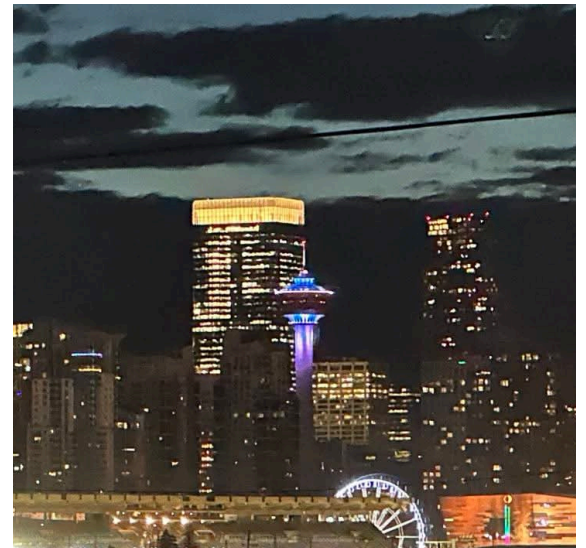
The festivities began at 10:00 a.m. with guest registration, followed by a heartfelt opening program. Edina, our beloved Director of Operations, warmly welcomed everyone and reflected on the significance of the occasion. She was followed by inspiring remarks from our esteemed Board Chair, Donna, and a moving anniversary message from our dynamic CEO, Romeo, who celebrated Springboard Centre's remarkable journey over the past four decades and the many lives touched along the way.

Throughout the day, laughter, great food, and wonderful conversations filled the air as guests enjoyed live entertainment from the talented SBC Band, whose music created the perfect soundtrack for the celebration. Inside the building, visitors explored several special anniversary attractions. The photo booth invited guests to capture fun memories with family, friends, and colleagues. An impressive art exhibit showcased the creativity and artistic talents of our clients, drawing admiration from everyone who attended.

One of the day's most meaningful highlights was the Memory Wall, displayed along the hallway. Featuring more than 300 photographs spanning Springboard Centre's rich history, the exhibit offered a touching journey through four decades of growth, friendship, and achievement. Many guests paused to reminisce, sharing stories and reconnecting with familiar faces captured in the photographs. The display sparked heartfelt conversations and emotional moments, reminding everyone of the lasting impact Springboard Centre has made in so many lives.

As the celebration drew to a close, the festivities continued into the evening. Members of our staff and management team gathered to witness the Calgary Tower illuminated in Springboard Centre's signature colours of white and blue. The stunning display served as a beautiful and symbolic finale to a day dedicated to celebrating 40 years of inclusion, empowerment, and community.

Our 40th Anniversary celebration was more than a milestone—it was a tribute to the people who have shaped Springboard Centre over the past four decades. We extend our heartfelt thanks to our clients, families, staff, volunteers, board members, community partners, alumni, and supporters for being part of this unforgettable day. Together, we celebrate our past, honour our present, and look forward with excitement to the future.



40th Anniversary BBQ Party



Recipe

Creamy Lemon Zucchini Pasta

Ingredients:

8 ounces linguine
3 cups coarsely shredded zucchini (about 1 pound)
3 tablespoons butter, divided
1 tablespoon olive oil
2 teaspoons all purpose flour
1 clove garlic, minced
1/4 cup dry white wine or chicken broth
2 teaspoons lemon zest, divided
2 teaspoons lemon juice
1 cup heavy cream
1/3 cup freshly grated Parmesan cheese, plus more for garnish
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper

Direction:

Bring a large pot of lightly salted water to boil. Cook linguine at a boil until tender yet firm to bite, about 11 minutes. Drain reserving

1/2 cup of pasta water.

Meanwhile, place shredded zucchini on a clean kitchen towel and squeeze out as much liquid as possible.

Heat 1 tablespoon butter and oil in a large skillet over medium heat and add zucchini and cook, stirring occasionally, until zucchini begins to brown, about 15 minute. Transfer zucchini to a bowl. Wipe skillet clean with a paper towel.

Melt remaining 2 table spoon butter in the skillet over medium heat. Add garlic and cook 30 seconds. Sprinkle in flour and cook, stirring constantly, 1 minute.

Whisk in wine, 1 table spoon lemon zest and lemon juice. Cook, whisking constantly, for 1 minute. Whisk cream and cook, stirring constantly, until mixture is thickened and bubbly, 2 to 3 minutes.

Remove from the heat and stir in Parmesan cheese. Season sauce

with salt and paper

Add drained pasta and cooked zucchini to the skillet and toss until

coated, adding reserved pasta water as needed to reach desired

consistency. Heat through. Sprinkle with additional Parmesan cheese and remaining 1 teaspoon lemon zest, serve immediately.



Recipe by:

Sarah Brekke

Sarah Brekke is a culinary professional with over 10 years of experience food media. With a background in both culinary and food sciences.

Quote

" I LOVE BORDERS. AUGUST IS THE BORDER BETWEEN SUMMER AND AUTUMN; IT IS THE MOST BEAUTIFUL MONTH I KNOW. "

– TOVE JANSSON

Policy

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.

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 August

Calgary offers numerous free activities in August. 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.



Board of Directors

Donna Crawford – Chairperson
Sandy Mann - Vice Chairperson
Creedence Galarion
Mike Haska
Martin Hoornaert
Tammy Lafortune
Douglas Owoo
Christopher Rappel
Jackie Ross
Katherine Visser
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 on our website 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 for more details.