

The LINK

April 2016



"Just so you know!" ...

**AGM Notice for
June 20th, 2016**

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Dates to remember:

Apr 21 – Timesheet/invoices due

Jun 20 – AGM

Hearts and Heroes



Board Members

Ed Boender – Chairperson

Eileen Radawetz – Vice-Chair

Kim Dozois – Treasurer

Susan Boyle – Secretary

Maria Semrau – Director

Annis Mattiussi – Director

Ryan McKinney – Client Rep

Recycling Donation Challenge

(as of the end of March)



\$ 380.95



Dana Smith

comes to LINX!



See "Through Our Eyes" for more details!



Executive Director Report

Welcome to spring! Though we did not have much of a winter, I am happy that I can pull out my sandals a little sooner than usual. Soon many will be starting their spring cleaning, including LINX's web page. Keep an eye out for our web page in the next couple of months. It will be undergoing a bit of a clean-up thanks to Industrial NetMedia (<http://www.inmca.com/>). We have seen a preview and are very excited for its launch! Remember you can easily get to our web page at <http://www.linx.ngo> for information on our programs, all of our newsletters, our latest LINX wear, survey results, etc.

CET has come and gone for another 3 years. Thank you to all the clients, family, staff, and the Board for your contributions to this process. We got some great feedback and look forward to the results of the accreditation. There is always so much to learn and grow from.

Learn everything you can, anytime you can; there will always come a time when you will be grateful you did.

– Sarah Caldwell

Finally, and as always, I would like to thank everyone for all of their support, and wish you a happy, healthy and safe April!

~ Nicole

Day Program Report

Happy Spring Everyone!! April showers bring May flowers. Hope you all had a wonderful Easter long weekend spent with family and friends. April is a busy month for the Day Program. Starting with course changes, Stageworks. We have also received some grant money from the City of Leduc for a new program starting in April, Equine Counselling. This is very exciting and new for us.

Congratulations to the Executive Royal Hotel, for winning the Housekeeping Award. Our clients, Margie, Sharon Chris, and Marcy are a part of this award winning team. Way to go!

April Lunch Snacks are:

- 🐾 April 1- Plain old Beef Stew
- 🐾 April 8- Ham and Cheese Sandwich Casserole
- 🐾 April 15- Grilled Cheese and Tomato Casserole
- 🐾 April 22- Tuna Sandwiches Casserole
- 🐾 April 29- Chicken Sandwich Casserole

~ Heather



Residential Program Report

“Getting itchy”

I am getting itchy to go out and get my hands dirty in my gardens. I love to grow flowers and vegetables on my small property. I am also getting itchy to get my idea of having a book club for those of us in “the field.” I have started gathering some books that are down loadable it should be a fun way to increase our knowledge and grow ourselves.

I am looking for new Support Home Providers and Respite Providers. I am willing to train the right attitude. Come and grow with me. Change your life and someone else's too.

Respite

- 🐾 Respite is designed to give families and Support Home Providers a much needed break.
- 🐾 It is usually completed in 24 hour increments. We will also provide hourly respite.
- 🐾 Generally, the individual would stay at a respite workers home for the 24 hour respite. Hourly respite may be in the respite or individual's home.

Support Homes

- 🐾 Individuals live in regular homes. Individuals work with the residential manager to make their choices.
- 🐾 What is a support home provider? They are just people who are interested in having someone with a developmental disability live with them. The level of independence varies individual to individual (some need regular supervision; some are fairly independent and transitioning into the Outreach Program).

~ Ronni



Through our eyes...

“This is where my heart gets full”

Written by, Anthony, Carly, Crystal, Don, Henri, Matt, Michael, Sandy, Sharon, Shawn

At the request of the Newsletter Class Dana Smith dropped by for coffee break and opened herself up to some questions from our class. Our focus was on issues affecting participants here at LINX. As a member of the Transit Task Force, thank you for the increase of LATS availability to participants at LINX. Is there any hope that those with a LATS pass could use Leduc transit to get to Edmonton and back without paying the extra fees required on the Leduc transit system? Dana told us that the Capital region Board Transit committee, including all municipalities that have transit systems in place, is considering a “One Pass” system that will allow your bus trip (between municipalities) to involve one pass. It is just in the “exploring phase”. So it is being looked into but it is a long complicated process. Leduc Council thinks this should be easy but it is proving not to be.

What was Dana’s role in providing subsidized housing for LINX participants? With modesty Dana replied that she was part of a team that has always had that plan of providing affordable housing for Leduc and area. She also suggested that LINX write a letter of thanks and introduction to the Affordable Housing Committee encouraging them to continue their good work and letting them know how many other clients are awaiting affordable housing.

What does the safety committee do in Leduc for our population of participants? We noticed when the city is discussing people groups in Leduc they usually focus on families, seniors and youth but don’t mention our participants. We shared with Dana the concern over the safety of participants getting on and off the busses and how we dealt with that. Dana challenged us to get involved in the process of making positive changes to improve safety for our participants by making a presentation to the safety committee. Ms. Smith said “the right people would be in that room” the police inspector the bylaw officer and others who have some influence over safety in Leduc. She said, “There is a role for any capacity of people, you just need to get out and do it”. Dana is confident that LINX as an agency will do all they can to support and assist their participants.

What motivates Dana to support people with disabilities and the agencies that serve them, is educating herself. “With that I’m a firm believer that people are people and there is only one way to get to know them and that is to get to know them”. If I can take an issue that needs consideration, I have the ability to.

How did Dana get to know LINX? She said “I believe LINX reached out to me” but her education was as a rehabilitation practitioner. “I have always been interested in this field.” She shared a few favorite memories of LINX events she has attended, one of her favorites was the Gingerbread Gala, now The Hearts and Heroes. While she was at our Hearts and Heroes this year she said “I looked at my husband and said this is where my heart gets full.” She also got to do a video for the “Show Us Your Assets” campaign to get the public to demonstrate the 40 developmental Assets in their daily lives and chose to take part in a cooking class at LINX “I enjoyed that so much”.

What does Dana think LINX main role in the community is? “To provide the expertise on your clients”. From what she sees of LINX, its participants and employees in the community and what it has grown to become “it is meeting it’s mark”. Dana’s words of wisdom to future LINX volunteers, “you never know what doors will open for you when you volunteer” this is something she has always focussed on throughout her years of volunteering.

Parents! Clients! Employers! Staff! Neighbours! If you would like to be a part of or refer someone for “Through our Eyes”, please contact Nicole at 780-980-9423 ext 222 or linxexec@linxconnect.ca.



Hearts and Heroes

Thank you to all donors and attendees of our 2016 Hearts and Heroes supper, silent auction, and dance. It was another great success because of you!

Thank you to the "Executive Royal Hotel" for going above and beyond in helping us with our event. The food and service was fantastic

Thank you to "Sweet Vintage Rides" for providing superb entertainment. There was not an open space on the dance floor.

Because of all the support we raised \$7499.23. You are helping make changes in people's lives.

Be sure to save Saturday, February 11, 2017. The hotel is booked! Sweet Vintage Rides is booked! See you there!

Hearts and Heroes



MANDT Moment

When we teach the MANDT system we learn that we are friendly professionals. At times this appears to be a difficult concept to the individuals that we serve, the family members of that individual, and even the staff themselves. In the last month I have needed to have this conversation more than usual. When your role has changed it is expected that you will have maintained a professional relationship. When you keep "working" with someone after a change you are sabotaging the new staff. Would you really want to sabotage a fellow co-worker? Probably not. We are not friends. We are staff. We can be friendly and professional but it is not a two way street. A true friendship is a two way street. I can tell my best friend the not so great stuff in my life. I can tell my friend that I can't afford my car this month. It is unprofessional for me to tell my clients those things. Then there are the parents who think that the staff should hang out with their son or daughter even after the staff no longer works with the individual. Do you do your job after work? If you run a cash register at your job do you have a cash register on your kitchen counter or if you run a back hoe all day do you dig up your back yard after work. I believe that a staff can teach you to be a friend. Can take you to places where you can make friends that would be friend if you did not need help to make a friend. Then as a staff once you have

Boundaries

created those friendship opportunities, back off and fade into the back ground and eventually start the whole process all over again with another client. That is what we do. We work hard then fade to the back when the person does not need us anymore. What I want to see is staff remembering that we are not our client's family or their friend. I want to see is professional relationships that build people up instead of making them dependant on paid staff. I want to see two way friendships.

~ Ronni



Our "... of the month" club!

There are so many people who make our world a better place. So, we have decided they needed individual recognition. Please help us celebrate our Citizen of the Month, Residential Staff of the month, Staff of the Month, and Employer of the month. If you see someone in any of these categories that you would like to see recognized, please let us know!

Citizen of the Month

Marcy Loucks! Marcy is no veteran to LINX. She is currently working 2 part time jobs where she excels and her employers value her professionalism and positive attitude. Marcy continues to grow in the workplace and is a dedicated team member often switching shifts as needed and volunteering her time for special needs. Marcy is respected amongst all of her peers here at LINX. Keep up the good work Marcy!!!

Day Staff of the Month

Justin Mathieson! Justin is our staff of the month. Congratulations Justin! Your hard work and positive attitude do not go unnoticed. You are amazing with all the clients here at LINX. You're a great leader to those around you. The feedback from the community speaks highly of you as LINX's Job Coach!!! You're always willing to do whatever task is asked of you, and on a moment's notice. Thank you for dedication Justin!!!

Employer of the Month

City of Leduc-Operations Department!

The City has employed a few of our clients throughout the years. We would like say Thank you Mark Quinton, for your kindness and care that you continue to give and show our client(s). They enjoy the time there, and take pride in the work that has to be done!!

Residential Staff of the month

Charity Reid! She helped me so much this last month. She helped to type the minutes from our monthly meetings, let the CET surveyors come to her home with no notice to visit a home, completed a bunch of respite, helped me double check the binders, and typed and typed and typed. Thank you for all the extra help!!!

LINX Employers

🐾 Agapeland	🐾 Extencicare	🐾 McDonalds	🐾 Playing For Keeps	🐾 St. Paul's
🐾 Basintek	🐾 Flaman	🐾 Nisku	🐾 Toys and More	🐾 Anglican Church
🐾 Boston Pizza	🐾 Gateway Family	🐾 McDonalds	🐾 Ricky's All Day Grill	🐾 Staples
🐾 Canadian Tire	🐾 Church	🐾 Sparrow	🐾 Salem Manor	🐾 Subway Leduc
🐾 City of Leduc	🐾 Kosmos	🐾 Nisku Inn	🐾 Salvation Army	🐾 Common
🐾 Co-op	🐾 Leduc Rep	🐾 No Frills	🐾 Second Glance	🐾 Tim Hortons
🐾 Coffee News	🐾 Leduc Public	🐾 Petro Canada	🐾 Silver Shears	🐾 True Touch
🐾 Dollarama	🐾 Library	🐾 Nisku	🐾 Sobeyes Beaumont	🐾 Wal-Mart
🐾 Executive	🐾 McDonalds	🐾 Planeview Place	🐾 Sport Chek	🐾 Waldorf
🐾 Alexandra Hotel	🐾 Leduc			🐾 Zulu



Daryl Hannah, Autism Spectrum – The actress talked to People Magazine about being diagnosed with autism as a child, and how it contributed to a fear of fame as an adult. ~ www.disabled-world.com



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LINUX Employers!

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