

# The LINK

January 2017



## "Just so you know!" ...

**From our Board Treasurer Kim Dozois!** For many people living with a Disability, finding enough income to save for their future can be a difficult task. The Registered Disability Savings Plan (RDSP) is a long-term savings plan established by the Federal government to help Canadians with disabilities, and their families, save for their financial future. This savings plan is a convenient way to provide peace of mind, earn additional government funding, and create a retirement for the beneficiary.

The beneficiary can receive grants up to \$70,000 from the federal government in matching contributions without impacting other disability benefits! The beneficiary, family, and friends, can contribute to the future security of their loved one with written consent from the plan holder. There is no annual contribution limit. The lifetime limit is \$200,000 for contributions. Investment income and capital gains remain tax-deferred while in the RDSP. The Alberta government fully exempts the assets of an RDSP when determining eligibility for provincial financial assistance programs. Payments from the RDSP can be used for any purpose that benefits the beneficiary.

It's not too late to start! I can answer any questions you may have about this program. You can reach me at [kdozois@atb.com](mailto:kdozois@atb.com).

## Board Chair Report

Happy New Years greetings to all of you. I truly hope that you and your family had a wonderful Christmas! Looking back over the past year made me think about the challenges we've faced as an organization but also the successful efforts to come through on the other side of those challenges. The group of people who lead this organization have worked hard in this past year and I am thankful for their guidance, their direction and their commitment to doing their very best every day. Staff, board members, management and volunteers provide me, personally, with inspiration to carry on!

I have no doubts that this year will bring more joys and yes, probably a few more challenges as well. I would like to take this opportunity to invite those of you with a heart for community service to come alongside us, perhaps as a board member, a volunteer, a service provider, or as a staff member. We will welcome your contributions!

Finally, as we approach February, the days get closer to our annual Hearts and Heroes celebration. We know truly that many businesses have suffered in the last year or two as a result of the downturn of the economy. Many of our business supporters, indeed, have been affected and we want to acknowledge your support in spite of these difficult times. We hope that we can count on your support again! For those businesses and individuals for whom we are "new", we respectfully ask that you consider a donation to this amazing organization and to our annual fundraiser, our Hearts and Heroes. Very sincerely, your Board Chairperson Ed Boender.

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**Office Manager** Laurie Savill  
Email: [linxadmin@linxconnect.ca](mailto:linxadmin@linxconnect.ca)

### Dates to remember:

Jan 2 – Office Closed 🌸  
Jan 23 – Timesheet/invoices due



### Board Members

Ed Boender – Chairperson  
Kim Dozois – Treasurer  
Susan Boyle – Secretary  
Maria Semrau – Director  
Annis Mattiussi – Director  
Cori Barnes – Director  
Teara Serena – Client Rep

### Recycling Donation Challenge (as of the end of December)



\$2459.75



You can now safely donate to LINX online at [www.linx.ngo](http://www.linx.ngo)





## Executive Director Report

Our LINX Wear came out in time for Christmas and was so successful, we are offering an extension to allow everyone to orders again! Click on Ctrl and click <http://www.linx.ngo/Fall-2016-with-original-prices.pdf> to get the catalogue and don't miss out again. Please note the new date for order submission is January 31<sup>st</sup>, and that the pajama pants are no longer available. A preview of what you don't want to miss is to the left!

Finally, and as always, I would like to thank everyone for all of their support, and wish you a happy, healthy and safe New Year's month!

~ Nicole

## Residential Program Report

Getting back on track after the holidays

Advice from the outreach program

- 🐾 Leftover turkey- make something and freeze it
- 🐾 Go back to eating healthy
- 🐾 Get back to your exercise program
- 🐾 Get back to eating healthy- salads and vegetables

Get back to your healthy choices

~ Ronni

## MANDT Moment

*If you are asking someone to do something, a best practice is to give the reason behind the request. This will increase the likelihood they will follow through with the request. If you don't have a reason.....do you really need to ask?*

## Then and now

Last month, when we asked our fabulous staff to send us a picture of themselves as a baby and now for the December newsletter, our fantastic respite staff Mekelle was the first to respond. So of course she was the one we missed including. So here she is a month late now. Sorry Mekelle!



## Day Program Report

Happy New Year!! Hope you all had a wonderful Christmas.

I would like to welcome Donna Madore and Lindsay Grant to the Job Coaching team. Thank you for choosing LINX and I look forward to working with you both.

With the year 2016 behind us, we are continuously striving to make things better. New ideas and new Job Coaches make us a wonderful team for positive and continuous growth.

LINX Job coaches and clients got to partake in our giveback program, selling tickets to help raise money for emergency equipment and a CT machine. LINX was able to raise **\$9280.00**, in just 3 months!! So glad to be a part of this wonderful experience of giving back, way to go the staff and clients, so proud of you!

Nick Mitchell, our follow-up Job Coach will be leaving LINX at the beginning of January to further his education in this field. He said "working with LINX and the clients, I would like to stay in the field, but to want to be able to better assist clients on a more personal level". Good luck Nick with pursuing your dreams.

Thank you for all you have done. You will be missed.

This year was a big year for me as I took on the roll as the Day Program Manager. Thank you to my staff for your support this past year. I could not have done it without each and every one of you, your feedback and positive encouragement daily as I made the transition. I love what I do. The love I have is for the clients and making sure that they receive the very best care, being offered to them. **All** of us together, do this for them. Thank you. Have a wonderful and safe 2017.

**January Lunch Snacks are:**

- 🐾 January 6 – Breakfast Muffins and Hot Cran-apple Cider
- 🐾 January 13 – Irish Bannock and worlds best Cocoa
- 🐾 January 20 – No Bake granola bars and holiday punch
- 🐾 January 27 – Cheese Bacon with Chive Muffins and chai tea

~ Heather



# Through our eyes...

Written by: Carly M, Chris T, Cory A, David B, Don L, Sharon B, Suzanne C, Taylor M

## “Spreading the Word” with MLA Shaye Anderson

Our local MLA for Leduc Beaumont Shaye Anderson, dropped in for his Christmas visit. We were expecting him Friday, unfortunately, he was ill. We are glad he could reschedule so quickly. Our ever-intrepid newsletter class jumped on the chance to ask him a few questions. Shaye with his assistant Kim, were more than willing to give us their time and attention. Shaye sat down with a newsletter student and the Instructor, put his lunch aside and answered all questions thrown at him. We managed to stump him on one to which he answered “Holy Moley”.

Shaye when you decided to run for MLA you may have had many ideas of what that would be like. What was one of your expectations of being an MLA that was not met. “I guess one of the hard parts for me is how slow things move in government in general... Because we all see things that need to be fixed or changed, And there’s a lot of behind the scenes work. I... knew there was beforehand but not to this extent... especially ... doing cross ministry things. It is a lot of work I wish things could go quicker... but we’re in the system and we have to try to keep pushing every day.”

What is your favorite part of the job? “I would say being out in the community things like today where I get to go visit people I have been to a few seniors places. I get to come see you guys and I got to go to a few more places later today after this I really like that. I find that there are a lot of things going on in our communities that people aren’t aware of that maybe I wasn’t aware of either before because I was not involved in it. Now I can go out see these things and talk about them and spread the word about some of the good things that are happening. I love doing that I think it’s phenomenal. It makes my days go by really quickly when I get to do fun things like that.

What is your proudest accomplishment as an MLA? ... “Building the new schools in Beaumont and Leduc. I was really happy, I could get clarification from a couple of the ministries on what was happening and pushed for that. What I really like to hear when I go places is that they have never had an MLA there before. They can’t believe that I am there and I’m busy. I’m a community, regular person, I’m proud that I get to do this job and communicate with people.”

What has been your experience with LINX? “Right off the bat I was extremely excited about meeting people from LINX... I recognized a bunch of people from the different jobs around town ... I didn’t realize that LINX, (you know before this job I didn’t have anything to do with it) ... and saw what was going on, that was awesome. To me... and to have people in our community that embrace what LINX is doing; it’s been incredibly positive. Every time I come here I really like to come in... and have a good time talking to everybody... it just makes ‘ya’ feel good to be honest with you a lot of positive.”

What do you feel LINX Role should be in Leduc? “Holy Moley! I can’t tell LINX what to do you guys tell me what to do.” The newsletter instructor asked, “But now that you know what we’re about what do you see as our role?” “To be honest I really like the programs that you have here that are teaching people how to be more independent. That role that you guys play to give confidence to everybody. I’ve seen a difference in a few of the people... already since I first started coming and I think that what you guys do in that respect is massive. I think it’s a credit to all the people who volunteer and work here... Community’s a big deal to me to see that people are treated fairly, and treated like one of our own like they should be... ***I really appreciate what LINX does...***”

**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](mailto:linxexec@linxconnect.ca).**



# Newsletter Class

## Fight the Cold

Written by: William H, Anthony K, Dulcie M, Chris T

We are well into winter here in Alberta and we came up with a list of things that people should consider to keep themselves healthy and safe over the extremely cold temperatures of January.

### **Stay happy**

Over the winter months some people suffer from Seasonal affective disorder but even if you don't have a diagnosis you can still get the blues from lack of sunlight. To counter act this try to

- get as much natural sunlight as possible
- move your body and don't sit for more than an hour
- reach out to others for support
- try relaxation exercises

<http://www.helpguide.org/articles/depression/seasonal-affective-disorder-sad.htm>

### **Stop the spread of germs**

- wash your hands
- avoid sick people, don't share your germs
- if you are sick with flu symptoms, stay home for at least 24 hours after your fever is gone
- make sure you cover your mouth and nose when coughing if you use a Tissue use it once and dispose of it
- wash your hands often with soap and water or hand sanitizer
- avoid touching your eyes, nose and mouth, germs spread this way
- wipe surfaces often touched, with a disinfectant

<https://www.cdc.gov/flu/protect/preventing.htm>

### **Keep warm**

- wear down, or wool coats that keep your torso warm
- wear layers so you can adjust your temperature as needed
- don't forget your hands and feet, keep them warm and especially wear water resistant footwear.
- wear gloves or mittens and a hat. Cover all exposed skin as much as possible

### **Extra calories help to keep the body warm.**

Exposure to cold in small doses actually can help to keep you from getting cold in the first place.

<http://www.livescience.com/49050-staying-warm-scientific-tips.html>

We have a suggestion of how you can expose yourself to cold and give to charity at the same time. **Freezin' For a Reason, Polar Plunge** for Special Olympics Lake Summerside 1720 88 Street S.W. JANUARY 22<sup>ND</sup> 12 p.m. Registration at 1 p.m. Plunges start in Edmonton <http://www.alberta.polarplunge.ca/edmonton>.

Hearts and Heroes is only 6 weeks away! Have you gotten your tickets yet at <http://www.linx.ngo/donate> yet? All glitches have been corrected and they are ready to go! If you would like to reserve a table of 8 or more tickets, please give Laurie a call at 780-980-9423 ext 223. Don't miss out. We can't wait to see you there!



# 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

**William Herzberg!** William has been with LINX for many years. He has created some great friendships along the way and is often seen helping his peers. He is seen checking on the management team and letting us know "you got mail" and relating any information. Your cooperation and positivity has been amazing, thank you and we are so proud of you!!!!

## Day Staff of the Month

**Andrew Giebelhaus!** In the short time you have been with here at LINX, your coworkers have said of you: "Andrew is kind and understanding and has a willingness to learn" (Colleen); "When Andrew talks, people listen and are intrigued...Very good at making all the clients included in group activities and discussions" (Justin), and "He has a great work ethic. He is highly observant and treats clients with a great deal of respect" (Nick). Way to go Andrew, we are so proud of you!!!

## Employer of the Month

**Notre Dame School!** This month we would like to Recognize not an Employer but with one of our volunteer locations, **Notre Dame School**. A big thank you for your continued support with one of our clients who continues to work alongside you. The positive feedback and the welcome our staff receives each time we walk through the doors, makes them feel amazing. So we would like to recognize you and to say thank you, for being a part of LINX!!!

## Residential Staff

### of the month

**Jenifer Santiago!** Jenifer and Juvinar are quite new to our team however Jenifer has built a beautiful binder with excellent skill programs for the client that lives with them. The client that moved in with them has had a relatively smooth transition. I am super excited to have both Jenifer and Juvinar on the Residential Team and look forward to working with them for many years!!!

## LINX Employers

🐾 Basintek	🐾 Dollarama	🐾 McDonalds	🐾 Petro Canada Nisku	🐾 Sobeys Beaumont
🐾 Black Gold Real Properties	🐾 Executive Alexandra Hotel	🐾 Leduc	🐾 Planeview Place	🐾 Sport Chek
🐾 Boston Pizza	🐾 Extencicare	🐾 McDonalds Nisku	🐾 Playing For Keeps Toys and More	🐾 St. Paul's Anglican Church
🐾 Canadian Tire	🐾 Flaman	🐾 McDonalds Sparrow	🐾 Ricky's All Day Grill	🐾 Staples
🐾 City of Leduc	🐾 Gateway Family Church	🐾 Nisku Inn	🐾 Safeway	🐾 Subway Leduc Common
🐾 Co-op Food	🐾 Kosmos	🐾 No Frills	🐾 Salem Manor	🐾 Tim Hortons
🐾 Co-op Lumberyard	🐾 Leduc Rep	🐾 Notre Dame	🐾 Salvation Army	🐾 Wal-Mart
🐾 Coffee News	🐾 Leduc Library		🐾 Silver Shears	🐾 Zulu



Hearing loss is a terrible thing because it cannot be repaired.

— Pete Townshend —

AZ QUOTES

**Pete Townshend , Hearing Loss** – is an award-winning English rock guitarist, singer, songwriter, composer, and writer. The Who rocker Pete Townshend is losing his hearing, and fears the disability will end his songwriting career. Pete Townshend blames his hearing loss on a lifetime spent using headphones, experts say today's iPod Generation is storing up trouble for the future by listening to music at high volumes.

~ <https://www.disabled-world.com>

# LINUX Employers!

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