

# The LINK

August 2014



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

**QR Code!** Have you downloaded your QR reader app on your cell phone or tablet yet? If you haven't, do so now! You can go straight to our website by scanning our QR code (also now located in the newsletter address line). Give it a try!



**Calahoo!** It is time for a Calahoo meat order. We still have some great barbecue days left. Please return your orders by August 15<sup>th</sup> and if you are picking up for someone please attach your orders together. We appreciate any orders big or small, going to the LINX class fund!

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**Office Manager** Laurie Savill  
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**Dates to remember:**  
Aug 4 – Office Closed  
Aug 15 – Calahoo orders due  
Aug 20 – Board meeting  
Aug 21 – Timesheet/Invoices due  
Aug 28 – Calahoo in 7:30am-Pick up ASAP!  
Oct 9 – Bingo workers needed!  
Nov 9 – Bingo workers needed!  
Dec 30 – Bingo workers needed!

## Donation Paws are here!

We would like to thank those who have donated a "Paw" to LINX! If you would like to donate to us in the various denominations, you receive a "paw" on our wall in that value, AND a charitable tax receipt! See our website for bigger pictures of the donors!



**Board Members**  
Ed Boender – Chairperson  
Cortnee Brunet – Vice-Chair  
Kim Dozois – Treasurer  
Jennie Tomlinson – Secretary  
Susan Boyle – Director  
Maria Semrau – Director  
Eliza Kurdziel – Director  
Eileen Radawetz – Director  
Matt Tanner – Client Rep

## Executive Director Report

Summer cannot be half over already! I guess that would at least get us closer to being done the construction out front. Thank you to everyone for their patience with this process, and for the construction crew for trying their best to make it easy on us. We hope to be back to normal by mid-September.

I wanted to thank our PDD Service Coordinator Sarah Schilling for everything she has done for us. She is leaving us for the COAST team at PDD. We look forward to working with you in that capacity. That leads us to a big welcome to Anita Nicholson, our new PDD Service Coordinator. We will try to take it easy on you!

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

~ Nicole

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



\$ 574.6



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



# Day Program Report

August is the last full month of summer. We welcome Teara Serena to the Day Program. Welcome Jacki Burgess to her new Job Coach Position. Welcome Kayla Pylot to her new Follow up Position.

Leduc Library is excited to offer us Adult Learning Classes once a month for September 11, October 16, November 13, and December 11. We are looking forward to 4 Cats Art Studio classes starting up again in September.

There is a super moon August 10, which means the moon is the closest to earth in distance. Smokey the Bear turns 70 on August 9. Only You can prevent Forest Fires.

Just a reminder to not park in front of back door where the LATS BUS drop off is as you may be ticketed.

Wishing everyone a happy and safe summer.

## Lunch Snack for August are:

- Aug. 1- Overnight Oatmeal
- Aug. 8 - Quiona Salad
- Aug. 15 -Potato Salad
- Aug. 22- Deviled Eggs
- Aug. 29 - Jello Salad

Change is the law of life and those who look only to the past or present are certain to miss the future.

*John F. Kennedy*

~ Colleen

### MANDT Moment

“When people’s needs are not met they will increase the frequency, duration, and intensity of their behaviour until needs are met  
MANDT Training Dates for the rest of the year:  
Note if you have never taken the course please ensure that you take it by the end of 2014. At that point it will be mandatory for all staff.

- August 26,27,28
- September 5,12,19
- October 28,29,30
- November 5,12, 19
- December 9, 16, 23

# Residential Program Report

I wanted to talk about something that I have created for LINX. When I first came into this office the process did not provide either the agency or the staff/parents with checks and balances. Many people shared they felt the information I had was faulty. I could not wait for April 1<sup>st</sup> to come fast enough when the units rolled over and all the work would be my own. This is what I came up with.

## The Respite Process

1. The person requesting the respite would fill out and turn in a Respite Request by email or in person. (not new)
2. The request goes into a request binder (with really cool colored month tabs).
3. The month before I place all people going on respite in the respite calendar (the person’s name is written on each date of the respite – color coded).
4. Clients are then asked “pick the 3 people you want me to phone”.
5. I then phone the people on their list in the order they are requested. When the person is available I book the respite and place their initials beside the names on the respite calendar. (rarely have I needed to go back for more choices)
6. When time sheets and invoices come in I match the units on the SHP time sheet with my invoicing chart/respite calendar and the respite provider time sheet or invoice. If there is a discrepancy I phone people.

Sometimes people do not understand that the respite calendar is a big puzzle to be figured out. Sometimes different clients at LINX have specific needs that only specific respite homes are trained/ knowledge about/ certified to work with. Some clients have specific wishes/needs/fears around different aspects of a respite home, such as pets or children. It is not just calling someone up and seeing if they are available. Matching for all clients is important. Some people think they are doing me a favour calling up a respite home ahead of time and asking if they are available. This does not help (what if they are one of my 2 homes with no pets?, or one of my 3 homes that are available 24/7, or one of my few homes that can work with specific behaviour plans for specific people. It is a big puzzle that I work on throughout the month. This process works, provides accountability, transparency, ensures needed supports are provided, and best of all provides most clients with options.

Dates:

- August 7+19, 2014 Ronni and Colleen are away on training
- Residential Monthly Meeting: Canceled if everyone completes emailed assignment.
- August 13, 2014 lunch time Goals and Objectives

~ Ronni

# Newsletter Class...

Not everyone at LINX gets an opportunity to go on a special trip. But this summer I got to go to Nova Scotia with Sally. We stayed at her parent's house. My first order of business was to set my watch to the right time. Sally's parent's house has a beautiful backyard with a lily pond and the house is right on the Atlantic Ocean.

We found a gluten free café in Annapolis and I had my first taste of Lobster. I did some shopping of course and some of the things I bought were a t-shirt with "That's East Coast Lifestyle" printed on it and of course jewellery. I had a chance to collect seashells from the ocean and the color of the sand was white and the water was clear. I got to go on a long walk down the beach on my own while Sally watched me.

We enjoyed looking at wild flowers and we went to Point Prim at the Bay of Fundy. We saw a lighthouse there and sat on the cliffs and looked at the ocean. I met a lot of people but one person that really made an impression on me was Sally's friend Ellen. She loves jewellery as much as I do and gave me some from her stash. She has a huge jewellery box that stands as tall as me and was full of all kinds of treasures.

I tried new things there besides Lobster and found I really like tartar sauce. We went to Sable island and Hawk beach. We even had some DQ and of course more shopping. Someone gave me some miniature buoys at one stop. It was a great trip to Nova Scotia.

By LC and the newsletter class.

## Sally's Gluten Free!

These are easy, and amazingly very tasty. You won't believe they are made with beans, but remember they ARE made with beans.

### GLUTEN FREE BLACK BEAN BROWNIES

- 1 can black beans, rinsed and drained
- 1/3 cup olive oil
- 3 egg whites
- 1/3 cup honey
- 1/4 cup cocoa powder
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup semisweet chocolate chips

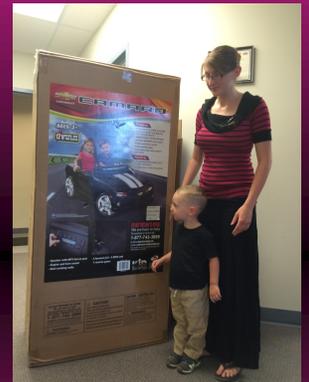


**Instructions:** Preheat oven 350 degrees. After you've drained and rinsed your black beans, blend them using a food processor (or blender) until there are no chunks left. You may need to stir with a spatula in between blending. The smoother the better. Move the beans to a big bowl. Now you'll add the wet ingredients. Pour the olive oil in first and mix, then add the egg whites and honey. Blend the dry cocoa powder, baking powder and salt in a small bowl. Add this dry mixture to the batter and mix. Last, pour in the chocolate chips and blend well.

Spray an 8x8 pan with nonstick spray or use parchment paper and pour in your brownie batter. Bake the brownies in a 350 degree oven for about 23 minutes, or until the top feels firm. Wait for the brownies to cool. You can add a dusting of icing sugar if you want them to look a little fancy. Be warned: the brownies are a bit harder to cut and serve than normal brownies because they come out very moist. Refrigerate any leftovers and eat within two days (if they last that long)!

## We have winners!

A big thank you to everyone who sold and bought tickets for our Camaro raffle! The pink one went to Phyllis Drewes, and the black one went to Jacob Wiebe and his family. Congratulations!!



# 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, our Residential Provider of the month, our Staff of the Month, and our 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

**Adam Mattiussi!** Adam has shown growth in his flexibility. He is helpful and kind to all his peers. Adam recently started a new job, which he is doing great at and seems to be enjoying being employed. Keep up the great Job Adam !!!

## Employer of the Month

**Basintek!** Basintek has employed one of our clients recently. Annette and her team have been a wonderful support. They are a new business and took it upon themselves to reach out and want to employ our cliental. Thank you for your kindness and ongoing support!!!

# Thank you!!!

## Staff of the Month

**Ashley Haak!** Ashley has been great at covering for Instructors and with clients that are more challenging. Ashley has lots of great skills and patience with all clients. Ashley is a great Team Player and has a positive outlook. Thank you for all your great efforts which help make a great difference in the work we do. Keep up the great work Ashley!!!

## Residential Staff of the Month

**Diane Sims!** Diane was chosen this month because number one all required documents are turned in on time. The residential manager can always count on her to share some of her stories during meetings that go with some of the discussion points I like to do at meetings. She knows many of the clients' "way back" history and we often call upon her for this information. Thank you for all you do Diane. And thank you especially for doing all your administrative duties on time each and every single month!!!

**Stevie Wonder** — *Born Steveland Hardaway Judkins on May 13, 1950 (name later changed to Steveland Hardaway Morris), is an American singer-songwriter, multi-instrumentalist, and record producer. Blind from infancy, Wonder signed with Motown Records as a pre-adolescent at age twelve, and continues to perform and record to this day. It is thought that he received excessive oxygen in his incubator which led to retinopathy of prematurity, a destructive ocular disorder affecting the retina, characterized by abnormal growth of blood vessels, scarring, and sometimes retinal detachment.. [www.disabled-world.com](http://www.disabled-world.com)*