

The LINK

August 2015



"Just so you know!" ...

With our 38 staff, we provide LINX's clients and families 543 years of combined years of education and service in the human services field!

4 Managers
Combined
Years, 110



20 Residential
Staff Comined
Years, 291

14 Day Staff
Combined
Years, 142

Executive Director Nicole Fuhsel
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Day Program Manager Colleen Hawkins
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Office Manager Laurie Savill
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Dates to remember:

August 3 – Office close, Canada Day
August 21 – Invoices/Timesheets due



MLA Shaye Anderson

On July 10th we were lucky enough to have a visit from our new MLA Shaye Anderson. Our clients were able to make presentations to him about the agency, and even presented him with a new LINX hat. Mr. Anderson was able to answer our many questions, give us some insight on his new role, and was even able to stay for coffee and a couple games. Thank you Mr. Anderson for sharing a couple hours out of your undoubtedly busy schedule with LINX! We look forward to your next visit with us!



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 July)



\$ 1369.40



You can now safely donate to LINX online at www.leduclinxconnect.ca



Executive Director Report

We are excited to have Larry and Richard from Keystone Strategies working with us to make LINX an even better running machine. They have spoken to similar agencies, PDD, managers, will be meeting with the board, and surveyed the clients. My favourite part so far has been the survey. They asked: What do you like best about LINX? How has LINX helped you? and "If I was the boss at LINX, I would..." It was great to see some of the themes in the answers!

We have spent the last year working out our system of class selection, and now plan to have the classes reevaluated with new options every six months. On top of some of our fabulous returning classes, I am looking forward to some of our new classes which include: Budgeting for Independence, Citizenship, Consumer Skills, Emotional Management, Health and Hygiene, Mentorship Training, Relationships, and Sexual Health.

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

Day Program Report

The Day Program has been enjoying the nicer weather, with walks and outdoor games and maintaining the Telford flowers beds through Community in Bloom. September will bring some new classes, 4 Cats Art Studio classes, and Library classes.

Some interesting facts about the Month of August: The birds are already planning to fly south for the winter. The insects are more noisy and numerous than any other month. The sardonyx and peridot are the gems for August. The poppy and gladiolus are the flowers for the month of August.

Lunch Snack for July are: Weird Month!

- August 7-Rhubarb Muffins
 - August 14-Sweet Potato Chocolate Chip Cookies* contains peanut butter
 - August 21-Black Bean Brownies
 - August 28-Avocado Cinnamon Pecan Chocolate Chip Cookies
- ~ Colleen

Residential Program Report

Why did I go into disabilities? It is a long story but I will give you the quick version. In school I was diagnosed with a few learning disabilities. Lots of people do not want the labels but they can benefit you as well. In high school I had access to what they called then "The special education room." I did not see this as a stigma. I saw it as "hey I do not have to wait or sign up for a computer, I can use the one in there." Or "Mrs. Moores, could you please edit my 20 page term paper?" While in there I started being a peer tutor for other students with disabilities. In University I was to have access to a calculator for all testing. I was not allowed to have marks taken off unless I was given access to spell check or a dictionary.

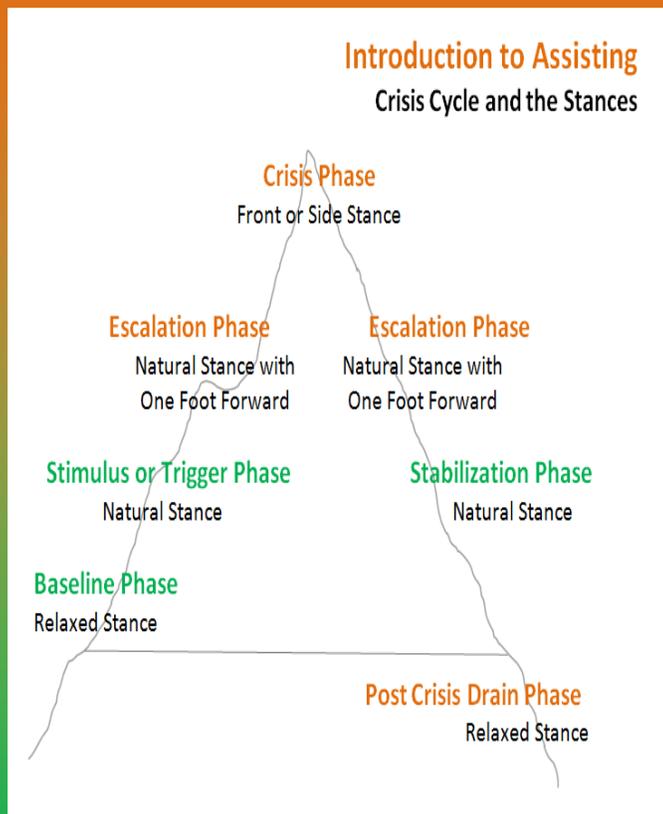
After my first year of University I realized I could not afford to continue. A friend of mine stated I should go and work for Community Living Association. This is where my passion for working in the disabilities field really bloomed. I worked in Waiver homes and loved every minute of it. I have worked for several other agencies through the years with many different job titles. Until today where I have become LINX's Residential Manager.

My advice for anyone with a disability is never let anyone tell you that you can't do it. "Of course I can."

- August 5 Daily notes and yearly reviews are due
- August 18 Residential (be prepared) and Outreach meeting
- August 19 Complex Needs Webinar (can take on your own or with RM in the residential office)
- September 14 lunch hour Positive Behaviour Supports starts if interested

~ Ronni

MANDT Moment





Through our eyes...

A Chance to Give Back

Meet Annis Mattiussi. She is one of the small group of volunteers we have at LINX. Annis volunteers at the day program in the Art and Scrapbooking classes and is a welcome addition for both instructors. She is also a member of the LINX Board. She encourages others to get involved as volunteers at LINX and says there is something new to learn every day. The process was very easy. She went to see the Day Program manager who gave her all the necessary paper work to sign and instructions of how to get the criminal record check and in a very short time she was eligible to volunteer. Annis says volunteering gives her a chance to give back to her community and feel a part of Leduc. As a single working mom through her children's school years she did not have a chance to help out at their schools and now she can help the agency that helps her son.

Annis came to LINX through her son who is a client here. Annis had him working with an agency from Sherwood Park for a year but felt he was not being challenged to socialize or developing job skills and moved him to LINX. LINX has challenged him to make some changes to his behavior and inspired him to want to gain job skills. He now has a job and is demonstrating improvements in his behavior at LINX and at home. Thanks to the work he is doing at LINX and the respect he gets from the staff there, Annis is able to have higher expectations of her son at home. The biggest challenge they faced before coming to LINX was finding a way to challenge her son to get off the computer and socialize with peers. This continues to be a challenge but it has improved over the years he has been attending LINX.

We asked Annis what words of advice she has for families wishing to send their child to LINX. "It's a fun place where clients are treated with respect. Go there and meet the staff and management and get a tour."

What one word would she use to describe LINX? FRIENDLY!



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.

Sally's Gluten Free!



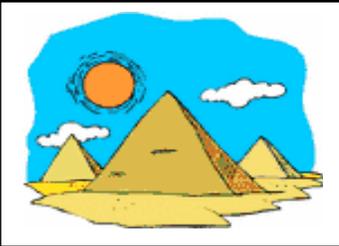
Bee Friendly!!!

I often use Honey in place of sugar as a healthy alternative (half the amount of sugar). Honey has so many other uses and benefits. Please visit the site www.beesmatter.ca for more interesting facts on bees and Honey. If you visit the website you can get a free package of "buzz" seeds to plant!



Scientist and researchers have studied bees for years and were baffled at how bees could fly with their short wings and fat bodies, while carrying heavy cargo (pollen) they show on the short video clip how they have now discovered this.

- Did you know a bee flaps its wings 230 times per second!
- Bees have the ability to only sting 1 time and will only use this when in fear for their life.
- There are over 300 species of bumblebees covering all corners of the world.
- Bees are social insects and work as a team.
- Bees are very important for Agriculture affecting most all produce we eat, due to pollinating the plant to bear fruit.
- Bees make their own food, Honey, which we also enjoy and benefit from.
- To make 1 pound of honey a Bee must visit 2 million flowers and travel 55,000 miles.



Raw honey is good for energy and building your immune system, honey is beneficial on your skin to heal burns. Honey is good for colds, is a great antioxidant for the brain. Mixing honey with your shampoo helps your scalp to be healthy and alleviates dandruff. Honey never goes bad. Egyptians found honey in the tombs of the Pharaohs over 2,000 years old and it was still perfectly good.



Newsletter Class...

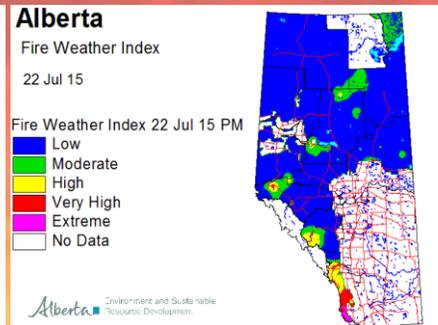
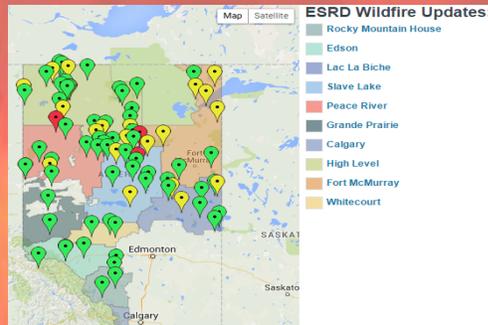
In Alberta there has been much concern about the wild fires around us. We have had some Smokey skies and other evidence in the past weeks of severe fires north of us. As shown on the map fires are all around us with most of them to the north.

In British Columbia right now there are 866 fires with 16 being fires of note (fires that cause damage over an extended period of time or area). We have recently received a good dose of

rain here in Alberta but with that rain came thunder and lightning. Fortunately for Alberta the recent rain has reduced the risk of new fires and helped to get current fires under control. There is more rainy weather to come and that is good news. We could quickly be returned to province wide fire bans if hot dry weather returns. What we can do as citizens of Alberta is:

- never leave a fire unattended
- Remove debris that can easily ignite from our off road vehicles when riding in remote areas.
- Report fires we see immediately
- NEVER use lighter fluid or gasoline on your fire.
- Keep your campfire small and attend it at all times.

Before you go enjoy the outdoors this summer look online for complete information on fires, be responsible and go to <http://wildfire.alberta.ca>.



- Being held-not anticipated to grow past expected boundaries
- Under Control-completely contained and will be extinguished
- Out of Control-the wildfire is expected to continue growing

Current active fires		
Uncontrolled	Controlled	Modified Response
107	299	460

Fires of note

- BC - 16 fires (148,116 ha)
- AB - 6 fires

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

Meagan McMillian! Meagan is new to LINX and in the short time she has been here she has shown what a positive force she can be in our program. She made it her mission to understand one of her peers who has difficulty making friends and now sits with her at lunch and mentors her. We are happy to have her and feel she shows deserving of the honor. Way to go Meagan !!!

Employer of the Month

Subway-Leduc Common! Subway employs one of our clients and has approached us to hire a second person. They have shown great support and are always welcoming to our staff that come and follow up. We appreciate all the kindness they have shown us in the past years. Thank you Subway!!!

Staff of the Month

Shelby Claybert! Shelby is one of the newer staff members to LINX. She has an open and welcoming personality and is a pleasure to have in the center. She is often thinking of new ideas for the clients and following through on making them happen. Shelby is very flexible and is always willing to help out anywhere she is needed. Keep up the great job Shelby!!!

Residential Staff of the Month

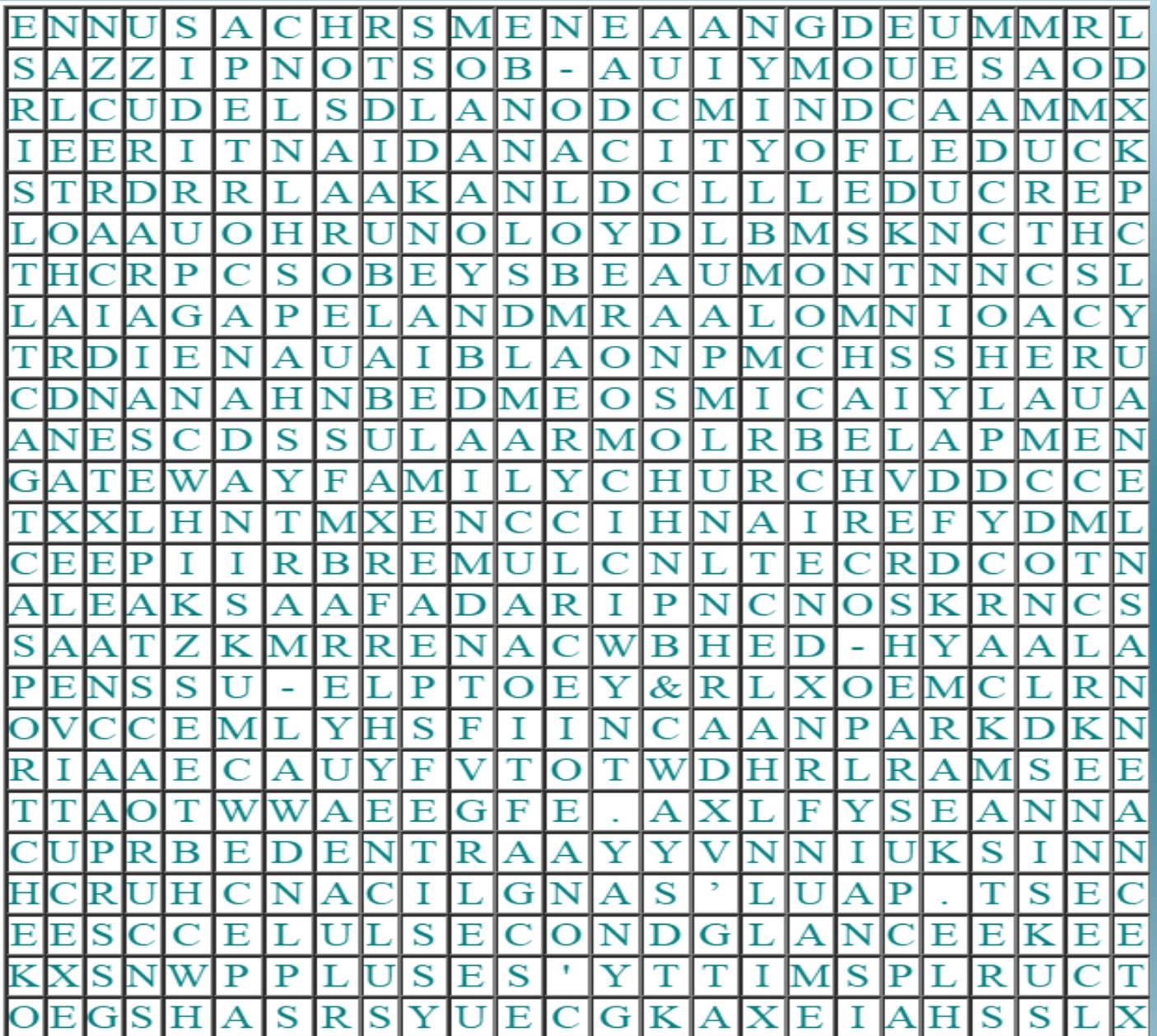
Charity Rourke! This lady can pinch hit in the day program when they are in need. She provides a support home to one of our individuals who is very unique. She will do emergency respite at the drop of a hat. She is always willing to learn new things. We appreciate having her be a part of the team!!!

LINX Employers

🐾 A&W	🐾 Days Inn	🐾 Holiday Inn Express	🐾 Petro Canada Nisku	🐾 Sport Chek
🐾 Agapeland	🐾 Daystar Church	🐾 Kosmos	🐾 Planeview Place	🐾 St. Paul's Anglican Church
🐾 Basintek	🐾 Dollarama	🐾 Leduc Public Library	🐾 Salem Manor	🐾 Staples
🐾 Boston Pizza	🐾 Executive Alexandra Hotel	🐾 Leduc Rep	🐾 Salvation Army	🐾 Subway Leduc Common
🐾 Canadian Tire	🐾 Extendicare	🐾 McDonalds Leduc	🐾 Second Glance	🐾 Wal-Mart
🐾 City of Leduc	🐾 Flaman	🐾 McDonalds Nisku	🐾 Silver Shears	🐾 Waldorf
🐾 Co-op	🐾 Gateway Family Church	🐾 Nisku Inn	🐾 Smitty's	🐾 Zulu
🐾 Coffee News		🐾 No Frills	🐾 Sobeyes Beaumont	
🐾 Crackmaster				

- About 1 in 5 people in America currently has a disability.
 - Over a billion people, around 15% of the world's population, have some form of disability.
 - Between 110 million and 190 million adults worldwide have significant difficulties in functioning.
 - 33% of 20-year-old workers will become disabled before reaching retirement age.
 - Rates of disability are increasing due to population ageing and increases in chronic health conditions - among other causes.
- ~ www.disabled-world.com

LINUX Employers!



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|-----------------|-----------------------------|------------------------|----------------------|------------------------------|
| ☘ A&W | ☘ Days Inn | ☘ Holiday Inn Express | ☘ Petro Canada Nisku | ☘ Sport Chek |
| ☘ Agapeland | ☘ Daystar Church | ☘ Kosmos | ☘ Planeview Place | ☘ St. Paul's Anglican Church |
| ☘ Basintek | ☘ Dollarama | ☘ Leduc Public Library | ☘ Salem Manor | ☘ Staples |
| ☘ Boston Pizza | ☘ Executive Alexandra Hotel | ☘ Leduc Rep | ☘ Salvation Army | ☘ Subway Leduc Common |
| ☘ Canadian Tire | ☘ Extendicare | ☘ McDonalds Leduc | ☘ Second Glance | ☘ Wal-Mart |
| ☘ City of Leduc | ☘ Flaman | ☘ McDonalds Nisku | ☘ Silver Shears | ☘ Waldorf |
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