

The LINK

January 2016



"Just so you know!" ...

Upgrades! We had some wonderful volunteers who worked a casino for us. With some of these funds, we were able to do some upgrades for multiuse spaces. Thank you to Stan and Lori at "Source Office Furniture & Systems Ltd" (www.source.ca) for their assistance and phenomenal rates to get new tables and chairs for the lunch room and training room, and chairs for the three classes!



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Office Manager Laurie Savill
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Dates to remember:

Dec 31 – Office closed at noon
Jan 21 – Timesheet/invoices due
Feb 13 – Hearts and Heroes
Mar 1-3 – CET



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

Board Chair Report

Greetings, everyone! I trust your Christmas celebrations were wonderful. I hope you had the opportunity to take in some of the sights and sounds of the season.

As we look back on the past year, we can indeed be thankful for continued support from the community and our members, clients and their families. The year has not been without its challenges, but I am very appreciative of our dedicated board members, executive director and indeed all the staff - you are all wonderful and I can't thank you enough for your support.

As the new year has come, I am confident that LINX will continue to be a leader in supporting the needs of individuals with developmental disabilities.

Wishing each and everyone a safe and happy new year!

~ Ed

Recycling Donation Challenge (as of the end of December)



\$ 2339.70



Executive Director Report

We are very excited to have new furniture in many areas of the office with some of the funds raised from the casino. We are looking forward to putting them to good use! If we did not have volunteers to assist us with things such as casinos, we could not have been able to provide this new furniture for our individuals.

We are in the final preparations for our accreditation, Creating Excellence Together (CET). The surveyors will be here March 1st-3rd, 2016. Those chosen for interviews will be contacted in early January. Thank you for everyone's assistance with this importance and beneficial process.

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

Day Program Report

HAPPY NEW YEAR!!!! As we wrap up 2015 and say goodbye to yet another year, I hope that everyone had a safe and Happy Holiday. We had a very busy month with the Christmas staff and Client gatherings, and our Bag giveaway, and getting ready for Christmas.

LINX was able to give back to the community, giving away almost 2000 reusable shopping bags, as our clients got to partake in volunteering in several stores. The clients enjoyed themselves with big smiles. A big thank you to all the Clients who participated in this special bag giveaway. You made us proud. THANK YOU to all the store who made this possible for us: Co-op, Wal-Mart, No Frills, Safeway, and Canadian Tire, for supporting our clients and LINX with this special Bag event.

As a new year approaches, so do New Year's resolution, I look forward to helping the clients meet their goal and set some new ones. LINX will be closed on January 1, 2016. Thank you to those who have donated to the hats and mitts for the less fortunate. I wish you all the best for a Happy and Safe 2016 Year!!

January Lunch Snacks are:

- 🐾 January 1 - CLOSED
- 🐾 January 8 - Chicken Apple Sausage
- 🐾 January 15 - Potato Quiche
- 🐾 January 22 - Sausage Rice Casserole
- 🐾 January 29 - Pork Pie Casserole

~ Heather

Residential Program Report

Values and beliefs that inspire my work:

What values and beliefs inspire your work? For me that is easy. I believe that when helping the people that I serve it should be done in a way that is the least restrictive, honest, provides dignity, instills trust, builds relationships, consistently doing with instead of for, is done with great quality, as well as the right quantity.

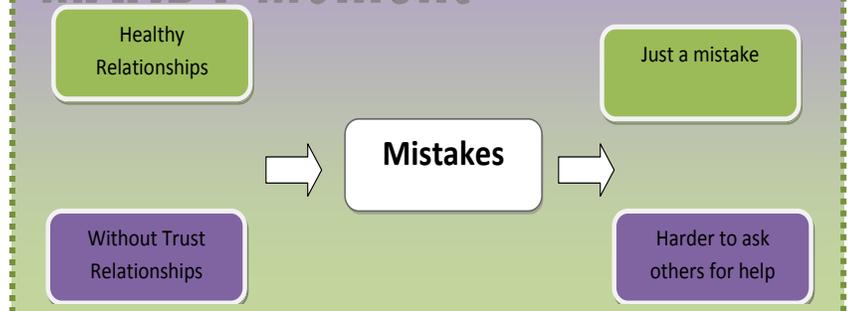
As the Residential Manager I do not get the opportunities to build the relationships with the people that I serve like I used to. Many of LINX clients have been in the class that I used to teach or I have been their job coach or outreach worker. I have my relationships built with them so it is easy to do my work in the above mentioned manner.

The hard part for me is finding the time to build those relationships with the clients that have joined the LINX family since I became the manager. That is my goal for the new year- building relationships with the individuals at LINX so that when a situation comes up it will be easier and the trust will already be built.

I hope that everyone had a wonderful holiday and hopeful thoughts for your New Year.

~ Ronni

MANDT Moment





Through our eyes...

David Mackenzie

Councillor, Author, Mortgage Specialist and fond supporter of Leduc LINX Connect Centre

David has shown his support in many ways to our agency; he has been a regular attendee of our various events over the years and if he wasn't able to attend he sent his apologies to us. One year he had an ailing relative and apologized for not coming to the Gingerbread Gala because he was with that relative in another province. He is an all-around nice fellow and dedicated to Leduc and all its many special interest groups.

Mr. Mackenzie supports many special interest groups and LINX is just one of those. He explained his motivation for supporting LINX. "LINX provides a valuable and critical service through developing and integrating adults with learning disabilities into our community. But to me, it's more than that. The staff and volunteers at LINX are very engaged and committed citizens who add to the lives of those they serve and help Leduc to be a better and more well-rounded community."

We asked him How LINX fits into his criteria for groups he supports? "LINX is a not-for profit society that is dedicated to meeting the needs of important people – their clients. It is run by a volunteer board and depends on the support of the community for a significant part of their funding. They need and deserve my support."

Over the years David has come to many LINX events and has helped us to gather people to attend our events. He came to our candidates' forum and was very helpful in setting that up giving us email addresses and forwarding invitations. His help made it a success. We asked why he was so supportive of that forum for our population. "LINX's clients care about Leduc and they have needs and desires that we should know about and care about."

Some of our participants are very interested in the running of civic government; is there any role for developmentally challenged adults in the running of Leduc? "I am glad you asked this question and I am going to look into what opportunities we can find at the City of Leduc for LINX's clients"

David shared with us one of his favorite memories of the activities he has attended at LINX?

"I was very happy to have sponsored LINX clients and pay for them to attend the World Sledge Hockey Championships last year. I understand that they really enjoyed this experience and this made me feel very happy and proud." Carolyn DeKlerk, one of our three instructors at LINX shared that "The clients really enjoyed going to see the sledge hockey tournament at the LRC. It inspired them to see what people can do with physical disabilities. They were grateful for this opportunity and when they receive these kinds of opportunities they are looked forward too and talked about afterwards with great excitement."

We asked David, What do you see as LINX main role in the community? "I see LINX's main role as working to improve the quality of life for their clients. I think they do that very well because it does not seem like they approach the task as work. The staff and volunteers all seem to approach their efforts as a labour of love.

Do you feel LINX is meeting the expectations of Leduc? "Yes. I do." LINX is now able to have volunteers come and help with our program. We have a small, but greatly appreciated, pool of volunteers. Why does David McKenzie feel it is important to volunteer at our agency? "It's an opportunity to serve those who may not really be in a position to return the favour but the real rewards are sometimes the best in those circumstances."



Hearts and Heroes

Hearts and Heroes



Excitement is beginning to build for the Hearts & Heroes Event set for February 13, 2016. Have you purchased your tickets yet? Tickets can be purchased online at <http://www.eventbrite.com/e/hearts-and-heroes-2016-tickets-16148515645?aff=es2> or take a peek at our Facebook page to click a link. (**It took less than one minute to order my ticket**) The Christmas season might be a good time to ask your friends and family to join us on February 13, 2016 or for a donation for the "Silent Auction" tables. Donation letters can be picked up from Laurie at the LINX office. For further information please contact Laurie Savill at linxadmin@linxconnect.ca or (780) 980-9423 (ext. 223) or Susan Boyle at s.boyle@shaw.ca or (780) 986-0464.

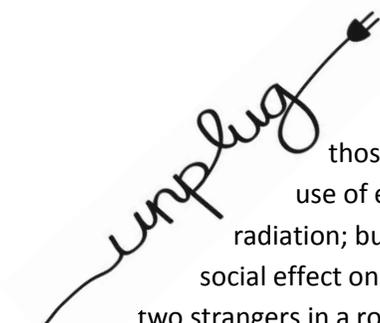
Newsletter Class...

Unplug

Written by: Anthony, Carly, Jessica, Meagan, Sandy, Sharon, Taylor

Tuesday, February 16, 2016 Family day is when families and close friends and relatives are encouraged to spend quality time together. In Leduc we support

'unplugging' for that day. This means taking all your devices and turning them off for the day. No cell phones, no tablets, no mp3 players, and connect face to face with those you love and care about. The newsletter class looked at health reasons for limiting the use of electronics. Of course most people have heard that cell phones can have cancer causing radiation; but, did you know that our use of cell phones and other devices can have an emotional and social effect on us as well. A study was done in the United Kingdom where they put several groups of two strangers in a room and all were asked to share a significant event in their lives; some had a cell phone placed on the table next to them and some did not. A larger percent of the people who had a cell phone placed next to them were perceived by their partner as "Less positive" than the people who had no cell phone present. They did another study that had people share significant information and some with cell phones and some with notebooks. The people who were with the person with a notebook experienced a feeling of trust and closeness; this was not the case with the people with cell phones. For the newsletter group this was quite shocking and we feel that we would now choose not to have our cell phone visible if we were to go meet new people or attend a meeting or other activities where we would be observed by other people.



Another effect of cell phone use is increased stress from the sometimes constant notifications from smartphones. Those who keep their phone with them in their bedroom can suffer from sleep deprivation and that can affect our health in general and our safety as we may have a lack of judgement and coordination if we are tired all the time. There was a study done in Sweden where they did a questionnaire with 20-24 year olds and in women constant use of a cell phone was seen to cause stress and sleep disturbance and in men sleep disturbance and depression. Cell phones were also checked for bacteria and found that after one days use a smartphone screen contained more 'disease-prone germs' than a toilet seat. Due to the greasy film our fingers leave on a cell phone screen which is a prime growing environment for germs. Cell phones can also cause chronic pain from over texting causing carpal tunnel syndrome, and back pain from holding the phone between your ear and your shoulder when multitasking. We have a no device policy at LINX and there has been some discussion about it at the client meetings. One complaint was made about the cell phone policy and through discussion it was pointed out by clients that when someone is using their cell phone they don't socialize with others. The clients confirmed that our cell phone policy is a good one maybe these other points will help to confirm that.

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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

Thomas Knutson! Thomas Knutson...aka TJ is always wearing a smile on his face. He is friendly with every one of his peers and the staff who works with him. TJ always takes the time to listen to when someone is talking to him. You will see TJ greeting anyone who walks in the door with a giant smile, and a handshake or a fist pump. Way to go TJ for all your hard work and positive attitude!!!

Employer of the Month

Edward Jones! This new employer has been very supportive to their new LINX employees. They are always welcoming and have been a wonderful addition to our inclusive employers!!!

Day Staff of the Month

Brady Watt! Although he has been with us a short time, he has shown great strengths in all areas here at LINX. He is very good with all the clients as he engages with them, while he attentively listens to each one. Brady is always willing to help in any way he can and a moment's notice. Thank you for all your hard work Brady!!!

Residential Staff of the month

Brenda Jensen! This is a lady that I can throw things at without her batting an eye. She can go to a job site with a challenging client, be a support home to a new to LINX client, start a new outreach client, fill in for another outreach client, and she can do respite with some of the most challenging clients. My favourite part about her is that we can shut the door and I can just tell her what is on my mind, no beating around the bush, no need to worry about hurting her feelings, and I know that she will do the same with me. Thank you for all you do Brenda. I see it and I appreciate it!!!

LINX Employers

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

Doc Holliday, cleft - Dentist, gambler and gunfighter of the American Old West frontier. At birth, "Doc" Holliday had a cleft palate and partly cleft lip. At two months, this defect was repaired surgically by his uncle, J.S. Holliday, M.D., and a family cousin, the famous physician Crawford Long. The repair left no speech impediment though speech therapy was needed, which was conducted by his mother. The repair is visible in Holliday's upper lip line in the one authentic adult portrait-photograph which survives, taken on the occasion of his graduation from dental school. ~ www.disabled-world.com



LINUX Employers!

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- 🐾 Boston Pizza
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- 🐾 McDonalds
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- 🐾 Subway Leduc
- 🐾 City of Leduc
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- 🐾 McDonalds
- 🐾 Safeway
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- 🐾 Co-op
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- 🐾 Sparrow
- 🐾 Salem Manor
- 🐾 Tim Hortons
- 🐾 Coffee News
- 🐾 Family Church
- 🐾 Nisku Inn
- 🐾 Salvation Army
- 🐾 True Touch
- 🐾 Days Inn
- 🐾 Kosmos
- 🐾 No Frills
- 🐾 Second Glance
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