

The LINK

July 2014



On June 22, 2014, we lost someone very special to us... Marvin May. Marvin has been a member of the Community of Leduc for 30 years. He supported various areas of the community by sitting on their boards and committees, such as: The Royal Canadian Legion, Second Glance, Special Olympics, Stageworks, Heart and Stroke Foundation, The Royal Canadian Legion, Special Olympics, The Elks Club, Leduc LINX Connect Centre, Kanata Gymnastics Club, and The Royal Canadian Navy.

A favourite of our clients, we first got to know Marvin when he was a driver for the Handibus. When he retired from being a driver, he came to Leduc Works Foundation to be a job coach, as a transition year to retirement. This was about 15 years ago. Marvin was a job coach with Leduc Works Foundation and then Leduc LINX Connect Centre until October 2013, when he transitioned into being a volunteer.



One of the initiatives Marvin started at Leduc Works Foundation was a bottle recycling program. This initially began as a method of educating our clients, to make a couple dollars in fundraising, and most importantly included adults with disabilities into their community. This has blossomed into a program that is a significant source of fundraising and employment for adults with developmental disabilities. This became a very important program to Marvin.

Marvin impacted everyone he met. After my mom heard the news of his passing, she said "you have to listen to the song *Angel's Among Us*... it's like it was written for Marvin". My daughter Annaliese, who has known him her whole 15 years, said "Marvin was a part of everyone's family. He was everyone's dad, uncle, grandfather, friend..." If there was a cause, Marvin fought for it. If there was a heart breaking, Marvin's heart broke with it. If there was a team, Marvin was the inspiration for it. If there was a need, Marvin found a way to fill it. If I had to summarize Marvin, which is VERY difficult, it would be as a *heroic inspiration*. He served his country, his clients, his friends, his peers, and the community with every fiber of his beautiful, enormous heart. His spirit was contagious and anyone who was blessed to meet him, let alone have the honour of calling him friend, will be forever changed by not only knowing him but losing him.

The funeral for Marvin May will be held at St David's United church in Leduc, July 4th at 1:00 pm. There will be a Luncheon to follow at the Leduc Legion to visit and share memories of Marvin. His family would be honoured if you would join them in the celebration of Marvin May's life.

~Nicole

Executive Director Nicole Fuhse

Email: linxexec@linxconnect.ca,
Emergency cell 587~989~5691

Residential Manager Ronni DeLeavey

Email: linxres@linxconnect.ca
Emergency cell 780~935~2772

Day Program Manager Colleen Hawkins

Email: linxday@linxconnect.ca

Office Manager Laurie Savill

Email: linxadmin@linxconnect.ca

Dates to remember:

July 1 – Canada Day, office closed

July 4 – "Camaro" raffle!

July 23 – Timesheet/Invoices due

Aug 20 – Board meeting

Oct 9 – Bingo workers needed!

Nov 9 – Bingo workers needed!

Dec 30 – Bingo workers needed!

Hearts and Heroes



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

Recycling Donation Challenge

(as of the end of June)



\$ 670.95



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

Board Chair Report

Our sincere condolences go to Marvin May's family in their loss. He was a beloved volunteer who worked tirelessly for positive change. He was a gentle soul who cared immensely about his work with all the people he met over the years - just such a beautiful man – his heart and spirit for Leduc and his family will be sorely missed. It was my honor to know him, although only for a short time.

I would be remiss if I did not personally welcome our new Board members. I am so glad that the spirit of volunteerism is so strong and we are happy to have these new members join us: Eileen Radowetz from New Sarepta, Susan Boyle, Eliza Kurdziel, Maria Semrau, all from Leduc, bring a wealth of experience, a variety of skills and some welcome enthusiasm.

It seems that summer is finally here and I hope you all get a chance to enjoy time with family and friends.

~ Ed

Executive Director Report

This month we lost our co-worker, staff, volunteer, and friend Marvin May. The impact he has had on all of us is immeasurable. He will be greatly missed. Our sympathies go out to his family and his countless friends.

I would like to throw out a big thank you to our Board. They have worked very hard to get things ready for the AGM, create much improved bylaws to better protect the agency, recruit new members, respond to my crazy "please read and vote on asap" emails, and so on. Welcome back to Ed Boender, Cortnee Brunet, Kim Dozois, and Jennie Tomlinson, and a very excited WELCOME to Susan Boyle, Eileen Radowetz, Eliza Kurdziel, Maria Semrau, and new client rep Matt Tanner! I'm looking forward to working with you all this year!

I would also like to acknowledge our tremendous staff. They are always fabulous, but they have been going above and beyond filling in where they see a need, thinking outside the box, being supportive to the clients and each other, and are showing their flexibility day to day. Thank you, thank you, thank you!!

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

~ Nicole

Newsletter Class...

My name is Adam and I am very interested in anything anime. This is one of my favorite Characters: Greed, the coolest anime character ever. Greed is the ultimate shield so nothing can hurt him. Greed likes living in luxury. He is immortal that means he lives forever.



Happy
Canada
Day...

From the
LINUX family
to yours!

Day Program Report

Canada is 146 years old this year. Stageworks classes were a great success. Thanks to the staff at Stageworks for making it fun for our clients.

Field Trip to Ukrainian Village is July 15, 2014. We will be having Lunch prepared for us there, and also taking the bus. The cost for these both will be \$15.00 total. Please have this money into Colleen no later than July 8, 2014 if you are planning to attend.

Hope everyone has a wonderful summer!!!!!!!

Lunch snack for July is:

Sensational Salads!

- July 4- Vegetable Marinade
- July 11- Sweet Chicken Salad
- July 18- Pea and Pickle Salad
- July 25- Broccoli Cheese Salad

~ Colleen

Residential Program Report

I would like to thank everyone in advance who helps out with summer holiday respite. We are saying goodbye to a few Outreach workers! However they get the new title of Support Home Providers! Welcome Dorothy and Jennifer to the other side of the residential program. We want to welcome another Jennifer to the Outreach Program!

In June Colleen, the Day Program manager and I went to a workshop called De-Stigmatizing Mental Illness level-1. Within our jobs of providing services to clients and supporting our staff to provide the services, Mental Health is often thought about. I often add in self care to monthly meetings but do I provide them with anything else? I certainly will be making an effort to. My goals in the next 6 months will be: 1. Provide information to staff on this topic. 2. Create a workplace plan for staff that experience mental illness. 3. Add activities to my meetings that will be meaningful and provide an opportunity to learn more or place this topic to our forethoughts. 4. Find more resources for clients and staff within our community of Leduc.

Positive Behaviour Supports: Sign up if you are interested in 10 lunch hour Monday's (may be less than 10, might be more than 10). Required to have at least 4-5 participants sign up to run course. *Goals and Objectives:* July 9th and 23rd at 4 pm. Please sign up if you want to take the course.

Let's all keep in mind summer safety! Sunscreen? Check. Hydration? Check. Fire drills? Check. Tornado safety? Check. Have a safe and happy Canada Day!

Dates:

July 15, 2014 SHP meeting
July 21, 2014 Outreach meeting
July 8, 10, 17, 2014 Residential
Manager will be in training



Happy Canada Day!

MANDT Moment

Answer this question: Are you my friend?

Staff response: I am a friendly professional.

All healthy relationships have boundaries. When the people we serve ask if we are their friends we owe it to them and the staff serving them to have an answer that maintains boundaries. Our answer is that we are "friendly professionals." In your organization, you will need to have an answer to this question. We don't keep data on our friends, and if we try to change their behaviour for some reason they probably won't be our friends for long!

~ Ronni

Sally's Gluten Free!

Quinoa (keen-wa) is rivaled only by amaranth for its status as one of the most digestible and nutritious grain crops. Quinoa was popular with the Incan and Mayan civilizations. Quinoa is a good source of fibre, iron, magnesium, potassium, calcium, vitamin E and B. This recipe for pizza was very easy and very delicious.

QUINOA PIZZA CRUST

3/4 c dry quinoa, rinsed and drained
1/4 c water
1/2 t baking powder
1 T oil (olive or melted coconut)



Rinse quinoa very well, place the rinsed quinoa in a bowl and cover with water about 1 inch above the grain. Let soak overnight (at least 8 hours) when ready for use, rinse again and let drain in mesh colander. Preheat oven 425 degrees. Now place the quinoa in a processor, along with 1/4 cup of water, salt, and baking powder. Process till very smooth, about 2 minutes. Line an 8 or 9 inch pan with parchment paper, pour the oil and spread over the paper then pour the batter onto the greased parchment paper and smooth evenly. Bake the crust for 15 minutes flip and bake another 5 minutes. Top as desired and bake until toppings are cooked. Cool and cut. ENJOY!

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

Lindsay Collinge! Lindsay has been doing well at being thoughtful to others. She cares very deeply for her peers and staff. She has been complementing people on their appearance and worries about people when there not around. Way to go Lindsay!!!

Employer of the Month

Cora's! Cora's has recently employed one of our individuals, and offered employment opportunities to others. They have been a wonderful and supportive. Thank you to John and his staff for being so wonderful!!!



Staff of the Month

Kim Proskow! Kim was voted Staff of the Month by her coworkers. Kim is always cheerful and helpful when needed. She has a positive attitude and learns quickly. Keep up the great job Kim!!!

Residential Staff of the Month

Brenda Jensen! Brenda Jensen. Brenda has been willing to be a temporary Support Home until one of our clients is able to get an apartment. She has been willing to provide respite for clients that are more challenging than some. She completes her documentation. She follows the direction of LINX in the area of creating independence rather than dependence. She keeps communication between the agency, the clients, and the families. Keep up the great work Brenda!!!!

Thank you!!!

Vincent Philip D'Onofrio – Vincent Philip D'Onofrio is an American actor, director, film producer, writer, and singer. He is known for his roles as Private Leonard Lawrence (Gomer Pyle) in the film *Full Metal Jacket*, Edgar in *Men and Black*, and Detective Robert Goren in the crime TV series *Law & Order: Criminal Intent*. In a YouTube video, Vincent relates his personal struggles with autism and dyslexia and his autism advocacy efforts. www.disabled-world.com



INDUSTRIAL NETMEDIA IS PROUD TO SUPPORT **LINX** connect
Choose INM for expert Web Design, Internet Marketing, Database Development.