

The LINK

July 2015



"Just so you know!" ...

LINX's Individuals! Do you know how many individuals receive services from LINX? The number can change moment to moment. We recently had someone "retire" from the agency, and have had one move to be closer to family. But we have a few "newbies" in Leduc and Beaumont as well. As of today, we are providing services to 56 individuals, with many more waiting in the wings. We are honoured to be a part of such major changes with the people we provide services to.

Executive Director Report

Summer has come in full force. I personally can't wait to get away with my family to do some camping. I know I will sneak back to civilization every couple days for groceries and to check my work email. So if you need to reach me in my absence, send me an email and I will do my best to get back to you as soon as I can. Also feel free to call one of our awesome managers as let's face it... they probably will be able to help you better than I could!

Thank you to all of the people who purchased LINX merchandise. Some already received their items in an early order, and the rest of the orders are going in this week. We will be doing another order in fall in case you missed out and will include popular items from this sale as well as winter coats and toques.

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



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Dates to remember:

July 1 – Office close, Canada Day
July 21 – Invoices/Timesheets due



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 June)



\$ 1030.65



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



Day Program Report

Welcome July, summer is finally here. July 1st, is "Canada Day" and there's lots of activities for all to enjoy in the Leduc Community. Check out the local paper for activity information. LINX is closed July 1st. We have a Field Trip booked for July 31st for the clients that wish to attend. We are going to Victoria Park for a fun morning of outdoor games, bag lunch, then off to the Edmonton Prospect Baseball Game for noon start. The bus has been booked. Cost is \$15.00 per person (\$5.00 for bus and 10.00 for baseball ticket). Please have money into Colleen by July 15th at 4pm.

Nothing says summer like cool drinks and rhubarb treats.

Lunch Snack for July are:

- July 3- Homemade Ice Tea/ Orange Rhubarb Bread
 - July 10- Stewed Rhubarb on Greek Yogurt
 - July 17- Pineapple-Mint, Ginger Water/ Rhubarb Scones
 - July 24- Cherry Rhubarb Crisp
 - July 31- Cucumber Water/ Rhubarb Muffins
- And 'tis is my faith that every flower
Enjoys the air it breathe
- William Wordsworth*

~ Colleen

Residential Program Report

Happy Canada Day! I hope everyone is able to celebrate safely.

We have continued to participate in the Pilot Project with the COAST team. I must say that I have a favourite new go to skill that has been placed in my tool box to assist people when they are upset. It is whisper counting. The great thing about whisper counting is that it forces you to breathe deeply. I have been using it almost daily with one person or another. I like this skill so much I may even share it with my yoga instructor. She appreciates deep breathing.

I have been enjoying the live Webinars being put on by the Complex Needs team each month on the 3rd Wednesday. Anyone wanting to join me for an hour or so is welcome, just shoot me a text or a phone call so my office is not over crowded. July's staff meetings are pot luck this month and the SHP meeting in August will include the Canadian Red Cross presentation be



- July 4, 2015 Happy Independence day to my fellow Americans
- July 5, 2015 Notes and yearly's are due
- July 13, 20, 27th Full MANDT Course
- July 23, 2015 Evening Cooking class
- July 21, 2015 Residential and Outreach Meetings

~ Ronni

MANDT Moment

Under Stress

Things going up:

- Pulse
- Breathing
- Endorphins
- Adrenaline levels

Things going down:

- Communication Skills
- Reasoning Skills
- Compromising Skills
- Listening Skills



Through our eyes...

Sally Nickerson, the author of “Sally’s Gluten Free!” in **The Links** Newsletter, is actually our very own Sally who works as a Support Home Provider and outreach worker for LINX. Sally has worked for LINX for three years and six months.

We asked Sally what inspired her to start her “Sally’s Gluten Free” article and she said; “I occasionally would bring a gluten free treat to the office and the idea came to the Executive Director, Nicole, that I could share the recipes in the newsletter. When asked how long it takes Sally to compile her information for the article she told us; “I will think about a topic for a few days and Google or look through information that I have then start to write, so not long at all.”

Many people suffer with the side effects of gluten intolerance or sensitivity or full blown Celiac disease for years before they get a diagnoses. Most people aren’t aware of the symptoms so they don’t consider being Celiac as a possibility. A short list of symptoms but certainly not the only possible symptoms of gluten intolerance would be; whole body stiffness before rising in the morning, extreme brain fog, upset stomach, catching every virus that is going around, overwhelming fatigue and extreme irritability. Sally has suffered with symptoms her whole life but was finally diagnosed eight years ago.

Some of the challenges Sally and others face would be, avoiding wheat products or products containing wheat, and avoiding foods that are cross contaminated. And once you are aware of those foods and situations where contamination can happen, you need to find foods to replace grains. Personally Sally finds eating out at restaurants a major challenge as well as eating in a friend’s home who is well meaning and trying but does not fully understand the issues. The Canada Food Guide suggests eight servings of grains per day to have the appropriate amount of vitamins and fibre in your diet. This creates a great challenge for Celiac sufferers.

Sally said that in the last four years in Leduc gluten free food availability has greatly improved. Sally herself is still very vigilant about the quality of the foods she can buy. In closing Sally emphasized the need for Celiac people to adhere to a strict gluten free diet for long term health and basic functioning day to day.



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!

Short and Sweet!!!

These days of summer can be conquered with keeping yourself cool and hydrated, and what a sweeter idea than the good old fashioned popsicle. But for those of us who have to watch for food additives and hidden unwanted's like gluten, it can be hazardous. Have some fun and make some! I checked out Pinterest and there were way to many ideas to choose from and share in this newsletter, but I'll share the address I typed in: [gluten free frozen treats to keep you cool](#) And here's a sample of the ones I'm going to make... can't wait! I really like the ones with the straw and you could just drop that into your drink and sip on it. How "cool"!



Newsletter Class...

Zippity Do Dah!



Recently our participants wrapped up a ten week Stageworks theatre class with a musical theatre performance. Many family members were able to attend and clients who were not involved in the theatre class got to see what the theatre classes were all about.

Some of the skills that they learned were taught through improvisation. Students were given different scenarios to make a frozen picture of or they had to continue a story started by a peer or act out suggestions from another peer.

We asked some of the clients what they thought of the performance and their peers who participated in it. In general much praise was shared and they were impressed with how focussed the groups were on their performance. The clients who took the classes felt that they were able to learn many skills that they can use in other parts of their lives like teamwork, public speaking, and dance. Staff that watched the performances felt that the groups learned great skills that can be used in many areas of their lives.

As an agency we are so thankful for the community support we receive and the ways that support enhances our program and gives our participants new skills to take into the job market.

Stageworks Performances A Big Hit!

At LINX we are lucky to have many supporters, in our community, who show their support through volunteering services, share their knowledge with us or give us financial support. One of our long-time supporters has been the City of Leduc through their grants. With that Grant money we are able to have some wonderful experiences in our community. Most of our clients enjoy the generous reduction in gym fees, some enjoy the cooking classes either the task or the tastes. We have also been able to include an arts aspect to our program thanks to the grants.



Cruella De Vil!

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

Danny Christensen! Danny started working at the new McDonald's location a few months ago, and has demonstrated excellent job performance skills. He is knowledgeable and efficient with his everyday job duties, and has recently begun helping out in the kitchen as needed. Danny can be found putting a smile on his co-workers faces, and his supervisors often report he is a lot of fun on the job. Keep up the great work Danny!!!

Employer of the Month

Flaman! Flaman has recently employed two of our clients. Rocky and Mark and their team have been very welcoming and supportive with them and our staff who attend with them daily. Thank you for your great support and for giving the clients a great place to work!!!

Staff of the Month

Heather Jones! Heather works with some of our higher needs clients. She has gotten to know each client she works with individually and puts her efforts towards helping them develop to their best ability each time she is with them. Her calm nature and positivity are valued by clients and peers alike. Keep up the great work Heather!!!

Residential Staff of the Month

Alycia Adams! She is just about to make her three months but she has shown she is diligent in her work, communicates well, keeps people informed, is creative in her service delivery, and can think outside the box. Thank you for joining our team Alycia!!!

LINX Employers

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

Lou Gehrig, ALS/"Lou Gehrig's Disease" – "The Iron Horse" was a baseball player in the '20s –'30s, who set several Major League records. His record for most career grand slam home runs (23) still stands today. In 1938, Gehrig's performance began to diminish. The diagnosis of amyotrophic lateral sclerosis (ALS) was confirmed on Gehrig's 36th birthday. Although no impairment of mental functions, the prognosis was rapidly increasing paralysis, difficulty in swallowing and speaking, and a life expectancy of fewer than three years. The cause was unknown but it was painless, non-contagious and cruel - the nervous system is destroyed but the mind remains intact. ~ www.disabled-world.com

LINUX Employers!

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