

# The LINK

June 2014



Learning  
Inclusion  
Networking  
**X-cellence**

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

**WE NEED YOU!** Our Potluck and AGM is on June 17<sup>th</sup> at Telford House. We need you there to vote on our new Board. Please RSVP to Nicole ASAP to confirm your attendance.

## Board Chair Report

Well, spring has finally sprung! And I am sure I am not alone when I say –finally! It's a beautiful thing to see the community turn green again after a long winter!

We have our annual general meeting coming up on June 17! We are still looking for new board members but even more importantly, we need another parent representative on the board as per Bylaw 6.1.3. Without proper representation, we cannot be an effective board so we would respectfully ask you to not just consider this.... In the words of the famous "Nike" commercial – "JUST DO IT". Please mark this very important event on your calendar and plan on attending. Memberships are also due at that time.

It really is not a huge commitment but it makes a large impact in our community and we value YOUR input. The following quote comes to mind – author unknown – "If it doesn't challenge you, it won't change you!" Please accept the "challenge"!

~ Ed

## Executive Director Report

This month is our AGM, and I'm looking forward to seeing you all there. I would like to thank Chairperson Ed, Vice-Chairperson Cortnee, Treasurer Kim, Secretary Jennie, Director Andrea, and Director Bill whom we recently lost, for everything they have done for LINX this year. As Ronni's "Starfish Story" shows... you have made a huge difference in many lives.

As summer is approaching, please ensure that you are letting Ronni and Colleen know as soon as possible of any plans that will have you/your client away from the program so we can plan around it. Thanks!

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

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**Residential Manager** Ronni DeLeavey

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**Day Program Manager** Colleen Hawkins

Email: linxday@linxconnect.ca

**Office Manager** Laurie Savill

Email: linxadmin@linxconnect.ca

### Dates to remember:

Jun 12 – Bike Safety Demonstration

Jun 17 – AGM/Potluck

Jun 20 – Timesheet/Invoices due

Jul 4 – "Camaro" raffle draw!

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

Andrea Thompson – Director

Donald Loucks – Client Rep

### Recycling Donation Challenge

(as of the end of May)



\$756.70



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

# Day Program Report

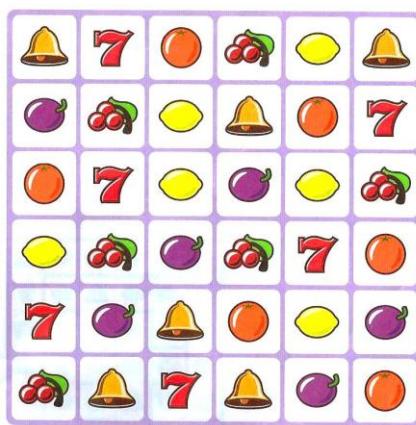
June is full of activities and learning opportunities. The Bike Safety Demonstration date is now June 12. The demonstration will be given by Community Peace Officer, James Russell. Stageworks classes continues through the month of June. First day of summer is June 21<sup>st</sup>. Fathers Day is June 15<sup>th</sup>. Our Annual General Meeting is on June 17<sup>th</sup>. If you want to run for LINX client Rep or know anyone who would want to be on the board let them know to call Nicole. Our fieldtrip to the Ukrainian Village will be July 15<sup>th</sup>. We will be taking a bus and ordering lunch there!

As a part of our community awareness component of our program on June 2<sup>nd</sup> will have a collection of Toonies (more if you can afford it) to help Mikayla Curran meet her need for brain surgery in Texas at a cost of \$210,000.00. Please contact me for more information on this.

Grant Tomlinson has completed the LRC (Make it a Habit Workout Challenge) for nine weeks straight. He won a prize of \$450.00 towards a Personal Trainer.

Friday Lunch Snack for June is Super Salad Month:

- June 6- Taco Salad
- June 13-Greek Salad
- June 20- Chicken Salad
- June 27- Pasta Salad



**CUTTING ROOM**  
Can you divide this arrangement of pictures into six sections so that each section consists of six adjacent squares and contains one of each kind of picture? The sections will not all have the same shape.

~ Colleen

**I am easily satisfied with the very best!**  
By Sir Winston Churchill, submitted by Grace

# Residential Program Report

Residential goals are going to continue through the summer. Staff training coming up for the month of June: De-Stigmatizing Mental Health –level 1, Conversations that work, and Smart Goals and Objectives. I will be making an attempt to schedule in MANDT System training soon. Welcome: Karla Nash and Jennifer McNeil to the team

Some days we do not see the difference we have made..... I want to share a story this month that I heard in MANDT System Train the Trainer:

**The Starfish Story** (adapted from The Star Thrower, by Loren Eiseley, 1907 – 1977)

*Once upon a time, there was a wise man who used to go to the ocean to do his writing. He had a habit of walking on the beach before he began his work. One day, as he was walking along the shore, he looked down the beach and saw a human figure moving like a dancer. He smiled to himself at the thought of someone who would dance to the day, and so, he walked faster to catch up. As he got closer, he noticed that the figure was that of a young man, and that what he was doing was not dancing at all. The young man was reaching down to the shore, picking up small objects, and throwing them into the ocean. He came closer still and called out "Good morning! May I ask what it is that you are doing?"*

*The young man paused, looked up, and replied "Throwing starfish into the ocean."*

*"I must ask, then, why are you throwing starfish into the ocean?" asked the somewhat startled wise man.*

*To this, the young man replied, "The sun is up and the tide is going out. If I don't throw them in, they'll die."*

*Upon hearing this, the wise man commented, "But, young man, do you not realize that there are miles and miles of beach and there are starfish all along every mile? You can't possibly make a difference!"*

*At this, the young man bent down, picked up yet another starfish, and threw it into the ocean. As it met the water, he said, "I made a difference to that one!"*

I think about this often when I feel I have not made a difference in a day, week, month, and year. Then I make myself a lovely chart to see where I was and where I am. Where my staff were and are now. Where my clients were and where they are now. Then I realize "I made a difference to that one!"

## MANDT Moment

### Under Stress

Things Go Up	Things Go Down
Pulse	Communication Skills
Breathing	Reasoning Skills
Endorphins	Compromising Skills
Adrenaline levels	Listening Skills

~ Ronni



June 17<sup>th</sup>  
Telford House  
4907-46 St  
Potluck 6:00  
AGM 7:00



Please join us! We are having a potluck dinner at 6:00, followed by our AGM at 7:00. Please come for dinner and stay for the informative meeting after. PDD will be presenting as well if you have any questions for them. We are also looking for new board members. If you or someone you know would be interested, we would love to hear from you! Please contact Nicole at [linxexec@linxconnect.ca](mailto:linxexec@linxconnect.ca) or 780-980-9423 ext 222 to RSVP for the potluck so we know how many people to set up for, or to get more information about joining our fabulous board! We hope to see you there!!

# We are looking for...



## Outreach Workers:

We are searching for someone looking for a challenge. Some experience working with behaviour would be an asset. We are looking for someone who has a poker face, is flexible, can follow programs, and assist in a job setting,

## Transitional Roommate:

We are looking for someone who is willing to be a stepping stone between a Support Home and full independence in an individual's own apartment. Someone to check in, be available to talk through problems, monitor, teach cooking and healthy eating skills.

## Support Home Providers:

What is a support homes are just regular people who would be interested in having someone with a developmental disability live with them. The level of independence varies client to client. The money earned for a support home is tax exempt. You would also receive room and board from the client.

Contact Ronni at 780-980-9423, ext 225, or [linxres@linxconnect.ca](mailto:linxres@linxconnect.ca).

# ***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***

**Danny Christensen!** Danny has been doing a great job at work at being more independent. Danny is a very polite gentleman and helps out his peers whenever he is needed. Keep up the great job Danny!!!

## ***Employer of the Month***

**Executive Hotel Alexandra!** We have many clients that are employed at the Hotel. Thank you for your ongoing support and dedication that you give!!!



This means that clients using their passes must be accompanied by LINX staff and attend during LINX hours. Please contact Laurie or Nicole if you have any questions. Thank you for your cooperation with this.

## ***Staff of the Month***

**Brandy Cormier!** Brandy was voted Staff of the Month by her coworkers. She is always willing to lend a helping hand when needed. Brandy is great at taking on a new job and thinking outside of the box. Keep up the great job Brandy!!!

## ***Residential Staff of the Month***

**Jennifer McNeil!** Jennifer is chosen this month because she has been willing to try new challenges without batting an eye. She is also welcomed this month as a new respite home. She is not afraid to ask questions. She is open, friendly, and comes in with a smile. Congratulations Jennifer!!!



# ***Thank you!!!***

**Thomas Edison, Deafness** – Thomas Alva Edison was an American inventor of Dutch origin and businessman who developed many devices that greatly influenced life around the world, including the phonograph and a long lasting light bulb. In school, the young Edison's mind often wandered. He was noted to be terrible at mathematics, unable to focus, and had difficulty with words and speech. This ended Edison's three months of official schooling. The cause of Edison's deafness has been attributed to a bout of scarlet fever during childhood and recurring untreated middle ear infections. [www.disabled-world.com](http://www.disabled-world.com)



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