

The LINK

March 2016



LINX goes pink! "Just so you know!" ... LINX goes pink!

LINX goes pink! February 24th was "Pink Shirt Day". LINX chose to take a stand against bullying all week! Thanks for everyone's participation and support!



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Dates to remember:
Mar 1-3 – CET
Mar 13 – Daylight Saving Time
Mar 23 – Timesheet/invoices due
Mar 25-28 – Closed for Easter
Jun 20 – AGM



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

Hello to all our friends and supporters! Our very special thanks to our many donors and supporters for a successful Hearts and Heroes event. Your commitment to this organization is astounding and so heart-warming!

"When the seasons shift, even the subtle beginning, the scent of a promised change, I feel something stir inside me. Hopefulness? Gratitude? Openness? Whatever it is, it's welcome." Kristin Armstrong
A blessed Easter and a happy spring to you all.
~ Ed

AGM Notice
June 20th, 2016

Recycling Donation Challenge
(as of the end of February)


\$ 351.70



 You can now safely donate to LINX online at www.linx.ngo



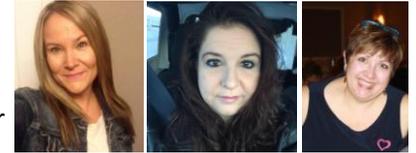
Executive Director Report

February has been a hectic month. So I am going to be brief and focus on some thank you's that I must express. Hearts and Heroes was an amazing event. I am so excited for next year! Thank you to coordinators Susan Boyle and Laurie Savill for all your hard work. Thank you as well to all the volunteers for getting donations and doing set up, as well as all the event's guests.



LINX goes pink was an incredible week long experience. Thank you to everyone who was a part of taking a stand against bullying. An extra thank you to Mary Johnson for getting the ball rolling and organizing the many successful events. We all are grateful for being able to participate in the week.

My final thank you goes to all of the amazing staff who have been working so hard to get things ready for CET, and all the other things we ask. I have to add an enormous "what would I do without you" to the management staff. Heather Jones, Ronni DeLeavey, and Laurie Savill always go above to support LINX and myself, but their commitment and extra hours lately to keep LINX running smoothly has been incredible.



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

~ Nicole

Day Program Report

February flew by!!! It feels like spring with all the warm weather we have been experiencing. Try to get out and enjoy the spring like temperatures. LINX would like to welcome Holly Strohschein and Brady Watt as Full Time Job Coaches. Thank you both for your hard work and reliability.

There are a few dates to keep in mind this month:

- 🐾 March 13- Daylight Saving Time (clocks go forward)
- 🐾 March 20- First day of spring
- 🐾 March 25-28 LINX Closed (Easter)

March Lunch Snacks are:

- 🐾 March 4- Irish Stew
- 🐾 March 11- Beef Barley Stew
- 🐾 March 18- Sweet Potato Pork Stew
- 🐾 March 25- Closed Good Friday

~ Heather

Residential Program Report

Changes, most people do not like to change. In my position of Residential Manager I often work with people who do not want to change anything. This is true for both my staff as well as the individuals that I serve. As we have been working on ensuring that we pass our Accreditation for the last few months there are many things that needed to change. We have needed to change policies; we have tried to change the delivery mechanism of some mandatory training; we have changed many many little things.

I enjoy this quote: "The secret of change is to focus all your energy on not fighting the old, but on building the new" - Socrates

I personally love to change. I love to grow. I like to make myself better. I invite everyone to make one change that will help you to grow yourself this month. Since I started talking about CET preparation that we have been doing. I need to send out a big shout out to all the staff that have pitched in, covered for someone, are participating, have brought in items for their files. Thank you to all the staff who have waited for something until after CET is done. I know that many of you have needed to wait for something.

~ Ronni

Volunteer of the Year & Hearts and Heroes

Congratulations to this year's winner Susan Boyle, presented at Hearts and Heroes!



More Heart and Heroes





Through our eyes...

A Lasting Fit for LINX and Leduc

Written by: Anthony, Don, Henri, Matt, Michael, Meagan, Sharon, Shawn

Karen and Rob Richert owners of Playing for Keeps Toys and More are community minded and support local independent business in Leduc. We went on their website and found this note which explains their philosophy of the products they offer in their store.

“What is “Playing For Keeps?” It means to do things with permanent effect (From the game of marbles, where the winner actually keeps all the marbles won.) We are a quality toy store. Our goal is ultimate satisfaction and helping to create lasting memories.”

Karen and her husband Rob have lived in Leduc for over 14 years and decided with the young demographic here a toy store would be a good fit for Leduc.

At LINX we appreciate you for investing in our participants as you have hired two to work in your store. How did you come to the decision to hire people from LINX?

“We know how important it is to have a strong community - one that supports each other, invests in each other and one where everyone contributes to make the community strong. Every one of us will experience a time in our lives when we need someone to believe in our potential and invest in our dreams. This is one small way for us to be part of the kind of community we want to live in.”

Karen told us that a “positive attitude” and a “willingness to try and learn new things” was the greatest reward of including people with cognitive challenges in her work force?

How does having a job coach with the employees benefit you as a business owner? “There is definitely assurance for both the employer and employee. The employees want to do a good job and may need an advocate to help explain or assist in the beginning. The job coach also helps put the employer at ease knowing this is not going to be extra work or anything that takes you away from the work you need to be doing.

We wanted to know how she would describe LINX to other businesses thinking of hiring an employee who is part of our program.

Karen feels “The effort made to make sure the work is suitable to the employee and employer is so important and LINX makes sure everyone is happy with the fit”.

As a group the newsletter class would say that the Richerts are a great addition to our employment program and we look forward to many years of partnership with them.

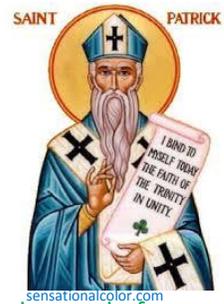
Parents! Clients! Employers! Staff! Neighbours! If you would like to be a part of or refer someone for “Through our Eyes”, please contact Nicole at 780-980-9423 ext 222 or linxexec@linxconnect.ca.



Newsletter Class...

St Patrick Myths or Facts

Over the years we have all heard many different stories about the patron saint of Ireland, St Patrick, but how many of them are actually true? The newsletter class set out to collect some of the facts about St Patrick and his coming day. What we discovered was that most of the things we believe about the patron saint are based on legends and myths, not fact. St Patrick is actually not even an official Saint. He is considered a saint because of the many people have traditionally accepted this. So what else are we wrong about?



- ✿ **You may believe** that St Patrick, the Patron St of Ireland, was named Patrick. **St Patrick's actual name before becoming a Priest was Maewyn Succat.**
- ✿ **You may believe** that the color for St Patrick's Day is green. **St Patrick's actual color was blue. St Patrick is claimed to have used the "Shamrock" (clover) a 3 leafed plant as an object lesson representing the Father, Son, and Holy Spirit. People began wearing Shamrocks for his birthday then as the revolutionaries in Ireland organized they adopted the color green as their color and it was eventually the color for all of Ireland.**
- ✿ **You may believe** that St Patrick was Irish. **St Patrick was actually born in Roman ruled Britain in 386 a.d. He was captured by Irish raiders and taken back to Ireland where he was enslaved as a sheep herder for six years. When he escaped from Ireland he sailed back to Britain where he entered the priesthood. Later, feeling called to minister to Ireland he returned there.**
- ✿ **You may believe** that St Patrick drove all the snakes out of Ireland. **Ireland is surrounded by freezing cold waters and could not support the migration of snakes and there is no fossil evidence of snakes ever existing in Ireland. It is thought that this was a metaphor for pagans.**
- ✿ **You may believe** that the first St Patrick's Day Parade would have been held in Ireland. **But reports of the earliest St Patrick's Day parade are from Boston and New York City. In New York City circa 1762 a group of Irish Soldiers held a march to a local pub. The first actual St Patrick's day parade similar to those in America was held in 1975.**



Hearts and Heroes

Our 2nd Hearts & Heroes Event was a great success. Our Guests enjoyed a delicious meal, awesome music from both the Potluck's and Sweet Vintage Ride and lots of bidding on a terrific array of "silent auction" items. We received nothing but wonderful compliments on the entire evening. Thank you to everyone - from the Ladies who helped to collect donations, Nicole for signing us up for "Eventbrite" - this was an awesome website and so easy to use, thank you to Geoff, Lynsey and Jason Savill for helping to set up on Friday night, and to the staff at the Royal Executive Inn for everything they did. Please remember to thank the donors as you go about "spending" your certificates or when you shop at their locations. Without our "Donors" our event could not continue. Mark your calendars for February 11th, 2017; we have already booked the Hotel and Sweet Vintage Ride for the 3rd Hearts & Heroes Event!! Thanks to all of you!!! Take a peek at our Facebook page for pictures from the night!



MANDT Moment

Chapter 5 in the MANDT system training is about Positive Behaviour Interventions and Support. Of few things to think about this month are: It is...

- ✿ An understanding that people do not control others, but seek to support others
- ✿ A belief that
 - There is a reason behind most difficult behaviour
 - That people with difficult behaviour should be treated with compassion and respect.
 - That they are entitled to lives of quality as well as effective services
- ✿ The application of a body of knowledge
- ✿ A conviction to continually move away from coercion
 - Coercion attempts to control the behaviour of others through threat of or escape from unpleasant events
 - Minimizes the dignity of the other person, provokes retaliation, and causes physical and emotional harm.
 - Minor coercion can be harmful as it takes away dignity, autonomy, and sense of self-control

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

Haley Anderson! Haley is Citizen of the Month. She is actively involved Volunteering in several places throughout our community. When she isn't volunteering she is our dedicated Coffee News girl! Haley is always there to lend an ear to her many friends here at LINX and offer her support. Thank you Haley, for your hard work and dedication!!!

Employer of the Month

Boston Pizza! Boston Pizza is our employer of the Month. They have hired some of our clients over the years and most recently they have taken on another client as a volunteer. THANK YOU Ken, for your ongoing support in helping our clients. Being at Boston Pizza has helped them tremendously as they enhance their skills as well as promotes their independence!!!

Day Staff of the Month

Debbie Nguyen! Debbie is our Follow up Job Coach. When she isn't doing follow up, she is seen lending a hand whenever and to whomever needs her. She is very flexible in all areas here at LINX. She always approaches her work with a positive attitude and a smile on her face. Thank you Debbie for your sense of humor, positive attitude, hard work and the dedication you have to LINX!!!

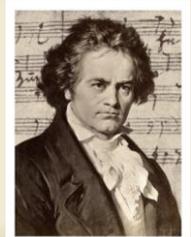
Residential Staff of the month

Karla Nash! This lady is extremely dependable, reliable, creative, friendly, compassionate, considerate, and diligent. One of her greatest skill sets is setting up an individual just moving from home to their own apartment which she is doing again in the Month of March. She is also our excellent instructor for our public cooking classes. Thank you for all that you do for LINX!!!

LINX Employers



Ludwig von Beethoven, Asthma, Deafness – Beethoven was a German composer and pianist. Born in Bonn, Germany, he moved to Vienna, Austria, in his early twenties and settled there, studying with Joseph Haydn and quickly gaining a reputation as a virtuoso pianist. Around 1796, Beethoven began to lose his hearing. He suffered a severe form of tinnitus, a "ringing" in his ears that made it hard for him to perceive and appreciate music; he also avoided conversation. When Beethoven was not sick, or suffering from asthma, he would often take a sketchbook with him and take long strolls in the country. ~ www.disabled-world.com



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LINUX Employers!

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