

# The LINK

May 2015



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

**LINX Long Term... Canadian Tire!** Did you know Canadian Tire has employed one of our individuals since 1999. That's 16 years of partnership with this wonderful company and our individuals!!

**AGM!** Do not forget to save the date for June 15 at 7:00. Remember that we would love to have you as a member of LINX, so make sure you are signed up and have paid before the AGM begins to be a member for the 2015-2016 year.

## Board Chair Report

Hello all and happy spring! I am fairly certain we can all agree that we are glad to have hopefully seen the last snowfall! With the new season comes the planning of our annual general meeting which we encourage all our members to attend (agenda to be sent out soon).

If you are a regular subscriber to this newsletter, you have heard about the new sensory items purchased with the generous donations from Second Glance and other amazing contributors. If you are not a regular subscriber to this newsletter, you should know that we have some fantastic support in our local community that has allowed us to purchase several sensory/tactile items which enhance not only our clients experience but our staff as well. Feel free to stop in to our foyer (at least) and see the beautiful water wall.

As board chair, I hope you know that most times this is a very rewarding position... but it's not always sweetness and light! We as a board covet your support and commitment to continue growth in naming Leduc LINX Connect Center a wonderful place to work and be!

Your Board Chair,  
~ Ed

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**Office Manager** Laurie Savill

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**Dates to remember:**

May 18 – Office Closed

May 21 – Invoices/Timesheets due

June 15 – AGM, 7:00 at LINX



**Board Members**

Ed Boender – Chairperson

Eileen Radawetz – Vice-Chair

Kim Dozois – Treasurer

Susan Boyle – Secretary

Maria Semrau – Director

Matt Tanner – Client Rep

**Recycling Donation Challenge**

(as of the end of April)



\$ 477.25



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



# Executive Director Report

Spring seems to have finally sprung! For those that know me, you know that means dresses and no more socks until November (or the second lasting snowfall... whichever comes first)! Spring means nicer weather, walking to our destinations, the outdoor Farmers Market next door, and the near completion to the construction at the office.

We are hoping that this construction will be done by our AGM on June 15<sup>th</sup>. I hope to see you all there. We look forward to sharing with you a summary of the year, our audit results, and welcoming new board members. Our fabulous board has been working hard all year to help LINX shine and run more smoothly. I hope you have received either by email or by letter home the letter from our board chair detailing the new nomination process. If you have not, please let me know asap and I will get it to you.

I would like to wish all the mothers out there a Happy Mother's Day. I don't usually get too personal in my reports, but since this is the month of the mothers, I must wish the best mom on the planet (mine of course) a very Happy Mother's Day. I have always said if I can be a fraction of the woman she is, I think I will be doing okay. Since everyone I know tries to self adopt when they meet her, I think they all would agree!

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

~ Nicole

## Day Program Report

April showers bring May Flowers!!! Warmer weather is coming!!! May's birthstone is Emerald. Stageworks has started up and continues into June each Tuesday. 4Cats Art Studio will be starting up September 14<sup>th</sup> for 8 weeks. Clients have been enjoying trying out the new sensory equipment that has been coming in from grant money. We will be helping with Communities in Bloom on May 9<sup>th</sup>, and Mother's Day is May 10<sup>th</sup>. May is national snack month.

### Lunch Snack for May are:

- May 1 – 7 layer salad
- May 8 – Chicken taco salad
- May 15 – Bacon Pea Salad
- May 22 – Matt's Potato Salad
- May 29 – Macaroni Salad

~ Colleen

## Residential Program Report

To start off the month of May I would like to welcome Ken and Alycia to the Outreach program. Welcome Welcome Welcome!!!!

What has the residential program been up to? Let me tell you. Hiring outreach workers that are a best match to the clients. Hiring respite homes. Searching for support homes; if you know anyone who would be a great fit for this position please send them my way. Creating a transition plan for individuals moving into a nursing home environment. Working with Home Care to complete assessments. Supporting families. Working on sensory assessments as well as cues and best responses.

~ Ronni

*A MOTHER is she who can take the place of all others but whose place no one else can take*

*Happy Mothers Day!*



# Through our eyes...

We know how we see LINX, but how do you see us? We would love to hear from about your experience with LINX, and share it with everyone! “Through our eyes” comes from feedback of those involved with LINX in various capacities. Our first repose came to us from Rebecca Baskier, Activity Coordinator at Leduc Foundation.

*To whom it may concern,*

*Planeview Manor/Place is proud to be in a partnership with LINX in Leduc. We have a number of valuable volunteers that join us on Tuesdays and Wednesdays her at Planeview. We have: Cory Albert, Henri Johnsson, Shawn Grey, Haley Anderson, Sandy Schram, and William Herzberg.*

*These volunteers come to Planeview and assist with games, bingo, exercise programs, crafts as well as socializing with our residents. They come to our facility with smiles and enthusiasm.*

*Our residents truly enjoy their visits and look forward to seeing them. Their help is very much appreciated by staff and residents alike.*

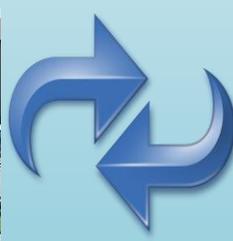
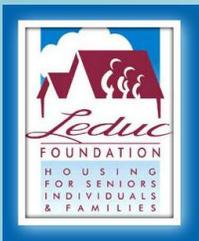
*Sincerely,*

*Rebecca Baskier  
Activity Coordinator*

We also received some feedback from some of the residents of Planeview in regards to how they felt about the presence and assistance from LINX:

- *I like them here because they are nice and helpful*
- *I would like them to come around more often*
- *I think it's fun to have them here - Bobby*
- *They help us with our walkers and I feel it's very important*
- *You are very pleasant*
- *They are very nice; everyone is friendly – Violet*

Thank you everyone for your comments on how LINX is involved in your life!



Parents! Clients! Employers! Staff! Neighbours! If you would like to be a part of this new section of LINX's "The Link" newsletter, please contact Nicole at 780-980-9423 ext 222 or [linxexec@linxconnect.ca](mailto:linxexec@linxconnect.ca).

# Sally's Gluten Free!

## SPICE UP YOUR LIFE

Does anyone need to tell you that Food, our daily nourishment, can sometimes be BLAH! And those who suffer from food allergies, even more so. Here's a solution... Spice up your life with seasoning. I myself have always liked seasonings, and have even tried my hand at an herb garden. But, let's face it, I'm no Martha Stewart.

But I have recently discovered, YOU can cook like a Greek, an Italian, or like any gourmet with the right spices. Yes, it can be intimidating, but these days, many companies take the task out of it. Buy one of their already put together blends and Voila, it's that easy.

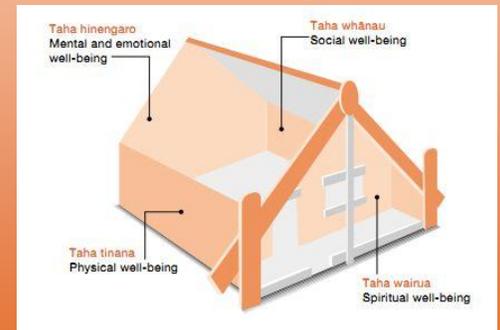


Myself, I have been using Epicure, and I am more than happy, even my fussy family, are leaving the table, saying "that was good!". The thing I like about Epicure is the recipe is on the label. I now whip up my own salad dressings, dips, omelettes, and more, fast and easy. Whatever culture of food you are loving these days, Epicure has the right spice blend. If you think you are ready to "spice up your life" try growing herbs, or find a shop where you can get a package already put together with recipe, or take a look at [www.epicure.com](http://www.epicure.com) and you'll be surprised what a little spice can do in your life.

# MANDT Moment

MANDT is on Facebook and I have enjoyed many posts. One of my favourite is the video that shares an example of the 4 walls of the House. If you are interested:

[http://youtu.be/C\\_Kpj9N-qHc](http://youtu.be/C_Kpj9N-qHc)



## 4 walls of the House

# Newsletter Class...

## Getting to know...

Don Loucks is a good natured friendly and helpful friend to participants at LINX. In the Day Program Don helps with his friends by walking one peer to work and back and sharing his life experiences in order to help his peers. He is always willing to let staff use his life experiences as an example for others even if it is something he did that he regrets.

Don has been at LINX since "Day One". When he started at LINX he came from the now former "Leduc Works" and was interested in keeping the job he had at the time and investigating other job possibilities. He feels there was little difference between Leduc Works and LINX.

We asked Don what his biggest achievements were since coming to LINX and he said that learning to control his temper has been his biggest achievement. He is looking for employment that he can be successful at and maintain, but he continues to work on his communication skills and expressing his feelings and emotions in a positive way. Staff at LINX have been a support through this process. It was a struggle at times with many ups and downs. "I fought to keep my old way of dealing with stress and staff kept encouraging me to try new methods" Don explained. He realized that there was a better way to handle his anger and if he didn't get a "grip" on it, it would affect his personal and professional life. "I tell people all the time that if they knew me back then they would not have liked me." Don credits the help he received from day staff, caregivers, management, counselling services and an anger management program that his roommate at the time helped him to access in Edmonton.

If Don could give one piece of advice to new clients at LINX it would be, listen to the staff and their way of thinking because it's helpful and they know what they're talking about. We asked Don to describe LINX and he said it is "Great".

# 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

**Dexter Croft!** Dexter is always smiling. He is kind to his peers and staff. Dexter works hard at his job and takes his position seriously. He recently participated in a workshop at Albert Works. Keep up the great work Dexter!!!

## Staff of the Month

**Justin Mathieson!** Justin is a great asset to our team. He shows compassion and dedication to the clients he supports. Justin's great work ethics are noticed and appreciated. He is a great team player. Keep up the great job Justin!!!

## Employer of the Month

**Boston Pizza!** Ken Behiel is the General Manager that has recently employed two of our clients. They have been great at making LINX feel welcome to be part of their team. We appreciate your ongoing support!!!

## Residential Staff of the Month

**Sally Nickerson!** This lady has taken up the challenge of learning the Circles program and sharing it with her peers, helped out the day program when they are in a pinch, helped out with emergency respite, and displays a positive attitude towards working and helping people out!!!

# LINX Employers

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



**Marlee Matlin, deafness** - became the first Deaf woman to win an Academy Award for her role in Children of a Lesser God. She won for Best Actress. She danced in the sixth season of Dancing with the Stars and the fourth season of the Celebrity Apprentice and was their first deaf contestant for both. Her acting career has been extensive in television and film. ~ [www.disabled-world.com](http://www.disabled-world.com)



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

# Unscramble the letters of our employers to find the secret code below.

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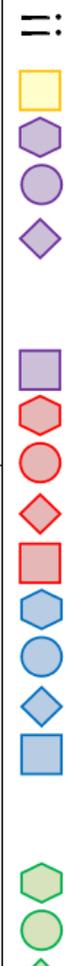
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Agapeland	Crackmaster	Kosmos	Planeview Place	St. Paul's Anglican Church
Basintek	Daystar Church	Leduc Public Library	Salem Manor	Staples
Boston Pizza	Dollarama	Leduc Rep	Salvation Army	Subway Leduc Common
Canadian Tire	Executive Alexandra Hotel	McDonalds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