

The LINK

September 2015



"Just so you know!" ...

LINX Classes! We have been talking about some of the classes that we are excited to offer at LINX, but "just so you know", these classes include:

- 🐾 4Cats Art Studio
- 🐾 Art
- 🐾 Budgeting for Independence
- 🐾 Citizenship
- 🐾 Coffee News Delivery
- 🐾 Coffee News Prep
- 🐾 Computers
- 🐾 Consumer Skills
- 🐾 Cooking
- 🐾 Cooking Prep
- 🐾 Current Events
- 🐾 Emotional Management
- 🐾 Fitness
- 🐾 Health and Hygiene
- 🐾 Job Prep
- 🐾 Mentorship Training
- 🐾 Music
- 🐾 Newsletter Article
- 🐾 Newsletter Prep
- 🐾 Office Skills Training
- 🐾 Relationships
- 🐾 Self Advocacy
- 🐾 Self Awareness
- 🐾 Sexual Health
- 🐾 Skills for Independence
- 🐾 Social Interaction/Rights Review
- 🐾 Stageworks

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Dates to remember:

Sept 5 – Notes and ISP's due

Sept 7 – Labour Day, Office closed

Sept 15 – Positive Behaviour Supports

Sept 22 – Time sheets/Invoices due

Sept 29 – Restrictive Procedures and
Abuse Protocol



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 July)



\$ 1369.40



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

Hearts and Heroes

This year we have registered our event under Eventbrite. This means you can go online to this website and purchase your tickets via credit card in the comfort of your home or office. You are still very welcome to come into the office and we would love to help you make your purchase. We are very excited about this!! To purchase your ticket please go to the link at the top of our Facebook page, or click:

<http://www.eventbrite.com/e/hearts-and-heroes-2016-tickets-16148515645?aff=es2>

The process is so simple. You can print your tickets off right away! You get an email verifying your purchase with the tickets showing as an attachment. Don't worry about the safety and confidentiality of your credit card. Eventbrite is a secured site. Your payment information will not be given to LINX.



Give Laurie a call to reserve a table of 8 for your group (we may be able to accommodate other numbers of larger tables). Please do not hesitate to call with any questions. Planning will be gearing up in September so please contact Susan (s.boyle@shaw.ca, 780-719-0437) or Laurie (linxadmin@linxconnect.ca, 780-980-9423 ext 223) if you would like to volunteer to help us out.

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Board Chair Report

Musings from "the chair"

Hello all! As September draws near, so does the return to schedules and school and such for many families. September also signals the beginning of autumn and therefore, sadly, also the end of summer. I hope you all had a time to take a break from your regular work and relax for just a bit...

We as a board also took a short break from our regular board meetings but be assured, that board business still carried on. We had an opportunities for learning and development as a board by attending a strategic planning. It has been beneficial learning opportunities as well as providing us with networking resources.

As always, I want to thank Nicole and her dedicated staff - this organization would not be where it is today without the heart and passion with which you serve our clients! I am honoured and humbled by your dedication!
~ Ed

Day Program Report

Another summer has come and gone. Hope everyone enjoyed the great weather we had. First day of fall is September 23. September Birthstone is Sapphire. September is a great month to get back into routines. I am very excited for the new classes to start up this month. 4 Cats Art Studio classes start up this month on Mondays for eight weeks.

Lunch Snack for September are:

- Sept.4 - Quick Fried Rice
- Sept.11 - Italian Chicken Stir-Fry
- Sept. 18 - Texas Rice
- Sept. 25 - Salsa Beef Casserole

~ Colleen

MANDT Moment

Whenever you do something, do it in a way that builds people up



Executive Director Report

Can it be that summer is almost over? There still seems so much to do! Though it has been a break for those in school, we have been busy at LINX. We have been working hard to prepare a framework for services for the aging population with disabilities, creating a written test for those staff preferring to audit our Abuse Prevention and Response Protocol and Restrictive Procedures trainings they are required to take every three years, working with Keystone Strategies and the Board to create a five year business plan, finish up the audit, apply and prepare for grants, start the leg work for the CET survey early next year, get the final process ready for the exciting new classes starting in September, ... There is no shortage of exciting things keeping us busy!

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

~ Nicole

Residential Program Report

The August Support Home meeting was amazing. Carmen and Jacky from the Canadian Red Cross came for the meeting to help us work on Emergency Preparedness. They were wonderful. I fully have every intention of making a plan for my own home. Can you and your family take care of themselves for 72 hours? I am not so sure that my husband and I have all the needed supplies. If you want more information you can go to

<http://www.getprepared.gc.ca/cnt/rsrscs/ep-wk/tlkt-en.aspx>

Know the Risks, Make a plan, and Get a Kit



Include these sites in your emergency plan and bookmark them for quick access:

- Public Safety Canada's website on emergency preparedness, [GetPrepared.ca](http://www.getprepared.ca) and the mobile version, m.GetPrepared.ca
- Canadian Red Cross: www.redcross.ca
- Environment Canada: www.ec.gc.ca

Dates to remember:

- September 23, 2015 First Day of Fall
- September 22, 2015 Time sheets and Invoices are due
- September 5, 2015 Notes and ISP's are due
- September 29, 2015 Restrictive Procedures
- September 15, 2015 Positive Behaviour Supports Starts at lunch.

~ Ronni



Through our eyes...

Flaman: It's A Win Win Situation

Teara S, Haley A, Don L, Chris T, Henri J, Taylor M, Crystal I, Grace M

The newsletter class contacted Mark Kelly, Manager of Nisku Flaman to ask for an interview. We offered to send him questions to answer and email back to us or an in person interview and he chose to email his answers. Flaman has been in business since 1959, starting out as a small venture that is now a huge enterprise. They now have ten retail locations, and 200 employees. They also have 100 Flaman Rental dealerships. They are a large company and have locations in every province between British Columbia and Ontario including many cities

We asked Mark why a company of Flaman's status would employ adults with disabilities. *"We have always had staff with development disabilities working at different Flaman Sales locations over the years it's been great! We want to give the opportunity to people with development disabilities to work in a great environment and be part of our team."*

Flaman finds value in having great workers with great attitudes as well as being able to watch them learn and accomplish new tasks and feel great about it at the end of the day. They have found this hiring participants from LINX. Flaman had a participant from LINX who unfortunately passed away. They have since hired two more participants and we asked them what motivated them to do this. Mark said *"Our relationship with LINX has been a great one. It only made sense to bring in new workers to be a part of our team."*

These participants come with a Job Coach, so we asked what do you see as the job coach's role at Flaman? *"To help mentor and solve issues that may arise each day. It's also great knowing that they are being supported at the job site. Great Coaching!!"*

We said Flaman has been a great supporter of LINX Connect Centre over the years, and asked why do they feel that is important? *"We learn from them and they learn from us; it's a win win situation our staff look forward and enjoy having the staff in each day. I've always enjoyed working with employees with development disabilities."* We ask our job sites if they have any advice for companies or small businesses considering hiring individuals with developmental disabilities, and he answered *"Give them a chance, you won't be disappointed."*

What is one word you would use to describe LINX Connect Centre? *"Opportunities"* says Mark Kelly, Manager Nisku Flaman.

FLAMAN



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!

Happy Harvest!!!

The Garden is ready. All that playing in the dirt in the spring has now become a "bountiful harvest" (work really). But I do want to share with you all a fabulous site that I'm into almost on a daily basis, www.yummly.com Just check it out, even if you don't like food! The pictures are enough to get me started. If you could ask someone to create a recipe and food idea page, specific to you, your tastes and likes, whether it be low sodium, low fat, low carb, vegan, Gluten Free, etc., this page can be specific to your very own wants and needs. Right now, I'm checking out Pickling recipes! And by the way, don't you just love the Farmer's Markets?

Happy Harvest Everyone



Newsletter Class...

Visitors in Our Community

Teara S, Haley A, Don L, Chris T, Henri J, Taylor M, Crystal I, Grace M

In the past several years Carolyn DeKlerk an instructor at LINX (see staff of the month) has let everyone at LINX know when the Pelicans are at Telford Lake.

As a group we had some questions about these birds. In the past some classes have followed the winter bird count. Andy Tait (President, Leduc Wildlife Conservation Society) has been involved with that so we asked him about the American White Pelican. We asked him why they come to Telford Lake and he said "They choose lakes based on nesting areas and food sources."

If the Pelicans are at Telford Lake from May on they are nesting but there are two other local lakes they frequent; Saunders Lake and Coal Lake. Members of our Newsletter Class witnessed a large group of Pelicans in the southernmost part of Saunders Lake.

Andy gave us a large amount of information about the American White Pelican

- Their nests are grouped together on small islands or manmade platforms.
- They have a mating ritual that both male and female take part in.
- They don't really build a complicated nest.
- They usually lay 2 chalky white eggs.
- Pelicans are modern they both tend the nest.
- If their eggs are destroyed they will not lay eggs again till the next year.
- They don't mate for Life.
- Pelicans feed on fish and invertebrates.



Pelicans should be left alone while laying or tending eggs or chicks. If they are disturbed they will fly away and not come back quickly leaving eggs and chicks to be killed by predators. They will not replace destroyed eggs. Pelicans also suffer from pollution when their food is contaminated killing them or, weakening them and making them more susceptible to disease.

As a community who cares about our wildlife we need to protect our lakes from pollution, noise and human activity around nesting areas.

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

Crystal Iseke! Crystal is always watching out for other clients. Crystal is caring and wanting to help others whenever she can. Crystal is employed at the Nisku Inn for 5 years now. Crystal is a joy to have here at LINX. Keep up the great job Crystal!!!

Staff of the Month

Carolyn DeKlerk! Carolyn is a great Class Instructor. She always goes above and beyond her duties for her clients. Carolyn here early every morning ensuring that the coffee and tea is made and the kitchen area organized. Carolyn great at getting clients out for fitness in any way possible. Your efforts are appreciated. Keep up the great job Carolyn!!!

Employer of the Month

Canadian Tire! Canadian Tire employees one of our clients that has been there for 17+ years. They are always friendly and helpful to the staff who supports our client. It is great to have such a long time supportive company that we have a great working relationship with. Thanks for all your care and community support!!!

Residential Staff of the Month

Alycia Adams! Alycia has taken a major project off my plate this month. The Outreach Camping Trip. She has gone with the flow when I trashed her schedule and gave her many new clients. She has offered to update the Outreach books. She shares ideas when I need to bounce things off someone. Alycia's time sheet is always on time and correct. (you have no idea how much this excites me)!!!

LINX Employers

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

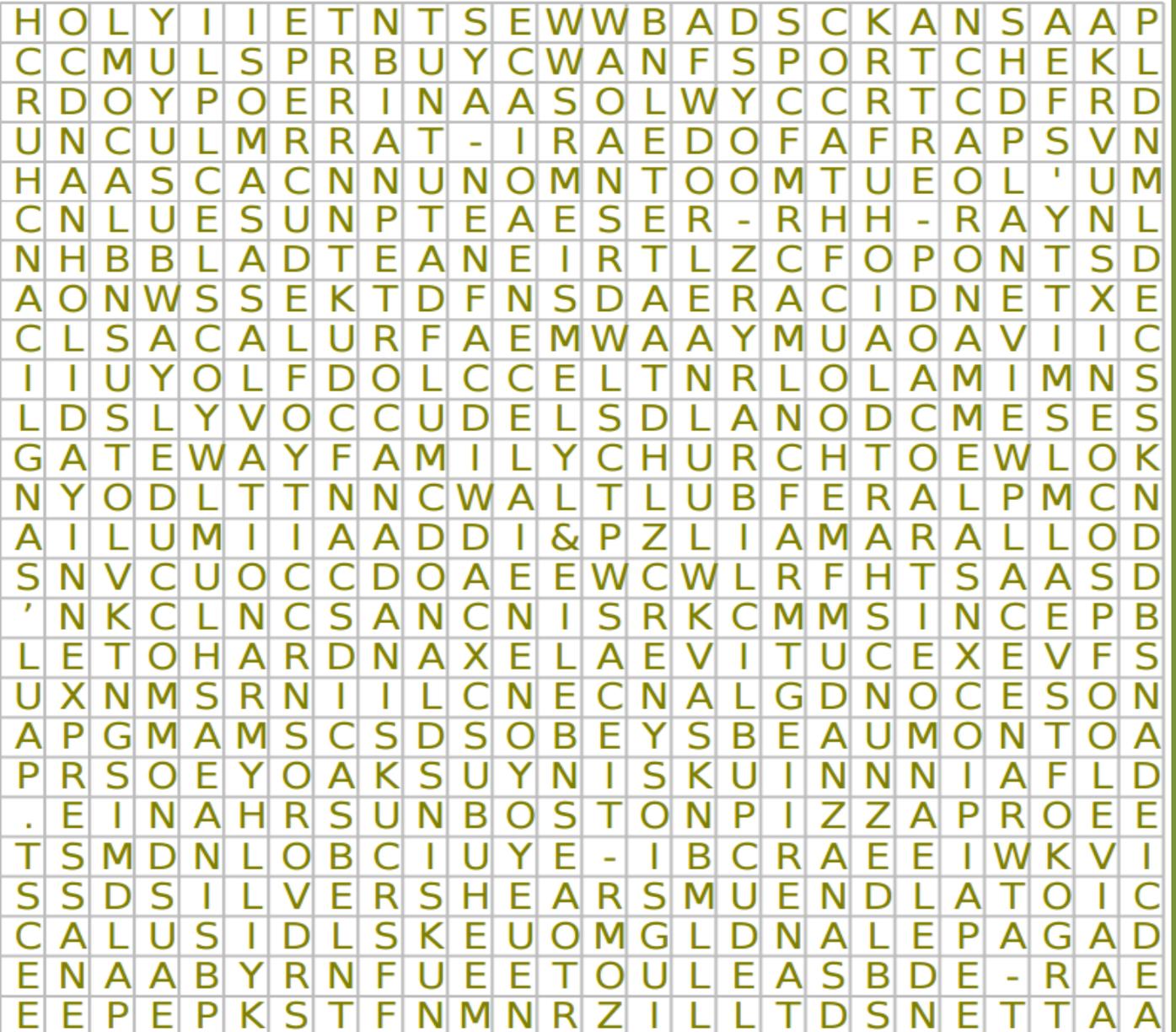


Bethany Hamilton, amputee - Bethany is a surfer known for surviving a tiger shark attack, losing her left arm just below the shoulder, and overcoming the serious and debilitating injury to return to surfing just eight weeks after the incident. In July of 2004 Hamilton won the ESPY Award for Best Comeback Athlete of the Year. She was presented with a special courage award at the 2004 Teen Choice Awards. Hamilton still aspires to become a professional surfer. ~ www.disabled-world.com



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LINUX Employers!



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