



Welcome to the Aug 2021 edition of the newsletter!

Executive Director Report

Whenever I am asked what I do professionally and why I do it, it doesn't take me long to start talking about how grateful I am to be able to do the work I do with the people I am with. I always say that in the 24 years I have been doing this, there has not been a day I woke up and said to myself "I don't want to go to work today". That being said, I think we all owe it to ourselves and the world to have more gratitude. I ran across a wonderful full article from Janet Miller that gave some great tips on how to do this. I have included a summary, but please see her full article at

<https://www.forbes.com/sites/womensmedia/2016/07/08/8-ways-to-have-more-gratitude-every-day/?sh=15e7b1aa1d54>.

8 Ways To Have More Gratitude Every Day:

In the famous words of Ferris Bueller, "Life moves pretty fast. If you don't stop and look around once in a while, you could miss it."

It can be easy to get swept away in the fast lane and forget to stop and show your appreciation for what you do have. A life well lived is one of gratitude and thankfulness. To help you on your gratitude journey, here are 8 ways to have more gratitude in your daily life.

1. Don't be picky; appreciate everything

Gratitude doesn't have to be saved for the "big" things in life. The habit of being grateful starts with appreciating every good thing in life and recognizing that there is nothing too small for you to be thankful for.

2. Find gratitude in your challenges

Gratitude is not only about being thankful for positive experiences. In fact, sometimes thinking about negative or difficult situations can help to really nail down what you have to be thankful for.

3. Practice mindfulness

Sit down daily and think through five to ten things you are grateful for.

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Dates to Remember:

Aug 2nd, 2021 – Heritage Day



Board Members

Daniel Roberts – Chairperson

Ann Kurlovich – Treasurer

Shannon Henry – Director

Annis Mattiussi – Secretary

Marcy Loucks – Client Rep

LINX Bottle Pick-Up

Give us a call, and we will pick up your Bottles and give you a charitable tax receipt for your donation!



The trick is that you need to picture it in your mind and sit with that feeling of gratitude in your body. Doing this every day will rewire your brain to be naturally more grateful, and you'll start feeling happier after every session.

4. Keep a gratitude journal

After your mindfulness session, write down your positive thoughts! Keeping a journal of all of the things you are thankful for can help you keep track of and refer back to the positives in your life.

5. Volunteer

For many people, the key to having more gratitude is to give back to others in their local community. Not only will it make you more grateful for the things that you may take for granted, but studies have shown that volunteering for the purpose of helping others increases our own well-being, and thus our ability to have more gratitude.

6. Express yourself

Sometimes it's not enough to simply keep your gratitude to yourself. You can increase your feelings of gratitude by expressing that same gratitude to the people you care about.

7. Spend time with loved ones

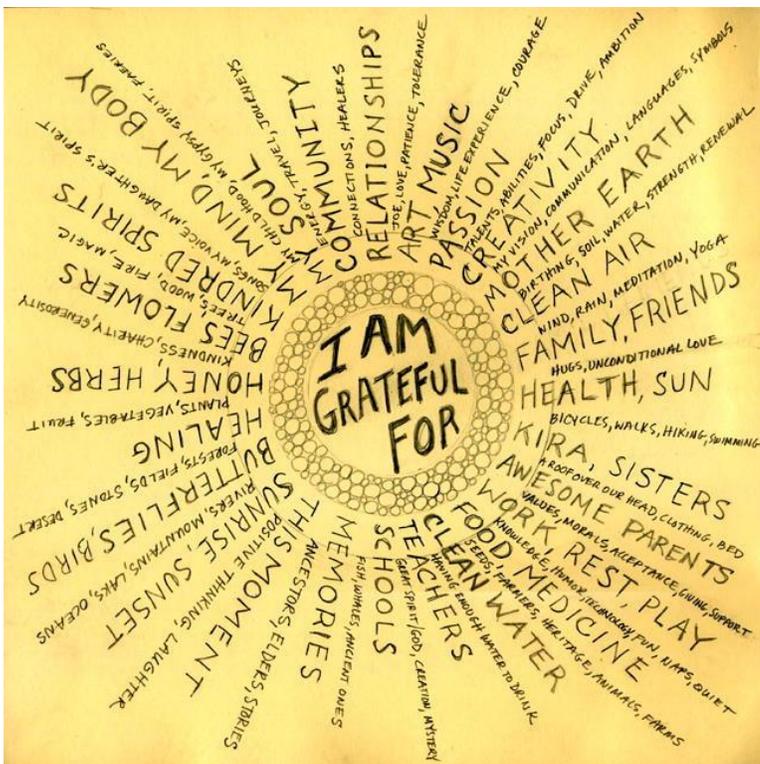
If you're struggling with feeling the gratitude in the moment, go spend time with your friends and family. Of course it will help you grow closer to them and strengthen your relationship, but it will also give you a chance to practice your acts of gratitude on people that you care about.

8. Improve your happiness in other areas of your life

Being grateful can make you happy, but being happy can also make you grateful. There are plenty of other ways to get your mood up, including exercising or participating in a hobby you enjoy.



Nicole Fuhsel



Day Program Manager Report

When we talk about the skills that are important for employees to succeed, we often focus on productivity, and efficiency. The importance of reliability & consistency is sometimes overlooked. Reliability is just as important, if not more, for the success of any employee. Reliability isn't just about showing up when you are expected to - although showing up is the first step!

As the world starts to open up, and businesses are experiencing staffing shortages, the conditions have never been better to demonstrate to employers that you can be relied on to deliver on your tasks and help the business succeed. With uncertain futures in so many industries, your employer is relying on you! Reliability is about managing your workload and knowing when to ask for help. Reliability can have a domino effect on all aspects of your employment including team engagement, collaboration, and overall performance.

What does it mean to you to be reliable? Can your employer, work experience or volunteer placements rely on you? I challenge each and every person reading this to flex your work ethic muscle this month – show up, work hard and have peace of mind & confidence in saying “I am reliable!”.



Katie Presse

Residential Program Manager Report

When you are a new Support Home, one of the top recommendations of the SHP's who have been doing this for a while is; Start as you mean to end up. What does that mean?!? What you would expect from someone who lives in your home - start that way right away. Do not wait three months to start expecting everyone to put their own dishes in the dish washer. It is easier on everyone to begin with the expectations right off the start.

If you do something for someone just because they are a new member of the home and you do not plan on doing it ongoing - DON'T. For example, doing their laundry. Provide them assistance they may need to use a new washing machine... yes. Wash, dry, fold, and put their clothes away... no.

If someone is capable of doing something on their own when they come to live with you, do not start doing it for them to “be nice.” We do not want people to lose their skills. The client will expect you to do this ongoing.

Start the way you want to end up.

Mandt Moment

Tools to improve relationships:

- People First
- Interact with others using dignity and respect
- Manage our own behavior first
- Then co-manage the behavior of others



Ronni DeLeavey



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 Client of the Month, Residential Staff of the month, Day 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!

Client of the Month: Carly McAvoy

She started a new job delivering papers. With the return to in person Day Program classes, she has been found to be very attentive. She is upbeat and fun to be with.

What drew you to LINX originally?

To learn.

What is your favourite LINX memory?

Being here of 12 years.

What are three words to describe LINX?

Beautiful, wonderful, and pretty.

What is your favourite part about working with LINX?

Brilliant to participate.

If you had to eat one meal, every day for the rest of your life, what would it be?

Meatballs.

If you were stuck on an island, what three things would you bring?

Color books, felts (drawing pens), and musical dancing.

What did you want to be when growing up?

Professional figure skater.

What is the one thing you can't live without?

Try everything.



Day Staff of the Month: Sally Nickerson

Sally has been a lifesaver for the Day Program in the last month! Always willing to pick up shifts and help out whenever possible, including accompanying a client to an orientation! Thank you Sally!

What drew you to LINX originally?

While I was working at a local grocery store I met a client and his job coach who were working there part time. I enjoyed seeing them and talking with them and felt this would be a job I would enjoy.

Before working at LINX, what was the most interesting job you've ever had?

Management training with Superstore in N.S. I spent time in each dept learning how to operate and manage each one. I really enjoyed the learning.

What are three words to describe LINX?

1. Professional.
2. Growing.
3. Abilities to meet the needs of the clients.

What is the favourite part about working for LINX?

The Clients, what they give far outweighs what they need.

If you had to eat one meal, every day for the rest of your life, what would it be?

Steak!

If you were stuck on an island, what three things would you bring?

My Bible, my Husband, my family.

What did you want to be when growing up?

A teacher.

What is the one thing you can't live without?

Love.



Residential Staff of the Month: Charity Reid

She has helped with Outreach by shadowing new staff with an hourly respite client, been a new staff mentor, and picked up respite so her peers could have a break. Thank you for being on the team!

What drew you to LINX originally?

The opportunity to serve others.

Before working at LINX, what was the most interesting job you've ever had?

First Aid instructor.

What are three words to describe LINX?

Supportive, growth/ encouraging, advocate.

What is the favourite part about working for LINX?

Being able to learn and expand my perspective.

If you had to eat one meal, every day for the rest of your life, what would it be?

Cucumbers and cheese (yes, it's a meal 😊).

If you were stuck on an island, what three things would you bring?

Bible, kids, shampoo.

What did you want to be when growing up?

Teacher!

What is the one thing you can't live without?

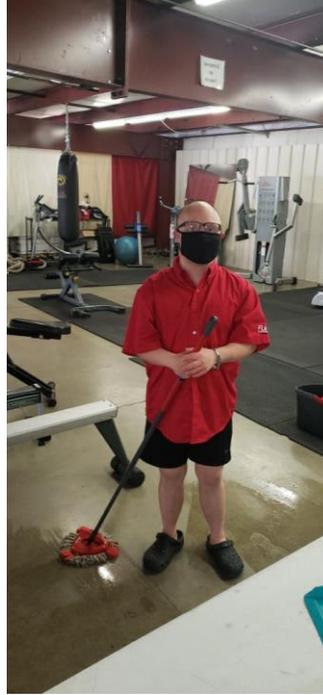
My girls! ♡



Employer of the Month: Flaman (Nisku)

After a long 16 months of COVID restrictions impacting their ability to have clients back to work, Flaman was able to bring clients back Monday-Friday in July! Thank you for being a valued employer and maintaining consistent communication throughout the pandemic!!

Thank you for the support!



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| Bone and Biscuit | Dollarama | Leduc Representative | Staples |
| Boston Pizza | Flaman | Lighthouse Cowork | Subway Leduc Common |
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| City of Leduc | Kosmos | Planeview Place | |
| Connectivity Dance Studio | Leduc Fellowship | Quincys Quilting | |
| Coop Grocery | Leduc Golf Club | Safeway | |
| Days Inn Suites | Leduc Library | Sobeys Beaumont | |



Looking for a fun & rewarding new career where you will make a positive change in someone's life for the better?!?



To become our new Job Coach!

You may be asking yourself, what is that?



LINX provides services to adults with developmental disabilities. We are looking for a Job Coach to provide employment supports to our clients in the community. **We are looking for multiple candidates for full time positions including one temporary that may turn into a permanent.** Must have own vehicle and clean driver's abstract as you will be transporting clients to employment. Based on a 7 hour day shift, Monday-Friday. Strong documentation and computer skills will be required with this position. Formal experience working with individuals with disabilities is an asset.

If you do not have significant experience or education to meet this position but still feel that you would be a good candidate, please include a cover letter describing why. We are willing to think outside the box for the right candidate!

We thank all applicants for their interest. Only those selected for a pre-screening interview will be contacted by LINX.

For more information about our amazing team, please contact:

Day Program Manager – Katie Presse

Phone: 780-980-9423 ext 224

Fax: 780-980-9429

Email: linxday@linxconnect.ca



Looking for a fun & rewarding new career where you will make a positive change in someone's life for the better?!?



To become our new Support Home Provider!

You may be asking yourself, what is that?



They are just regular people who would be interested in having someone with a developmental disability live with them. The level of independence varies from client to client (some need regular supervision; some are fairly independent and transitioning into their own homes one day). **The money earned for a support home is tax exempt. You would also receive tax exempt room and board from the client.** We currently have multiple clients requiring a new support home provider. Most clients attend a day program from 9 to 4 Monday to Friday at LINX. Clients come with different amounts of respite available. Training is provided.

The individuals that are currently looking have a preference of living within Leduc City limits.

For more information about our amazing team, please contact:

Residential Manager - Ronni DeLeavey

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Email: linxres@linxconnect.ca