

# The LINK

February 2023



## A Message From The Board Chairperson

Make A Difference In Your Community  
Join The LINX Board  
Commitment Is 2 To 3 Hours Per Month  
Online attendance acceptable

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**Business Manager** Leslie Von Albedyhll

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**Office Assistant** Alisha Crawford

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**Dates to remember:**

**February 20<sup>th</sup> - Closed**

### *Hearts and Heroes*



*February 11, 2023*

**Board Members**

Ann Kurlovich – Chairperson  
Nicole Murphy – Vice-Chairperson  
Shannon Henry – Secretary  
Cory Albert – 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!



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



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[www.linx.ngo](http://www.linx.ngo) Follow @LINXconnect on all Social Media



## Our Hearts and Heroes Fundraiser is fast approaching!



YOU ARE INVITED

# HEARTS AND HEROES

DINNER, DANCE AND SILENT AUCTION FUNDRAISER  
FEBRUARY 11, 2023 AT THE COAST NISKU INN

TICKETS FOR ONLY \$75 CAN BE PURCHASED AT  
[WWW.LINX.NGO/DONATE](http://WWW.LINX.NGO/DONATE)

FOR MORE INFORMATION CONTACT ALISHA AT  
[LINXINFO@LINXCONNECT.CA](mailto:LINXINFO@LINXCONNECT.CA) OR 780-980-9423 EXT 220

## Special Olympics February 2023

Special Olympics Alberta asked LINX to share their information in our newsletter and we are more than happy to do it.

### **SPECIAL OLYMPIC FEBRUARY 2023**

#### **ON GOING PROGRAM**

Bowling has started on January 5 until April 27, you still can join at the Leduc bowling alley every Thursday 5:30 to 7:00 PM- #102 - 5910- 50ST – Leduc

Basketball has started on January 18 until February 22 from 6:30 to 8:00 PM you still can join at Leduc Junior High School - 4412- 48 ST - Leduc.

#### **COMING SOON**

#### **SOCCER**

March 8 to April 12 at Leduc Junior High School - 4412- 48 ST - Leduc. \$35.00

#### **BOCCE**

May 10 to June 14 Location to be announced - FREE

## Executive Director Report

As most of you may know, Laurie Savill has retired from her position at LINX the beginning of January. She has spent a decade with LINX supporting the agency in many ways from manager to fundraising to BNI representative. We appreciate all she has done and wish her the very best in her new adventures.

With big shoes to fill, we were extremely lucky to have found Leslie von Albedyhll. From the early moments of her interview, we knew she was the perfect fit for the LINX team. She comes to us with fantastic knowledge and experience (she even prefers the challenge of non-profit bookkeeping), and an outlook on life and LINX that we are excited to have around. Please join us in welcoming Leslie to LINX! Find out more about Leslie further in this newsletter in our interviews section.

## Day Program Report

You asked and we answered! Moving forward, we will be adding the photos of the recipes made by the Cooking Classes along with the recipes on our social media! Keep an eye on our Facebook page for the Cooking Class album! We would love to hear about it if you recreate any of the recipes at home!

### February Menu

Feb 1 - Pizza Balls  
Feb 8 - Pork Chops with Apple, Kale, and Sweet Potato  
Feb 15 - Apple Crisp with Ice Cream  
Feb 22 - Best Meatless Spaghetti

## Residential Program Report

February makes me think of Valentines and relationships. Romantic relationships are important to most people and this includes the people that we serve. Some things to think about when supporting the people we serve to have the romantic relationships that they would like to have:

1. What am I currently doing to support them with a relationship?
2. What am I not doing to support them with a relationship?
3. What am I doing that might be a deterrent?
4. What am I not doing that might be a deterrent?
5. What do they expect of a relationship?
6. What do they need to learn about relationships?
7. What do we need to do to ensure they know how to be safe?
8. What do they want from a relationship?
9. Does the other person know they are in a relationship with the person that you are supporting?
10. What are the expectations of the other person?
11. If they want a relationship but haven't met "the one" where can they meet potential partners?

### February

#### The SIL Evening Cooking Class

February 8<sup>th</sup> 4pm-7pm  
February 22<sup>nd</sup> 4pm-7pm

## LINX Staff Anniversaries

Thank you to our wonderful LINX staff who have been with us a long time, a short time, and everything in between. We are nothing without you!

February	
Nicole	1997
Mel	2021
Joseph	2022



# Through Our Eyes

## Ted Harrison Exhibition Leduc Civic Centre

The clients of LINX's art class in collaboration with the Leduc Art Club go to the Leduc Arts Foundry for class. They were invited to paint pictures to be in the Ted Harrison art exhibit. They had the opportunity to paint these paintings of mountains, the moon, the sky, and the beach. One of the artists said, "We painted these paintings to challenge ourselves and be creative at the same time. We took inspiration from Ted Harrison's paintings and just painted what we wanted or imagined. There were steps to follow in creating the Ted Harrison inspired paintings." Ted Harrison was a Canadian painter who was famous for painting scenes of the Yukon. He used bright colors in his paintings. The LINX artists painted in his style. On November 20, the paintings were at the MacLab for a showing called, "The Cremation of Sam McGee." Then the paintings went to the Civic Centre where they'll be displayed for a month.

We had the chance to go to the Civic Centre to see the paintings and there were some cool paintings!



AM Class of Through Our Eyes



PM Class of Through Our Eyes

## New Office Manager: Leslie von Albedyhl

🐾 What drew you to LINX originally?

I enjoy working in the non-profit sector and I strongly believe in LINX's mandate.

🐾 What is a typical workday like for you?

Lots of spreadsheets and data tracking!

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

I would have to say Dairy Farming, I grew up on my families Dairy and worked on several others until my kids came along.

🐾 What is your greatest achievement?

Successfully raising 4 happy kids while building my career



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

Lasagna with a side ceaser salad, hands down.

🐾 If you had one superpower, what would it be and why?

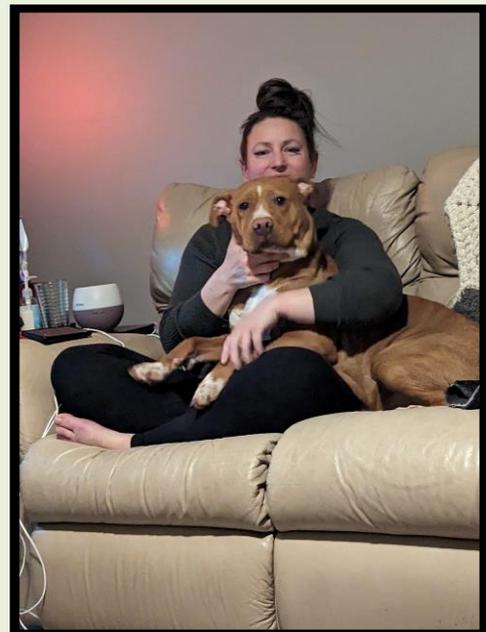
To be able to refill anything, especially my coffee cup.

🐾 What did you want to be when growing up?

Veterinarian

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

Books, I love to read and have a reading speed of almost 1000 words per minute.



## 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 Employer, Client, Day Staff, and Residential Staff of the Month. If you see someone in any of these categories that you would like to see recognized, please let us know!

### Employer of the Month: Hampton Inn & Suites

We would like to welcome the Hampton Inn & Suites to our inclusive employers list! The Hampton Inn & Suites has hired two individuals for their housekeeping team!



### Client of the Month: William Descalchuck

William has been working to find a new job and has recently been successful. William has been successfully living independently by using our SIL supports.

- 🐾 What is your favorite meal?  
Mac and Cheese
- 🐾 If your life was a movie, what would it most relate to?  
I watch movies to escape reality, but my favorite childhood movie was Treasure Planet which I just recently watched.
- 🐾 What is one lesson you feel you have learned from LINX?  
Budgeting, my budget has improved.
- 🐾 What type of music do you listen to?  
Heavy Metal
- 🐾 If you spent an entire day at a theme park, what would you do?  
Ride the rides.
- 🐾 If you had one superpower, what would it be and why?  
It is called energy manipulation. I can absorb any kind of energy. I could use it to enhance my body or unleash the energy that I have absorbed.



## Day Program Staff of the Month: Sharon Pelz

Sharon has been with the team for 3 months and has been a wonderful addition to the LINX team! Her background in education has been an asset to the clients she supports. Thank you for all that you do Sharon!

- 🐾 What is a typical workday like for you? I enjoy that there are a variety of things that I do in my job coach position at LINX. This includes supporting and encouraging the inclusion of LINX clients in the community in employment and volunteering positions, and through educational classes. Every day is different, and I look forward to going to work because of the positive and professional atmosphere here.
- 🐾 What is your greatest achievement? I would consider my greatest achievement being a mother, while studying and gaining teaching experience overseas.
- 🐾 If you had one superpower, what would it be and why? I would want to be able to teleport to visit people I care about. My family and friends are spread out across Canada, and in other countries. Speaking over the phone just isn't the same as being in someone's presence, and I wish it were easier to see them in person.
- 🐾 What advice would you give someone who is considering this type of job (or field)? I would say that it is important make time to take care of yourself first, so you have the space and the energy to take care of others too.
- 🐾 How long have you been working at LINX? I just recently started working at LINX, at the beginning of November 2022.
- 🐾 What is your favorite beverage? I most often drink black coffee, but hot tea with milk and sugar is my favorite.
- 🐾 What type of music do you listen to? I like many types of music, depending on the environment and my mood.
- 🐾 Who was your idol growing up? I am number eight out of nine children in my family, and my siblings were my idols.



## Residential Program Staff of the Month: Sylvie Choumiline

Sylvie Choumiline has been with the Outreach program since June. She has been excited about the Supported Independent cooking class that started back up last month. She has been building some amazing skills to teach during the class. All of the SIL clients rave about her cooking skills when they get to work with her one on one. I am delighted that you are a part of the team and can share some of your skills.

- 🐾 What is a typical workday like for you? I always check my work schedule and what the work shift will entail. I never really know how that shift will go but one thing is for sure no day is the same and I always finish my shift with a smile.
- 🐾 What is your greatest achievement? I have to say being a mother to 2 great kids!
- 🐾 If you had one superpower, what would it be and why? My superpower would be making money so I could donate it to all who need it.
- 🐾 What advice would you give someone who is considering this type of job (or field)? It can be challenging but also rewarding. I would advise that you really understand the expectations for this job.
- 🐾 How long have you been working at LINX? I have been with them for 7 months.
- 🐾 What is your favorite beverage? I have to say lately it's been Rooibos Chocolate Mint Tea!
- 🐾 What type of music do you listen to? A wide variety, I have been listening to Norah Jones and Mei-lan at the moment.
- 🐾 Who was your idol growing up? My mother was for sure and still is.



# LINX Employers

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- ☘ A and W Nisku
- ☘ Blue Falls Manufacturing
- ☘ Bone and Biscuit
- ☘ Boston Pizza
- ☘ Boys and Girls Club of Leduc
- ☘ Brightpath Daycare
- ☘ Canadian Tire
- ☘ Century Mile Casino
- ☘ City of Leduc
- ☘ Connectivity Dance Studio
- ☘ Co op Grocery
- ☘ Days Inn and Suites
- ☘ Daystar Church
- ☘ Dollarama
- ☘ Flaman
- ☘ From the Sole
- ☘ Gateway Family Church
- ☘ Hampton Inn and Suite
- ☘ Jireh Centre
- ☘ JTD Construction
- ☘ Leduc Arts Foundry
- ☘ Leduc Fellowship Church
- ☘ Leduc Public Library
- ☘ Leduc Rapid Bingo
- ☘ Leduc Representative
- ☘ Lifestyle Options
- ☘ The Lighthouse Cowork
- ☘ McDonalds Leduc
- ☘ No Frills
- ☘ Planeview Place
- ☘ Renewed Resilience
- ☘ RiseUp Society
- ☘ Royal Hotel
- ☘ Safeway
- ☘ Salvation Army
- ☘ Sobeyes Beaumont
- ☘ Sticks and Stones
- ☘ St Pauls Anglican Church
- ☘ Staples
- ☘ Subway Leduc Common
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