

The LINK

March 2019

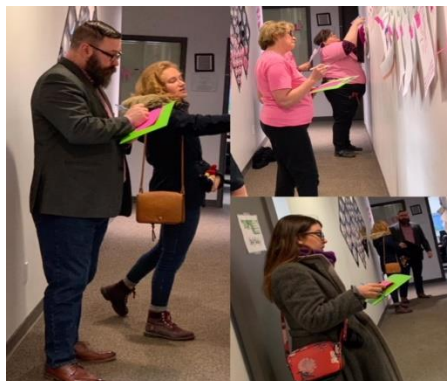
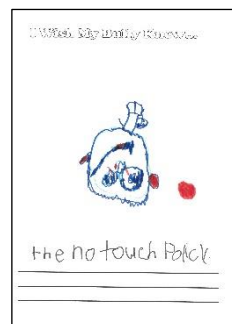
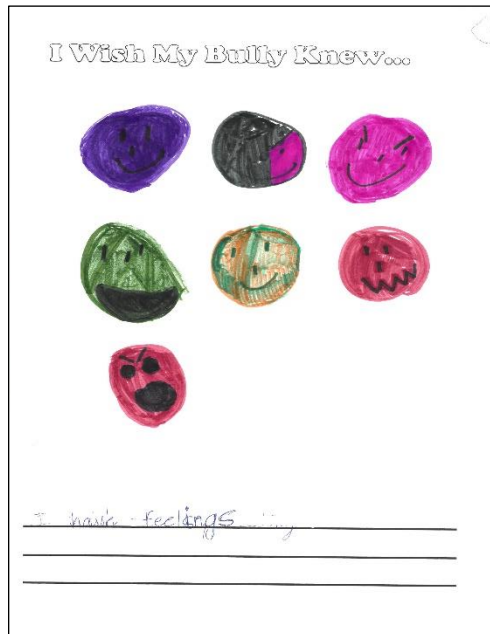


"Just so you know!"...



Every year in support of anti-bullying awareness, LINX goes pink! This year the LINX office was literally glowing pink, and instructor Mary Bond hosted a poster contest with the theme of 'I wish my bully knew...'. Executive Director Nicole Fuhse, Shaye Anderson MLA, Beverly Beckett Leduc City Councillor, and Tracy Johnson with FCSS had the difficult task of judging the posters and after much deliberation chose a winner! Congratulations Taylor! Honorable mention also went to Jarrett & Thomas for their submissions!

What do you wish your bully knew? We challenge you to go bigger than pink and embody kindness, acceptance and inclusion all year round!



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Dates to remember:

March 5-7 – CET Accreditation

June 26 – Annual General Meeting

Board Members

Ed Boender – Chairperson

Daniel Roberts – Vice Chairperson

Maria Semrau – Treasurer

Susan Boyle – Secretary

Annis Mattiussi – Director

Ann Kurlovich – Director

Felicia Andrews – Director

Melanie Behm – Director

Brandon Sonnenberg – Director

Ryan McKinney – 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!



Day Program Report

As we work our way through the tail end of winter, it's important to recognize the impacts that the cold weather may be having on us emotionally; and with that it's important to understand how you can help yourself through any "rough patches" you may be experiencing. This is self-care, it looks different for everybody, and you are the only one who can truly know what self-care looks like for yourself; but you need to be honest with yourself, or it's not going to be as effective as it could be. Take a moment every day to ask yourself, "What do I need?"

In other news, throughout the first two weeks of March we will be sitting down with our clients so they can make new class selections. If you would like a copy of the class selections to come home, please let Andrew know.

March Lunch Snacks are:

- 🐾 March 6 – Turkey Rice with Black Beans and Chickpeas
- 🐾 March 13 – Granola Bars
- 🐾 March 20 – Ham Bone Soup
- 🐾 March 27 – Old Fashioned Goolash

Residential Program Report

Let's talk Kitchen Safety. The Kitchen is often the heart of the home. Whenever there is a new respite worker or support home, one of the first things the clients ask me is "can they cook?". Food is important. Here are a few tips for the home to teach and practice food/kitchen safety:

1. Tie back your hair.
2. Do not cook in loose clothing.
3. Keep potholders near the cooking area.
4. Turn the pot handles to the back or inside of the stove.
5. Store food in appropriate containers and temperatures.
6. Do not leave the kitchen when cooking.
7. Clean up spills right away.
8. Know how to use your fire extinguisher.
9. Store chemicals and food separately.
10. Sanitize your counters.

If you would like to learn more about Food Safety there is information online. The following resource is recommended by our home inspector from Alberta Health:

<https://www.albertahealthservices.ca/assets/wf/eph/wf-eh-alberta-food-safety-basics-booklet.pdf>

Executive Director Report

Another successful Hearts and Heroes has come and gone. This year we raised more than we have before! Thank you to everyone who donated, came to our event, bid on our items, and helped us all have a fantastic time! Please add February 8th, 2020 to your calendar for our next Hearts and Heroes!

While your calendar is out, please note that our AGM is booked for June 26th at 7:00pm at LINX. Join us for presentations on the year in review. Do you or anyone you know want to play a role in LINX? We are looking for new Board members! Please contact Nicole at linxexec@linxconnect.ca to find out more information.



Mandt Moment...

Support Home Provider Charity says that the most significant thing she took from the course is how impactful trauma is on the entire life.

"It has helped me to understand people differently."





Through our eyes...

By Business Manager Laurie Savill

Hearts and Heroes 2019

There are so many people to thank for helping to make our annual fundraiser successful. I would like to start with Linda Bakker. There is no one else who does as much work as she does when it comes to collecting donations for our silent auction tables. The majority of items are a result of her hard work. Thank you Linda.

Thank you goes out to Executive Director, Nicole Fuhsel. Thank you to our Office Assistant, Katie Presse. It takes a team.

Thank you to all the people and businesses who so kindly donated. We have so many loyal supporters who, year after year, continue to donate to our cause. Without your kindness and generosity, our event could not be the continued success it is. It is especially appreciated when our Alberta economy continues to struggle, you still find it within your budget to donate.

Thank you to all of our guests who attended. This year we were very excited to welcome many new people to our event. While our purpose for the event is to raise funds, it is gratifying to see our guests enjoy the evening. When we see our guests talking, smiling, laughing and dancing we know our event is successful. We hope to see you all again next year.

Thank you to all of our guests who participated in the Reverse 50/50, the canvas draws and silent auction bidding. The reverse 50/50 is a lot of fun. Our winner Gail Ruff went home with \$750.00 which was well earned redemption after coming in 2nd last year!! The canvas raffle provides an opportunity to showcase the photography class. It is next to impossible to choose which pictures to print as there are so very, very many to choose from. If you are interested in purchasing a piece, you are more than welcome to come to the agency and scroll through the pictures. I guarantee you, you will be in awe of the talent. There were many bidding wars happening at the auction tables. It was fun to watch the bidders stalk each other's movements.

Thank you to Sweet Vintage Rides. They have been with us since year one of Hearts and Heroes and are part of the reason we are so successful. How anyone can stay sitting once they start to play is beyond me. They are very supportive of LINX and we so greatly appreciate what they do.

Thank you to the Nisku Rec Centre. We greatly appreciated everything you did to help make our event a success. We look forward to next year. Saturday, February 8, 2020. Same place. Same time. See you then!



LINX Photography Classes



Despite the extreme cold Alberta has been facing over the last few weeks, our photography class has been able to get some great shots! Sometimes beauty is found where you least expect it – it's all about perception!



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, 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!

Citizen of the Month

Will Descalchuk! Will has been very self motivated to get back into the work force, and has been a reliable, punctual employee for 3 months. He has been so successful with customer service because of his friendly demeanor and positive attitude. Keep up the good work, Will!

Day Staff of the Month

Brady Watt! Brady has been with LINX for 3.5 years. In this time they have been an Instructor, bringing in a couple of key classes to LINX's curriculum that we are still using, as well as a Job Coach. Brady has helped bring a much needed consistency and emotional awareness to our clients. Over the past year, they had a large hand in developing a job search process that all of our Job Coaches now use to assist clients in exploring their interests and focus with regards to searching for employment. This job search process has even gone ahead to be used as an example for other employment agencies! Thank you, Brady, for all that you bring to LINX!

Employer of the Month

Co-op Gas Station! Co-op Gas Station has employed multiple LINX clients in paid positions. They have supported our clients in developing team work skills and provide a very positive work environment. Thank you Co-op Gas Station!

Residential Staff of the Month

Merle Arbuckle! She has been an amazingly support home for one of our clients. She also covered short notice for a respite worker. She is a person who understands and promotes community inclusion to the fullest potential. She has been a wonderful addition to the team. Thank you for all that you do.

LINX Employers

Abaco	Co-op Grocery	Joe's Big City	No Frills	Silver Shears
Best Western Plus	Days Inn & Suites	Dogs	Notre Dame	Sobeys Beaumont
Black Gold Real Properties	Dollarama	Kosmos	Petro Canada Nisku	Spence Corrosion
Bone & Biscuit	Evolution Sports	Leduc Library	Planeview Place	St. Paul's Anglican Church
Boston Pizza	Extencare	McDonalds Leduc	Ricky's All Day Grill	Staples
Canadian Tire	Flaman	McDonalds	Safeway	Subway Leduc
City of Leduc	Gateway Family Church	Sparrow	Salem Manor	Common
Co-op Gas	Communications 2000	Nisku Inn	Salvation Army	Wal-Mart
			Second Glance	Zulu

Ill-Abilities -

Created in 2007, Ill-Abilities is an allstar team of differently-abled dancers. They've inspired their audience with their positive attitudes and unique dance moves. Today, the crew spreads positivity by sharing their stories through motivational entertainment world wide. Crew members are Lazylegz, Kujo, Tommy Guns Ly, Checho, Redo, Krops, Samuka and Perninha.

Their ill-skills can be seen on their website at www.illabilities.com or by searching for the crew on YouTube!



LINUX Employers

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y p v z t r i j y g a m e s q p j g o j o p h n a k i s h c h c c b v a s f u r
m z l d y f c m j y e y n r p a e i a d n v l g w k c l y l y x e f m r i s h f
u m v j i z b q p g k o l i d t m y j z y x n a n b c u x v c s n m g b r h w v
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z o a m f b u h y r e c o r g p o o c n m f b n f n t f e y g b c h n p p o s g
z l m a p j i t u c o z p q j l t o q u o o p u e u t b h o b k u f b l c i y d
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| ☘ Abaco | ☘ Co-op Grocery | ☘ Joe's Big City Dogs | ☘ Notre Dame | ☘ Sobey's Beaumont |
| ☘ Best Western Plus | ☘ Days Inn & Suites | ☘ Kosmos | ☘ Petro Canada Nisku | ☘ Spence Corrosion |
| ☘ Black Gold Real Properties | ☘ Dollarama | ☘ Leduc Library | ☘ Planeview Place | ☘ St. Paul's Anglican Church |
| ☘ Bone & Biscuit | ☘ Evolution Sports | ☘ McDonald's Leduc | ☘ Ricky's All Day Grill | ☘ Staples |
| ☘ Boston Pizza | ☘ Extencicare | ☘ McDonald's | ☘ Safeway | ☘ Subway Leduc |
| ☘ Canadian Tire | ☘ Flaman | ☘ Sparrow | ☘ Salem Manor | ☘ Common |
| ☘ City of Leduc | ☘ Gateway Family Church | ☘ Nisku Inn | ☘ Salvation Army | ☘ Wal-Mart |
| ☘ Communications 2000 | | ☘ No Frills | ☘ Second Glance | ☘ Zulu |
| ☘ Co-op Gas | | | ☘ Silver Shears | |