

The LINK

August 2016



"Just so you know!" ...

Facebook and Twitter! Are you following us on Facebook and Twitter yet? If not, why not! We have daily postings about LINX, the world of disability, etc. Please like, comment, and share. It helps us make the community more aware of LINX's work!

The countdown is on! As of August 1st, it is only 194 days until the next **Hearts and Heroes!** Have you marked it on your calendar?



Board Chair Report

Hello, all! I had occasion to be in our office the other day.... I have to say, the enthusiasm with which our clients greet visitors is so wonderful. A lot of them expressed to me their plans for the summer and surely, the highlight seems to be the opportunity to go to camp. That pleasure, that joy - it's just so uplifting that I could not have left LINX untouched. Once our clients know you as a friend, you will have a friend for life! I would strongly encourage you, even if (and maybe especially if) you've never visited, to take a few minutes from your day (and that is truly all it takes is a few minutes) and stop in!

I want to take a moment to thank our supporters. You have been faithful and committed partners and we do appreciate your loyal support! I would ask one more thing... Would you consider a membership? It's only \$15.00 (and that's not my point) but your membership support would encourage the board, it would show our funders (primarily the provincial government) that we have local support and it would give you, our member, a say in the organization!

Feel free to contact myself, Laurie, or Nicole if you think you could add this level of support to your already amazing level of commitment to our board, our organization and most importantly, our clients!

Trusting you will enjoy a safe and happy summer.

~ Your chairperson, Ed Boender

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Day Program Manager Heather Jones

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Dates to remember:

Aug 1 – Office closed

Aug 23 – Timesheet/invoices due

Hearts and Heroes



Board Members

Ed Boender – Chairperson

Kim Dozois – Treasurer

Susan Boyle – Secretary

Maria Semrau – Director

Annis Mattiussi – Director

Cori Barnes – Director

Teara Serena – Client Rep

Recycling Donation Challenge

(as of the end of July)



\$1097.40



You can now safely
donate to LINX online at
www.linx.ngo



Executive Director Report

Summer is always a hectic time with a never ending mountain of changing schedules. Thank you to all the clients and families who have given us notice of the changes, the staff who have been accommodating with their routines, and the management for making it all work.

I have recently been lucky enough to visit with some former staff that moved away 9 and 10 years ago. In catching up on what we have all been doing, it was interesting to see all the different things that they have been up to. It got me thinking about what I "have been up to". With the exception of 2 years away (to have babies and things), I have been working with most of our folks since February 1997... over 19 years. As much as it's been interesting to learn about where everyone's paths have taken them, I wouldn't want my journey any other way. I am so grateful for everyone who has let me be part of their lives over these 19 years. Thank you for making me who I am. Here's to another 19 more!

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

~ Nicole

Day Program Report

EVERYBODY IS A GENIUS. BUT IF YOU JUDGE A FISH BY ITS ABILITY TO CLIMB A TREE, IT WILL LIVE ITS WHOLE LIFE BELIEVING THAT IT IS STUPID

Albert Einstein

Hope that you are all having a wonderful summer as it seems to be flying by!!

Last month I mentioned that we were assisting the Black Gold Health Foundation and the Wetaskiwin helping to raise money for the Wings and Wheels Lottery draw. Since starting on June 28 our Give Back program has raised to date \$2820.00. Thank you to the clients who are so energetic in getting these sold and to my staff who is also making this happen...WAY TO GO!!!!

August Lunch Snacks are:

- 🐾 August 5 - Three bean salad
- 🐾 August 12 - Turkey taco salad
- 🐾 August 19 - Mexican quinoa salad
- 🐾 August 26 - Mediterranean pasta salad

~ Heather

Residential Program Report

I was having a conversation the other day where the person on the other end of the phone thought it was amazing that one of the people we serve volunteered at the Alberta Summer Games. I shared that he was not the only one and it is common for people at LINX to volunteer at such events in the community. It got me thinking about The Principle of Normalization and Social Role Valorization.

Wikipedia definition of The Principle of Normalization: The **normalization** principle means making available to all people with disabilities patterns of life and conditions of everyday living which are as close as possible to the regular circumstances and ways of life or society.^[1] Wikipedia says that Social Role valorization theory is based on the idea that society tends to identify groups of people as fundamentally 'different', and of less value than everyone else. It catalogs the methods of this 'devaluation' and analyzes its effects. It may be used by those seeking to counteract these methods and effects.

I had a hard time understanding that being a part of one's community was supposed to be something that is brag worthy. I still do. I believe that the staff of LINX and the clients of LINX have become so wonderful at the Principle of Normalization and counteracting Social Role Valorization that we just live at that standard all of the time and it is just a part of our regular lives as we live in our community.

Clients from LINX volunteered at the Alberta Summer Games because: one man loves soccer, so he volunteered to run lines at the games; one lady volunteered in admissions "I do it to be a part of my community like everyone else,"; another gentleman volunteered to be a part of the "Green Team" and would definitely do it again next time. Way to be a part of your community everyone!

~ Ronni



Through our eyes...

LINX Treats the Whole Person

Written by: Don, Chris T, Michael, Taylor, Teara,

Mary is the mother of a participant at LINX. He has been with us for 4 years. She has worked at many volunteer functions for LINX and is now on the board of directors. We appreciate her support and her willingness to get involved. She feels, "It has been a learning process for me. It is good because I know what's going on at LINX and that makes me feel more confident because it concerns my son."

Mary and Perry first realized their son would need the help of an agency like LINX "when he was little and didn't meet any of the average milestones, pretty much from day one." The challenges he faces are; time management and knowing what time means in regards to the rest of the world, and ability to focus and to manage basic life activities. He has some physical barriers. He also has the emotional age of 8 or 9.

When Mary was making the decision with her husband Perry of where to enroll her son in an adult program she shared that, "I had just heard about it through another parent whose child was at another agency. I chose LINX based on what I knew about ... LINX."

What are some of the most significant things LINX has accomplished for her son over the time they have been at LINX? "A little bit more independence. He has learned to accept change better than he did before. He has learned he's not the centre of the universe."

If she was asked by someone from outside our LINX community; what LINX can do for people with developmental challenges? I would tell them that they get them to be a bit more independent and to grow up a bit. They treat them like adults and have adult expectations but take into consideration their abilities. They treat the whole person.

I'm very happy with LINX all around.

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.



Newsletter Class

Written by: Anthony, David, Don, Chris T, Michael, Taylor, Tera

If you breathe, sweat, or eat, you need to rehydrate.

We can get water into our systems by not only drinking water but other beverages as well (preferably without sugar) not including alcohol. We can also get water by eating fruits and vegetables high in water. Many individuals meet their daily hydration needs by simply drinking water when they're thirsty", according to a report on nutrient recommendations from the Institute of Medicine of the National Academies. People sometimes think they are hungry when they are actually thirsty so they should have a drink first before eating to retrain our bodies to recognize thirst.

What does water do for us?

- it maintains the balance of fluids in our cells
- it can help control calories - when you choose water over high calorie beverages
- maintains the balance of body fluids - your body is 60% water and that needs to be maintained; you lose fluids when you sweat, digest, breath, and pass waste.
- it keeps your skin looking good - your skin is made up of cells and they need water to function properly.
- it helps your kidneys and bowels - flushes out toxins and waste efficiently from your body. Your urine should be light in color and have no odor.
- staying hydrated can improve your mood- being dehydrated can cause confusion and grumpiness.
- it can help reduce joint pain - water keeps your cartilage soft and joints lubricated.
- helps cure headaches- sometimes when we have headaches we are actually low in fluids and dehydrated.

So grab your water bottle they come in every color you can think of and carry them with you especially during hot weather.

<http://breakingmuscle.com/health-medicine/10-life-changing-reasons-to-drink-more-water>; 6 Reasons to Drink Water, By Kathleen M. Zelman, MPH, RD, LD, Reviewed by Louise Chang, MD on May 08, 2008, WebMD Feature Archive

ChristianImages.net

MANDT Moment

Healthy Relationships!

Which would you like to see more of at home? At work?

Dignity Patience Honesty
Quality Respect Fidelity Integrity
Humility Courage Temperance Honor
TRUST Fairness Kindness Justice
Forgiveness

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

Tracy Wagner! Tracy Wagner is LINX client of the month!!! Way to go. Tracy loves music and will often be heard singing above everyone. She loves to ask people how they are doing and just having a conversation. She will often be heard throughout the halls laughing and making jokes with people. She has had the same job for years and knows her job well. No matter what day it is, she is always smiling....Keep up the good work Tracy!!!

Day Staff of the Month

Brady Watt! Brady Watt is our staff of the month. Although not with LINX a long time, Brady has transitioned nicely into his new role of classroom instructor these past few months. He is received well by the clients and is respected amongst his peers. When a few of his clients were asked to described him, they replied: "He is very patient", "He is polite", and "He takes his time". Thank you again for your hard work and dedication!!!

Employer of the Month

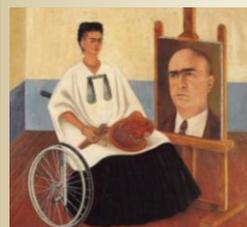
Kosmos Restaurant and Lounge! Our Employer of the month is KOSMOS Restaurant and Lounge. Thank you for the years of employment you have given to Caroline. Your understanding and approach is greatly appreciated to both her and Nick our new Follow Up job coach. When a business such as yours identifies the strength of an employee with disabilities, and they work within their skills, those employees turn out to be faithful, and hard working. Thank you!

Residential Staff of the month

Gerry Lang & Shirley Weslosky! This couple have provided a stepping stone placement between being a support home and living in the Supported Independent Living program. They are willing to try different ways to support someone who is "in between" the two programs. They turn in their paper work diligently, communicate effectively, and advocate for their client!!!

LINX Employers

Basintek	Dollarama	McDonalds	Petro Canada Nisku	Sobeys Beaumont
Black Gold Real Properties	Executive Alexandra Hotel	Leduc	Planeview Place	Sport Chek
Boston Pizza	Extendicare	McDonalds	Playing For Keeps	St. Paul's Anglican Church
Canadian Tire	Flaman	Nisku	Toys and More	Staples
City of Leduc	Gateway Family Church	McDonalds	Ricky's All Day Grill	Subway Leduc
Co-op Food Store	Church	Sparrow	Salem Manor	Common
Co-op Lumberyard	Kosmos	Nisku Inn	Salvation Army	Tim Hortons
Coffee News	Leduc Rep	No Frills	Second Glance	Wal-Mart
	Leduc Library	Notre Dame	Silver Shears	Zulu



Frida Kahlo, Spina Bifida – Frida Kahlo was a renowned Mexican painter who created striking paintings, most being self-portraits reflecting her pain and sorrow. Kahlo contracted polio at six, which left her right leg thinner than the left. It has been conjectured that she also suffered from spina bifida, a congenital disease that could have affected both spinal and leg development. Although she recovered from her injuries and walked, she suffered extreme pain for the remainder of her life, often leaving her confined to a hospital or bedridden for months at a time.

~ <http://listverse.com/2010/01/18/top-10-extraordinary-people-with-disabilities/>

LINUX Employers!

f w o p f q m j m i b x q s a s l z r s d g t t g m b h q t g v u b i b e h s e
c x o d y n i f x f x z r n c h e r x i e r q w p j s o i f e f l x r n c h u d
p l a n e v i e w p l a c e q t t j t n c l a c m i k a m i o a d n t r n q b i x
j f l j a k m v q g q e j o a c s b o q t e g k p y y j y b i r h s x i c r v a b w a l
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s e p z a g c r j e k i u b o r r o n a m m e l a s b n o s g i n c c s m d b l l e
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c h f g k z k h r e b u b p h d r i k h s r g o v y u z n e i x s g e u n c n k x
v p j m p f a j x w r r h v l m t d f q g u a g p j y x p o w s p r w n c n k x
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| <ul style="list-style-type: none"> 🐾 Basintek 🐾 Black Gold Real Properties 🐾 Boston Pizza 🐾 Canadian Tire 🐾 City of Leduc 🐾 Co-op Food Store 🐾 Co-op Lumberyard 🐾 Coffee News | <ul style="list-style-type: none"> 🐾 Dollarama 🐾 Executive Alexandra Hotel 🐾 Extendicare 🐾 Flaman 🐾 Gateway Family Church 🐾 Kosmos 🐾 Leduc Rep 🐾 Leduc Library | <ul style="list-style-type: none"> 🐾 McDonalds Leduc 🐾 McDonalds Nisku 🐾 McDonalds Sparrow 🐾 Nisku Inn 🐾 No Frills 🐾 Notre Dame | <ul style="list-style-type: none"> 🐾 Petro Canada Nisku 🐾 Planeview Place 🐾 Playing For Keeps Toys and More 🐾 Ricky's All Day Grill 🐾 Salem Manor 🐾 Salvation Army 🐾 Second Glance 🐾 Silver Shears | <ul style="list-style-type: none"> 🐾 Sobeyes Beaumont 🐾 Sport Chek 🐾 St. Paul's Anglican Church 🐾 Staples 🐾 Subway Leduc Common 🐾 Tim Hortons 🐾 Wal-Mart 🐾 Zulu |
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