

# The LINK

September 2016



## "Just so you know!" ...

**We Need You!** We have an amazing fundraising opportunity. The City of Leduc is hosting their annual Party in Alexandra Park on September 3, which features a FREE double feature movie night in the Alexandra Arena (Aladdin at 5pm and Jurassic World at 8pm). We have been asked to do a concession (just treats not cooked foods). If you can help for a few hours, PLEASE contact Nicole at 780-980-9423 ext 222 or [linxexec@linxconnect.ca](mailto:linxexec@linxconnect.ca). Thanks!

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**Dates to remember:**  
Sept 5 – Office closed  
Sept 23 – Timesheet/invoices due



**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](http://www.linx.ngo)

## Out of The Box Cards

Our personal ventures class has been brainstorming ideas for small business plans. As a group we came up with the idea of using these supplies for a business venture.

The designs and product are created with the participants in the class and everyone has a role in making the cards. We cut the scrapbook paper into different shapes and the clients lay it out on the cards and then add embellishments to make them pop.

It's a great way to use up the plentiful supplies we have and give all the participants a chance to show their creativity. You can use the cards for whatever event you are celebrating or encouragement you need to send as they are not printed with sentiments. The cards will be available in box sets at \$10/box. Each card is original and will be matching sets of six cards.



# Executive Director Report

Initially when I started doing the newsletter, for the most part you were all stuck with mainly my contributions. However as time has gone on, I am getting such great contributions from clients, classes, staff, and Board members that I have ran out of room for me! So in nut shell, I am very excited about the "Outside the Box" from the personal ventures class, the new photography, improv acting, and journaling classes, and our fundraiser with the with the City of Leduc's Free double movie in the park. I'm super thankful for everyone's work to make the newsletter what it is!

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

## Day Program Report

"I am differently ABLE". - FRESH QUOTES

The summer has flown by and the cooler temperatures are upon us. As we say goodbye to summer and hello fall, I hope that you had a fantastic summer.

I want to say a big **Thank You** to my staff for an amazing job within the Day Program. There was a lot of team work going on and you all worked very well. Thank you for being very accommodating with the last minute schedule changes for both the clients and your coworkers filling in where required. Thank you your positivity and creativity!

I would like to welcome to the Job Coach team, Christa Kyle. She has experience in this field and brings a lot of knowledge with her. Welcome to LINX Christa!

Hope you got your tickets for the Black Gold Health Foundation and Wetaskiwin Early bird Draw?? For those of you who have...GOOD LUCK. Within only 2 months, to date my staff and clients have raised over 5350.00!!!! WAY TO GO AND SO PROUD OF YOU!!! Thank you to Wal-mart, Co-op and Canadian Tire for giving us the space to sell these tickets. If you would like to purchase tickets they will be available till the end of December.

Our horse therapy program at a local farm is ready to start September 6 thru to November 15... 6 of our clients have been selected to partake in this wonderful program....Have fun!!

Our second semester is right around the corner. Class selection will be available for your choosing starting as early as Friday Sept 2. Please see instructors for your class selection sheet. Classes are expected to be starting the week of September 26. 2 new classes have been added and they are: Photography and Improv Acting.

All the best to Taylor Lehman as she is leaving LINX to travel to Australia, pursuing her dreams!!! Good luck Tay!

### September Lunch Snacks are:

- 🐾 September 2- Pasta Salad
- 🐾 September 9 – Baked Mac and Cheese
- 🐾 September 16 – Pasta casserole
- 🐾 September 23 – Baked Ziti
- 🐾 September 30- Bacon Carbonara

~ Heather

## Residential Program Report

One of my Support Home Providers requested this topic when I reached out to them for ideas of what to write about. I have worked on this for the last 5 years as the manager of the residential program at LINX. When I have specifically assisted a staff with this they have mentioned that my plans sound just like the plans that I make for a client. I guess that is how my brain works. Then I share my personal wellness plan with them and it looks like you guessed it like any other plan I make for anyone else. The key components to making a wellness plan are:

- 🐾 Schedule it in- I know that this is not always easy with our busy schedules. Just schedule it in.
- 🐾 Have a tool box- many of you know that I have a tool box in my office, make one for home
- 🐾 Schedule short and long things for yourself
  - Quickie breaks (walk around the block)
  - Hour activities (yoga on Monday's and Thursday's)
- 🐾 Check out these links:
  - <http://www.the-guided-meditation-site.com/the-mindful-coffee-meditation.html>
  - <http://www.depthcounseling.com/2014/03/14/create-your-own-stress-relief-toolbox/>
  - <https://www.youtube.com/watch?v=cd40K3pVdso>
  - <https://play.google.com/store/apps/details?id=com.calm.android&hl=en>

- 🐾 Check out these apps



- 🐾 Go to Youtube and type in relaxing music.

~ Ronni



# Through our eyes...

## Learn As You Go

Written by: Chris T, David, Don , Michael

Steve Laurion has been working with Canadian Tire for 25 years and has been with the local Leduc Canadian Tire Store for 20 years. He has employed one of LINX participants for 17 of those 20 years. Canadian Tire has been a supporter of LINX since LINX opened. The participant who works there claims “it is a great place to work. I get to help out all kinds of people. My co-workers are friendly and I feel part of the team at Canadian Tire.” Steve was asked to answer a few questions and was more than willing to help out the newsletter class with this task.

What is the overall attitude of staff at the Canadian Tire regarding their disabled co-worker? “The staff here love helping and growing your people. They truly look out for them.”

When asked about the process he went through to decide to hire a person with a disability Steve said, “(You) just need the correct fit.” We asked what he was most proud of about his inclusive worksite. He replied, “the length of employment and obvious fulfilment with the worker.”

We asked if he had any ongoing struggles with the worker he has and he said “none.” He was asked if there was any questions about working with a person with a cognitive disability he should have asked before he hired them and he reported; “None, it’s a learn as you go” situation and you “just need patience.” The biggest lesson he has learned from his inclusive team is, “patience – it will come and keep them safe etc. in the beginning.”

His suggestion to other businesses considering having an inclusive worksite is “It’s a good idea and improves tolerance in-store and the customers appreciate it.”

As for the support LINX offers “Great” and what he thinks about LINX? “Great People!”

**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](mailto:linxexec@linxconnect.ca).**



## Labour Day Didn't Start With A Barbecue.

Why do we celebrate the first Monday in September? It appears that it is a time to celebrate the last day of summer and have friends and or family around for a barbecue and some fun. The recognition of Labor Day originated in 1872 when the first Labor Day Parade took place. The illegal printer's union took job action due to working conditions; "On April 14, a group of 2,000 workers marched through the streets in a show of solidarity. They picked up even more supporters along the way and by the time they reached their destination of Queen's Park, their parade had 10,000 participants – one tenth of the city's population." Queen's Park is where the Legislature building were for Ontario (Canada's History, <http://www.canadashistory.ca/Magazine/Online-Extension/Articles/The-First-Labour-Day>).

"Everyone has the right to work, to free choice, to employment, to just and favorable conditions of work and to protection against unemployment." (The United Nations Universal Declaration of Human Rights, Article 23.1).

Workers in Ontario and all across Canada were working 10-12 hour shifts without breaks and they were not getting paid enough to live on. Forming a union was illegal in Canada and those that led the strike were arrested for criminal conspiracy. Workers wanted a 9-hour work day. John A McDonald used the strike to forward his profile, but an out of date law he abolished freed the arrested union leaders and allowed the formation of unions.

The first Labor Day weekend was not in September. "Throughout the 1880's, pressure built in Canada to declare a national labor holiday and on 23 July 1894, the government of Prime Minister John Thompson passed a law making Labor Day official. (The Canadian Encyclopedia, <http://www.thecanadianencyclopedia.ca/en/article/origins-of-labour-day-feature/>). The United States would like to take credit for starting Labor Day but they admit it was because Canada already had. The United States celebrated with the first Labor Day parade taking place in New York City in 1887.

Thanks to the labor movement way back in 1872 we now have fare working conditions and reasonable hours. On Labor Day while you are eating your burger and enjoying your family remember that our Labor standards came at a big cost to those who started the movement.

## MANDT Moment

In order for our clients to have the best services possible our caregivers need to take care of the four walls of their house. Remember when we talk about the four walls in class: the mental and emotional well being, the social wellbeing, the physical wellbeing, and the spiritual well being. We need to make sure our walls are sturdy and taken care of too. Does your tool box have the tools to keep your walls in tip top shape?



# 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

**Michael Weers!** Michael attends LINX everyday where he is quick to help in any way he can. He works hard on Fridays with The Rep delivery, making sure your paper is delivered to your door. He volunteers his time at a local nursing home, all while engaging with the seniors. Michael is a happy man and pleasure to be around... Keep up the amazing work Michael!!!

## Day Staff of the Month

**Colleen Hawkins!** Colleen is my staff of the month. While it wasn't that long ago she got this recognition, she deserves it!! There isn't anything she will not take on. She's a Job Coach throughout the day, she is team leader for her co-workers, and trainer for new staff. She is ready and willing for respite on a moment's notice. Colleen's strength and "positive attitude" always, can be admired by all. One client describes Colleen as "she is cool and a very good person". Thank you for all you do!!!

## Employer of the Month

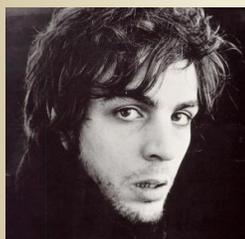
**Flaman Sales & Rentals!** They did it again! They have taken on another client of ours and has welcomed them with open arms. When a business such as yours identifies the strength and looks beyond the disability, these employees turn out to be faithful and hard working. Thank you for bringing out the best in our clients and believing in them!!!

## Residential Staff of the month

**Jenny Balding!** This month I need to nominate Jenny Balding she made this year's outreach camping trip a super fun success. This year's camping trip saw attendance more than triple. Way to go Jenny. The planning was fantastic. Even though Jenny is getting the nomination Brenda Jensen needs a word of mention for all the support she gave to the outing as well thank you both ladies!!!

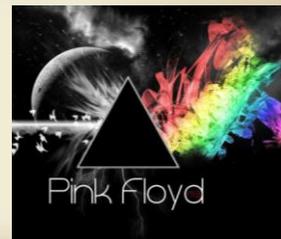
## LINX Employers

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



**Sid Barrett, Schizophrenia** – He was an English artist, songwriter, guitarist and artist in the band of Pink Floyd, which he left in 1968 with many told stories of him having mental illnesses. He eventually suffered a severe burnout and cut out all social aspects of his life while remaining in constant isolation. With time Barrett stopped contributing to music and would not like people mentioning his past with Pink Floyd.

~~ [www.disabled-world.com](http://www.disabled-world.com)



# LINUX Employers!

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| 🐾 Boston Pizza               | 🐾 Extendicare               | 🐾 McDonalds Nisku   | 🐾 Playing For Keeps Toys and More | 🐾 St. Paul's Anglican Church |
| 🐾 Canadian Tire              | 🐾 Flaman                    | 🐾 McDonalds Sparrow | 🐾 Ricky's All Day Grill           | 🐾 Staples                    |
| 🐾 City of Leduc              | 🐾 Gateway Family Church     | 🐾 Nisku Inn         | 🐾 Salem Manor                     | 🐾 Subway Leduc Common        |
| 🐾 Co-op Food Store           | 🐾 Kosmos                    | 🐾 No Frills         | 🐾 Salvation Army                  | 🐾 Tim Hortons                |
| 🐾 Co-op Lumberyard           | 🐾 Leduc Rep                 | 🐾 Notre Dame        | 🐾 Second Glance                   | 🐾 Wal-Mart                   |
| 🐾 Coffee News                | 🐾 Leduc Library             |                     | 🐾 Silver Shears                   | 🐾 Zulu                       |