



Welcome to the October 2021 edition of the newsletter!



Driving by LINX at night, you'll be in for an illuminated treat!

Speaking of treats, it's that time of year with Christmas just around the corner! Order your delicious chocolates to support Leduc LINX Connect Centre! Purchase some very sweet Chocolate gifts for friends and family or just as a treat for yourself!

Orders are due in by Nov 17th, 2021 with pick-up scheduled for Dec 3rd, 2021.

To order:

- * Fill out the fundraising information form (copies available at LINX front desk) and bring in to LINX (#106 – 5708 47 Street)
- * Order online (<https://fundraising.purdys.com/1359317-86042>)

Orders can be paid via cash, cheque, or e-transfer to linxadmin@linxconnect.ca. Please ensure your contact info (either phone or email) is up to date when placing your order. For more info; call 780-980-9423 ext 220 or email linxinfo@linxconnect.ca.



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Dates to Remember:

Oct 11th, 2021 – Thanksgiving



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!



Day Program Manager Report

This month, I wanted to keep things light and positive! Thanksgiving is upon us, so I asked some LINX staff and clients “What’s one thing you’re grateful for?” These are some of the answers I got...

“My family and all of their support!”

“Music!”

“Being back together in the new building!”

“Thanksgiving...the turkey!!!”

“A nice home”

“This whole place!”

“Friends and family”

Personally, I am thankful for pumpkin flavoured everything, a new season and my family! I hope you have the opportunity to reflect on what you are grateful for during these crazy times. Happy Thanksgiving everyone!



Katie Presse

Residential Program Manager Report

Thanksgiving dinner doesn’t have to be a budget buster or take up your whole day to cook! You can have all of the flavours of the holiday, without the big grocery bill or the work! I priced out some budget friendly, easy Thanksgiving options at one of LINX’s own employers, Walmart!

Turkey is great, but did you know that it contains an amino acid called tryptophan? Tryptophan can make you sleepy! I prefer chicken! It is affordable and doesn’t make me feel like taking a nap! Fresh or frozen chicken breasts, or a precooked rotisserie chicken are great, budget friendly options for around \$10.00/pack or per chicken.

My favourite part of any Thanksgiving dinner is always the stuffing! Homemade stuffing is good, but takes a lot of time, and a lot of ingredients. Stove Top stuffing is not only delicious and easy, but it is \$0.75 per box! If you want to make it a little bit more dynamic, try adding a handful of dried cranberries or nuts – YUM!

Mashed potatoes are a must! Individual russet potatoes sell for \$1.35 each, and a little goes a long way. 1-2 potatoes can feed up to 4 people or give you lots of leftovers! If you are wanting an even more affordable and easy option, boxed mashed potatoes sell for around \$2.00/box!

My family always adds corn to Thanksgiving dinner, which is usually priced around \$1.00 per can, but keep your eyes out for sales – I’ve seen them as low as \$0.25/can and I always stock up!

In my house, there always has to be something green on the plate. Brussel sprouts are my favourite! Fresh brussels can be a lot of work to trim & cook, but there are frozen options for around \$2.00/bag! These are easy to pop in the microwave and steam.

There we have it! A complete Thanksgiving dinner...



Katie Presse
(Temporarily
filling in for
Ronni on this
report)

WAIT, I forgot the gravy! My Grandma used to spend what felt like hours perfecting her homemade gravy. It was delicious, but also very time consuming. I like to use a package of gravy – just add to boiling water! Alternatively, there are canned options for as low as \$0.67! Just heat and serve!

The grand finale of course is dessert! A small, premade pumpkin pie is available for as low as \$3.47!

Were you doing the math? This whole dinner could be yours for between \$16-21 and will be enough to feed up to 4 people or give you enough leftovers for 4 days!

Bon Appetit!

Mandt Moment

Mandt

The Mandt System® program presents an education and training system of alternatives for de-escalating and supporting people, using a combination of communication skills and physical interaction techniques designed to reduce injury to all the participants in an encounter.

Relational Level Training – used most often

- Review of what it takes to build healthy relationships with coworkers and clients in the workplace.



The Mandt System®

Conceptual Level Training

- Competencies and skills for addressing conflicts and meeting unresolved needs.

Technical Level Training – last resort

- Physical techniques to be used for de-escalating and managing people while maintaining a high level of dignity and respect.



In all situations, it is **my response** that decides whether a crisis will be escalated or de-escalated, a child humanized or de-humanized.



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: Tracy Wagner

Tracy recently started working on some customer service-oriented goals at work and is making great progress! She tried out a new respite home and has done a great job at following the health and safety expectations at LINX!

What drew you to LINX originally?

I like doing crafts, I like going there.

What is your favourite LINX memory?

Talking to Ronni.

What are three words to describe LINX?

Respite, Fun, and Big Building.

What is your favourite part about working with LINX?

I like my friends at LINX.

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

Salads, I love salads.

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

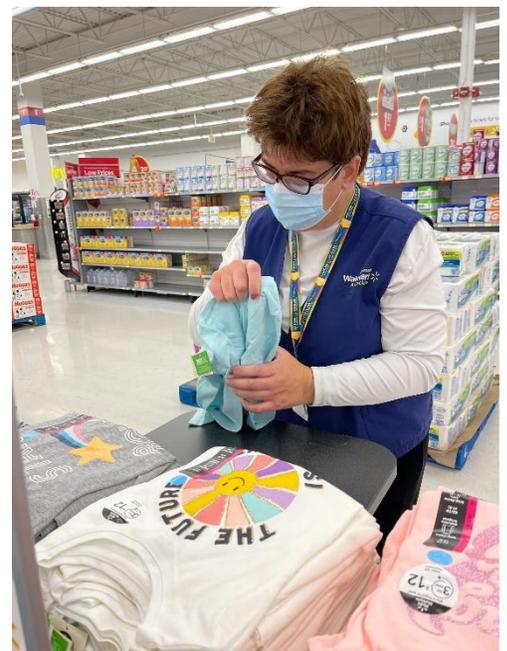
Life jacket – I want to be safe. Fishing pole and a flashlight so I can see what I’m doing.

What did you want to be when growing up?

A Princess because they always wear gowns.

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

My earphones, to listen to my music. I like listening to my music.



Day Staff of the Month: Alisha Crawford

Alisha has recently taken on the challenge of facilitating the Employment Preparation Program here at LINX! Her positivity, experience, and adaptability has been a wonderful addition to the team!

What drew you to LINX originally?

I love helping people and was looking for more positivity in my life. LINX did not disappoint! I now have the opportunity to help others and I get to interact with people that are trying to improve their lives.

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

One of the most interesting jobs I have ever had was being the Ombudsman for a University in BC. I have been asked many times 'what is an Ombudsman?' and I love answering that question! An Ombudsman is the person who investigates and helps settle complaints. I assisted individuals or groups in resolving conflicts or concerns on campus.

What are three words to describe LINX?

Dedication. Motivation. Change.

What is the favourite part about working for LINX?

The variety of personalities, yet everyone has a similar goal.

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

This is one of the hardest questions to answer for a food lover! I would probably have to say beef stew for no particular reason other than stew is fantastic!

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

Only three items! I think I would want a fishing net in order to feed myself, a small mirror would be great to signal for help and possibly start a campfire, and a small axe to cut down trees to build a shelter or for firewood.

What did you want to be when growing up?

I wanted to work for NASA and design spaceships, as I had a big imagination as a kid. I was terrified of space but loved Star Trek.

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

I personally cannot live without laughter. Most of us know that life can sometimes be really difficult, so I find it incredibly important to find the humor in life when possible. There is no better feeling for me than having a good, kind hearted, laugh with other people.



Residential Staff of the Month: Lyza Custodio

Lyza is a relatively new addition to our support home staff. She has been great at communicating with the Management staff, even to the degree of acknowledging every email we send (and there's a lot!). Thank you for all that you do for our clients and LINX!

What drew you to LINX originally?

I found I had extra time on my hands. I have a friend involved with LINX and was very intrigued by the idea of working with the clients.

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

I worked as a Health Care Aide and I enjoy taking care of other people.

What are three words to describe LINX?

Caring, kind, and vigilant.

What is the favourite part about working for LINX?

Working for LINX has been such a positive for me professionally and personally. The staff and clients are one of a kind and create such a wonderful environment.

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

Fruits and vegetables!

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

Unlimited food, Family, and an inflatable boat paddle.

What did you want to be when growing up?

I want to be a scientist.

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

My Family!



Employer of the Month: The Light House Cowork

The Light House Cowork has just hit their one year anniversary as a LINX employer! When we asked Amber Cook (owner of Light House Cowork) what her experience has been with bringing on LINX clients, this was her response...

“Here at The Light House Cowork we have loved having LINX become part of our team. It started out with needing extra support with the extra cleaning needed in our space due to Covid and LINX stepped up to the challenge of helping us. Having LINX come and be part of our Light House community each week has brought a new lightness and joy that we didn't know we were missing. The career coaches that help out to make sure the team knows what to do are so friendly and professional and make it easy to have LINX clients be part of our team. Our coworking members have been so receptive and truly enjoy seeing the LINX team here. I am so honoured to be able to provide a safe space to help out and make a difference.”



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Bone and Biscuit	Dollarama	Leduc Representative	Staples
Boston Pizza	Flaman	Lighthouse Cowork	Subway Leduc Common
Canadian Tire	Gateway Family Church	McDonalds Leduc	The Pet Hospital
Century Mile Casino	Jireh Centre	Petro Canada Nisku	WalMart
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

Phone: 780-980-9423 ext 225

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Email: linxres@linxconnect.ca