

# The LINK

February 2015



We have the place you **MUST** be for Valentine's Day! There is just 2 weeks left to get your tickets to this amazing event! You will be welcomed to the silent auction by a barbershop quartet, enjoy the amazing food of the Executive Royal Inn, and finish up your evening of bidding dancing away to the fabulous sounds of Sweet Vintage Rides. A perfect evening for you, and you will be supporting the great work that LINX does. We can now even accept credit card for your tickets and auction items! Please get your tickets soon and join us!

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**Dates to remember:**  
**Feb 14 – Hearts and Heroes!**  
Feb 16 – Office Closed  
Feb 19 – Invoices/Timesheets due



**Board Members**  
Ed Boender – Chairperson  
Cortnee Brunet – Vice-Chair  
Kim Dozois – Treasurer  
Susan Boyle – Secretary  
Maria Semrau – Director  
Eliza Kurdziel – Director  
Eileen Radawetz – Director  
Matt Tanner – Client Rep

**Recycling Donation Challenge**  
(as of the end of January)



\$ 68.10



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

## Board Chair Report

Hello, friends and supporters and family members of LINX Connect Centre! I don't know if you've noticed but we're almost half way through winter! Just 2 more months and spring will be around the corner... (I know, I am being optimistic – February and March can still pack quite the winter punch!) But what makes spring and summer so sweet is actually the cold of winter! Board business is chugging along but what often makes this work easier to do is the heart with which so many people give to this organization. I am looking forward to seeing all of you at the annual gala fundraiser – Hearts and Heroes – on February 14. Truly that is what this organization is all about – the hearts that give (and receive) and the Heroes who bless our lives!

See you there!

~ Ed Boender, Board Chairperson



# Executive Director Report

We have started the New Year with a bang! We have welcomed Haley, Heather, Ken, and Nick. Welcome to the LINX team!

We are also in the final stages of preparation for our first annual Hearts and Heroes. I don't know if I'm more excited for the music of the barbershop quartet and live performance of Sweet Vintage Rides, the food of the Executive Royal Inn, or finding some treasures from the auction. I already have my eye on a few items, so try to outbid me if you dare! Whether you "bring a date", join some friends, or come alone, this is an event not to be missed! Thank you so much event coordinators Susan and Laurie for all the hard work you and your team have put in to making this an incredible event!

~ Nicole

# Day Program Report

For the month of February we are focusing on caring and kindness. We are looking for ways for the participants at LINX to give back to our community. If you have any ideas please let me know.

February 16 is Family Day and LINX office will be closed. Enjoy the day with your families.

Welcome Heather, Nick and Ken to our staffing team. Ben and Justin are happy to have some more male help

The lunch snacks for February are:

- Feb.6 th-Tortellini Vegetable Soup
- Feb.13 th-Chicken and Sausage Gumbo Soup
- Feb.20 th-Taco Soup
- Feb.27 th- Stuffed Pepper Soup

~ Colleen

# Residential Program Report

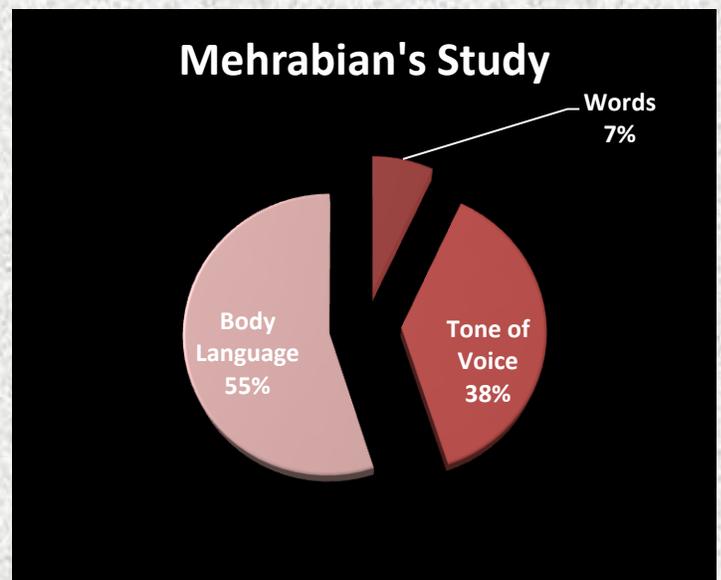
When I think of February I think of Valentines and Family Day. What are your plans for family day? Family Day makes me think of all our clients who have little or no family. While there is little I can do about this fact I know they are "covered" by all the wonderful staff at LINX. I feel honoured to work for this agency and support all of my LINX family. Family is not always a relative, you can make a family wherever you hang your hat. LINX is a part of my family.

~ Ronni

## MANDT Moment

### Mehrabian's Study

Mehrabian completed a study where he found 3 parts that make up communication: our words, our tone of voice, and our body language. The more these match the more believable we are. To connect the dots the more we are believable the easier it will be for people to say "In this place and with these people I feel Safe."



# Sally's Gluten Free!

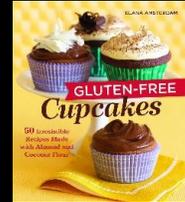
2014 seemed to be the year that the word poop was okay to say and talk about! So lets talk!!!

## CONTIPATION - the inability to poop well.

NOT A FRIEND INDEED AND MORE SO FOR THE CELIAC. Most doctors do not flag constipation as a symptom of Celiac disease, but 15-25% of Celiac's suffer from constipation due to the lack of high fibre foods like wheat and bran, leaving our digestive system to do a job with only minimal tools. This can be quite toxic for your body and overall health. Although it is wonderful that we



who use to only wish for cookies can now buy them at the grocer and much more affordable too, but if you read the label, you will find very little fibre. Much less than the 25 – 30 grams needed each day. Remember your produce isle will offer more in the way of fibre foods.



A fibre supplement with physyllim may help. Chia seeds, flaxseeds and flaxseed meal, fibre can be added into your meals with very little effort. Fibre keeps your system clean and working properly and feeling good! REMEMBER, it is very important to drink, drink, drink your water. All day, throughout the day. Celiac's have a compromised system as it is. It's very important we do our part for self care. Check out this web site for more info and ideas. [www.CeliAct.com](http://www.CeliAct.com)



## Newsletter Class...

### Good Relations!!

The newsletter class went looking for information on signs of a healthy relationship. There was more information than our editor would like us to include in our column. We read through it and found some suggestions that we agreed were important for a healthy relationship and found many. We chose six that we felt would apply to Friendships and Romances alike.

- ♥ You have fun together.
- ♥ Friends and partners have good things to say about each other and compliment and encourage each other often.
- ♥ You respect your partner's other relationships with family or friends, and view them as important. The Friends or Partners agree where the relationship is going and want the same thing. If one wants to be the only friend of the other and the other person is open to many friends that is not healthy.
- ♥ In a healthy relationship you are allowed to be who you are and don't have to pretend you are someone else.
- ♥ Friends don't purposely hurt each other or do things to embarrass or make each other feel bad.
- ♥ People other than the two people in the friendship/romance should not be running the relationship.

# 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, our Residential Provider of the month, our Staff of the Month, and our 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

**Aaron Desjarlias!** Aaron shines at his job at Petro Canada in Nisku. It has been a year that Aaron has been at his job and has taken on many new tasks. He has come a long way since starting here at LINX, great job Aaron!!!

## Employer of the Month

**Nisku Petro Canada!** The staff that work along side of Aaron have been very supportive to him and help make him so successful. Thank you for the support you have shown Aaron!!!

## Staff of the Month

**Robynne Schultz!** Robynne is a very important part of the team. She is up to date on all her paper work. She has a positive outlook and is always ready to pitch in and help where needed!!!

## Residential Staff of the Month

**Maryann Tolsma!** This lady is a very hard working lady. She will always take on the most challenging respites. She will fill in for the day program when needed at a moment's notice. She participates in assessments that will assist our clients. She is a huge team player and I am grateful she is on my team!!!

# LINX Employers

- |                 |                   |                   |                    |                       |
|-----------------|-------------------|-------------------|--------------------|-----------------------|
| 🐾 A&W           | 🐾 Daystar Church  | 🐾 Kosmos          | 🐾 Petro Canada     | 🐾 Sport Chek          |
| 🐾 Agapeland     | 🐾 Executive       | 🐾 Leduc Public    | 🐾 Nisku            | 🐾 St. Paul's Anglican |
| 🐾 Basintek      | 🐾 Alexandra Hotel | 🐾 Library         | 🐾 Planeview Place  | 🐾 Church              |
| 🐾 Canadian Tire | 🐾 Executive Royal | 🐾 Leduc Rep       | 🐾 Salem Manor      | 🐾 Staples             |
| 🐾 City of Leduc | 🐾 Inn             | 🐾 McDonalds Leduc | 🐾 Salvation Army   | 🐾 Subway Leduc        |
| 🐾 Co-op         | 🐾 Extendicare     | 🐾 McDonalds Nisku | 🐾 Second Glance    | 🐾 Common              |
| 🐾 Coffee News   | 🐾 Gateway Family  | 🐾 Nisku Inn       | 🐾 Silver Shears    | 🐾 Wal-Mart            |
| 🐾 Crackmaster   | 🐾 Church          | 🐾 No Frills       | 🐾 Smitty's         | 🐾 Waldorf             |
| 🐾 Days Inn      | 🐾 Holiday Inn     | 🐾 Pet Value       | 🐾 Sobeyes Beaumont | 🐾 Zulu                |
|                 | 🐾 Express         |                   |                    |                       |

**Cher, Dyslexia** Cher was a fatherless child and was most of the time very poor. Her mother tried to make money by singing and acting which ultimately brought Cher to follow into her footsteps. Due to dyslexia cher decided she would quit school and try to take some acting lessons in Los Angeles to finally do what she loved. One day while at the renowned Aldo's Coffee Shop her life changed upon meeting Sonny Bono, which was at the time successful in show business. They eventually made songs together and through fantastic duos with Sonny. . ~ [www.disabled-world.com](http://www.disabled-world.com)

# LINUX Employers

N V I R W C U D E L S D L A N O D C M N  
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A&W	AGAPELAND	BASINTEK	CANADIAN TIRE	CITY OF LEDUC
CO-OP	COFFEE NEWS	CRACKMASTER	DAYS INN	DAYSTAR CHURCH
EXECUTIVE ROYAL INN	EXTENDICARE	GATEWAY FAMILY CHURCH	HOLIDAY INN EXPRESS	KOSMOS
LEDUC PUBLIC LIBRARY	LEDUC REP	MCDONALDS LEDUC	MCDONALDS NISKU	NISKU INN
NO FRILLS	PET VALUE	PLANEVIEW PLACE	SALEM MANOR	SALVATION ARMY
SECOND GLANCE	SILVER SHEARS	SMITTY'S	SPORT CHEK	STAPLES
WAL-MART	WALDORF	ZULU		

**LINK**  
*connect*



Learning  
Inclusion  
Networking  
X-cellence