

The LINK

November 2015



Learning
Inclusion
Networking
X-celence

"Just so you know!" ...

Food Drive! The staff and clients recently collected over 100 pounds of food for the food drive. Great job everyone!



"The Link"! Our newsletter goes out to approximately 2000 people. We are glad you are all enjoying it! If you know anyone else who would like to receive it, they can sign up on our website, or let us know and we will deliver it to your door. Thank you for all your support!

Board Chair Report

Fall greetings, everyone!

First, I apologize that it's been a few months since my last submission- I trust you are well and enjoying our wonderful fall weather. I am sure that will change soon but for now, it's been beautiful, hasn't it? I am truly thankful for that....

On the topic of thankfulness, a bouquet of appreciation goes to Laurie and Nicole for all their work and efforts put into the annual audit. We've finally received it back and it has been through their significant efforts that it is now finally complete.

Recently, we were able to secure some extra space for our wonderful staff to use for themselves, a break room, of sorts if you will. We recognized that their work is intense and that they needed and deserved a place where they could go to refresh and relax for a bit during their days. It's been a long time coming and very necessary. We truly do value our staff and hope they enjoy this space.

The board continues its ongoing work at monthly meetings. Please don't hesitate to contact myself if you would like to share how LINX connect centre has changed your life or the life of someone you know and love. I came across this quote from Oprah and thought it might fit well here..."Follow your passion. It will lead you to your purpose. "

My hope is that this is true for you.

~ Ed

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Office Manager Laurie Savill

Email: linxadmin@linxconnect.ca

Dates to remember:

Nov 5 – Notes and ISP's due

Nov 11 –Office closed

Nov 20 – Time sheets/Invoices due

Nov 25 – Purdy's orders due

Nov 27 – No classes running

Dec 11 – Purdy's pick up



Board Members

Ed Boender –Chairperson

Eileen Radawetz – Vice-Chair

Kim Dozois – Treasurer

Susan Boyle– Secretary

Maria Semrau – Director

Annis Mattiussi – Director

Ryan McKinney – Client Rep

Recycling Donation Challenge

(as of the end of October)



\$ 2027.75



You can now safely
donate to LINX online at
www.leduclinxconnect.ca



Executive Director Report

As much as I may not be looking forward to the snow flying, November has a couple things I am thrilled about. We will be updating an area for training and staffing. This is a great opportunity for our various training sessions to be less disruptive for our clients, and for the staff to have a well deserved area to unwind on their down time.

A small group of clients and staff were able to participate in an Anger Management pilot project with COAST (The Community Outreach Assessment and Support Team). We are very excited to have this be adapted into our Emotional Management class. In an effort to have our staff best support our clients, we will be having a staff training on November 27th to teach all the staff the tools. There will be no classes for clients on this day.

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

~ Nicole

Day Program Report

November brings in colder weather and the need for us to dress in warmer clothing. Day Program has been busy with all classes in full swing. A big hand to our great instructors who have worked countless hours preparing for great learning opportunities.

A big thank you to all of our volunteers that helps us be the best we can be. We wouldn't be who we are without you.

Don't forget Movember, grow your moustache's for cancer awareness.

Remembrance Day is time to remember all the soldiers who sacrifice their life's for our freedom. Let us never forget. November 27 is a Staff Training Day. We will be organizing best we can to ensure that all staff are able to attend this great learning opportunity.

October Lunch snack menu is:

- Nov. 6-Breakfast Bites
- Nov. 13-Hashbrown Casserole
- Nov. 20-Omlette Casserole
- Nov. 27-Staff Training- no lunch snack

They gave their tomorrow's so we could have our today's... Lest We Forget

~ Colleen

Residential

Program Report

November brings us Remembrance Day. Most of my LINX Career was as an instructor in the Day Program. Every year a very special man would make a presentation in my class. It amazed me how he could make it a different presentation each year. He would come in his uniform, bring photos, books and his metals. I am missing him this month. He was always kind, generous, willing to help, volunteer, and our beloved Veteran.

Missing you this month. Rest in Peace Marvin May.

~ Ronni

Hearts and Heroes



Less than three months to our Hearts and Heroes Event. You can order your tickets online now at <http://www.eventbrite.com/e/hearts-and-heroes-2016-tickets-16148515645?aff=es2>, or stop by our Facebook page to click the link.

Please do not hesitate to call Laurie or Susan (780) 719-0437 or s.boyle@shaw.ca for further information or to see how you can help out by volunteering your time.

MANDT Moment

I challenged all of my support home providers to make a worksheet that would provide our clients a visual when working through situations using the SODAS model to make decisions and resolve conflicts. How would you make the model easy to use and visual? Let us know your ideas.

S.O.D.A.S.

- Situation
- Options
- Disadvantages
- Advantages





Through our eyes...

A Parent's Vision

Written by: Henri J Sharon B Shawn G Taylor M Carly M Crystal I Curtis Q Jessica Meagan M Sandy S

Parents of LINX participants face many challenges when their child has only one disability. When your child has two disabilities and other health issues it could seem insurmountable. But some special people manage to keep on smiling. Allison Cassell is one such person; the parent of a beautiful daughter who is not only mentally challenged but also blind. Along with her blindness she also has other health issues.

Allison brought her daughter to LINX five years ago with the "hope to get Cassie involved with her peers. And also give her a productive time during the day. Did they find what they were expecting at LINX?"

"Cassie is doing so much better with communicating with others, she is appreciating that when she works, she gets paidshe is getting better at dealing with changes." When Cassie is working with her team on the Coffee News counting she really is a part of the team. When she started there she would rely on staff to intervene for her or communicate to her peers for her and now she does that on her own. She also has a very good sense of humor and jokes with her peers and laughs with them too.

Allison was asked if her expectations of Cassie or LINX have changed over the years she has been at LINX and she agreed they have. "LINX has been great for Cassie and for me. My expectation now for Cassie is to continue growing and learning how to rely on her peers when she needs help."

We asked Allison what her or Cassie's biggest challenge was when she came to LINX and she said "Finding a place where Cassie could fit in and become more independent. Cassie has gone leaps and bounds at LINX." What are you and your child's biggest challenges now after five years at LINX?

"Our biggest challenge now is what to do on weekends because Cassie wants to be at LINX every day. :)"

Allison is friendly and outgoing and knows many of the clients by name. When she comes to drop Cassie off many of the clients will stop and chat with her and share their achievements with her.

We asked her what words of encouragement or advice she would have for someone wishing to send their child to LINX...? "My only words of advice would be that LINX is great and filled with great, caring 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.

Sally's Gluten Free!

Happy Halloween!!!



For those of you that hate Halloween because you don't know what you can have and what's going to cause you tummy troubles. Here's the updated candy list. Have fun and Enjoy those treats!

<https://celiac.org/wp-content/uploads/2015/10/Updated-Candy-List2.pdf>



LINX is part of the Leduc business BNI networking group. This group meets once a week and from the members, LINX has received great support in terms of employment, bottle recycling customers and donation dollars. In appreciation of this support, we ask that you think of these local businesses the next time you may need one of their services. If you have any questions or would like a better description of the businesses, please give Laurie a call at the office. 780-980-9423 ext 223.

Business	Name	Phone #
Allstate	Kimberly Demchuk	780-643-4720
Ann Kurlovich Consulting Services	Ann Kurlovich	780-914-8676
ATB Financial	Kate Wales	780-980-4295
Black Gold Real Estate	Dennis Van Beek	780-265-4720
Budget Blinds	Jennifer Brown	780-986-0708
Cottage Computers	JP MacEachern	780-986-8651
Deanna's Travel	Deanna Hartling	780-612-8389
Dominion Lending	David MacKenzie	780-660-5796
Edible Arrangements	Raelene Pederson	780-980-2120
Edward Jones	Dale Rutter	780-980-5492
Floating Oasis	Taylor Denham	780-984-8947
Halisco Design	Lisa Roberts	780-955-2522
Haro Janitorial Enterprises Ltd.	Gerald Roppelt	780-955-6335
Leduc Chamber of Commerce	Jill Lange	780-986-5454
Lyoness	Lyle Garstad	780-913-5948
Magnet Signs	Lorrie & Kelly Brososky	780-691-1893
Minuteman Press	Alana Guetal	780-986-8873
MNP	Stephanie Enders	780-769-7816
Prairie Dental	Jack Gordon	780-986-6255
Relax & Renew Spa	Crystal Kosa	780-986-2921
Shaw Insurance Agencies	Marilyn McGhan	780-980-9803
Sun Life Financial	Tanis Techer	587-274-3400
True Touch Massage Therapy & Fitness	Laura Tillack	780-739-1729

Newsletter Class...

Pop Goes the Change Purse

This change purse would be a fun item to make. A person could use this for more than just change. They could use it for a small jewellery case, a sewing kit with a needle some thread and some buttons. Or a small make up bag for your purse. Ear buds and charging cords for a phone or an mp3 player.

To make this you will need a clear table near an electrical outlet.

- 🐾 2 clean dry pop bottles
- 🐾 1 zipper long enough to fit around the cut edge of the pop bottle.
- 🐾 Hot glue gun
- 🐾 A bowl of ice in case you burn your finger

Step1: cut each pop container to ½ the size you wish your container to be.

Step 2: with your glue gun pre heated glue one side of the zipper fabric) to one half of your container. (Leave enough room for the zipper pull to pass freely). Let it dry completely then glue the other half of the zipper to the other half of the container.

Finishing add a strap by hot gluing a ribbon or tie to the outside of your container.

Now use and enjoy as you wish. Make several containers of various colors, of various sizes.



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

William Herzberg! William has been doing great at being flexible with the program changes. William is a caring soul who looks out for his peers and staff. William works hard to keep the bottle fundraising program going. Marvin May would be proud of William for his continuing efforts. Keep up the great job William!!!

Employer of the Month

Nisku Tim Hortons! Nisku Tim Hortons recently employed one of our clients. Thank you for the support you have given and look forward to continuing our relationship together. Your support is greatly appreciated!!!

Staff of the Month

Mary Johnson! Mary is one of our awesome Instructors. Mary communicates well with the clients she supports. Mary is a team player who is always there to help where ever she can. Mary is knowledgeable and a great resource for others to learn from. Keep up the great job Mary!!!

Residential Staff of the Month

Sarah Green! Sarah has been a support home provider for a couple of years. She worked to assist a client become more independent. She builds beautiful programs and keeps her documentation up to date/ She has decided to take a bit of a break before starting something new. Good luck Sarah and come and see me when you are ready for something new! Thank you for all of your hard work the past few years!!!

LINX Employers



Andrea Bocelli, Vision Impaired - Andrea Bocelli had become blind at the age of 12 years old following a football accident in which he was hit in the head. At 6 years old Bocelli was taking piano lessons before also learning the saxophone and the flute. His family would always ask him to sing. Bocelli once said "I don't think a singer decides to sing, it is the others who choose that you sing by their reactions". ~ www.disabled-world.com



LINUX Employers!

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| ☛ Basintek | ☛ Alexandra | ☛ McDonalds | ☛ Ricky's All Day | ☛ Anglican Church |
| ☛ Boston Pizza | ☛ Hotel | ☛ Nisku | ☛ Grill | ☛ Staples |
| ☛ Canadian Tire | ☛ Extencicare | ☛ McDonalds | ☛ Safeway | ☛ Subway Leduc |
| ☛ City of Leduc | ☛ Flaman | ☛ Sparrow | ☛ Salem Manor | ☛ Common |
| ☛ Co-op | ☛ Gateway | ☛ Nisku Inn | ☛ Salvation Army | ☛ Tim Hortons |
| ☛ Coffee News | ☛ Family Church | ☛ No Frills | ☛ Second Glance | ☛ True Touch |
| ☛ Days Inn | ☛ Kosmos | ☛ Petro Canada | ☛ Shaw Insurance | ☛ Wal-Mart |
| ☛ Daystar Church | ☛ Leduc Rep | ☛ Nisku | ☛ Silver Shears | ☛ Waldorf |
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