

# The LINK

October 2015



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

**My Life!** The results are in! To view the entire 2015 My Life survey results, take a peek at our website or click <http://www.linxconnect.ca/?content%2F2015-my-life-results.html>.

**LINX Wear!** Our fall/winter LINX wear catalogue is here! We have some favourites from last time, and have added some requested items like winter coats, toques, vests, backpacks, etc. Take a peek at our new items on our website, and don't forget to get your orders in by October 14th! Go to our website or you can click here to see these great items!  
<http://www.linxconnect.ca/content/Clothing%20Orders%20Forms-Winter%202015.pdf>



## Executive Director Report

Welcome to a month for giving thanks. Like so many others, I am grateful for my loved ones, my job (and the clients, staff, families, etc), good health, and so on. I also wanted to share a couple organizations in which LINX is thankful for. S.A.M.I.E.S. I.O.O.B ("Service Battalion, Artillery, Medical, Infantry, Engineers, Signals" "International Order of Old Bastards") are generously donating \$500 towards an automated external defibrillator (AED).

Second Glance has always been an amazing supporter of LINX and again has come to our aid. They have donated \$7000 towards the remainder of the AED purchase, iPads, sensory items, and our new program development room. We so much appreciate the support that we have received from these groups!

I feel the need to bring forward one more enormous thank you for all of our staff. I am always grateful for the work they do to provide the best care possible for our clients. However, especially in the last few months where we have had staff shortages, I have seen so many of the day program staff and residential staff put in extra time and effort to keep things running smoothly. You guys are the best!

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

~ Nicole

**Executive Director** Nicole Fuhse  
Email: [linxexec@linxconnect.ca](mailto:linxexec@linxconnect.ca),  
Emergency cell 587~989~5691  
**Residential Manager** Ronni DeLeavey  
Email: [linxres@linxconnect.ca](mailto:linxres@linxconnect.ca)  
Emergency cell 780~935~2772  
**Day Program Manager** Colleen Hawkins  
Email: [linxday@linxconnect.ca](mailto:linxday@linxconnect.ca)  
**Office Manager** Laurie Savill  
Email: [linxadmin@linxconnect.ca](mailto:linxadmin@linxconnect.ca)

### Dates to remember:

Oct 5 – Notes and ISP's due  
Oct 12 – Thanksgiving, Office closed  
Oct 14 – LINX wear orders due  
Oct 22 – Time sheets/Invoices due  
Nov 25 – Purdy's orders due  
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 September)



\$ 1839.40



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



# Day Program Report

Fall colours are so beautiful this time of the year. Cooler weather creeping in and we are all enjoying any nice weather that comes our way. New classes are in full swing and everyone settling in to their new learning opportunities.

I would like to welcome Alicia Hurley to our program. Also welcome back staff Ken MacPherson and new staff Holly Strohschein to our fabulous team!

October brings Thanksgiving Day, with we are thankful for what we do have. Halloween is fun time to see all the different costumes and yards decorated up.

## October Lunch snack menu is:

- Oct. 2-Broccoli Chicken Casserole
- Oct. 9- Chicken Enchiladas
- Oct. 16-Spiced Up Mac and Cheese
- Oct. 23- Homemade Tuna Helper
- Oct. 30- Ham Noodle Casserole

*A falling leaf is a Fall's way of saying good-bye to Summer.*

~ Colleen

# Residential Program Report

The fall season is upon us. What am I thankful for: I am thankful for the wonderful staff that I get to work with, my home, my husband and family, yoga class, and all the opportunities that have been provided to me from LINX. What are you thankful for? Often you see on Facebook the challenge of stating what you are thankful for so many days in a row. What would you say. Now what do you think the individuals we serve would say? In the last month so many people helped out I am sending you all a big thank you! We could not have done it without you! I wish you all a safe Thanks giving.

~ Ronni

## MANDT Moment



# Hearts and Heroes



Less than four months to our Hearts and Heroes Event. Mark your calendar for February 13th, 2016 for a night of friends, amazing food and great music!!

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.

If you have any questions, please contact Susan ([s.boyle@shaw.ca](mailto:s.boyle@shaw.ca), 780-719-0437) or Laurie ([linxadmin@linxconnect.ca](mailto:linxadmin@linxconnect.ca), 780-980-9423 ext 223).





# Through our eyes...

## Stepping Out To Independence

Written by: Meagan M, Don L, Matt T, Michael W, Teara S, Haley A, Crystal I, Taylor M.

Sharon Biefus has been attending LINX since it opened in 2008 but her training for the job market did not start at LINX. It started many years ago in her high school, Hardisty School. The picture is of you starting out on your career path as an independent employee at a nursing home. Where do you feel you learned the most about becoming an independent employee? Sharon answered she feels that she has *learned the most about being an independent employee during her time at LINX*. What were some of the steps you took to becoming an independent worker? *I had to learn what my boss expected of me and I learned to be more confident in my ability to do the job. I learned to be part of the team at work.*

Sharon works at the Executive Alexandria Hotel and at the moment she is seeing her hours increase after a long stretch of slower months and less hours. What inspired you to keep working there even though your hours were cut? *I stayed because I like working there.* Did your supervisors say anything to make you feel you should hang in there? *Yes, my supervisor told me that I was doing a good job but, they just weren't busy enough so when hours were available I'd get them; and now I am getting more hours.* How do the management and your co-workers support you on the job? *They encourage me when I'm doing a good job and are really helpful if I have a question. They treat me with respect when they talk to me.*

After several months off you are now back to working Saturdays at the hotel with no follow-up coming to support you. What skills did you need to be able to work independently there? *I had to follow all my routines, get to work on time independently. Be able to deal with any problems that come up on my own.*

Debbie Nguyen the follow up coach at LINX filled us in on what she expects clients to be able to do to work alone weekends. *"A few general things the person would need are: arrive on time and stay until end of shift, go on break and back to work at proper time without being told, know their job duties and complete them within your shift. The number one thing I am looking for to work on weekends would be the ability to complete all your tasks with little or no direction from the supervisor. This means they need to problem solve on their own when small unexpected things happen, and know when it is appropriate to find a coworkers or supervisor to help you solve bigger problems. Employers often ask me if an employee is ready for more responsibilities or changes at work. I am also often asked how their disability may cause challenges or if they will need extra help."*

At LINX we are always striving to get the best performance possible from our clients in their jobs and Sharon has been a good example of how to succeed independently in the work environment. Way to go Sharon.



# Sally's Gluten Free! Thankful For Pie!!!

Did I just wake up and all of the sudden it's Fall! Time to prepare for Thanksgiving, and celebrate the harvest of the garden. The one thing I regret of being Celiac during holidays is my Aunt Roses' pumpkin pie. While on a recent vacation, I stumbled upon a beautifully illustrated magazine, **Gluten Free & More**. After browsing, I had to have it, although pricey. But... I get to share some of the amazing recipes and information with you at no cost!

**Gluten Free Pie Crust: 2 single or 1 double**

- 2 1/3 c of Gluten Free flour. I have used the Robin Hood all-purpose GF flour but find it to be a bit grainy, so I made the mix featured in the magazine
- 3/4 c cornstarch or potato starch (not flour) this makes more than the 2 1/3 c flour called for; but gives extra for rolling the dough
- 1/2 c (7 Tbls ) chilled cubed butter (or non-hydrogenated shortening)
- 1 1/2 c brown rice flour
- 3/4 c tapioca starch/flour
- 1 t granulated sugar
- 1/2 t. pumpkin pie spice
- 1/4 t. salt
- 1/4-1/3 c very cold water



Using a food processor blend dry ingredients till mixed. Add cubed butter and mix until crumbly, while processor is running, add cold water slowly until mixture forms into a ragged looking ball. I then dumped the dough into a large mixing bowl and kneaded into a soft ball. Divide in half for 2 single pie shells or 2/3 & 1/3 for a bottom and top crust. Wrap in plastic and chill until ready to use. 1 hour – overnight. When ready to roll, let set at room temperature until soft enough to roll. Roll on floured surface.

Fill pie shell(s) with your choice of filling or your own recipe, brush top crust liberally with milk, bake in preheated 425 oven, for 10 mins, then reduce heat to 350 for 40 mins or until done to your liking. I found that the pies tasted great, but originally the crust was too soft. I have played around with the recipe, temperatures and time and the biggest help was to liberally brush milk over the crust before baking. Visit [www.GlutenFreeandMore.ca](http://www.GlutenFreeandMore.ca)

## Newsletter Class...

## Locally International

Written by Michael W, Meagan M, Teara S, Taylor M, Don L, Chris T, Haley A, Jessica M.

In the past LINX has made an effort to attend the Canadian Food Grains Bank Harvest for hunger on September 24<sup>th</sup>. The harvest will be held near Leduc. There was a free lunch at noon sponsored by Kosmos and Leduc co-op. People watched local volunteers from Leduc area combine a donated field of wheat that will be sold later and the proceeds will go to the food grains bank.

What does the food grains bank do with this money? They support many programs worldwide that improve nutrition. They focus on programs that specifically help children and nursing mothers. These programs also provide nutrition training for families. Their goal is to end world hunger through education and advocacy (teaching them to speak up for themselves.)

The bank is very careful about who helps them distribute the food and they do frequent visits and audits of the programs worldwide. Even though it is very difficult and dangerous to deliver the food in some countries 95% of the food gets to its intended location.

According to Charity Intelligence.ca the Canadian Food Grains Bank has a 4 star rating which is the highest rating based on social results reporting, financial transparency rating, program cost coverage, spending breakdown, fundraising costs, cash flow from operations, financial + salary information. To be a responsible donor you should be checking with a watchdog group like this to be sure your donations are being used for what they are intended. This charity is based out of Manitoba but it has many branches across Canada and it is well supported in our area Leduc and Leduc County. Farmers take time away from their own fields to donate their skills to this cause. This newsletter group chooses to report on local organizations and individuals that are making an impact on our community and or worldwide. This charity certainly does.

# 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

**Ryan McKinney!** Ryan is a social butterfly and has many friends here at LINX. Ryan is caring and helpful whenever possible. Ryan has just received his 10 year award being employed at Sport Chek. Ryan is our client representative on our board. We appreciate all his efforts in taking any client concerns to be addressed. Keep up the great job Ryan!!!

## Employer of the Month

**Playing For Keeps Toys and More!** We welcome you to the community and thank you for employing two of our clients, joining them into with your team! Thank you for your support and look forward to building an ongoing relationship together!!!

## Staff of the Month

**Ashley Haak!** Ashley works mostly with the more challenging population in our program. Ashley keeps being successful with her positive outlook and her proactive technical skills. Ashley is a great team player and communicates well with all. Keep up the great job Ashley!!!

## Residential Staff of the Month

**Maryann Tolsma!** She has stepped in to help us more times that we can count, especially in the last month. Thanks so much for everything Maryann!!!

# LINX Employers

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| 🐾 A&W            | 🐾 Dollarama       | 🐾 Leduc Rep       | 🐾 Planeview Place   | 🐾 Sobeys Beaumont |
| 🐾 Agapeland      | 🐾 Executive       | 🐾 McDonalds Leduc | 🐾 Playing For Keeps | 🐾 Sport Chek      |
| 🐾 Basintek       | 🐾 Alexandra Hotel | 🐾 McDonalds Nisku | 🐾 Toys and More     | 🐾 St. Paul's      |
| 🐾 Boston Pizza   | 🐾 Extendicare     | 🐾 McDonalds       | 🐾 Ricky's All Day   | 🐾 Anglican Church |
| 🐾 Canadian Tire  | 🐾 Flaman          | 🐾 Sparrow         | 🐾 Grill             | 🐾 Staples         |
| 🐾 City of Leduc  | 🐾 Gateway Family  | 🐾 Nisku Inn       | 🐾 Safeway           | 🐾 Subway Leduc    |
| 🐾 Co-op          | 🐾 Church          | 🐾 No Frills       | 🐾 Salem Manor       | 🐾 Common          |
| 🐾 Coffee News    | 🐾 Kosmos          | 🐾 Petro Canada    | 🐾 Salvation Army    | 🐾 Wal-Mart        |
| 🐾 Days Inn       | 🐾 Leduc Public    | 🐾 Nisku           | 🐾 Second Glance     | 🐾 Waldorf         |
| 🐾 Daystar Church | 🐾 Library         |                   | 🐾 Silver Shears     | 🐾 Zulu            |

**Howard Hughes, Obsessive Compulsive Disorder (OCD)** - Howard was an American aviator, engineer, industrialist, film producer and director, and one of the wealthiest people in the world. By the 1950s Hughes had developed debilitating symptoms of social avoidance behavior and OCD. *The Aviator*, directed by Martin Scorsese and starring Leonardo DiCaprio as Hughes focuses primarily on Hughes' achievements in aviation, in the movies, and on the increasing handicaps imposed on him by his obsessive-compulsive behavior. ~ [www.disabled-world.com](http://www.disabled-world.com)



# LINUX Employers!

These are the businesses that support LINUX by employing our participants the names that are bold are included in the Cryptogram, ENJOY!

**A&W, Agapeland, Basintek, Boston Pizza, Canadian Tire, City of Leduc, Co-op, Coffee News, Days Inn, Daystar Church, Dollarama, Executive Alexandra Hotel, Extendicare, Flaman, Gateway Family Church, Kosmos, Leduc Public Library, Leduc Rep, McDonalds Leduc, McDonalds Nisku, McDonalds Sparrow, Nisku Inn, No Frills, Petro Canada Nisku, Planeview Place, Playing for Keeps Toys and More, Ricky's All Day Grill, Safeway, Salem Manor, Salvation Army, Second Glance, Silver Shears, Sobeyes Beaumont, Sport Chek, St. Paul's Anglican Church, Safeway, Staples, Subway Leduc Common, Wal-Mart, Waldorf, Zulu**

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