

The LINK

January 2020

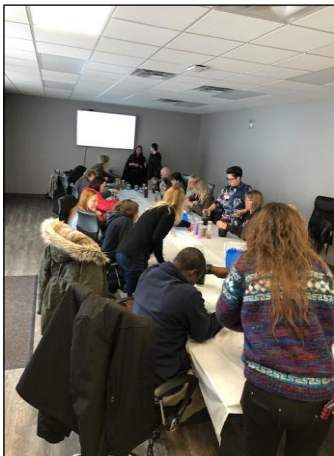


"Just so you know!"...

The LINX staff has had some wonderful opportunities recently to come together as a team. In November, we participated in a team building day featuring some really educational presentations; Becoming Conscious Allies: LGBTQ2+ Inclusivity, United Nation's Sustainable Development Goals (we built terrariums!) and an intro to Wellness Recovery Action Plan.

In December we celebrated another great holiday season at the LINX staff Christmas party. We were visited by the Grinch and I am happy to report that most of our staff avoided the naughty list...most...

Looking forward to a great 2020 & more growth with the LINX team!



Executive Director Nicole Fuhse
Email: linxexec@linxconnect.ca,
Emergency cell 587~989~5691
Residential Manager Ronni DeLeavey
Email: linxres@linxconnect.ca
Emergency cell 780~935~2772
Day Program Manager Andrew Giebelhaus
Email: linxday@linxconnect.ca
Business Manager Laurie Savill
Email: linxadmin@linxconnect.ca
Office Assistant Katie Presse
Email: linxinfo@linxconnect.ca

Dates to Remember:

Dec 24, 2019 – Office Closed at Noon
Dec 25, 26, 27, 2019 – Office Closed
January 1, 2020 – New Years Day (Office Closed)
Feb 8, 2020 – Hearts & Heroes ❤️

Board Members

Daniel Roberts – Chairperson
Brandon Sonnenberg – Vice Chairperson
Ann Kurlovich – Treasurer
Maria Semrau – Director
Annis Mattiussi – Director
Don 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!



Use code
LF02LL with
Liberty
Security!



Executive Director

Report

“We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Years Day.”

- Edith Lovejoy Pierce

Day Program Report



Happy New Year everybody! May we all see tremendous success for ourselves in 2020!

January Lunch Snacks are:

- 🐾 January 1 – LINX Closed
- 🐾 January 8 – Cordon Bleu Bake
- 🐾 January 15 – Broccoli, Cauliflower Pepita Salad
- 🐾 January 22 – Fudge Puddles
- 🐾 January 29 – Chili Cornbread Bake

Mandt Moment



Residential Program Report

Why does the Residential Program rotate workers for Supported Independent Clients? Wouldn't the same worker be more consistent for the client? Several years ago the way SIL worked was changed up. This was done for several reasons:

1. Client lives would not be interrupted when any one staff would go on vacation or have sick time.
2. Clients could benefit from the specialized skills of the different staff. (Example if someone received a diagnosis of Celiac the schedule could be rearranged to give that client a staff who is an expert on Celiac to help get them get organized and learn what they need to do.)
3. Different staff have different strengths. Everyone will benefit.
4. Clients have an opportunity to report staff who are not doing what they are supposed to be doing or are doing what they should not.
5. It is harder to get stuck in a rut. It keeps things fresh.
6. Some clients are more difficult to work with. Rotating the difficult shifts helps reduce staff burn out.



Through our eyes...

By Business Manager Laurie Savill

*My desk is a mess. I can't seem to get a head of my tasks.
I forgot about my newsletter submission. What should I write about?
I'm on the verge of a meltdown.*

And I bet I'm not the only one who is feeling like this right now. What is it about the Christmas season that seems to put a lot of us on edge? It should be one of the most joyous times of the year and yet it sometimes gets to be one of the most stressful.

Do we focus too much on Christmas gifts? Getting the latest and greatest item out there? Or maybe we just don't know what to buy for someone on our list. Could it be we/he/she/they already have everything we/he/she/they needs? What do you buy someone like that? That gets frustrating and often times stressful.

Is all the Christmas baking done? How much is enough? Do we have something baked that everyone likes? Then there's the meal. What time does everyone want to gather for the meal? Will the potatoes be done so they can be mashed and not cool off too much while the gravy is being made. Well maybe it makes more sense to make the gravy first then mash the potatoes. Then the turkey has to be carved. Is it all going to come together?

These are all just things. Stuff. Do these things and stuff really matter? No. No they really don't.

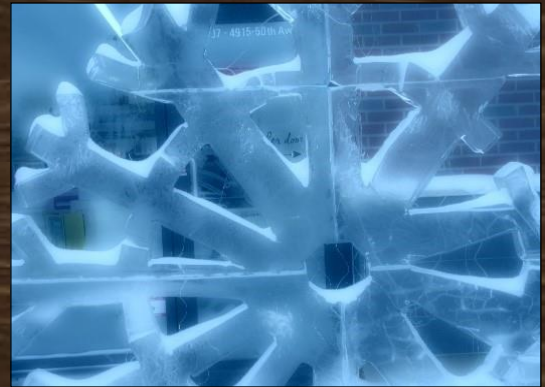
What matters is that we have time together with our family and friends. What matters is that we share our love, joy and friendship with each other. That is what we should be focusing on. I know the mess on my desk will still be here on Monday. In the meantime, I'm going to meet up with friends tonight, enjoy some good food (and probably a drink or two) and be thankful for how lucky I am to have my family and friends.

Now if I could just find my computer mouse on my desk so I can send this off to Katie so she can print the newsletter then all will just be fine. ☺

I wish you all a very Merry Christmas and best wishes for 2020.



LINX Photography Classes



*A
Winter
Wonderland*



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

Dena Johanson! Dena is our newest client at LINX. She's done a lot of work in managing a bunch of changes all at once, and now seems quite comfortable in her new routines. Dena is approachable, and a delight to talk with, which makes her a wonderful role model in social interaction amongst other clients. Welcome to LINX, Dena!

Day Staff of the Month

Tina Red-Iron! Tina is new to LINX... sort of... OK, not really. New to her role as a Job Coach in the Day Program! Tina has worked with a lot of LINX clients for many years, within LATS and as a Support Home. And now she's bringing her wealth of experience into the Day Program to support individuals in developing themselves within their work. Welcome, officially, to the Day Program world, Tina!

Employer of the Month

Days Inn & Suites! Days Inn is one of LINX's biggest supporters in employment. They have employed a number of LINX clients over the years, and currently have four individuals on staff that receive supports from LINX. Thank you so much for opening your doors to possibility, Days Inn and Suites!

Residential Staff of the Month

Daphne Armstrong! Daphne is one of our wonderful new outreach workers. She was chosen because she worked extra on a weekend to support a client who recently lost a family member that was very close to them. Thank you for stepping up to provide some extra supports it is much appreciated by the client, LINX, and the family.

Health & Safety Highlight



"Teasing can be positive because it shows closeness, affection and familiarity. At the same time, teasing can alienate, criticize and embarrass." (Source: PrevNet.ca)
If teasing is repeated, aggressive in nature or you see signs of awkwardness or embarrassment on the part of the recipient, teasing may become bullying.



LINX EMPLOYERS

- | | | | | |
|---------------------|---------------------------|------------------------|-------------------------|------------------------------|
| • A&W Nisku | • Co-op Grocery | • Leduc Golf Club | • Nisku Inn | • Silver Shears |
| • Abaco | • Days Inn & Suites | • Leduc Martial | • No Frills | • Sobey's Beaumont |
| • Best Western Plus | • Dollarama | • Arts Academy | • Petro Canada Nisku | • Spence Corrosion |
| • Bone & Biscuit | • Evolution Sports | • Leduc Library | • Planeview Place | • St. Paul's Anglican Church |
| • Boston Pizza | • Extencicare | • Leduc Representative | • Quincy's Quilting | • Staples |
| • Canadian Tire | • Flaman | • McDonalds Leduc | • Ricky's All Day Grill | • Subway Leduc |
| • Century Mile | • Gateway Family Church | • McDonalds | • Safeway | • Common |
| • Casino | • Kosmos | • Sparrow | • Salem Manor | • Wal-Mart |
| • City of Leduc | • Leduc Boys & Girls Club | • Montana's Nisku | • Salvation Army | • Zulu |
| • Co-op Gas | | | | |

LINX Employers

l e l x g o n i s a c e l i m y r u t n e c b s x u i c z n x c i c r h y u h t
r d o n a p s i w q o n j r g y x h y f u y r o p j o t v n o j u h o t p h o i
e y u g t d f s s z b m o u f y d f y d d v s e s o m l v o v d q e n a t j d u
g f m d e s c d v k u q z i m d v f e y n k h n p t e r p t e f l v a c k o y c
k a g r w l i p t n u n x j s j j l t d d w z g f d o g y l v e j o m t i p j s
z d t e a x t r n y p i b q i o o o v j h l r r u z a n s x d z v l m y y f i i
c n s k y n y i z f q x n l c c r f u j z o l c x s u d p u g b t u e i v y m b
i k p r f k o i r y c y b n b i q r p n c y f i v y l w c i d e p t l a k g y d
t e h d a j f i e g n o r e u f y l o e s e y v r a k r m p z p y i a k s w n n
q d k q m n l f t j n t w a k c e m r c l m y y n g e q j s n z g o s s t v t a
k f x j i g e y d a p y y i p l f y i l e k u o v p y r x v h t a n o l b z s e
w k h a l l d m z f v i t r y w i q o d b c d t r c f a b w o q u s b g b i h n
i u h a y l u w g x q l k r z g o w a e u c n e d i x s d g p o s p n e z k w o
r e s o c j c y a w e f a s x m s c p h m d s e v p n i b l h u j o e k g v r b
u e s x d h m v m i n f x j s j h a s j h g e m c p a j f f k l h i r z l h e j r q
x w q t u x w z c d w e c p i s f l x s n r z j m s s o o x x a a t u z e t d e
k w s a r g h i n b k w n p t m b q s t t x c a o r t o m w o b s s l d q o k f
y a d z c c o q h e q y y r r c w u a t e p l u m h v j b h d l a y u b z o l w
k x q s h y h y t h g e a w r b f t u b o f a y c u o n r e a j i v k e q h d g
y b z j v u o j x r a l b u n h i c n b w e d u y e j l n y y t g j y c k m n k
y k u k s i n s a n a t n o m v x f u i w k c v l l p s o v s s g w g r i z o d
h e c g b a i j c i s z l c e f z c k t n i l v w s w y x q i n b f v q o r f e
w e e b a p i a t t t c g w j t z s w i g b o o f a a v j z n o o e z s p z r b
u v c k e z w r m c o d u a r p j x n y a a r t j g z n j m n m t i a o j k i c
e g b q f s a l e d u c b o y s a n d g i r l s c l u b g f s m r z n u y d l c
u y n f y m t m b k y t p e t r o c a n a d a n i s k u l l u o a v f q m w l j
h k o z c t j w d o l l a r a m a a a p r p l a n h y x h v i c m x s k j o s x
b m s u s i l v e r s h e a r s t z s f b j q b b r j c t l t c l d x h t s n y
f m d i g d i b z s z g h s v q q s g p n q m p a a v c e e e u a o c z u b n t
f e u z n e c v k r t m k r z v d h j u x w u r n a c d r v s d w n d u j l k b
l q r d w w i n w b x e p j o l r v m f d l b y y p u o i i v e d z c l r g a r
l s h u k e d d t g t h r d a s q a b c f i i b i c a u t l e l c e r h o u o i
n o s y w b o n j r p l a n e v i e w p l a c e g r f h n k z y s w z z u u c f
k g s s f e g o a t s g o x p a i n c n t t o y m p i a d i a v e j c m r s d
y b z m s j e v c a d d i e y l j v u k i e l o w a c i i h r w k m l t y a c t
g n i t l i u q s y c n i u q a u d f f l f g z b w p k d q w b n z z p v z r h
u t b c y r t z o m f c c a r m e s c u c k o s m o s y a d a u r a e k a d q l
e r a c i d n e t x e o f d y l d h q l m r k j k a q i n q z s w h d r r t t j
i p k g f o x c f n n y u o l i j x u e w v p c l g z j a q w t d c m h w m s v
u z q l h t q p m n s q w y u m i b u t j t s r v z k k c a c d n h t c e v y p

- 🐾 A&W Nisku
- 🐾 Abaco
- 🐾 Best Western Plus
- 🐾 Bone & Biscuit
- 🐾 Boston Pizza
- 🐾 Canadian Tire
- 🐾 Century Mile Casino
- 🐾 City of Leduc
- 🐾 Co-op Gas
- 🐾 Co-op Grocery
- 🐾 Days Inn & Suites
- 🐾 Dollarama
- 🐾 Evolution Sports
- 🐾 Extencicare
- 🐾 Flaman
- 🐾 Gateway Family Church
- 🐾 Kosmos
- 🐾 Leduc Boys & Girls Club
- 🐾 Leduc Golf Club
- 🐾 Leduc Library
- 🐾 Leduc Martial Arts Academy
- 🐾 Leduc Representative
- 🐾 McDonalds Leduc
- 🐾 McDonalds Sparrow
- 🐾 Montana's Nisku
- 🐾 Nisku Inn
- 🐾 No Frills
- 🐾 Petro Canada Nisku
- 🐾 Planeview Place
- 🐾 Quincy's Quilting
- 🐾 Ricky's All Day Grill
- 🐾 Safeway
- 🐾 Salem Manor
- 🐾 Salvation Army
- 🐾 Silver Shears
- 🐾 Sobeyes Beaumont
- 🐾 Spence Corrosion
- 🐾 St. Paul's Anglican Church
- 🐾 Staples
- 🐾 Subway Leduc Common
- 🐾 Wal-Mart
- 🐾 Zulu



INDUSTRIAL NETMEDIA IS PROUD TO SUPPORT LINX
Choose INM for expert Web Design, Internet Marketing, Database Development.