



Welcome to the December 2021 edition of the newsletter!

Hearts and Heroes



Are you ready for another Hearts and Heroes reverse 50-50?

We are now selling tickets so that you can get some for your Christmas gifts and stocking stuffers! ONLY 250 tickets will be sold for \$20, with up to a \$2500 winning pot! Tickets will be drawn weekly starting in the new year, and the final tickets and winner will drawn at a Hearts and Heroes event on Friday, February 11th, 2022.

Get your tickets now at the office or by contacting Jacob at linxinfo@linxconnect.ca or 780-980-9423 ext 220. We sell out quickly every year so don't miss out. Get yours now!

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Office Assistant: Jacob Martin

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Dates to Remember:

December 25th, 2021 –
Christmas



February 11th, 2022 –
Hearts and Heroes



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



Executive Director Report

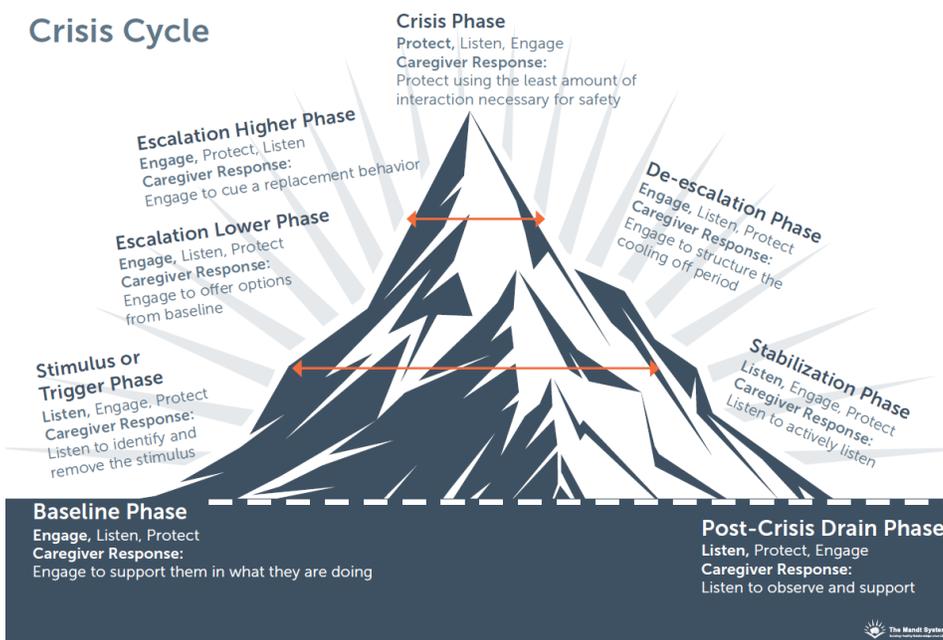
Do you ever wonder how other people see you? I do all the time! Did I do the right thing? Will it make a difference? Will people understand why? By extension, I often wonder how people see LINX. I know that we have great clients, staff, families, Board, etc., but does everyone else see what I see in LINX? This month I received some unsolicited feedback about LINX. The first is in regards to our social media. We were told that our daily posts are something that a business owner looks forward to. In fact, they say they are so inspired by them, that they are going to do a fundraiser just for LINX! I know I am inspired by everyone at LINX, so I'm so thrilled that this being felt by others too! If you are not doing it yet, please like, follow, and share us @LINXconnect on Instagram, Facebook, YouTube, TikTok, and Twitter!

The second feedback bit of feedback is in regards to LINX's client's and how we have managed risk in regards to COVID. I was speaking with an AHS health inspector, and they mentioned how impressed they were with how our clients were able to follow all that had been asked of them in regards to COVID procedures. They said they were so thrilled that our clients were able to properly and consistently mask, and not only meet the minimum COVID related legislation but exceed it. Thank you to all the staff and families who have worked with our clients to have their skills at such an exemplary and recognized level. Most importantly, thank you to our clients for being such awesome examples of how to do things right!



Nicole Fuhse

Mandt Moment:



In Mandt we talk about individuals' base lines. During the month of December, we need to have our RADAR on as some clients baseline might actually move up closer to stimulus trigger phase. The opposite can also be true. The holiday season can also be a sad time for people. This can have their baseline actually go below where their usual baseline phase.

Day Program Manager Report:

We have officially entered my fourth favourite season – Winter! The weather conditions are changing hourly, and clients need to come to the program prepared for the environment outside. Please ensure all clients are coming prepared with the following winter gear...

- Winter Jacket
- Toque/Warm Hat
- Gloves
- Winter Boots

We have started using lockers at LINX again, and clients are asked to bring in a pair of indoor shoes to keep at the office, so we aren't tracking snow into the building.

In addition to the winter gear, we are still expecting clients to come to the program with additional face masks, personal hand sanitizer, and enough water to last the day. If you have any questions, please feel free to contact me!



Katie Presse



Residential Program Manager Report

Holiday De-escalation

The holidays can be over stimulating for many people. The lights, the music, the gifts, the sweets, the food, and the parties.

Ideas for the lights: Have non blinking lights. Limit the lights to an area of the home where activity happens avoid the areas where rest happens.

Some ideas that can help with the music. Rather than always playing upbeat Christmas songs have a time when you play relaxing holiday instrumental music instead. Especially closer to bedtime. Sometimes just turning it down can help.

Ideas to deal with gifts could be waiting until closer to Christmas to put them under the tree. A calendar count down.

The sweets are in our face during the holidays. Everyone likes to bake some Christmas Cookies. If they are too much of a temptation- put some in the freezer for next week or next month. Instead of a jar of cookies have them sorted by person: This container is Ronni's cookies, and this container is Katie's cookies (have them divided fairly.) I googled healthy holiday treats and became very hungry....

Christmas can also be a tempting time to overeat. I love turkey dinner. Help everyone make a balanced plate with half of the plate being vegetables. They could be festive looking veggies. Role model a healthy plate.

All the parties, COVID has made it easier to not have a party to go to for every group that we are a part of but still they can be exciting when we get to go to one. Ensure there is enough down time after before moving on to the next excitement. Plan behavior expectations before going. Examples: We expect everyone to use an indoor voice. We expect everyone to use good manners.



Ronni DeLeavey



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: Jarrett Kowalewsky

Jarrett has been very flexible with all of the changes going on at LINX. He also started a new job delivering the Leduc Rep papers after working towards it for months! Congratulations Jarrett!

What drew you to LINX originally?

“Several of my school classmates attended LINX”

What are three words to describe LINX?

“Happy, fun, and nice”

What is your favourite part about working with LINX?

“Papers, and learning new things”

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

“Burgers and fries”

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

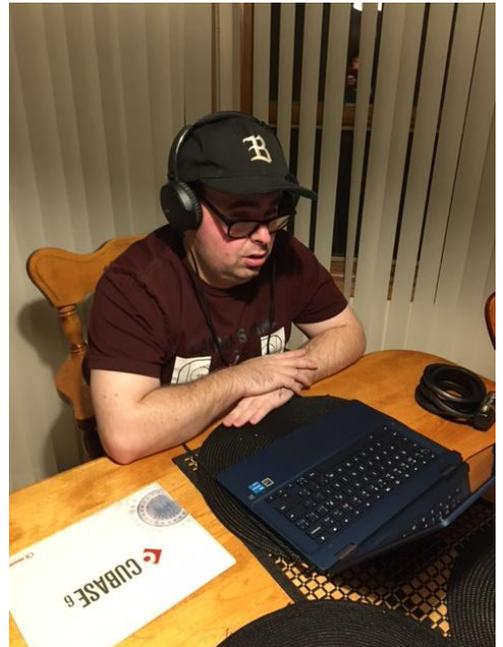
“Lock, Chromebook, and my favourite quilt”

What did you want to be when growing up?

“Work in a store/store clerk”

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

“My bed”



Day Staff of the Month: Ben Diankulu

Ben has been a Job Coach with LINX since 2008! His calm consistency is a huge asset to the Day Program team! Recently, Ben has taken on shadowing some new staff and offering me valuable feedback! Thank you Ben!

What drew you to LINX originally?

"I used to do a similar kind of job in Edmonton at Excel Society, and when I moved to Leduc, I was happy to find the same sort of job."

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

"Before LINX, I used to be a Team Leader at the group home with my broken English, but the best part my clients were able to understand my French accent. I dealt with groceries, managed clients' spending, paid the bills for the group home, and it was like my second home."

What are three words to describe LINX?

- Independency
- Learning
- Inclusion

What is the favourite part about working for LINX?

To make sure our citizens are happy and achieve their goals and by being part of LINX as a Job Coach, I also sometimes learn new stuff from my co-workers.

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

I prefer to eat Teriyaki chicken and beef because Teriyaki includes veggies, meat and pasta or rice. So it is a complete meal.

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

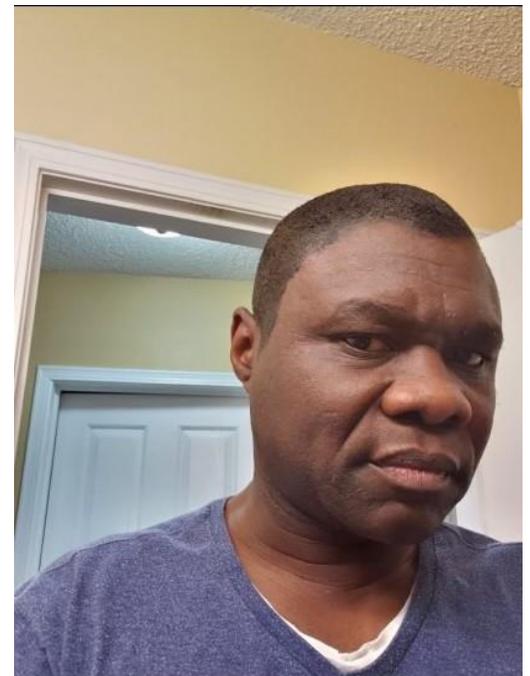
- My phone which would help me listen to music and take notes if necessary.
- Supply of drinking water.
- A flashlight and knife.

What did you want to be when growing up?

Able to help people in need.

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

Water.



Residential Staff of the Month: Lucia Newbold

What drew you to LINX originally?

I wanted to make a difference in someone's life. I have always admired and deeply respected the individuals who work in disability services, providing care and support to someone who needs it most and helping them to become more independent and confident in their own abilities.

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

I worked as a project manager for rural communities in Mexico, I had to work very closely with people who were living in marginalized conditions and it was very fulfilling to see the results of the projects I helped to develop.

What are three words to describe LINX?

Compassion, Growth, and leadership.

What is the favourite part about working for LINX?

I get to really know the clients in many different levels and ways, they have taught me a diverse perspective on life that I could never see before.

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

Tacos! 1000%!

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

Books, music, and sunscreen.

What did you want to be when growing up?

A veterinarian or a chef.

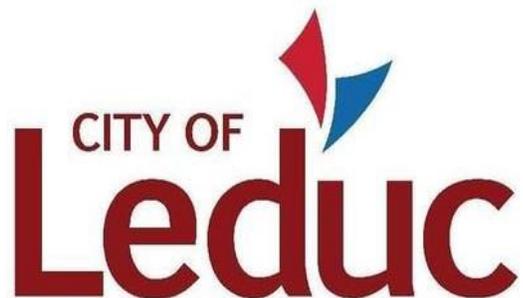
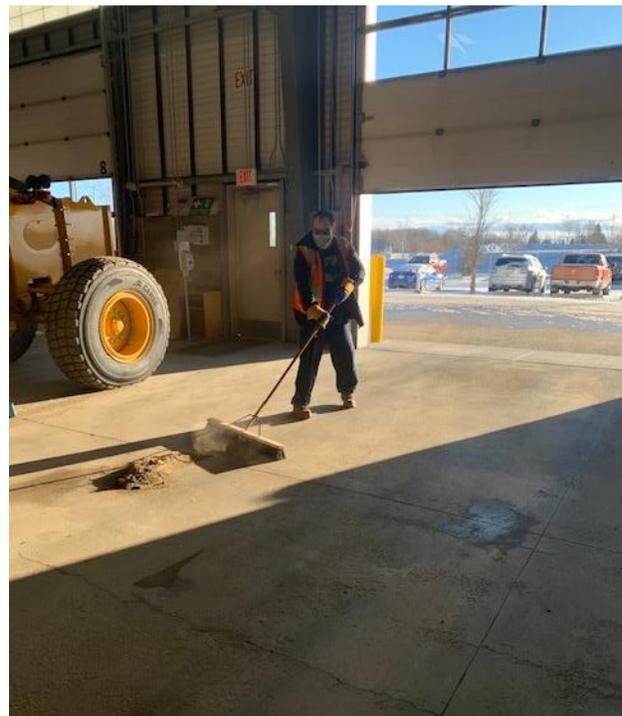
What is the one thing you can't live without?

Music!



Employer of the Month: City of Leduc

After a long 20 months, the City of Leduc called clients back to their jobs! We are so happy to be back! Additionally, Elana Hansen with Volunteer Leduc has contacted LINX to help out with multiple poster delivery campaigns! Thank you to the city for providing our clients with meaningful opportunities within their community!



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A and W Nisku	Days Inn Suites	Leduc Martial Arts	Quincys Quilting
Bone and Biscuit	Daystar Church	Leduc Representative	Safeway
Boston Pizza	Dollarama	Lighthouse Cowork	Sobeys Beaumont
Canadian Tire	Flaman	McDonalds Leduc	St Pauls Anglican Church
Century Mile Casino	Gateway Family Church	Petro Canada Nisku	Staples
City of Leduc	Jireh Centre	Planeview Place	Subway Leduc Common
Connectivity Dance Studio	Kosmos	Petro Canada Nisku	The Pet Hospital
Coop Grocery	Leduc Fellowship	Planeview Place	WalMart



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- ONLINE SAFETY TRAINING
- GRAPHIC DESIGN
- WEBSITE DESIGN
- SOCIAL MEDIA MANAGEMENT

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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

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