

The LINK

January 2023



2023

Happy New Year!

Hearts and Heroes! There are only 42 more days until our Hearts and Heroes! Get your tickets at www.linx.ngo/donate. Hearts and Heroes is our annual fundraiser in February. There is an amazing dinner, dance, and silent auction.

Hearts and Heroes



February 11, 2023

Bottles! We can give you a charitable tax receipt for your donation if you let us know it is from you. This program provides tax receipts for you, employment for our clients, and fundraising for the agency. Everybody wins!!



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Dates to remember:

January 2nd - Closed

Hearts and Heroes



Board Members

Ann Kurlovich – Chairperson

Nicole Murphy – Vice-Chairperson

Shannon Henry – Secretary

Cory Albert – 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!



You can now safely donate to LINX online at www.linx.ngo

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www.linx.ngo Follow @LINXconnect on all Social Media



Executive Director Report



Picture taken with Leduc and Beaumont mayor

Special Olympics Alberta asked LINX to share their information in our newsletter and we are more than happy to do it.

Special Olympics News for January

Bowling start on January 5 at the Leduc Lanes every Thursday at 5:30 PM, the session will end on April 27
Cost \$160.00

Basketball starts on January 18 from 6:30 to 8:00 PM at the Leduc Junior high school- 4412 48 ST to end on February 22
Cost \$ 35.00

Register online if possible or at the first session

New Athlete:

https://forms.office.com/pages/responsepage.aspx?id=0uK-T6G1gUivTXRQU_eryi5XhxrCHqxNpFIMOX8imq1URFo2WDIISVA1QTBITENTU1RUNFNXOEI3WSQIQCN0PWcu

Returning Athlete:

https://forms.office.com/pages/responsepage.aspx?id=0uK-T6G1gUivTXRQU_eryi5XhxrCHqxNpFIMOX8imq1UNzdIQkw5REs3T1pMVFIKRjJUM1M3MzJVVCQIQCN0PWcu

REMEMBER FIRST SESSION FREE FOR NEW ATHLETE

LINX Staff Anniversaries

Thank you to our wonderful LINX staff who have been with us a long time, a short time, and everything in between. We are nothing without you!

January
Autumn 2022

Day Program Report

2023! A brand new year is ahead of us. New years typically come with a lot of optimism towards the future. Maybe you have a resolution that you are feeling excited about or this is the year you are going to meet a goal that you've been working on. Before starting 2023, I wanted to share some of my favourite LINX memories from 2022...

"Havok Fridays" became a LINX tradition! Anyone who has stepped foot into the LINX office on a Friday knows who Havok is. There isn't a chance he would let you through the front doors without greeting you and maybe even giving you one of his famous hugs or kisses. Havok is our once a week office dog, and I can't imagine a work week without him!

The LINX Cooking Class returned! After 2.5 long years, COVID was far enough in the past that we were finally able to start up our cooking classes again! Every Wednesday, our halls fill with the smells of whatever delicious recipes the class is cooking. So far, we have made Chicken Caesar Salad, Hamburger Soup, Pumpkin Loaf, Pierogi Casserole, Tater Tot Casserole, Chicken Pot Pie, Hot Chocolate & Candy Cane Brownies, and Gluten Free Mac & Cheese (Taco style!). Seeing the skill and confidence development among the class is simply awesome.

Becoming a Mandt Instructor! Mandt is a non-violent crisis training program that all LINX staff must be trained in (and re-certify annually). In April 2022, I was lucky enough to be trained as an instructor. I have trained 4 classes so far, and look forward to many years in this role. Mandt will change your life, personally and professionally.

Last, but not least, has been the hundreds of times that I have seen our team come together to problem solve, collaborate, and grow. We have a great Day Program team, and it has been one of the highlights of the year to see them advance individually and as a group. "The nicest thing about teamwork is that you always have others on your side." -Margaret Carty.

Thank you to everyone for a wonderful 2022! I can't wait to see what 2023 brings us!

January Menu

Jan 4th - Filipino Sopas (chicken noodle soup)
Jan 11th - Cabbage Roll in a Bowl (vegan and gluten-free)
Jan 18th - Chocolate Pumpkin Trifle
Jan 25th - The Best Vegetarian Chili

Residential Program Report

The Holiday Crash!

Last month I shared tips to manage the excitement of the holidays. This month I am going to share some tips on co-managing the holiday crash. There were many parties, treats, gifts, merry music, and all that comes with the holidays. Some of my favorite ways to keep January positive are:

- 🐾 Start the new calendar- Encourage the individuals that we support to join in. Add important happenings to the calendar. Birthdays and other special events can be added. One of my favorite ways to add events to a calendar is to use pictures. You can print off a graphic or a picture of the person.
- 🐾 Winter Self Care- plan some winter self-care activities.
- 🐾 Make a winter bucket list of activities to sprinkle through the month (Put them on the calendar!).
- 🐾 Plan an activity each week that people in the home look forward to.
- 🐾 Start a journal or worry jar.

January Menu

The SIL Evening Cooking Class

January 11th 4pm-7pm
January 25th 4pm-7pm



Through Our Eyes

Carla Frybort, Public Librarian Director Leduc Public Library

We interviewed Carla Frybort who is the manager, or the Public Librarian Director, of the Leduc Public Library. Her duties at the library are to do with the budget, paying bills, hiring staff, meetings, and ordering items for the library. Carla said that it takes about \$1.3 million dollars to run the library. As of this year, there are no more late fees. On average, the library is losing about \$13-16,000 from late fees per year. To make up for this amount, the library had to manage their budget differently.

The library offers a bunch of programs to the public. The programs are free. There are adult programs, senior, and children programs. They offer programs to help people learn English. They offer a movie/pizza night for teens. There are craft programs.

Carla said that they have e-books and a sharing program with other libraries in Alberta. Leduc shares books with Banff, Beaumont, Devon, Airdrie, and Canmore. People can borrow books from these towns and cities and they're brought into Leduc.

When Carla was asked about inclusiveness with LINX clients, she mentioned that clients were able to volunteer to help clean the books and other library materials. She also mentioned that there weren't a lot of open positions for jobs but anyone could check the library's website to see if there were any job postings.

Other than lending library materials, we asked Carla what else the library does. She said if you need to talk to anyone or ask questions, you can ask her and she can help find the answer. She also said that sometimes customers come in really angry or frustrated and she can help de-escalate the situation before it gets too heated.

We found out that the library does a lot more than just lend out books. The interview with Carla was really interesting!



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 Employer, Client, Day Staff, and Residential Staff of the Month. If you see someone in any of these categories that you would like to see recognized, please let us know!

Employer of the Month: Santa's Helpers

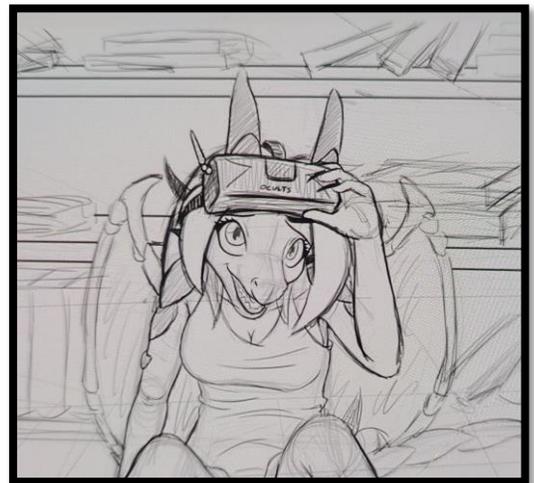
Over the month of December, LINX clients volunteered to support Santa's Helpers at the Premium Outlet Collection at Edmonton International Airport. We wrapped gifts, handed out colouring books and candy canes, and spread holiday cheer all for a good cause!



Client of the Month: Adam Mattiussi

Adam has shown strong self advocacy skills in recent weeks, and has worked hard at expressing himself and advocating respectfully while at LINX! Adam has also helped staff out with some technological issues.

- 🐾 What is your favorite animal?
Dragons
- 🐾 If your life was a movie, what would it most relate to?
Dragon Maid
- 🐾 What is one lesson you feel you have learned from LINX?
OHS
- 🐾 How long have you been a client at LINX?
Long time
- 🐾 What type of music do you listen to?
Heavy Metal
- 🐾 If you spent an entire day at a theme park, what would you do?
Ride the rides
- 🐾 If you had one superpower, what would it be and why?
Fire Breath to burn the cold weather



Day Program Staff of the Month: April Simkin

Instead of talking about how wonderful April is and what a fabulous addition to the LINX team she has made, I thought I would share what some of our clients think about her...

“There are a lot of words that I can use – she’s helpful, we ask her questions and she has answers, she can be a little bit funny sometimes. She is doing a really good job as an instructor, we should keep her around!”

“Oh, she is doing a fabulous job! No problem with her! Her personality is my favourite thing. She laughs with us a lot!”

“I really like April. She is fun and I really like being in her class. When we go out and ask people for interviews is my favourite part.”



- 🐾 What is a typical workday like for you? As an instructor, my typical workday is spent in the workroom instructing for a variety of classes. I do have a few classes, though, that allow me to take clients out into the community. We’ve gone on some great tours and have some exciting ones planned for the new year. I really enjoy the variety of things I get to do.
- 🐾 What is your greatest achievement? My greatest achievement would be joining the RCMP. I had decided I wanted to become a police officer, so I enrolled in the Police Studies program at Grant MacEwan and upon graduation I was accepted into the RCMP. For the most part I enjoyed my time as a police officer, and I consider it not only one of the greatest learning opportunities of my life but also the most eye opening.
- 🐾 If you had one superpower, what would it be and why? The one superpower I would want to have would be to be immortal. There are so many careers that I would love to do. If I had the time, I would join the military, or I would want to learn all the skills necessary to flip houses or operate a business. So many things I want to do, so little time...
- 🐾 What advice would you give someone who is considering this type of job (or field)? I worked for 12 years as an educational assistant. I think it was from those years that taught me so much about different learning needs and different approaches to help people. So, some advice would be to gain some experience from any field that is related to this type of job. This isn’t necessarily advice, but I would say that someone who wants to get into this type of job needs to be a person with lots of kindness, patience, and a genuine desire to help others.
- 🐾 How long have you been working at LINX? I started at LINX on September 16, 2022.
- 🐾 What is your favorite beverage? I’d have to say that my favourite beverage is Coke.
- 🐾 What type of music do you listen to? My favourite music is soft rock from the 70’s and 80’s. When driving, I listen to K-97.
- 🐾 Who was your idol growing up? I didn’t have an idol growing up. As an adult, though, I had a huge appreciation for my father and how he was a person I could turn to for help, guidance, and sound advice.

Residential Program Staff of the Month: Tania Saunders

Tania is a newer support home provider who supports one of our clients. She regularly takes respite to support her peers with time off. She has recently accepted a temporary placement until a home match can be made. I appreciate you being on the team.



- 🐾 What is a typical workday like for you? Wake up my two individuals, make sure they have breakfast and have taken their meds. Have WH ready for the bus and drive LC to office. Then I head to work in a group home where I am a community resource worker with a lovely lady. My day is 9-3 with Fridays off. Then at 4 pm my individuals come home and we prepare supper and talk about our days.
- 🐾 What is your greatest achievement? My greatest achievement would be my 3 amazing grown children and my 5 beautiful grandkids.
- 🐾 If you had one superpower, what would it be and why? The art of getting things done. No matter what I seem to get it all done even just under the wire.
- 🐾 What advice would you give someone who is considering this type of job (or field)? Remember to enjoy the laughs and smiles and try not to sweat the small stuff.
- 🐾 How long have you been working at LINX? I have been working at Linx for 6 months now.
- 🐾 What is your favorite beverage? Coffee is my drink of choice with water being a close second!
- 🐾 What type of music do you listen to? I completely love country music.
- 🐾 Who was your idol growing up? My idol growing up was my mother. She was the glue that held the family together. She was the most loving and caring woman I know.



LINX Employers

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- 🐾 Boston Pizza
- 🐾 Boys and Girls Club of Leduc
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- 🐾 Canadian Tire
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- 🐾 City of Leduc
- 🐾 Connectivity Dance Studio
- 🐾 Co op Grocery
- 🐾 Days Inn and Suites
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- 🐾 Dollarama
- 🐾 Executive Royal Hotel
- 🐾 Flaman
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- 🐾 Leduc Estates School
- 🐾 Leduc Fellowship Church
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- 🐾 Leduc Rapid Bingo
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