

The LINK

April 2023



Executive Director Report

I love seeing and feeling the sunshine through our windows. It holds the promise of warmer days ahead. BUT as I look out our windows, I also see how dirty they are from the winter months and that reminds me that along with the arrival of spring comes spring cleaning! Perhaps LINX can help you with one of your clean up tasks by picking up cans and bottles you collected over the winter.

Over 10 years ago, one of our most treasured staff, Marvin May, started the Bottle Recycling Program along with a few of our individuals. He found people and businesses to donate their bottles to LINX and he and the clients would pick them up and deliver them to the bottle depot. The funds received would be divided between clients, as a wage for the work they did, and the balance going into fundraising for LINX. The donors would receive a charitable donation receipt for the value of the bottles/cans donated.

Sadly, we lost Marvin a few years ago but his legacy lives on in the growth of this program. We have individuals who would love to work with you and take away one of your spring cleaning tasks. Let us come and get your bottles. You don't have to worry about finding the time to get to the bottle depot. You will have the pleasure of knowing you are providing a job for someone plus getting a charitable donation receipt. A win-win all the way around.

If you would like to become one of our customers, please call Alisha at 780-980-9423 and she will schedule in a day and time for you.

In the meantime, happy spring cleaning!



Interim Executive Director Laurie Savill

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Business Manager Leslie Von Albedyhill

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Office Assistant Alisha Crawford

Email: linxinfo@linxconnect.ca

Dates to remember:

April 7th - Closed

April 10th - Closed

Board Members

Ann Kurlovich – Chairperson

Open – Vice-Chairperson

Shannon Gray-Henry – Secretary

Leanne Millar - Treasurer

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

#106, 5708 – 47th Street Leduc, Alberta T9E 6Z9 780~980~9423

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



LINX is looking for Board Members!



Who are **we**?

LINX's vision is that individuals with developmental disabilities have opportunities to experience life to their fullest potential. They experience inclusion in taking an active and valued role in society and the opportunity to reside in a community of their choosing. Our mission is that through the connections to their community, LINX strives to enhance the quality of life for adults with developmental disabilities through education, employment, residential, and outreach services.

Who are **you**?

We are looking for community minded people who want to support LINX's vision and mission by volunteering their time and skills on our board! Board meetings are held the 4th Wednesday of every month and have the flexibility of in person or virtual attendance! There may be minor requests for your time such as art judging, photo opportunities and fundraising events such as Hearts and Heroes!

Interested?

**CONTACT BOARD CHAIR ANN
KURLOVICH AT
780-914-8676**



Special Olympics February 2023

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

Ongoing Program

Indoor soccer

Wednesday 6:30 - 7:30. Leduc Junior High School until April 12
First session free, come and try it!

Coming up

Bocce: May

Ball: May - June

Golf: May - June

Provincial

Jennifer Mikkola won 2 bronze medals in bowling.

Tony Wannamaker won a bronze in Giant slalom.

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!

April	
Sally	2022
Mary	2008
Ronni	2008

Day Program Report

We currently have individuals who are seeking new employment and volunteer opportunities. If your business requires someone to work mornings or afternoons for 2 to 3 hours per day, we may have someone who has the skills that you require. Some of the skills, abilities and current positions held by our clients include but are not limited to the following:

- **Hospitality** - fast food and restaurant industry stocking condiments, preparing place settings, helping servers bussing their tables, refilling drink orders when the facility is busy, food prep, line cooks and dishwashing.
- **Housekeeping** - laundry room, room attendants, and maintaining the lobby.
- **City of Leduc** - workers in various places and positions.
- **Parking lot attendant/yard maintenance** - emptying garbage receptacles and keeping the grounds clean.
- **Sales associates** - “facing” merchandise, stocking shelves, customer service and shopping cart maintenance.
- **Courtesy Clerk** - bagging groceries, assisting customers.
- **Carriers** - delivering fliers such as the Leduc Rep, and informative posters for the City of Leduc!
- **Custodial Duties** – sweeping/mopping, sanitization, dusting, and general upkeep within office spaces and local churches.
- **Volunteer positions** such as daycares, senior’s facilities, and other local non-profits.

Job Coaches are provided to work with our clients to ensure not only the completion of their required duties, but to ensure the safety of themselves and those they work with.

Job Coaches are provided at **no cost** to you. Those individuals who have the abilities and skills to work on their own are provided with follow up services from one of our LINX staff members to ensure their success. This assigned staff member will address any questions or concerns that arise in their placements. We have several clients with a variety of skills that will provide you with an excellent opportunity for job success and an eagerness to start working immediately. If you have a job that would be suitable for one of our individuals, or would like to hear more about our program, please contact us.

April Menu

April 5 – Vegetarian Taco Salad

April 12 – Hot Cross Buns

April 19 – Chicken & Dumplings

April 26 – Coconut Rice

Residential Program Report

When asked what they thought should be written about in the April Newsletter, the clients shared they wanted what they like to do on respite. If you are having a hard time thinking of something to do on the weekend here are some great ideas!

- Watch sports
- Watch a movie- at the house or the theater
- Go shopping
- Go to the park
- Cooking
- Bowling
- Playing sports
- Play board or card games (I know one of my homes had board game night that was quite popular)
- Go to Church
- Go out for supper
- Go to the library
- Go for a walk
- Go bowling
- Go swimming
- Go sledding
- Chillaxing weekend
- Go to bingo



April

The SIL Evening Cooking Class

April 5th 4pm-7pm

April 19th 4pm-7pm



Through Our Eyes

LINX Clients Take Over City Hall

On March 10, 2023 we went to City Hall to a Mock City Council Meeting. Mock means pretend or not real. A Mock Council Meeting is just like a real council meeting but we are playing the parts and acting out how a real meeting takes place. Each client picked their parts. There was the mayor, six council members, all the general managers, and a few other parts. We were given a script and instructions on how the meeting was run. Mayor Bob Young was helping us with scripts. Laura Tillack is a Councillor and she helped us. In the Mock Meeting we talked about a proposed curfew and a bees and hens bylaw. We were able to sit in their seats that were raised up. We had microphones that we talked into.

We talked to some of our peers about what they thought of the Mock Council Meeting and one person said, "I think it was kind of neat, talking into the microphone and what the other people had to say." We spoke to another client who said, "It was fun. I think it was very interesting." Also said, "It was interesting talking to the councillors." In the afternoon session, one of the client's played the mayor and he said, "It was very nerve wracking. Being the mayor is hard work. I was asked a lot of questions and some of the words were hard to say but I had help from a staff member. I think being a real mayor would be pretty cool. I was sitting with all the councillors." Another client commented, "I did lots of talking from the pieces of paper. I think it was very good." Being able to participate in the Mock Council Meeting gave us an idea of how our voices could be heard in our community.

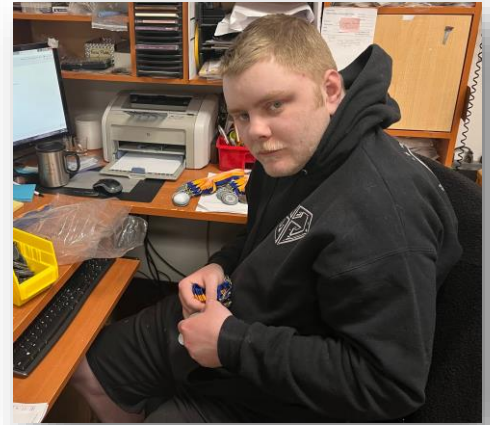


Our “...of the month” club!

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: Balloons, Bling & Engravable Things

Balloons, Bling & Engravable Things has joined the list of inclusive employers at LINX! Thank you for providing an opportunity for hard working individual!



Client of the Month: Meagan McMillan

Meagan is friendly with people who come in our building. She helps to make people feel welcome. She has been trying out some new respite homes and gives wonderful feedback. She has demonstrated an improved commitment to her day program supports. It is a pleasure to see you grow each and every day.

- 🐾 What is your favorite animal?
A Lion!
- 🐾 If your life was a movie, what would it most relate to?
The Titanic
- 🐾 What is one lesson you feel you have learned from LINX?
How to stay calm
- 🐾 How long have you been a client at LINX?
7-8 years
- 🐾 What type of music do you listen to?
Pop and Rap
- 🐾 If you spent an entire day at a theme park, what would you do?
Go on all the rides.
- 🐾 If you had one superpower, what would it be and why?
Superstrength! To lift heavy things



Day Program Staff of the Month: Everyone

This month, when I sat down to review the nominations for staff of the month along with my own perceptions, I just couldn't make a decision. Our Day Program TEAM has gone above and beyond over the last month. From developing new Job Search best practices and procedures, supporting clients to get new placements, supporting each other, and maintaining positive attitudes throughout their weeks...this is the dream team!



Residential Program Staff of the Month: Alana Magro

Alana Magro has been with us several years. She has been chosen this month as Residential staff of the month because she has agreed to be a temporary home until I find a permanent match. She has been doing extra respite to ensure that her peers get their breaks. She will come to the office whenever a client has needed something from home. Thank you for being a part of the Residential team.

- 🐾 What is a typical workday like for you?
very very busy!!
- 🐾 What is your greatest achievement? My wonderful family.
- 🐾 If you had one superpower, what would it be and why? Teleportation so I could go see my family.
- 🐾 What advice would you give someone who is considering this type of job (or field)? This is a very rewarding job and great experience.
- 🐾 How long have you been working at LINX?
2 years
- 🐾 What is your favorite beverage? Ginger ale or ice water
- 🐾 What type of music do you listen to?
Country
- 🐾 Who was your idol growing up? My Grand-Mother



LINX Employers

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- 🐾 Canadian Tire
- 🐾 From the Sole
- 🐾 The Lighthouse
- 🐾 Sobeyes Beaumont
- 🐾 Balloons Bling and Engravable Things
- 🐾 City of Leduc
- 🐾 Gateway Family Church
- 🐾 Cowork
- 🐾 SRTraining
- 🐾 Blue Falls Manufacturing
- 🐾 Connectivity
- 🐾 Leduc Arts Foundry
- 🐾 McDonalds Leduc
- 🐾 St Pauls Anglican Church
- 🐾 Bone and Biscuit
- 🐾 Co op Grocery
- 🐾 Leduc Fellowship Church
- 🐾 No Frills
- 🐾 Planeview Place
- 🐾 Staples
- 🐾 Boston Pizza
- 🐾 Days Inn and Suites
- 🐾 Leduc Public Library
- 🐾 Renewed
- 🐾 Subway Leduc Common
- 🐾 Boys and Girls Club of Leduc
- 🐾 Daystar Church
- 🐾 Leduc
- 🐾 Resilience
- 🐾 The Pet Hospital
- 🐾 Brightpath Daycare
- 🐾 Dollarama
- 🐾 Leduc Representative
- 🐾 RiseUp Society
- 🐾 Tim Hortons
- 🐾 Flaman
- 🐾 Lifestyle Options
- 🐾 Royal Hotel
- 🐾 Safeway
- 🐾 WalMart
- 🐾 Salvation Army
- 🐾 Wendys