

The LINK

July 2023



Looking for a fun & rewarding new career where you will make a positive impact in someone's life?



Be A Support Home Provider!

You may be asking yourself, what is that?

Support Home Providers are just regular people who are interested in having someone with a developmental disability live with them in their home. The level of independence varies from client to client (some need regular supervision; some are more independent and transitioning into their own homes one day). **The income earned as a Support Home Provider 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 Monday to Friday from 9-4 at LINX. Clients come with different amounts of respite available. Training is provided.

For more information about our amazing team, please contact:

Program Operations Manager – Katie Porter

Phone: 780-980-9423 ext 225

Fax: 780-980-9429

Email: linxday@linxconnect.ca

Interim Executive Director Laurie Savill

Email: linxexec@linxconnect.ca

Program Operations Manager Katie Porter

Email: linxday@linxconnect.ca

Business Manager Leslie Von Albedyhll

Email: linxadmin@linxconnect.ca

Team Lead Alisha Crawford

Email: Teamlead@linxconnect.ca

EMERGENCY NUMBERS

In order of call priority

Team Lead

Emergency Cell 780-298-9423

Program Operations Manager

Emergency cell 587-336-6672

Interim Executive Director

Emergency cell 587-989-5691

AFTER HOURS

Emergency Cell 780-298-9423

Dates to remember:

July 3 – Closed

August 7 – Closed for Civic Holiday

Board Members

Ann Kurlovich – Chairperson

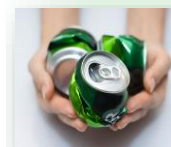
Open – Vice-Chairperson

Shannon Gray-Henry – Secretary

Leanne Millar - Treasurer






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

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Executive Director Report

Thank you to everyone who attended this year's AGM. Your attendance was greatly appreciated. I would like to thank Forrest Wright for the many years he, and his wonderful employee, Janice Oxford, have worked with LINX and completing the yearly audit. A person really, really needs to love numbers to agree to do an audit!! Audits are a long process of checking, back-checking, fact checking, documentation and balancing of numbers. And I know the many, many hours that Forrest and Janice dedicated to LINX. Forrest has decided he wants to start working a few less hours so will no longer be doing our audit. We will miss working with them.

It is so important to LINX management and the Board to have people attend. It gives everyone an opportunity to hear what is happening at LINX and to have conversations around that. It also provides an opportunity for everyone to get to know each other. The people who were instrumental in the creation of LINX have so much experience and knowledge it needs to be shared with the people who are new to LINX. We need to know the history in order to move positively ahead to the future.

Special Olympics

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

Registration and Annual Meeting

August 21, 2023

For more information visit

<https://www.specialolympics.ca/alberta/leduc>

Fall Program Preview:

Bowling

August 31 to December 14

Leduc Lanes

\$160.00

Winter Program Preview:

Skiing – Ice Curling – Swimming

Time TBA

Basketball – Indoor Soccer –

Ringette (Floor Hockey)

Time TBA

July Menu

Day Program

July 5 – Favorite Marinated Vegetables

July 12 – Apple Sauce Cake

July 19 – Best Mexican Salad

July 26 – Addictive Asian Beef Slaw

July

The SIL Evening Cooking Class

July 6th 4pm-7pm

July 19th 4pm-7pm

Mandt Moment

In Mandt, we talk a lot about the importance of positive interactions vs. negative interactions in both our professional and personal lives.

Some related research in this area...

- Satisfaction in married couples occurs with a ratio of 5:1 positive to negative interactions.
- Staff: client or teacher: student require a ratio of 8:1
- “Human Flourishing” occurs when the positive: negative interactions are 11:1.

LINX’s goal is for staff, clients, and all stakeholders to have positive, healthy relationships. Take a moment and think about your interactions today. What is the positive: negative ratio? What changes can you make to ensure your positive interactions outweigh the negative?



Team Lead Report

Summer is officially here, and we've already had some very warm days. I hope everyone is prepared to spend time outside comfortably but avoid bug bites and sunburns! Please have sunscreen, bug spray, a water bottle, a hat, and anything else appropriate for the weather.

Did you know?

Summer is positive for our mood! It’s the sunshine. It helps our bodies with vitamin D, supports bone health, lowers blood pressure, and does so much more.

Make sure to spend at least 15 minutes or more per day outside in the sunshine, and wear sunscreen to avoid sunburn. Enjoy the beautiful weather!



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, and 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: Leduc Golf & Country Club

Leduc Golf & Country Club are a returning LINX employer! Welcome back to the inclusive employer list and providing paid employment for two LINX clients.



Client of the Month: Ralph Lewis

Ralph has shown strong communication and self-advocacy skills in recent months. He has a get-things-done kind of energy, and this seems to bring positivity to whatever he is trying to accomplish.

- 🐾 What is your favorite animal?
A dog – small.
- 🐾 If your life was a movie, what would it most relate to?
David Hasselhoff because he has a cool car, and it has a cool voice.
- 🐾 What is one lesson you feel you have learned from LINX?
Pay attention, learning lots helping me clean and run errands.
Love cooking class.
- 🐾 How long have you been a client at LINX?
About 10 years.
- 🐾 What type of music do you listen to?
All kinds of music – no dancing but has tried.
- 🐾 If you spent an entire day at a theme park, what would you do?
Walking and bike riding, going on rides, eat chocolate bars and drink coke.
- 🐾 If you had one superpower, what would it be and why?
To be like spiderman to have webs coming from wrists and save the city.



Staff of the Month: Patricia Coggan

Patricia is a new caregiver at LINX! She has impressed us so much with her efforts to ensure the transition for the client she supports has been smooth and comfortable! Thank you for all that you do Patricia!

- 🐾 What is a typical workday like for you? I bath and dry some puppies, cut their hair, give them a kiss and head to LINX.
- 🐾 What is your greatest achievement? Being a mom. Raising a kind young lady who will make the world a better place.
- 🐾 If you had one superpower, what would it be and why? Self-sustenance – The power to not need food and sleep – giving me more time!
- 🐾 What advice would you give someone who is considering this type of job (or field)? Volunteer or spend some time in the environment to make sure it's for you. If it is, you will find it very meaningful and rewarding.
- 🐾 How long have you been working at LINX? Less than a year.
- 🐾 What is your favorite beverage? Orange juice.
- 🐾 What type of music do you listen to? I usually listen to podcasts and audiobooks but occasionally some old country music because I like to sing.
- 🐾 Who was your idol growing up? My big brother, Scott.



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!

July	
Ben	2008
Jenifer	2016
Mike	2019
Karen	2022

LINUX Employers

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- 🌻 Black Gold Gallery
- 🌻 Blue Falls Manufacturing
- 🌻 Bone and Biscuit
- 🌻 Boston Pizza
- 🌻 Boys and Girls Club of Leduc
- 🌻 Brightpath Daycare
- 🌻 Canadian Tire
- 🌻 City of Leduc
- 🌻 Connectivity
- 🌻 Dance Studio
- 🌻 Coop Grocery
- 🌻 Days Inn and Suites
- 🌻 Daystar Church
- 🌻 Dollarama
- 🌻 Flaman
- 🌻 From the Sole
- 🌻 Gateway Family Church
- 🌻 Leduc Arts Foundry
- 🌻 Leduc Fellowship Church
- 🌻 Leduc Public Library
- 🌻 Leduc Representative
- 🌻 Lifestyle Options
- 🌻 The Lighthouse Cowork
- 🌻 McDonalds Leduc
- 🌻 No Frills
- 🌻 Planeview Place
- 🌻 Renewed
- 🌻 Resilience
- 🌻 RiseUp Society
- 🌻 Royal Hotel
- 🌻 Safeway
- 🌻 Salvation Army
- 🌻 Sobey's Beaumont
- 🌻 SRTraining
- 🌻 St Pauls Anglican Church
- 🌻 Staples
- 🌻 Subway Leduc Common
- 🌻 The Pet Hospital
- 🌻 WalMart
- 🌻 Wendys