



## Orange Shirt Day

September 30<sup>th</sup>, 2021 marked the first National Day for Truth and Reconciliation in Canada. This year, LINX will be closed on Friday September 29<sup>th</sup> in observance of it. Additionally, LINX will be participating in Orange Shirt Day on Thursday September 28<sup>th</sup>.



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### EMERGENCY NUMBERS

#### In order of call priority

#### **Team Lead/AFTER HOURS**

Emergency Cell 780-298-9423

#### **Program Operations Manager**

Emergency cell 587-336-6672

#### **Interim Executive Director**

Emergency cell 587-989-5691

#### **Dates to remember:**

**September 4 – Closed for Labour Day**

**September 9 – LINX Elk's Game**

**September 29 – Closed for National Day for Truth and Reconciliation**

#### **Board Members**

Ann Kurlovich – Chairperson

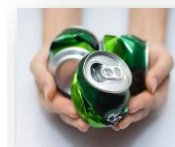
Open – Vice-Chairperson

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](http://www.linx.ngo)



# Program Report

As our blue skies and the hot sun of summer transition to the cool, dark days of fall, it can have a massive impact on our mental health. For some, this transition can trigger a phenomenon known as Seasonal Affective Disorder (SAD). Symptoms can include low energy, mood fluctuations, and changes in sleep patterns. If you feel affected by the changing seasons, here are a few suggestions that might help (please make sure to consult with your health care provider before starting anything):

- 🐾 Keep your house well lit
- 🐾 Sit close to bright windows when possible
- 🐾 Take a daily walk
- 🐾 Exercise regularly
- 🐾 Eat a balanced diet
- 🐾 Practice relaxation techniques (yoga, meditation)
- 🐾 Music or art

## Special Olympics

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

### Fall Program:

#### **Bowling**

August 31 to December 14  
@ Leduc Lanes  
\$160.00

### New Programs Coming Soon:

Swimming – Floor Hockey (Ringette) – Skiing

Basketball – Indoor Soccer

For inquiries call Alain at 780-263-2245

### **September Menu Day Program**

**September 6** – Cheesy Chicken Casserole  
**September 13** – Apple Brownie  
**September 20** – Shipwreck Casserole  
**September 27** – Italian Wedding Soup (Instant Pot)

### **September The SIL Evening Cooking Class**

September 6<sup>th</sup> 4pm-7pm  
September 20<sup>th</sup> 4pm-7pm

## Mandt Moment

Did you know that every staff at LINX has to re-certify in Mandt training annually? LINX does a Mandt training class on average every 2 months. Congratulations to our Team Lead, Alisha Crawford on the completion of her Mandt Instructor training in August! We are so excited to have Alisha on the training team!



## Team Lead Report

Why is engagement so important at LINX?

There is a positive correlation between engagement and people working harder on their goals and their jobs. People who are part of an engaging environment tend to stay longer with their organization. It brings more positivity and success to our programs. We believe that engagement drives people to use their strengths, trust our leadership, and be recognized for their contributions to making LINX a wonderful place to be. We do an employee and client of the month in every newsletter to show that we recognize people's contributions to the success at LINX.

Employees and clients can tell us a lot about what is working and what isn't. Our staff have a comment box, we have monthly staff meetings, and leadership is available for staff whenever requested. Staff also have a yearly review where they can give their feedback on their successes over the past year and what goals they want to work towards. They can also ask for support in being successful. Clients have a yearly meeting to discuss their goals and how they have been doing during the last year. They can discuss anything that they feel is working or not working for them. Clients also have the occasional Friday where they can share the things they consider milestones in their lives with their peers.

There are several ways that LINX encourages engagement. I feel that there is always room to grow and improve, and that is something we continuously work on. We want LINX to be a place where everyone feels heard, accepted, and welcomed.

## 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: Flaman

Flaman has been a LINX employer for many years. Neil and Nancy have been wonderful supporters of LINX and our clients. We are very happy to be working with them and to have them as one of our employers.



# FLAMAN

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## Group of Companies



### Client of the Month: Chris Hipkin









Chris, we want to thank you for always brightening our days with your fun socks and your commitment to your classes and volunteer placement!

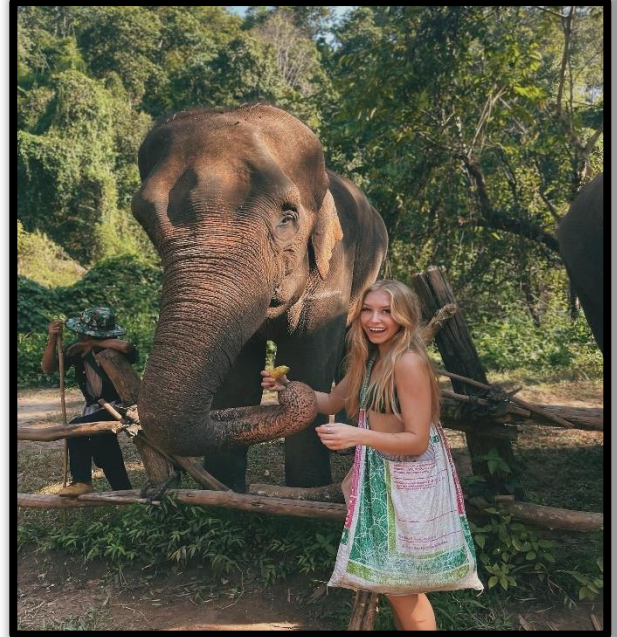
- 🐾 What is your favorite animal?  
Elephants, they are big and fun and never forget.
- 🐾 If your life was a movie, what would it most relate to?  
Forrest Gump. He has a disability, he is a good person, and he becomes a hero.
- 🐾 What is one lesson you feel you have learned from LINX?  
I learned to make new friends.
- 🐾 How long have you been a client at LINX?  
11 years.
- 🐾 What type of music do you listen to?  
Rock & Roll
- 🐾 If you spent an entire day at a theme park, what would you do?  
I'd go on the bumper cars and have my picture taken with some of the characters.
- 🐾 If you had one superpower, what would it be and why?  
Super strength so I could move things and help people.



## Staff of the Month: Grace Grant

Grace has only been with LINX since June but has been an exceptional addition to the Day Program team! Thank you for all that you do, Grace!

-  What is a typical workday like for you?  
I asked Katie and Alisha this question during my interview and both of them were not really sure how to answer it. At the time I didn't really understand why but now I know there is no typical workday. You are with different clients and at different places every day and that's one of the reasons I love it.
-  What is your greatest achievement?  
Rather than one specific achievement I think my best would be that I have always persevered despite all the challenges I have faced. I have two jobs, I've travelled through Asia, and I can honestly now say I am happy.
-  If you had one superpower, what would it be and why?  
I would be able to pause time because I'm always running late.
-  What advice would you give someone who is considering this type of job (or field)?  
Get ready to be humbled. The clients at LINX are some of the hardest working individuals I've met and really inspire me to be better every day. Get to know the person, not the diagnosis.
-  How long have you been working at LINX?  
3 months.
-  What is your favorite beverage?  
A Tim Horton's iced capp.
-  What type of music do you listen to?  
Pretty much everything – rap, rock, country, jazz – even in different languages!
-  Who was your idol growing up?  
My grandma.



## 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!

### September

Katie	2018
Tina	2019
April	2022

# LINX Employers

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- 🐾 A and W Nisku
- 🐾 Balloons Bling and Engravable Things
- 🐾 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
- 🐾 Sobeyes Beaumont
- 🐾 SRTraining
- 🐾 St Pauls Anglican Church
- 🐾 Staples
- 🐾 Subway Leduc Common
- 🐾 The Pet Hospital
- 🐾 WalMart
- 🐾 Wendys



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