

# The LINK

December 2022



## Happy Holidays

### UP! Unique Perspective

The Up class with the Leduc Art Club at Leduc Arts Foundry with support from the City of Leduc! This is a public class put on at the Leduc Arts Foundry located at the LRC!

“UP” is a program that consists of art classes for adults with developmental disabilities. These art classes offer participants the opportunity to learn or increase their techniques by introducing them to: methods of paint application, shadows and color as well as different mediums to create desired visual effects with tools and resources. Participants will have the chance to gain or increase confidence in their skills, build friendships, work at their own pace and cultivate a venue of self-expression.” – Leduc Arts Foundry

Use this Link for more information!

[https://www.artsfoundry.ca/whats-on-at-the-foundry/up-2022-2023-j7hmw-thppd-hwbs6?fbclid=IwAR2Khh3SS771Kis6kOatsdk3zxcTWzpxfqohsBCvZ4d\\_C20aGj\\_CR8ZYc1o](https://www.artsfoundry.ca/whats-on-at-the-foundry/up-2022-2023-j7hmw-thppd-hwbs6?fbclid=IwAR2Khh3SS771Kis6kOatsdk3zxcTWzpxfqohsBCvZ4d_C20aGj_CR8ZYc1o)



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### **Dates to remember:**

**December 26<sup>th</sup>-27<sup>th</sup> – Closed**

**January 2<sup>nd</sup> - Closed**

### *Hearts and Heroes*



### **Board Members**

Ann Kurlovich – Chairperson

Nicole Murphy – Vice-Chairperson

Cortnee Brunet – Treasurer

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

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

[www.linx.ngo](http://www.linx.ngo) Follow @LINXconnect on all Social Media



# Executive Director Report

Special Olympics Alberta asked LINX to share their information in our newsletter and we are more than happy to do it. Special Olympics Alberta is currently looking for Athletes in Leduc! We are proud to have had multiple clients throughout the years participate in the Special Olympics. LINX supports our clients being part of the community and showcasing their strengths. Contact information is below!



## LEDUC IS LOOKING FOR ATHLETES!

**Who can join?**  
Individuals with an **intellectual disability.**

**Special Olympics community and competitive programs**  
Ages 8+

New athletes enjoy the first session of any sport program for **free!**

**SOA Official Sports**  
Scan to see our official sports!



**Our Mission**  
We are committed to enriching the lives of Albertans with an intellectual disability through sport.

**Our Vision**  
Individuals with an intellectual disability, of all ages and abilities, are given the opportunity to realize their full athletic potential, with appropriate training, coaching and competitions, to develop life skills, a healthy body and self-esteem.

**Five Pin Bowling**  
Jan. 5 to Apr. 27  
5:30 p.m. to 7 p.m.  
Leduc Lanes

**Basketball**  
Jan. 18 to Feb. 22  
6:30 p.m. to 8 p.m.  
Leduc Junior High

**Indoor Soccer**  
Mar. 8 to Apr. 12  
6:30 p.m. to 8 p.m.  
Leduc Junior High

**Bocce**  
May 10 to June 14  
5:30 p.m. to 6 p.m.  
Caledonia

Contact Alain Lefevre at: [1516231@gmail.com](mailto:1516231@gmail.com)  
to learn more and sign up for current and future programs!

**Where to register?**  
[www.specialolympics.ca/alberta/register](http://www.specialolympics.ca/alberta/register)

**Special Olympics Alberta**



# Day Program 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

Clients are also asked to bring in a pair of indoor shoes to keep at the office, so we aren't tracking snow into the building.

Wintertime also means taking time off over the holidays. Please don't forget to inform us of any time off happening over the holidays so we can request the time off with employers, and staff accordingly. Remember, most employers require minimum 2 weeks notice for a time off request!

LINX will be closed December 26 & 27, 2022 and January 2, 2023.

December Menu	
Dec 7th	- Chicken Pot Pie
Dec 14th	- Hot Chocolate Candy Cane Brownie
Dec 21st	- Gluten free Mac and Cheese Taco Style
Dec 28th	- Homemade Holiday Hot Chocolate Cheese Biscuit

# Residential Program Report

The holidays can be hard on some people. The lights, the shiny paper, the parties, the extra sugary treats, and the catchy upbeat music can be escalating for some. Memories of people that are no longer with us can also be hard over the holidays. My recommendation is to find some deescalating activities to incorporate into your daily routine. Here are some of my ideas!

- Make some holiday-themed sensory bottles.
- Find some soothing Christmas music and make a play list. Instrumental or a slow tempo.
- Have a hot sugar-free hot chocolate or another type of hot beverage. I have been drinking Holiday Chai tea by STASH recently and it's delicious!
- Opt for Christmas tree lights that do not blink.
- Set expectations before leaving for holiday parties.
- Find soothing scents (If able to have in the home).
- Extra quilts on the bed. They are warm and cozy with the added benefit of weight, which can be soothing for some people.
- A hot water bottle with a cover that has a winter or holiday print. I have one made of flannel with snowflakes and penguins on skis.

# 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!

December	
Alana	2020
Leny	2021



# Through Our Eyes

Cpl. Ballentine and Cst. Joel MacKown of the RCMP agreed to come to LINX for an interview.

We learned a lot by asking questions and from the answers they gave us and the conversations we had. It was all very interesting. Cpl. Ballentine and Cst. MacKown are posted at the Edmonton International Airport RCMP Detachment.

Cst. MacKown brought his police dog and her name is Bond. Cst. MacKown said that she's like James Bond and that's why she was named Bond. Bond is a German Shepard and she was born in the Czech Republic. Her job is to sniff out explosives. The dog was trained in Innisfail which is where all RCMP police dogs in Canada are trained. Bond lives outside in a kennel and doghouse and does not get to go inside Cst. MacKown's house. Bond is very smart but hates other dogs. Cst. MacKown had other dogs before Bond and their names were Bolt, Britt, and Badge.

Cst. MacKown spoke about teamwork and that it is good because they're trying to do their job. He was a very nice police officer. Cst. MacKown said that no matter how bad the situation was you need to be nice. The RCMP help people, arrest bad guys and criminals.

Cpl. Ballentine said that people are fingerprinted to identify who the person is.

Cpl. Ballentine works at the Edmonton International Airport detachment. The RCMP at the airport watch for people who steal. They work with the pre-screening officers who find weapons, drugs, and other illegal things in suitcases. They find people on the planes and in the airport who are intoxicated, stealing, assaulting people, criminals with weapons, people who are spitting on others, and people who were not wearing masks for their protection.

Another job that the RCMP do at the airport is walk around and make sure other people are safe and the businesses are well. Cst. MacKown said that Cpl.

Ballentine walked thousands of steps a day. The police help us if we are in danger or injured.



## 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: Leduc Regional Housing (Planeview)

Planeview has LINX clients volunteer three times a week. Our clients help with tabletop games, axe throwing and help run the bar for Friday afternoon entertainment! LINX clients thoroughly enjoy their time at Planeview and engaging with the residents.



### Client of the Month: John Matthew DeVera

John Matthew has shown enthusiasm and commitment to the weekly Cooking Class! He is developing his skills in the kitchen and is proud of the recipes he contributes to!

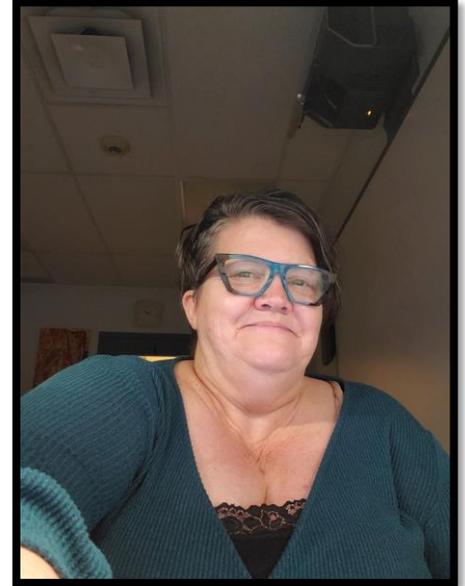
- 🐾 What is your favorite animal?  
Dogs.
- 🐾 If your life was a movie, what would it most relate to?  
Horror Movie. Life is scary.
- 🐾 What is one lesson you feel you have learned from LINX?  
Learned to be happy to see other clients.
- 🐾 How long have you been a client at LINX? I've been at LINX since August.
- 🐾 What type of music do you listen to? I love music like Chris Brown.
- 🐾 If you spent an entire day at a theme park, what would you do?  
Rides, especially the one that you sit on, and it goes up.
- 🐾 If you had one superpower, what would it be and why?  
Lightning because it's cool!



## Day Program Staff of the Month: Mary Bond

Mary has been a consistent presence at LINX since the beginning! Her commitment to the clients she works with and her role as a Job Coach do not go unnoticed. Thank you for everything you do Mary!

- 🐾 What is a typical workday like for you? there is no such thing as typical in this field. We work with people who change every day. The typical things would be having fun with the individuals while they work, being as consistent for them as I can and engaging with my work peers.
- 🐾 What is your greatest achievement? any time I can encourage them to advocate for themselves is an achievement. The real goal is to experience them advocating for themselves.
- 🐾 If you had one superpower, what would it be and why? To be able to read minds, so when the clients are struggling with something and cannot share what's bothering them I would be able to figure it out. I have been accused of having this skill by clients before, but I don't really.... Don't tell anyone.
- 🐾 What advice would you give someone who is considering this type of job (or field)? This job is not about you. If you're missing something in your life, find out what it is and go get it. Please don't look for it from our clients. Remember that our clients are adults no matter how they act sometimes, and they deserve to be treated as such.
- 🐾 How long have you been working at LINX? Since day 1 April 1, 2008
- 🐾 What is your favorite beverage? Sparkling water with lemon juice. Dry red wine.
- 🐾 What type of music do you listen to? All kinds from rap to opera.
- 🐾 Who was your idol growing up? My mom. She was a strong independent woman who raised 8 kids and seven of them as a single mom. She was a wealth of information about this field and always made me feel competent.



## Residential Program Staff of the Month: Eldie Perez

Eldie has been a Support Home Provider for a short while but has also been pinch hitting for the Outreach and Day Program when we have to do creative scheduling.



- 🐾 What is a typical workday like for you? Planning and getting to know my responsibilities and to do list for the day really helps me get my job done. Giving support to our clients, listening, and understanding their needs in some areas of their life to accomplish their goals is fulfilling for me.
- 🐾 What is your greatest achievement? Bringing my family with me here in Canada for a better future is one of my greatest achievement.
- 🐾 If you had one superpower, what would it be and why? A Healer. To bring joy and hope to everyone.
- 🐾 What advice would you give someone who is considering this type of job (or field)? Be equipped through training and continuous study would help us build our confidence and competence to render services to our clients.
- 🐾 How long have you been working at LINX? 8 months
- 🐾 What is your favorite beverage? Avocado and orange juice.
- 🐾 What type of music do you listen to? Gospel music
- 🐾 Who was your idol growing up? Pele the King of soccer use to be my model and inspiration since childhood. He is an amazing athlete and a leader.

# LINX Employers

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- 🌻 A and W Nisku
- 🌻 Bone and Biscuit
- 🌻 Boston Pizza
- 🌻 Boys and Girls Club of Leduc
- 🌻 Brightpath Daycare
- 🌻 Canadian Tire
- 🌻 Century Mile Casino
- 🌻 City of Leduc
- 🌻 Connectivity Dance Studio
- 🌻 Co op Grocery
- 🌻 Days Inn and Suites
- 🌻 Daystar Church
- 🌻 Dollarama
- 🌻 Executive Royal Hotel
- 🌻 Flaman
- 🌻 From the Sole
- 🌻 Gateway Family Church
- 🌻 Jireh Centre
- 🌻 Leduc Arts Foundry
- 🌻 Leduc Estates School
- 🌻 Leduc Fellowship Church
- 🌻 Leduc Public Library
- 🌻 Leduc Rapid Bingo
- 🌻 Leduc
- 🌻 Representative
- 🌻 Lifestyle Options
- 🌻 The Lighthouse Cowork
- 🌻 McDonalds Leduc
- 🌻 No Frills
- 🌻 Planeview Place
- 🌻 Renewed
- 🌻 Resilience
- 🌻 RiseUp Society
- 🌻 Safeway
- 🌻 Salvation Army
- 🌻 Sobey's Beaumont
- 🌻 Sticks and Stones
- 🌻 St Pauls Anglican Church
- 🌻 Staples
- 🌻 Subway Leduc Common
- 🌻 The Hub
- 🌻 The Pet Hospital
- 🌻 Tim Hortons
- 🌻 WalMart
- 🌻 Wendys