



Running Away with LCLA

Job Site Anniversaries

Nicole will be celebrating an 8 year working anniversary at LCLA's Hot Dog Cart in May.



Amanda will be celebrating a 3 year volunteering anniversary at Lifestyle Options in April, an 8 year working anniversary at LCLA's Hot Dog Cart in May and a 3 year working anniversary at the Legion in June.



Karen will be celebrating a 4 year volunteering anniversary at Salem and a 3 year working anniversary at the Legion in April and a 4 year working anniversary at LCLA's Hot Dog Cart in June.

Joyce will be celebrating a 3 year working anniversary at the Legion in April and a 3 year working anniversary at McMan in June.



Regan will be celebrating a 6 year working anniversary at AMR Process, a 3 year working anniversary at the legion and a 4 year volunteering anniversary at Lifestyle Options in April, and an 8 year working anniversary at LCLA's Hot Dog Cart in May.



Katelyn will be celebrating a 3 year working anniversary at the Legion in April.



Megan will be celebrating a 3 year working anniversary at the Legion in April, a 3 year volunteering anniversary at Lifestyle Options in May and a 5 year working anniversary at the Gift Shop and AMR Process in June. Megan will also be celebrating a 5 year anniversary with LCLA in June!



Melissa will be celebrating a 6 year working anniversary at AMR process, a 4 year volunteering anniversary at Lifestyle options, a 3 year working anniversary at the Legion in April and an 8 year working anniversary at LCLA's Hot Dog cart in May!



Janette will be celebrating a 3 year working anniversary at the Legion and a 4 year working anniversary at AMR Process in April.

Jackie will be celebrating a 4 year working anniversary at LCLA's Hot Dog Cart in May.



Birthday's In



Joyce - April 5th

Janette - April 8th

Megan - April 17th

Birthday's in



Melissa and Julia - May 4th

Birthday's in



Katelyn - June 18th

HAPPY BIRTHDAY





Amanda makes a Speedy Recovery



On New years eve, I was with my parents and we were getting ready to go to our friends house to enjoy some New Year's festivities. As we were getting ready to leave, and just as I was about to get into the car, I managed to find a patch of ice and slipped. I fell on my side and really hurt my wrist. However, I thought all would be fine and so we proceeded to go to the party. The next day, my wrist still was giving me a lot of grief, so my parents decided to take me into the doctor to have a check up on it. Turns out, it was fractured. I needed a cast and got one right away. The six-week recovery began. I had all of my friends and family sign my cast as this was my first cast ever and hopefully will be my last. I made the most of it. When the doctor first told me that I would have to wear my cast for six weeks, it seemed like a very long time, but then it seemed like no time at all and I was able to have it taken off. I am now back into my full routine of having a busy work schedule and doing lots of activities at home. I am so glad that my cast is off now because I wasn't able to fully enjoy a lot of my usual activities or job sites while I had it on. Hopefully I never have to go through that again and from now on, I will watch out for that ice!!

By: Amanda



Melissa and Janette are Honoured with Service Awards



On March 3, 2015, Janette and Melissa were pleased to attend an Awards Ceremony at the Leduc Hospital. This ceremony was to recognize volunteers who have offered much of their own time in order to help out with the Hospital. The ceremony took place in the Cafeteria, where they were treated to a delicious meal of lasagna, garlic toast and a few different salads. For dessert, mini dark chocolate cupcakes. After the lunch, the awards ceremony commenced with Gail (of LCH) emceeing the event. **Both Melissa and Janette were awarded with Certificates of Recognition outlining their 15 Years of Service at the Leduc Community Hospital!!!!**

Janette reports "I am very appreciative and happy to receive an award for volunteering at the Hospital for 15 years. I really like running the till, selling purses and looking after our customers."

Melissa said "I was so excited to receive the award. I like working at the Hospital. I enjoy pricing our inventory, serving customers and running the till. Here's to another 15 years!"

LCLA is proud of all our Individuals, and we are always happy to celebrate their accomplishments.



Nick, Regan and Alicia take in the World Sledge Hockey Championships

In 1961, Sledge Hockey was first invented in Stockholm on a frozen lake by three wheelchair athletes, Sledge Hockey uses the same rules and discipline as regular ice hockey. Some of the few differences being that all the athletes use "sledges" with specially designed seats. They have an attached blade at the bottom of the sledge instead of wearing skates and they use two sticks that serve not only as hockey sticks, but they are also used to allow the players to move themselves around on the ice.

In February 2014, the World Sledge Hockey Championships came to Leduc and Regan, Nick and Alicia were so pleased to have the chance to cheer on both teams on throughout the game of Korea vs. Russia!

Regan says "it was so much fun. I really enjoyed cheering on team Korea even though they lost by 3! The final score was Russia - 4 and Korea - 1. It was still so much fun to watch."

Nick reported " it was a good game. There was fight or two during the game, just like any other hockey game, but I still really enjoyed it. I also enjoyed the snack I had of chips and a pop while I was there."



Happy Anniversary



Sue Ann wanted to let everyone know that this April marks Melissa and Sue Ann's First Year Anniversary in their new home. Sue says she likes her new place much better than the old one as it is more spacious and easier to move around in.

SueAnn would also like to say "Melissa, you're a good roomie, I wouldn't want any other!"
Happy Anniversary
Melissa and SueAnn.



LCLA's Talent Show is Coming Back

We are so pleased to announce that the Second LCLA Talent Show is coming up on April 17, 2015. A sign up sheet has been posted since early March and I am pleased to report that all Individuals at the office have registered. The show is open to all LCLA staff and Individuals whether they perform a solo act or in a group. **There will not be time to practice at the office so everyone is encouraged to prepare for the show at home during any down time they might have.** We will have people "judging" the competition and prizes will be awarded for different categories. Everyone is reminded to talk to Gina if they have any questions or concerns regarding the show. We will be sure to take lots of photos and put them in the next newsletter so our families at home can see some of the talent we have here at the office. **GOOD LUCK AND HAVE FUN!!**

CET's Come and Go....



This March was our turn to go through our CET Evaluation again. CET's are a set of standards that we are held accountable to. In order for LCLA to receive our funding we must pass our CET evaluations which are done every 3 years. During the week of March 16, we had several interviews taking place with our Staff, Individuals, Parents and Guardians. The two ladies leading the interviews, Whitney and Lynn, were very friendly and easy to talk to. They were even quite happy to get in on checking out some of the new stock for the Gift Shop when we received a few deliveries. Everything seemed to go very well and now we just have to wait and see what their feedback is.

45 Anniversary of Earth Day April 22, 2015

We all know that in this day and age we have an obligation to help look after our planet. Putting garbage in the garbage can, recycling items that can be recycled and reusing items instead of throwing things away in favour of just buying more. April 22 is a day where we remind ourselves and others that the Earth cannot take care of itself without our help. Check your local newspaper for events that might be taking place in your community to celebrate Earth Day. Talk to your families and friends about what they do to **REDUCE, REUSE and RECYCLE**, and you can always find more ideas online. To answer any questions you might have about Leduc's Recycling Program check out www.leduc.ca, they have information about curbside pick up, the EcoStation and everything that is accepted at both entities.



HAPPY EARTH DAY



Dates Not to be Forgotten

LCLA is **CLOSED** on the following

days:

April 3 for Good Friday
April 6 for Easter Monday
May 18 for Victoria Day





Valentine's Day Party was a Roaring Success



This year we took the opportunity to celebrate Valentine's Day. For lunch we all enjoyed making our own personal sized heart shaped pizzas, which of course were delicious, and then we spent the afternoon enjoying eachothers company during our party which Alicia and Carla put together. We played an awesome new game called "the Healthy Heart Toss" in which we would toss a bean bag onto a large sheet of different stretches. Whatever the bean bag would land on would be the stretch that we would do. Everyone really enjoyed this game moreso than any other exercise we have done here at LCLA. We also took part in a Scavenger Hunt which was tailored to each Individual at LCLA. In the end each person found a special something especially for him or her. We all took part in coffee break where we were treated to a healthy snack with the Valentine's theme before we headed back out to crank up the music and DANCE! We even had a disco ball spinning from the ceiling. It was a rare afternoon in which everyone was in attendance. It was so nice to have everyone together and having fun, we love our jobs but it's so nice to be able to spend time connecting with one another.



Strange Winter Weather Brings out the Tailors at LCLA



Despite the winter being as mild as it was, it sure didn't make things any easier for getting out and active. In order to keep busy during down time and even pack another new skills under our belts, we got busy with some different crafts. For Valentine's Day we got some material together and sewed heart shaped pillows. Everyone's design was unique to them and each person can say they had a strong hand in the finished product. Lots of pillows were kept by their original owners and many others chose to give theirs away as gifts. We also sewed pot holders. These were not your typical pot holders either, you could actually wear this type over you fingers and thumb and use them as a small oven mitt. In keeping with our sewing theme, our next project was a knapsack. Everyone sewed a knapsack with the specific intention to use these knapsacks to carry our indoor shoes from one worksite to the next. This was especially handy for the "winter" months as we are always having to change into our shoes from our big klonky boots. The bags all looked fantastic when they were done, and we made sure to make them "tough" as they were sewn with upholstery fabric. Everyone's abilities have come a long way with all the sewing practice we've had, I wonder what we will think of next.....



Janette Heads for the Mountains, and Came Back



During the month of February, Janette made time for a little getaway to the mountains. She went to Fairmont British Columbia and got to do all sorts of things. When we asked her how her trip was, this is what she had to say:

"When we first got there, I was amazed at how nice the cabin was that we were staying in. To my surprise, I also discovered that I got to have a room all to myself. As a family, we rented DVD's while we were there and watched them all as a family. That was nice bonding time. I also did some colouring during my down time. I really enjoy making pictures for my family. We cooked lots of food and ate even more. We also got to go to the Hot Springs and just sit and enjoy the nice temperature of the water. It was soo relaxing. We drove

around a did a little sight seeing. During these drives, we were able to see some deer, that was so exciting to see, I love seeing animals in the wild. Where we were staying, there were some shops on the top of the hill and here is where I did some shopping and some crafts. I really liked it up there. I got to make some book marks and brought them home for when I read. However, I didn't buy anything. I just window shopped. I really had so much fun on our trip and cant wait to go again next year!"

By: Janette