



Positive Happenings

LINK Program

FLAS COMMUNITY EDUCATION

OCTOBER 2016

LINK FACTS

- **LINK offered 27 activities from July 1, 2015 through June 30, 2016.**
- **An average of 16 adults participated in each activity.**
- **LINK has a local benefactor who provides scholarships to disabled adults who are unable to afford the cost of participation.**

New Opportunities for LINK Participants

The LINK program provides opportunities for adults with disabilities to gain knowledge, improve skills and participate in social activities. Program staff, with input from the LINK participants, develop and implement a wide variety of activities to keep participants engaged, active and involved in their community. A new activity being developed

called Gym Games will help increase physical activity for LINK participants through playing fun, non-competitive variations of traditional sports. Big base t-ball allows for participants to run the bases in any direction and multiple players can be on the same base at one time. Beach ball volleyball creates a slower paced game that allows all participants to

experience success and have fun!

Community Education staff members who supervise LINK activities know each participant personally. Staff members are aware of participants' physical and cognitive abilities which allow them to adapt activities to ensure each person has the opportunity to participate.

Riverboat Cruise Down the Mississippi River

LINK planning staff are part of a networking group called CEND (Community Education Network on Disabilities) which includes community educators from across Minnesota. CEND members meet 3-4 times each year to work together to strengthen programs, participate in continuing education, discuss advocacy efforts for adults with disabilities and share ideas that will ensure successful learning experiences for all participants.

CEND members also work together to plan some activities that bring adults with disabilities from across Minnesota together for fun social experiences. This fall LINK

participants and staff will be joining hundreds of other adults with disabilities and program staff for a special riverboat cruise down the Mississippi. The group has gotten so large that two boats are linked together to accommodate everyone!

