



# THE CASS REPORT

# JULY


2019

## INSIDE THIS ISSUE

### Page

- 1 Famous Birthdays  
Quote of the Month
- 2 Dinner Club  
Other Events
- 3 Advertisements  
Health & Safety
- 4 Speak Up!  
Training

### Canada's National Anthem



O Canada!  
Our home and native land!  
True patriot love, in all of us command.  
With glowing hearts, we see thee rise,  
The True North strong and free!  
From far and wide, O Canada,  
We stand on guard for thee.  
God keep our land glorious and free!  
O Canada, we stand on guard for thee.  
O Canada, we stand on guard for thee.

## **FAMOUS**★ BIRTHDAYS

Tom Cruise – July 3, 1962 – Age 57

Jessica Simpson – July 10, 1980 – Age 39

Harrison Ford – July 13, 1942 – Age 77

Selena Gomez – July 22, 1992 – Age 27

Matt Leblanc – July 25, 1967 – Age 32

J.K. Rowling – July 31, 1965 – Age 54

## **We want to hear from YOU!**

Send us your submissions for next month's issue to  
[sarah.clark@c-a-s-s.org](mailto:sarah.clark@c-a-s-s.org), or drop off at Reception – Attention  
Sarah Clark

## QUOTE OF THE MONTH

“Failure is another stepping-stone to greatness.”

**-Oprah Winfrey**



Seats reserved for those who RSVP to the Dinner Club line 403-283-0611 or email [dinner-club@c-a-s-s.org](mailto:dinner-club@c-a-s-s.org)  
by noon on Tuesday, July 9 2019

## Big T's BBQ

2138 Crowchild Trail NW

(by McMahon Stadium)

**July 10, 2019**

Arrive no earlier than 5:45 please

If you are going to attend you **MUST** RSVP!!!

*If have any questions, comments or suggestions for the Dinner Club please feel free to call the Dinner Club line or email us.*

## Programs & Events Around

### Go Stamps Go

Stampeders tickets are once again available for client draws. Call reception to sign up for all the games or just your favourite teams. Game Days are as follows. . .

Thursday, July 18, 7 pm - Toronto Argos

Saturday, August 3, 5 pm - Edmonton Eskimos

Saturday, August 17, 5 pm - Montreal Allouettes

Monday, September 2, 2:30 pm - Edmonton Eskimos - Draw is for CASS Staff

Saturday, September 14, 2 pm - Hamilton Tiger Cats

Friday, October 11, 7:30 pm - Saskatchewan Roughriders

Saturday, October 19, 5 pm - Winnipeg Blue Bombers



# ADVERTISEMENTS

## CASS Knitting Group

We will be meeting on the **second and fourth Monday afternoons** of each month from **1:00 – 2:30pm** at the CASS office to chat, trade patterns, and offer encouragement to new and expert knitters and crocheters. Please bring your own supplies.

**Knitting group dates for July: 10<sup>th</sup> & 24<sup>th</sup>.**



# HEALTH & SAFETY

Happy Calgary Stampede everyone! To help you stay safe through these rambunctious ten days, follow these 7 ways to stay safe while attending Stampede events.

**1. Stay hydrated.**

While beer is a common choice for many Stampeded-goers, frequently consuming good ol' H<sub>2</sub>O during your Stampede activities will keep you hydrated.

**2. Wear sunscreen.**

It's summer time and the sun is out! Be sure to protect yourself from harmful UV rays – even on cloudy days.

**3. Don't drive after drinking, and watch out for drunk drivers.**

Stay safe on those streets! If you've been drinking, take a cab, public transit or ride with a designated driver. Look out for impaired drivers, and be extra cautious when crossing the busy roads near the Stampede grounds.

**4. Locate the emergency exits.**

When attending events in bars and nightclubs, be sure to know where the emergency exits are located.

**5. Don't carry large amounts of cash.**

Keep money and valuables in a secure location on yourself, rather than in a backpack or purse that can be easily stolen.

**6. Instruct your kids on what to do if they get lost.**

Show your children how to locate the Lost Kids Center on the Stampede grounds. Always arrange a meeting spot, so if you get separated from your group you can reconnect easily.

**7. If you feel unsafe, report it.**

Report suspicious people or activities to the Stampede security staff.

# SPEAK UP!

Thanks to everyone who celebrated at the Disability Pride Parade, and to everyone who took part in the Advisory Forum meeting over the past year. We can't wait to start up again in September, but until then, hope that you have a fun empowering summer.

Interactive Question - "What question do you want to see here"?

What is your favourite guilty snack? Where is outer space? What is your favourite song to listen to? Who's your captain? Where were you born? What is your favourite CASS activity? What's your fav Drag King/Drag Queen? Who is God? What music makes you want to Dance? Where in the world would you go could go anywhere? What is your favourite mom dish? What is your favourite songs by ABBA? What do grills kill? What's your favourite movie? Where is your happy place? Who, if anyone, do you want to be? Why do you like to come to CASS? What is your superpower? What makes you happy?



**CPI Training** - Thursday and Friday, July 4<sup>th</sup> 9 - 3:30 and July 5<sup>th</sup> 9 - 12:30

Thursday and Friday, August 8<sup>th</sup> 9 - 3:30 and August 9<sup>th</sup> 9 - 12:30

There is a \$20 fee for this course, payable with cash or cheque the first morning of the course, or sign off on a payroll deduction with the instructor. Participants are asked to wear comfortable clothing and shoes and to please bring water and snacks for the days. The training room is small with no windows - it is a **NO PERFUME Zone** - for the comfort of all the participants.

**Abuse Awareness Training** - Wednesday, July 10 6-8 pm

Thursday, August 22 2-4 pm

Wednesday, September 11 6-8 pm

Tuesday, October 22 2-4 pm

Wednesday, November 20 6-8 pm

Thursday, December 12 2-4 pm

**Open Future Learning (OFL)** - Two modules of OFL are mandatory for all CASS Staff - "Challenging Behaviours" and "Introduction to Your Role". Email [training@c-a-s-s.org](mailto:training@c-a-s-s.org) to register for OFL.

**Challenging Behaviours - Part II** - Tuesdays from 1:30 - 3:00 pm at the office - July 16

Staff MUST complete the two Open Future Learning modules **BEFORE** registering for this class.

**Medication Administration** - If you need Med Admin for your position with CASS, email [training@c-a-s-s.org](mailto:training@c-a-s-s.org) to register for this course. When you have completed the course, please email Thomas at [thomas.brosh@c-a-s-s.org](mailto:thomas.brosh@c-a-s-s.org)

**Health and Safety** - This course is available on line - go to the website, LOG IN, go to staff resources>training>Health and Safety.

**First Aid/CPR - First Aid/CPR** - Staff that need to update their first Aid/CPR need to be sure the trainer is Government of Alberta OH&S Approved. The following link gives a list of the approved training providers: <http://humanservices.alberta.ca/working-in-alberta/1348.html>  
Also, ACDS offers first aid training for staff.

**Mental Health First Aid** - Tuesday and Wednesday, September 17, 18 (ADULT Basic)

Tuesday and Wednesday, November 5, 6 (Adults who interact with Youth)

## Holiday Closures

**July 1<sup>st</sup> - Canada Day**