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## Tax Options

**2019 tax season has been pushed back to June 1<sup>st</sup> but here are some options to file your own taxes:**

1) The 2019 tax season has been extended to June 1st. So, people do have the ability to wait a bit until the world settles down. <https://www.canada.ca/en/revenue-agency/campaigns/taxes-get-ready.html>

2) The Sunrise Community Tax Clinic (CVITP) can file taxes remotely. Contact Darlene Daskoch at [darlened@sunriselink.org](mailto:darlened@sunriselink.org).

<https://www.canada.ca/en/revenue-agency/campaigns/taxes-get-ready.html>

3) The File My Return Number at **1-800-959-1110**.

4) Tax Filing software like Ufile (paid) or Simpletax (free).

<https://simpletax.ca/>

## **FAMOUS** ★ BIRTHDAYS

Christine Baranski	May 2, 1952	Age 68
Adele	May 5, 1988	Age 32
Stevie Wonder	May 13, 1950	Age 70
Pierce Brosnan	May 16, 1953	Age 67
Tina Fey	May 18, 1970	Age 50
Mike Myers	May 25, 1963	Age 57

## QUOTE OF THE MONTH

“No one can make you feel inferior without your consent.”

-Eleanor Roosevelt

## **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)

# What have you been up to?



Alison and her client are doing remote support 3 days a week. Alison found a free on line art class through the Calgary Public Library and this is the art work her client has done so far!

## HEALTH & SAFETY

### Promoting Proper Hygiene

**Proper hygiene can help reduce the risk of infection or spreading infection to others:**

- **Wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food.**
- **Use alcohol-based hand sanitizer if soap and water are not available when coughing or sneezing.**
- **Dispose of any tissues you have used as soon as possible in a lined waste basket and wash your hands afterwards.**
- **Avoid touching your eyes, nose, or mouth with unwashed hands.**

# Psychological Health & Safety



**The best way to manage your stress is to learn healthy. You can start practicing these tips right away. Try one or two until you find a few that work for you. Practice these techniques until they become habits you turn to when you feel stress. Stress-relief techniques focus on relaxing your mind and your body.**

## **Ways to relax your mind**

- Write. It may help to write about things that are bothering you. Write for 10 to 15 minutes a day about stressful events and how they made you feel. Or think about tracking your stress. This helps you find out what is causing your stress and how much stress you feel. After you know, you can find better ways to cope.
- Let your feelings out. Talk, laugh, cry, and express anger when you need to. Talking with friends, family, or a counsellor.
- Do something you enjoy. You may feel that you're too busy to do these things. But making time to do something you enjoy can help you relax. It might also help you get more done in other areas of your life. Try:
  - A hobby, such as gardening.
  - A creative activity, such as writing, crafts, or art.
  - Playing with and caring for pets.
  - Volunteer work.
- Focus on the present. Meditation and guided imagery are two ways to focus and relax your mind.
  - Meditate. When you meditate, you focus your attention on things that are happening right now. Paying attention to your breathing is one way to focus. Mindfulness-based stress reduction is one form of meditation that is very helpful with managing stress and learning how to better cope with it.
- Stress Management: Doing Meditation and Guided Imagery to Relax
  - Use guided imagery. With guided imagery, you imagine yourself in any setting that helps you feel calm and relaxed. You can use audiotapes, books, or a teacher to guide you.

## **Ways to relax your body**

- Exercise. Regular exercise is one of the best ways to manage stress. Walking is a great way to get can also relieve muscle tension. For more information about becoming more active, see the topic Fitness.
- Try techniques to relax. Breathing exercises, muscle relaxation, and yoga can help relieve stress.
  - Breathing exercises. These include roll breathing, a type of deep breathing.
- Stress Management: Breathing Exercises for Relaxation
  - Progressive muscle relaxation. This technique reduces muscle tension. You do it by relaxing separate groups of muscles one by one.
- Stress Management: Doing Progressive Muscle Relaxation
  - Yoga, tai chi, and qi gong. These techniques combine exercise and meditation. You may need some training at first to learn them. Books and videos are also helpful. You can do all of these techniques at home.
- Stress Management: Practicing Yoga to Relax  
You might like try a combination of these techniques.
- Stress Management: Relaxing Your Mind and Body  
In addition to practicing these skills, you might also try some other techniques to reduce stress, such as massage or music therapy.

# **Remote Support Ideas**

## **Museums**

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

### **The Louvre (France)**

<https://www.louvre.fr/en/visites-en-ligne>

### **The MET (U.S.)**

<https://artsandculture.google.com/partner/the-metropolitan-museum-of-art>

## **Games**

<https://jigsawpuzzles.io/www.pogo.com>

<https://boardgamearena.com/h=1f6f5u>

## **Entertainment**

### **Netflix Party (only available on Chrome browser)**

<https://www.netflixparty.com/>

### **Documentaries**

<https://documentaryheaven.com/all/>

<https://www.idfa.nl/en/collection/free?page=1>

## **Fitness**

### **Yoga Shala (free online classes)**

<https://www.yogashalacalgary.com/post/free-online-classes?bclid=IwAR3ISGFRREXJsazgmmudYcRvF-OLaxBkOERI7-e2gnU-7itrAyy.JXWJmw6Q>

### **YMCA**

[https://virtually.ymcacalgary.org/?utm\\_source=itrac&utm\\_medium=email&utm\\_campaign=Virtual%20Y%202020-03-27](https://virtually.ymcacalgary.org/?utm_source=itrac&utm_medium=email&utm_campaign=Virtual%20Y%202020-03-27)

### **Free no-equipment workout videos**

<https://www.fitnessblender.com/>

## **Animals**

### **San Diego Zoo**

<https://kids.sandiegozoo.org/videos>

### **National Aquarium Virtual Tour**

<http://samurairvirtualtours.com/example/nadc/index.html>

## **Music**

Live streamed music

<https://www.livenation.com/live>

fromhome?c=EML\_LN\_LN2051413&camefrom=EMLN\_LN2051413&et\_rid=38514661&utm\_source=sfmc&utm\_medium=Inemail&utm\_term=EML\_LN\_LN2051413

## **Theatre**

Various art events/festivals

<https://www.socialdistancingfestival.com/live-streams>

## **Books**

<https://www.gutenberg.org/>

<https://openlibrary.org/>

<https://www.nypl.org/about/remote-resources>

### **Learning**

Shaw free virtual education hub

[https://platform.everfi.net/remote\\_learning](https://platform.everfi.net/remote_learning)

### **Tours**

Mount Everest

<https://www.everest3d.de/>

Virtual Rainforest

<https://msu.edu/user/urquhart/rainforest/>

Yosemite National Park

<https://www.virtuallyosemite.org>



Monday May 18, 2020 –

## Victoria Day

## The Story of Victoria Day

Who is Victoria and why do we have a holiday named after her?

For many Canadians, the Victoria Day holiday weekend is the time to start thinking about summer. Bonus: It's a day off school! But why do we celebrate the birthday of Queen Victoria, who died nearly 115 years ago?

Until 1956, the birthday of the monarch—that's the king or queen—of Great Britain was also celebrated in Canada, sometimes on his or her own birthday, sometimes around that time and sometimes on Victoria Day.

Well, probably because she was so important in the creation of our country. She was queen when Canada became its own country in 1867, and she was the one who chose Ottawa as our capital. After she died in 1901, the Canadian government declared that May 24 would be a holiday in her honour. (If the 24<sup>th</sup> fell on a Sunday, the holiday would be May 25.)

In 1957, Victoria Day was named the official birthday in Canada of Queen Elizabeth II. (In Great Britain, her birthday, which is actually April 21, is celebrated in June.) And Victoria Day is officially held on the Monday right before May 25.

**\*\*\*The CASS Main Office remains closed to all guests and staff excluding the CASS Senior Leadership Team and Administrative staff.\*\*\***