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CASS Advisory Forum has begun again for 2020 and are looking for new members. The Advisory Forum are now meeting on every second Tuesday from 2 – 3pm in the day room. The two dates in February are Feb. 4, 2020 and Feb. 18, 2020.

We are also beginning our first project of 2020 and we want to hear from YOU! Have you ever faced an issue with a service that you have received? Please bring your examples to the next meeting OR email:

[david.jaffray@c-a-s-s.org](mailto:david.jaffray@c-a-s-s.org)

## **FAMOUS**★ BIRTHDAYS

Tim Meadows February 5, 1961 Age 59

Elizabeth Banks February 10, 1974 Age 46

John Travolta February 18, 1954 Age 66

Haylie Duff February 19, 1985 Age 35

Emily Blunt February 23, 1983 Age 37

Josh Groban February 27, 1981 Age 39

## **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

**“Do the one thing you think you cannot do. Fail at it. Try again. Do better the second time. The only people who never tumble are those who never mount the high wire. This is your moment. Own it.”**

**-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, February 4, 2020

**Boston Pizza**

**North Hill Mall**

**1632 14 Ave NW**

**February 5, 2020**

**Arrive no earlier than 5:45 please  
If you are going to attend you MUST RSVP!!!**

If you have any questions, comments or suggestions for the dinner club please feel free to call the dinner club line or email us.

## HEALTH & SAFETY

February is Heart month, a time to bring to the importance of cardiovascular health, and what we can do to reduce our risk of cardiovascular disease.

Here are a few ways to take care of your heart.

**1. Eat the right things**

Consuming the vitamins and minerals your heart needs provides the foundation for a healthy heart. Foods that support heart health by reducing cholesterol, lowering blood pressure, and reducing inflammation include: Oats and barley

- Fatty fish
- Dark leafy greens
- Nuts and seeds
- Beets
- Avocados
- Olive oil
- Legumes
- Low-fat dairy

**2. Get enough sleep**

Not getting enough sleep puts you at a higher risk for cardiovascular disease and coronary heart disease. Regardless of age, weight, smoking, and exercise habits. Sleeping too little changes the way our body functions and can affect blood pressure.

**3. Exercise Daily**

Three types of exercise are vital to heart health: aerobic, resistance and flexibility. By varying the type of exercises that are performed every day, you can strengthen and train the heart in different ways. Get a minimum of 30 minutes per day.

**4. Stop smoking**

Smoking with all of its negative side effects is detrimental to heart health and is the cause of many diseases.

**5. Manage Stress**

We all have busy lives and stress is inevitable. While we can't avoid it entirely, we can make attempts to manage stress in a healthy way. Take a yoga class, set aside 3 minutes of "me" time or practice deep breathing.

**About these Standards**

These standards review

- The individuals' relationships within their social circles
- How individuals are treated in their homes, workplaces and communities
- Staff's role in
  - Supporting individuals to find and build strong, positive relationships
  - Helping individuals to be part of social circles that value and show the qualities of friendship, including
    - Familiarity, feelings and kindness
    - Trust and honesty
    - Rights, responsibilities and obligations
    - Dignity and respect

Appropriate staff support may include

- Assisting with phone calls, letters, e-mail and transportation
- Making referrals to family counselling
- Providing information and/or education on sexuality
- Helping individuals to have cordial relationships with other household members
- Helping individuals to overcome barriers to finding and making friends

The expectation is for individuals with disabilities, including those who struggle with mastering social skills, to get whatever support they need to interact with others and build relationships to the same extent as people who are independent. However, unless these relationships transform into a freely-given connection beyond paid staff time, they cannot be considered true friendships.

Individuals also need to have ongoing relationships that lead to **natural supports**.

With any relationship there is potential for risk. Therefore, staff need to

- Support individuals to deal with the possible unwanted consequences from a relationship that involved risk
- Help individuals end a risky relationship
- Help individuals to replace a risky relationship with safer alternative

**CET Accreditation Level 2** is available for organizations that want to strive for a higher level of excellence. For these standards, Level 2 delves deeper into supporting individuals to develop close or intimate relationships and to establish community connections.

**Standard 3: Individuals have strong, positive relationships****Quality of Life Level 1 Indicators**

1. The individual has natural supports in their life
2. The individual's relationships bring meaning to their life
3. The individual chooses who they want to spend time with, as well as when and where they meet
4. The individual has activities and/or goes to events that include family members and/or friends
5. The individual meets new and/or like-minded people with whom they can develop positive relationships
6. The individual accesses resources and information to help them
  - a. Learn about their healthy relationships
  - b. Build positive social skills
  - c. Remove themselves from risky or harmful relationships
  - d. Recover from the consequences of an unhealthy relationship
7. The individual receives help to overcome any barriers they have to meeting people and forming relationships

**Standard 15: Individuals are supported to build strong, positive relationships****Quality of Service Level 1 Indicators**

1. Staff support the individual to find, develop and benefit from natural supports
2. Staff support the individual to have relationships that are meaningful to them
3. Staff support the individual to choose who they want to spend time with, as well as when and where they meet
4. Staff support the individual to spend time with their family members and/or friends as appropriate to the situation or setting
5. Staff support the individual to meet new and/or like-minded people from whom they could develop positive relationships
6. Staff provide and/or support the individual to access resources and information to help them
  - a. Learn about and have healthy relationships
  - b. Build positive social skills
  - c. Remove themselves from risky or harmful relationships
  - d. Recover from the consequences of an unhealthy relationship
7. Staff have strategies to overcome barriers to the individual meeting people and forming relationships

## **Staff Training**

**CPI Training** - Monday and Tuesday, February 10th – 9 – 3:30 and February 11 – 9 – 12:30 and March 26<sup>th</sup>, 9-3:30- and March-27<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 day. The training room is a **NO PERFUME Zone** – for the comfort of all the participants.

### **Abuse Awareness Training** -

Tuesday, February 18 – 2 – 4 pm

Wednesday, March 18 – 6 – 8 pm

Thursday, April 23 – 2 – 4 pm

Wednesday, May 20 – 6 – 8 pm

Tuesday, June 23 – 2 – 4 pm

Wednesday, July 22 – 6 – 8 pm

Thursday, August 20 – 2 – 4 pm

Wednesday, September 16 – 6 – 8 pm

Tuesday, October 20 – 2 – 4 pm

Wednesday, November 25 – 6 – 8 pm

Thursday, December 17 – 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** – Tuesday, February 11 – 1:30 – 3pm

Tuesdays at 1:30 pm, March 24, April 21, May 12, June 16, July 14, August 18, September 22, October 13, November 17, December 15

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

**Medication Administration** – If you need Med Admin for your posting 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) for the practicum.

**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, February 25 and 26, 2020



# Monday, February 17, 2020

## Family Day