



THE CASS REPORT

2020



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FAMOUS★ BIRTHDAYS

Angelina Jolie	June 4, 1975	Age 45
Johnny Depp	June 9, 1963	Age 57
Paul McCartney	June 18, 1942	Age 78
Meryl Streep	June 22, 1949	Age 71
Jason Mraz	June 23, 1977	Age 43
Lizzy Caplan	June 30, 1982	Age 38

SPEAKER'S CORNER

Greetings to everyone who keeps CASS going and makes our family strong!

We are now moving into our third month of modified supports. The global pandemic has been very difficult and challenging for many of us. However, it has made many of us stronger and definitely more creative. We have really noticed how well you have all adapted to your new supports. We have also seen a lot of growth through the new way you are being supported. New skills have been developed, new friends have been made, and you have proven how resilient you are.

You are CASS, and we couldn't be more proud to support you. The CASS Leadership Team wants to thank you for working with us through this very tough time. We will continue to be stronger together! Stay safe, stay healthy, and stay happy.

Sincerely,
The CASS Senior Leadership Team

We want to hear from YOU!

Send us your submissions for next month's issue to

sarah.clark@c-a-s-s.org

QUOTE OF THE MONTH

"Courage doesn't always roar. Sometimes it's the little voice at the end of the day that says I'll try again tomorrow"

-M. Radmacher

What have you been up to?

We're so proud of all the ways in which our support workers continue to remain creative and positive for the people they support. Here's a little highlight from last week:

"Today was a great day! The person I support, and I had the idea of doing some painting while practicing social distancing. I suggested painting rocks and placing them around his community. He thought this was such a cool idea!

We had a wonderful time painting the rocks, but had an even better time placing the rocks around his neighborhood to spread some positivity and joy to others. You may have seen us around, as we were dressed up in a unicorn and flying pig onesie. We also found some rocks from others and it made us smile.

We had a lot of positive reactions, and lots of people saying hi to us as we walked by. The person I support said: "I had so much fun today! This day will definitely be hard to top."



HAVE COURAGE AND BE KIND

Health & Safety

Physical Distancing

All Albertans are asked to practice physical distancing to help stop the spread of COVID-19. Physical distancing involves taking steps to limit the number of people you come into close contact with. It can help you reduce your risk of getting sick, and help prevent spreading the virus to others.

This is not the same as self-isolation. You do not need to remain indoors, but you do need to avoid being in close contact with people.

To protect yourself and others:

- Keep at least 6 feet (the length of a bicycle) from others when going out for groceries, medical trips and other essential needs
- Limit the number of times you leave your home for errands
- Try to shop at less busy times
- Order online to have groceries or other items delivered if possible
- Go for a walk in your neighborhood or park while maintaining distance from others
- Avoid overcrowding in elevators or other enclosed spaces
- Follow Alberta's recommendations on mass gatherings
- Wash or sanitize your hands after touching communal surfaces

STAY SAFE

Online Resources

WATCH:

Don't forget to check out CASS's You Tube Channel to watch the videos Melissa (CAES) and Melanie Gilbert Chui have been uploading on Coping Strategies in the Coronavirus Crisis. Each video covers the topics of these emails, AND includes a mindfulness practice!! <https://www.youtube.com/channel/UCHsf4Zk6ieX1CGeNZxmaQzQ>

Fight-Flight-Freeze Response: https://www.youtube.com/watch?v=jEHwB1PG_-Q

Feel good Commercial that will make you laugh :

Coca-Cola you tube commercial: <https://www.youtube.com/watch?v=1veWbLpGa78>

Pluto Living: https://www.youtube.com/channel/UCka_xmcWVhvg3006pnIDmFA

READ:

Read about Fight and Flight response :
<https://www.healthline.com/health/mental-health/fight-flight-freeze>

<https://www.anxietycanada.com/articles/fight-flight-freeze/>

<https://www.psychologytoday.com/us/blog/evolution-the-self/201507/trauma-and-the-freeze-response-good-bad-or-both>

Shopper's Drug Mart also has an online stress management program available for free at <https://www1.shoppersdrugmart.ca/en/home> It includes eight online modules you can complete at your own time in your own space.

MOMENTUM — FINANCIAL WEBINARS



<https://www.facebook.com/CalgaryAlternativeSupportServices/>



<https://www.instagram.com/casscalgary/>



<https://twitter.com/CalgaryAlt>



<https://www.linkedin.com/company/calgary-alternative-support-services>



<https://www.youtube.com/c/CassOrg1>

~There are no holidays in the month of June, 2020~

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