



THE CASS REPORT

2020

AUGUST

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SPEAKER'S CORNER

Here is some information on Personal Development Classes going on in the fall with Supported Lifestyles. These courses are FREE!

The classes being held are as follows:

- Dollars & Cents
- Speak Up
- Emotional Regulation
- BUDS
- Sexual Education & Healthy Relationships

If the person you support is interested in any of them, please connect with your coordinator to get the registration process started!

FAMOUS★ BIRTHDAYS

Jason Momoa	August 1, 1979	Age 41
Charlize Theron	August 7, 1975	Age 45
Anna Kendrick	August 9, 1985	Age 35
Jennifer Lawrence	August 15, 1990	Age 30
Chris Pine	August 26, 1980	Age 40
Armie Hammer	August 28, 1986	Age 34

We want to hear from YOU!

Send us your submissions for next month's issue to
sarah.clark@c-a-s-s.org,

Sarah Clark

QUOTE OF THE MONTH

“Tell me and I forget. Teach me and I remember. Involve me and I learn.”

-Benjamin Franklin

Information About Accessing Fun Activities This Summer During This Pandemic

Calgary Zoo

The recreation card discount is not applicable online and must be done in person. When you arrive at the zoo, please speak with a zoo representative on the entrance plaza and you will be directed to a limited services window to purchase your discounted timed ticket by showing your valid recreation card. There may be a short wait, depending on the volume at the time of your arrival, but we will be able to grant you entry fairly quickly. Please note that at this time, we are not accepting cash payments.

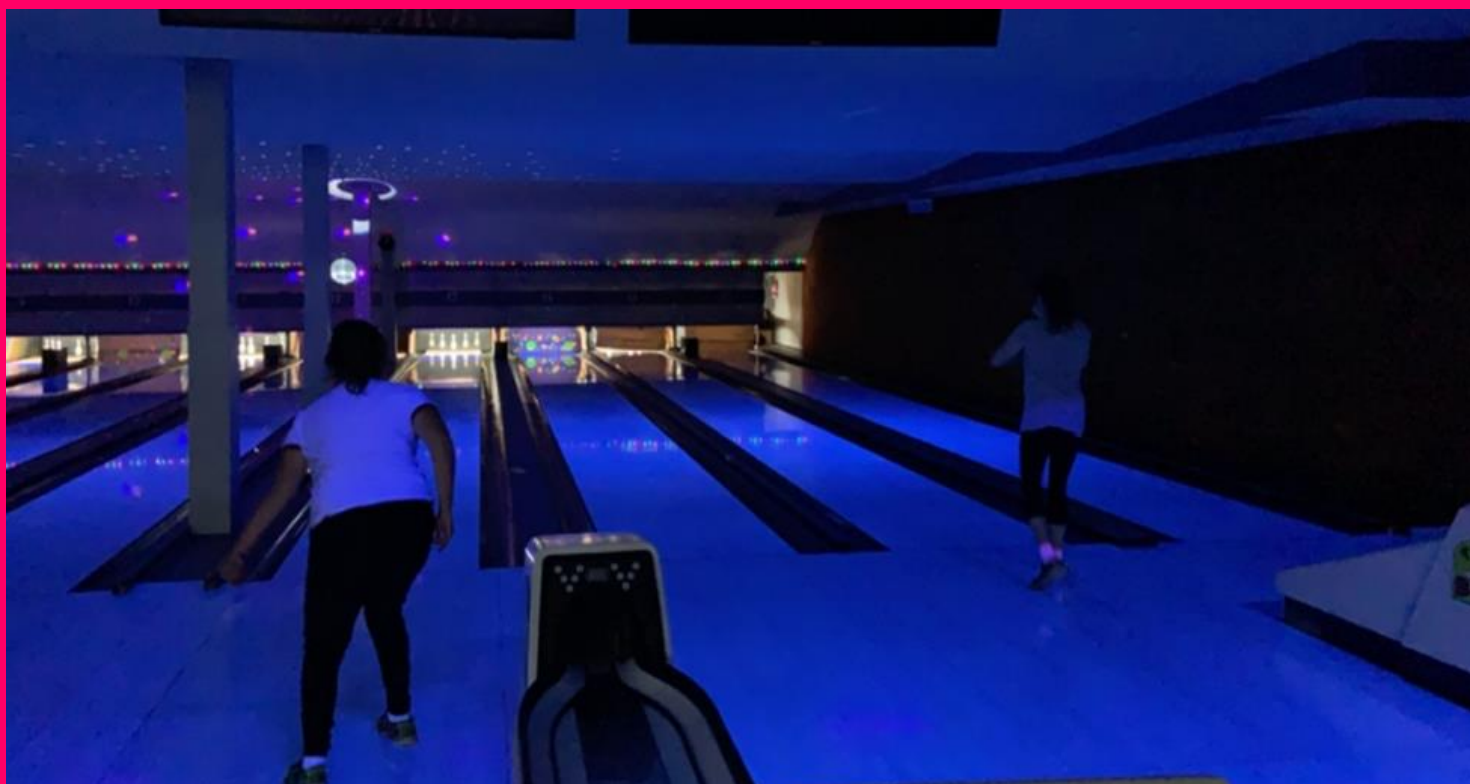
Heritage Park

For those with Fair Entry, there will be a ticket window available at the gate to pay your reduced admission fee. Please note that we are subject to hourly capacity limits, and in the event we have reached the limit for the hour, a wait may be required. (This is more likely to occur on weekends and holidays).

Toppler Bowl

To go bowling at Toppler Bowl please call a few days ahead of time to book a lane in advance. Call them at 403-255-0101.

What Have You Been Up To?



Tips to Beat the Summer Heat

www.gigglesgalore.net



Stay Hydrated

Drink water frequently
on hot summer days.



BE COOL

Stay indoors & use a
programmable thermostat to help
keep you and your home cool.

Eat Fresh

Try eating cold
foods, grilling
outdoors &
avoid using the
oven.



Enjoy a
Dip in the
POOL

Treat Yourself to a Cool Treat

Stock your freezer
with Popsicles, ice
cream and frozen
fruit to enjoy when
you are feeling a
little too hot.



Staff Training

Hello CASS Staff! Covid-19 has certainly caused changes to how training looks at CASS. Both Abuse Awareness Training and Challenging Behaviours – Part II can now be completed online. And, with our accreditation (CET) deadline for the end of July two courses were added – A module on Trauma Informed Care through Open Features Learning and a webinar covering Harm Reduction through **CTRI**. **CASS is working towards the Complex Needs Designation through CET and these two courses** will contribute to that goal.

Please feel free to reach out to training@c-a-s-s.org with any questions you may have.

CPI Training – CPI now consists of an online portion from CPI, then a zoom meeting for review and discussions with our Instructor, and finally an in-class portion for demonstrations and review of the physicals. August 20th and 27th classes are almost full! Watch your emails for new dates and times coming in September.

Abuse Awareness Training – Now available online!

Challenging Behaviours – Part II - Now available online!

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 to register for OFL.

Medication Administration - If you need Med Admin for your position with CASS, email 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 – he will arrange to do the practicum remotely.

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

First Aid/CPR - **First Aid/CPR** - Staff needing 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: <https://humanservices.alberta.ca/working-in-alberta/1348.html>

Many safety training venues are offering two-part First Aid classes with an online portion to start and a review and CPR practice in the classroom. The maximum billable hours for First Aid is now 8 hours.

Mental Health First Aid

Cancelled until further notice.

Holidays

August 3, 2020 – Heritage Day

What is Heritage Day?

Heritage Day is celebrated in Alberta on the first Monday of August each year. Although it is not a statutory holiday many Canadians in Alberta use this day as an optional holiday to celebrate the province’s heritage.