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SPEAK UP!

Don't forget to check out Melanie Gilbert Chiu's Blog Post every Monday by going to c-a-s-s.org, under Blogs. You can also watch her YouTube channel if you go to YouTube and type in Calgary Alternative Support Services.

The last Blog she spoke about Positive Affirmation which is a way to think and talk about yourself in a more positive way!

FAMOUS★ BIRTHDAYS

Beyonce Knowles	Sept. 4, 1981	Age 39
Colin Firth	Sept. 10, 1960	Age 60
Amy Poehler	Sept. 16, 1971	Age 49
Cheri Oteri	Sept. 19, 1962	Age 58
Will Smith	Sept. 25, 1968	Age 52
Zachary Levi	Sept. 29, 1980	Age 40

We want to hear from YOU!

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

QUOTE OF THE MONTH

“The way to get started is to quit talking and begin doing.”

-Walt Disney

What's Open?

Cobbs Adventure Park

Callaway Park

Glenbow Museum

Granary Road

Hanger Flight Museum

Heritage Park

Inglewood Bird Sanctuary

Telus Spark

Calgary Zoo

Esker Foundation

Military Museum

Make sure you plan ahead as most places require you to book online.

A Letter from The SLT

Good Day Everyone!

We hope everyone is having a great summer, enjoying the fresh air and the sunshine.

The SLT wants to acknowledge the strength, creativity and resourcefulness you have all demonstrated since March. We thank you for your patience and support.

Since our last news letter update, the SLT has been working on the CASS re-opening plan and two different accreditations. We are very pleased to announce that both accreditations were hugely successful. This is a result of the hard work and amazing contributions from all of you.

HEALTH & SAFETY

Helping your body beat stress

Stress can result from major events, both negative and positive: marriage, divorce, the birth of a child, a death in the family, or job changes or pressures. Your body is naturally equipped to deal with a certain amount of stress. But if stress increases and your reserves are low, stress can have a bigger impact.

There are 3 main stages your body undergoes when dealing with a stressful event. Your body will initially mobilize energy by releasing adrenaline and increase your heart and breathing rate. If you remain in the first stage for a while, your body will begin to consume energy stores by releasing sugars and fats. While you may feel more driven, you will also begin to feel pressured, tired, and anxious, and can get sick much more easily. If the stress is still not resolved, then eventually your body will require more energy than it can naturally provide. This can lead to trouble sleeping, mood changes, psychiatric disorders, or heart disease.

Building up your defences is a “long-term” plan for reducing stress. It will also improve your overall health and give you more energy.

To help prepare your body to deal with stress:

- Make sure you are getting enough sleep. Most people need 7 to 8 hours per night. If possible, get extra sleep before and during periods of increased stress.
- Eat a balanced, nutritious diet. Good nutrition can improve your ability to handle stress by keeping your immune system strong.
- Avoid using caffeine, cigarettes, or alcohol as a way of dealing with stress.

It's easy to relax when you're not feeling stressed. It takes a special effort to learn how to relax in a stressful situation. There is no “right way” to relax that works for everyone. Most people use a combination of methods and find that different situations call for different ways of relaxing. You may need to try several techniques before finding the one that works best for you.

Here are a few things that can help reduce stress:

- Relaxation exercises like deep breathing, meditation, stretching, tai chi, or yoga
- Regular physical activity: try to exercise for at least 150 minutes each week with moderate- to vigorous-intensity physical aerobic activity (e.g., brisk walking, jogging, tennis, bicycling, or swimming); each session should be at least 10 minutes long – the more active you are, the more health benefits you'll see. It is also beneficial to add muscle and bone strengthening activities, in bouts of at least 10 minutes, using major muscle groups, at least 2 days per week.
- Taking part in a favourite hobby, such as gardening, dancing, reading, or listening to music

For more techniques on this visit Melanie's You Tube Chanel at <https://www.youtube.com/c/CassOrg1>

A Letter from Rajan Sawhney

CASS received a very nice letter from the Minister of Community & Social Services, Mrs. Rajan Sawhney, to thank all of our staff for their hard work through the challenging times.

Dear Service Provider:

The COVID-19 public health emergency has been an unprecedented time for Alberta and the disability sector. Throughout the pandemic, essential service workers in the Persons with Developmental Disabilities program, like you, have played a critical role in protecting the health and safety of vulnerable Albertans.

As Minister of Community and Social Services, I want to thank you for your service, courage and commitment to maintaining the health and safety of your clients and colleagues. The COVID-19 pandemic has been challenging, but we continue to persevere as we work together to rebuild and relaunch our province. Your actions continue to help protect the health and safety of front-line workers and vulnerable Albertans, whether to prevent or contain the spread of the virus.

Thank you for your continued commitment to your colleagues, the individuals in your care and the families who depend on you to keep their loved ones safe.

Sincerely,

Rajan Sawhney
Minister of Community and Social Services

TRAINING

Hello CASS Staff! Just a reminder, to all staff, Abuse Awareness Training is online. Challenge Behaviours Part II is also available online, after completing the Open Futures Learning portion. Please feel free to reach out to training@c-a-s-s.org with any questions you may have.

CPI Training - Wednesday, September 2

Thursday, September 3

To register follow these steps:

Staff are to follow this link <https://calendly.com/sarah-mcmillen-cpi/cpi-training> to book online.

Staff are to choose either Wednesday, September 2 or Thursday, September 3 – choose only one date.

Staff will immediately receive an email confirmation with instructions, including the zoom link for the day of training.

Staff will receive an email / link from CPI for the online portion – this **MUST BE COMPLETED BEFORE** the day of the training. **If there are any concerns with the online portion once logged in, staff should contact HELP at CPI.**

Staff will be required to fill in the Payroll Deduction form found on the website in Forms and Documents and email it to reception@c-a-s-s.org

Abuse Awareness Training - Now available online!

Challenge 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 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

September 7, 2020 – Labour Day

The first Monday in September has been an official holiday in Canada since 1984, and in the United States since 1892. Today, Labour Day marks the end to summer and the start of new school year for children in Canada and the United States.