



INSIDE THIS ISSUE

Page

- 1 Famous Birthdays
Speaker's Corner
Quote of the Month
- 2 Weekly Update
Other Events
- 3 Speak Up
Advertisements
Health & Safety
- 4 Training
Holiday Closures

Speak Up!

Melanie posted a video on negative thinking habits and specifically describes 5 (next week we'll be presenting the other 5). The description is: This week, Melanie and Steve continue their conversation about core beliefs and thoughts. They describe five thinking patterns that are common and can lead to unhealthy behaviour choices: all-or-nothing thinking, mind-reading, fortune telling, emotional reasoning, and catastrophizing. They end with a mindfulness practice.

Take a look! <https://youtu.be/-OF0-xnw1UE>

FAMOUS★ BIRTHDAYS

Julie Andrews	Oct. 1, 1935	Age 85
Simon Cowell	Oct. 7, 1959	Age 61
Zac Efron	Oct. 18, 1987	Age 33
John Lithgow	Oct. 19, 1945	Age 75
Julia Roberts	Oct. 28, 1967	Age 53
Susan Sarandon	Oct. 4, 1946	Age 74

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

"Life is what happens when you're busy making other plans."

-John Lennon

Melanie's Video Blog Weekly Update

In this week's video, Melanie interviews Leanne about the coping strategies Leanne has used to successfully overcome many of the challenges she faced during the coronavirus pandemic.

Please check it out!

<https://youtu.be/GQgAEmKOslg>

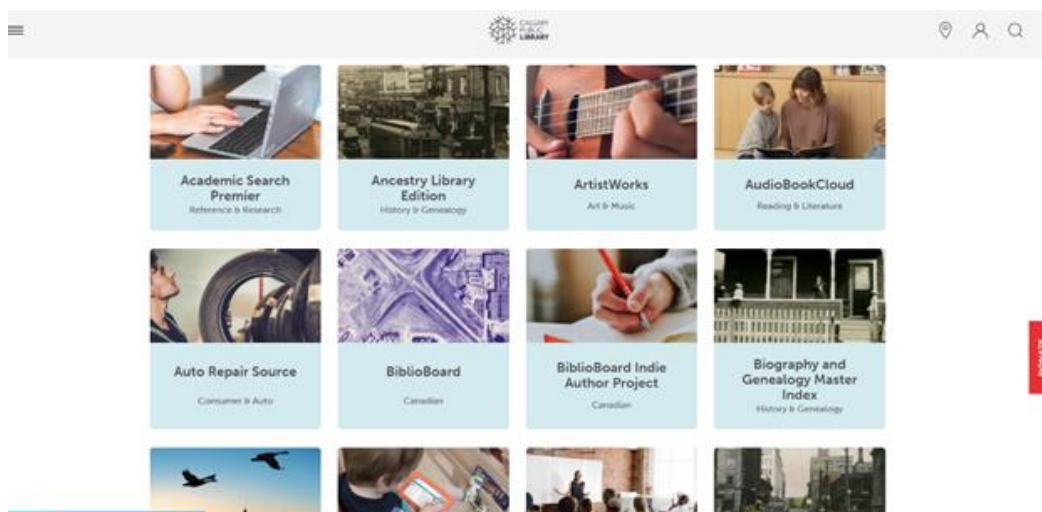
Calgary Public Library

Do you have a library card?

Come check out these FREE classes!

Go to Calgary Public Library website at <https://calgarylibrary.ca/> then click on 'Digital Library' <https://calgarylibrary.ca/read-learn-and-explore/digital-library/>

They have free classes in crafting and art at Creative Bug
sing language classes, grammar refreshers and math classes through Gale Courses



If you don't have a library card you can get one for Free at your local Library.

HEALTH & SAFETY

This Season a Flu Vaccine is More Important than Ever!

Getting a flu vaccine is more important than ever during 2020-2021 to protect yourself, your family and your community from flu. A flu vaccine this season can also help reduce the burden on our health care systems responding to the COVID-19 pandemic and save medical resources for care of COVID-19 patients.

Signs and Symptoms

Similarities:

Both COVID-19 and flu can have varying degrees of signs and symptoms, ranging from no symptoms (asymptomatic) to severe symptoms. Common symptoms that COVID-19 and flu share include:

- Fever or feeling feverish/chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue (tiredness)
- Sore throat
- Runny or stuffy nose
- Muscle pain or body aches
- Headache
- Some people may have vomiting and diarrhea, though this is more common in children than adults

Differences:

Flu

Flu viruses can cause mild to severe illness, including common signs and symptoms listed above.

COVID-19

Other signs and symptoms of COVID-19, different from flu, may include change in or loss of taste or smell



Hello CASS Staff!

Check out the new CPI dates and follow the instructions below to register.

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

CPI Training - Wednesday, October 21

Wednesday, October 28

Thursday, November 5

Thursday, November 19

Thursday, December 3

Thursday, December 10

Thursday, January 14, 2021

Thursday, January 28

Thursday, February 4

Thursday, February 18

Thursday, March 4

Thursday, March 11

To register follow these steps:

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

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

Monday October 12 – Thanksgiving