

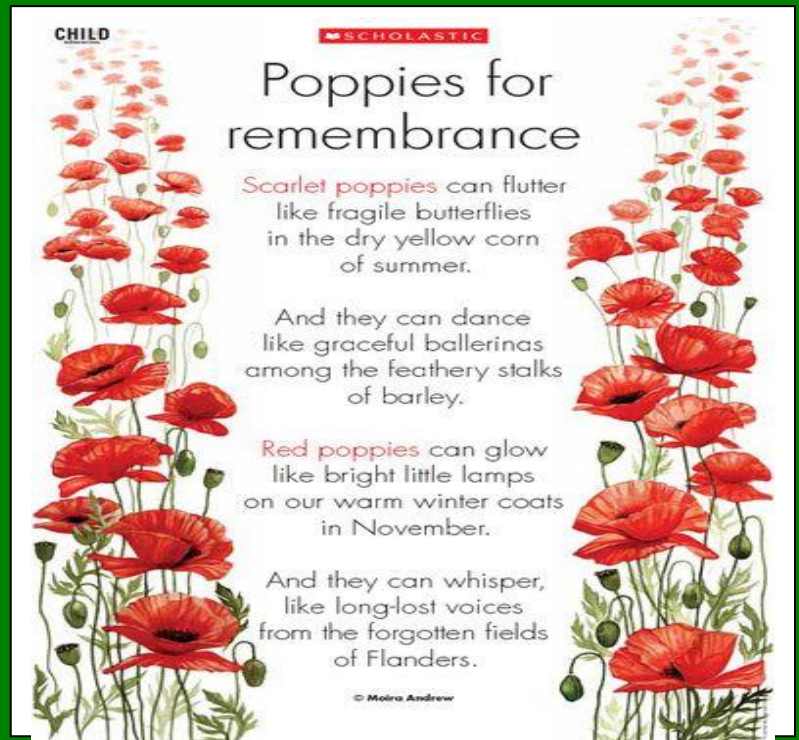


# November



## INSIDE THIS ISSUE

	Page
1	Famous Birthdays Speaker's Corner Quote of the Month
2	Letter to Covid and letter from SLT
3	Health & Safety
4	Training
5	Above and Beyond/Success Stories Holiday Closures



## **FAMOUS** BIRTHDAYS

Bryan Adams	Nov. 5, 1959	Age 61
Adam Devine	Nov. 7, 1983	Age 37
Anne Hathaway	Nov. 12, 1982	Age 38
Rachel McAdams	Nov. 17, 1978	Age 42
Miley Cyrus	Nov. 23, 1992	Age 28
Kevin Jonas	Nov. 5, 1987	Age 33

## 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)

## QUOTE OF THE MONTH

"November at its best – with a sort of delightful menace in the air."

-Anne Bosworth Greene

**Dear COVID-19,**

**When I first heard of you,** I felt safe inside my home & eating healthy & also exercising more.

**When you shut down my world on March 16,** I felt confused, disappointed & couldn't go to the CASS office.

**Since then, it's been** a really long time not seeing the CASS family.

**I've been feeling** unhappy, frustrated & nervous with the butterflies in my stomach.

**I wish that** I could see the CASS family again.

**I miss** all of the fun activities, the special occasion parties & all of the laughter.

**What's been hardest for me is** having to wear the mask all the time.

**I've learned** to stay apart because it protects me, my family, friends & sweetheart.

**One thing I've realized about myself is** that I'm really good at washing hands most of the time.

**And I'm proud of** exercising a lot & getting stronger.

**And I'm thankful for** staying busy & taking it easy.

**One thing I believe about the future is** that one day COVID-19 will get better & I will be able to go back to the program.

**Sincerely,**

Amanda Der

*If you would like to submit your "dear Covid 19 letter" to the news letter you can find this in an activity package, inquire with your staff or email [reception@c-a-s-s.org](mailto:reception@c-a-s-s.org).*

### **Message from the Senior Leadership Team:**

Hello everyone,

Moving into winter has come a little sooner than we probably all expected. However, for some this is a favorite time of year, mainly because it means the Holiday Season is right around the corner! Since the shut down in mid March we have all needed to look at activities in our lives much differently.

Unfortunately, this will also affect how we celebrate December Holidays this year. Sadly, to keep everyone safe and healthy, the SLT has decided there will not be any CASS Holiday Celebration parties this coming December. This includes both clients and staff celebrations, as well as, agency and individual program celebrations.

Thank you for your on-going understanding of these difficult choices.

On a more positive note, CASS completed two different accreditations earlier this year. One earned 100% in all areas and the other earned 98%. We are so proud of everyone in the CASS family. Without all of you we could not have made this happen. Thank you so very much for all of your hard work and dedication.

## Influenza Immunization

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### Get Immunized for Those Who Can't

**Appointment booking tool live at 12 p.m. (noon) Oct. 13th**

Influenza immunization is more important this season, than ever before.

**The 2020-2021 Alberta Influenza Immunization program will begin October 19, 2020.**

All Albertans, six months of age and older, are eligible to be immunized, free of charge; however, this year, AHS is working with pharmacists and physicians to offer immunization to different age groups and demographics. See details below.

### Immunization Eligibility & Access

#### Through Alberta Health Services:

Starting October 19, AHS will offer vaccine through pre-booked appointment only, to:

- children under five years of age and their family and household members

Those who are eligible to receive influenza immunization through AHS are required to book an AHS appointment using the online booking tool that will be available on this webpage, starting October 13.

**Please note:** To ensure our clinics can operate safely with all necessary measures to prevent the spread of COVID-19, there will be no drop-in immunizations at any AHS clinic for influenza immunization.

#### Through other providers:

Starting October 19,

Pharmacists will offer vaccine to:

- All Albertans five years of age and older

Physicians will offer vaccines to:

- All Albertans 9 years of age and older
- Some physicians may be offering vaccines to children 6 months up to and including 8 years of age as well, please check with your physician's office

Please call your pharmacist or physician to arrange for influenza immunization

# Staff Training

## 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](mailto:training@c-a-s-s.org) with any questions you may have.

## CPI Training - 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](mailto: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](mailto: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](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) – 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

Due to COVID-19 new protocols for this training are being developed. Details and dates to come.

Hey CASS Staff!

Just a quick reminder - we are always looking for CASS Success Stories and always taking Above and Beyond Nominations! With COVID 19 we have many opportunities to tell our stories - we have made it through seven months of weird and wonderful(?) conditions - how will you tackle the winter months? What works for you while driving clients to appointments and activities? Have you and your clients come up with novel ways of coping? Email your stories to [coms@c-a-s-s.org](mailto:coms@c-a-s-s.org)

Above and Beyond Nominations are always welcome! Is there a staff that has "gone the extra mile"? CASS Staff are amazing, and should be recognized for their efforts, especially with all the challenges they have had to overcome these last few months!

Email [recognition@c-a-s-s.org](mailto:recognition@c-a-s-s.org) with your nominations.

# Holidays

**Wednesday, November 11th**

## **Why We Celebrate Remembrance Day**

Remembrance Day is a memorial day observed by Canadians and other members of the Commonwealth since the end of the First World War in order to remember all those who fought and died in the line of duty to keep us free. Every year on November 11, Canadians pause in a moment of silence to honour and remember more than 2 million Canadians who have served, and continue to serve, Canada during times of war, conflict, and peace. If we do not remember, their sacrifice is meaningless.