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New Year Poem

By: Somya

With a new beginning and fresh start,
Full of inspiration and positive thoughts,
Let's begin this year with an optimistic thought.

Gone are the days of regret and guilt,
Those rooms full of darkness.
It's time to move with courage,
Full of confidence and hope.
Let's begin this year with an optimistic thought.

FAMOUS★ BIRTHDAYS

Britney Spears Dec. 2, 1981 Age 39

Amanda Seyfried Dec. 3, 1985 Age 35

Bobby Flay Dec. 10, 1964 Age 56

Taylor Swift Dec. 13, 1989 Age 31

Eugene Levy Dec. 17, 1946 Age 74

Ryan Seacrest Dec. 24, 1974 Age 46

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

"I heard the bells on Christmas Day. Their old, familiar carols
play and wild and sweet the words repeat of peace on earth,
good will to men!"

-Henry Wadsworth Longfellow

CASS Holiday Announcement

On behalf of the Senior Leadership Team, we wish you a lovely holiday season, filling your home with joy and your life with laughter. We understand that this year has been very challenging and we hope that the coming year brings more certain times. Best wishes for a happy, healthy, and prosperous New Year!'

Holidays Celebrated Around The World

Christmas is on its way, but it's not the only holiday that is celebrated in December. There are festivities from all around the world! Here are the list of some of those holidays & the days they are celebrated on.

Buddhism

Bodhi Day: 8 December – Day of Enlightenment. The day that the historical Buddha experienced enlightenment.

Christianity

Christmas Eve: 24 December – In many countries e.g. the German speaking countries, but also in Poland, Hungary and the Nordic countries, gift giving is on 24 December.

Christmas Day: 25 December and 7 January

Hinduism

Pancha Ganapati: a modern five-day Hindu festival celebrated from 21 through 25 December in honor of Ganesha.

Historical

Saturnalia: 17-23 December - An ancient Roman winter solstice festival in honor of the deity Saturn, held on 17 December of the Julian calendar and expanded with festivities through to 23 December.

Celebrated with sacrifice, a public banquet, followed by private gift-giving, continual partying, and a carnival.

Judaism

Hanukkah: usually falls anywhere between late November and early January.

Paganism

Yule: Pagan winter festival that was celebrated by the historical Germanic people from late December to early January.

Yalda: 21 December - A Iranian festival celebrating the victory of light and goodness over darkness and evil.

Koliada: Slavic winter festival celebrated late December with parades and singers who visit houses and receive gifts.

Secular

Hogmanay: night of 31 December - before dawn of 1 January - Scottish New Year's Eve celebration

Kwanzaa: 26 December - 1 January - Pan-African festival

New Year's Eve: 31 December - last day of the Gregorian year

Soyal: 21 December - Zuni and Hopi

Solstice: On or about 21 December

Salgirah: 13 December - celebration of Shia Ismaili Muslims of their Imam

Why do we celebrate Christmas Day?

On this day, over two billion people (over a third of the world's population) will celebrate the birth of Christ.

Christmas Day celebrates the Nativity of Jesus which according to tradition took place on December 25th.

Why do we celebrate New Year's Eve?

New Year's Eve is one of the largest global celebrations because it marks the last day of the year in the Gregorian calendar, December 31, before the New Year. Many people celebrate New Year's Eve to bid farewell to the year that ends and to welcome the New Year.

Happy Holidays, everyone!!

HEALTH & SAFETY

12 tips for HOLIDAY FIRE SAFETY



1	Water fresh trees daily 	2	Check all lights before decorating	3	Make sure smoke alarms work, replace if 10+ years old
4	Install a carbon monoxide detector- it's now the law	5	Develop and practice a fire escape plan 	6	Use extension cords safely 
7	Give space heaters at least one metre of space	8	Avoid using real candles- go flameless instead 	9	Keep matches and lighters out of kids' reach 
10	Watch what you heat- pay attention to your cooking 	11	Encourage smokers to smoke outside 	12	If under the influence of alcohol, avoid cooking or smoking 

Source: Fire Marshal's
Public Fire Safety Council
safeathome.ca/12days

health.sunnybrook.ca



Staff Training

CPI Training –

Effective Monday, November 16, 2020 – the physical portion of all CPI classes will be suspended.

Participants can still complete all other components of the training and when they do so they will receive a blue certification card with an addendum stating that they still need to complete the physical portion of the training. CASS will consider the CPI training requirement as having been met for the time being and then establish a timeline for those individuals to complete their training once it is safe to resume the physical portion.

Thursday, December 3 or Thursday, December 10

Thursday, January 14, 2021 or Thursday, January 28

Thursday, February 4 or Thursday, February 18

Thursday, March 4 or 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 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 - Available online!

Challenging Behaviours – Part II - 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 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 ballable hours for First Aid is now 8 hours.

Mental Health First Aid

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

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

Holidays

Office Closed December 24th and 28th, Holidays December 25th and 31st,
January 1st