



THE CASS REPORT

2020



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New Year Poem

Another Year So Good

Another year is coming to an end, have you planned where will you spend? This night is going to be awesome because it will be the last day of the year. So, forget everything and do cheer because this year is going, wait for another bright start where you would welcome it from your heart!

Happy New Year!

FAMOUS★ BIRTHDAYS

Kenny Loggins	Jan. 7, 1948	Age 73
Patrick Dempsey	Jan. 13, 1966	Age 55
Emily Watson	Jan. 14, 1967	Age 54
Steve Harvey	Jan. 17, 1957	Age 64
Dolly Parton	Jan. 19, 1946	Age 75
Oprah Winfrey	Jan. 29, 1954	Age 67

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

"The magic in new beginnings is truly the most powerful of them all."

-Josiyah Martin



Coconut Snowballs

Ingredients

- 2 teaspoon coconut oil
- 1 $\frac{3}{4}$ cup coconut flakes
- 3 tbs honey
- 2 tbs coconut milk, unsweetened
- $\frac{1}{2}$ tsp vanilla extract
- $\frac{1}{2}$ tsp cinnamon
- $\frac{1}{8}$ tsp sea salt

Instructions

1. Melt the coconut oil and place it with 1 cup of the shredded coconut in a food processor. Process on high speed, scraping down the sides periodically until it reaches a paste-like consistency. (it does not have to be completely smooth like coconut butter: some texture is good.)
2. Add the honey, coconut milk, vanilla, cinnamon and salt and process until well combined. Add $\frac{1}{2}$ cup plus 2 tbs. of shredded coconut and pulse until just combined.
3. Shape the mixture into 12 x 1-inch balls and coat with the remaining 2 tbs of shredded coconut.
4. Refrigerate for at least 1 hour and up to 5 days. Eat cold or bring to room temperature before eating.

*Makes 12 snowballs.

*Swap the honey with maple syrup to make the vegan.

Nutrition

Calories: 85kcal | Carbohydrates: 11g | Protein: 1g | Fat: 5g | Saturated Fat: 4g | Sodium: 60mg | Fiber: 1g | Sugar: 9g

HEALTH & SAFETY

Ways to Beat the Winter Blues!

1. **Get out of the house** - We spend much more time inside during the winter. Not only is all that sitting unhealthy, but it's isolating and not mentally stimulating to spend many hours in your own house or apartment. A simple change of scenery can change your perspective on things. Be sure you get out every day no matter if it's for a walk around the block, to a new restaurant, or to an appointment.
2. **Laugh** - There's a reason that videos of giggling babies and dancing goats are so popular! They make us feel better by quickly shifting our focus onto something fun, hopeful, and uplifting.
3. **Put on your favorite playlist** - Music has a huge impact on our emotional state. Music has a way of getting into your soul. Jam out to whatever kind of music you like. It doesn't have to be "happy" or "uplifting" music to be therapeutic.
4. **Spend time with your pets** - If you have a pet, you already know that pets can be both fun and calming. When you're feeling down, spend some extra time petting your cat or playing catch with your dog.
5. **Move your body** - One minute of gentle stretching or jumping jacks is enough to refocus your brain, get your blood flowing, and add some new energy to your languishing mood.
6. **Buddy up** - Most things in life are more fun when done with a friend. So, seize the opportunity to connect with a buddy.
7. **Turn on more lights** - Light therapy is a non-invasive treatment often used for Seasonal Affective Disorder that involves sitting in front of bright lights. Even if you don't have SAD, simply turning on extra lights in your house or office can help improve your mood. It's not a coincidence that we associate darkness with depression. The days really are dark, this time of year, so brighten up your space and your mood by letting in natural sunlight when possible and turning on the lights.



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, 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

The deduction will come off your pay during the month of your course date – the date you complete the online portion with CPI.

Abuse Awareness Training – Available on line!

Challenging Behaviours – Part II – Available on line!

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 on line – 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: <http://humanservices.alberta.ca/working-in-alberta/1348.html>
Many safety training venues are offering two-part First Aid classes with an on-line 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.

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

Holiday

Friday January 1, 2021 – New Year’s Day

Why Do We Celebrate New Year’s Day?

In the New Style or Gregorian calendar, the New Year begins on the first of January. Instead, our modern New Year’s celebration stems from the ancient two-faced, Roman god Janus – for whom the month of January is also named. One face of Janus looked back into the past, and the other peered forward to the future.