



# THE CASS REPORT

2021



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## Father's Day Poem

### My Superhero

Dad you know that I like Batman,  
And Superman's cool too,  
But I don't really need them,  
As long as I have you!

## **FAMOUS**★ BIRTHDAYS

Angelina Jolie	Jun. 4, 1975	Age 46
Johnny Depp	Jun. 9, 1963	Age 58
Paul McCartney	Jun. 18, 1942	Age 79
Lana Del Rey	Jun. 21, 1985	Age 36
Meryl Streep	Jun. 22, 1949	Age 72
Jason Mraz	Jun. 23, 1977	Age 44

## **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

"It is the month of June. The month of leaves and roses. When pleasant sights salute the eyes. And pleasant scents the noses."

-Nathaniel Parker Willis

# **What You Need to Know About the COVID-19 Vaccine**

## **What is a vaccine?**

A **vaccine** is a shot. It keeps you from getting sick.

Doctors give people shots to keep us from being sick.

- There is a shot to keep you from getting chicken pox.
- There is a shot to keep you from getting the measles.
- There is a shot to keep you from getting the flu.

Now there is a shot to keep you from getting COVID-19. That shot is called the **COVID-19 vaccine**.

## **Why should I get the COVID-19 vaccine?**

The vaccine keeps you safe from COVID-19. Once you get the vaccine, you probably won't get sick from COVID-19. This is a good thing! COVID-19 can make people very sick. It can give people health problems for the rest of their lives. It can even kill people. Because COVID-19 is so bad, it's important to get the vaccine. If enough people get the vaccine, then no one will get sick from COVID-19. You can help stop COVID-19. You can get the vaccine.

## **What will getting the vaccine be like?**

Getting the vaccine will be like getting other shots. A doctor, nurse, or pharmacist will give you the shot.

There are different kinds of COVID-19 vaccine. You might need to get 2 shots. Or you might only need to get one shot. The person giving you the vaccine will tell you what kind of vaccine it is. They will tell you whether you need to come back for another shot.

If you need to get 2 shots, it works like this:

- First, you will get one shot.
- Then, you will wait one month.
- Then, you will get a second shot.

You might feel a little sick after you get your shot. That happens with shots sometimes. You are still okay. You will feel better in a day or two.

## **Is the vaccine safe?**

Yes. The COVID-19 vaccine is safe.

The vaccine got tested on lots of people.

It got tested on people of different ages.

It got tested on people from different races.

Almost everyone who got the vaccine felt fine after.

The COVID-19 vaccine works.

## **Do I still need to wear a mask after I get the vaccine?**

The vaccine works really well to keep you from getting sick. But you might still be able to give COVID-19 to other people. It will take a while for everyone to get the vaccine. We still need to be careful so everyone can stay safe.

- We will need to keep wearing a mask.
- We will need to keep staying at home.
- We will need to keep staying away from other people.

We won't need to do these things forever. But we need to do them for a little while longer.

We need to do these things until enough people get the shot. Then, COVID-19 will be over. Then, we can stop.

We think about 7 out of every 10 people need to get the vaccine before COVID-19 is over. In America, that's about 230 million people.

It will take a few months for that to happen. It will probably take until fall. It might take until the end of the year.

COVID-19 has been really hard. It has been hard to change so many things. It has been scary for so many people to get sick.

But we know how to keep each other safe. And if we all get the vaccine, we can stop COVID-19 for good.

It is almost over. We can do this.

# HEALTH & SAFETY

## Tips on getting a good night's sleep

**Do you wake up feeling refreshed, alert, and ready to meet the challenges of the day?** If not, here are some tips to help you get there.

- **Keep regular hours.** Try to go to bed and wake up around the same time every day, including weekends.
- **Avoid taking naps during the day.** These could make it harder to fall asleep at night. A short nap, however, is okay as long as you can sleep well during the night.
- **Develop a “sleep ritual.”** If you do the same things before you go to bed each night, it will train your body to get ready for sleep.
- **Take some time to relax and unwind before you go to sleep.** You may try stretching, relaxation exercises, a hot shower or bath, meditation, or a glass of hot milk help you relax and prepare for sleep. Avoid activities that may be emotional upsetting a few hours before you go to bed.
- **Avoid caffeine and medications that may keep you awake (e.g., stimulants in the evening).** Check with your doctor or pharmacist to see if your medication may be keeping you awake.
- **If you are taking a diuretic (such as furosemide or hydrochlorothiazide), take it in the morning.** Diuretics increase urination, and this may keep you up at night if you take them later in the day.
- **Avoid drinking alcohol right before bedtime.** Alcohol can interrupt sleep, leading to a poor quality of sleep.
- **If you smoke, consider quitting.** Smokers have more trouble falling asleep, and wake up more often during the night, than non-smokers.
- **Make your bedroom “sleep-friendly.”** Your room should be kept cool, dark, and quiet. If you bothered by the noises around you, try using a pair of foam earplugs, a fan, or a white noise generator to block out the noise.
- **Get a comfortable mattress.** If you wake up feeling stiff and sore, or if you aren't sleeping as well as you were a year ago, it may be time for a new mattress. A good mattress should gently support all points of your body and give you enough room to move freely.
- **Exercise regularly.** This can help relieve stress and make it easier for you to sleep. Don't exercise too close to bedtime if you find this makes it harder for you to sleep.
- **Don't feel guilty about going to bed.** Think of sleep as an investment in your health and productivity.
- **Avoid watching TV or reading in bed.** Your bed should be reserved for sleep and intimacy.
- **If you are having trouble sleeping, get out of bed to read or watch TV.** Return to bed when you start to feel tired. Try not to look at the clock.

If you try these tips and still find that you're having trouble sleeping, talk to your doctor. You may have a medical condition that is affecting your sleep.

# Staff Training

## **WELCOME TO ALL NEW CASS STAFF!**

Check out the CASS Website – [www.c-a-s-s.org](http://www.c-a-s-s.org) for all your training requirements. Once logged in, go to Training in the Staff Quick Links section for a complete list of required (and some optional) training. If you have questions email [training@c-a-s-s.org](mailto:training@c-a-s-s.org) Be sure and let your coordinator know your training days so schedules can be changed to accommodate your client.

**Abuse Awareness Training** - Expires every three years

**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. No expiration.

**Challenging Behaviours – Part II** - No expiration

**CPI Training** - The physical portion of CPI Training is still suspended and will be until further notice. Please register for your training before your expiry date to complete the online portion with CPI and the zoom meeting with the instructor for discussions and questions and answers. CASS will consider the CPI training requirement as having been met for the time being – you will be required to complete the physical as soon as it is safe to do so.

Thursday, June 10<sup>th</sup> or 24<sup>th</sup>

Tuesday, July 6<sup>th</sup> or Thursday, July 8<sup>th</sup>

Thursday, August 19<sup>th</sup> or 26<sup>th</sup>

Thursday, September 9<sup>th</sup> or 23<sup>rd</sup>

Thursday, October 7<sup>th</sup>

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. Staff will receive an email/link from CPI for the online portion – this **MUST BE COMPLETED BEFORE** the day of the training. You will receive a zoom invite from the instructor the Monday before the date you chose.

**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)

Please note, the payroll deduction is \$45 – be sure you use the correct form. The deduction will come off your pay during the month of your course date – the date you complete the online portion with CPI.

CPI expires every three years.

**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.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.