



JULY 2021

GOOD NEWS STORY

After a long winter stuck inside Kathy is back in her community garden. Her garden sits a few footsteps behind her building. She takes great pride in growing flowers and peas.

This garden has helped her build relationships within her community, everyone knows her name and comments on how lovely her flowers are. Kathy also enjoys sharing her harvest with a few special people in her life.



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Famous Birthdays

| | | |
|-----------------|---------------|--------|
| Ashley Tisdale | Jul. 2, 1985 | Age 36 |
| Kevin Bacon | Jul. 8, 1958 | Age 63 |
| Kristen Bell | Jul. 18, 1980 | Age 41 |
| Bill Withers | Jul. 4, 1938 | Age 82 |
| Selena Gomez | Jul. 22, 1992 | Age 29 |
| Jared Padalecki | Jul. 19, 1982 | Age 39 |

How to Make a Healthy Meal

Use the proportions of foods on the Canada's food guide plate as a tool to help you make healthy meals or snacks. Step 1: Make half your plate vegetables and fruits. Vegetables and fruits should always make up the largest proportion of the foods you eat throughout the day. Step 2: Make 1-1/4 of your plate whole grain foods. Step 3: Make 1-1/4 of your plate protein foods. Choose protein foods that come from plants more often. The Canada's food guide plate shows the proportions of foods on a plate for healthy meals or snacks.

- On half of the plate are vegetables and fruits (broccoli, carrots, blueberries, strawberries, green and yellow bell peppers, apples, red cabbage, spinach, tomatoes, potatoes, squash and green peas).
- On 1-1/4 of the plate are protein foods (lean meat, chicken, variety of nuts and seeds, lentils, eggs, tofu, yogurt, fish, beans).
- On the remaining 1-1/4 of the plate are whole grain foods (whole grain bread, whole grain pasta, wild rice, red quinoa, brown rice).

The healthy food choices shown on the plate are only examples. The size and amount of each food shown on the plate is not meant to show how much to eat at one time.

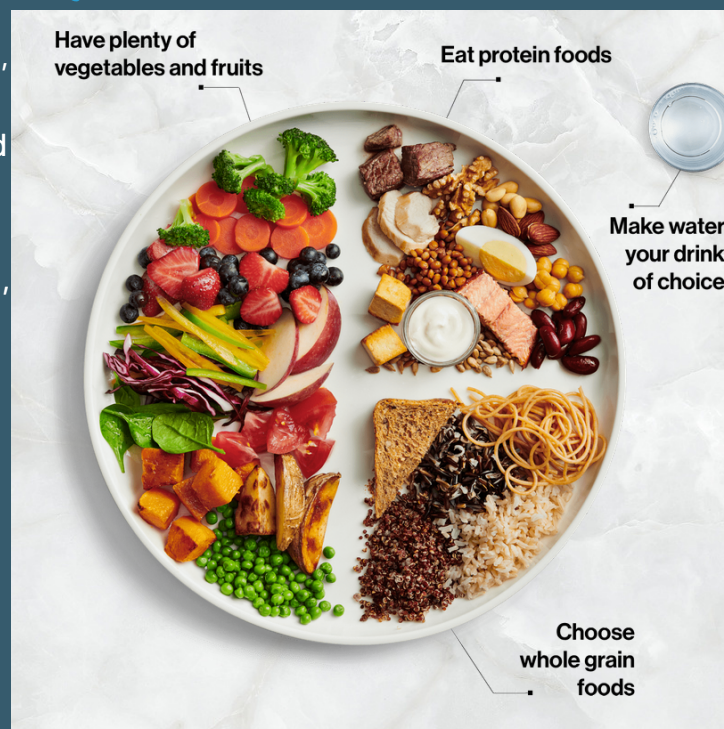
You can choose a variety of healthy foods that you enjoy. Healthy food choices can be fresh, frozen, canned or dried.

We want to hear from you!



Would you like to be highlighted in our "good news story?" If so, send us a story along with a picture

sarah.clark@c-a-s-s.org



Hosted by Urban Society for Aboriginal Youth

When: July 1st 11:00 - 2:00pm Where: Prince's Island Park Main Stage

This event is to remember and acknowledge those children who were discovered and who are yet to be discovered at the Residential Schools sites across Canada

REMEMBERING OUR CHILDREN VIGIL

July 1st, 2021
11:00 AM - 2:00 PM
Prince's Island Park

Come together to remember our
children through traditional ways
and to bring healing



STAT Holiday



Thursday - July 1, 2021 - Canada Day

The office will be closed Thursday July 1st.



Staff Training

WELCOME TO ALL NEW CASS STAFF!

Check out the CASS Website – 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 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 to register for OFL. No expiration.

Challenging Behaviours – Part II – on the CASS Website – No expiration

CPI Training –

Now that it is safe to do so, dates and times are being scheduled for the “physicals” portion of CPI. If you completed your online and zoom portion of the training after October 2020, you will be required to attend the practical portion. Watch your emails and this newsletter for instructions and the upcoming dates and times.

Thursday, July 8th

Thursday, August 19th or 26th

Thursday, September 9th or 23rd

Thursday, October 7th

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

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 to register for this course. When you have completed the course, please email thomas.brosh@c-a-s-s.org - he will arrange to do the practicum remotely.

Health and Safety – This course is available on line – log in to the website then 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.



Above & Beyond

In June 2019, CASS started an Above & Beyond campaign to provide an opportunity to publicly recognize staff who exceed expectations.

If you would like to nominate a CASS staff member, for going Above & Beyond, please send an email to recognition@c-a-s-s.org with the name of the person being nominated and a brief description of the reason for the nomination.

Thank you

