

# September

September 2021

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## Punctuation Association

As some of you know my name is Joni Righthand and I run my own comic book business through the CASS Day Program. Due to COVID and me living in a group home, I was on lock down for most of the pandemic while still working on my comics, I was looking for a way to still distribute my work which is when I decided to do ebooks just for my family and friends. I am selling books 1 to 7 in paperback copy for \$10/book and books 8 to 10 in e-book for FREE! If you have any questions, comments, or inquiries, please feel free to email me and I will be happy to answer any questions. Please contact me at:



## Famous Birthdays

Beyonce Knowles	Sept. 4, 1981	Age 40
Michael Buble	Sept.9, 1975	Age 46
Colin Firth	Sept. 10, 1960	Age 61
Amy Poehler	Sept. 16, 1971	Age 50
Nick Jonas	Sept. 16, 1992	Age 29
James Marsden	Sept. 18, 1973	Age 48
Jimmy Fallon	Sept. 19, 1974	Age 47
Will Smith	Sept. 25, 1968	Age 53
Avril Lavigne	Sept. 27, 1984	Age 37
Hilary Duff	Sept. 28, 1987	Age 34





# Pumpkin Spice Cookies

Prep time: 10 min, Cook Time : 10 min, Total Time: 20 min, Yield: 2 & 1/2 DOZEN

## Description

These wonderfully soft and chewy pumpkin spice cookies are fragrant and full of flavor. They are cakey and chewy at the same time with a crunchy cinnamon sugar coating.

## Ingredients

- 2 & 1/2 (315 g) all-purpose flour
- 1 tsp (5 ml) baking soda
- 1 tsp (5 ml) ground cinnamon
- 1/2 tsp ground nutmeg
- 1/2 tsp (2.5 ml) salt
- 1/2 cup (114 g) unsalted butter, softened
- 1 & 1/4 cups (250 g) granulated sugar
- 1/2 cup (125 g) canned pumpkin puree
- 1 large egg
- 1 tsp (5 ml) vanilla extract

## Cinnamon Sugar

- 1/4 cup (50 g) granulated sugar
- 1 tsp (5 ml) ground cinnamon



## Instructions

1. In a medium bowl, toss together the flour, baking soda, cinnamon, nutmeg and salt. Set aside.
2. Using an electric mixer and in a large bowl, beat together the butter and sugar until well blended. Mix in the pumpkin puree, egg and vanilla until smooth.
3. Slowly mix in the flour mixture until just combined. Cover and chill in the fridge for 1 hour or until the dough is firm enough to roll in your hands.
4. Preheat oven to 350 F. Line 2 baking sheets with parchment paper or silicone baking mat.
5. Using a medium cookie scoop or tablespoon, roll out rounded cookie dough and generously coat in the cinnamon sugar mixture. Place 2 inches apart on prepared baking sheets.
6. Bake for 10-12 minutes or until lightly browned on the bottoms. Let cool for 10 minutes before serving.

# HOLIDAYS

## Labor Day - Monday September 6, 2021

### Why do we celebrate Labor Day?

Labor Day in Canada is celebrated on the first Monday of September. It originally gave worker the chance to to campaign for better working conditions or pay. The day is now part of a long weekend for many Canadians.



# Psychological Health & Safety

## DID YOU KNOW?

...that CASS has a Psychological Health & Safety Committee? Our primary purpose is to support the positive mental wellbeing of staff. We work on various projects, and initiatives, while attempting to maintain an overall pulse of staff wellness. We work with the CASS Leadership Team to promote and achieve an optimal level of mental health, as it relates to staff and their roles at CASS. We welcome ideas and suggestions for continued initiatives.

Please feel free to submit to [psych.h&s@c-a-s-s.org](mailto:psych.h&s@c-a-s-s.org).

We look forward to hearing from you!!!

## A new Day Recognized: National Truth and Reconciliation day

In June, the federal government announced Sept. 30 as a new annual statutory day to commemorate the history and ongoing trauma caused by residential schools and to honour those who were lost and the survivors, families and communities who continue to grieve. Although this statutory holiday only applies to the employment of Federal employees, it is an important day for all Canadians to embrace.

The Honourable Carolyn Bennett, Minister of Crown-Indigenous Relations said of the holiday: "A National Day for Truth and Reconciliation will ensure that our shared history will not be forgotten. Advancing reconciliation with First Nations, Inuit and Métis requires all Canadians to listen, learn and act. In recent years, Sept. 30 has been known as Orange Shirt Day, so called because of the residential school experiences of the campaign's founder, Phyllis Webstad. It is a day when we honour the children who suffered in the residential school system".

The holiday is in line with one of the 94 calls to action of The Truth and Reconciliation Commission, which states: "We call upon the federal government, in collaboration with Aboriginal peoples, to establish, as a statutory holiday, a National Day for Truth and Reconciliation to honour Survivors, their families, and communities, and ensure that public commemoration of the history and legacy of residential schools remains a vital component of the reconciliation process."



# 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 - on the CASS Website - No expiration

CPI Training - Physicals/practical portion of training now available.

Dates and times have been scheduled for the "physicals"/practical of CPI Training that was previously postponed due to COVID-19 restrictions. Please follow this link to sign up for the final portion of the training.

<https://calendly.com/sarah-mcmillen-cpi/cpi-physicals>

Weather permitting, this training will be held outside and should take about an hour.

Regular training with the online portion, then a zoom meeting for discussions, and the physicals after the zoom has resumed at the following dates and times...

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](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 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 - 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: <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.