

October

OCTOBER 2021

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Voting 101

2021 Calgary Municipal Election

WHEN: October 18, 2021

Election Day is Monday, October 18, 2021! But, you can take advantage of advance voting across the city from October 4-10th.

WHAT ARE WE VOTING FOR?

Who will be the next mayor? Your next councillor? You Decide. <https://calgarylibrary.ca/connect/calgary-election-2021/>
All eligible voters will receive a ballot to cast their vote for mayor, councillor, school board members and senate nominees.

REFERENDUM TIME

Not only are you voting for candidates this year, but you will be asked to vote on:

- Adding fluoride to Calgary's drinking water
- Provincial referendum questions about equalization payments and daylight savings time.

YOU CAN VOTE IF:

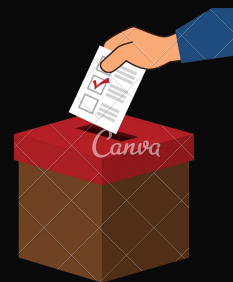
You are 18 years or older
You are a Canadian Citizen
Reside in Calgary

Provide one piece of authorized ID at the polling stations



FOR FURTHER RESEARCH VISIT:

<https://www.calgary.ca>





You're Invited!

Cards for Community is a city-wide participatory project created to foster dialogue and community connection through "storytelling-on-a-postcard".

Residents/artists/poets/writers/songwriters/young & old Calgarians are welcome to share personal neighborhood stories. The hope is to make invisible parts of our city visible & to amplify stories from all over Calgary.



Project Challenge: to receive at least ONE POSTCARD from every one of Calgary's 212 neighborhoods

Cards for Community is more than postcards! By participating:

You will join hundreds of your neighbours to share your stories/art/poetry/craft/music/recipe/ through a large scale physical and virtual art show at Loft 112 in Calgary's East Village & The Central Library in February 2022.

21 postcards from 21 different neighborhoods will be awarded \$300 each and will be printed and available to pick up at library branches around the city. One of those postcards could be yours!

For all the details: <https://www.loft112.org/submit> or email: loftonetwelve@gmail.com

HOLIDAYS

Monday - October 11, 2021 - Thanksgiving
Why do we celebrate Thanksgiving?



Long before Europeans settled in North America, festivals of thanks and celebrations of harvest took place in Europe in the month of October. And since Thanksgiving for Canadians is more about giving thanks for the harvest season than the arrival of pilgrims, it makes sense to celebrate the holiday in October.

Halloween Story 2021

Halloween is a holiday celebrated each year on October 31, and Halloween 2021 will occur on Sunday, October 31 (it is not a STAT holiday). The evening before was known as All Hallows Eve, and later Halloween. Over time, Halloween evolved into a day of activities like trick-or-treating, carving jack-o-lanterns, festive gatherings, donning costumes and eating treats.





Health & Safety

Mental Health First Aid is Back in a Standard (Virtual) Format!!!

Mental Health First Aid (MHFA) is the support provided to a person who may be experiencing a decline in their mental well-being or a mental health crisis.

Course participants will learn how to:

- Recognize signs that a person may be experiencing a decline in their mental well-being or a mental health crisis
- Have conversations that encourage a person to:
- Talk about declines in their mental well-being
- Discuss professional and other supports that could help with recovery to improved mental well-being
- Reach out to these supports
- Assist in a mental health or substance use crisis
- Use MHFA actions to maintain one's own mental well-being

Module 1: Self Directed (2 hours)

Module 2 & 3: Virtual Classroom (7 hours)

Watch for upcoming courses being provided through CASS, and talk to your supervisor about attending!

NEVER STOP LEARNING

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 - online - 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

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

CPI Training - expires every three years

October 5 - evening 6 - 9 pm

October 7 or 21

November 4 or 18

December 2 or 16

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.

Due to the nature of the "physicals" portion of this training and the continued COVID restrictions, this portion of the training has been postponed indefinitely. Staff will receive their blue card with an asterisk, reminding staff they will be responsible for completing the "physicals" once restrictions are lifted and dates and times are scheduled.

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 online - log in to the website then staff resources>training>Health and Safety.

Mental Health First Aid

Dates for Mental Health First Aid-
November 16th and 17th 10:am- 1:30 both days

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 online portion to start and a review and CPR practice in the classroom. The maximum billable hours for First Aid is now 8 hours.

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