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Famous Birthdays

Bryan Adams	Nov. 5, 1959	Age 62	Jimmy Kimmel	Nov. 13, 1967	Age 54
Kevin Jonas	Nov. 5, 1987	Age 34	Rachel McAdams	Nov. 17, 1978	Age 43
Adam DeVine	Nov. 7, 1983	Age 38	Jamie Lee Curtis	Nov. 22, 1958	Age 63
Demi Moore	Nov.11, 1962	Age 59	Miley Cyrus	Nov. 23, 1992	Age 29
Anne Hathaway	Nov. 12, 1982	Age 39	Bill Nye	Nov. 27, 1955	Age 66

IN FLANDERS FIELDS

In Flanders fields, the poppies blow
Between the crosses, row on row,
that mark our place, and in the sky
the larks, still bravely singing fly
scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie

In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch, be yours to hold it high.

If ye break faith with us who die
We shall not sleep, though poppies
grow

In Flanders fields.



Remembrance Day Events

Military Museum

- 10:00 AM Arrival of VIPs and Guests of Honor
- 10:57 AM Last Post is performed, flags lowered
- 11:00 AM Act of Remembrance, 2 Mins. of Silence
- 11:05 AM Ceremonial wreaths are laid

Please visit their Facebook page for updates leading up to Nov. 11

To visit the Military Museum it will be via reserved tickets only.

Nights of Lights

At the field of crosses on Memorial Drive, each cross will have a candle lit and will burn from sunset to sunrise. You can visit the Field of Crosses from Nov. 1-11th, with daily ceremonies happening. Please visit: www.fieldofcrosses.com for times. A limit of 100 people will be granted at a time.

The Inn on Officers' Garden Ceremony

Nov. 11 from 1-2pm at 150 Dieppe Drive SW

Virtual Remembrance Day Events

Canadian Pacific Virtual live stream will be available. They are hosting an in-person private event to honour the 33000 CP employees that served. The public may take part virtually via their website www.cpr.ca

Field of Crosses will host a virtual ceremony. You can tune in by visiting.

www.fieldofcrosses.com

Military Museum will air their ceremony via CTV. A live stream will also be shared on their Facebook page..

Holidays : STAT Day November 11th

On Remembrance Day, Canadians pause to honor the men and women who have served and continue to serve Canada during times of war, conflict, and peace. More than 2,300,000 Canadians have served and more than 118,000 made the ultimate sacrifice. The poppy is the symbol of Remembrance Day.

CASS Psychological Health & Safety Committee Update

The CASS Psychological Health & Safety Committee (PH&S) participated in a strategic planning session on October 4, 2021. The objective of the strategic planning session was to find a clear direction for the committee and to brainstorm more ways the committee could support the Senior Leadership Team in strengthening our trauma-informed culture as an organization. Our committee takes a holistic approach to our work and defines trauma-informed care as fostering a community of connection, collaboration, individualized support and recovery. We discussed our next steps for developing our current workplace mental health strategies to help create a clear action plan. Over the next few months, the PH&S committee hopes to work with external resources to audit our current Trauma-Informed Care practices across all programs within CASS.

As we continue to forge through the global pandemic, we are all experiencing varying stages of stress. Over the last year, our Supervisors, Coordinators, and Directors have been more intentional about reaching out to all of us, but we also acknowledge that there is more work to be done. At CASS, we do an excellent job supporting the individuals we serve because they both challenge and inspire us. We know we can do an even better job supporting our staff. We look forward to collaborating with all CASS staff in the coming months and beyond to continue to make CASS a psychologically safe and supportive place for everyone.

At our meeting we also nominated two new co-chairs for the committee. We are excited to announce that Crystal Tite and Tenaya Price will be co-chairing the PH&S Committee going forward. Thank you to Mylaine Tsaprailis and Mickey Ferguson for your hard work and dedication in chairing the committee through the pandemic thus far!

If you have any questions or suggestions for our PH&S Committee, please email us at [**psych.hs@c-a-s-s.org**](mailto:psych.hs@c-a-s-s.org).

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 – expires every three years

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 a few days before the date you chose for review and discussions.

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 – 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 and certificate once the online and zoom discussions have been completed, and then will be responsible for completing the "physicals" once restrictions are lifted and dates and times are scheduled.

Staff TrainingContinued

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.

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 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

Now available 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, and 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

The course consists of Module 1 – Self-Directed about 2 hours and Modules 2 and 3 – Virtual Classroom time about 6 hours.

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