

The CASS Report



DECEMBER 2021

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Famous Birthdays

Britney Spears	Dec.2, 1981	Age 40	Hailee Steinfeld	Dec. 11, 1996	Age 25
Amanda Seyfried	Dec. 3, 1985	Age 36	Taylor Swift	Dec. 13, 1989	Age 32
Jay-Z	Dec. 4, 1969	Age 52	Vanessa Hudgens	Dec. 14, 1988	Age 33
Kim Basinger	Dec. 8, 1953	Age 68	Christina Aguilera	Dec.18, 1980	Age 41
Bobby Flay	Dec. 10, 1964	Age 57	Jordin Sparks	Dec. 22, 1989	Age 32

Season's Greetings Everyone,



May this holiday season bring an abundance of happiness and peace to you and your loved ones. We want to wish each of you a relaxing and joyful holiday season and best wishes for a healthy and prosperous New Year!



CASS Senior Leadership Team





Year End Review



1. One Word to Describe the Year
2. Best Thing You Did for Someone Else this Year
3. Favourite Movie of the Year
4. Most Embarrassing Moment of the Year
5. Time You Laughed the Hardest this Year
6. Biggest Lesson Learned
7. Most Memorable Moment/Day of the Year
8. Best Advice You Received this Year
9. An Achievement You are Proud of this Year
10. What or Who are you Most Thankful for



Send your answers to sarah.clark@c-a-s-s.org and we will post them in next months issue of the newsletter

Health and Safety



1. Walk flat footed and take short steps



2. Wear footwear that provides traction



3. Step down, not out from curbs



4. Use your arms for balance



5. Carry only what you can



Safe Winter Walking Tips

Do the "Penguin Walk" shown above to avoid slips this winter!

If you still lose your balance and start to trip, keep these tips in mind to reduce injury:

- 1. Roll with the fall. Avoid falling forward by twisting and rolling backwards.*
- 2. Relax as much as possible when you begin to fall.*
- 3. Toss whatever you are carrying. Protect yourself, not objects!*



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 – on-line - 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

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.

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!



Staff Training Continued



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 hour

CPI Training – expires every three years

December 2 or 16

There are three separate steps to completing your CPI Training

- 1) online training through CPI
- 2) zoom review and discussions with the instructor, and
- 3) a group session to practice the “physicals” part of the training



Please follow the instructions below to complete this training.

- I. Click on this link to register

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

Choose only one date.

Thursday, December 2

Thursday, December



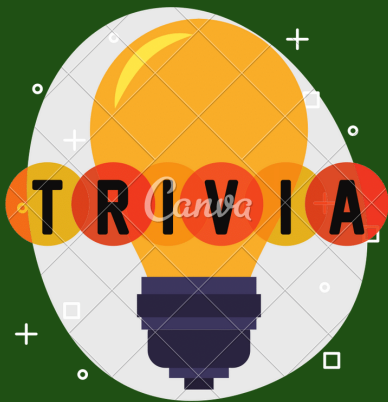
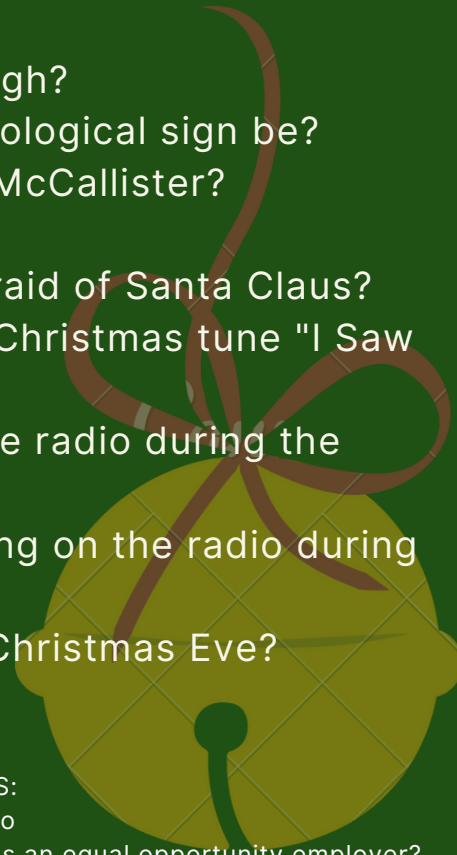
- II. You are required to complete the CASS Voluntary Payroll Deduction Form found on the website under Forms and Documents, and email it to reception@c-a-s-s.org

- III. You will receive an email / link from CPI about two weeks before your chosen date – you must complete the online work before your chosen date.

- IV. You will receive an email from the instructor, Sarah McMillen the week of your date, inviting you to attend a zoom meeting for review and discussions on the material you completed online with CPI.

- V. Due to ongoing COVID restrictions the “physicals” part of the training has been postponed indefinitely. Upon completing the online work and the zoom discussion staff will be issued their CPI certification card with the understanding they are responsible for completing the physicals as soon as restrictions are lifted and dates can be scheduled.

1. In what country did the Poinsetta originate?
2. How many female reindeer does Santa use to pull his sleigh?
3. If you were born on Christmas Day, what would your astrological sign be?
4. In the Home Alone holiday movies, who portrayed Kevin McCallister?
5. Who sang "Jingle Bell Rock"?
6. If you suffered from pogonophobia, why might you be afraid of Santa Claus?
7. What was the name of the 12 year old boy who sang the Christmas tune "I Saw Mommy Kissing Santa Claus"?
8. What is the most commonly played Christmas Song on the radio during the Christmas Season?
9. What is the second most commonly played Christmas Song on the radio during the Christmas Season?
10. Where do people traditionally roller skate to church on Christmas Eve?



ANSWERS:

- 1 - Mexico
- 2 - One, Vixen - always thought Santa was an equal opportunity employer?
- 3 - Capricorn
- 4 - Macaulay Culkin
- 5 - Bobby Helms
- 6 - Pogonophobia is the fear of beards.
- 7 - Jimmy Boyd
- 8 - Jingle Bells
- 9 - White Christmas
- 10 - Caracas, Venezuela

Holidays and Office Closures:

CHRISTMAS EVE FRIDAY DECEMBER 24TH
OFFICE CLOSED

MONDAY DECEMBER 27TH STAT DAY

TUESDAY DECEMBER 28TH OFFICE CLOSED

MONDAY JANUARY 3RD -STAT DAY

