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HAPPY ST. PATTY'S DAY! THE 'LUCK 'O THE IRISH TO YOU!



Color me!!!!



Goodluck to you

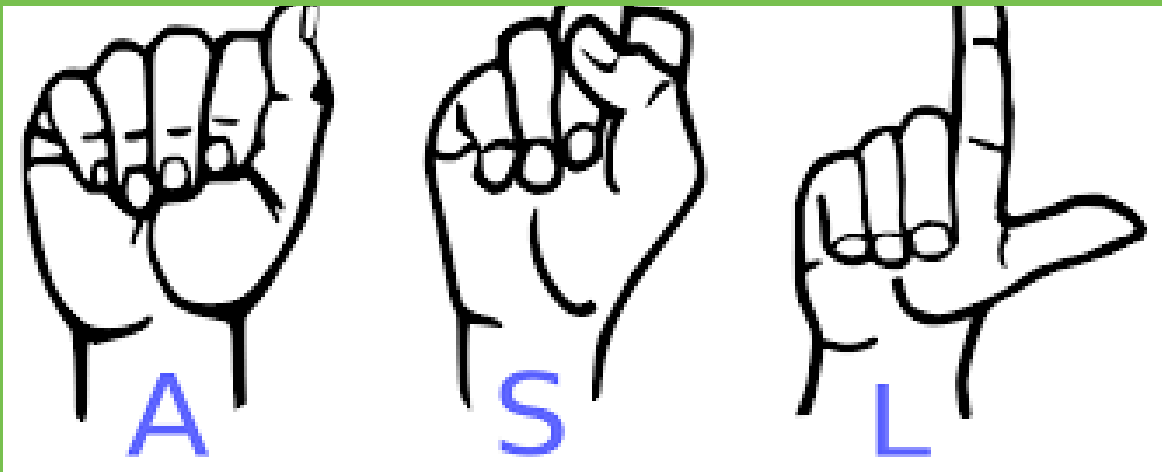
Deaf History Month

March 13-April 15

National Deaf History Month is recognized and celebrated every year from March 13th to April 15th to recognize the accomplishments of people who are deaf and hard of hearing

Ways of making the deaf and hard of hearing community feel at home with you !

- look at there face when you are talking to them. They may be able to read lips.
- Take a course on ASL
- Ask someone that knows ASL to sign to help you talk to someone that is deaf



M E N T A L



H E A L T H

Distress Centre Calgary (DCC) provides 24 hour crisis support, professional counselling, youth peer support and referrals through 211 and our programs at SORCe – all at no cost. For over 50 years, Distress Centre has served Calgary and Southern Alberta, ensuring everyone has a place to turn in times of crisis. We do not define crisis. We do not judge. Anyone can call us day or night.

Need help? Free. Confidential. Live Answer 24/7.

Call 2-1-1

Text INFO to 211

Chat with 211

Search for programs and services

If you're having an emergency, call 911.

Contact 211 for access to an entire network of community, social, health and government services. Your call, text or chat will be answered by a professional 211 Community Resource Specialist who is trained to assess your need and refer you to the most appropriate service or services. 211 is available across Alberta and is offered in over 170 languages over the phone.

Why would I contact 211?

I need food, shelter and/or transportation

I need financial support to help pay my utility bill, rent and/or damage deposit

I need to find mental health support

I need information on Government programs and phone numbers

I don't know where to go for Legal support

I want to volunteer for an organization

I want to make a donation of furniture and/or clothing

I am concerned about a friend or family member

I am looking for services for a client

Gain access to thousands of other services

Staff Training

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!

Thursday and Friday, May 12th and 13th

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

Talk to your supervisor about attending!

First Aid/CPR – First Aid/CPR – 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.

Two Emergency First Aid Level A classes (with CPR and AED) are being offered at CASS Friday, March 18th. Contact Melainie Hatt at firstaidhatt@gmail.com to register. Class size is limited.

Staff Training Continued

CPI Training – expires every three years

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.

March 10 or 24

April 7 or 21

May 5 or 19

June 2 or 16

II. You are required to complete the CASS Voluntary Payroll Deduction Form found on the website under Forms and Documents, and email it to

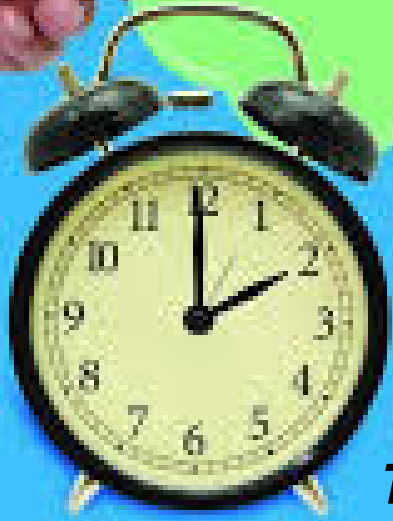
reception@c-a-s-s.org

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

SPRING FORWARD



Day light Saving time is Sunday March 13th

Tips for an Easy Time Change

Go to bed early Saturday night—and avoid the temptation to sleep in. “If you get up at your normal time on Sunday morning, it will make it easier to fall asleep at the correct clock time Sunday night. That way, you won’t lose another hour of sleep Sunday night and be even more sleep-deprived for work on Monday.

Expose yourself to bright light as early as possible. Even if the sun’s not up when you get out of bed, get out in the sun as soon as it is. That exposure to bright light will help nudge the body’s rhythm in the direction it needs to go.

Skip the afternoon latte. No coffee after 2 p.m. is a good general rule for better sleep, but it’s even more important while trying to adjust to the time change and thus getting to bed earlier.

As I am a guest to this land -
I would like to say (Hiyhiy) Thank you!



Myself and CASS would like to acknowledge that we are located on the homelands of Blackfoot Niitsitapi Siksika, Piikani, Kainai, Îyârhe , Tsuut'ina and Me'tis region 3 .