

APRIL 2022

THE CASS REPORT

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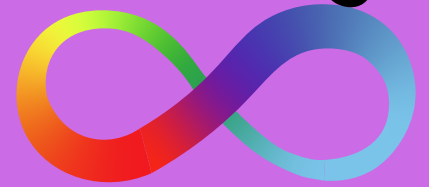


Color me!!!!



World Autism Awareness Day

APRIL 2ND!



The Sinneave family foundation is offering financial awards to autistic people ages 15+ who could use some financial assistance towards post-secondary education, employment, or independent living. Examples of what people have used the funding for in the past are: vehicle repairs, first aid instructor course, rental housing deposit, household items, therapy, and clothing for work. (I also wonder if they would fund laptops/ipads?) It looks like the award can be any amount up to \$1000. You can apply more than once to the award, to a maximum cumulative amount of \$1000.

The spring cycle deadline is March 31, 2022 and successful applicants will be notified via email before April 15, 2022.

The summer cycle deadline is June 30, 2022 and successful winter applicants will be notified via email before July 15, 2022.

You can get more information, and the form to apply at:
<https://redcap.sinneavefoundation.org/redcap/surveys/?s=4R9HWHWT7HKW48DW>

Eligibility: The Directors Award recipient must be 15 years of age or older, identify as on the autism spectrum and be a resident of Alberta. Please review the Directors Award Policies prior to applying. The recipient or their parent/legal guardian will be asked to provide their social insurance number for the T4A and sign a release of liability and waiver before the Directors Award can be issued.

Hello from Psych Health & Safety Committee!



Our pets can be a great source of comfort, stability, and love in our life, but they can also cause huge amounts of stress as well. Usually this stress comes in the shape of a hairball or chewed up remotes, but it also can come in shape of vet and food bills for your furry buddy. This month we are going to provide some support resources for you and your pet. A sick pet is a tough thing to go through, because they can't tell you what is wrong it often means a trip to the vet. Then comes the dreaded vet bill, and you have to weigh your options. It hurts to think that you may not be able to help your pet feel better because you need to be able to afford rent or food. Tails of Help (<https://tailsofhelp.ca/>) offers help to cover costs for life threatening vet care. Tails of Help is accessed directly through your veterinarian.

Another option to help alleviate the burden of vet bills is pet insurance. This type of insurance has become more popular recently, and the rates are becoming more competitive. There are many options on the market, and many of them offer discounts to alumni of various schools, Costco members, and other corporate memberships. While it does not completely remove the extra cost, pet insurance lessens the financial hit of a pet's medical emergency to the point where your financial stability is less likely to be put at significant risk.

In our last newsletter contribution, we talked about food insecurity, and that can extend to food insecurity for your pets as well. AARCS (<https://aarcs.ca/assistance-programs/>) offers a Pet Food Program that can be accessed by families four times a year if all animals in the home are spayed and/or neutered. Parachutes for Pets (<https://www.parachutesforpets.com/pantry/>) offers many supports for pet owners, but most recently they opened a Pet Pantry that provides owners with pet food and other supplies.

Perhaps your pet is fed and healthy, but you encounter a personal emergency or crisis and you are unable to care for them for a period of time. Pet boarding and pet sitter prices can often be steep, and may not be feasible. Calgary Humane Society (<https://www.calgaryhumane.ca/what-we-do/emergency-boarding-services/emergency-boarding/>) offers aid around this with their emergency boarding program that can be accessed for up to ten days while you take the time you need to deal with your emergency. We hope that these resources can help with some peace of mind so that you can enjoy being curled with your perfect pet pal!

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.

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.

******The online portion of the CPI Training must be completed by the Monday before the zoom review and discussions, held on the Thursday of that week (your course date). This way the instructor can be sure enough people have completed the online to justify the zoom portion of the class.***

I. Click on this link to register

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

Choose only one date.

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.

IT'S TAX SEASON!

But do not fret - here are some easy ways to get them done on time.

File My Return: Phone in to file taxes

Many of our clients have a low, fixed income, and life situation that does not change from year to year. They may be eligible to simply file their 2020 taxes by answering a few short questions through an automated phone service. The File My Return option is secure, free, and impressively easy to use. Letters inviting people to file their taxes through File My Return have already started showing up in the mail. Filing taxes through File My Return can be done from the comfort of home, and does not involve filling out paper forms or calculations. Starting in late February, eligible individuals can call 1-800-959-1110 to access File My Return Program. People unsure of their eligibility can still call the File My Return number. If the individual is not eligible, the automated call will simply not go any further in the process. It's a very quick and easy process.

File My Return Phone Number: 1-800-959-1110

More information about File My Return can be found at the Canada Revenue Agency website or phone number (1-800-959-8281)

<https://www.canada.ca/en/revenue-agency/campaigns/file-my-return.html>

Community Volunteer Income Tax Program (CVITP) in the Calgary Community
People can get their tax returns done for free at many CVITP clinics around Calgary.

The different styles of tax clinics can be by appointment, first come-first served, and drop off envelope package style. Follow the link to find a free CVITP tax clinic nearby that suits the needs of your clients. <https://www.canada.ca/en/revenue-agency/services/tax/individuals/community-volunteer-income-tax-program.html>

For example, the Sunrise Community Centre CVITP clinic is an excellent place to connect with. <https://www.sunriselink.org/taxation-benefits>



Email pen pal !!!!

Hello the name is Sam, and I am looking to start an email pen pal . I am a very open book! My interests are tattoos, crocheting, LGBTQ2+, helping others, talking it out, and Indigenous history and rights.



*If you are also looking for a pen pal please send an email to....
penpalsam@outlook.com*

STAT Holidays

April 15th-Good Friday is a Stat holiday

April 18th - The office is closed