

*This Issue:*

- Red dress day
- We are moving!
- Training
- Above and Beyond and Holidays

Attention Everyone

Have you ever gotten a text warning you that your account has been compromised? Or that you're getting a refund on your taxes (just click here!)? These are usually signs of text message (SMS) phishing scams, also known as smishing. While using your phone to connect with friends and family might be second nature to you, it also presents unique cyber security challenges.

Below is more information on how to spot when you are being scammed and how you can protect yourself.

PHISHING

Phishing is a common tactic cyber criminals use to trick you into sending money or giving up sensitive information. Phishing messages are typically sent by email or text (also known as smishing).

WHAT DOES PHISHING LOOK LIKE?

Phishing and smishing messages are made to look like they've come from real companies. Some signs to look out for are:

- Asking you to **validate your account** information by clicking a link.
- Informing you that **there's a "problem" with your account** that can be resolved by clicking a link.
- **Threatening you with action** (such as closing your account or taking legal action) if you don't respond immediately.

DID YOU KNOW?

6.4 BILLION PHISHING EMAILS ARE SENT EACH DAY¹.

- **1 in 10 Canadians** have unknowingly replied to a phishing email²
- Phishing is the third most commonly reported scam in Canada³
- **29 per cent** of Canadians are most concerned about phishing scams⁴

HOW YOU CAN PROTECT YOURSELF

Be aware and be skeptical. If you receive an email that seems suspicious, here are some things you can do to defend yourself:

- **Verify that it's legitimate** by calling the company or service provider.
- **Don't click any links** or give up any personal information.
- **Check the email address** for suspicious spelling or characters.
- **Look for inconsistencies** like pixelated logos or misspellings.
- **Verify the hyperlink** behind the link's text or button by hovering over the text
- **Take a moment to analyze the situation** before doing anything rash.



¹Valimail, 2018 Email Fraud Landscape, 2018

²Public Safety Canada, Survey of Internet Users Regarding Cyber Security, EKOS Research Associates, 2018

³Canadian Anti-Fraud Centre, Fraud Prevention Toolkit, 2020

⁴Communications Security Establishment, Survey of Internet Users Regarding Cyber Security, EKOS Research Associates 2020 (when Complete)



RED DRESS DAY

May 05 2022

What is Red Dress Day ?

It is a time for everyone to help missing and murdered Indigenous women and two-Spirited people. Let me take you on a little trip: We start our trip in British Columbia, on the number one highway that goes all the way through Canada. Indigenous people call this the highway of Tears because the Indigenous and two spirit people were, and still are, going missing or even worse, murdered. The count of 4,000 of missing and murdered Indigenous women and two spirited people.

Go to www.mmiwg-ffada.ca/ for more information.

Will you wear red?

I know I will be, and proud of it

Out with the old and in with the new – We are moving!!!!

Greetings CASS Staff,

For those who have stopped by the office recently, you may have noticed that our signage has been removed from the front of the building and a large waste bin is in our parking lot. We are very excited to announce that the CASS main office will be relocating on Friday, June 3rd, 2022 to the Radisson Centre located at:

- Suite 310, 525 - 28th Street SE, Calgary, AB. T2A 6W9

Our office numbers will remain the same at 403-283-0611 (phone) and 403-283-0691 (fax).

Some of the new property highlights include many retail amenities and the Franklin LRT Station within walking distance. Our prominent location is on the corner of Memorial Drive and 28th Street SE.

We appreciate your patience and understanding as we move through this transition over the next couple of months. Please feel free to contact us if you have any further questions or concerns.



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 linda.mcnaull@c-a-s-s.org - she 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.

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.

Above and beyond Nominations

If you would like to nominate a CASS staff member for going Above & Beyond, please send an email to recognition@c-a-s-s.org with the name of the person being nominated and a brief description of the reason for the nomination.

STAT HOLIDAYS

May 23th -Victoria Day is a Stat Holiday