




# AUGUST 2022

*The Cass report*

*This Issue:*

- 
- Above and Beyond
  - Health & Safety
  - Staff Training
  - Stampeders ticket draw



**August 1st is an  
Office closure**

*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](mailto:recognition@c-a-s-s.org) with the name of the person being nominated and a brief description of the reason for the nomination.

# Health and Safety



## City of Calgary outdoor pools

- [Bowview Outdoor Pool](#) - 1910 6 Ave. N.W.
- [Forest Lawn Outdoor Pool](#) - 1706 39 St. S.E. reopening in 2020. [Learn more.](#)
- [Millican-Ogden Outdoor Pool](#) - 69 Ave. & 20A St. S.E.
- [Mount Pleasant Outdoor Pool](#) - 2310 6 St. N.W.
- [Silver Springs Outdoor Pool](#) - Silverridge Cl. & Silverridge Dr. N.W.
- [South Calgary Outdoor Pool](#) - 3130 16 St. S.W.
- [Stanley Park Outdoor Pool](#) - 4011 1A St. S.W.

Tips to Beat the  
**Summer Heat**  
[www.gigglesgalore.net](http://www.gigglesgalore.net)



**Stay Hydrated**  
Drink water frequently on hot summer days.



**BE COOL**

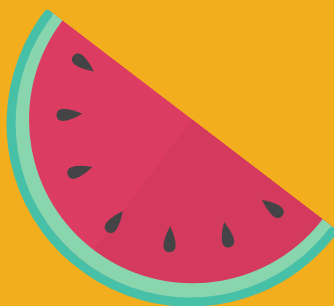
Stay indoors & use a programmable thermostat to help keep you and your home cool.

**Eat Fresh**  
Try eating cold foods, grilling outdoors & avoid using the oven.



Enjoy a  
Dip in the  
**POOL**

**Treat Yourself to a Cool Treat**  
Stock your freezer with Popsicles, ice cream and frozen fruit to enjoy when you are feeling a little too hot.



# Staff Training

Check out the CASS Website – 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

Please 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 to register for OFL. No expiration.

Challenging Behaviours – Part II – on the CASS Website - No expiration

**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

Click on this link to register

Choose only one date. Thursdays;

**August 18**

**September 8 or 22**

**October 6 or 20**

**November 3 or 17**

**December 1**

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

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 chosen date.

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. A time for the physicals will be determined during the zoom meeting, as long as Covid restrictions allow for that.

**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.

**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:

Mental Health First Aid – now available in a Standard (Virtual) Format!

Watch for new dates coming this fall!

**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.

# Staff Training

## Physical part of CPI training

Hello everyone!

Dates and times for the physical portion of your CPI training have been scheduled and will be held at the old office - 2335 - 30th Avenue NE

Dates and times include . . .

Thursday, August 18th at 1 pm and 2:30 pm

Thursday, September 8th at 1 pm and 2:30 pm

More dates will be added soon - watch your emails - please let your staff know.

Please follow this link to register:

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

If you would like free tickets to watch the Calgary Stampeders

Call the office to put your name in the draw!



***Saturday, August 13 - 5 pm - BC Lions (Legacy Night)***

***Monday, September 5 - 2:30 pm - Edmonton Elks - Staff Only draw (Labour Day Classic)***

***Saturday, September 17 - 5 pm - BC Lions (Day of the Dinos)***

***Saturday, October 1 - 5 pm - Toronto Argonauts (Celebration of Women in Football)***

***Friday, October 14 - 7:30 pm - Hamilton Tiger Cats (Light Up the Night Fireworks)***

***Saturday, October 29 - 6 pm - Saskatchewan Roughriders (Fan Appreciation Night)***