

HELLO

September

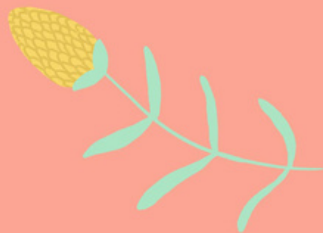
THE CASS REPORT

2022

## SEPTEMBER HOLIDAYS

September 5th is a Stat day

**LABOUR DAY**



"You are enough  
just as you are."

—MEGHAN MARKLE

RS

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# **FREE STAMPEDERS TICKET DRAW!**

**We just wanted to offer a quick reminder to staff to sign up  
for the Labour Day Classic Stamps game.  
This is the draw for staff only.**

**Call or email CASS reception to get your name into the draw!  
[reception@c-a-s-s.org](mailto:reception@c-a-s-s.org) / 403.283.0611**

**Good luck!**

**Also, just a reminder to CASS Clients - there are still plenty of games left in the  
season to enter for - September 17, October 1, October 14 and October 29.**

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# HEALTH AND SAFETY

## Stay home if you're sick

If you're sick, stay home and keep sick children home from school or daycare except to receive medical care. Don't go to work or public areas and avoid using public transportation, ride-sharing.

## Avoid touching your face

The average person touches their face three to five times a minute. If you have germs on your hands and you rub your eye or touch your nose, you're potentially placing those germs in contact with your throat, lungs, and sinuses. Don't give germs the opportunity to infiltrate your body by keeping your hands away from your face. It may take some practice and self-awareness, but it'll be worth it.

Clean and disinfect frequently touched objects and surfaces  
Viruses can live on the surfaces we touch and use regularly. Clean and disinfect frequently touched objects and surfaces everyday like cell phones, tablets, computers, tables, countertops, light switches, doorknobs, and cabinet handles. If someone is sick in your household, you should clean and disinfect multiple times a day to prevent the spread of virus

## Wash your hands

Wash your hands frequently with soap and warm water. Even if your hands don't look or feel dirty, washing them frequently for at least 20 seconds helps remove any germs or viruses you may have been exposed to during the day. Remember to wash:

- Before eating
- After using the bathroom
- Before touching your eyes, nose, or mouth
- After blowing your nose or sneezing
- When you touch objects and surfaces near where someone has been ill
- Before holding a baby
- Before and after changing wound dressings or bandages
- When your hands look or feel dirty



# STAFF TRAINING

Check out the CASS Website – [www.c-a-s-s.org](http://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](mailto:training@c-a-s-s.org)

Please let your coordinator know your training days so schedules can be altered to accommodate your client.

Abuse Awareness Training – on the CASS Website - 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](mailto: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](mailto: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](mailto:linda.mcnaull@c-a-s-s.org) – to arrange a time for the practicum.

Health and Safety – on the CASS Website – no expiration

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>

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.

CPI Training – expires every three years  
There are three separate steps to completing your CPI Training  
1) online training with 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 for the course -  
<https://calendly.com/sarah-mcmillen-cpi/cpi-training>

Choose only one date. Thursdays;

**September 8 or 22**

**October 6 or 20**

**November 3 or 17**

**December 1**



# FALL PROGRAMS

## Supportive Lifestyles Personal Development Classes

Emotional Regulation–Mondays

Speak Up–Tuesdays

Sex Ed and Healthy Relationships– Wednesdays

BUDS–Thursdays

Nutrition–Fridays

For more information go to this  
link

<https://www.supportedlifestyles.com/client/personal-development-classes.html>

