

THE CASS NEWSLETTER

OCTOBER

Greetings CASS Staff,

We are pleased to announce that effective Monday, October 3, 2022, CASS will be fully returning to normal operations. This will include the resumption of on-site workshops, art classes, gatherings, in-person committee meetings, etc.

While we are lifting the remaining access restrictions at the CASS Main Office, COVID-19 is still a threat and appropriate precautions are still warranted. All staff are strongly encouraged to get whatever COVID-19 vaccines they are eligible for including the new bivalent vaccines that were made available to Albertans on September 21st.

To book your vaccination please go to the following website:

<https://www.albertahealthservices.ca/topics/Page17295.aspx>

If you have any questions or concerns, please do not hesitate to send us an email at slt@c-a-s-s.org.

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TIPS FOR CELL PHONE SAFETY

Keep your phone and tablet up to date

Always update your device when prompted or turn on automatic updates if available. Learn more about software updates.

Be careful with Bluetooth

Bluetooth technology links nearby devices. Remember to always turn off Bluetooth when you're not using it so that hackers cannot detect your device and attempt to pair with it. Learn more about Bluetooth.

Don't use text messages to send personal or sensitive information.
Never open attachments from unknown or untrusted sources.
Never click the links or call phone numbers in suspicious messages — even if they say they're from your bank or mobile provider.

Watch out for untrustworthy apps

Avoid downloading apps developed by companies that provide little to no information about their organization. A reputable company should provide contact details, a website address, or email information. Only download apps from trusted sources, like the App Store or Google Play. But remember, even trusted sources may host apps with less than stellar security features. When in doubt, do an internet search to learn more about an app's security features or read published reviews to see what other users have to say.

Before installing an app, make sure to review the permissions. Use your common sense to check if its functionality lines up with the permissions it's requesting. When possible, only enable the permissions you're comfortable with.

Connect Carefully

Using Wi-Fi to save on your monthly data is a good idea — if you're careful. Public and unsecured private Wi-Fi networks can be a perfect opportunity for hackers to access your mobile device.

If you have to use public Wi-Fi, make sure it's a network you know and trust, and never use it to do banking or to access sensitive information. Learn more about safe public Wi-Fi use.

Lock your devices

The more we use our mobile devices, the more data we store on them. These days, losing your phone can result in identity theft or financial disaster. Threat actors can also use your device to infect the devices of everyone in your contact list.

Using a lock screen password and enabling biometric security features, like a fingerprint scan, if they're available can prevent criminals from accessing anything stored on your device if you lose it. Enable auto-lock so it always locks after a short period of time.

STAFF TRAINING

WELCOME TO ALL NEW CASS STAFF!

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 - 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](#).

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>

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...

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.

Thursdays unless otherwise specified

October 6
October 20
November 3
November 17
December 1

- 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 the Monday before your chosen 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. You will register to attend the “physicals” portion of the training - go to this link -

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

FALL DAYS AT CALGARY FARM YARD

Final day is OCT. 30

Fall memories begin at the Farmyard, and we are proud to have grown into one of Calgary's Premier Fall destinations.

A Fall trip to the Farmyard is an annual tradition for many families and friends. In addition to enjoying hours of fun on the farm, pumpkins are on display for photos and for purchase.

ABOUT FALL DAYS

- \$20.95+gst per person ages 3+ if tickets purchased online, or \$25.95+gst at the farmgate. Ticket sales at the gate will only be permitted if we have not reached capacity. Ages 2 and under are free.
- Admission includes access to the entire farm (see below) with the exception of the Paintball Gallery and Gemstone Mining.
- Pumpkins for photo ops and for purchase are available each day while supplies last.
- Guests who purchase tickets for after 3:30 pm on Fall Days on Fridays/Saturdays may also remain on the farm for our evening Harvest Lights events.

PUMPKIN INFO

- We pride ourselves in our Pumpkins!
- *Pumpkin prices vary depending on variety and size. A typical carving pumpkin is approx. \$5.*
- Pumpkins cannot handle freezing temperatures. That is why we keep our pumpkins stored indoors at night and during cold weather. Pumpkins grown in Southern Alberta are picked in September, binned, and put into storage before the cold nighttime weather sets in. If stored properly in a cool and dry place, pumpkins will keep for up to 3 months.

We want to hear from you!



Would you like to be highlighted in our "good news story?" If so, send us a story along with a picture.

sarah.clark@c-a-s-s.org