

The CASS Report

CALGARY ALTERNATIVE SUPPORT SERVICES NEWSLETTER



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Welcome!

Welcome to the November edition of The CASS Report!

November carries a quiet depth — crisp mornings, golden light, and the calm before winter's stillness. It's a month that invites gratitude and grounding, a time to slow down, take stock, and appreciate how far you've come. As the year edges toward its close, November encourages reflection and renewal — to honor what's worked, release what hasn't, and prepare space for what's next. This is the moment to move with intention, gather warmth, and finish the year rooted in purpose.



CASS Client Advisory Council

When: November 5, 2025

Time: 11:00am

Where: CASS Main Office

Hosted by: Melanie Gilbert-Chiu

Meet up with people!

Enjoy lunch together!

Talk about CASS programs and community news!

Questions? Call or email Melanie at cac@c-a-s-s.org or (403) 283-0611 ext. 511. We can't wait to see you there!





Crisis Prevention Institution (CPI)

Nonviolent Crisis Intervention Training

When: November 2025 Time: 9:00am- 3:30pm

Where: CASS Office Board Room Facilitated by: Darvin & Shawna

CPI Concept Review:

Forms of Communication. We can categorize communication into three forms: Verbal communication, paraverbal communication, and nonverbal communication. How does a person show Anxiety using the different forms of communication? When a person is at Anxiety, our response as staff is to be Supportive by being empathic and nonjudgmental. Every person is different and what we offer to support one person will not always be the right approach for another. The person's age, cognitive functioning culture, gender identity, and previous life experiences, including any trauma, are all factors you need to consider when you use the different forms of communication.

Identifying Behaviors at the Anxiety Level



How does a person show anxiety using the different forms of communication (verbal, paraverbal, and non-verbal)?





What: CASS Dinner Club Where: Boston Pizza When: November 5, 2025

RSVP: November 4, 2025

The CASS Dinner Club has been one of the most successful programs to date. On the first Wednesday of every month a group of clients go out for dinner at a different restaurant.

Please note that reservations are a must. The restaurant will not accommodate larger numbers than are reserved for.

RSVP to the dinner club at dinner-club@c-a-s-s.org or call 403-283-0611





Wellness Corner

As the year winds down and the air grows crisp, November invites us to slow down, find balance, and nurture our well-being. Before the holiday rush begins, take a few moments each day to care for yourself and stay centered. Here are three simple ways to support your wellness this month:

- 1. Ground and Reflect Use the quieter energy of November to pause and check in. A short walk, a few deep breaths, or jotting down what you're grateful for can help you reset and refocus.
- **2. Warm Up Your Workspace** Bring a little cozy comfort to your day. Think a mug of tea, soft textures, or a touch of seasonal décor to make your space feel grounded and inviting.
- **3. Protect Your Energy** With year-end goals and gatherings approaching, it's easy to overextend. Take mindful breaks, set boundaries, and give yourself permission to recharge.

Pro Tip: Just as the season shifts and nature rests, allow yourself to slow down too. Restoration is productive—make space for it.

Why we Remember Remembrance Day...

Remembrance Day is a time to pause, reflect, and honor the courage and sacrifice of those who have served in times of war, conflict, and peacekeeping. It reminds us that the freedoms and opportunities we enjoy today were hardwon, and that gratitude and reflection are vital acts of remembrance. By taking a moment of silence on November 11, we not only pay tribute to the past but also reaffirm our commitment to peace, unity, and a better future for all.



Important Dates: Remembrance Day - Tuesday, November 11 Black Friday - Friday, November 28

We want to hear from



Newsletter Contributions

Share your stories, updates, and ideas with us by sending your contributions to the email above. Your content could be featured in our next newsletter issue! Don't miss the chance to be part of our community's conversation.

Please send your contribution ideas to newsletter@c-a-s-s.org.











In Memory of Our Friend and Colleague, Cal Schuler

We are deeply saddened to share that our colleague, mentor, and dear friend Cal Schuler has passed away in Calgary.

Cal was an integral part of our Agency and the CAES team. His lived experience and passion for inclusion helped strengthen workplace accessibility and supported many individuals with disabilities in pursuing meaningful employment.

Beyond his work with CAES, Cal was a powerful voice for disability rights in Alberta. He served on the Board of Spinal Cord Injury Alberta, where he was recognized as an active leader at both local and provincial levels. He also founded Spectra Alternative Solutions, delivering disability awareness training and advocating for barrier-free community participation.

In 2022, Cal received the City of Calgary Advisory Committee on Accessibility – Advocacy Award, celebrating his long-standing commitment to improving accessibility in our city.

Cal's advocacy extended to public speaking, writing, and collaborating to improve policy. He shared personal reflections on disability and inclusion and presented at events such as the deamWORX Conference, speaking on Bill C-81 and the future of accessible workplaces.

The Premier's Council on the Status of Persons with Disabilities recognized him as "a man of vision, commitment and connection," acknowledging his decades of work.

Cal will be remembered for his warmth, humour, and unwavering dedication to creating a more inclusive world. His legacy lives on in the many lives he touched and the positive change he championed.

We extend our heartfelt condolences to his family, friends, and all who were fortunate to know him.

Memorial details will be shared when available.



















CUDO to our very own Yules Chan for writing his first book!



About the book:

The Brilliant Move by Yules Chan invites readers to redefine what success truly means. This career coaching guide and self-guided journal took three years to plan, develop, and bring to life. It blends reflection and strategy through the Harmony Framework of Discipline, Pleasure, Peace, and Purpose to help you design a career that feels authentic, aligned, and fulfilling. Because success isn't about climbing the ladder, it's about creating a life and career that reflects who you are.

You can learn more at www.brilliantperson.ca





Follow Me

Advice with some spice

In honour of Financial Literacy Month:

Advice with Spice: Let's Talk Money

November is Financial Literacy Month, so let's get cozy and talk about everyone's favourite awkward topic: money!

(Yes... that thing we pretend we understand while Googling "what is interest??" at 2 AM.)

How to get started and get ahead of your MONEY!

How to get started and get ahead of your MONEY!

1) Know Your Numbers, create a budget

Before you budget, figure out where your money is going.

Track all your purchases for at least a month. At the end of the month, tally everything up and see where you spent.

Categorize your money in a way that is easy and readable:

Suggested: Household Budget could have 5 categories

I like to use an Excel spreadsheet, but honestly, use whatever works best for you!

- 1. Income- record all your income here!
- 2. Savings- RRSP, RESP, TFSA, regular savings account- it all goes here!
- 3. Housing- include expenses such as: Rent/ Mortgage, Utilities, cable, streaming services-basically anything that has to do with living inside your dwelling.
- 4. Transportation: Bus pass, Gas, car payment, car insurance, oil change, and any maintenance-basically anything to do with traveling around
- 5. Life- Things like groceries, eating out, any entertainment, vacationing, self-care, clothes, and gifts- basically anything to do with life!
 - 6. Debts: Any credit cards, loans, or payments go here! (If your budget is good enough, you're basically your own sugar daddy.)





November is Financial Literacy Month!

This November marks the 15th anniversary of Financial Literacy Month in Canada. Led by the Financial Consumer Agency of Canada (FCAC). This year's theme, "Talk Money," builds on the momentum of last year's campaign to help break the silence around personal finances.

Get ahead of your finances (in time for the holiday season) with the GOC budget planner found here:

https://itools-ioutils.fcac-acfc.gc.ca/BP-PB/budget-planner

Find out your Financial knowledge with this short quiz: https://itools-ioutils.fcac-acfc.gc.ca/FLSAT-OAELF/star-comm-eng.aspx



What's the difference between RRSP & TFSA?

RRSP VS TFSA Quick Comparison

Feature	RRSP	TFSA
Tax break on contribution?	✓ Yes	X No
Tax to withdraw?	✓ Yes	× No
Best for	Retirement	Any goal
Contribution room	Based on income	Annual limit (same for everyone)
Withdraw anytime?	× Not ideal	✓ Yes
Affects benefits (GIS)	✓ Yes	X No

RRSP: Best for Retirement and High Income Earners who want Tax deductions

TFSA: Flexible for different non-retirement goals- no tax paid on deposit or withdrawal



Relief Community Support Workers

for our RESIDENTIAL & DAY OPTIONS PROGRAMS

for more information visit www.c-a-s-s.org/careers/

INTERNATIONAL DAY OF PERSONS WITH DISABILITIES X

VECOVA

(dis)AB

December 10, 2025 | 11am-5pm

@ Kahanoff Centre

Raffle

All proceeds from the Raffle go to next year's Art Show & continuing art programs @ Vecova

Cash Only

Proceeds go directly to the artist

Door Prizes

Door Prize Entry with donation to Vecova's Art programs

Drop-in Craft

join us between 11 and 4 to make an ornament to take home

Thank you to our Sponsors:





