

THE CASS REPORT

Community Newsletter

June 2026,
Issue 13



A NOTE FROM OUR COMMUNITY

"In summer, the song sings itself."
– William Carlos Williams

IMPORTANT DATES

National Accessibility Awareness Week (NAAW): May 31 - June 6
National Safety Month: All of June
National Indigenous History Month
National Indigenous Peoples Day Sunday, June 21, 2026
Pride Month!

FIND THE SWIRL CONTEST

Somewhere in this newsletter, we've hidden the CASS swirl logo!

Think Where's Waldo? style.
Find it, send it to us, and you'll be entered to win our monthly prize!

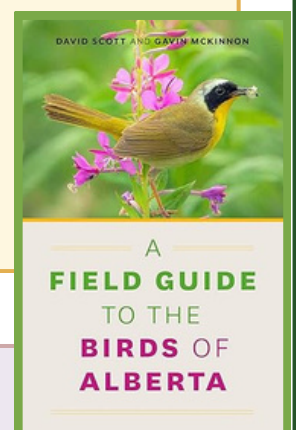


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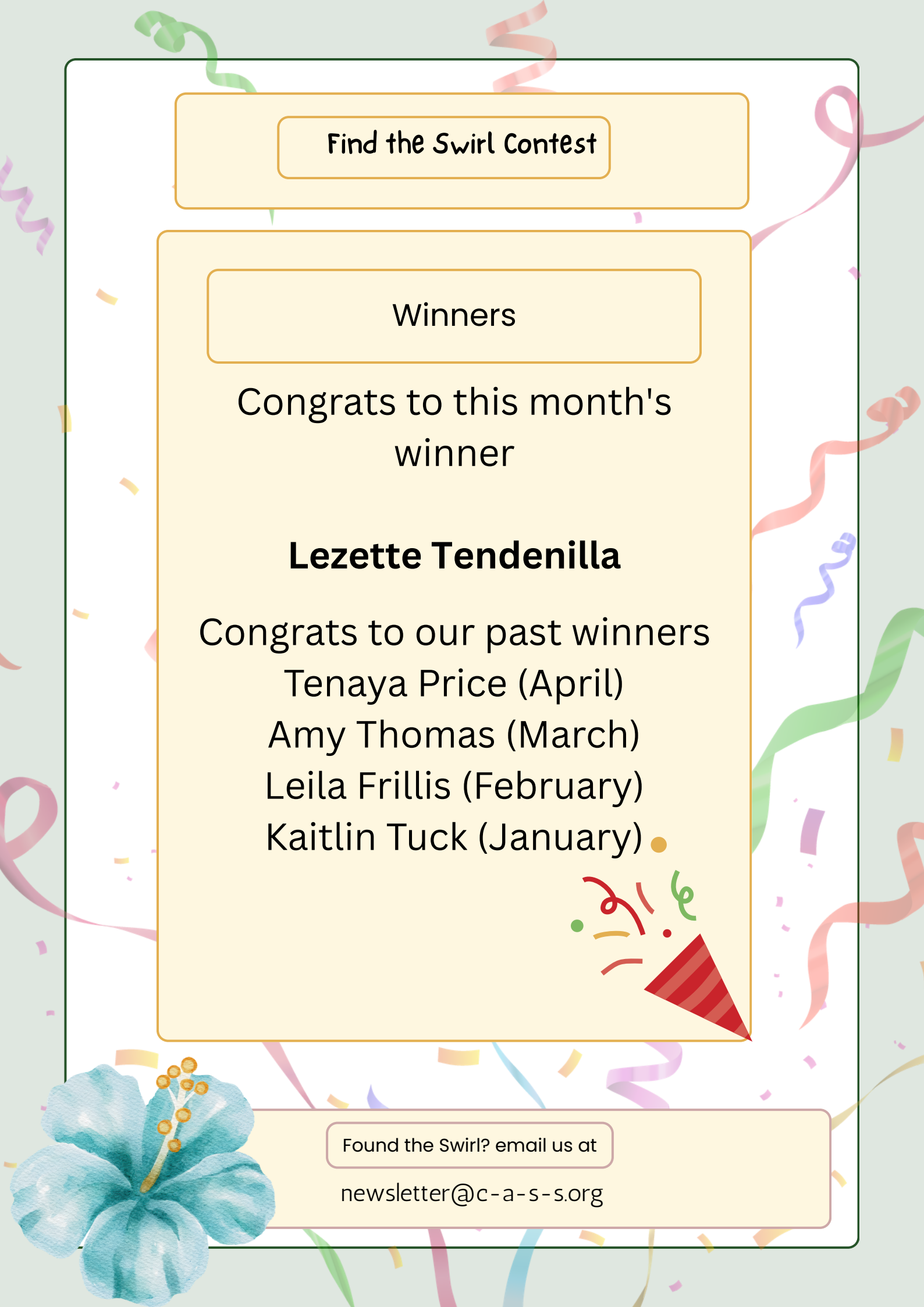
BOOK SUGGESTIONS

A Field Guide to the
Birds of Alberta
by David R. Scott &
Gavin McKinnon



COMMUNITY CONTACTS

newsletter@c-a-s-s.org



Find the Swirl Contest

Winners

Congrats to this month's
winner

Lezette Tendenilla

Congrats to our past winners

Tenaya Price (April)

Amy Thomas (March)

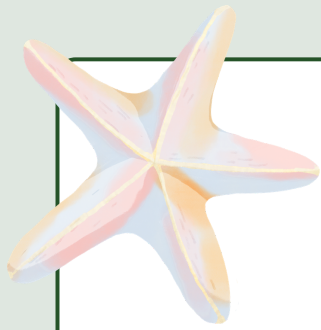
Leila Frillis (February)

Kaitlin Tuck (January) ●



Found the Swirl? email us at

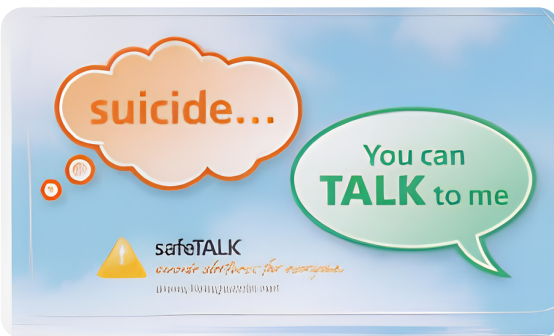
newsletter@c-a-s-s.org



**Mental Health
First Aid**

Thursday, June 11, 2026
9:00 am - 4:00 pm

CANCELLED



Tuesday, July 3, 2026
9:00 am - 1:00 pm



Tuesday, July 7, 2026
9:00 am - 3:30 pm

For more info or to register email:

reception@c-a-s-s.org





CASS CLIENT ADVISORY COUNCIL

**Wednesday, June 17, 2026
11:00 a.m.**

**CASS Main Office #310, 525-28th Street SE
Boardroom**

Meet new people!

Have lunch together!

Talk about CASS programs and community news!

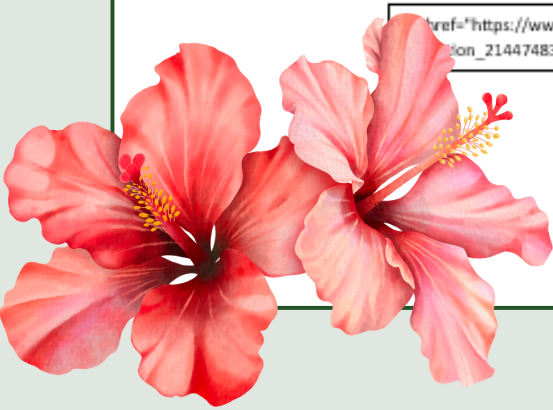
No pre-registration required.

Questions? Call or email Melanie (403) 283-0611 Ext. 511 or

cac@c-a-s-s.org



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ion_21447483.htm#fromView=search&page=1&position=46&uclid=4b46669e-d566-4bb2-9bf0-



Workers Have 4 Basic Health and Safety Rights

WHAT ARE YOUR RIGHTS?

Updated April 2022

1 Right to Know

Your employer must tell you about your health and safety rights. They must identify hazards at work, and give you the training, instruction, supervision and equipment you need to work safely.

2 Right to Participate

You have the right to be involved in your own health and safety, and your co-workers' health and safety. This can include becoming the Health and Safety Representative (HS Rep) at your workplace, or a member of your joint worksite Health and Safety Committee (HSC).

3 Right to Refuse Dangerous Work

You have the right to refuse work you believe poses a serious and immediate threat (undue hazard) to yourself or others.

4 Right to Be Free from Reprisal

You can't be disciplined or punished for using your workplace rights. If you are, you have the right to file a Disciplinary Action Complaint (DAC) through Alberta's OHS Contact Centre (see below). If you belong to a union, you can file a complaint through your union's grievance procedure.

Most workers in Alberta are covered under Alberta's Occupational Health and Safety Act, Regulation and Code.

Some workers are Federally regulated, and their Health and Safety rights are covered under the Canada Labour Code Part II.

Workers belonging to a union may have additional Health and Safety protection under their Collective Bargaining Agreement.

Unsure of your rights or how they work?

You can contact the Alberta Government's **Occupational Health and Safety (OHS) Contact Centre**.

Tel. 780-415-8690 (Edmonton) or Toll Free 1-866-415-8690

You may phone the OHS Contact Centre at any time.
Your call can be confidential.

Exposure to workplace hazards is preventable, and it is the employer's responsibility to ensure a safe and healthy workplace.

Workers have a responsibility to follow the health and safety rules, to not cause or participate in harassment, bullying or violence, and to report unsafe work conditions.



ALBERTA WORKERS' HEALTH CENTRE

Information, Education and Empowerment for Workers

Phone: 780-486-9009

Toll-Free: 1-888-729-4879

www.workershealthcentre.ca

CUPE



THE CONTENTS OF THIS
FACT SHEET ARE FOR
INFORMATION PURPOSES ONLY.
NOT INTENDED AS LEGAL ADVICE.



CASS HEALTH & SAFETY

INCIDENT HAZARD NEAR MISS

WHAT IS AN INCIDENT?



Any unplanned event resulting in injury, ill health, damage or any other loss. Something occurred that did result in injury/illness and/or damage. (Slip on ice, shark attack)

SAFETY OFFICER ON DUTY!

Did you know that when you are hurt on the job, have a near miss or discover a hazard, your CASS Safety officer (& Supervisor) needs to know about it.

WHAT IS A HAZARD?

Anything with the potential to cause harm to a person, property, equipment or other. Key difference between a Hazard and a Near Miss is potential for something to occur, and something unplanned occurring for a Near Miss (The ice in the parking lot, the shark)

Email reports to:
safety@c-a-s-s.org

WHAT IS A NEAR MISS?

An unplanned event happening, that does not result in an injury/illness or damage but had potential to do so. Something has occurred that did not result in injury/illness or damage but could have. The key is that something happened. (skid across the ice, Shark swimming by)

RECAP

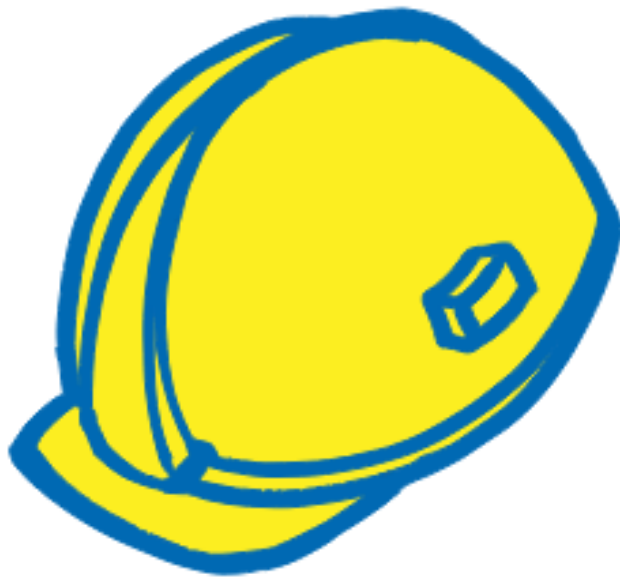
- Incident: something did occur, and harm was caused.
- Hazard: something could occur.
- Near Miss: something did occur, but there was no harm caused.

To complicate things further, if there is a strong possibility that an individual may have suffered psychological harm, it would be re-classified as an incident as harm had occurred.



Being a Mindful Employee: Protection of Physical Safety

What can *you* do?



Ensure that management is made aware of any hazards.

We can all contribute to positive psychological health and safety.

June is National Safety Month!



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Calgary Alternative Support Services, Inc.
525 28 St SE Suite 310, Calgary, AB T2A 6M9

HAPPY + Pride + MONTH!

Celebrate Love, Embrace Diversity, and Stand Proud Together.
Because everyone deserves to be seen, heard, respected, and
loved—exactly as they are.





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525 28 St SE Suite 310, Calgary, AB T2A 6M9



NATIONAL INDIGENOUS PEOPLE MONTH

NATIONAL INDIGENOUS HISTORY MONTH



Throughout June, we recognize National Indigenous History Month and celebrate the rich histories, cultures, traditions, and contributions of First Nations, Inuit, and Métis Peoples. This month provides an opportunity to learn from Indigenous voices, reflect on our shared history, and strengthen our commitment to respect, reconciliation, and meaningful inclusion.

Did you know?

National Indigenous Peoples Day is celebrated annually on June 21, the summer solstice, a day of cultural significance for many Indigenous communities.

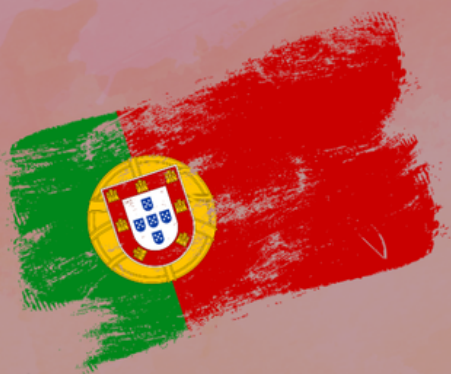




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525 28 St SE Suite 310, Calgary, AB T2A 6M9

Celebrating Diversity, Honouring Heritage

Heritage Month reminds us of the importance of preserving cultural traditions, sharing stories, and appreciating the diverse perspectives that make our communities stronger and more connected.



Portuguese Heritage Month

Filipino Heritage Month



Italian Heritage Month



CASS IS HIRING



Calgary Alternative Support Services, Inc.
525 28 St SE Suite 310, Calgary, AB T2A 6M9

We're
Hiring!

RELIEF ★ PART-TIME ★ FULL-TIME

Community Support Workers



APPLY ONLINE TODAY AT
WWW.C-A-S-S.ORG/CAREERS/



REFER A FRIEND



Calgary Alternative Support Services, Inc.
525 28 St SE Suite 310, Calgary, AB T2A 6M9

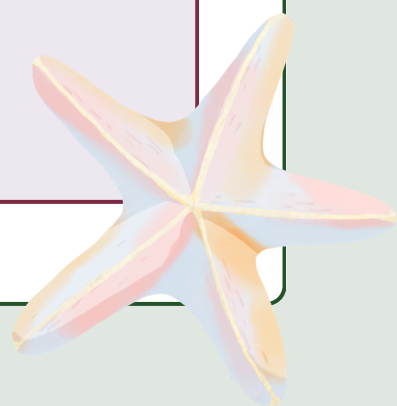
REFER A FRIEND!

**CASS IS OFFERING A \$750.00 REFERRAL BONUS FOR
CURRENT STAFF WHO REFER A FRIEND TO WORK AT CASS.**

The catch?

- Anybody employed or contracted by CASS (excluding members of the CASS Senior Leadership Team) is eligible to receive a referral bonus.
- Your referral must indicate that you referred them during the hiring process.
- Your referral has to be hired as a non-relief employee, or contracted as a Support Home Provider or Supportive Neighbour.
- Both you and your referral must maintain full/part-time employment or a contract for six continuous months from the time of hire before you receive the referral bonus.
- If your referral is first hired into a relief position and later moves into a non-relief position, you will receive the referral bonus once your referral has maintained six continuous months in the non-relief role.

Please forward your referrals to jobs@c-a-s-s.org and be sure to have your referrals mention your name in the cover letter and during the hiring process!



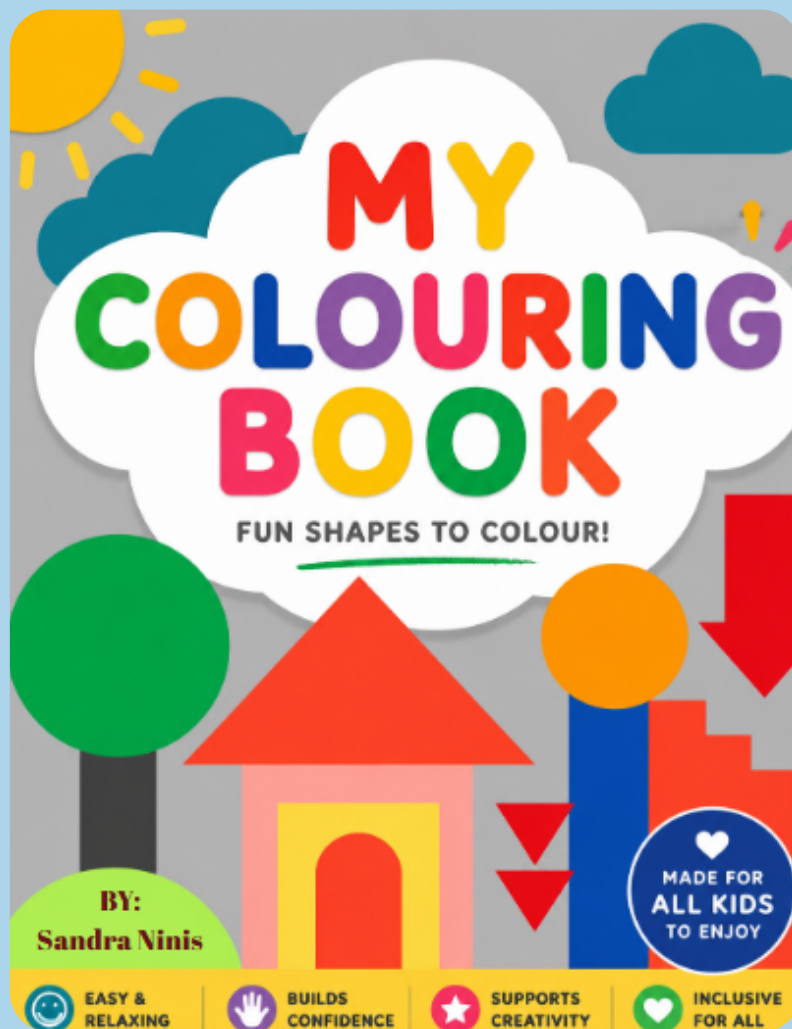
What is a CASS-Prenuer?



A CASS-Prenuer is someone who works for or is supported by CASS and also has a side hustle.

Or, perhaps, you have a passion or hobby and want to share far and wide (well, as far and wide as the CASS Community that is)

Email us your side-hustle or hobby, and we will publish it in the next edition!



Got some wisdom to share, want some wisdom? email us

newsletter@c-a-s-s.org

Sudoku

EASY DIFFICULTY

2	5		6		3	1		4
3		6			4		8	2
4	1	9	8	5	2	7	6	3
5	6		3			8	4	1
	8	4		6	5	9	3	
	9			8	1		2	5
8	2			3		4		
9		7		2		3		6
	3		7	4	9	2	1	8

1		7		6	5	9		3
3	9	2				4		
5	4	6	9	2		8	7	
4	6	3	2	1		7	5	8
9	2		7		8	6	3	
		5	6	3		2	1	9
6	3	9						
7		4	3	9			8	2
	1	8	5	4	7	3	9	

MEDIUM DIFFICULTY

				4			9	
	7			5		4		3
3	4	2					1	8
5	2	3	4		6	1		7
	1	8		2	3	9	6	
			7	1		2		5
9	8	7			5	6		2
					7		5	
		5		6		8	7	9

HARD DIFFICULTY

		4				2	8	
3		9			8			
						3		5
			1	4	7			9
5	9				2			
		1						
								3

