

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

- **June 1-7:** Parachute Safe Kids Week, emphasizing the prevention of serious injuries to children.
- **June 3:** Clean Air Day, promoting sustainable transportation and healthy environments.
- **June 6:** National Health and Fitness Day, encouraging Canadians to stay active and healthy.

INSIDE THIS ISSUE

- Find the Swirl Contest
- Training (CPI, ST & MHFA)
- Client Advisory Council Meeting
- Workers rights
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- CASS-Prenuers
- CASS is hiring!
- Refer a Friend
- Suduko

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!



BOOK SUGGESTIONS

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



A
FIELD GUIDE
TO THE
BIRDS OF
ALBERTA

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)

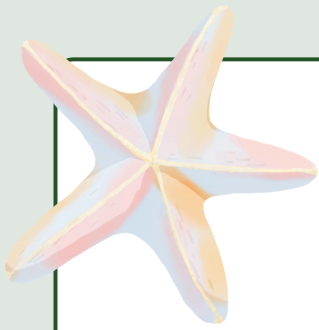
Kaitlin Tuck (January) ●



Found the Swirl? email us at

newsletter@c-a-s-s.org

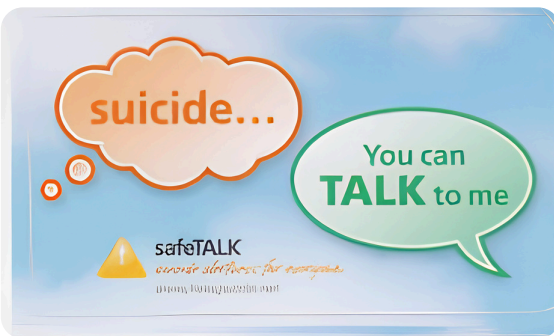




**Mental Health
First Aid**

Thursday, June 11, 2026

9:00 am- 4:00 pm



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!

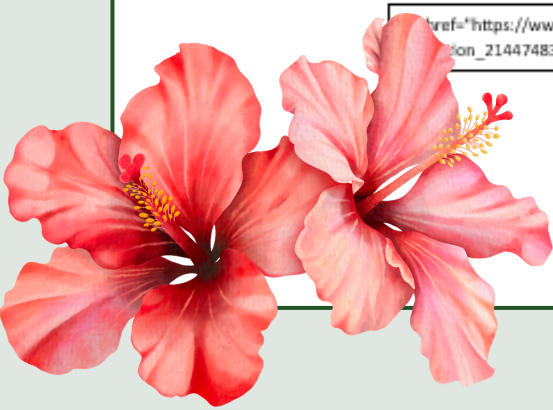
No pre-registration required.

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.

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.

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.



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

CASS IS HIRING



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



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

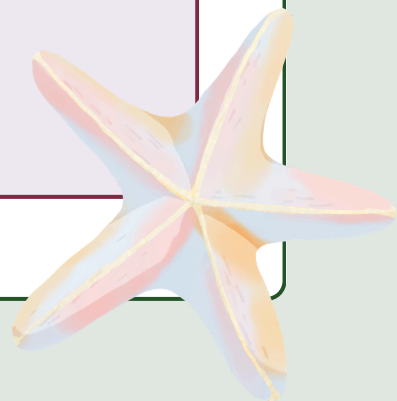
REFER A FRIEND!

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!



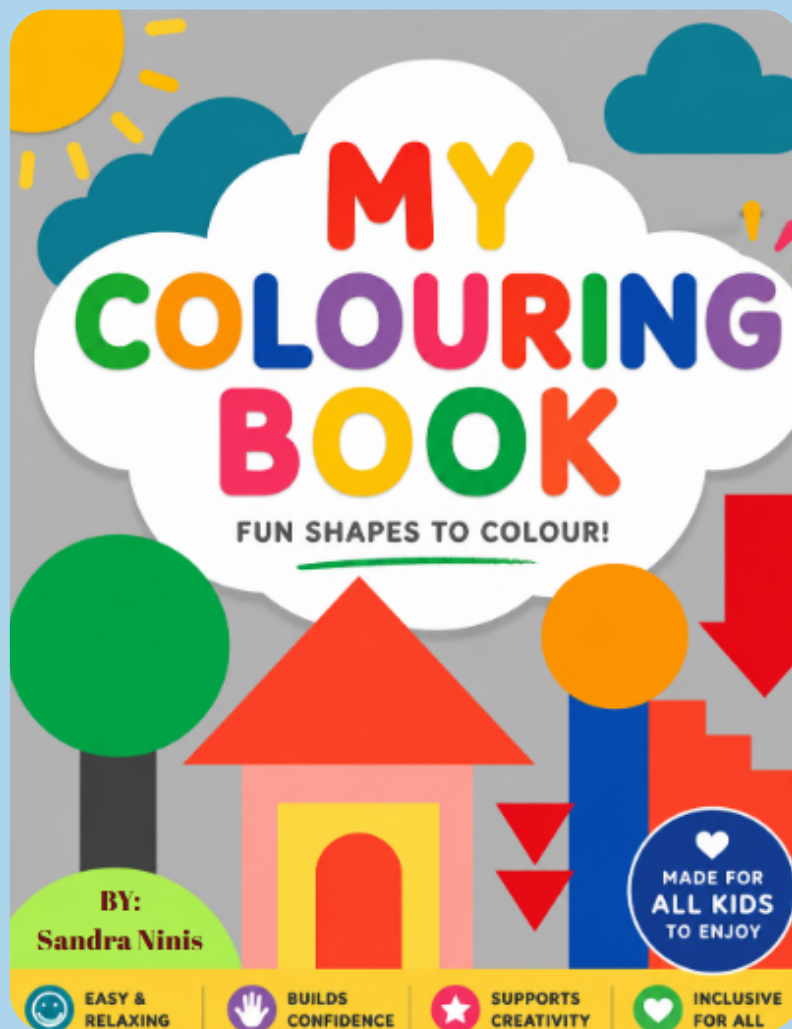
What is a CASS-Prenuer?



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

