



The CASS Report

Community Newsletter

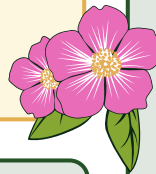
August 2026,
Issue 15

A Note from Our Community

You Can't Add Days to Your Life, But You Can Add Life to Your Days – By Stef Caldwell

Important dates

August is Alberta
Multiculturalism Celebration
Month!



August events

- Monday August 3- Heritage Day
- Monday August 10- 16- Local Food Week
- Saturday August 15 & Sunday, August 16- Open Farm Days (use link below for more info)

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 @ newsletter@c-a-s-s.org, and you'll be entered to win our monthly prize!



Contest Winner

Congrats to July's winner:

Valeria Valias



Open Farm Days

CASS

Dinner Club

Wednesday August 5

6:00pm (please don't arrive
earlier than 5:45pm)

Big T's BBQ

2138 Crowchild Trail NW

RSVP to:

dinner-club@c-a-s-s.org



Training Information



**Mental Health
First Aid**

Wednesday

September 23, 2026

9:00 am- 4:00 pm

suicide...

You can
TALK to me



safeTALK

senior advice for everyone
www.safetalk.org

Dates coming soon!



Tuesday, September 15,
2026

9:00 am- 3:30 pm

For more info or to register email:

reception@c-a-s-s.org



New online Health & Safety Suggestion Box!

**Better together
Safety and Wellness Ideas for a Safer Workplace
We value your input!**

**If you have any suggestions you would like to share,
please submit them using the form below.**

**Your suggestions are completely anonymous and you
only need to share the information you are comfortable
with.**

Use the QR Code or go to
<https://www.c-a-s-s.org/suggestions/>



Being a Mindful Employee: Civility & Respect

What can you do?

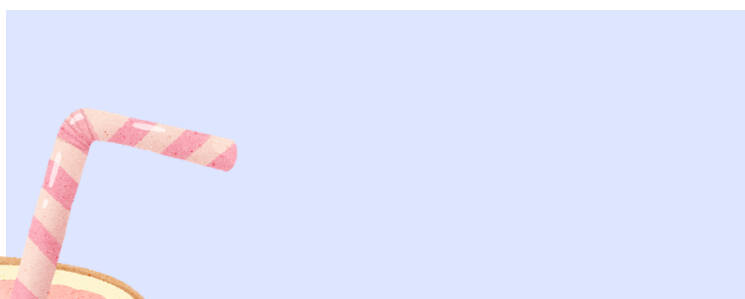


Show esteem,
care and
consideration.

Respect the
perspective of
others.

Acknowledge
each person's
dignity.

We can all contribute to positive
psychological health and safety.



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



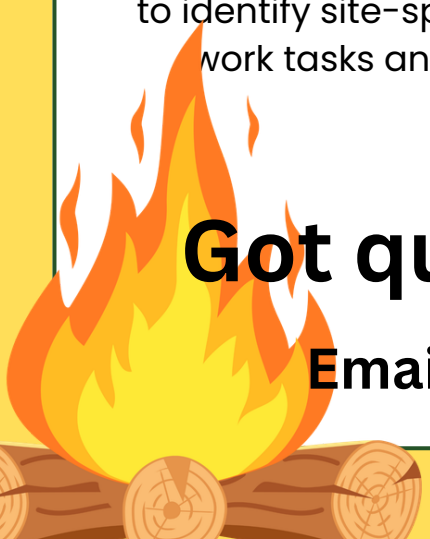


Did you know that, to help ensure workplace hazards are recognized and appropriate hazard controls are implemented, a hazard identification, assessment, and control process is used at CASS? It is the foundation of our OHS program and is intended to help protect the health and safety of both our staff and clients.

Some elements of the CASS Hazard identification system
Formal Hazard Assessment – A formal process is used to identify and assess the following to make recommendations for additional controls:

- Job activities at the work level.
- Health and safety hazards associated with the work process.
- Existing risks and controls.
- Hierarchy of Controls – the four types of controls are referred to as the hierarchy of controls. The hierarchy of controls includes:
 - Elimination or substitution.
 - Engineering.
 - Administrative; and
 - Personal Protective Equipment (PPE).

Site-Specific Hazard Assessment – A site-specific hazard assessment is used to identify, assess, and control hazards for new or non-routine tasks or for work performed off-site. The purpose of the assessment is to identify site-specific or situation-specific hazards associated with work tasks and to identify controls to prevent injuries or illness.

A stylized illustration of a campfire with bright orange and yellow flames rising from several logs. The logs are brown with visible wood grain.

Got questions about safety?

Email Gary at: safety@c-a-s-s.org



Watch for Fraudulent First Aid Certificates

Service providers are reporting more fraudulent or invalid first aid certificates. It is critical that service providers check first aid certification to ensure it comes from an approved training agency to meet Creating Excellence Together (CET) standards. Although some approved first aid courses feature a mix of online and in-person learning, none of them are online-only courses. Anyone selling a first aid course that is exclusively online is not legitimate. Please read the message below from Alberta OHS.

Alberta OHS has recently identified an increase in instances of fraudulent or invalid first aid certificates. Providing workplace first aid that meets Alberta OHS requirements is a legal responsibility and designated first aiders must be trained through an Alberta OHS approved workplace first aid training agency.

Employers are encouraged to review the OHS training scams and high-pressure sales tactics bulletin to help identify misleading or fraudulent training offers and to ensure workers' certifications are valid and meet Alberta OHS requirements.

For more information on approved training agencies, verifying certificates, additional supporting resources or to apply for approval to teach workplace first aid courses in Alberta, see the latest list of approved first aid training agencies and Alberta's first aid training website. (Source: ACDS - Alberta Council of Disability Services)



The City of Calgary and GreenShield expand access to essential medications for people facing barriers to care

A new pilot partnership between The City of Calgary's Fair Entry program and GreenShield will improve access to essential prescription medications for Calgarians facing barriers to care.

Through the partnership, eligible Fair Entry clients can be referred to GreenShield's Essential Medicines program (EMP), which provides no-cost access to select essential prescription medications for up to 12 months. The program helps people who do not have prescription drug coverage get the medicines they need to manage their well-being, with continuity and reliability.

GreenShield is Canada's only national non-profit health care and insurance organization. As a non-profit without shareholders, GreenShield reinvests its excess earnings to advance health equity through social impact initiatives like the Essential Medicines program. Fair Entry is The City's single access point to multiple subsidy programs, with eligibility based on income, residency and, in some cases, age. By combining Fair Entry eligibility with GreenShield's existing EMP, the partnership reduces barriers to access while supporting more seamless care.

This pilot partnership aligns with Fair Entry's mandate to reduce red tape and improve access by connecting Calgarians living with low income to critical services through a centralized intake. Fair Entry clients who meet program criteria can be connected directly to GreenShield's Essential Medicines program.

Fair Entry launched in 2015 and enables eligible Calgarians to access multiple City and partner subsidy programs through one application. Approvals are based on income, residency and applicable program criteria, and are valid for a 12-month period. There are currently 130,000 Calgarians approved for Fair Entry.

More information is available at calgary.ca/FairEntry. (Source: [The City of Calgary Newsroom](#))





Employee Recognition Program Q2 Winner

It is a great pleasure to announce that CASS' Program Manager Shawna Yalte is the winner of our Employee Recognition Program prize draw for the 2nd quarter of 2026!

Shawna was nominated by Yules Chan, who wrote the following regarding their nomination :

"I would like to nominate Shawna Yalte for going above and beyond with the CAES program by taking on the ACDS as a speaker, engaging employers with presentations, taking on Sarah's role as the Assistant Coordinator, intakes, and most importantly, spearheading the CASS Newsletter committee by increasing overall engagement by 500% compared to previous years.

**Shawna definitely deserves a shout-out and being entered into the draw!
Best regards,"**

Congratulations, Shawna, and keep up the great work! 🎉



If you would like to nominate a CASS staff member for the Employee Recognition Program, please send an email to recognition@c-a-s-s.org with the name of the person being nominated and a brief description of the reason for the nomination. Please send one nomination per email.

With great gratitude for our dedicated and skilled staff!



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

WE ARE HIRING!

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!



Nichola McTeer is a coach for an all-abilities cheer team with Renegade Cheer

This program is for individuals aged 8-30 living with a disability and interested in cheerleading

There are 3-4 competitions a year, as well as a home competition at the gym.

If you or someone you know is interested, please visit <https://www.renegadecheer.com/cheer-abilities>



RENEGADE CHEER



Book Suggestion

Under the Whispering Door by TJ Klune



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!



We Love Hearing from the CASS Community!

Whether you're a client or staff member with a great idea to share, we'd love to hear from you. The CASS Report is all about showcasing what matters to our community – so send us your side hustles, gardening tips, brain-teasing puzzles, favourite local events, or even upcoming festivals.

If you'd like to contribute to the next issue of the CASS Report, please send your submissions by **August 25, 2026**.

 Email your ideas to: newsletter@c-a-s-s.org

