



INSIDE THIS ISSUE

Page

1	Famous Birthdays My Voice, My Choice
2	Dinner Club Health & Safety
3	CET Standards 2/14
4	Training Holiday Closures

CASS Advisory Forum

Come join the CASS Advisory Forum, which meets at the CASS office every second Wednesday from 3 – 4pm. The Advisory Forum want to be self-advocates to change and help people with disabilities be noticed by connecting the community and volunteer organizations. Please feel free to join the Forum on the follow days in 2020:

- Wednesday January 8
- Wednesday January 22
- Wednesday February 5
- Wednesday February 19
- Wednesday March 4
- Wednesday March 18
- Wednesday April 9
- Wednesday April 29
- Wednesday May 13
- Wednesday May 27

Please contact David Jaffray if you have any further questions
david.jaffray@c-a-s-s.org.

FAMOUS★ BIRTHDAYS

Kenny Loggins	Jan. 7, 1948	Age 72
Liam Hemsworth	Jan. 13, 1990	Age 30
Betty White	Jan. 17, 1922	Age 98
Alicia Keys	Jan. 25, 1981	Age 39
Oprah Winfrey	Jan. 29, 1954	Age 66
Phil Collins	Jan. 30, 1951	Age 69

We want to hear from YOU!

Send us your submissions for next month's issue to

sarah.clark@c-a-s-s.org, or drop off at Reception – Attention

Sarah Clark

CASS DINNER CLUB

Seats reserved for those who RSVP to the dinner club line 403-283-0611 or email dinner-club@c-a-s-s.org by noon on
Tuesday, January 7, 2020

South Centre Mall

Food Court

January 8, 2020

Arrive no earlier than 5:45 please

If you are going to attend you MUST RSVP!!!

If you have any questions, comments or suggestions for the dinner club please feel free to call the dinner club line or email us.

HEALTH & SAFETY

Ways to Beat the Winter Blues!

1. **Get out of the house** - We spend much more time inside during the winter. Not only is all that sitting unhealthy, but it's isolating and not mentally stimulating to spend many hours in your own house or apartment. A simple change of scenery can change your perspective on things. Be sure you get out every day no matter if it's for a walk around the block, or to a new restaurant, or to an appointment.
2. **Laugh** - There's a reason that videos of giggling babies and dancing goats are so popular! They make us feel better by quickly shifting our focus onto something fun, hopeful, and uplifting.
3. **Put on your favorite playlist** - Music has a huge impact on our emotional state. Music has a way of getting into your soul. Jam out to whatever kind of music you like. It doesn't have to be "happy" or "uplifting" music to be therapeutic.
4. **Spend time with your pets** - If you have a pet, you already know that pets can be both fun and calming. When you're feeling down, spend some extra time petting your cat or playing catch with your dog.
5. **Move your body** - One minute of gentle stretching or jumping jacks is enough to refocus your brain, get your blood flowing, and add some new energy to your languishing mood.
6. **Buddy up** - Most things in life are more fun when done with a friend. So, seize the opportunity to connect with a buddy.
7. **Turn on more lights** - Light therapy is a non-invasive treatment often used for Seasonal Affective Disorder that involves sitting in front of bright lights. Even if you don't have SAD, simply turning on extra lights in your house or office can help improve your mood. It's not a coincidence that we associate darkness with depression. The days really are dark this time of year, so brighten up your space and your mood by letting in natural sunlight when possible and turning on the lights.

Every 3 years CASS goes through an accreditation called CET, which stands for Creating Excellence Together. Accreditation program is the recognized benchmark in the Community Disability Services sector. CET addresses aspects of life that are important to Albertans with developmental disabilities who need to access quality services. **Below is one example of the standards: Stay tuned for more standards as we will be publishing a new one each month leading up to our accreditation May 5 – May 7, 2020.**

STANDARDS 2/14

CHOICES AND DECISION MAKING

About these Standards

These standards are about

- the individual's opportunities to make decisions in "everyday" matters, such as
 - what to wear
 - what and when to eat
 - how to spend their free time
 - what traditions or cultural or religious activities they want to participate in
 - whether to work or volunteer

- the support given to individuals to make everyday decisions.

Individuals who are not able to express their likes, dislikes, needs and wishes verbally can usually express them in other ways, such as through their facial expressions, gestures or other behaviour.

Service providers can assist individuals to develop decision-making skills and experience success by providing

- meaningful options to choose from
- clear, concrete and balanced information about each option, whether they are daily options or occasional options
- emotional support, education and advice
- opportunities to apply, develop or exercise their decision-making skills in various aspects of daily living
- opportunities to directly experience their preferred options
- opportunities to pursue choices that may involve an element of risk
- discretion for, direction on, advice around and, possibly, alternative suggestions for decisions that could jeopardize the health and safety of the individuals or others

For example, individuals who wish to use public transportation need to know which bus to take and the route's schedule. Individuals will also need support if things go wrong.

Standard 2: *Individuals make decisions about everyday matters*

Quality of Life Level 1 Indicators

1. The individual makes known her wants, needs, likes and dislikes in regard to everyday matters
2. The individual chooses what activities and events to participate in on a day-to-day basis
3. The individual receives balanced information about the possible outcomes (i.e., positive or negative impact) of their options so they can make informed decisions about everyday matters
4. The individual makes decisions about everyday matters
5. The individual experiences the outcomes of daily decisions
6. The individual
 - a) Chooses and uses the possessions they need on a day-by-day basis
 - b) Has control over their day-by-day spending

Standard 14: *Individuals are supported to make decisions about everyday matters*

Quality of Service Level 1 Indicators

1. Staff take into consideration the individual's wants, needs, likes and dislikes as they relate to everyday matters
2. Staff assist the individual to choose activities and events they want to participate in on a day-by-day basis
3. Staff give the individual balanced information about various options with the goal of helping them make informed decisions about everyday matters
4. Staff assist the individual to make decisions about everyday matters
5. Staff assist the individual to experience the outcomes of daily decisions
6. Staff assist the individual to
 - a) Choose and use the possession they need on a day-by-day basis
 - b) Maintain control over their day-by-day spending

Staff Training

CPI Training – Thursday and Friday, January 16 – 9-3:30 and January 17 – 9 – 12:30

Monday and Tuesday, February 24 – 9 - 3:30 and February 25 – 9 – 12:30

There is a \$20 fee for this course, payable with cash or cheque the first morning of the course, or sign off on a payroll deduction with the instructor. Participants are asked to wear comfortable clothing and shoes and to please bring water and snacks for the days.

The training room is a **NO PERFUME Zone** – for the comfort of all the participants.

Abuse Awareness Training – Wednesday, January 22 – 6 – 8 pm

Tuesday, February 18 – 2 – 4 pm

Wednesday, March 18 – 6 – 8 pm

Thursday, April 23 – 2 – 4 pm

Wednesday, May 20 – 6 – 8 pm

Tuesday, June 23 – 2 – 4 pm

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 CPL.

Challenging Behaviours – Part 2

Tuesdays at 1:30 pm, January 14, February 11, March 24, April 21, May 12, June 16

Staff **MUST** complete the two Open Future Learning modules **BEFORE** registering for this class.

Medication Administration – If you need Med Admin for your position with CASS, email Thomas at thomas.brosh@c-a-s-s.org

Health and Safety – This course is available on line – go to the website, LOG IN, go to staff resources>training>Health and Safety.

First Aid/CPR – First Aid/CPR – Staff that need 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>

Also, ACDS offers first aid training for staff.

Mental Health First Aid

Tuesday and Wednesday, February 25 and 26, 2020

Stop, Look and Listen!

Over spending during the holiday season is common and often results in New Year’s Resolutions that involve saving money, spending more wisely, and avoiding impulse purchases. Our Money Matters Program is offering pocket cards that help with impulse buying.

If you are about to spend money on impulse, ask yourself and answer:

- Do I WANT or NEED THIS?
- Am I buying this ONLY because it’s on sale?
- Would I buy this if I had if I had to pay cash?
- Am I buying because I’m upset or feeling down?
- Tomorrow, will I be happy I bought this?
- If I charge this to my credit card, will I be able to pay it off at the end of the month?
- How else can I make myself feel better NOW?

These cards are available at the office – be sure and get yours to keep in your wallet to help deter those impulses!



Wednesday, January 1, 2020 – New Years Day