

ICE PAGE

Making it Happen! - Support Social Inclusion

ECAT

Employee & Client
Assistance Team
403-819-0583

Phones do not accept
text messages. Staff
need to call ECAT.

What's inside this issue:

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Time Sheet Hand-In

AUGUST 15TH 2022
FOR ALL SHIFTS
WORKED BETWEEN
AUGUST 1ST AND
AUGUST 15TH.

AUGUST 30TH 2022
FOR ALL SHIFTS
WORKED BETWEEN
AUGUST 16TH AND
AUGUST 31ST.

UPCOMING

HEALTH AND
SAFETY MEETING
Aug 10th/Sept 7th,
2022 at 10:00 AM.

RPAC MEETING
Aug 9th/Sept 6th,
2022 at 10:30 AM.

ON SPOTLIGHT

JOHN H

John H. has been with ICE in Grand Prairie since 2005. He is a very social person who loves to interact with members of the community. John enjoys eating lunch at local parks and museums with staff where he can appreciate the scenery.

One of John's favorite places to visit is the public library where he looks for people who are willing to participate in conversations with him. John is supported by staff to make healthy community connections. John loves his model car collection and often carries one around with him.

John also likes to spend time at the local shopping centers people watching and talking to people. He is never at a loss for interesting topics to talk about.

After attending a work skills training program through Employabilities, John has recently started a new job at St. Louis Bar and Grill as a dishwasher and general kitchen clean-up. John was very happy to return to work after the COVID-19 restrictions were lifted.

John thoroughly enjoys the time he gets to spend with his sister and family. Together, they do a variety of outdoor activities such as quadding and camping. John also has family close to his home with whom he visits as often as he is able. This summer, John plans to travel with his family to Kelowna to attend a family reunion and a wedding. Safe travels John!



RODNEY

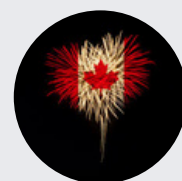
Rodney started with ICE Grand Prairie as a support worker in 2007. During his time with ICE, Rodney has held numerous positions and worked with a variety of clients. Rodney's compassion for others enables him to provide genuine support to the individuals he works with. Currently, Rodney is assisting John to attend community activities and community areas such as parks, museums, and the library. Rodney continues to keep his clients safe by following policies and procedures that are in place for ICE employees and clients.



ICE HAS CANADA LIFE RSP PLAN!

Refer to Policy 3.14.18 CANADALIFE RSP if you are eligible, ICE will match your contributions! To sign up, please contact Independent Counselling Enterprises at: 780-453-9664. For more information about Canada Life: <https://my.canadalife.com/sign-in> CANADA LIFE Helpdesk: 1-800-724-3402

ICE WILL BE CLOSED ON
AUGUST 1, 2022, CIVIC DAY



Please direct all calls to the
Employee Client Assistance Team
for that day.
403.819.0583

ICE THANK YOU CARD INCENTIVE WINNERS



Nora De Leon and Jessy Adekunle Babs received thank you cards for picking up additional shifts and extending their shifts. You are both awesome!



Anu Tomsly and Lucille Walters received thank you cards for helping out at the program and picking up additional shifts. Congratulations!

Monalisa C received a thank you card for accepting an additional hour on short notice.

Peter S received a thank you card for displaying flexibility and extending their shift on short notice.

Lucille W received a thank you card for working an additional shift.

Genesis N received a thank you card for being understanding about a scheduling mix-up.

Victor A received a thank you card for assisting individuals with moving and settling in their new home.

Elise R received a thank you card for resuming a shift early.

Tanya D received a thank you card for covering a shift on their day off.

Gladys M received a thank you card for covering an additional shift, after working earlier that day.

Mamatha M received a thank you card for taking on additional shifts last minute.

Jacques B received a thank you card for going above and beyond to provide extra care to the individuals supported.

8th Ave home received a thank you card for having a spotless home with no follow-up required, as noticed by the auditor when a random inspection was completed.

Diane S received a thank you card for assisting the individual supported to achieve their goals by providing ideas.

Albert Park home received a thank you card for having a clean and healthy home, as noticed by the auditor when a random inspection was completed.

Jasbir G received a thank you card for picking up shifts last minute.

Justin S received a thank you card for finding ways to fix the floor molding in the kitchen.

Chelsea M received a thank you card for making an individual's birthday memorable while engaging them in purposeful activities.

Suresh R received a thank you card for picking up a shift last minute.

POLICY REVIEW

3.5.1 HEALTH AND SAFETY

*(Please note that selected sections of ICE Policy 3.5.1 are reproduced here. Please refer to the Policy Manual for the complete policy).

The agency is committed to a Health and Safety Management System that protects its employees, clients, contractors, and the general public including their physical, psychological, and social well-being.

Goals:

- To provide effective leadership, management, and supervision of ICE operations that communicates and reinforces healthy and safe practices and behaviors.
- To actively promote employee participation in health and safety at all levels of the organization.
- To ensure that ICE employees/ support home operators (SHO) are adequately qualified, suitably trained, and have sufficient experience to perform their work in a safe and effective manner.
- To achieve and maintain effective systems for:
 - Identification of hazards and implementation of safety controls;
 - Workplace inspections and quality assurance;
 - Incident reporting, investigation, correction, and effective injury mitigation/management.

Personnel at all levels of the company including managers, supervisors, front-line employees, and support home operators are responsible and accountable for the health and safety within ICE. The success of this program requires active participation by each person, every day.

Management will demonstrate leadership in health and safety, develop health and safety policies and procedures, implement health and safety systems (hazard assessment and control, incident investigation, workplace inspections) and provide training, equipment, and adequate resources for health and safety.

Supervisors will communicate health and safety expectations to employees, identify training needs and arrange/ provide training. They will provide on-the-job orientations, training, and supervision and enforce compliance with ICE policies and procedures.

Employees and support home operators will complete the required training and follow ICE policies and procedures; assess hazards; use designated safety controls and work in a healthy and safe manner.

ICE employees at all levels, as well as support home operators, are required to be familiar with the requirements of Alberta Health and Safety legislation (Including Occupational Health and Safety and Worker's Compensation legislation) as it relates to their work.

ICE believes that a healthy and injury-free workplace is important and achievable with active cooperation by all involved parties.

AUGUST/SEPTEMBER VIRTUAL TRAININGS

Pre-Employment Training

August 2,3,9,10,16,17,23,24,30,31 2022 (9:00AM to 4:00PM)

Epilepsy Training

August 2, 2022 (10:00 AM to 12:00 PM)

Schizophrenia Training

August 4, 2022 (1:30 PM to 3:30 PM)

Dementia Training

August 8, 2022 (10:00 AM to 11:30 AM)

Hypertension Training

August 15, 2022 (10:00 AM to 11:00 AM)

ADHD Training

August 15, 2022 (1:30 PM to 3:30 PM)

Diabetes Training

August 16, 2022 (1:30 PM to 3:30PM)

Anxiety / Depression Training

August 17, 2022 (1:30 PM to 3:30 PM)

Brain Injury Training

August 18, 2022 (1:30 PM to 3:30PM)

Sleep Apnea Training

August 19, 2022 (10:00 AM to 11:00 AM)

Brain Aneurysm Training

August 19, 2022 (1:30 PM to 3:30 PM)

OCD/ODD/Hoarding Training

August 22, 2022 (9:30 AM to 12:30 AM)

Communications Training - Psychologically Safe Interactions

August 22, 2022 (10:00 AM to 11:30 AM)

Trauma-Informed Care Training

August 23, 2022 (10:00 AM to 12:00 PM)

Asthma Training

August 25, 2022 (1:30 PM to 3:30 PM)

Due Diligence for Supervisors and Managers Training

August 26, 2022 (9:30 AM to 12:00 PM)

Promoting Safety Training

August 29, 2022 (1:30 PM to 4:30 PM)

Psychosis Training

August 30, 2022 (10:00 AM to 12:00 PM)

Substance Abuse Training

September 1, 2022 (1:30 PM to 3:30 PM)

PTSD Training

September 2, 2022 (9:30 AM to 11:00 AM)

Pre-Employment Training

September 6,7,13,14,20,21,27,28, 2022 (9:00 AM to 4:00 PM)

Promoting Safety Training

September 8, 2022 (1:30 PM to 4:30 PM)

CPI Training

September 9, 2022 (9:00 AM to 5:00 PM)

Abuse Prevention Training

September 12, 2022 (10:00 AM to 12:00 PM)

HACD Training

September 12, 2022 (1:00PM to 5:00PM)

Bed Bug Prevention Training

September 12, 2022 (1:30 PM to 3:00 PM)

Promoting Safety Training

September 13, 2022 (9:30 AM to 12:30 PM)

Hoarding Training

September 13, 2022 (10:00 AM to 11:30 AM)

Mental Health First Aid Day 1 Training

September 15, 2022 (9:00 AM to 5:00 PM)

Mental Health First Aid Day 2 Training

September 16, 2022 (9:00 AM to 5:00 PM)

FASD Training

September 16, 2022 (1:30 PM to 3:00 PM)

PBI Training

September 19, 2022 (1:30 PM to 3:30 PM)

Promoting Safety Training

September 19, 2022 (1:30 PM to 4:30 PM)

Musculoskeletal Injury Prevention - Manual Materials Handling Training

September 20, 2022 (9:30 AM to 12:00PM)

Abuse Prevention Training

September 20, 2022 (1:00 PM to 3:00 PM)

Autism Training

September 21, 2022 (1:00 PM to 3:00 PM)

Incident Investigations Training

September 22, 2022 (1:00 PM to 5:00 PM)

Trauma Informed Care Training

September 22, 2022 (1:30 PM to 3:30 PM)

Workplace Inspections Training

September 23, 2022 (9:00 AM to 4:00 PM)

OCD/ODD/Conduct Disorder Training

September 23, 2022 (1:30 PM to 3:30 PM)

PBI Training

September 28, 2022 (10:00 AM to 12:00 PM)

Borderline Personality Disorder Training

September 29, 2022 (1:30 PM to 3:30 PM)

ICE Calgary Congratulates Long Term Employees!!!

STAFF	YEAR	DATE
Donald Beringer	24	July 23
George Kabeja	17	July 1
Andrew Idahosa	12	July 27
Brigitte Linitzki	5	July 4
Kevin Makar	5	July 11
Gayle Rosalita	5	July 12
Opeoluwa Fletcher	4	July 4
Ramandeep Kaushal	4	July 4
Elise Richter	4	July 24
Jacques Bruyere	4	July 25
Jeff Schwarzer	3	July 25
Lucille Walters	3	July 29
Lekshmy Suresh	1	July 5
Beatrice Kobi	10	August 9
Adejumoke Ruth Agbonifo	8	August 20
Joyce Dewane	8	August 26
Sunu Kunjumon	6	August 8
Victor Adegoke	4	August 21
Justina Akpan	4	August 21
Parminder Kaur	4	August 23
Yetunde Latifat Quadri	3	August 6
Mona Liza Castriciones	3	August 9

HURT AT WORK?



Employees and Support Home Operators are reminded of their responsibility (as per legislation) to report all workplace injuries immediately to an ICE supervisor or manager. In the event of an injury, the employee will follow all agency policies and procedures.

While not all injuries are reportable to WCB, all injuries and work-related health concerns are required to be reported within the company. This is done so that health and safety investigation and follow-up may be completed for the safety of all parties.

REFERRAL INCENTIVE RECIPIENT

Employees or Support Home Operators who refer a person to ICE who successfully meets our hiring requirements and completes their three-month probation with a minimum of 120 hours worked, receive \$100.00!

Chadress Kabagenyi
Minnu Johnson
Tinsae Kebie

Looking for Answers? Below are some online links you may find of assistance:

https://www.canada.ca/en/health-canada.html	Health Canada is responsible for helping Canadians maintain and improve their health. It ensures that high-quality health services are accessible, and works to reduce health risks.
https://www.albertahealthservices.ca/findhealth/service.aspx?Id=1001957	Linking Albertans to a wide range of health information and service options.
https://work.alberta.ca/occupational-health-safety.html https://work.alberta.ca/occupational-health-safety/ohs-publications.html#laws https://work.alberta.ca/occupational-health-safety/resources.html	Alberta Occupational Health and Safety works in consultation with industry to help prevent work-related injuries, illnesses and fatalities. The OHS site provides access to a wide range of information bulletins and on-line training options.
https://www.albertahealthservices.ca/findhealth/service.aspx?Id=1001957	Stay up to date on the most frequent information on COVID-19 in the province of Alberta.
http://www.icenterprises.com/	The ICE website has some important links on the main page for your reference as well as posted job opportunities and access to the ICE Page.

**HEALTH AND SAFETY MEETING MINUTES
JUNE 8, 2022
(MINUTES EDITED FOR PUBLICATIONS)**

3.1 A) Review of Regional Health and Safety Meeting Minutes – Section 3.2. Incident Investigations for Injury, Health, and Property Damage

Edmonton – May 20, 2022- Meeting Minutes

January 10, 2022 – Support staff were vacuuming when the electrical socket began to spark. The vacuum was immediately turned off, the smoke detector did not go off and staff called 911. The staff and clients evacuated the program immediately. The fire department arrived, assessed, and deemed that it was safe for the clients and staff to return. It was advised to not use the outlet until it was fully repaired. The landlord was notified, and an electrician turned off the power source to the outlet. The clients and staff returned to the apartment with no other issues. **Incident Investigation Recommendations:** Team training on inspecting equipment before and after use. Team training on documenting and reporting faulty equipment. Team training on HACD – vacuum/equipment safety. **Health and Safety Committee Recommendations:** N/A

February 7, 2022 – Staff slipped on ice. **Incident Investigation Recommendations:** Manager to review the “Walk like a Penguin” poster with staff. Staff to review “Winter Safety” in the Health & Safety Manual Part 2 Section 1. **Health and Safety Committee Recommendations:** N/A

February 16, 2022 – The client went into another resident's room and was attempting to take an item that didn't belong to her. The staff reminded the client that the item was not hers and suggested returning to another room. The client blocked the way of other residents. When staff attempted to move the client's chair forward, the client pushed the chair backward and hit staff. **Incident Investigation Recommendations:** Staff to review Policy 2.5.1. Staff to review the client's Positive Approaches and Risk Assessment. Staff to attend Trauma Informed Care Training. **Health and Safety Recommendations:** No additional recommendations.

March 17, 2022 – The client became upset when he was not winning the board game that he was playing with his brother and staff. The client became verbally aggressive. The client threw an object at the staff. The client became physically aggressive and threatened the staff with a knife. Staff grazed his right hand while trying to run out the door. **Incident Investigation Recommendations:** Termination of services. **Health and Safety Recommendations:** No additional recommendations.

South – May 3, 2022- Meeting Minutes

No completed incident investigations to review (no incident investigations occurred as there were no incidents during this time frame).

Grand Prairie- May 5, 2022- Meeting Minutes: No completed investigations in the past month

3.1 B) Review of Regional Health and Safety Meeting Minutes - Section 3.3 (Near Miss Incidents)

Edmonton – May 20, 2022- Meeting Minutes: No completed near-miss investigations for review (no near-miss investigations occurred as there were no near-miss incidents during this timeframe).

South – May 3, 2022- Meeting Minutes: No completed near-miss investigations for review (no near-miss investigations occurred as there were no near-miss incidents during this timeframe).

Grand Prairie- May 5, 2022- Meeting Minutes: No completed investigations in the past month

3.2 Evaluation of current Internal Incident Investigations for Injury, Health, and Property Damage:

N/A – No completed investigations in the past month

3.3 Evaluation of near-miss investigations: No completed near-miss investigations to review (no near-miss investigations occurred as there were no incidents during this time frame).

3.4 Health and Safety Committee Inspections

3.4 A) Inspections held as a result of health and safety concerns - including the name of committee member(s) completing, program, issue, inspection type (E.g., RI), and # workers involved: N/A

3.4 B) Inspections completed - Include the name of committee member(s) completing the inspection, inspection type (E.g., EQA, RI, Office Inspection), # of inspections, and # of workers involved for each inspection type: N/A

3.5 COR Audit Review: COR Action plan to be completed by end of August 2022.

3.6 Hazard Assessment and Control document (H.A.C.D.) – Review section (and provide recommendation(s) for changes if needed):

The Calgary region is assigned pages 77-115 in the general HACD. The committee reviewed pages 110-111 in the general HACD. Paperwork (Documentation by hand, filing, etc.; pp.110-111) **HSC recommendations:** no additional recommendations.

3.7 Policy review: 4.4.2 – Risk Management

3.8 COVID 19 Pandemic Response: All ICE employees are required to wear masks while on shift. New COVID-19 Employee Protocol came out on May 26, 2022. To see the list of restrictions that were lifted, visit <https://www.alberta.ca/covid-19-public-health-actions.aspx>.

3.9 Outstanding Committee Member Training/ New Members – Review: All HSC members received health and safety training.

3.10 Emergency Response Plan Review: Action Plan Template #7 – Security Risk- Fraud, Theft, and Vandalism. **HSC Recommendations:** no additional recommendations.

4.0 Other Business:

Regional Health and Safety Committee chairs convened twice in May 2022 to develop a COVID-19 risk assessment. The next co-chair meeting is to take place on June 15, 2022.

Next Meeting Date: July 13, 2022 @ 10 a.m.

**HEALTH AND SAFETY MEETING MINUTES
JULY 13, 2022
(MINUTES EDITED FOR PUBLICATIONS)**

3.1 A) Review of Regional Health and Safety Meeting Minutes – Section 3.2. Incident Investigations for Injury, Health, and Property Damage

Edmonton – June 15, 2022- Meeting Minutes

February 15, 2022

Staff slipped on the ice. **Incident Investigation Recommendations:** Staff to review winter safety information in the Health & Safety binder.

Health and Safety Committee Recommendations: No additional recommendations.

March 24, 2022

Staff and client were walking to the store when staff tripped on uneven ground and fell. **Incident Investigation Recommendations:** Staff to attend Hazard Assessment and Control Assessment training. **Health and Safety Committee Recommendations:** No additional recommendations.

May 9, 2022

The client aggressively grabbed the staff's hand and accidentally scratched the staff's thumb. **Incident Investigation Recommendations:** Review client behavior with staff, update personal profile, and update booking notes. **Health and Safety Recommendations:** No additional recommendations.

May 28, 2022

Staff pricked their finger with one of the client's used diabetic needles. **Incident Investigation Recommendations:** Staff to ensure the sharps container is out; use verbal prompts to have the client put away their used needle. Staff to review Policy 2.3.10 Handling of Sharps/Puncture Wounds.

Health and Safety Recommendations: No additional recommendations.

South- Meeting minutes: No Health and Safety meeting for the month of June 2022.

Grand Prairie- June 9, 2022- Meeting Minutes

March 1, 2022

The client became agitated and threw his windowpane out into the back yard breaking it. ECAT was called and CSC and RM boarded up the window for the night. **Incident Investigation Recommendations:** Team to discuss ways to keep the client engaged when the roommate has other things going on. **Health and Safety Committee Recommendations:** No additional recommendations.

3.1 B) Review of Regional Health and Safety Meeting Minutes - Section 3.3 (Near Miss Incidents)

Edmonton – No completed investigations in the past month.

South- Meeting minutes: No Health and Safety meeting for the month of June 2022.

Grand Prairie- June 9, 2022- Meeting Minutes: No completed investigations in the past month

3.2 Evaluation of current Internal Incident Investigations for Injury, Health, and Property Damage:

February 16, 2022

Staff was backing out of a parking stall at the mall parking lot when they noticed that another vehicle was doing the same. Staff stopped reversing; however, the community member continued and subsequently hit the back end of the staff's vehicle.

Incident Investigation Recommendations: Staff reminded to check before backing out and try to get the driver's attention (i.e., honking). Staff reviewed Appendix A-5 Road Safety Practices "Safety Tips in the Parking lot." **Health and Safety Committee Recommendations:** No additional recommendations.

3.3 Evaluation of near-miss investigations.

June 17, 2022

Staff re-heated their tea in a reusable Tim Horton's cup for 50 seconds. When staff pulled out the cup, they smelled something burning. A small burn was found on the bottom edge of the cup.

Incident Investigation Recommendations: Purchased microwave-safe cups and bowls for the site. Email sent out to all staff to avoid heating re-usable cups. Reviewed safety instructions for use of microwave in Health and Safety binder part 2. **Health and Safety Committee Recommendations:** No additional recommendations.

3.4 Health and Safety Committee Inspections

3.4 A) Inspections held as a result of health and safety concerns - including the name of committee member(s) completing, program, issue, inspection type (E.g., RI), and # workers involved: N/A

3.4 B) Inspections completed - Include the name of committee member(s) completing the inspection, inspection type (E.g., EQA, RI, Office Inspection), # of inspections, and # of workers involved for each inspection type: Brigitte L participated in two random inspections on June 8, 2022. Office inspection was completed in June 2022 by Opeoluwa F. Opeoluwa F also completed 6 EQAs (Chadress K participated in one EQA). Chadress K completed Monthly Safety Inspection in June 2022.

3.5 COR Audit Review: COR Action plan to be completed by end of August 2022.

3.6 Hazard Assessment and Control document (H.A.C.D.) – Review section (and provide recommendation(s) for changes if needed):

The Calgary region is assigned pages 77-115 in the general HACD. The committee reviewed pages 112-113 in the general HACD. Use of telephones (Landlines and cell phones) **HSC recommendations:** No additional recommendations.

3.7 Policy review: 4.4.3 – Quality Assurance Audits

3.8 COVID 19 Pandemic Response: All ICE employees are required to wear masks while on shift. To see the list of restrictions that were lifted, visit <https://www.alberta.ca/covid-19-public-health-actions.aspx>. Individuals 18 + are eligible for a fourth dose.

3.9 Outstanding Committee Member Training/ New Members – Review: all HSC members received health and safety training.

3.10 Emergency Response Plan Review: Action Plan Template #8 – Security Risk – Information Theft, Sabotage, Cyber Hacks. **HSC Recommendations:** The committee did a tabletop exercise and considered examples of prevention, intervention, and postvention. There are no additional recommendations.

4.0 Other Business

There is an HSC worker vacancy that requires to be filled. Please place your name forward if you are interested in the position by July 31st, 2022 @ blinitski@icenterprises.com

NEXT MEETING DATE: August 10, 22 @ 10 AM



HEALTH AND SAFETY REVIEW

summer HEAT

With the days growing longer, the heat begins to rise and so does our body temperature. The hotter our bodies are internally the higher the risk of heat exhaustion and dehydration. Below are a few warning signs of these conditions that you should be aware of during the summer months.

Dehydration

- Feeling thirsty.
- Dark yellow and strong-smelling urine.
- Feeling dizzy or lightheaded.
- Feeling tired.
- A dry mouth, lips, and eyes.
- Urinating little, and fewer than 4 times a day.

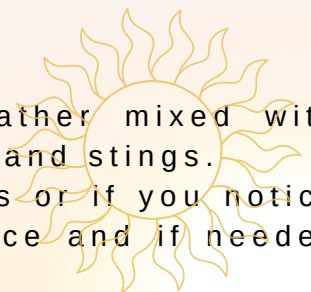
Heat Exhaustion:

- A headache.
- Dizziness and confusion.
- Loss of appetite and feeling sick.
- Excessive sweating and pale, clammy skin.
- Cramps in the arms, legs, and stomach.
- Fast breathing or pulse.
- A high temperature of 38C or above.
- Being very thirsty.



What can you do to combat these conditions?

- Ensure you are consuming enough water throughout the day. On hotter days for adults, it is recommended to drink two to three liters a day.
- Wear lighter colored and weighted clothing to combat the heat. Moisture-wicking materials are recommended to keep sweat away from the body and keep you cooler.
- Apply sunscreen to any exposed areas of skin for extra protection.
- A hat or umbrella can be useful to protect your head and skin from UV rays.
- Protect your eyes, wear sunglasses on sunny days.
- Try to stay in shady areas for long times outdoors.
- As a reminder, carry bug spray as warmer weather mixed with humidity attracts bugs which can lead to bug bites and stings.
- If you notice that you have any of these symptoms or if you notice they are worsening, make sure to find a cool place and if needed seek medical attention.



HEALTH AND SAFETY REVIEW



INFLUENZA

PREVENTION, RECOGNIZING SYMPTOMS AND TREATMENT

General Information about Influenza:

- Influenza is an infection of the nose, throat, and lungs (respiratory tract) that is caused by a virus. Influenza can happen at any time during the year, but most cases happen in the winter months.
- You may also hear influenza called flu, bird flu, or H1N1. All of these mean the same thing as influenza and the information below applies to all of them.
- Influenza is spread through the air. The virus gets in the air when someone with the disease coughs, sneezes, or even talks. People who breathe in the virus can get sick. It can also be spread by touching objects that have been coughed or sneezed on by someone with the virus.
- Most people who get sick with influenza get better. However, influenza causes about 12,200 people to be admitted to the hospital and about 3,500 deaths in Canada each year. There is a higher risk of getting complications from influenza for children less than 5 years of age, pregnant women, people 65 years or older, people with chronic health problems, people living in long-term care facilities, and indigenous persons. Complications of influenza can include pneumonia, ear and sinus infections, and dehydration. Influenza can also make chronic medical problems (e.g., congestive heart failure, asthma, diabetes) worse.

Symptoms:

- The symptoms of influenza are fever of 38.5°C (101.3°F) or higher that starts suddenly, sore throat, runny nose, cough, headache, muscle aches, loss of appetite, and feeling tired.
- People can spread (are contagious) influenza the day before they have symptoms and for up to 7 days after symptoms start.

How to be an Influenza Champion:

- Get the influenza vaccine. The influenza vaccine is a very effective way of protecting people from getting sick with influenza. You need to get immunized every year because the influenza viruses change. A new vaccine is made each year to protect against the viruses most likely to cause illness in that year. The best time to get immunized is October or November. You can get immunized any time during the influenza season.
- Wash your hands with soap and water or clean your hands with a hand sanitizer that has alcohol in it.
- Cover your mouth and nose with your arm or a tissue when you cough or sneeze.
- Stay home and rest when you are sick.

For information on clinics nearby and times they are open, go to
<https://www.albertahealthservices.ca/influenza/influenza.aspx>



WHAT IS MONKEY POX?

Monkeypox is a viral infection with a rash that may be painful. Most people recover on their own after a few weeks. People usually develop symptoms 5 to 21 days after being exposed to the monkeypox virus. Symptoms typically last from 2 to 4 weeks and may pass through several stages.

The rash can be painful and could affect any part of the body

MOST COMMON SYMPTOMS:

- rash
- fever
- chills
- swollen lymph nodes
- headache
- muscle pain
- joint pain
- back pain
- exhaustion

The rash usually lasts between 14 and 28 days and changes through different stages. You are contagious from the onset of first symptoms until the scabs have fallen off on their own and the skin is healed.

IF YOU HAVE SYMPTOMS

- ISOLATE AT HOME AWAY FROM OTHERS
- IMMEDIATELY CONTACT YOUR HEALTH CARE PROVIDER OR CALL 811 FOR HELP

For more information, visit

<https://www.alberta.ca/monkeypox-virus.aspx> for more information

Who's Currently Eligible for the Vaccine?

Eligibility for the second booster dose have been expanded to all Albertans 18 years of age and over. You qualify if you had your last dose at least 5 months after your first booster dose and you have not been positive with COVID-19 in the last 90 days.



To Book Visit:

<https://bookvaccine.alberta.ca/vaccine/s/>

**Please continue to
follow all ICE
COVID-19 Protocols
and Procedures.**

For More Information Visit:
www.albertahealthservices.ca/topics/Pages/6944.aspx or call 811

TEAM/COMMUNITY SUPPORT COORDINATOR TRAINING STARTS IN SEPTEMBER

Would you like to become a **Team Coordinator (TC)** or **Community Support Coordinator (CSC)** at ICE? A TC or CSC is the direct supervisor for staff working in residential and non-residential programs. They report directly to a CR Manager. To be a supervisor in the Community Rehabilitation unit, you must pass Team Coordinator/Community Support Coordinator Training. This training is 20 modules which will be scheduled weekly starting in September.

What you will learn in the training:

- Individual Service Planning
- Positive Behavior Supports
- Medication Administration for Supervisors
- Supervisory Skills
- Hazard Assessment and Control
- Workplace Inspections
- Due Diligence for Supervisors
- Household Budgeting
- Payroll
- General / Critical Incident Reporting and Response
- Abuse Prevention and Response - Supervisory Level
- Operations Manual Review
- Documentation Skills from a Supervisory Perspective
- Workplace Violence, Bullying, and Harassment for Supervisors
- Communications Training
- Client Risk Management
- C-views
- Personnel / Booking
- Client Files

What do you need to do to apply for this training?

- To apply, please drop off a Letter of Intent to your Regional ICE Office or send an e-mail to glane@icenterprises.com. In your letter, state the reason you are interested in applying for Team Coordinator/ Community Support Coordinator Training.
- Please note that applications will be accepted up to August 31, 2022.
- To apply, you must have worked full-time with ICE for at least 3 months. Employees who are currently in Team Leader positions or have demonstrated leadership in other ways will be given preference.
- **Note that successful completion of the training doesn't guarantee a TC/CSC position, but candidates who completes the training will be given preference for any available positions.**