

ICE PAGE

Making it Happen!- Supporting Social Inclusion

SOUTH

ECAT

Employee & Client Assistance Team
403-634-8805

Phones do not accept text messages— staff need to call ECAT.

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TIME SHEET HAND-IN

• **February 15th 2021**

For all shifts worked between February 1 and February 15.

• **March 1st 2021**

For all shifts worked between February 16 and February 28.

UPCOMING

- **Health and Safety Meeting** – February 2, 2021 @9:00AM
- **RPAC MEETING**– February 3, 2021 @1:30PM
- **UNIT Meeting**— February 24, 2021 @2:00pm (teleconference only)

Colleen A.

Colleen has been with ICE Calgary since 2019. She is an independent and creative individual who likes to craft masterpieces out of all types of materials . With the support of her staff, Colleen has attended classes at the Salvation Army and the Recovery College and volunteered her time at the Kerby Center.



Colleen successfully completed courses such as "How to Save Money", "Determining my Future", "How to Have Healthy Relationships" and various cooking classes . Colleen is proud of her accomplishments and displays the certificates in her home.

With the support of her staff, Colleen began volunteering at the Kerby Center in July 2019. Colleen and staff decorated 200 reindeer which were sold at the Kerby Center. They decorated the Kerby Center Christmas tree and served meals at events held there.

Colleen desired to continue volunteering after the COVID-19 restrictions were introduced. With the support of staff, Colleen made reusable face masks and continues to do so. Colleen has made over 60 masks using her sewing machine. The Kerby Center supplies the material needed, and the masks are given to the elderly population in the community.

Colleen has been asked by the Kerby Centre if she would be interested in selling some of her handcrafted items at the Wise Owl Boutique. Colleen is considering this option with support staff.

With the help of staff, Colleen has taken courses virtually with the Salvation Army and looks forward to in -person learning again. Colleen is enjoying her cooking classes and is learning how to make healthy meals.

Colleen's favorite sport is bowling, and she enjoys socializing with her teammates.

Colleen is looking forward to the COVID-19 restrictions being lifted so she can return to her full active life.

Employee Spotlight



Chadress is a positive and encouraging individual who has been part of the ICE Calgary team for just under two years. Chadress finds creative ways to support Colleen and to aid Colleen in meeting her goals. Chadress recognized Colleen's talents and skills and assisted Colleen in enrolling for classes. These courses helped Colleen meet her set goals and aided Colleen grow as an independent individual. Chadress enjoys witnessing Colleen grow her skills and confidence and is proud to see Colleen involve herself in the community and socialize positively with peers. Chadress stated that working with individuals like Colleen is very fulfilling and she sees her work with Colleen as more than just a job. On her spare time, Chadress likes to do voluntary work, participate in church activities, make homecooked meals and chat with friends and family. She also likes going on long drives and spending time outdoors with friends. Chadress is looking forward to resuming these activities when the COVID-19 restrictions are lifted.

Important Information about your TD Future Builder Group Retirement Savings Plan Account

Effective **March 19, 2021**, TD Future Builder will no longer be providing or administering group retirement saving plans to ICE and the new provider will be Canada Life. This was not a decision chosen by ICE, rather TD has decided they no longer wish to be our provider for this service. Please note this **DOES NOT** change your retirement plan and you are **NOT** required to do anything for these changes. Canada Life has extensive experience in the Group RSP carriers and will provide a comprehensive financial wellness program to help all our employees reach their retirement goals. You will receive a letter from TD Future Builder notifying you of these changes. **If you have any questions or concerns, please contact: Independent Counselling Enterprises at: 780-453-9664.**

More information about this change in this ICE PAGE.

ICE OFFICES WILL BE CLOSED FAMILY DAY, MONDAY FEBRUARY 15TH, 2021



Please direct all calls to the Employee Client Assistance Team for that day. 403-634-8805



Save more for your future

Your group retirement and savings plan is moving to Canada Life on March 19, 2021.

As a Canada Life plan member, you'll benefit from:

- Personalized guidance and product advice from a Canada Life member guide — a licensed wealth professional who can meet with you virtually or over the phone to talk about your goals.
- Online tools to help with planning.
- Resources and educational materials to help with investing.

For more information on the tools and support available through Canada Life, visit welcome.canadalife.com/getstarted

VIRTUAL TRAININGS

PET Training

February 2-3, 9-10, 16-17, 23-24, 2021 (9:00AM to 4:00PM)

Abuse Prevention Training

February 2 & 16, 2021 (8:00AM to 10:00AM)
 February 2, 2021 (1:30PM to 3:30PM)
 February 3, 2021 (10:00AM to 12:30PM)
 February 16, 2021 (1:00Pm to 3:00PM)

Supervision Training

February 3, 2021 (1:00PM to 4:00PM)

Schizophrenia Training

February 8, 2021 (4:00PM to 6:00PM)
 February 24, 2021 (8:00AM to 10:00AM)

Cerebral Palsy Training

February 9, 2021 (10:00AM to 12:00PM)
 February 23, 2021 (8:00AM to 10:00AM)

PBI Training

February 9, 2021 (1:00PM to 3:00PM)

Covid—19 Training

February 9, 2021 (4:00PM to 5:00PM)
 February 17, 2021 (5:00PM to 6:00PM)

Abuse Prevention/PBI /PBS Training

February 10, 2021 (10:00AM to 3:00PM)

Covid –19/ Compassion Training

February 16, 2021 (8:00AM to 10:00AM)

Epilepsy Training

February 17, 2021 (1:00PM to 3:00PM)

BPD and Somatization

February 17, 2021 (1:00PM to 3:30PM)

Conflict Resolution

February 17, 2021 (1:00PM to 4:00PM)

Blood Pressure Training

February 22, 2021 (1:00PM to 3:00PM)

Harm Reduction Training

February 25, 2021 (1:00PM to 3:00PM)

ICE THANK YOU CARD INCENTIVE WINNER

Jennifer Brown received a thank you card from her supervisor for accepting many last minute shifts and coverage at a residential program under Resident Management Protocol. We very much appreciate your willingness to help out.

Congratulations!



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

<p>https://www.canada.ca/en/health-canada.html</p>	<p>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.</p>
<p>https://www.albertahealthservices.ca/findhealth/service.aspx?Id=1001957</p>	<p>Linking Albertans to a wide range of health information and service options.</p>
<p>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</p>	<p>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</p>
<p>https://www.alberta.ca/coronavirus-info-for-albertans.aspx</p>	<p>Stay up to date on the most frequent information on COVID-19 in the province of Alberta.</p>

3.1.2 PERSONAL INFORMATION AND DOCUMENTATION REQUIREMENTS

**(Please note that selected sections of ICE Policy 3.12 are reproduced here. Please refer to the Policy Manual for the complete policy).*

- ◆ The following information must be collected or completed on all candidates for employment prior to hiring:
- ◆ Clear Police Information Check / R.C.M.P. Check including a Vulnerable Sector Check (no older than 6 months).
- ◆ The company cannot retain information on an employee file that is not related to employment. This information will be shredded.
- ◆ All employees and contractors of the agency will complete a Police Information / R.C.M.P. Check including a Vulnerable Sector. Check initially upon employment and every three years after the initial check, or if requested by the agency.
- ◆ There is a cost associated with obtaining a Police Information Check/ R.C.M.P Check. **An employee will be reimbursed for the cost of the information check: once they have completed their probationary period and every 3 years thereafter; and once the clear information check and official payment receipt have been received.** The expense will not be reimbursed if the potential employee obtained the check prior to employment with I.C.E. If this information is required again during the course of employment, the cost will be reimbursed. Reimbursement is not applicable for Support Home Operators or the respite they may hire.



Do you have any ideas for changes to ICE's Policy Manual? If you do, then here is your chance!

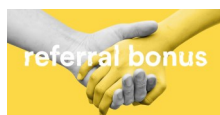
Every 3 years, ICE completes a comprehensive review of the Policy manual. All employees and people in service are welcome to suggest any changes to the manual.

Please submit your suggested changes by sending them via e-mail to glane@icenterprises.com.

Your email needs to include the policy number and section and the specific changes you suggest. Submission of any changes must be in by April 30, 2021.

Referral Incentive Program

Employees or Support Home Operators who refer a person to ICE who successfully meet our hiring requirements and completes their three month probation with a minimum of 120 hours worked qualify for a \$100 incentive bonus!



Health and Safety Committee Meeting Minutes January 5, 2021 (Minutes edited for publication)

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

Edmonton – December 9, 2020- Meeting Minutes:

No Completed Incidents Investigations to Review (no incident investigations occurred as there were no incidents during this time frame).

Calgary – December 7, 2020- Meeting Minutes:

No Completed Incidents Investigations to Review (no incident investigations occurred as there were no incidents during this time frame).

Northwest – December 2020- Meeting Minutes:

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

Edmonton – December 9, 2020- Meeting Minutes:

No completed near miss investigations for review

Calgary – December 7, 2020- Meeting Minutes:

No completed near miss investigations for review

Northwest – December 2020- Meeting Minutes:

No completed near miss investigations to review

3.2 Evaluation of Completed Internal Incident Investigations

No Completed Incidents Investigations to Review (no incident investigations occurred as there were no incidents during this time frame).

3.3 Evaluation of Completed Near Miss Investigations

No Completed Near Miss Investigations to Review (no near miss investigations occurred as there were no miss 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: No inspections held in December as a result of concerns brought forward.

3.4 B) Inspections completed:

December 2020:

Monthly Safety Inspection Checklists completed: 5

Random Inspections completed: 0

EQA's Completed: 1- Dasha has completed 1 EQA at Grimmauld Place in December.

3.5 COR Audit Review

Reviewed training requirements for H&S Committee members

3.6 Hazard Assessment and Control document (H.A.C.D.)

Review section (and provide recommendation(s) for changes if needed)

South Committee Reviewed: ICE South has been assigned review of the General Section (Pages 77-115) for the upcoming 2020-2021 meetings.

Reviewed pgs. 83&84- 'Supporting clients who are smoking cannabis/tobacco products or using them by other routes. (i.e., ingesting/vaping).

Reviewed pgs. 85&86- 'Client Support for Seizures'

Recommendations include: Adding COVID-19 as a biological hazard and applicable COVID related controls such as mask in PPE.

Reviewed pgs. 87&88- 'Contact with unknown visitors, contractors, community persons at offices or residences'

Recommendations include: N/A- no additional recommendations required for these tasks. COVID related hazard and controls have already been added.

Policy review

3.4.5- Payroll Processing

Covid-19 Pandemic Response

Reviewed most updated COVID restrictions. It is important to remember and to continue to practice all guidelines set out by AHS. Due to the increase in cases, Alberta has implemented further mandatory restrictions in enhanced areas. Please visit <https://www.alberta.ca> for the most updated information in your area.

Additionally, ICE has provided updated mandatory COVID training for all staff in response to our continued COVID-19 Prevention efforts. Please speak with your direct supervisor to register if you have not already received this training. Continuous masking in all ICE programs is still in effect. Please ensure you are following the most updated COVID-19 Protocols.

4.0 Other Business

4.1 Health and Safety Committee Training Updates –Irine C. has attended Hazard Assessment training.

Reviewed slips, trips and falls from January 2021 ICE Newsletter.

Reviewed time sheet submission dates for 2021.

Ideas for upcoming ICE Page Articles – New year, new goals; using S.M.A.R.T but P.U.R.E

NEXT MEETING DATE: February 2nd, 2021 at 9am

Personal Protective Equipment (PPE) - COVID 19

How to make Continuous Masking Work for You

Continuous masking has been challenging for some ICE workers. To support our teams in wearing masks at all times, here are tips for all ICE workers to manage the discomfort that may come with continuous masking.



Tips for Continuous Masking:

- ◆ If your mask is causing you irritation, try an alternative brand of mask for a period of time to see if that resolves the issue.
- ◆ Try a mask with ties to alleviate pressure points.
- ◆ Take measures to ensure you have healthy, resilient skin. Good nutrition and hydration are key. A strong skin barrier provides the best defense against pressure injuries associated with continuous masking.
- ◆ Change the mask frequently and use skin protection if needed.
- ◆ Workers with pre-existing conditions made worse by continuous making should report the issues immediately to your manager.

Report all incidents/ injuries pertaining to continuous masking.

For more information about Covid-19: <https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

HEALTH AND SAFETY INFORMATION



Repetitive Strain Injury Awareness

Also known as musculoskeletal disorders (MSDs), repetitive strain injuries affect the tendons, muscles, nerves and joints in the neck, upper and lower back, chest, shoulders, arms and hands.

MSDs are the most frequent type of lost-time injury and the single largest source of lost-time costs in Canada.

Causes

Gripping, holding, bending, twisting, clenching, and reaching - these ordinary movements that we naturally make every day are not particularly harmful in the activities of our daily lives. What does make them hazardous in work situations though, is the continual repetition of the movements.

Other contributing work factors may include awkward postures and fixed body positions, excessive force concentrated on small parts of the body such as the hand or wrist, a fast pace of work with insufficient breaks or recovery time, and psychosocial factors such as stress.

Prevention

RSIs develop slowly, workers should be trained to understand what causes these injuries, how best to prevent them, and how to recognize the early signs and symptoms of RSI. RSI Hazards are best eliminated at the source.

Ask yourselves – what do I do in my day, to ensure I do not suffer from a repetitive strain injury?

Other resources: <https://www.ccohs.ca/oshanswers/diseases/rmirsi.html>

Wellness

February is also Heart Month. Prevention starts with knowing your risk. 9 in 10 Canadians have at least one risk factor for heart disease and stroke. Almost 80% of premature heart disease and stroke events can be prevented through healthy behaviors. Habits like eating healthy, being active, and living smoke free, have a big impact on your health.



Heart disease (aka ischemic heart disease or coronary heart disease) refers to the buildup of plaque in the heart's arteries that could lead to a heart attack, heart failure, or death. - 2nd leading cause of death among Canadians.