

# HIGHLAND NEWS

*A Newsletter for Highland Community Residential Services*

Katie and Luke having fun in the snow!



## Important Dates

**HCRS Dance**– February 13th

**Valentine's Day**– February 14th

**Nova Scotia's Heritage Day**–  
February 17th



## Quote of the Month

"Knowing that we can be loved exactly as we are gives us all the best opportunity for growing into the healthiest people".

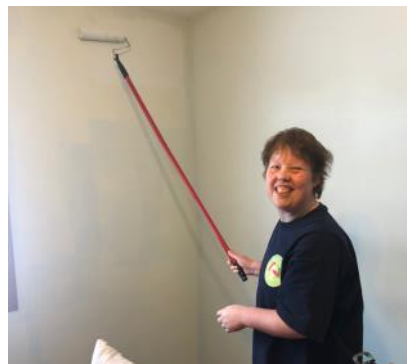
-Mr. Rogers



## Community Council

The Community Council would like to thank everyone for coming to our Holiday party. Our next meeting will be on February 11. Everyone is welcome!

## Sherry Painting



## COFFEE PALS



## CROCHETING

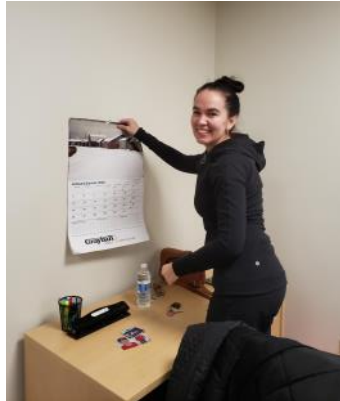
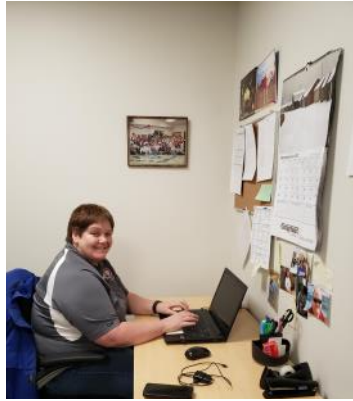


## GOOD TIMES AT THE HCRS DANCE





# Moving Day!



## Cold weather safety

### Bring out those hands

Don't remove your gloves or mittens yet, think twice before walking outside with your hands in your pockets. Keeping your hands in your pockets increases the risk of you falling or completely losing your balance in case you slip while walking on ice or snow.

### Forget coffee and cigarettes

Before shoveling or doing any strenuous work, avoid caffeine and nicotine as they increase your heart rate and may cause your blood vessels to constrict

### Run out of sand

Kitty litter will give you temporary traction on your steps and walkways. It is an alternative if you can't find any sand.

### Cold weather medical emergencies

Frostbite – signs can include loss of feeling and white or pale appearance in your extremities such as toes, fingers, ear lobes, or the tip of your nose. If these symptoms are detected get medical help immediately  
Hypothermia – signs include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion. It is important to get to a warm place, remove any wet clothing, and warm up the center of the body first and give warm non-alcoholic beverage. Seek medical attention as soon as possible.

Our Canadian Winters can be wonderful and there are many outdoor activities such as snow showing, skiing, sledding, making snow forts and having snow ball fights. It is also important to do these fun activities safely.

## Highland Community Residential Services

115 MacLean Street  
2nd Floor, Bridgeview Square  
New Glasgow, Nova Scotia  
B2H 4M5  
(902) 752-1755 (Phone)  
(902) 752-4256 (Fax)



Stay connected



## FROM THE EXECUTIVE DIRECTOR

"We've started 2020 with a new address for the HCRS Main Office. The space at Bridgeview Square is much larger and provides for a much better work space for everyone. We also have more meeting space and a lunch room. We have spent the first few weeks unpacking and getting used to the new space. During the winter months we are asking everyone to remove their outer foot wear at the entrance lobbies. We have also made available re-usable shoe covers, which are at the front entry lobby.

Hope everyone is enjoying what so far looks like a winter to do outdoor activities, such as sledding, snowshoeing, building snow people and enjoying a brisk walk followed by a hot chocolate.

Looking forward to seeing people as they drop into visit the new office."

## AN HCRS PROFILE

My name is Zackary Kyle MacDonald.  
I go to North Nova Education Center.  
My favorite activity is watching movies.  
My favorite movie is Monster Inc.  
My favorite song is "A Game Goin' On" by Dave Gunning.  
My favorite season is Spring and Summer.  
My role model is my big brother Caleb  
My favorite book is Green Eggs and Ham  
By Dr.Suess.  
My favorite restaurant is Pizza Delight.  
My favorite food is Lasagna.  
My favorite animal is a duck.  
My favorite memory is going to Disney and meeting Mickey Mouse.  
An interesting fact about me is that I love flirting with the ladies, they love my brown eyes and huge smile.

