

HIGHLAND NEWS

A Newsletter for Highland Community Residential Services



Ellen has created lovely calendars showcasing her photography - with all proceeds going to the Ophthalmology Clinic at the Aberdeen Hospital. Ellen proudly presented the Aberdeen Health Foundation with a cheque for \$1,000 in memory of her mother, Kay Jardine



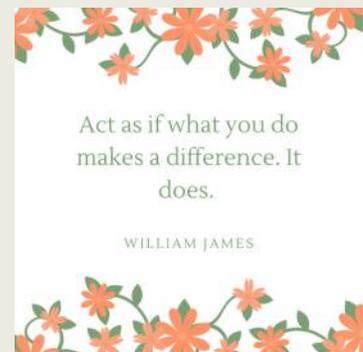
Out for a drive on a lovely day!



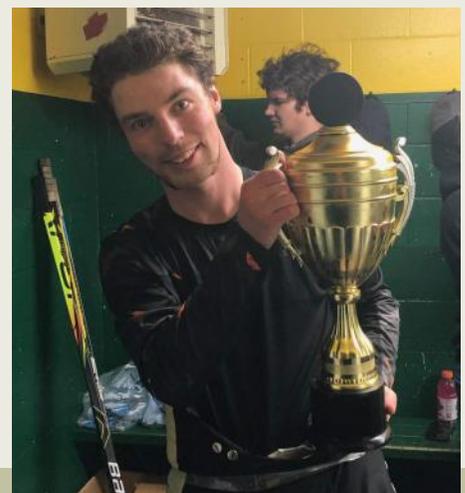
Important Dates

Mothers Day—May 9th
Victoria Day – May 24th

Quote of the Month



Brandan Rankin and his hockey team won the cup in a recent memorial tournament! Congratulations!



Gordie and Doreen
get Vaccinated!



Alison & Jeremy
at Sledge hockey!



Beauty of a day for a road trip!
Jane, Shirley, Carolyn, and Martha



Kim loves fishing!



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Residential Services
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Stay connected



FROM OH&S



PARTICIPANT PROFILE

My name is Blanche Theresa Bonvie.
I work in the kitchen at Summer Street Industries.
My favorite thing about my job is cooking.
My favorite movie is City of Bones.
My favorite activity is sleeping.
My favorite song is Fight Back.
My favorite season is summer.
My favorite memory is moving to my new apartment.
My favorite book is Inuyasha.
My role model is my mom.
My favorite restaurant is Acropole.
My favorite food is pizza pockets.
My favorite animal is a tiger.
Something interesting about me is I can clean anything that's not mine!



Jeremy enjoying his
"Chill out chair"



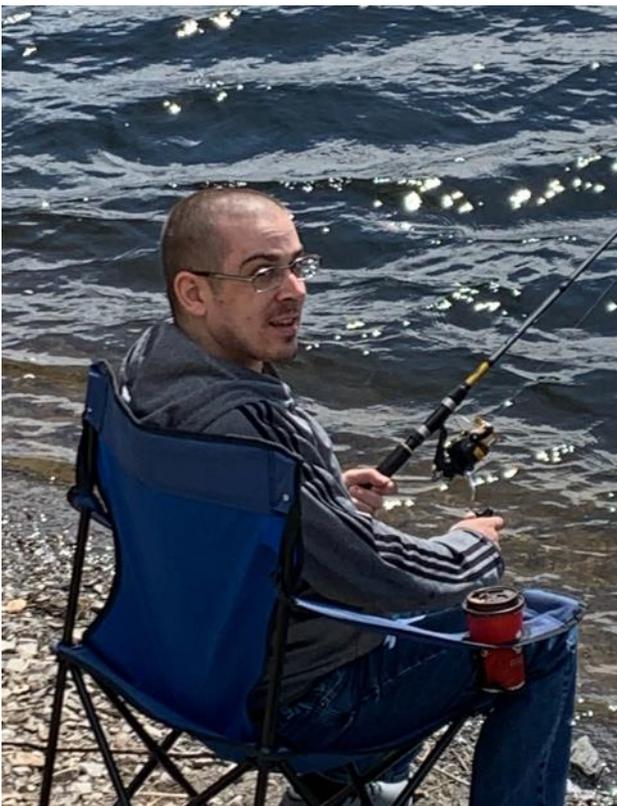
**HCRS will be hosting our
first Paint Class!!**



Deer at sunset

**Seats are limited, contact Shelley if you
are interested! This will be held monthly.
Let Shelley know by April 30 first paint
class will be May 11**

Joe enjoying fishing



Spa night at Hollis!



Mental Health Matters

Naming how we feel is good for us on so many levels. Here are some tips for building your emotion-naming muscles:

Check in with yourself and come up with the right words to describe what you are feeling. Talk about your feelings. You've got them. We all do. And normalizing talking about them is good for everyone.

Carve out time to practice: watch a movie with a friend, discuss what the hero was feeling. How did you feel during the movie? How did you feel when it ended?

Get beyond pat answers when someone asks you how you are. Don't settle for "I'm fine" or "I'm okay." Chances are, if you investigate a little, you'll see you're feeling something more specific. Even if it's "bored". Bored is a feeling.

Social niceties aside, people may actually want to know how you feel. So go ahead and make that assumption. #GetReal with them. Say it out loud, it will help you process it. Plus, sharing it will give the other person a chance to empathize and even help, if you need them to.

You can build your emotional vocabulary by searching lists of emotion words on the internet.

Write it down. When you express your feelings in writing, it can help you become more self-aware.

If your emotions are overwhelming, persistent and/or are interfering with your daily functioning, it's important to seek mental health support.

HCRC does offer the Employees and Family Assistant Program that is **free** for all staff. The number is:
1-877-418-2181

HAPPY



AFRAID



SAD



ANGRY



Get ready to
#GetReal

CMHA Mental Health Week

May 3-9, 2021

Visit mentalhealthweek.ca
for info and tools!

Adam cooking supper
for everyone!



Happy Birthday Val!



Norma visiting
some goats



Zack visits with Jeremy
and Angel, the kitty

