

HIGHLAND NEWS

A Newsletter for Highland Community Residential Services

FROM THE COMMUNITY COUNCIL

We Need Your HELP!

Calling all staff! Do you have a passion or talent? Are you interested in volunteering few hours a month to share that passion? We have an exciting project we are working on, but we need your help. We can't move forward with our project without staff volunteers. If you are interested in sharing your talents and knowledge to help bring belonging, opportunity and inclusion to everyone, please leave your name and contact information with Sherry, Adam, or Jill at the main office.

Together We Make a Difference

FROM THE EXECUTIVE DIRECTOR

We have been enjoying our 40th Anniversary celebrations. To date we have taken advantage of this anniversary year to enhance some of our regular activities. After a fun filled soft-ball game at the Kinsmen Field, we ended the summer with a wonderful Community Picnic at Trenton Park. We had Johnathan's music, Camilla's Bouncy Houses & Tattoos, Heather's (Rocklin Parties) great organizing and the Community Council along with our Board of Directors congratulating staff celebrating a service anniversary. The HCRS monthly dances have started again thanks to Shelley and the crew. We also revamped our website and added a Facebook page. Please check out www.hcrsweb.ca and like us on Facebook - Highland Community Residential Services. Christine Whelan-Hachey and Michelle Ferris have been working on the photo essay of "[A Day in the life of HCRS](#)", thanks to everyone for participating. The photo-essay will be presented at the 40th Anniversary reception on Nov 17, 2017 at the Wellness Centre. A big thanks to the members of the 40th Anniversary planning committee.

Cheers! Hilary.



Important Dates

Thanksgiving Day- October 9th (HCRS office closed)

World Mental Health Day- Oct 10th

HCRS Dance- October 18th

Halloween- October 31st

Quote of the Month

"If you are grateful for everything, then whatever you have is enough."

-J.Baadsgaard

HCRS STAFF APPRECIATION DAY!

Some highlights of the day! There was a great turn out and everyone had a great time!



UNITED WAY CAMPAIGN-DONATIONS

HCRS FACEBOOK PAGE



Pledge forms from United Way of Pictou County will be in with the pay stubs this week. All staff participating in the campaign will have their names entered into a draw for:

- One pizza per week for one year from Café Italia (small, three toppings)
- One day off with pay

Forms are to be dropped off at the main office by 4:00, October 20, 2017, to qualify for the above draws.

If you haven't already, please check out the HCRS Facebook page. Just search "Highland Community Residential Services" and like our page!

You can also check out the HCRS website and check out the great changes and additions that have been made, it is looking great!

Check it out at: www.hcrsweb.ca

Highland Community Residential Services exists to foster personal growth, independent living, and a high quality of life for persons with a developmental disability and/or who are dealing with a mental health issue.

THE HCRS DANCE

A large crowd celebrated HCRS's 40 year anniversary at September's dance. There was a lot of dancing going on and a great time was had by many. Everyone enjoyed pizza and cake to celebrate! The HCRS Halloween dance will be held on October 18th at Summer Street industries. Don't forget to wear a costume!



ROAD TRIP, CAPE BRETON BOUND!



FROM NORTHERN REGION RESPITE SERVICES



Summer Recreation 2017 was a great success! We had an excellent team of staff who filled the summer with lots of fun and adventures!

Our Saturday Respite and Fun Friday events have started again after a break for the summer months. We look forward to having lots of fun !

HCRS 40th ANNIVERSARY EXHIBITION GAME

Everyone having a blast playing ball!



PAVING ON VIGGO HOLM ROAD

Dave supervising the paving job being done !



FROM OH&S

OHS FALL SAFETY

Highland Community

Residential Services

276 Foord Street P.O Box 2140

Stellarton, Nova Scotia B0K1S0

(902) 752-1755 (Phone)

(902) 752-4256 (Fax)



Fall in Nova Scotia is a beautiful and enjoyable time of year. The leaves turn magnificent yellow, red and orange. Do you know why leaves change color? The simple answer is that the days get shorter which results in less chlorophyll.

So now you know why leaves change color in the fall. For many homeowners there is a downside to all of these beautiful changes - RAKING.

The JOHS Committee would like to remind you of some safety tips for raking :

Protective Eye Wear – if you are raking near trees that have low branches it is important to protect your eyes and wear protective glasses.

Wear Appropriate Footwear – wet leaves can be very slippery. Make sure you wear shoes or boots that have good traction. I love to wear my flip flops but they shouldn't be worn raking leaves.

Stay Hydrated – even in cooler weather you can work up a sweat. Make sure you drink plenty of water.

Practice Ladder Safety – If you are removing leaves from your gutters always make sure your ladder is on even ground and the right size for the job. It's wise to have someone help you. A helper can; Provide additional support by holding the base of the ladder, hand you appropriate supplies, keep an eye on your balance. While you may think you can stretch a little bit more someone with a better view can tell you otherwise and prevent you from falling.

The JOHS committee want you to enjoy the fall months and stay safe while enjoying the outdoors.

AN HCRS PROFILE

My name is Cathy Napier

I work part-time at Summer Street Industries making finger puppets and send them to the IWK.

My favorite thing about work is making finger puppets because it may put a smile on a child's face.

My favorite books are Christian like stories.

My favorite food is rock of lambs.

My favorite past time is crafts such as crocheting, sewing (making mice at New Beginnings) and knitting.

My favorite show's are Forensic Files and May Day

My favorite memory is when I went to Ontario and attended a Gaithers homecoming team concert with my oldest sister Evelyn. Before my father passed away he wanted to make a special memory for me.

My favorite movies are Patch Adams, Because of Win Dixie and Heaven is for Real.

I am currently working on a booklet of poems that will be available for purchase at the New Beginnings store hopefully before Christmas. Proceeds will go to Women Alike.

