

HIGHLAND NEWS

A Newsletter for Highland Community Residential Services



February Dates

February— Black History month

February 14th -Valentines Day

February 15th—Heritage day

Quote of the month



Martha showing the display of art work by the ladies on mountain road





In recognition of African Heritage Month, we would like to share a little information on the Kente Cloth.



Kente Cloth



Weaving KENTE cloth is a cultural tradition of the Asante (also known as Ashanti) people. These fabrics were originally used exclusively to dress kings and their courts. Each block, pattern, and color has a distinct name and meaning. The cloth often includes ADINKRA symbols, which represent concepts or sayings. For example, an oft-used KENTE pattern is, “in Twi, Woforo dua pa a na yepia wo”. It means “when you climb a good tree you are given a push;” put another way, when one takes up a worthy cause, one will be supported by the community.

Here are a few colors commonly found in KENTE cloth, and their meaning:

Black: spiritual strength, maturity; mourning and funeral rites

Red: blood, death, political passion, strength

Blue: peace, love, unity, and harmony

Gold or Yellow: wealth, royalty

Green: growth, harvest, renewal

White: purity, cleansing rites, festive occasions

Purple or Maroon: Mother Earth, healing, protection from evil

Grey: healing and cleansing rituals; associated with ash

Pink: associated with the female essence of life; a mild, gentle aspect of red

Silver: serenity, purity, joy; associated with the moon

Brittany Tibert at
horseback riding lessons!



Hollis Street ladies making
Valentine Day cards



MacBeth Road's new wheels, out for a test drive!



Highland Community Residential Services

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STAY CONNECTED:



Occupational Health and Safety

OH&S

Here for staff safety

Use these tips to take care of your mental health and well-being this winter.

Build a toolkit. Take time to think about your favorite things to do and what makes you happy. Try a new recipe, listen to a new playlist, have a movie marathon, or play a board game.

Practice wellness and reflection. It is OK to not be OK, so don't put pressure on yourself to always be your best. Reflecting by journaling or meditating can help you remember what you are grateful for or bring up a memory that makes you smile.

Give support and information. If you notice someone close to you struggling, offer your support when you are able.

Ask for help. If you are experiencing sadness or anxiety for an extended period, ask for professional help. Talk to your doctor or a mental health professional for support. Support groups, faith communities, and peer counselors can also be helpful places for support.

The colder days can be difficult, but with tips and resources from Mental Health First Aid you can tackle the winter blues.

Stacey & Marlene out for dinner



Happy Birthday, Fred!



Get Your COVID-19 Vaccine



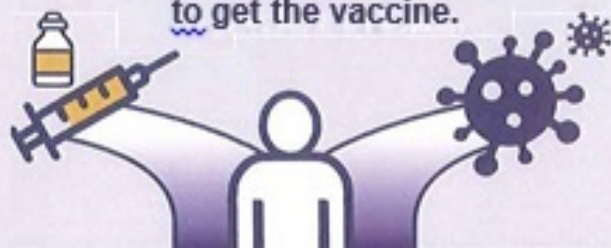
COVID-19 is making people very sick.

COVID-19 is the reason you have not been able to do all of the things you like to do, like meet with friends and family or go to day programs and work.

People with developmental disabilities living in group homes will be some of the first to get the COVID-19 vaccination, but soon everyone will be able to get it.



It is your choice whether to get the vaccine.



People get vaccinated to make it easier for their body to fight diseases like COVID-19.

Vaccines are one of the ways to help stop (or slow) the spread of a disease.

If you decide to get the vaccine, a doctor, nurse, or other medical staff will give you two shots over a few weeks at a vaccine location near you.



If you have questions about the vaccine, you can talk to your family members, friends, staff, your doctor or your Care Manager.



The vaccine is just one tool we can use to protect ourselves from COVID-19.



Get the shot



Wear a mask



Social Distance



Wash your hands

Use all the tools available to protect yourself from COVID-19.



Office for People With
Developmental Disabilities

WEAR A MASK

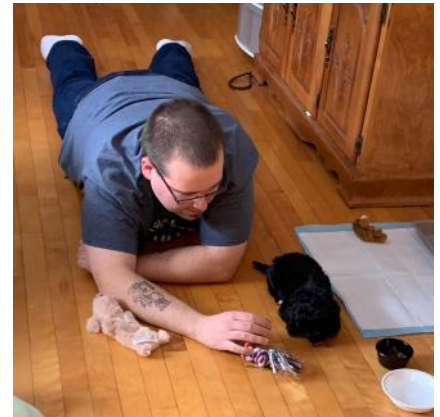
STOP THE SPREAD.

SAVE LIVES.

Becky and Kate
having a visit!



Chilling at Spring Garden!



HCRS Participant Profile

Name: Cecil Lawrence
Job/volunteer– Summer Street Industries
Favorite thing about Job/Volunteering– Working with Linda, seeing friends and playing bingo
Favorite Movie– Comedies
Favorite activity– Knitting, going to Tim's and having company
Favorite Song– Amazing Grace
Favorite Season– Fall
Favorite Memory– Going to Summer Street dances and water fights
Favorite Book– The Bible
My Role Model– Brian Bowden
Favorite Restaurant – Tim Horton's
Favorite Food– Anything
Favorite Animal– Dogs
Something interesting about me– I love singing, watching hockey, and knitting. When Velma lived on Granville Street they had a birthday party where I seen a lot of my family. This made me happy. I love copying scripture from my bible.

