

HIGHLAND NEWS

A Newsletter for Highland Community Residential Services

FROM THE EXECUTIVE DIRECTOR

December is here bringing the joys of Christmas and the festive season. Looking back at 2017 we had a great time celebrating HCRS 40th Anniversary, ending with a reception in November to present a photo essay - *Day in the life of HCRS*. Thank you to everyone for participating and celebrating the 40th Anniversary.

During the past few weeks two more groups of staff completed the Communications program with Teresa Love. This program will continue in the winter months to ensure that all staff will have completed this highly successful professional development opportunity. To complement this focus on staff training HCRS has also invested in an on line learning platform *Open Future Learning*. This platform will host 74 HCRS staff per month. Everyone is encouraged to go on line to www.openfuturelearning.com and review the learning modules. This program requires registration which is accessed by contacting Cindy DeCoste at the HCRS main office.

The next few weeks will see a number of Christmas events including the December 1st party in Westville and the Community Council reception at the HCRS office on December 14th. Hope everyone has an enjoyable month.

Cheers! Hilary.



Important Dates

HCRS Christmas Party—December 1st
HCRS Christmas Social— December 14th
HCRS Christmas Dinner and Dance— December 16th
HCRS office closed— December 25th & 26th

Quote of the Month

"A generous heart, kind speech, and a life of service and compassion are the things that renew humanity."
-Buddha

Highland Community Residential services held its 40th Anniversary Reception on November 17th. Thank you to all who attended.

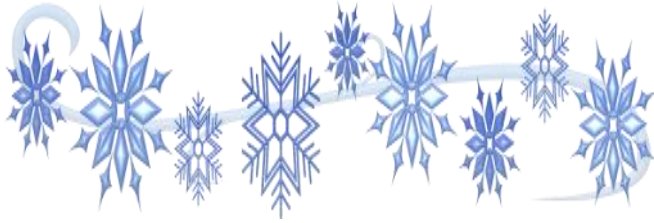
It was a wonderful evening.



40TH
anniversary



DECEMER EVENTS



HCRS Christmas Party
Friday December 1st
7-10 PM
Westville Civic Center
All are welcome

Santa will be arriving between 7:30 and 8:00 pm and please let Ross know if you are bringing any little ones so Santa will have enough treats. He can be reached at 752-1755 or 755-4114.

Merry Christmas from the
other Jolly Fat Guy!



The HCRS Social Club will be hosting its
annual Christmas dinner and a
dance on

December 16th!!

It will be held at SSI, drinks start pouring
at 6:30pm with dinner at 7:00pm and
dance to follow. Music provided by Gerard!
Please RSVP to Trudy by Nov 24, non-social
club members will pay \$20.00.

Come celebrate the Holiday season and the
40th anniversary of HCRS.



**The Community Council Invites
You To Attend The**

**ANNUAL
CHRISTMAS
SOCIAL**

Join Us At The Main Office And Share Light Re-
freshments And Holiday Cheer.

December 14
1:00 p.m. to 4:00 p.m.

Photos With Santa Start At 2pm
At 3pm The Christmas Choir Ask You To Join
Them As They Sing A Few Carols



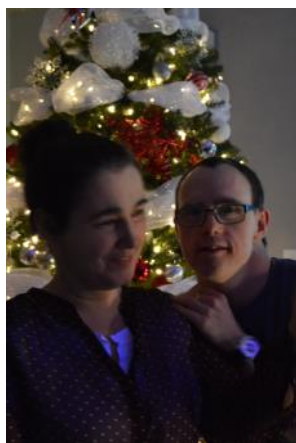
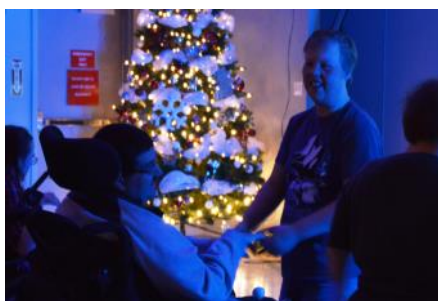
Cathy and Norma went to the yearly provincial Schizophrenia Conference in Halifax with their staff, Paula Wallace and Mardyne Gray. They had a great time!



Stacey Having a great time on her trip to Toronto!



THE HCRS DANCE



FROM COMMUNITY COUNCIL

Who Wants to Win a Gift Card?

The Community Involvement Committee has developed a survey to be completed by staff and people who are supported by HCRS. Completing the survey will be helpful to connect people through shared interests and activities.

The survey will be available at the main office starting Nov 30, 2017. Return the completed survey to the main office by December 30, 2017 and your name will be entered for a chance to win a \$20.00 gift card from a local business of your choice.

You DO NOT have to complete the survey.

Thank you!

Together We Make A Difference

Stacey with her sister Star at the Models for Mental Health Fundraiser for the Mental Health Foundation of Nova Scotia in New Glasgow



Highland Community Residential Services

276 Foord Street P.O Box 2140
Stellarton, Nova Scotia B0K1S0
(902) 752-1755 (Phone)
(902) 752-4256 (Fax)



STAY CONNECTED:



FROM OH&S

Holiday Safety Tips

- When spraying artificial snow on windows or other surfaces, be sure to follow directions carefully. These sprays can irritate your lungs if you inhale them.
- When displaying outdoor lights, fasten them firmly to a secure support with insulated staples or hooks to avoid wind damage. Never nail, tack or stress wiring when hanging lights and keep plugs off the ground away from puddles and snow.
- When putting up holiday decorations, always use proper step stool or ladder to reach high places. Don't stand on chairs, desks or other furniture.
- If you have to use a step ladder near a doorway, lock the door so not one will open it and knock you off.

Holiday Food Safety

- Never defrost food at room temperature. Thaw in a refrigerator, in cold water or the microwave.
- While doing holiday cooking, keep your knives sharp. Most knife injuries occur due to dull blades.
- Use a clean food thermometer to cook foods to a safe internal temperature before serving.
- When cooking ensure that the handles are turned inward to avoid knocking off the stove when walking by.
- Refrigerate or freeze leftovers in covered shallow containers (less than two inches deep) within two hours after cooking. Date leftovers for future use.

The OHS Committee wishes you a warm and safe Holiday Season

AN HCRS PROFILE

My name is Mike Baillie and my nickname is Big Mike.

I work doing Lawn Maintenance/Recreation Program at Glen Haven.

My favorite thing about my jobs is that I find them relaxing.

I volunteer for the Children's Wish Foundation.

My favorite thing about volunteering is seeing the smiles on the children's face, knowing that I make a difference in the life of someone else.

My favorite movie is True Grit, the original with John Wayne.

My favorite activity is fly fishing.

My favorite song is anything Waylon Jennings sings.

My favorite season is fishing season, late spring/early summer.

My favorite memory is being on a boat when I was a kid with Dad.

My favorite books are biographies and true crime.

My role model is my Dad.

My favorite restaurant is the Lion Head in Halifax.

My favorite food is donairs at Gig's.

I like all animals.

My favorite saying is "Want to hear something funny?"

