

# HIGHLAND NEWS

*A Newsletter for Highland Community Residential Services*

Katie, Kim, Zack and Charlie enjoying Powell's Point Beach.



Maggie's first beach day!



Michael getting his vaccine!



## Important Dates

Father's Day – June 20th

National Indigenous Peoples  
Day – June 21st

Canadian Multiculturalism Day  
– June 27th



"Life is like riding a  
bicycle. To keep  
your balance, you  
must keep moving."

—ALBERT EINSTEIN

RS



Josh.....



Jeremy enjoying lobsters.



Rodney baking.



Robbie enjoying the sun.





# FROM OH&S

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Stay connected



## 7 PRACTICAL PRECAUTIONS TO AVOID TICK BITES

### EDUCATE YOURSELF

Know where to expect ticks, what environment they thrive in and the symptoms of a tick bite.

### CHECK BODY, CLOTHES AND PETS FOR TICKS

Conduct a full body check when you return from a potentially tick-infested area. If alone, use a mirror to check body parts not in normal sight.

### TUCK PANTS INTO SOCKS

By tucking pants into socks, you are sealing off a potential crevasse that ticks can crawl into and hide.

### SHOWER AFTER ENTERING INSIDE

Showering within two hours after leaving the outdoors can wash away ticks that are on you but have not yet attached.

### WALK IN THE CENTER OF TRAILS

Reduce exposure to tall grass and other greens, where ticks may be hiding.

### USE A DEET-BASED REPELLENT

Apply repellent regularly and consistently on all exposed areas of skin.

### WEAR CLOSED-TOE SHOES AND LIGHT-COLORED CLOTHES

Sandals leave your feet exposed to ticks. Light-colored clothing allows you to better spot ticks that may be attached.

### IF BITTEN BY A TICK

1. Use tweezers to hold the tick and steadily pull upward.
2. Clean the bitten area with water, alcohol or iodine and soap and water.
3. Monitor the bite mark for rashes or other changes.



Visit [beaumont.org/ticks](http://beaumont.org/ticks) for more information on ticks and Lyme disease.



Download the Ticks & Lyme Disease episode of the Beaumont HouseCall Podcast.

**Beaumont**

## An HCRS Participant Profile

My name is Brandan Rankin.  
I work at Sobeys.  
My favorite thing about my Job is helping customers.  
My favorite movie is American Pie.  
My favorite activity is hockey.  
My favorite song is Goosebumps.  
My favorite season is fall.  
My favorite memory is spending time with my family.  
My favorite sports team is Toronto Maple Leafs.  
My favorite saying is "GO Leafs GO!!!"  
My role model is Austin Mathews.  
My favorite restaurant is Mings.  
My favorite food is Chinese.  
My favorite animal is my cat, Phoebe.  
Something interesting about me is, I'm a great guy.





Ellen taking pictures.



Adam at the beach.



Gratitude tree at Viggo.



Evan and Fred working on their PATH goals!



Marty and Jimmy with Marty's tadpoles.



# Diversity Corner

## June Diversity Dates

June 19<sup>th</sup> – Marks the end of slavery in the United States

June 20<sup>th</sup> – World Refugee Day

June 21<sup>st</sup> – National Indigenous People's Day

June 27<sup>th</sup> – Canadian Multiculturalism Day!

## National Indigenous History Month

In June, we celebrate National Indigenous History Month to honor the history, heritage and diversity of Indigenous peoples in Canada.

## PRIDE Month


June marks PRIDE month, but did you know that Prides are often held at different times through the year in Canada. On August 1, 1971 the first GAY PICNIC was held in Toronto. Since then, many communities across the country hold PRIDE festivals throughout the summer. This year Pictou County Rainbow Community will be holding PRIDE in September.

**PRIDE**

1969 decriminalization of homosexuality

August 1, 1971 GAY PICNIC held in Toronto.

PRIDE festivals happening in Canada throughout the summer.



## PRIDE AT WORK

June 28<sup>th</sup> is PRIDE at HCRS!

FREE events

<https://prideatwork.ca/virtual-propride/>

Our **Virtual ProPride 2021** Season is open to anyone who would like to learn about some of the most important topics in LGBTQ2+ workplace inclusion. We will offer live captions in the language of each online event.

IT'S **OK** TO CHECK IN WITH YOURSELF

HERE'S HOW

- 1 PRIORITIZE SELF-CARE** AS AN ONGOING PRACTICE
- 2 SLEEP, NUTRITION, PHYSICAL MOVEMENT, & SOCIALIZATION**
- 3 DON'T HESITATE TO REACH OUT FOR HELP** RESOURCES ARE ALWAYS AVAILABLE FOR WHATEVER YOUR NEEDS MAY BE.
- 4 IF YOU NEED TO VENT, CRY, OR SIMPLY SHARE,** SEEK THAT OUT WHEREVER YOU CAN AND USE VIRTUAL TOOLS TO **CONNECT WITH OTHERS**
- 5 A LITTLE SELF-COMPASSION** GOES A LONG WAY

Stay Safe  
**AND**  
Healthy



Shelley out for a walk!



Happy Birthday, Janice!



Marlene & Stacey receive their second vaccine.

