

HIGHLAND NEWS

A Newsletter for Highland Community Residential Services

Happy New Year!

Kim & Santa



Breakfast with Santa!



on January 10, 2020

New Address:

115 MacLean Street

2nd Floor

New Glasgow, NS

B2H 4M5

Quote of the Month

As this New Year approaches find inspiration around you, and motivation within you, to be all that you can be.

- Kate Summers

Congratulations to Hilary, the winner of this years HCRS Door Decorating Challenge!



Important Dates:

HCRS Dance— January 15th

HCRS CHRISTMAS PARTY 2019



Robert



Craft Class



St. Bernard's Christmas Party



HCRS CHRISTMAS DOOR DECORATING CHALLENGE 2019



Mountain Road & Hollis Street Christmas Party



Community Council Holiday Social



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:



Occupational Health and Safety

OH&S

Here for Staff Safety

CAN COLD WEATHER MAKE YOU SICK?

This question has probably been asked since the first time the flu made someone sick. After all, cold and flu season occurs when the weather is cold. So there must be a connection, right? Not exactly. No matter how many times your mother told you not to go out in the cold without wearing the proper attire because you will catch a cold/flu – it doesn't work that way.

WHY WE GET SICK WHEN IT'S COLD OUTSIDE?

People get sick more in the winter because they are exposed to each other more than in the summer. When it's cold outside people tend to stay in and more likely to spread germs to each other. Also because school is in session and kids are not afraid to share their germs. With people in such close contact the likelihood of passing germs is much higher than in the summer months.

PROTECTION FROM COLD AND FLU

The most important thing to remember during cold and flu season is to protect yourself against these germs when you are around other people. Viruses are passed by contact between people – be sure to wash your hands regularly and get your yearly flu shot. Take care of your body, try to avoid people that you know are sick and avoid touching your face as much as possible.



AN HCRS PROFILE

My name is Stacey Lee Cunningham
I volunteer/work at HCRS reception, YMCA childcare, and a "Big sister" to Katie.
My favorite thing about volunteering/work is the social part, seeing everyone because I am a people person.
My favorite movies is Junior.
My favorite activity is bowling.
My favorite song "Rhinestone Cowboy" by Glen Campbell.
My favorite season Summer.
My favorite memory is spending time with my Nanny Cunningham, I loved her so much.
My Favorite book are soap opera books and magazines.
My role model is Sherri Murdock.
My favorite restaurant is Mings.
My favorite food is pizza, "the Works".
My favorite animal is a dog, Shih-tzu's.
An interesting thing about me is, I was 4 pounds 5 ounces and I was born on Christmas day. I fit into a Christmas stocking put under the tree!



Cathy Napier 's Book Launch



Cathy Napier dedicated her book "I've Been There" to the Abreast a River Dragon Boat Team for their 20th Anniversary.

At Cathy's book launch, the Dragon Boat Team presented Cathy with their teams dress shirt. Cathy donated the early sales of her book to the New Glasgow Dragon Boat Team...over \$500.00. Cathy read poems from her book and celebrated the launch of her new book at Summer Street Industries.



Oak Street Christmas Party



The ladies from Mountain Road at Glow in Halifax!



Elm Street Christmas Party



Temperance Street
Christmas Party

Chris creating a
gingerbread house

Happy 45th Birthday to Adam!

