

HIGHLAND NEWS

A Newsletter for Highland Community Residential Services

FROM THE COMMUNITY COUNCIL

Learning As We Go

Members of the Community Council are excited to be involved with The Open Future Learning opportunity through HCRS. Starting in February, members will meet in small groups and begin work on learning modules about building community, rights and responsibilities, building friendships, safety, and person centered planning. Members hope to take the knowledge gained from these information sessions and share what they have learned at an Open House in the spring.

Together We Make a Difference

FROM NORTHERN REGION RESPITE SERVICES

NRRS has some great news to share!

Northern Region Respite Services has received a Community Development Grant from The Department of Communities, Culture and Heritage. This grant helps us with our awesome Saturday Respite Program and we are able to have two extra fun days for our United in Friendship families!

These programs continue to succeed and are much needed and wanted by families of NRRS. We are so pleased to be able to continue these programs!



Important Dates

- Valentine's Day– February 14th
- Nova Scotia Heritage Day- February 19th, office closed
- HCRS Dance - February 21st

Quote of the Month

“Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish.”

- John Quincy Adams

Thank You

The OHS Committee would like to thank everyone for their cooperation and understanding the last few weeks during our yearly home visits to ensure staff safety.

It was great to see and speak to everyone.

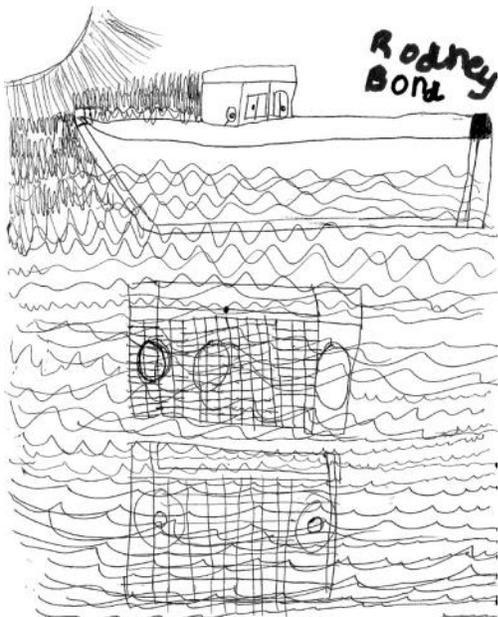
SURPRISE!

Friends and family gathered at the Scotsburn Fire Hall on January 21st for a surprise 40th birthday celebration for Mike Baillie.



A PIECE OF ART

This picture was drawn by Rodney Bond. It is a picture of his father's lobster boat



HCRS DANCE

On February 21st HCRS will be having their Valentines dance at Summer Street Industries from 7-9.

So put on your dancing shoes and come and have a great time!



Phillip Archibald

October 29, 1960 – January 28, 2018



Phillip will be remembered by all for his smiles, his sense of humor and his ability to light up the room with his smile. Despite his small stature he had a larger than life presence wherever he went. Whether he was dancing, singing, participating in Special Olympics or being patriotic to his country – Phil gave it his all. He taught us all many things, but the most important was the ability to live for the moment. He will be sadly missed by his roommates Joey, Carl and Fred and will forever leave a lasting impression on the hearts of the staff at 14 Viggo Holm Road.

Highland Community

Residential Services

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TIPS TO BEAT THE WINTER BLUES

This is the time of year when many of us may notice a shift in mood and find we are lacking energy.

Research suggests that 15 percent of the general population experience these winter blues, which can include changes in appetite and energy levels.

People experiencing the winter blues can benefit from:

1. Maximizing exposure to sunlight. Spend more time outdoors during the day and arrange indoor environments to receive maximum sunlight. Trim tree branches that block light, for example, and keep curtains open during the day. Move furniture to sit near a window. Sometimes a Vitamin D supplement is helpful, ask your Doctor!!
2. Exercise. Exercise relieves stress, builds energy and increases mental and physical well-being. Make a habit of taking a daily noon-hour walk. The activity and increased exposure to natural light can raise spirits. So get out and enjoy the sunny days or head out to the Wellness Center!!
3. Eating well. Healthy eating has been shown to benefit mental as well as physical health. Be sure to incorporate fruits and vegetables in daily eating habits. You will look better and feel better!!

AN HCRS PROFILE

My name is Charles Hinnagar Walter Robinson, people also call me "Chuck".

My favorite food is chicken tenders and fries.

My favorite beverage is coffee or dark pop.

My favorite activity is listening to music and going on outings.

My favorite instrument is the Piano and I love playing it!

My favorite restaurant is Jungle Jim's.

My role model is my brother Mike.

My favorite singer is Elvis Presley.

My favorite season is Summer.

Something interesting about me is that I love to grocery shop each week and I know exactly what to get! Everyone knows me at Superstore!

