

# HIGHLAND NEWS

*A Newsletter for Highland Community Residential Services*

## FROM THE COMMUNITY COUNCIL

In June I will be leaving HCRS to pursue a new career path. I have had the privilege of working with the HCRS Community Council since 2009. My involvement with members has taught me the importance of creating a safe place for individuals to express themselves freely and without judgement. It's about listening to others, fostering positive relationships, increasing knowledge and breaking down barriers moving forward to inclusion.

I would like to thank everyone involved with the community council for their dedication and friendship the past nine years. I wish everyone continued growth and success.

Donna Richard

Together we make a difference.

## NSRAA Management Conference

Hilary, Ross, Tracy B, Tracy P, Shelley and Sherri attended the annual NSRAA management conference in Whitepoint. Tracy B and Tracy P presented on the Working Mind.



### Important Dates

- HCRS Dance– June 27th
- Walk the Walk for Autism– June 16th
- Fish for a Wish– June 16th
- Father’s Day– June 17th
- HCRS AGM– June 19th
- Canada Day- July 1st

### Quote of the Month

Just living is not enough....one must have sunshine, freedom and a little flower.

-Hans Christian Anderson

### Highland News

Highland news will be pausing newsletter publication for the summer months and will be up and running again in September! Remember to take lots of photos of all your summer memories for September’s edition! You can send your photos to [nrrs@hcrsweb.ca](mailto:nrrs@hcrsweb.ca).



Happy Birthday  
Janice!



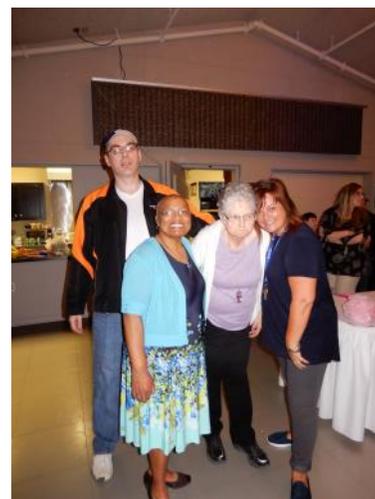
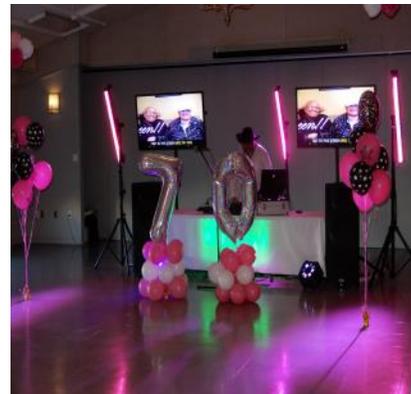
Welcome home  
Cecil!



Michael helping  
out on the farm!



Happy Birthday Doreen!



Happy Birthday Paul! Paul and friends enjoyed a trip to Halifax for his 50th Birthday! They had food at Paul's favorite restaurant Montana's and some shopping at Mic Mac Mall.



HAPPY BIRTHDAY HILARY!



HCRS Dance A great time was had by many at the HCRS dance! The next dance is June 27th!



The Royal Wedding with fancy hats and tea cups!



Erin enjoying some music therapy!



Barb and Doreen at Neptune Theater



## Highland Community Residential Services

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Stay connected:



Occupational Health and Safety

**OH&S**

Here for Staff Safety

### Tick Safety

Everyone who spends time outside in Nova Scotia – even in urban and suburban areas – is at risk of being bitten by a tick. There are several kinds of ticks in the province, but only the blacklegged tick carries the bacteria and virus that cause tick borne diseases, such as Lyme disease.

### Reduce the Risk

1. Wear long pants and long sleeves in areas likely to have ticks.
2. Wear light colored clothing- it is easier to see ticks
3. Wear enclosed shoes and tuck your pants into your socks
4. Apply insect repellents containing DEET or Icaridin to exposed skin and clothes. Follow directions carefully on the package.

### Check for Ticks

1. Check your body and clothing for ticks after being outside in potentially tick infested areas.
2. Having a bath or shower within two hours of coming inside makes it easier to spot ticks and wash off loose ticks.
3. Ticks like warm places on the body – remember to check: Areas around ears, behind knees, in your hair, around the waist and between your legs.

### Signs and Symptoms of Lyme Disease

Only the Blacklegged tick can transmit Lyme disease, and only after being attached for 24-36 hours. Lyme disease is treatable with a short course of antibiotics.

One of the earliest most common symptom of Lyme disease is a rash that's often shaped like a bull's eye. The rash occurs on the same site as the bite.

## AN HCRS PROFILE

My name is Erin Michael Scott Greene

My favorite activity is playing with the ukulele.

My favorite movie is Jaws.

My favorite song is anything by AC/DC.

My favorite season is summer.

My favorite restaurant is Barb's Dinner.

Something I really enjoy is going for drives.

My favorite food is pan-fried haddock.

An interesting fact about me is that I am a fan of pro wrestling.

