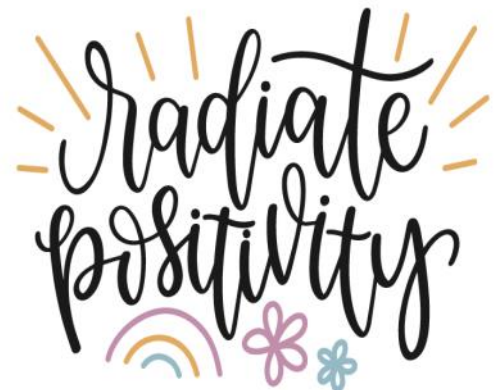


HIGHLAND NEWS

A Newsletter for Highland Community Residential Services



Kim's Adventures!



Important Dates

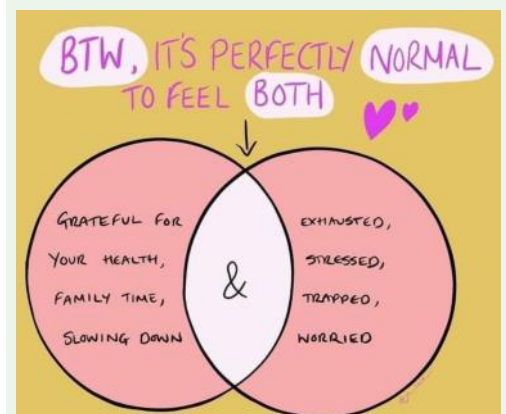
Father's Day– June 21st

Quote of the Month

"And sure enough even waiting will end...if you can just wait long enough."

-William Faulkner

For your Information



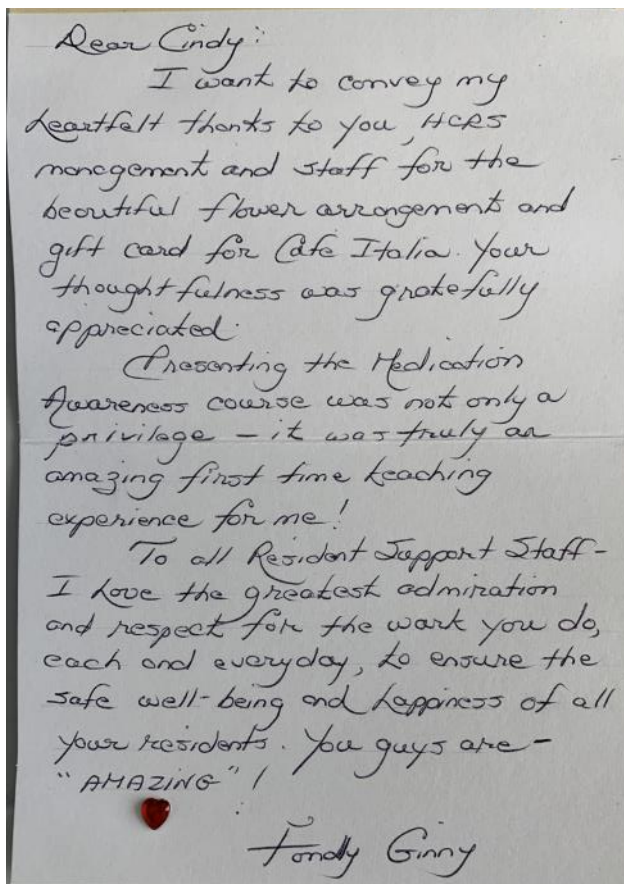
Ellen out for a drive



*Marty and Jimmy playing
Bingo online*



*A lovely note from HCRS' former
Medication Administration Instructor- Ginny Bugden*



A very awesome movie night at Elm Street!



Highland Community
Residential Services
115 MacLean Street
New Glasgow ,NS B2H 4M5
(902) 752-1755 (Phone)
(902) 752-4256 (Fax)



Stay connected



FROM OH&S

It's easy for anxiety, depression and loneliness to creep up on us, especially during this time where the world is upside down.

Here are some coping techniques for everyone to help get through these times:

- Take a break from social media, listening to the news reports
- Keep active by meditation or exercising
- Find a hobby
- Call a friend
- Write a letter
- Listen to music
- Have a relaxing bath
- Get away from "online" get back to basics
- Journaling/diaries
- Read a book
- Arts and crafts
- Learn something new



Most importantly, we are not alone! We are in this together. Let's be grateful for what we have and be thankful for the things we are still able to do and stay safe.

Remember, we can always reach out and call our EPA. The number is 1-800-268-7708.

Thank you everyone for doing an amazing job during this difficult time.

Katie playing music



Charlie looking good



*John all settled in his
new apartment*



From the Executive Director

There are many questions about the easing of pandemic restrictions and whether people supported by HCRS can participate once again in the community. The general answer is NO. This is because the Public Health Agency NO VISITORS rule remains in place for HCRS and similar agencies. Thanks to everyone cooperating with the pandemic restrictions HCRS has fortunately escaped infection during this first wave. While individually you may be the healthiest, fittest, strongest person around able to overcome any illness, please, please, please remember those who are not. Most of the people supported by HCRS have many chronic health issues – seizures, asthma, diabetes, blood pressure issues to name a few, along with being older than 50 years of age.

When the NO VISITORS rule has been lifted, we can start slowly increasing our access to the community. Please remember that easing restrictions does not mean the Pandemic is over.

Yesterday, Today & Tomorrow

There are two days in every week about which we should not worry.

Two days which should be kept free from fear and apprehension.

One of these days is yesterday with its mistakes and cares, its faults and blunders, its aches and pains. Yesterday has passed forever beyond our control. All the money in the world cannot bring back yesterday. We cannot undo a single act we performed. We cannot erase a single word we said. Yesterday is gone.

The other day we should not worry about is tomorrow. With its possible adversities, its burdens, it's a large promise and poor performance. Tomorrow is also beyond our immediate control. Tomorrow's Sun will rise, either in splendor or behind a mask of clouds, but it will rise. Until it does, we have no stake in tomorrow for it is yet unborn.

This just leaves only one day. . . Today.

Any person can fight the battles of just one day. It is only when you and I add the burdens of those two awful eternity's yesterday and tomorrow that we breakdown.

It is not the experience of today that drives people mad. It is the remorse or bitterness for something which happened yesterday, and the dread of what tomorrow may bring.

Let us therefore live but one day at a time.

~ Author unknown

Happy Birthday Doreen!



Happy Birthday Marlene!



A beautiful picture from Ellen



Adam enjoying his
new bistro set

