

HIGHLAND NEWS

A Newsletter for Highland Community Residential Services



Rob having a social distant visit



Blanche and Rodney doing
some yard work



David enjoying an NS Strong donut



Important Dates

Mother's Day – May 10th

Victoria Day – May 18th

Quote of the Month

"Do not lose hope please believe there are thousand beautiful things waiting for you. Sunshine comes to all who feel rain."

-R.M Drake

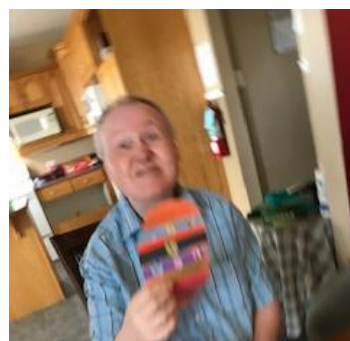
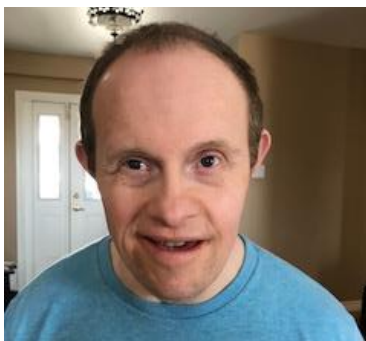
Fred & Evan



How are you all keeping busy?



Easter egg making! Look at those smiles!



MacBeth Road celebrated two Birthdays through social distancing! Happy Birthday to Katie and Frank! Katie enjoyed some gifts dropped off by family and Frank's family stopped by honking and with decorated cars!



Kim at the barn



Ellen relaxing



Steven & his Mom



MY TO-DO LIST FOR TODAY

- count my blessings
- practice kindness
- let go of what I can't control
- listen to my heart
- be productive yet calm
- just breathe

FROM OH&S

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Stay connected



Disinfect on all shifts. A good idea would be to make a checklist for staff to look at.
Take your temperature at the start and end of each shift. Throw away any used Kleenex as soon as it has been used.
When wearing your masks, remember only one use! If it is soiled or comes in contact with anyone else, discard right away in a brown paper bag and get a new one. Only take off the mask when eating, drinking or using the washroom. At the end of your shift discard mask into a brown paper bag and throw it in the garbage.
We know this is a very stressful time and many people are feeling down and out.
Remember we have an EPA to talk to.
The phone numbers is 1 800 268 7708.



From the Executive Director

All of us have been deeply shaken with the events of the past seven weeks. Just as we started to adapt to life under the threat of COVID-19, we were forced to confront the unimaginable loss of life through the middle of our peaceful province and overseas during a NATO exercise. Our province is an intimate place. There are a very few degrees of separation for most of us from the people directly touched by these sad events. They remind us to focus on what is truly important in our lives. The health and mental wellness of ourselves, families and communities. On the mental wellness side of life, the Health Authority has created new resources to help with anxiety. These resources are accessible through self-referral.

*i. ICAN: Conquer Anxiety & Nervousness Program (for Adults): To self-refer please go to:
<https://login.strongestfamilies.com/folder/1963/>*

*ii. Mindwell U: MindWell-U's 30 Day Mindfulness Challenge is an on-line. The link below is accessible anywhere, on any device. Go to:
<https://app.mindwellu.com/novascotia>.*

*iii. TAO: TAO (Therapy Assistance Online). For more information, or to sign up for TAO please visit:
taoconnect.org/what_is_tao/ns.*

So welcome to May, make sure to take advantage of this forced slowdown to identify and appreciate the joys in our lives. Hopefully, we will choose not to go back to the pace of life before COVID-19. Don't forget that Spring is here, restrictions are easing and before long it will be BBQ season.



The ladies at Hollis Street made a bunny cake



❤️ The Ladies and Staff from Mountain Road crocheted over 100 mask extenders for HCRS staff ! ❤️

