

HIGHLAND NEWS

A Newsletter for Highland Community Residential Services

FROM THE EXECUTIVE DIRECTOR

Happy New Year and welcome to 2019, a few items to bring to your attention.

Administration Staff: Please extend a warm HCRS welcome to Ms. Adriana Guerra who will be joining the HCRS finance team on January 14, 2019. She will be taking on responsibility for Payroll.

Work Place Education: This winter two programs will be offered with Lorna MacIsaac - *Communications for Frontline Staff*.
-These programs will be offered starting on Monday Jan. 21 and Tuesday Jan. 22, 2019 and ending March 25 & 26, 2019
-Both courses will be from 9.30am – 1.30pm and will be in Glasgow Square.

Staff Training: A staff training calendar has been developed for the year. Please make sure to attend any programs for which your manager has registered you. This is particularly important for re-certifications courses.

Employee Survey: To date 15 staff have completed HCRS Employee Survey. All staff are encouraged to participate in this anonymous on line survey. The results will help HCRS to become a better employer, plan professional development offerings and grow our Agency. Staff are encouraged to check their @hcrsweb.ca e-mail address for a new e-mail containing the survey link.

Northern Region Respite Services (NRRS) is pleased to inform you that respite services are now available to all ages across Nova Scotia. In December the Disability Support Program in partnership with NRRS/HCRS launched the Respite Supports Navigation Service. This new services replaces the previous respite coordination service, which limited supports to children and their families.

FROM THE COMMUNITY COUNCIL

The Community Council would like to thank everyone who came to join in our Christmas celebration on December 13, at the Main Office. Good food, festive carolling were in abundance. Wishing everyone a Happy New Year in 2019. The Community Council will hold their next meetings January 15th & 29th at 3:00 in the board room at the main office.



Important Dates:

HCRS Dance– January 23rd

Quote of the Month

“There are far, far better things ahead than any we leave behind.”

- C.S. Lewis

WALKING IN A WINTER WONDERLAND....



HCRS CHRISTMAS PARTY 2018



HCRS CHRISTMAS DANCE

UGLY CHRISTMAS SWEATER PARTY



DID YOU TAKE AN ELFFIE SELFIE?



A HOLLIS AND MOUNTAIN ROAD CHRISTMAS GATHERING



CHRISTMAS CELEBRATIONS AT RODDERICK STREET



GIFT EXCHANGE



CHRISTMAS DOOR DECORATING CHALLENGE 2018



CONGRATULATIONS !
Alex Plouffe, winner of the 2018 HCRS
Office Door Decorating Challenge
So much creativity,
everyone did an amazing job!



CRAFT GROUP



BEAUTIFUL.....



A SLEIGH RIDE



HI SANTA!



HCRS CHRISTMAS SOCIAL



HAPPY BIRTHDAY!



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STAY CONNECTED:



Occupational Health and Safety

OH&S

Here for Staff Safety

EATING FOR COLD WEATHER EXERCISE

Exercising in cold weather brings some unique challenges. There are a few precautions in order to stay comfortable, safe and perform at an optimal level.

What you eat and drink before exercise is very important. Proper nutrition helps regulate your core temperature, keeps your body warm and provides enough fuel for your working muscles. In warm weather it's easy to sweat to regulate your temperature and remove excess heat, but in cold weather you need to generate more heat to stay warm.

Breathing in cold, dry air forces our body to warm and humidify the air with each exhalation, you lose significant amounts of water. You need to be consciously drinking more fluids to replace the water that gets lost via respiration.

When it comes to eating during cold weather exercise, warm foods are ideal because cold foods can chill the body.

Ideal foods are complex carbohydrates consumed 2 hours before exercise. Soups, chili, bread, bagels, pasta with tomato sauce, baked potatoes, warm cereal, peanut butter, lean meat and low-fat cheese are all good choices.

It is important to continually replace carbohydrates stores that are being used for exercise and warming. If you don't replace what is being used then you will more likely feel fatigued and chilled.

The following seven tips will help you stay healthy and enjoy your winter exercise:

- Drink plenty of water
- Eat a variety of high carbohydrate foods
- Plan to eat a small snack every 30-45 minutes
- Eat warm or hot foods when possible
- Decrease caffeine consumption
- Don't drink alcohol. Alcohol dilates the blood vessels and increases heat loss
- Have an emergency food source with you when exercising

AN HCRS PROFILE

My name is Shirley Grant.

I volunteer at the SPCA.

My favorite thing about volunteering is that I love all animals.

My favorite movies are animal movies.

My favorite activity is reading.

My favorite song is Beyond the Sunset, by Hank Williams Sr.

My favorite season is Summer.

My favorite memory is my memories with my mother.

My Favorite book is Anne of Green Gables.

My role model is my cousin Heather Cunningham.

My favorite restaurant is MacDonald's.

My favorite food is home made Pizza.

My favorite animal is Deer.

An interesting thing about me is that I show kindness to everyone.

