

HIGHLAND NEWS

A Newsletter for Highland Community Residential Services

FROM THE COMMUNITY COUNCIL

Dignity and Respect

Council is looking for volunteers to help with the final development of Rights and Responsibilities for members of HCRS. Please contact Sherry

Parker at the main office if you are interested in helping with this project. There will be a development workshop on March 24, 2018 at Glasgow Square from 10am-3pm. Lunch will be provided. Please note anyone interested and unable to stay for the entire day are welcome to drop in to share your thoughts and ideas.

Together We Make a Difference

Occupational Health and Safety

OH&S

Here for Staff Safety

A lot of people enjoy going for walks in the woods, but it's important to remember to stay safe when doing so. Here are some to stay safe

- Always tell someone where you are going (a friend, family member, even a neighbour)
- Try the buddy system – maybe a friend or two would enjoy going with you
- Wear bright colored clothing so you will be easier to see
- Try your best to stay dry and warm
- If lost, sit and stay. This way you won't end up going in circles. Also, this will help when people begin looking for you. Always remember to stay calm and try not to panic



Important Dates

St. Patrick's Day– March 17th

HCRS Dance– March 28th

Good Friday– March 30th

Quote of the Month

"Luck is a matter of preparation meeting opportunity."

-Seneca

Some beautiful Art by Cathy Langille!



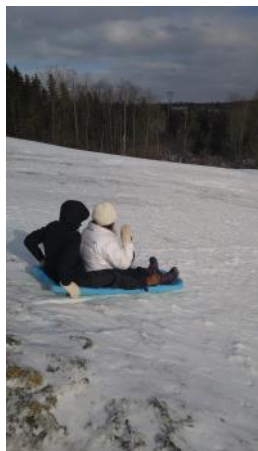
Wayne, Harry and Derrick out celebrating Wayne's Birthday!
Happy Birthday Wayne!



Happy Birthday!
Carolyn celebrated her Birthday at Mountain Road with a pizza party and no power!



A Sledding Good Time



February HCRS Dance



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Residential Services

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Nova Scotia

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FROM NORTHERN REGION RESPITE SERVICES

When writing funding reports we are often asked for an impact story about the program. HCRS would like to share a feel good/impact story that a parent involved in our NRRS respite program wrote. We enjoy hearing the positive and happy effects our programs have on families!

The Impact Fun Fridays Have on our Family:

Fridays were always our favorite day of the week and since my son Carson has been involved with Northern Region Respite Services (NRRS), we look forward to Fridays even more!

Every second month on a Friday this wonderful community we belong to, NRRS, holds a get together. Kids and parents unite in friendship and enjoy an evening full of laughter, fun and activities.

Crafts, bouncy houses, dances and even a visit from the "Big Guy" himself (Santa) are a few exciting events that occur throughout the year!

Carson loves Fun Fridays not only for the delicious foods that are provided but he loves socializing with his friends he may not get to see otherwise.

As for me, meeting other parents who have children with special needs as well helps me feel like I am not alone in my experiences, that there are other parents as well facing similar challenges that come when you have a child with special needs, it has opened up my world to a wonderful support system as well as making friends myself.

Fun Fridays not only brings happiness to the kids who participate but it fills my heart and soul with love and joy and has even brought tears to my eyes as I watch these kids enjoy themselves, play with their friends and just be kids, free from any judgement. I think the kid's families have just as much fun at Fun Fridays as the kids do!

The people, who are mostly made up of volunteers not only are caring adults but kind hearted youths that are phenomenal with the kids and play a huge role in making these evenings possible.

Carson and I are so grateful that we are part of this beautiful community, attend Fun Fridays and have made so many wonderful friendships.

Kristina MacDonald

AN HCRS PROFILE

My name is Cathy Langille.

My favorite food is Mac & Cheese.

My favorite beverage is decaf coffee made with hot chocolate.

My favorite activities are workshops, going to movies and reading books.

My favorite instrument is the tambourine.

My favorite restaurant is Sam's in Stellarton.

My favorite role model is my niece Jannette Brown.

My favorite singers are Tim McGraw and Faith Hill.

My favorite season is fall.

My favorite author is Nicholas Sparks. I enjoy painting.



“Holly” Rosemarie Cunningham
January 19, 1963 – February 16, 2018



Anyone who visited her home, would find Holly aka “Hugga” sitting in her favorite spot on the living room floor or sofa surrounded by her toys and holding a pipe cleaner in her hand. She would light up the room as she greeted everyone with her infectious smile, twinkling eyes and raised arms for “the HUG”. Holly will be dearly missed by all who knew her especially her loving family, her buddies and staff at 25 MacBeth Road.