

# HIGHLAND NEWS

*A Newsletter for Highland Community Residential Services*

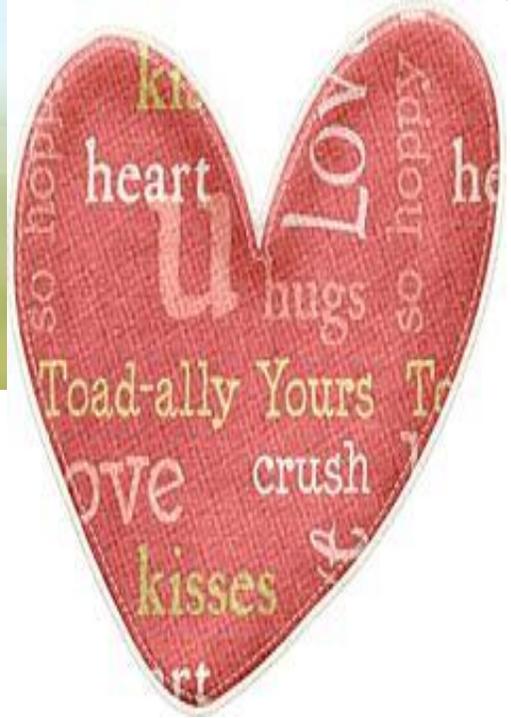
## FROM THE EXECUTIVE DIRECTOR

It is good to have the Main Office administration staff at full complement again. Everyone is very busy keeping the finances and paperwork of the agency up to date. A few items to bring to HCRS staff attention:

1. CARECREW information management software. HCRS hopes to introduce this software throughout the agency over the next few months. We are advised that version 2 of the software is currently in a reliability testing phase. On completion the company will be working with HCRS to deploy the software. HCRS has been testing the software at two homes – 333 Hollis Street and 16 Viggo Holm Road. Staff at both homes adapted quickly to not having to enter information in multiple 3 ring binders.
2. Stand-by Generators – we are finalizing the details on having standby generators at 5 homes. These will improve our ability to cope with power outages. This project may get delayed into the spring due to supply of generators and the depth frost in the ground.
3. All staff are encouraged to complete the HCRS staff survey.
4. Seniority lists have been circulated for review.
5. The OHS Committee has projects underway – Annual inspections and the Risk Assessment. All staff are encouraged to participate.
6. The Day Services study has been completed by Heather Thomson and Mike Kelly. We are currently assessing their report to determine where to begin. Thank you to everyone for their support and contributions.

## FROM THE COMMUNITY COUNCIL

Happy Valentines Day from all of us on the Community Council. In January we had two meetings on the up and coming job fair in April. The Community Council will be working on completing the Rights and Responsibilities Charter in the next few months and we hope with your help to bring this to completion. I will be calling everyone with our next meeting times.



### Important Dates

**HCRS Dance**– February 13th

**Valentine's Day**– February 14th



**Nova Scotia's Heritage Day**–  
February 18th

### Quote of the Month

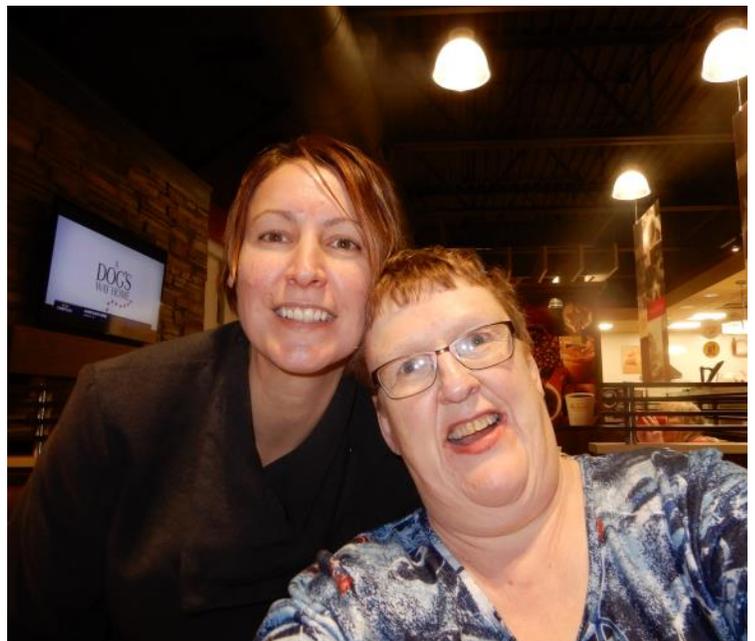
“Success seems to be connected with action. Successful people keep moving. They make mistakes but they don't quit.”

-Conrad Hilton

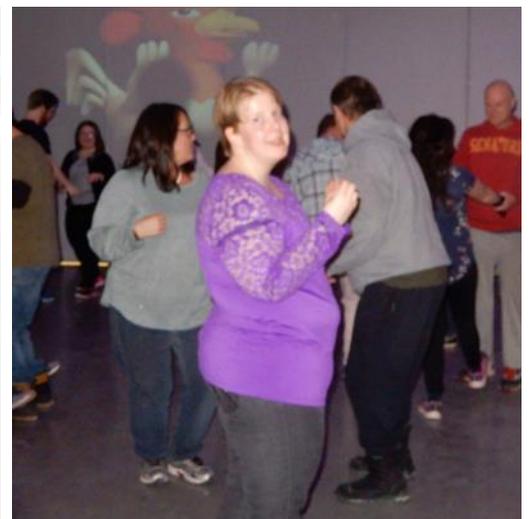
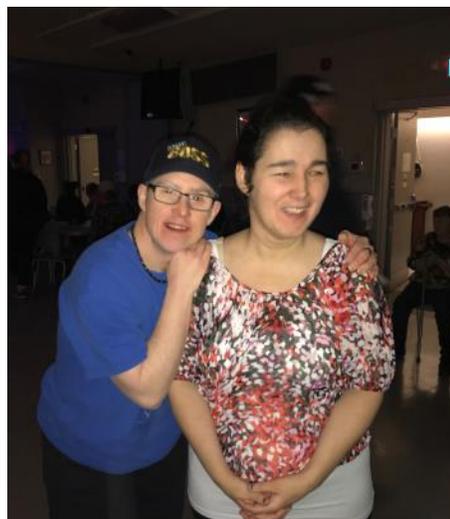
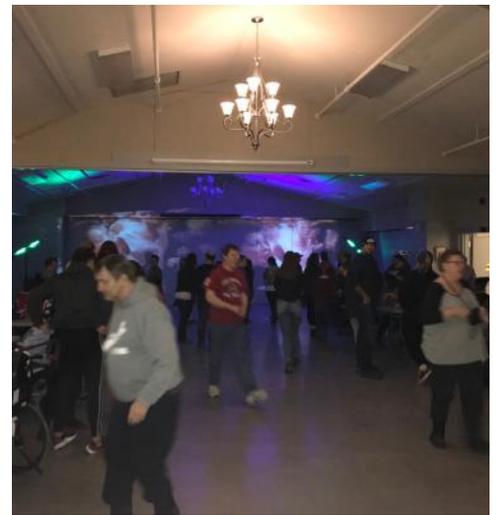
## SPRING GARDEN ROAD



## OUT FOR A COFFEE



## GOOD TIMES AT THE HCRS DANCE



## A NIGHT AWAY



## HCRS EMPLOYEE SURVEY

As we continue to monitor the results from the HCRS Employee Survey, on line learning has been identified as something that all staff are interested in pursuing to increase skill level and competence. HCRS has access to Skills Online Nova Scotia by Course Park. There are several valuable courses that can be found on this website including basic and advanced computer software skills in Microsoft Word, Excel and Power-Point, communication and accountability modules as well as Nova Scotia Occupational Health and Safety. This website contains over 6000 courses with hundreds of topics. We encourage all employees to utilize this beneficial *free* service to expand and build upon abilities. Please visit [www.skillsonlinens.ca](http://www.skillsonlinens.ca) to begin your online learning today.



## HAPPY BIRTHDAY



## OUT FOR DINNER



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Stay connected



### **CAN COLD WEATHER MAKE YOU SICK?**

This question has probably been asked since the first time the flu made someone sick. After all, cold and flu season occurs when the weather is cold. So there must be a connection, right? Not exactly. No matter how many times your mother told you not to go out in the cold without wearing the proper attire because you will catch a cold/flu – it doesn't work that way.

### **WHAT REALLY MAKES YOU SICK?**

The truth is that the flu and the common cold are caused by viruses. There are over 200 viruses that cause the symptoms that we call the common cold. Because there are so many viruses that cause these symptoms there may never be a cure. The flu on the other hand is caused by the influenza virus.

### **WHY WE GET SICK WHEN IT'S COLD OUTSIDE?**

People get sick more in the winter because they are exposed to each other more than in the summer. When it's cold outside people tend to stay in and more likely to spread germs to each other. Also because school is in session and kids are not afraid to share their germs. With people in such close contact the likelihood of passing germs is much higher than in the summer months.

There is also evidence now that viruses spread more easily through the dry air. When it's cold outside, the air is much drier both outside and inside which makes it easier for germs to pass from one person to the next. It's not the cold weather that causes the cold, it just makes it easier to spread the virus.

### **PROTECTION FROM COLD AND FLU**

The most important thing to remember during cold and flu season is to protect yourself against these germs when you are around other people. Viruses are passed by contact between people – be sure to wash your hands regularly and get your yearly flu shot. Take care of your body, try to avoid people that you know are sick and avoid touching your face as much as possible.

## AN HCRS PROFILE

My name is Shawn Dawaine "Ducky" Cameron.  
I work at Bingo and volunteer at the Legion.  
My favorite thing about my job and volunteering is selling food at bingo and Poppy.  
My favorite movie is Lampoon's Christmas Vacation.  
My favorite song a Christmas song called "I'll Be Home With Bells on".  
My favorite season is Summer.  
My favorite activity is participating in Special Olympics.  
My role models are Howie Dunbar, my Dad and Ross MacIntosh.  
My favorite books are ghost or true stories.  
My favorite restaurants are Barbs Dinner, Acropole and Lin's.  
My favorite food is Chinese food and pizza.  
My favorite animals are Briar the cat and Luna the dog.  
My favorite memory is spending time with my Dad.  
An interesting fact about me is I like helping at the Legion and helping people.

