

HIGHLAND NEWS

A NEWSLETTER FOR HIGHLAND COMMUNITY RESIDENTIAL SERVICES

Summer Edition Volume 2



SAY YES
TO NEW
Adventures



SOCIABLE



Summer adventures





A reflection on the Summer of 2023



Within a span of two weeks in June the HCRS community was witness to the sudden ending of lives – Alanta and Nick together, followed 10 days later by Valerie. We grieve the passing of all three for different reasons. Alanta and Nick, at the start of their life as a couple with many tomorrows ahead. Valerie, with fewer tomorrows, but filled with a zest for life despite her physical challenges.

July called us to renew our commitment to each other as we grieved Darryl Rhyno and the unexpected death of Henry Heighton's son, Cody. In August we were called on to support Sheri Scott and Lynn Laffin with the loss of their father, Wayne. It was indeed a Summer of partings and grief for the HCRS community.

As a community we faced the challenge of dealing with each passing through many acts of kindness and caring. These acts ranged from staff calling in to offer their time to relieve colleagues in grief, homes providing meals, being present for each other, or extending words and gestures of comfort to family members.

Yet time and life, inexorably, move forward; even during periods of loss and sorrow. In the midst of our grief, we were called on, and rose, to celebrate the life milestones of others. Birthdays – Shirley's 85th, Graduations – Adam's from High School, Births – Beth's baby girl, to name a few. We welcomed new people to our community either as providers, or recipients, of supports & services. We also coped with another significant transition – the end of my tenure at the helm and the beginning of Mary Clare's.

I write this reflection filled with the confidence that comes from being part of a caring and resilient community. I urge you all to honour the memory of those we lost by living well, taking care of each other, and to reaching out when remembrance overwhelms.

Sincerely,

Hilary.





Ivan's Blog

IVAN WILLIS

When I'm walking by the railroad crossing in downtown New Glasgow, sometimes I see cars stopped on the railroad tracks when they're behind other cars stopped at the red light. I would like to remind all drivers that if you're behind stopped cars at the red light to please stay off of the tracks. Trains cannot stop quickly enough. Therefore, if you were stopped on the tracks behind other cars and there were other cars behind you, you would be stuck in between so many cars you would have no way to get your car off the tracks if a train was coming, and the train could run right into you.

I would also like to remind you not to stop next to the railroad stop lights because they have barricades. If the barricades came down, they could hit your car. So, if you're behind stopped cars at the red light, please have the front of your car be the same distance away from the lights like it would be if you were in front of a tailgate barricade.

Although there are very few trains now, there could be times that several trains will use the tracks spontaneously. Hopefully my note will remind drivers to be careful around railroad tracks.

Sincerely,

Ivan Willis

Cottage life!

