

HIGHLAND NEWS

A Newsletter for Highland Community Residential Services

14 Viggo Holm Christmas celebrations



Evan & Carl having a holiday treat



January 2023



HAPPY *New Year* 2023



HICRS DANCE

JANUARY 18th
6-8pm



Marlene supervising decorating



A trip to Glow!



Jason loving nature



Jeremy and Santa



Tracy with a couple of our board members,
Allan and Lily

The winner of
this years office
door decorating
contest was the
very creative,
Sherri
Murdock!



David out for a coffee



Alison at Glow



Martha is excited to see Santa!



HCRS BOOK CLUB

Do you enjoy reading?
Are you looking for a good book?

JOIN HCRS BOOK CLUB!

For more details contact Angel at
alefave@hcrsweb.ca



Highland Community Residential Services

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Stay connected



From OH&S

General Winter Safety Tips

Wear appropriate outdoor clothing

- a wind-resistant coat is preferable
- water-proof footwear/boots
- mittens and hat if extreme cold sets in or you're exposed to cooler weather for an extended period of time

Sprinkle cat litter or sand where there are icy patches

Work slowly when completing outdoor chores/ tasks

- this applies to shoveling because of the strain it puts on the body
- also, we're not always aware of how our traction will be, especially under snow

It's a good idea to carry a cell phone when doing an outdoor task or recreational activity

- this is important in case you become stuck in any number of situations

If you become stranded in your vehicle.....

- make sure your vehicle is visible to other motorists
- have a first aid kit in case of injuries
- have a blanket on hand in case of a prolonged stranding

From Community Council

The HCRS Community Council have been busy this fall! As a group, we opened a self-serve canteen, located in the upstairs lunchroom, which has been very successful. Thanks to everyone for your support! And don't forget to let us know if there is anything you would like us to stock in our canteen & we'll be sure to pick it up.

We celebrated with the HCRS community in December by hosting our annual Christmas Social where we organized many festive activities. We had an overwhelming number of friends & family drop by to celebrate the holiday season with us, we hosted a Christmas door decorating contest at the main office, we sold 50/50 tickets, Santa dropped by for a visit, we served lots of treats and drinks & to top it off, Jonathan and Adam serenaded us with Christmas Carols! We couldn't have asked for a better day!

Our Community Council meets monthly at the main office, we invite all HCRS participants to join us at our next meeting on February 6th at 1:00pm in the Multi-purpose room!



On-Call Stars:

Anne Palmer
Melissa Robertson
Cayla Bowman
Jacob MacIsaac
Gary Jones
Riley Bennett
Shauna Parker

Finance and Admin

Elaine Farrell
Alex Kampa-Plouffe

*Thanks for being
awesome!*

Jason Fraser's beautiful Christmas Village collection



Jason Firth's
Beautiful Christmas Tree



Loretta



Fred & Carl with Santa



Having a time bowling!



HCRS Christmas party!



A joyful photo of Cathy and Val

