

# HIGHLAND NEWS

*A Newsletter for Highland Community Residential Services*



Marlene and Stacey having a time!



## Important Dates

Mothers Day—May 8th

Victoria Day – May 23rd



Does this not look like  
an album cover?



Val

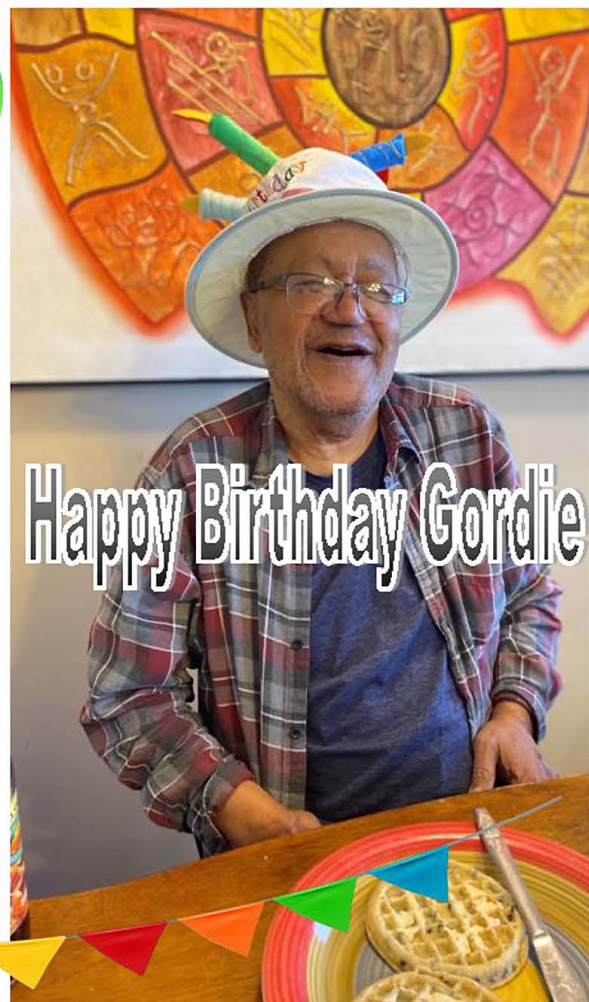
Marlene painting Easter eggs







Happy Birthday Carrie



Happy Birthday Gordie



Mardyne & Stacey



Jason's going fishing



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Residential Services  
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New Glasgow ,NS B2H 4M5  
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Stay connected



## How To Treat and Prevent Spring Allergies

With the spring comes an explosion of pollen from trees, grass and weeds that can trigger allergic rhinitis – also known as **hay fever**.

Symptoms of spring allergies include sneezing, nasal congestion, runny nose, itchy eyes, coughing, etc.

Typically, medications are used to alleviate the symptoms of seasonal allergies, or temper the body's response to airborne allergens.

The most common options include oral antihistamines, nasal decongestants and eye drops.

All of these are available over the counter but feel free to speak to your Pharmacist or even Family

Doctor.

As well, using air purifiers with HEPA filters, closing your car windows while driving, vacuuming and dusting frequently and avoiding drying clothing outside all can help!



## Diversity Dialogue

Asian Heritage Month  
Brain Tumor Awareness Month  
Mental Health Awareness Month



May 5: National Day of Awareness  
for Missing and Murdered  
Indigenous Women Two Spirit and  
Girls (MM2SIW2SG)

May 17: International Day Against  
Homophobia, Transphobia and  
Biphobia

May 21: World Day for Cultural  
Diversity for Dialogue and  
Development



May 25: Africa Day



Alison





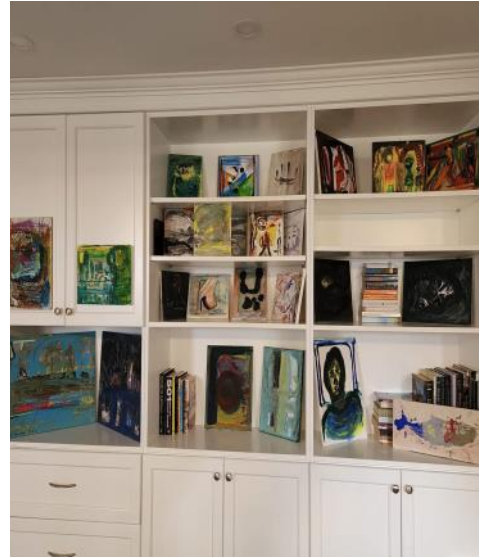
Janice



Ellen



Tobias' Art Work



Jeremy got a new Guitar



Marlene out to lunch with Mable



Val picking flowers



## Craft night at St.Bernard





Tobias at Victoria Park



Happy Birthday,  
Frank



Happy Birthday,  
Maggie



The Diversity & Inclusion Committee is looking for individuals (Residential Counselors) to become a part of our team. We meet on a monthly basis at the main office **(paid time)**.

Diversity, Equity and Inclusion. They're more than just words for us. Equality is a core value at H.C.R.S. We continue to build an inclusive culture that encourages, supports, and celebrates the diverse voices of our employees and people we support.

If this is you, please contact Alex at the main office at 902-752-1755 or [info@hcrsweb.ca](mailto:info@hcrsweb.ca)

"Diversity is about creating an environment where a person can bring their whole self to work." ~Laura Miller

Steven and his sister-in-law got new St. Fx basketball hats for Easter!



Justin helping with painting



## WRESTLEMANIA

