

# HIGHLAND NEWS

A NEWSLETTER FOR HIGHLAND COMMUNITY RESIDENTIAL SERVICES

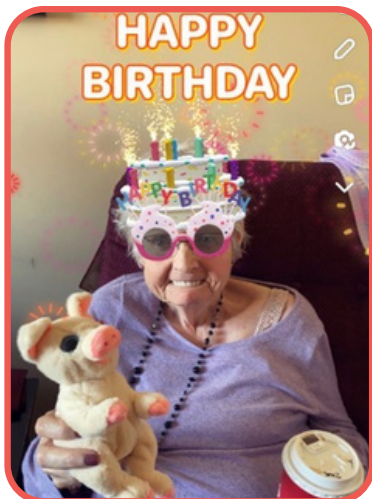
June 2023

## The Nova Scotia Residential Agencies Association yearly conference 2023



National Indigenous  
History Month  
Pride Month  
June 18th Fathers Day

## Happy Birthday



## JOSH





# MissMiles 5K!



## Movie night with Alison!

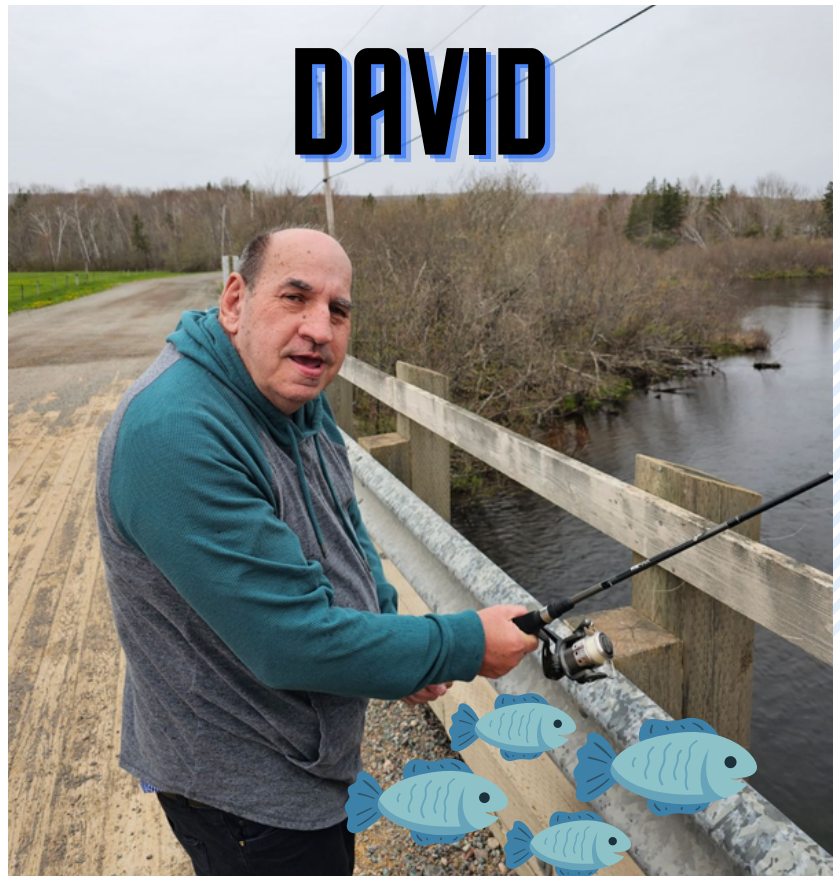


# R.I.C.K

I AM DELIBERATE IN MY  
INTERACTIONS.  
EVERYTHING WILL BE  
DONE WITH:  
RESPECT  
INTEGRITY  
CARING  
KNOWLEDGE



# DAVID





## HIGHLAND COMMUNITY RESIDENTIAL SERVICES

115 MacLean Street  
New Glasgow, NS  
B2H 4M5

(902) 752-1755  
(902) 752-4256



STAY CONNECTED



## Everyone pitched in and helped Rodney build a planter box at Roderick Street




## Around the HCERS Community....





# FROM OH&S

## SUMMER SAFETY TIPS

- 
- BE PREPARED FOR ANYTHING BY CHECKING THE WEATHER BEFORE YOU HEAD OUTSIDE
  - A CHARGED CELL PHONE, SNACK/FOOD ITEMS, FIRST AID KIT, ETC.
  - LATHER ON SUNSCREEN ANYTIME YOU'RE OUTSIDE
  - SPF-30 OR HIGHER WATER AND SWEAT-RESISTANT
  - WEAR THE RIGHT CLOTHING AND ACCESSORIES
    - CLOTHING THAT PROVIDES SKIN COVERAGE
    - A HAT
  - PACK A REFILLABLE WATER BOTTLE
  - KEEP HYDRATED
  - KNOW THE RISKS AND SIGNS OF HEAT EXHAUSTION
    - DIZZINESS, CRAMPING, FATIGUE, NAUSEA, ETC.
  - NEVER LEAVE CHILDREN OR PETS UNATTENDED IN A VEHICLE

## HCRS PARTICIPANT

Hi my name is Bernie James Flemming.

I am retired.

My favorite movie is Home Alone.

My favorite activity is playing the nintendo switch.

I love all types of music.

My favorite season is Summer.

My Favorite memory is a trip to Florida and Arizona with my sisters.

My role models are my family members.

My favorite restaurant is MacDonalds.

My Favorite food is smoothies.

Something interesting about me is I am extremely polite.







# Ivan's Blog

IVAN WILLIS

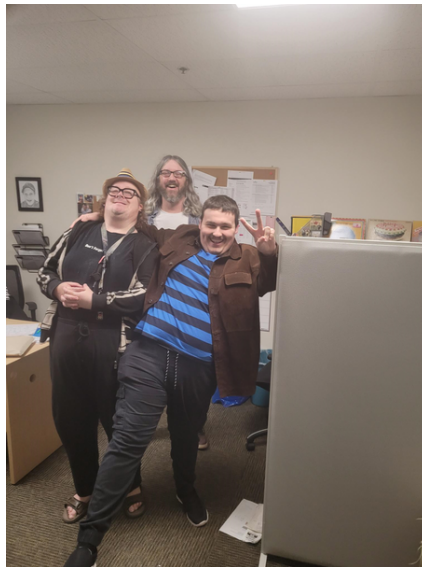
In the past, I worked at Summer Street and while I was there, I was in a client council meeting. In the meeting, we had discussions about having a proper tone, proper attitude, patience, and good behavior with clients in the workplace. It's important that you have respect for everybody including the ones who are new there. When you're working with clients and one of them asks (I need help, or may I use the bathroom) you should respond to them in a normal tone. A client may ask you something and if you respond in an impatient tone, they may feel afraid and uncomfortable asking you next time they need something. If the client asks you (I need help, or may I use the bathroom) and you respond in a nice tone, they won't feel afraid and uncomfortable next time they ask you something. The more patience you have with them the easier it will be for them to learn and the easier it's going to be for them to focus on what you are telling them. The more impatient you are with clients the harder it will be for them to learn and the less focused they're going to be on what you're trying to tell them. You don't have to smile but you should talk in a normal tone of voice so that your clients will feel comfortable and enjoy working with you in the workplace. Just because someone's tone of voice is unpleasant doesn't mean they're not good at what they do, it means they just have to work on their tone. I want you all to know that you are good staff and you are good people inside.

# GAME ON





# Around the HCRS office!



Here are the on call all stars for May:

Heidi Rushton  
Chastity Wheaton  
Tanya Kelly  
Danielle Millen  
Nicky Gerrior  
Gary Jones  
Angela MacDonald  
Atlanta Bezanson  
Kathy Gilbert  
Meagan Beaton  
Jonathan MacDougall  
Winners- Angela MacDonald  
Atlanta Bezanson



INCLUSION|DIVERSITY  
EQUITY|ACCESSIBILITY

**JUNE 2023**

- Pride Month (2SLGBTQIA+)
- Alzheimer's & Brain Awareness Month
- National Caribbean American Heritage Month
- Black Music Month
- National Indigenous History Month





