

HIGHLAND NEWS

A Newsletter for Highland Community Residential Services

March 2023



Some Valentines Day Fun!



Important Dates

International Women's Day -
March 8th

St Patrick's Day - March 17th

HCRS Dance - March 22nd

Paul and Gary in Montreal....Montreal vs. Ottawa



Happy 17 years at HCRS!



Highland Community Residential Services

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Stay connected



Occupational Health and Safety

OH&S

Here for Staff Safety

If You're Going To The Gym To Get Through The Winter.....

1. Get your body ready to exercise

-always warm up before your workout

2. Follow instructions

-know how to perform the various exercises that comprise your workout regimen

3. Have a game plan

-establish an accurate benchmark for your starting level of fitness, and work towards attainable goals

4. Proceed sensibly

-never try to do too much too soon

5. Listen up

-don't ignore what your body may be trying to tell you if you're doing too much – always respond to your body's signals (a sharp pain, dizziness, etc.)

AN HCRS PROFILE

My name is Kendall Snell.
I work at Sobeys Aberdeen.
My favorite thing about my job is checking expiry dates.
I have so many favorite movies I couldn't choose just one.
My favorite food is Chinese.
My favorite season is summer.
My favorite activity is playing video games.
My role model is my father Ken.
An interesting fact about me is I can always surprise people and I love being surprised back. I also just won the Dr. Hayden award.



“Keep your eyes on the stars, and your feet on the ground.”
~ Theodore Roosevelt



Welcome to my blog

IVAN WILLIS

My name is Ivan Willis and I live in New Glasgow, Nova Scotia. I graduated from North Nova Education Center in 2016. I was diagnosed with Autism at age 4 and I learned things differently than the other children. In grade 9, I went to see a speech language pathologist to help me with reading comprehension. Some of my hobbies are going for walks, looking for trains, bowling, and swimming. I work at Canadian Tire by assisting customers with delivering on-line orders. I also make keys for customers. I have a family who is very supportive and have always advocated for me to make sure I had what was best for me. I found my own apartment in the HCRS community. I enjoy inspiring people to be better people by being the best version of me. In the past, I did presentations at teachers conferences about my life with autism and I am very excited to write for HCRS Highland News.

Note from the Editor: I am very pleased to have Ivan become part of our Highland News Team. Ivan just recently moved to HCRS ILS program. Ivan brings first voice to our newsletter and I am excited to have this opportunity to support him. Ivan is an amazing advocate for persons with disabilities. Ivan will be contributing a monthly blog to the newsletter. Welcome Ivan!

Meet Bernie!



Fred hard at work!



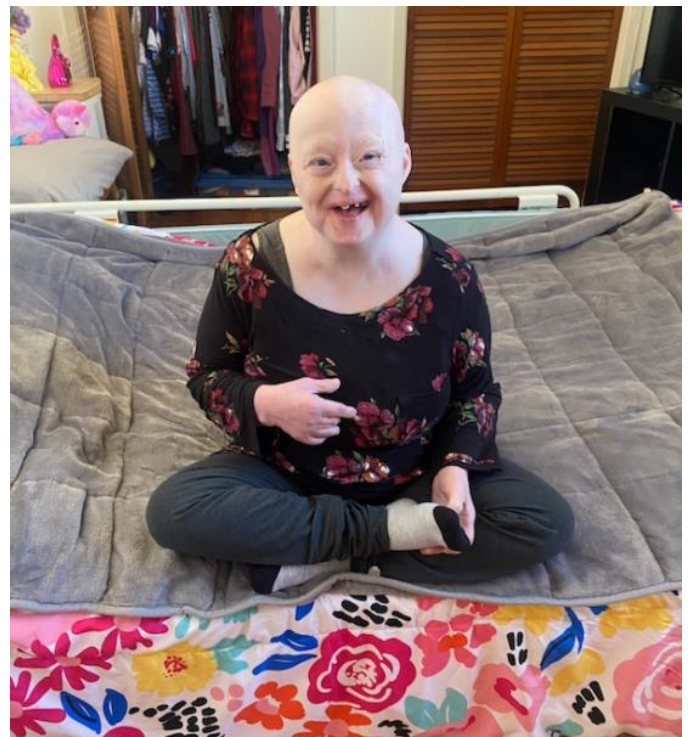
Kim had a birthday extravaganza!



Happy Birthday

***Fun at Special Olympics
& Gala***

Shelley



Happy Birthday, Tracy!



Superbowl Sunday!



Brandan, Shawn, & Alister



On call All stars – February

Henry Heighton

Chris Majcan

Melissa Sample

John Kiley

Heidi Rushton

Joey Davis

Kathy Gilbert

Nancy Sutherland

Renee Pashos

Yusuf Akdesir

Stephanie Paschal-Kiley

Adam Chandler*

January on -call gift card winners

Angela McDonald and Sam McDow

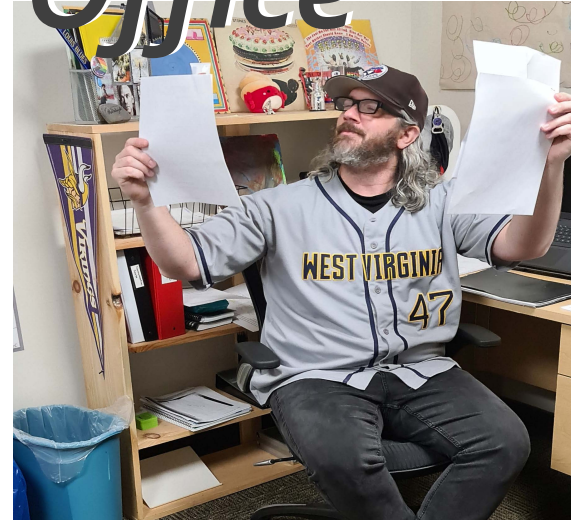
February on call gift card winners

Heidi Rushton and Renee Pashos





Around the Office



Diversity Corner

- * Developmental Disabilities Awareness Month
- * Ethnic Equality Month
- * Gender Equality Month
- * Greek-American Heritage Month
- * Irish-American Heritage Month
- * National Colon Cancer Awareness Month
- * National Kidney Month
- * National Multiple Sclerosis Awareness and Education Month



- * March 3 – Employee Appreciation Day
- * March 6 – Purim (Jewish)
- * March 8 – International Women's Day
- * March 8 – Holi (Hindu)
- * March 14 – Pi π Day
- * March 15 – Equal Pay Day
- * March 17 – St. Patrick's Day
- * March 21 – World Down Syndrome Day
- * March 21 – Persian New Year (Nowruz)
- * March 23 – Ramadan begins (Islam)
- * March 23 – International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade
- * March 31 – International Transgender Day of Visibility