

HIGHLAND NEWS

A Newsletter for Highland Community Residential Services

FROM HILARY

On May 29th, 1999 I walked into the Granville Street entrance of the HCRS main office as the new Executive Director. Today, entering the offices at Bridgeview Square, I am humbled to realize that 24 years passed in the blink of an eye. During this time, the HCRS community has grown and evolved in many ways. Over the years one thing remained constant - HCRS is a community of people who care about each other; even when annoyed by one or another. There are many challenges ahead for all of us, personally this includes my health and age, (turning 65 in May). After much reflection, I advised the Board of Directors of my decision to retire on June 30. I confess the decision to retire from HCRS was not easy and still carries mixed emotions. In the years ahead, I will continue my relationship with the HCRS community. Today, I thank all of you for the honor and privilege of serving this wonderful community of caring people.

Cheers!

Hilary

Art Class



Important Dates

April 7th - Good Friday (Office Closed)

April 9th - Easter Sunday

April 10th - Easter Monday (Office Closed)

April 22nd - Earth Day

Roger and Jason checking out traps



Marlene enjoying the sunshine





St. Patty's Day Shenanigans!!



On call All Stars for March:

Jenny Goodyear

Mary Carrigan

Nevan Miller

Melissa Robertson

Jacob Pickering

Taylor Fraser

Marshal Margeson

Devin Rhyno

Kathy Gilbert

Stephanie Acorn

Tanya Kelly

Cyndi Morrison

Gift card Winners: Jenny Goodyear and Taylor Fraser



Visiting!



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Stay connected



Fishing Safety Tips

Now that the fishing season is upon us, here are some safety tips to follow:

- *If using a boat, always remember to wear a life jacket
- *Bring along extra safety items such as water to drink, flashlights, a compass and a cell phone and/or radio
- *Always wear footwear appropriate to the conditions
- *If warm and sunny, please wear a waterproof sunscreen with an SPF of at least 15
- *Try to stay as dry as possible

PARTICIPANT PROFILE

My name is Alice Mary Parker.
I have a Project 50 and I fold towels.
My favorite chore is folding napkins.
My favorite thing about my Chores is "It's easy and passes time".
My favorite TV show is big Bang Theory.
My favorite activity is shopping at the Dollar Store and Giant Tiger, painting my nails.
My favorite hobby is knitting.
My favorite season is Summer.
My favorite memory is going fishing with mom and dad.
My favorite books are anything about Horses and animals.
My Role Models are, everybody - all my staff.
My favorite restaurant is A&W.
My favorite foods are onion rings, fries, ice cream, diet pop.
Favorite animals: "I like all".
Something interesting about me: I moved into my own house with two other ladies.





Ivan's Blog

IVAN WILLIS

When I was growing up, I have always been a good person by following rules and making good decisions, because I knew that being a good person is not about wanting attention, it's about wanting to be good. I'm also a person who would help my community if I had the opportunity, because I know I always have it in me to be helpful.

In the past, I went around my community and picked up garbage that people left on the ground. Every year, I do a walk for the Coldest night of the year to help raise money for roots for youth (for homeless youth). I volunteer at the food bank to help deliver groceries to people who can't come to the food bank themselves because they might not have a vehicle to drive, and I recently volunteered at a pancake supper at my church and I made pancakes with other men in the parish. A few years ago I was the honorary Co chair for the Marathon of respect and equality which involved running and doing talks about how everybody should be treated equally. I wrote and delivered a letter to the local newspaper on texting and driving because I am a good citizen who wanted everybody in my community to be safe. I used to work at Summer Street and some staff there didn't communicate in the nicest tone when working with clients, so I brought it to the attention of the client council in a letter, and this helped to improve their working environment. A number of times, I've donated money to local charities (for example to the Canadian Red Cross in aid of the people in Ukraine).

I have never made bad decisions or caused trouble and I never will, because I proved to myself that I am the best version and that I would be the best version at solving problems in the community by being the kind of person I am.

Sometimes when I feel depressed or unhappy about anything, I think about all that good I have in me, because nothing is more important to me than being a good person by caring for others, my community and helping to make the world a better place, and my dream is to inspire others to be the same.

It's very important for everybody to be a part of the community. If you choose to be a part of the community, your life could change in a good way knowing you have benefited others in the community.

Adam at the Museum



Michelle and a goat



Cafe Italia has closed it's doors. Big thank you to this guy. Paul has worked for the restaurant for 21 years!



Congrats to Shey on your new job!



Josh found an Easter tree!



R.I.C.K.

*I am deliberate in my interactions.
Everything will be done with
Respect
Integrity
Caring
Knowledge*

Bowling



Congrats Loretta!



Out for Dinner



HCRS Dance



Work with me, not on me. Do with me, not for me.

~David Hingsburger