

# HIGHLAND NEWS

*A Newsletter for Highland Community Residential Services*

## *Kim's Cooking!*



### Important Dates

Thanksgiving -October 10th

Halloween- October 31st

*Happy Birthday, John !*



## *HCRS Mardi Gras dance*





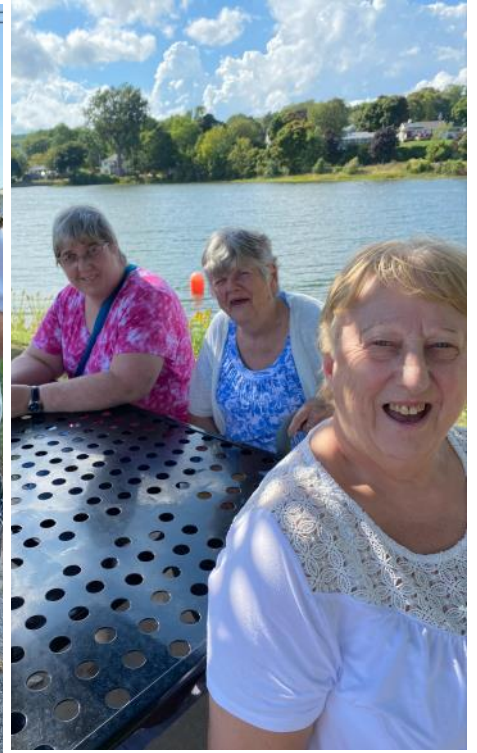
ART at ELM!



Fred filling up!



The Golden Girls



Shelley



Happy Birthday,  
Gordie!



Zack & Kim





*David & Alison checking out the local attractions*



*High Tea for the Queen*





## Highland Community Residential Services

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Stay connected



*Occupational Health and Safety*

# OH&S

*Here for staff safety*

Tips to enjoy and prepare for Fall Weather !

### ENJOY

- \* Keep active
- \* Go for walks
- \* Do some gardening
- \* Enjoy the cooler temperatures
- \* Visit parks and beaches
- \*



### PREPARE

- \* Change batteries in smoke detectors
- \* Take in outside furniture
- \* Lawn maintenance
- \* Prepare for the cold weather
- \* Check ventilation systems



*Lots of Pickling happening!*



## At the Exhibition



## Diversity Corner

The Diversity Committee thanks everyone who submitted their feedback on the Diversity Survey that was sent out during the summer. We look forward to reviewing what everyone said and help us learn more about what is going on in HCRS!

### Diversity Events for October

- Breast Cancer Awareness Month
- Domestic Violence Awareness Month
- Disability Employment Awareness Month
- Down Syndrome Awareness Month
- Filipino-American Heritage Month
- German-American Heritage Month
- Italian-American Heritage Month
- LGBTQIA+ History Month
- National Work and Family Month
- Polish-American Heritage Month
- Family History Month



*Joey Aucoin*  
*July 11, 1966 -*  
*September 14 2022*

*Joey graced HCRS with his sweet presence on August 22, 1985. He has been a blessing to the HCRS community ever since. Joey was always a social butterfly. He loved people, especially the ladies. He enjoyed joking and teasing people and loved when he was teased back. Joey was a true Cape Bretoner through and through. He often greeted people with a hearty "Hi Bye". He usually always had a smile on his face and was always thankful for everything that was provided to him. He loved sitting in his room with his headphones on singing away to all his CDs or playing his guitar. Joey will forever be remembered for the joy he brought to all of us.*

*'Our joys will be greater, Our love will be deeper, Our life will be fuller because we shared your Moment'*





*Claire Connolly*  
*March 23, 1962 -*  
*August 31, 2022*



*We are heartbroken to announce the passing of Claire Jacqueline Connolly. Claire joined the HCRS family 44 years ago. We were blessed to have her in our lives. In that time she taught us many valuable lessons; life's better with a cup of tea and a biscuit, or a double double and chocolate donut, bubbles are the perfect way to pass an afternoon, and to dance like no ones watching, swing your arms and wear sunglasses.*

*Claire enjoyed swimming, and "Bowling bowling" She loved pipe bands, and would ask us if we were "going to the parade dear?", even on a stormy winter day. She loved music singing many, many songs, birthday parties and Santa Claus. She had such a great sense of humor and loved to laugh, tease and have fun. She was always up for a water gun fight, and a game of "stinky feet" She enjoyed her visits with her family and would always ask to "pack your suitcase" when she thought it was time to go. She would greet staff with a "Hello or good morning" and with a nick name she would give us. When she was ready for her time alone to play with her favorite toys she would retreat to her room and say "you good bye". Claire was a lady who knew what she wanted and when, and didn't hesitate to tell us so. We loved her for all her amazing wonderful ways that made her Our Claire.*

*"You are my sunshine,"*