

# HIGHLAND NEWS

*A Newsletter for Highland Community Residential Services*



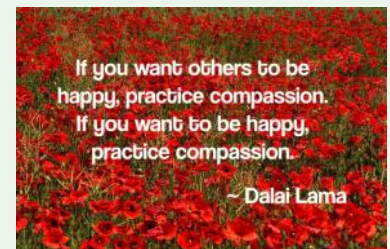
Pumpkin carving art!



## Important Dates

Remembrance Day – November 11th

## Quote of the Month



Happy Birthday, Steven!





Silver Fox Luncheon



Santa & Mike



Janice making jam!

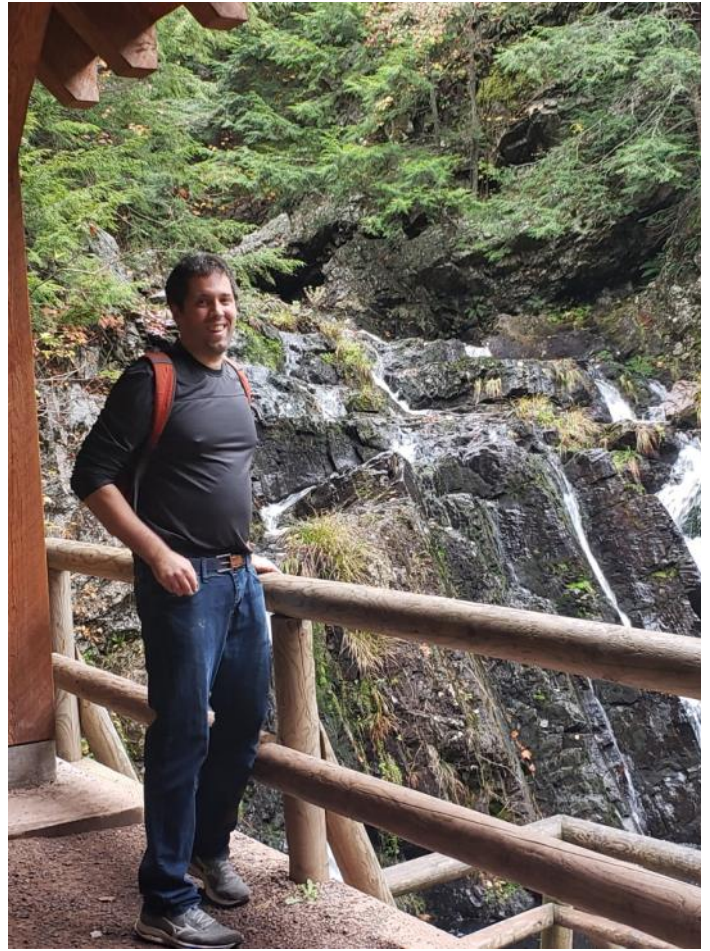


Shirley & Doreen





## A trip to Victoria Park in Truro



## Jeremy at drumming in PLFN





## Halloween Party at 16 Viggo





## Highland Community Residential Services

115 MacLean Street  
2nd Floor New Glasgow,  
Nova Scotia B2H 4M5  
(902) 752-1755 (Phone)  
(902) 752-4256 (Fax)



Stay connected



*Occupational Health and Safety*

# OH&S

*Here for staff safety*

## CONTROLLING A SKID

A front-wheel skid - also known as understeer - occurs when your front wheels lose traction. If you do start to skid:

Don't panic, remain calm. **1**

Instead of accelerating or turning quickly, let the traction on your tires steer the vehicle *without touching the break or gas pedals.* **2**

**3** Steer in the direction you want to go.

**4** Once you are off an icy patch, it's okay to *accelerate again.*

### Drive carefully

If you're on a backroad or a street that hasn't been sanded or salted, remember that there's always a potential to skid. Brake lightly and keep your steering wheel as straight as possible.

canadadrives.

## Daphne, Minnie and Mickey





# Halloween Fun!



Pumpkin Carving contest!

From the Diversity Committee



HCRC is Celebrating Multicultural Month  
photos and descriptions of food from different cultures will be on display in the front lobby

**NOVEMBER**

**November 5 - 11**  
Veterans' Week

**November 11**  
Remembrance Day

**November 20**  
National Child Day

**November 20 - 26**  
Transgender Day of Remembrance

**November 28**  
Canada History Week

**November 25 - December 10**  
Holodomor Memorial Day

**16 Days of Activism Against Gender Violence**

**16 DAYS OF ACTIVISM**  
Against Gender-Based Violence  
#OurActionsMatter

**NATIONAL CHILD DAY**

**HOLODOMOR MEMORIAL DAY**

**TRANS GENDER DAY OF REMEMBRANCE**

**CANADA HISTORY WEEK**

**VETERANS' WEEK**

**REMEMBRANCE DAY**

**NOVEMBER**

**16 DAYS OF ACTIVISM**

**Against Gender-Based Violence**

**#OurActionsMatter**