

HIGHLAND NEWS

A Newsletter for Highland Community Residential Services

Great news! Joy is looking forward to going home soon! A result of their awesome progress.



Important Dates

December 3rd– Westville parade of lights
December 8th - HCRS Christmas Party
December 15th– HCRS Christmas Social
December 23rd– Office closes at noon
December 26 & 27th– Office closed

Stacey won best costume at the HCRS Halloween dance in her fairy costume



Highland News ~ December 2022



Will & Fred

Wrestling PPV





From OH&S

Safety Tips for Snow Shoveling

- *Warm up – there's no harm in stretching before tackling your driveway – it could prevent injury
- *Shovel length – find a shovel that works for your height
- *Remove snow while it's falling – you don't want snow to accumulate because it could potentially cause injury based on its weight
- *Hold the shovel close – this will prevent overreaching, which could cause undue strain
- *Clean off your vehicle before you start to shovel your driveway – if you don't it just creates more work
- *Make a plan – start in the center of your driveway to create lighter loads
- *Push rather than lift – can reduce strain on your back
- *And don't forget that it's important to take breaks – do 20-25 minutes before resting



HCRS ANNUAL CHRISTMAS PARTY

Time: 7:00pm–9:00pm

Where: Westville Town Hall Gym

- Please RSVP with Participant name and any dietary need
- Staff planning to take their children please RSVP and let us know if there are dietary restrictions

Please call or text: 902-759-3262

Christmas HCRS SOCIAL

15 December 2022

1:30 pm to 3:30

THE HCRS COMMUNITY COUNCIL

Wishes to invite all HCRS staff and participants to drop by for a visit during our Social.

HCRS Main office, Multi-purpose room, Refreshments will be available. 50/50 raffle will be available to purchase with proceeds going to a local charity.



Gord at the horse barn



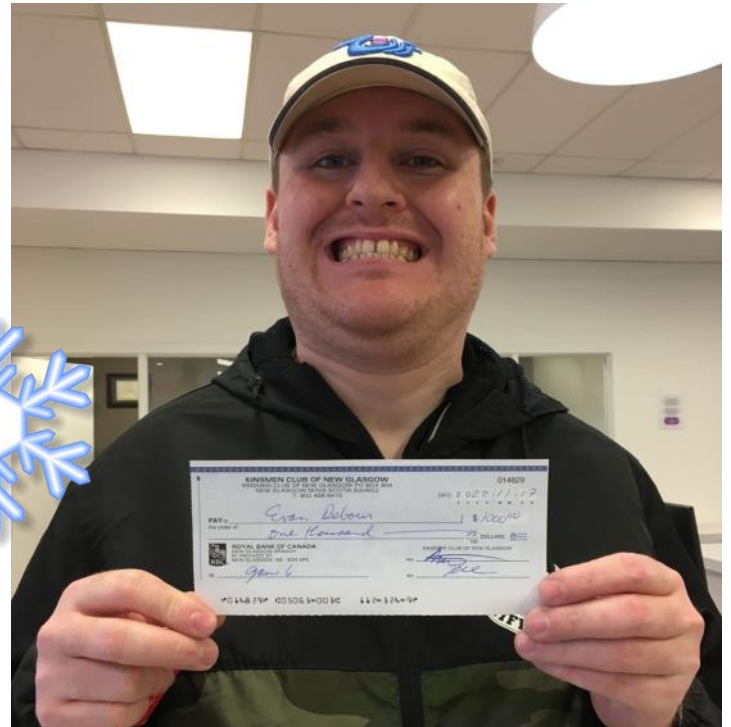
Happy Birthday Remi



Josh and St. Nick



Evan the big winner!



Alison on the ferry



Carl and Fred out for a coffee



Road Trip



On call shout outs !

Highland Community Residential Services

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(902) 752-4256 (Fax)



Stay connected



October 23rd - November 26th

It is often a challenge to cover shifts after hours and on weekends. HCRS would like to thank the following staff who were extremely helpful to the on call manager. These names will be entered into a draw for a prize!

Andrea Fougere
Nicole Szotak
Terry Dunbrack
Evan Rutledge
Brandon MacEachern
Melissa Robertson
Laurie Dowell
Kim Leudy
Chasity Wheaton
Shay MacPerson
Michelle Lemmon
Margie Anderson
Elizabeth Hartling
Kelsie Jack-Hynes
Rachel MacDonald
Andrea Campbell
Ann Urquhart
Cyndi Morris

"May you be proud of the work you do, the person you are and the difference you make". -Unknown

Dave at Comic Con in Halifax



HCRS AGM/Awards

