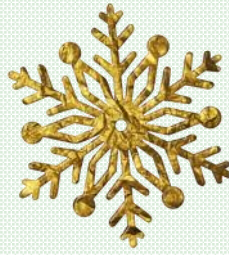


January 2022

HIGHLAND NEWS

A Newsletter for Highland Community Residential Services



Christmas Crafting



Quote of the Month

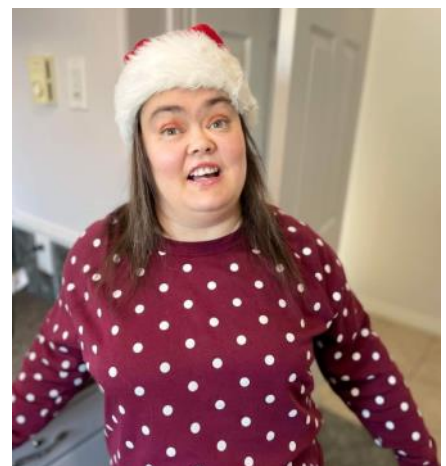
What the new year
brings to you will
depend a great
deal on what you
bring to the new year.

VERN MCLELLAN

MacBeth Road had a visit from Santa Claus



Merry Christmas!



**Adam running in the Johnny Miles Ugly
Christmas Sweater run**



Jeremy opening gifts



Charlie and Zack opening Gifts



HCRS Community Council
Christmas Social



DIVERSITY DIALOUGE



JANUARY 15, 1792

**DAY OF THE BLACK LOYALIST EXODUS:
15 SHIPS TO SIERRA LEONE.**

1,100 Black Loyalists sailed in 15 ships from Halifax Harbour to Sierra Leone where they founded Freetown. The first large group of former slaves ever to return to Africa.



A Christmas gathering at 2 Roderick

Jason and Joni



Highland Community Residential Services

115 MacLean Street

New Glasgow, NS

B2H4M5

(902) 752-1755 (Phone)

(902) 752-4256 (Fax)



STAY CONNECTED:



Occupational Health and Safety

OH&S

Here for Staff Safety

Proper Lifting Techniques

- *Keep a wide base of support – your feet should be shoulder-width apart
- *Squat down – bending at the hips and knees only
- *Keep good posture – look straight ahead, and keep your back straight, your chest out and your shoulders back
- *Slowly lift – by straightening your hips and knees (not your back)
- *Hold the item your lifting as close to your body as possible
- *To set down an item – squat with your knees and hips only
- *Keep in mind – **never** attempt to lift by bending forward



Santa & Cecil



Katie and Zack at the barn



This years winners of the HCRS office door decorating contest



Happy 50th Birthday celebrations for Harry!



A Christmas get together!

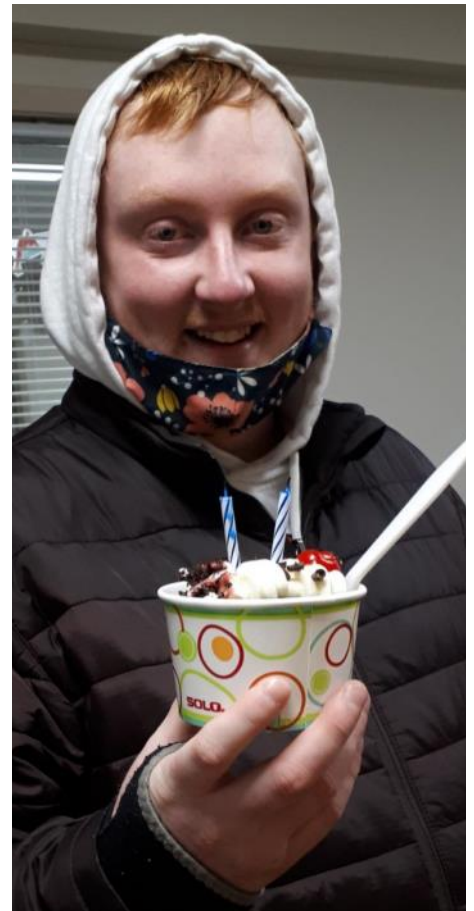
Jimmy & Dave



Wreath making



Happy Birthday Josh!



Happy Birthday Katie!



Santa Blake

