

# HIGHLAND NEWS

*A Newsletter for Highland Community Residential Services*

November 2022



## Happy Halloween from Michael



### Important Dates

November 11– Remembrance day



You are never too old to  
play in the leaves

30 years!  
Congrats Ross!

## Out and About



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Jeremy at the Millbrook  
Cultural and Heritage Center



The Wellness Group started a book club in the Spring. We are currently looking to see if there is a staff member who may be interested in taking this on. Are you an avid reader who enjoys reading a variety of different genres? The book club meets once a month upstairs at the main office from 6pm to 8pm. Each month a member picks a new book and the group reviews it the following month. If you are interested in taking this project on please contact Tracy Peralta at 902-921-0652.



## Halloween displays at MacLeans Farm in Durham





# HCRS HALLOWEEN DANCE





Happy Birthday, Cathy!



Jason on the Hunt



Sasha, Connie, Linda



Kate



Frankie



Luke and Alanta



Taylor at Hal-Con



Cecil & Adam



## Highland Community Residential Services

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Stay connected



*Occupational Health and Safety*

# OH&S

*Here for staff safety*

### Things To Consider For The Winter Months

- \*Dress in layers with a wind resistant outer layer
- \*In really cold weather wear a hat, mittens or gloves and a scarf
- \*Wear warm, water-proof footwear with traction
- \*Make sure to fit in exercise daily
- \*Remember to moisturize
- \*Take Vitamin D
- \*Have appropriate tires for the season
- \*Have an emergency kit in your vehicle with water, snacks, first-aid kit, blankets, flashlights, extra batteries and a charged cell phone
- \*Make sure your heating systems, chimneys and fireplaces are serviced and cleaned regularly.

Please Stay Safe !!



"We must find time to stop and thank the people who make a difference in our lives."

~ JFK

HCRS would like to extend sincere thanks to all staff for your continued dedication to the people supported. During the Fiona Hurricane, many staff went above and beyond to ensure the safety and well being of the participants. Staff were asked to nominate someone from their team who should be recognized for extra effort. The following staff, managers and participants were nominated:

Participants:	House Managers:	Staff:		
Tracy Hermillon	Tracy Peralta	Angel LeFave	Tina Askeland	Ann Urquhart
Joyce Ebsary	Krista-Lee Stewart	Austin Williams	Coreen MacPherson	Anne Palmer
Blanche Bonvie	Lucas MacDonald	Henry Heighton	Chastity Wheaton	Cayla Bowman
Fred Campbell		Jessica Sutherland	Jennifer Fraser	Ashley Landry
Evan DeBoer		Grayson Mingo	Jennie Goodyear	Cindy Morris
Carl MacDonald		Gerri-Lynn White	Mardyne Gray	Winnie MacDonald
		Margie Anderson	Laurie Dowell	Julie LeBlanc
		Valerie MacDonnell	Chris Jennings	
		Derek Borden	Katherine Newcombe	

The persons listed will be entered into a draw for a prize.



## A very exciting trip to Montreal

