

# HIGHLAND NEWS

January 2017

A Newsletter for Highland Community Residential Services



Here's to a Healthy & Happy 2017!

#### FROM COMMUNITY COUNCIL

Happy New Year everyone 2017 is here! A new year brings to us new opportunities. Did you make a resolution or set new goals? Maybe you are thinking of a new job or saving for a vacation. Whatever your plans for 2017 good luck!

As we say goodbye to 2016 I would like to take the time to thank all the members of the community council for their time and dedication. It can be a challenge to fit meetings and events into an already busy schedule and all your efforts are appreciated.

In 2017 the Community Council will continue to work together with participants to finalize work on Rights and

Responsibilities. Members will also be involved in keeping participants and staff informed of any information

regarding the transformation of the Disability Support Program.

As usual the council will be involved with other events and projects throughout the year as they develop. Members are always looking for volunteers who are interested in becoming involved. If you are interested in sharing your ideas, working on a project or learning more on how to be involved our email is communitycouncil@HCRSweb.ca

Donna Richard

IMPORTANT DATES TO REMEMBER:	CONTACT INFORMATION:
HCRS Dance—January 18th	Highland Community Residential Services 276 Foord Street, P.O. Box 2140 Stellarton, Nova Scotia BOK 1SO (902) 752-1755 (Phone) (902) 752-4256 (Fax)





## How to submit to Highland News

If you have any submissions for any upcoming newsletters you can send them to me (Amanda Smith-Robinson) at nrrs@hcrsweb.ca

#### NORTHERN REGION RESPITE SERVICES

NRRS Saturday Respite program will begin again this month.

NRRS is now preparing to apply for grants to fund programs such as Summer Recreation and United in Friendship Fun Friday Events.  $\otimes$ 

Highland Community Residential Services exists to foster personal growth, independent living, and a high quality of life for persons with a developmental disability and/or who are dealing with a mental health issue.



#### HCRS PARTICIPANT PROFILE

Full name: Kimberly Dawn Crosby Job/volunteer– Summer Street Industries Favorite thing about Job/Volunteering– Computer Favorite Movie– Wiggles Favorite activity– Coloring/Drawing Favorite Song- The Bird Song Favorite Season– Fall/Summer Favorite Season– Fall/Summer Favorite Memory– Fishing Favorite Book- Coloring Books My Role Model– Stephanie Favorite Restaurant – Swiss Chalet Favorite Animal- Wags the Dog





### **PEOPLE/EVENTS**

A Christmas Social was hosted at Michelle's house for ILS participants. Pictured below are Sheri, Robin, Cathy, Tricia, Chris, Michelle and Mike.



Jason Fraser hosted An ILS Christmas party for staff and participants. As usual his house was beautifully decorated. Here is one of Jason's Christmas Creations!





Katie celebrated a birthday over the holidays and enjoyed a Dairy Queen Birthday cake from her Mom



The Next HCRS dance will be on January 18th, 2017 At Summer Street Industries From 7pm–9pm so put on your dancing shoes and come out and have a fun time!

# WORKPLACE EDUCATION

Communications for End of Life Care Workers program begins Tuesday January 10th, 2017. This program will take place at Riverview Home Corporation's Training room from 8:30am to 3:00pm. .

Communications Skills for Frontline staff program begins January 10th & 12th, 2017. This Program will be held in the Green Room at Glasgow Square from 9:00am-1:00pm.

Advanced Communications and Facilitation Skills for Managers program starts January 23rd, 2017. This program will be held in the Green Room at Glasgow Square from 8:30am–12:30pm.