



HIGHLAND NEWS

February 2017

A Newsletter for Highland Community Residential



FROM COMMUNITY COUNCIL

WORKING TOGETHER FOR CHANGE

Hi Everyone! The Community Council needs your help. We would like to know what is important in your life. Are there things you would like to be involved with and are unable? What would help make your daily life more rewarding? Are you looking to connect with people who share common interests? These are only a few ideas of things we are interested in hearing. Your suggestions will help the Community Council to gain knowledge of what participants are looking for to promote personal growth, live independently and achieve high quality of life. We are placing a suggestion box at the main office. We encourage all participants and staff to share their thoughts, concerns and ideas. Thank you for your support.



IMPORTANT DATES TO REMEMBER:

Valentine's Day— February 14th
HCRS Dance—February 15th
Nova Scotia Heritage Day— February 20th

CONTACT INFORMATION:

Highland Community Residential Services
276 Foord Street, P.O. Box 2140
Stellarton, Nova Scotia B0K 1S0
(902) 752-1755 (Phone)
(902) 752-4256 (Fax)

HCRS DANCE



Lots of folks attended the first dance of the year on January 18th, everyone had their dancing shoes on. Great music as always, by KGB

Entertainment! February 15th is the Valentines Day dance, come out and spread some love!





HCRS PARTICIPANT PROFILE

Full name: Paige Jessica Fleury

Job/volunteer– Walmart and Summer Street

Favorite thing about Job/Volunteering– Likes working in the kitchen making food

Favorite Movie– Dante's Peak

Favorite activity– Bowling

Favorite Song- Another One Rides the Bus by Weird Al Yankovic

Favorite Season– Summer

Favorite Memory– PEI with Mom for the Shellfish Festival

My Role Model– Mom

Favorite Restaurant – Greco

Favorite Food: Pizza

Favorite Animal- "Moe" Skinny pig



FROM OH&S

OH&S Safety Tips



National Safety Council recommends the following tips for shovel safety.

- Do not shovel after eating or while smoking
- Take it slow and stretch out before you begin
- Shovel only fresh, powdery snow, it's lighter
- Push the snow rather than lifting it
- If you do lift it, use a small shovel or only partially fill the shovel
- Lift with your legs, not your back
- Do not work to the point of exhaustion.
- Don't pick up a shovel without a doctor's permission if you have a history of heart disease.

Enjoy the winter and play safe

From the OH&S Committee

PEOPLE/EVENTS

Ground Hog Day was February 2nd.

Shubenachadie Sam
did not see his shadow.
This means winter should
soon be coming to a close!



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



Pictured to
the left is
Cristie and
Joyce
"twinning" in
their matching
jackets !



The YMCA of Pictou County is offering the following monthly rates to all HCRS Staff.

1. Membership - \$39.31 plus tax
2. Family Membership - \$65.51 plus tax

This is a wonderful and generous offer from the Y. It is also a great opportunity for any of us who have desires to improve our level of physical fitness. To take advantage of this offer, show your HCRS identification card when signing up for membership.



As a YMCA member, you'll enjoy all of these benefits

- Complimentary orientation to cardio and weight equipment;
- Access to the fitness centre, steam room, hot tub, gym, 2 pools and squash courts;
- More than 80 fitness and aquatic classes for seniors, children, youth, and adults, including swimming lessons;
- Free childminding while you work out;
- Access to lane, recreation, and family swims;
- Opportunities to purchase member exclusive personal training, and group training;
- Discounts on certified aquatic courses;
- Discounts on birthday party rentals;
- Supporting a charity that is building a healthy Pictou County community; and
- Access to YMCAs across Canada.

Some age restrictions may apply

Pictou County YMCA Hours of Operation

Mon-Thurs	5:00 a.m. - 10:00 p.m.
Fri	5:00 a.m. - 9:00 p.m.
Sat	7:00 a.m. - 7:00 p.m.
Sun	7:00 a.m. - 7:00 p.m.

Childminding

Childminding is a complimentary drop-off childcare service for members. Please respect the 1.5 hour maximum.

Mon - Sat	8:30 a.m. - 12:30 p.m.
Mon - Thurs	4:00 p.m. - 8:00 p.m.