



HIGHLAND NEWS

April 2016

A Newsletter for Highland Community Residential Services

Spring is Coming! 



WORKPLACE EDUCATION

HCRS is offering a 40 hour program to management and front line staff on Communications skills. Courses began in January and the first two classes finished up the end of March. The next round of classes will begin the first week of April.

IMPORTANT DATES TO REMEMBER:

The Park Bench Players— April 13th
HCRS Summer Street Dance— April 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)



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: Joseph (Joey) Aucoin

Job/volunteer: Retired from SSI– Best giver of hugs that visits the main office.

Favorite Movie – Homeward Bound

Favorite Song– All of the Oldies

Favorite Season—Summer

Favorite Memory– Trips to Lick a Chick Restaurant Cape Breton

What I enjoy doing the most– going to Mass on Saturday nights.

Favorite Book – Children’s Bible

My Role Model– Father Gary

Favorite Restaurant – MacDonald’s

Favorite Food– Hamburger and Fries

Favorite Animal– Cow

EVENTS

Learn To Cook Simple and Budget Friendly Meals

Back by Popular Demand

Cookin With Gail

We are hoping to start April 14th at Sobey's Westside

We are looking for your ideas as to what you would like to cook at each class and what time would be best for all.

Please forward your ideas to Sherri Murdock by April 7th.

Further info will follow once we have an idea of the foods you would like to learn to cook.



The Park Bench Players

“With A Little Help from My Friends”

Join us for theatrical performance from the highly acclaimed, two-time national award winning theatre group.



Questions? Contact:
Sherri Aucoin
902.755-1288
Ashley.Gormick@nshqhealth.ca

Wednesday, April 13th 2016

North Nova Education Centre, New Glasgow
Doors open at 6 pm | Show starts at 7 pm

Admission is FREE

Donations accepted in support of the continued efforts of this message

Tickets available at the United Way
342 Stewart St., New Glasgow or 902-755-1754

Limited tickets available.

Aberdeen Health Foundation



Chignecto-Central Regional School Board
Celtic Family of Schools



FROM COMMUNITY COUNCIL



Council member Mike Baillie has been busy this past month volunteering for the Children's Wish Foundation. Mike raised \$600.00 selling Krispie Kreme donuts and is the top seller from the New Glasgow Sub-chapter. Way to go Mike!



Everyone start saving your bottles because this month Mike Sanders, another council member will be collecting bottles and all monies will be donated to the Children's Wish Foundation.

GOTCHA!



This Gotcha story has been submitted by a very nice person who would like to remain anonymous. A certain someone saw Sheri Murdock give Stacy Cunningham flowers for her anniversary with HCRS and wanted to acknowledge this because it was so sweet and kind!

A few people would like to acknowledge that Michael and his staff did a great job each week during the communications course bringing snacks. This was greatly appreciated!

We will be looking for anyone who has been caught in the act of doing a good deed or paying it forward. So be on the look out and tell us all about it and include a picture if you like!

You can submit your GOTCHA story no later than the last day of each month to Amanda at nrrs@hcrsweb.ca.



DANCE

The next Dance will be held on April 20th at Summer Street Industries from 7pm-9pm

So put on your dancing shoes and "Dance into Spring"!

NORTHERN REGION RESPITE SERVICES NEWS



A big congratulations to Daniel Martin for his amazing participation in Special Olympics snowshoeing, Daniel brought home two Gold Medals for team Nova Scotia at the Special Olympics National Games in Corner Brook Newfoundland. Way to go Daniel! Thanks to Shelley Maldre-Sullivan for volunteering to help train Daniel!



WILD WEST CASINO NIGHT

Was held on April 2nd....

Many Thanks to our Sponsors, Volunteers and Participants!!

Casino night was held at Summer Street Industries once again this year. It was another successful time!

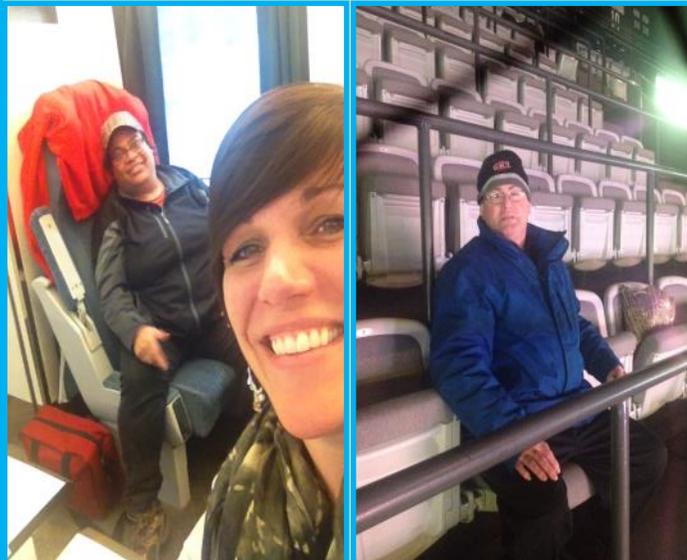
Thanks to everyone who came out and had a great time, the casino night is a great fundraiser for our program and is done in partnership with Special Olympics, Pictou County. We would like to say a big thank you to Special Olympics Pictou County for partnering with NRRS again this year we are very grateful for this opportunity.

The success of this event would not have been possible without the generous support from the Nova Scotia Gaming Corporation and Casino Nova Scotia Sydney.



OTHER NEWS

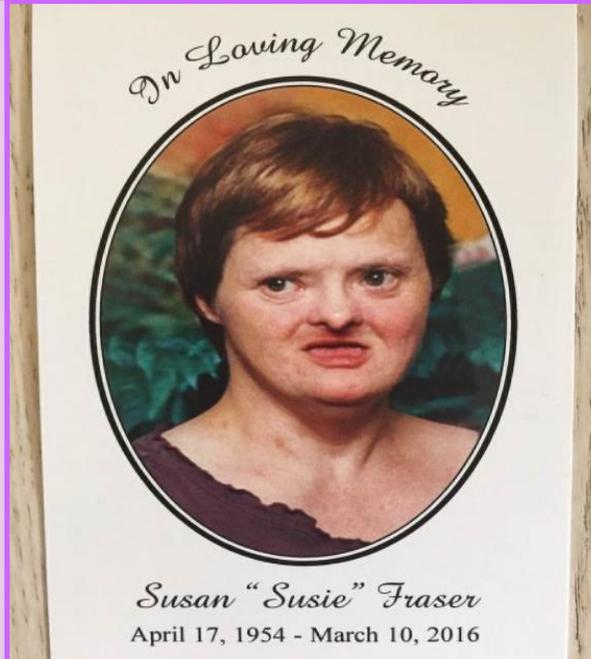
In February Norma Paris and John Cameron took a long weekend trip to Montreal. Accompanied by Candace MacIntosh, the trio took a 20 hour long trip by train to see their favorite hockey team, the Montreal Canadians! Norma Paris described the trip as an "amazing one"!



On March 4th Harry Haroutunian and Craig Boyd boarded a plane to Toronto. Along with Derek Borden and John James they landed and were off to see the Toronto Maple Leafs play the Ottawa Senators! Later that evening they visited the Hockey Hall of Fame. It was a great experience for



IN MEMORY



In March we said good bye to Susie Fraser.

Susie joined the HCRS Community at our first home in New Glasgow - 304 Temperance Street. She taught us much through 39 years of loving, leading, sharing and anchoring the small community of people that was her family.

Susie was given up for placement at birth. We know that for 20 years, (from age 3 – 23), Susie lived at a variety of institutions. Susie was a pioneer in the movement to live in community. In 1976, Susie left the institutions behind her moving to Wolfville and one year later, 23 years old, Susie came to live at HCRS.

She witnessed the community grow from nine people living in one home, to eighty eight living in apartments and homes throughout New Glasgow, Stellarton, Westville and the County.

Susie witnessed the HCRS Community learn to live more independently, while staff learned to support people towards independence.

At HCRS Susie ran her home, making sure that everything was in its place and done to her satisfaction. She worked at Summer Street Industries until her retirement in 2000. Susie had a rich life with HCRS – enjoying the company of staff and friendships that ebbed and flowed over the years.

When reflecting on the last years of Susie's life a feeling of tremendous gratitude comes to mind.

Gratitude that HCRS was able to support Susie for 39 years.

Gratitude that policies changed allowing people to grow old in their home.

Gratitude for the love that surrounded Susie all of her life with HCRS and in particular during the last years of life.

The people of 25 MacBeth Road supported Susie with grace, dignity, care and love. We know that she went "gentle into that good night"* because Susie was held in the embrace of that loving family.

In March, we said good bye to Susie Fraser.

*adapted from Dylan Thomas.

THE COMMUNITY CODE - RIGHTS AND RESPONSIBILITIES OF ANYONE LIVING OR WORKING AT HCRS

(Member, person, people, someone, anyone and individual are used to mean the same thing depending on the sentence.)

DIGNITY AND RESPECT - everyone at HCRS has the right to be treated with respect and politeness.

NO ABUSE - everyone has the right to live free from abuse.

No one is allowed to abuse another person in the HCRS community - physically, financially, sexually, verbally, or emotionally.

MAKING DECISIONS - *everyone has the right to be involved in making decisions about their life.*

Everyone living with HCRS has the right to identify their own needs.

Everyone living with HCRS has the right to make a plan for services to meet their needs.

Everyone living with HCRS has the right to have services provided according to their plan.

A PERSON'S THINGS

If it is safe and respectful of other people in the home, everyone has the right to keep and show their things like pictures, medals, crafts, hobbies and furnishings in their home.

QUALITY OF SERVICE

Everyone living with HCRS has the right to have services provided that meet high professional standards.

Everyone living with HCRS has the right to services that promote safety and a high quality of life.

Everyone living with HCRS has the right to services that respects dignity, independence and self-determination.

Everyone living with HCRS has the right to access and choose from a range of services to meet their needs.

COMMUNICATION

Everyone has the right to understand the information being communicated.

Any one living or working at HCRS has the right to communicate openly, honestly and clearly.

Everyone living with HCRS has the right to private communication with people of their choice.

Everyone has the right to communication that is kept confidential unless there is a risk to health and safety.

CONSENT

Everyone has the right to be fully involved in decisions about medical treatment

No treatment will be given without a person's informed consent

FRIENDS AND VISITORS

Everyone living with HCRS has the right to visits from family, friends, partners, of their choice.

Everyone living with HCRS must respect the rights of others living in the home.

Everyone living with HCRS has the right to help in finding community supports or advocacy.

BELIEFS AND TRADITIONS - *everyone living with HCRS has the right to practice their spiritual, religious, cultural, customs, dress and family traditions.*

MONEY - *everyone living with HCRS has the right to help with money.*

Everyone living with HCRS has the right to work.

Everyone living with HCRS has the right to manage their money with help if needed. .

Everyone living with HCRS has the right to information about their money and expenses.

VOTING – *everyone living with HCRS has the right to vote.*

Everyone living with HCRS of voting age has the right to vote in any election.

Everyone living with HCRS has the right to make an informed choice.

Everyone working at HCRS is responsible to provide information about how a person can get to vote. .

INCLUSION - *people supported by HCRS have the right to be included in the community.*

Everyone has the right to access community services, attend community activities and to take part in the community.

PRIVACY AND CONFIDENTIALITY - *every person has the right to privacy and confidentiality.*

Everyone living or working at HCRS has the right to have personal information kept confidential in keeping with HCRS policies and procedures.

COMPLAINTS - *every person has the right to make a complaint.*

Everyone living with HCRS has the right to make a complaint in keeping with HCRS policies and procedures.

Prepared by the HCRS Community Council January 2016. Please send you comments and feedback to the Community Council CO Trudy Prosser – tprosser@hcrsweb.ca