



# HIGHLAND NEWS

April 2017

A Newsletter for Highland Community Residential Services



## FROM THE COMMUNITY COUNCIL

### **Social inclusion is about ALL of us**

Social inclusion can be difficult! Connecting with people, forming relationships and taking part in the community can seem impossible. The Community Council is interested in exploring ways people can feel valued and included in the community. A development committee has met to begin work on a Social Inclusion Project. Members have identified several barriers they feel exist that prevent social inclusion. Over the next few weeks we will be asking participants and staff to complete a survey to help gather further information for this project. Participation in this survey is voluntary, however you are encouraged to complete it because your voice matters as we go forward to inclusion.

**Together we make a difference.**

### **When I'm Included**

Oh what a world that it will be  
when I walk around and feel free  
free to choose where I wish to go  
unlike now do you even know  
know the way I feel inside  
when in your world I have to hide  
hide my walk my talk my skin  
you are missing what lies within  
within the shell of mine you see  
lives all of my ability  
ability you can get to know  
when I can walk where you go  
when I'm included

**Anonymous**

### **IMPORTANT DATES TO REMEMBER:**

Good Friday— April 14th  
Easter Sunday—April 16th  
HCRS Summer Street Dance— April 12th

### **CONTACT INFORMATION:**

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## An HCRS Profile

My name is Harry Haroutunian.

I volunteer with the Salvation Army.

My favorite thing about volunteering is stacking boxes and recycling.

My favorite movie is King Kong.

My favorite song is Ring of Fire by Johnny Cash.

My favorite season is Summer.

My favorite memories are visits with my mom.

My favorite book is Sports Illustrated.

My role model is Wayne Gretzky.

My favorite restaurant is Boston Pizza.

My favorite food is nachos & grilled cheese.

My favorite animal is a dog.

## EVENTS

### Autism Pictou County (Chapter of Autism Nova Scotia)



Autism Pictou County is organizing a new program for adults living with Autism in our community.

We are calling this program "Chat 'n' Chill". This monthly social night will provide an opportunity for us to get to know each other in a relaxing atmosphere while enjoying snacks and conversation.

#### MORE INFORMATION TO FOLLOW

If you have any questions about this program, please contact Shawn Poirier at (902) 759-6729

### **WILD WEST CASINO NIGHT**

Casino Night was held on March 31st  
it was another successful event!

Here is a picture of attendees enjoying a game of Black Jack. The casino night is a great fundraiser for Special Olympics, Pictou County.





## Events



The Ladies at Mountain Road held their own paint day!

Krista Lee Stewart gave the ladies wonderful tips on how to create their own beautiful piece of artwork! The results are pretty awesome!



## HCRS DANCE



Everyone had a great time at the St. Patrick's day dance as we continue to celebrate the 40<sup>th</sup> anniversary of HCRS, \$40.00 worth of A&W gift cards were given out. The collage is of the four winners who won for best dressed for St. Patrick's day.

## OTHER NEWS/EVENTS



Cathy Napier, was a special guest at the New Glasgow Town Council meeting. Cathy presented a selection of her poems in recognition of World Poetry Day which was declared by UNESCO on March 21st.



Cathy was presented a bouquet of flowers by New Glasgow Mayor, Nancy Dicks and CAO, Lisa MacDonald as a symbol of appreciation and thanks.



Spring Garden Road went all out for St. Patrick's Day!

Kim and Kaitlin enjoyed dressing up and looked great!

## NORTHERN REGION RESPITE SERVICES



Northern Region Respite Services with Special Olympics Pictou County hosted a Welcome back Party for Daniel Martin at Summer Street Industries on March 28th.

Daniel arrived home from the Special Olympics World Games in Austria with Gold!

Daniel placed 6th in the 800m, 2nd as part of the men's 4x400m relay and Gold in the 1600m.

He had a great welcome back party and everyone was happy to congratulate him and get a picture!

