

Highland News

An Occasional Compendium of News and Information
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Spring 2007

HCRS Marks its 30th Anniversary.

New Homes in 2007

Highland Community Residential Services is starting its 30th year with two brand new homes. One was built during the winter and another will be built this summer.

Each home is designed to meet the unique needs of the people who will be occupying them. The first home is a replacement for an existing small option and the second is a replacement for 304 Temperance Street.

HCRS Board Chair Terrance Curley noted the Board of Directors is pleased with the increased safety and accessibility of the homes.

The first home is located at 16 Emmanuel Street. It was built with generous support from the estate of Mrs. Frances Grenier. She left a bequest of \$150,000.00 to help HCRS to build a home. In partnership with the Department of Community Services HCRS has created a four bedroom accessible licensed home for special care. This home will serve as a replacement for a small option home that was located at Mt. William Rd. The

United In Friendship Launched

HCRS Program - Northern Region Respite Services staged an official launch for United in Friendship on Feb 17, 2007. This kick off event was advertised as a Wellness Day and was held at Summer Street Industries. Over 80 people participated in this inspirational day - networking,

three ladies residing at that home moved into their new digs on April 1, 2007. The landscaping is due to be completed by the end of May 2007.

The second home is a much larger project. It is being designed and built by the Department of Community Services Housing Division. This home pictured below will feature 8 bedrooms and three living areas on a single story. The house will be built on property acquired off the MacBeth Rd., in Plymouth. Current estimated time for completion of the project is late fall 2007. Everyone at HCRS is very excited by this project.

The home as designed by Architect Dale Archibald will be fully accessible. It will also feature several amenities such as a front porch with sufficient space to sit and visit. In addition the side entrance will feature an open deck area and a screened porch. The home located on seven acres of open land will interested residents to plan and plan gardens.

identifying resources and getting energized. Participants listened to Barbara Horner talk about the challenges of developing social support networks for her daughter - from elementary school to the present. Other workshops included Jo-Anne Phillips on Transition Planning within the school system and LeeAnn Dalling on excelling while living with a disability.

The United in Friendship program is made possible by a three year grant from United Way

Pictou County. The focus of the grant is to help Pictou County develop social support networks for people dealing with an Intellectual Disability.

HCRS was fortunate in recruiting Margie Beck to the position of Program Developer for United In Friendship. To date Margie with support from Sheri Scott has developed an Advisory Group of Parents, a Grandparent Club and supervised the HCRS Summer Recreation Program for Children. Margie has also done the research to develop a Circle of Friends program in Pictou and has her first "client" a student in the elementary school system.

HCRS Summer Recreation Program

HCRS Summer Recreation Program for Children has received generous funding from the Government of Canada, Kinsmen Club of New Glasgow, the Grocery Fund and the Trenton Arena Commission. Together these supporters of HCRS are ensuring a nine week summer recreation program for children with Intellectual Disabilities. HCRS employs 5 grant funded students to develop individualized activities and recreational opportunities for children. The program has run for the past 4 years out of the Trenton Arena with tremendous support from Francis Saunders and Wayne Otter.

Early registrations have more than twenty youngsters applying to participate in the program .

HCRS Staff Notes

- HCRS staff Mary Cantrell her partner Ken and daughter participated in the Boston Marathon this year. This is Mary's third time running in the Boston Marathon. She had a personal best time of
Congratulations Mary! an example to all of us about staying fit.
- Three HCRS staff - sisters Debbie Brooks, Cindy Gerroir and Wanda Brooks, lost their father to cancer this month. All of us extend our heartfelt sympathies to these ladies in this time of sadness.
- This past winter several other HCRS Community members lost a parent or

family member. To all of them we collectively extend out sympathies.

- HCRS Staff Joanne Price, Shelley Maldre-Sullivan, Carla Findley, Crystal Pellerine, Shelley Sutherland, are on parental leave. Our congratulations to all of them as we extend a hearty HCRS welcome to their babies.
- HCRS has welcomed several new staff since December 1, 2006. The following list welcomes 31 additions to the HCRS Family and notes their current assignments:
 - Elaine Feltmate - 304 Temperance St.
 - Warren McKeemon - 450 Chisholm
 - Amanda Landry - Beech St. & Dalcrombie
 - Barbara Dubay - 304 Temperance St.
 - Natasha Durant - Beech St. & Dalcrombie
 - Kristen Rockey - Hollis St. & Little Hbr. Rd.
 - Andrea Perrin - 94 Strickland
 - Adele Campbell - 94 Strickland
 - Megan Chesnutt - 450 Chisholm & 17 Pine
 - Denise Kreffer - Spring Garden Rd.
 - Sarah MacKinnon - Spring Garden Rd.
 - Jillien Barnhill - Chisholm St. & Oak St.
 - Maureen Thompson - Little Hbr. Rd.

- Candace Wadden - 16 Emmanuel & 198 Temp.
- Terri Clarke - 450 Chisholm & 17 Pine
- Bonnie Hale - 304 Temperance St.
- Anne Chisholm - 304 Temperance St.
- Lisa Cresine - Washington & St. Bernard
- Meryl Matheson - Spring Garden Rd.
- Tracy Boyd - Dalcrombie & Beech St.
- Jason Cook - Dalcrombie & Beech St.
- Elizabeth Bolton - Washington & St. Bernard
- Ashley Dickson - Hollis & Little Hbr. Rd.
- Candace Obrien - Hollis & Little Hbr. Rd.
- Cindy MacKay - Hollis & Little Hbr. Rd.
- Bert Anderson - 94 Strickland
- Denise Coady - Hollis & Little Hbr. Rd.
- Tara Cormier Cameron - Hollis & Little Hbr.
- Lindsay Williams - Hollis & Little Hbr. Rd.
- Kevin Gouthro - 94 Strickland.

The regular cycle of mandatory training and re-certifications has begun. HCRS trainers Sherri Murdock, Ross MacIntosh, Wendy Campbell and Cindy Decoste have scheduled dates in the next

Lindsay MacLean - 16 Emmanuel & 198 Temp.

Some of these new members are casual staff while others have secured part-time or temporary assignments. With apologies for any errors and omissions we wish each of these individuals a long and healthy membership in the HCRS family.

HCRS awarded ILS Contract

HCRS has been selected by the Department of Community Services to deliver the Independent Living Supports (ILS) program in Pictou County. The selection was based on a Request for Proposals process. HCRS was one of five agencies selected in Northern Nova Scotia to deliver this long anticipated program.

The ILS program is designed to provide community supports to people needing 21 or less hours of support per week. This is new program will see about 20 individuals being admitted with HCRS welcoming 2 or 3 persons this year.

HCRS has a long history of supporting individuals in various settings. This experience and to our commitment to the Personal Outcome Measures program for delivering support services, were among the reasons HCRS was awarded the contract.

We look forward to welcoming new people to our support services.

HCRS Staff Training Cycle

HCRS has a strong commitment to staff training. During the winter months management staff were provided an orientation to PATH - Planning Alternative Tommorrow's with Hope. Two House Managers Carolyn Cody and Susan Tibbo volunteered to become in house PATH facilitators. HCRS is grateful to Chignecto Central Regional School Board including Carolyn and Sue in this training opportunity.

few months to ensure that all staff meet the Dept. of Community Services minimum training standard. In addition HCRS will be scheduling dates for Medication Awareness training. HCRS

staff are encouraged to check with House managers and Program Supervisors for dates.

- **Research the local dispensing fees - currently the lowest fees in Pictou County are at Wal-Mart and Zellers.**

Employee Benefits at HCRS

The HCRS Benefits Committee met twice during the Winter. The committee worked on the transition for our insurance benefits to Blue Cross effective April 1, 2007. The committee has also met to review the regulatory compliance of the HCRS Pension Plan. We thank the members of this committee for their hard work on behalf of all staff.

All staff participating in the pension plan are strongly encouraged to review their plans with Robert Morton Financial Services. **The best way to ensure that your investments are doing well is to call Robert at 755-1090 and make an appointment.**

HCRS staff attended an information session on being wise consumers of the HCRS medical and health insurance program. Blue Cross representative Gary Spencer along with Glen McInnis from Fraser & Hoyt provided an overview of the insurance program and information about trends in health insurance programs.

Blue Cross now includes an online member or cardholder site. This permits HCRS employees to query their coverages, download forms, update their information etc. **All staff participating in the HCRS Group Life, LTD and Health benefits Program are encouraged to drop by the main office to pick up their copy of the benefits handbook.**

Fraser & Hoyt representative Glen McInnis shared several tips on controlling costs including the following: **Ask your doctor for 90 day prescriptions if you are on a long term medication.**

- **Ask your Doctor to specify Generic over brand names for prescriptions.**

HCRS Athletes attend Winter Games

Pictou County Special Olympics had three representatives attend the Canada Winter Games in Whitehorse - Ross MacIntosh, Greg Mazero and Adam Smith. Ross was mission staff for team NS while Greg and Adam competed in figure skating. This event was followed by the Special Olympics Winter events in Bathurst New Brunswick. As usual Pictou County was well represented with several HCRS family members participating as coaches, mission staff and as athletes. Congratulations to one and all!!

