



# HIGHLAND NEWS

February 2016

A Newsletter for Highland Community Residential Services

*Happy Valentines Day*

## FROM THE BOARD

On December 9<sup>th</sup>, 2015 the volunteers who serve on the Board of Directors visited several homes in the HCRS community. We were touched by the warm welcome. We saw the joy and caring between people in the home. We know the HCRS community, (this includes people working in the homes), really enjoys Christmas. The decorations were fantastic. Overall HCRS feels like a happy and healthy place for people to live and work. We know that it takes a lot of effort from everyone to keep HCRS going this way.

The Board of Directors is also doing its part to make sure that HCRS continues to grow and improve.

We know there is work to be done on improving housing. This year the Board is working on improving housing for three homes.

We know there is work to making sure that Inclusion is more than a word. This year the Board is working on supporting the Community Council.

We know that staff training needs to be more than re-certifications. This year the Board is supporting programs in Communication Skills, Mental Health First Aid and End of life Care Communication Skills.

We know that people need better programs. This year the Board is supporting the Women's Health Group and Occupational Therapy assessments.

### IMPORTANT DATES TO REMEMBER:

HCRS Dance at SSI – February 17th

### 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)  
[info@hcrsweb.ca](mailto:info@hcrsweb.ca)

## HCRS BOARD OF DIRECTORS

### **HCRS Board of Directors 2015-2016.**

HCRS is fortunate to have ten outstanding citizens of Pictou County volunteer to serve on the Board of Directors. This brief summary of names does not give a full picture of the passion, intelligence, skills and experience each person contributes to HCRS. Each of these Directors has more than HCRS on their agenda; either a Church, a Community Centre or anyone of the numerous recreational, cultural and social activities that make in Pictou County a great place to live.

Royden Boudreau, Past-Chair, Business Executive, Community Volunteer.

Kimberly Byrne, Vice-Chair, Sr. Executive VON Canada, Community Volunteer.

Mary Webber-Cook, Teacher, Minister, Community Volunteer.

Bob Curley, Retired Business Executive, Community Volunteer.

Janice DeCoste, Pharmacist, Community Volunteer.

Susan Fraser, Nurse, Community Volunteer.

Bryan Jamieson, Treasurer, Retired Banker, Community Volunteer.

Art Kennedy, Business Executive, Community Volunteer.

Allan MacDonald, Chair, Retired Business Executive, Musician, Community Volunteer.

Jack MacIsaac, Secretary, Independent Insurance Broker, Community Volunteer.



**Focus on Directors** - This month we take the opportunity to get know a little about Bob Curley, pictured above with Adam Smith.

Bob Curley, a lifelong resident of New Glasgow, has served on the HCRS Board of Directors since 1981. He also serves as a Director of the HCRS Foundation. Over the years Bob has been involved with the Kinsmen, K-40, Christmas Daddy's, and the Pictou County Y, to name a few of his volunteer activities. But through all those years he has been part of the HCRS community. Bob developed friendships with many members of the HCRS Community, although he has a soft spot for the people at MacBeth Road. Bob makes time to join HCRS social events, Christmas Parties and takes great joy in knowing that people are succeeding at HCRS. Bob retired from the cable TV business a few years ago. He now enjoys spending time at the Y, being with his partner Nancy Dicks, and keeping up with happenings in Pictou County. On most winter mornings you can find Bob flooding the Westside Community Centre Rink before heading to the Y. On fine summer days you can hear Bob rumbling around town and county on his Harley Davidson.



### **Why We Need the Community Council**

I have been a member of the Community Council since February 2012. I feel we need the council because we have the right to say how we live our lives. It is a right we were given the day we were born. People can be in your lives to guide you and advise you but at the end of the day you should have the final say in how you live your life.

HCRS is a good group of people. They help people every day and I for one appreciate any help they give me. However, I myself feel we have opinions and we can express them. This is one of the reasons why we need the Community Council. If we have the right to vote from the government then we should have the right to say how we live our lives

That is why we need the Community Council to express our concerns and our rights.

Sincerely

Robin A Cody

## *From the Executive Director*

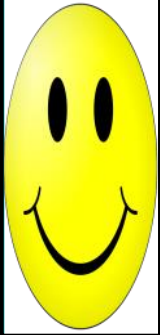
We had a couple of blasts of winter this past month and despite Shubenacadie Sam's prediction, and the balmy temperatures - it is still winter in Nova Scotia. So thank you everyone for being prepared to deal with shift work, storms and home life. Thank you for the effort to get in and relieve colleagues, who show up prepared to stay the duration. Your efforts are greatly appreciated. It shows a genuine professionalism that balances caring about colleagues while meeting your own obligations. Your actions speak volumes about the kind of workplace we strive for at HCRS. Most of all your actions reflect your commitment to the people who are supported by HCRS.

Those of us working at the HCRS Office have the privilege of visits from a revolving cast of participants and staff. They come to the office to pick up or deliver items. Some need a high degree of support - wheel chairs, balance when walking or climbing stairs, behavioural; while others only need a drive. What everyone has in common is the pleasure given and received through these visits. The rhythm of our days at the Main Office would be pitiful if not for these visits, even though it means taking work home to complete. These visits are a daily affirmation of the meaning of our work together.

There are two months left in the fiscal year and much to get done. Planning is underway for more Communications Courses for staff and Support Groups for participants. The Board of Directors will be revisiting its Strategic Directions as plans for improved training, housing and support services are being realized. We have an upcoming long weekend and a 29<sup>th</sup> day this month; here's hoping for a mild mid-winter.

Cheers!

## NORTHERN REGION RESPITE SERVICES



NRRS would like to thank the HCRS Foundation for their kind donation to our Saturday Respite Program .

The Program is a great success and being enjoyed by many participants!

Pictured below is a trip to the bowling alley with one of our Saturday Respite groups!



## OTHER EVENTS



Everyone had a great time at the HCRS dance in January! Lots of dancing and fun times!

Our next dance will be our Valentine's Day Dance on February 17th from 7-9pm at Summer Street Industries



## HCRS Participant Profile

**Full name:** Josh Sisson

**Favorite Food:** Pizza

**Favorite movie:** Grease

**Favorite song:** Let it go

**Favorite season:** Fall

**Favorite Memory:** Spending the first Christmas with my cousin Kyla

**What do you enjoy doing most:** Watching TV

**Who has been the biggest role model in your life:** Cousin Kyla

**An interesting thing about you is:** Great sense of humour, big heart

**Your job/Volunteer is:** Volunteering at the SPCA and maintenance at HCRS office

**Favorite thing about your job/Volunteer:** Getting to see Trudy at the office and playing with the cats at the SPCA

