

HIGHLAND NEWS

A Newsletter for Highland Community Residential Services

FROM THE EXECUTIVE DIRECTOR

Welcome to 2018. It looks like we will be starting January with a snow storm to remind us that we live in the land of snow and should be prepared to deal with Winter weather.

HCRS will be starting the year with Communications training programs for staff instructed by Teresa Love mid-January through mid-March. In addition there are several recertification courses scheduled during the Winter months. HCRS also has access to online training through **Open Future Learning**. We are licensed for 30 learners per month. If you are interested please contact Cindy DeCoste to register. If the demand exceeds 30 learners HCRS will happily look for a larger license. The course content is very well done and I have received positive feedback from those staff who registered and completed some of the modules. Winter may be the perfect time to do some online learning.

Happy New Year everyone and Happy Learning!

Cheers,

Hilary



Important Dates:

OH&S Inspections– January 15-19

HCRS Dance– To be announced

Quote of the Month

The New Year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals.

- Melody Beattie

SOME HCRS PARTICIPANTS ATTENDED THE NHL ALUMNI GAME BETWEEN THE HABS AND THE BRUINS AT THE PICTOU COUNTY WELLNESS CENTER



A TURKEY DINNER AND GIFT EXCHANGE WAS HELD AT TEMPERANCE STREET



MICHAEL, ALLISTER, AND RODNEY OUT LOOKING AT CHRISTMAS LIGHTS



HCRS CHRISTMAS PARTY 2017

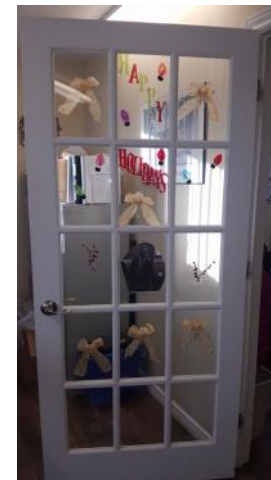


**SANTA VISTED
MACBETH ROAD!**

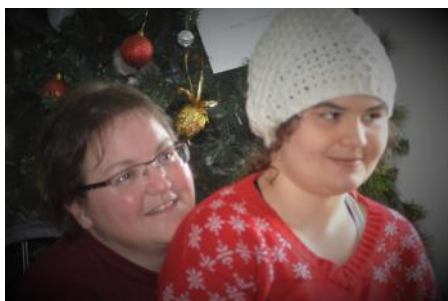
**PAIGE, BLANCHE AND SHEY MAKING
CENTER PIECES FOR CHRISMAS!**



HCRS DOOR DECORATING CHALLENGE



CHRISTMAS POTLUCK AT VIGGO HOLM ROAD



THE FUTURE LEARNING CONTEST

The Open Future Learning contest ran from November 15th to December 15th. The first four people to complete four modules received a gift certificate. The winners were Marsha Hayman, Colleen McPherson, Sara Kennedy and Wendy Kelly (missing from photo).

Congratulations!



40 RODERICK ST. HAD THEIR FIRST CHRISTMAS PARTY IN THEIR NEW HOME



CHRISTMAS CAROLING AT IVY TERRACE



SUSAN BAILEY HOSTED A BABY SHOWER FOR MICHELLE MOSER'S BABY



Driving safely in winter weather can be a challenge even for the most experienced driver. It's easy to forget after months of mild conditions that snow and ice demand careful driving and special preparation.

When 17% of all crashes occur during winter conditions it's clear we could all use a refresher driving through our winter wonderland.

Driving safely begins before you even get on the road. Regular tune-ups and maintenance are the starting point. It is important to pay special attention to your vehicles battery, wipers, coolant, tires and other systems that can take a beating with the temperature drops.

When you are ready to hit the road clean your car of snow, ice or dirt from your windows, headlights and backup cameras.

Drive slowly, it's harder to control or stop your vehicle on slick snow-covered roads. Increase your following distance enough so that you will have plenty of time to stop for the vehicle ahead of you.

Remember that every vehicle handles differently, this is particularly true when driving on wet, icy or snowy roads. Take the time to learn how it handles under the winter driving conditions.

Even if you and your vehicle are prepared, crashes happen. Vehicles break down. Any of us can get caught in the elements and help might not be just around the corner. Make sure your vehicle is stocked to help get you out of trouble or keep you safe until help arrives. Keep blankets, flashlights, jumper cables, flares and emergency lights in your vehicle. Even if you don't need them they can be of help to someone else in need on the road.

Remember in Nova Scotia if you don't like the weather, wait a few minutes and it will change.

Please drive safe

Highland Community Residential Services

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STAY CONNECTED:



FROM THE COMMUNITY COUNCIL

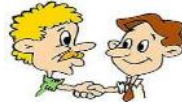
6 Things You Should Know About The Community Council.



1. Everyone is welcome!



2. Our meetings are a safe place for everyone to share knowledge, be heard and feel respected.



3. Our meetings provide people with opportunities to meet and connect with others.



4. Our meetings provide people with opportunities to find information and learn to speak up for themselves and others.



5. Our meetings help find ways to become involved in the community.



6. Our meetings are fun!

Together We Make A Difference!

AN HCRS PROFILE

My name is Sherry Sanders

I work at Glen Haven and Barkin' Beauties.

My favorite thing about my job is folding towels and coffee breaks with co-workers.

My favorite movie is Bay Watch and Knight Rider.

My favorite activities are bowling, walking and doing chores.

My favorite songs are True Blue by Madonna and Only in My Dreams by Debbie Gibson.

My favorite season is Spring and Summer.

My favorite memory is growing up in Alma.

My role model is David Hasselhoff.

My favorite restaurant is Jungle Jim's.

My favorite food is chicken burgers and onion rings.

An interesting thing about me is I have a webbed toe but I'm still not a good swimmer!

