

# HIGHLAND NEWS

*A Newsletter for Highland Community Residential Services*

## HCRS enjoying the YMCA



## Having a great time bowling



### Important Dates

- April Fool's day– April 1st
- Good Friday– April 2nd
- Easter Sunday– April 4th
- Easter Monday– April 5th
- Earth Day– April 22nd

### Ellen & Lynn



# Easter craft night at Viggo



Beach Trip!



Josh....



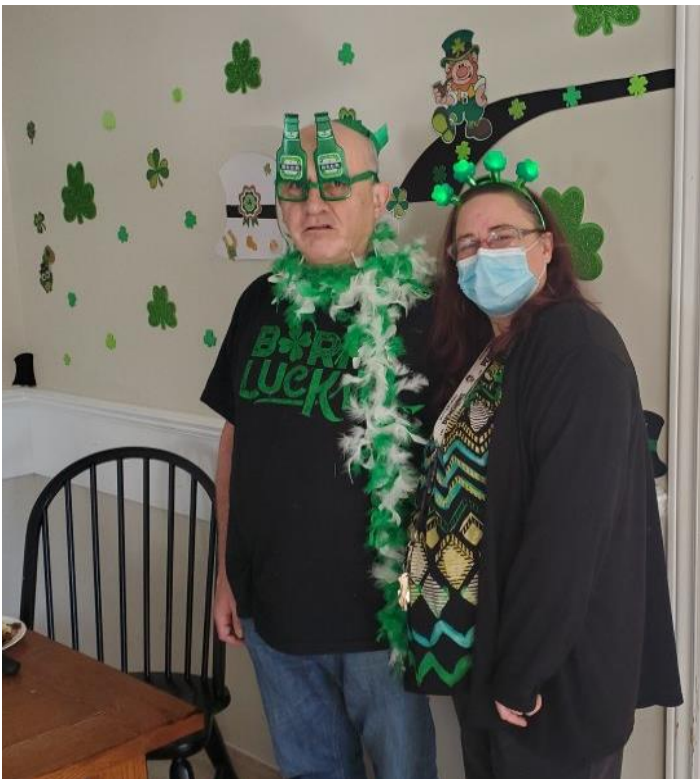
Marty at the Farm



Becky and staff all ready for St Patrick's Day!



St. Patrick's Day fun



They dropping cards off to her friends



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Stay connected



### Spring Cleaning Safety Tips

- 1. Do not rush! Pace yourself!** This is the most basic spring cleaning safety tips. All other tips, to a certain extent, stem from this one. This could prevent an unnecessary accident.
- 2. Use proper lifting techniques** when moving larger items such as furniture, appliances, etc. Also, proper footwear is important.
- 3. Be safe while on ladders and step stools.** Be sure to not lean too far one way or the other, wear appropriate footwear and, if needed, have someone to hold the ladder in place.
- 4. Be careful when walking on wet surfaces.** A verbal warning or sign indicating the floor is wet will make people aware of the potential danger. Also, for children, blocking access to that particular area may be the best solution.
- 5. Keep stairs, landings and walkways clear of boxes, bags and other clutter.** This could lead to serious injury if unnoticed!

Other important tips include not trying to carry too much at once, reading cleaning product labels, wearing a mask in an area that is not well-ventilated and to not leave cleaning supplies laying around a home – put them away!

Please remember to be safe this spring, it will make for a much more enjoyable summer!!

## AN HCRS PROFILE

My full name is Sasha Crystal Repko.

I just moved to New Glasgow from Port Hawkesbury, so I'm currently looking for work.

My favorite activity is Track & Field & hanging out with friends.

My favorite songs are too many to mention, but I like pop music.

My favorite season is summer.

My favorite memories are going on family trips.

My favorite books are Harry Potter & The Hunger Games.

My role model is my Mom.

My favorite restaurant is Swiss Chalet.

My favorite food is Tim Horton's Ice Caps..

My favorite animals are cats & dogs.

Something interesting about me is I went to the Special Olympics Summer Games in Antigonish in 2018. I competed in Track & Field & won 3 medals.



## April 2021 Diversity Calendar:

- April 1:** Holy Thursday (Maundy Thursday)
- April 2:** Good Friday
- April 2:** World Autism Awareness Day
- April 4:** Easter
- April 7-8:** Yom HaShoah
- April 13:** Equal Pay Day
- April 20-May 1:** The Festival of Ridvan
- April 21:** Ram Navami
- April 22:** Earth Day
- April 23:** St. George's Day
- April 23:** The Day of Silence
- April 24:** Lazarus Saturday
- April 24:** Armenian Martyrs' Day
- April 25:** Mahavir Jayanti
- April 29-30 (sundown to sundown)**



The newest member of Little Harbour Road, Austin Boyd takes to the slopes!

Katie & Jeremy enjoying a swim at the YMCA



Wishing Cindy all the best in her retirement! Cindy will be missed, thank you for all you've done!



Shelley



More St. Patrick's Day shenanigans!

