

HIGHLAND NEWS

A NEWSLETTER FOR HIGHLAND COMMUNITY RESIDENTIAL SERVICES

Did everyone have a hoppy Easter?



May 2023



IMPORTANT DATES:

Mother's Day- May 14th

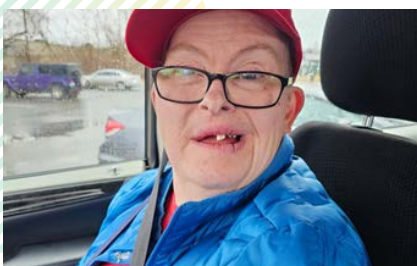
Victoria Day- May 22nd

POW WOW Pictou Landing
June 3 & 4 @ 12 noon

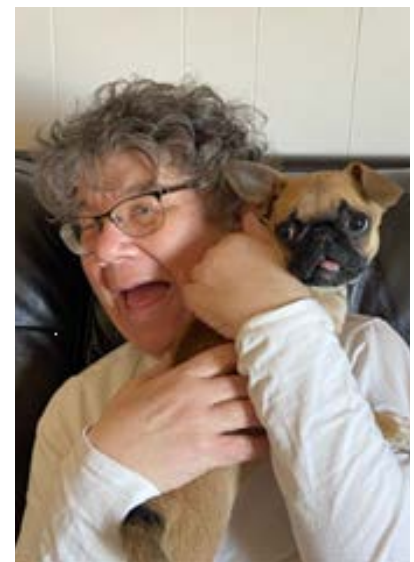
A beautiful stroll at Trenton Park



Pug Life



Bernie out for a rainy day drive.



Allister looking good with his new hair cut



We have a new name! HCRS' Diversity Committee is now called the IDEA Committee!

IDEA is an acronym for INCLUSION, DIVERSITY, EQUITY & ACCESSIBILITY ☺. The new name is a broader representation of the core values that HCRS strives to achieve. We want to encourage, support and celebrate the diverse voices of our employees and the people we support.

Along with a new name, we are looking for new members to join our team! The more diverse people we have on our IDEA committee, the more perspectives and bright ideas we can share.

Our goals:

Post job applications in diverse communities. Ex: First Nations Newsletter, Afro-Canadian Community.

Educate staff and the people we support on diversity by having a page in the HCRS Newsletter.

Create a policy for "IDEA" & to look at our HR policies from the IDEA lens.

Remove gender terms/language

Policy intern to work on IDEA.

Celebrate the dates and month with dates of importance for IDEA.

Develop role and responsibilities for IDEA Champion (Derek Borden).

Provide opportunities for learning about culturally sensitive communication and work practices.

Advocate for a Workplace Education Program on IDEA.

Look for grants for the IDEA committee.

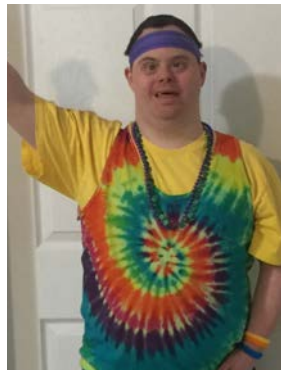
If this is for you, please contact Alex at the main office at (902) 752-1755.

We meet every third Tuesday of each month at 1:00 p.m. at the main office (paid time).

Around the HCRS office!



HCRS 80'S DANCE



Are You Interested In Acting?
Do You Like To Perform?

HCRS is starting a drama group for interested participants of HCRS in May. We are keeping the group to a maximum of 12 people. If you would like to join the group please contact Colleen McPherson (902)759-1477 or Sara Demetre (902)759-6802. The group will be on Thursdays starting May 4th from 4-5 upstairs at the main office. Come Have Fun!



Ivan's Blog

IVAN WILLIS

When I was 7 years old, me and my family went on a trip to Toronto. First, we woke up, got out of bed, got ready, ate breakfast, brushed our teeth and then hit the road.

We drove to Halifax, got out of our van, and then went on a train that took us from Halifax to Montreal. The train ride took one night to travel. We ate, slept and took showers on the train. There were a lot of people on the train. Next day, we arrived in Montreal.

We got off the train, then we went on another train that took us from Montreal to Toronto. We did some walking around Toronto then went to a hotel.

Me, my brother and my father went up to the CN Tower. We went on an elevator and it took us way way up high. We got off the elevator, walked around the top of the CN Tower, went outside and looked at the view from way up top. Then we walked on the glass floor and looked way down, it was quite scary. We went to Canada's Wonderland. It's an amusement park that offers a lot of rides. I went on a roller coaster with my father and my brother. While we were waiting in line to get on the roller coaster, we threw pennies in the wishing pond. Then we got on the roller coaster. The roller coaster plunged right to the sky. It went upside down and around, down into a dark tunnel, then back out and went splashing through the wishing pond where we threw the pennies in. Then the roller coaster went back to the loading station, and that was the end of the ride.

After our one week trip in Toronto, we went back to Montreal on the same train we came on. We arrived in Montreal, then we went back on the train that took us from Halifax to Montreal. The next day, we arrived in Halifax. We got off the train, hopped into our van, then we drove back to our home town. That was the end of our trip.

It was an enjoyable trip because I love trains.

Happy Birthday Doreen!!



On Call Super Stars



Kathy Gilbert
Pacey Smith
Luke MacLeod
Ben MacDonald
Henry Heighton
Marion Sample
Nancy Sutherland

Winners of a gift card -Kathy and Ben

HIGHLAND COMMUNITY RESIDENTIAL SERVICES

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STAY CONNECTED



FROM OH&S

Summer Safety Concerns and Tips

Mild and severe dehydration – the best solution, drink lots of water!

Heat Stroke and Heat Exhaustion – avoid strenuous outdoor activity during extreme heat waves, especially during midday when the sun is its strongest.

Sunburn and Sun Damage – always limit your time in the sun, choose shaded areas when resting outside... and don't forget sunscreen!

Water-related Injuries – in regards to safety, always have someone as a designated “water watcher”, but also recommended to prevent infection is earplugs.

Insect Bites – always use insect repellent when in wilderness, and also, tuck your socks into your pants to prevent ticks from attaching to your body.

AN HCRS PROFILE

My name is George Welsh.

I attend the achieve program at NSCC.

My favorite thing about school is seeing all the people, especially my best friend, Skylar.

My favorite movie is Pirates of the Carribean.

My favorite food is chicken fingers and fries.

I like all seasons.

My favorite memory is spending time with my family at the Locharber Lake.

My favorite song is Show Tunes from TV shows.

My favorite activity is making models out of pipe cleaners, and play my Ipad/Nintendo Switch.

My role model is the Mad Hatter, we are a lot alike.

An interesting fact about me is I have a great imagination, maybe the best!



Around the HCRS Community



R.I.C.K

I am deliberate in my interactions.
Everything will be done with:

Respect
Integrity
Caring
Knowledge



42
Years!

Jamie
Eisan

CONGRATULATIONS!
42 YEARS WITH HCRS!
THANKS FOR
ALL YOU DO!