



November 25, 2012

Community Health Report 2012

In May 2012 it was with great pleasure to take on the new role as Acadia First Nations new Community Health Representative. It has been a busy 6 months consisting of traveling to each of the communities, home visits, delivering baby baskets, Health Canada reporting, workshop/information facilitating in each area, as well as all the administrative duties pertaining to the health professionals such as the VON and the Dentist who visit our offices weekly.

Working with the Diabetes initiative professionals, Ann Gottschell(UNSI) and Diabetes Prevention for AFN, Melanie Purdy, we organized information sessions to take place on June 7, 2012 at the Gold River Health Centre, Greenfield and Wildcat offices.

Our Annual Elders trip was a wonderful success which took place September 8-10, 2012. 23 participants from the Shelburne/ Yarmouth area travelled to Moncton on the Digby ferry via Molega Tours for a 2 night stay at the Moncton Casino Hotel, two tickets to see highly acclaimed Celtic thunder as well as \$200.00 cash for spending and meal allowance. Our Elders trips are deeply appreciated by our seniors and it is a great experience to be able to share with them.

On October 17, 2012, I invited Early Childhood Intervention hosted a Well Child Day in Gold River as well as Hammonds Plains on October 25, 2012. Jillian Cress (UNSI), Fist Steps Early Intervention and South Shore Family Resource were on hand as well as other agencies from each area to asses and screen children aged

birth-6yrs old to make sure they are achieving the desired milestones for each age.

November 14' 2012, we held a Shelburne Wellness Day at the Lions Club from 10am-2pm. UNSI Nutritionist Angela was there to discuss label reading, cholesterol and blood pressure information as well as a general nutrition question and answer period. Debra Gloade was on hand to renew band cards and Melanie Purdy joined us to recognize World Diabetes Awareness Day and give a brief overview of Diabetes prevention.

Nutritionist Angela Macdonald also visited the Yarmouth Health Centre to discuss healthy living/eating and specialized in lowering blood pressure and cholesterol. Angela and I are scheduled to visit the Gold River Health Centre on Nov 28, 2012 to discuss these topics to community members in that area.

Since May 2012, I have worked with Non-insured Health Benefits in processing approx. 60+ Travel reimbursement applications as well as assisting in facilitating transportation, and accommodations for those who are going to see a specialist and/or treatment away from home.

Home visits are an important consideration to take on as the CHR and I have been able to make 16 visits to our elders, new parents, children, and sick and or terminally ill clients.

Eleven baby baskets (2- Halifax, 2-Gold River, 1-Wild Cat,1-Shelburne , 5-Yarmouth),worth approx. \$150.00(ea.) and consisting of personal products for baby, such as; lotions, shampoo, washes, diaper cream, Vaseline, wipes, face cloths, towels, receiving blankets, Sippy cups, pacifiers, baby blankets, Q-tips, headrests, nursery care kits, and more. These baskets are delivered promptly to new parents upon the arrival of a child.

The VON is still coming to the Yarmouth Health Centre every other Tuesday from 9-11am and offers such services as;

Clinic Nursing

VON staff runs community clinics, to deliver nursing services such as flu shots, wound care and education sessions for people with diabetes

Foot Care Clinics

VON nurses and other health professionals provide foot care for all ages from infants to seniors. Nurses provide assessment, care and advice for clients, including the elderly and people with diabetes, who have particular problems looking after their feet. Care includes clipping nails, treating corns, calluses, ingrown nails and thickened nails and preventative care as well as referral to other health professionals.

Wellness and Health-Promotion Clinics

VON Wellness and Health Promotion clinics offer clients screening tests and assessment of cholesterol, blood pressure, body-mass index and other indicators of potential health problems. Individual counselling focuses on education and raising awareness on topics such as heart health, diabetes, asthma, allergies and osteoporosis.

Working with VON we have had two Flu Clinics giving out over 50 Flu shots in both of our Health Centres (Gold River and Yarmouth). These clinics took place on November 1, 2012 and November 5, 2012 respectively.

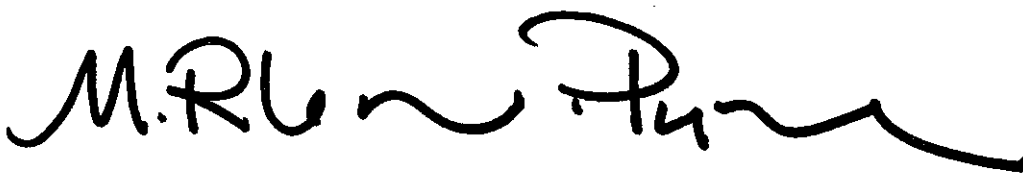
Dr. D. Armstrong DDS is available every Tuesday 8:30am-12pm practicing at our Yarmouth Health Centre. This service is for registered band members only. Dr. Armstrong provides such services as;

- * Teeth Cleaning
- * Comprehensive Dental Examination
- * Children's Dentistry
- * Tooth Extractions – Oral Surgery
- * Amalgam (metal) Fillings
- * Root Canal Therapy

- * Dentures & Partial Dentures
- * Regular & Extended Treatment Plans

September 12-13, 2012 I attended the Atlantic Health director's meeting in Halifax on behalf of AFN and discussed many issues with officials from NIHB, Health Canada, as well as Health Professionals from all First Nations within the Atlantic Provinces. During the week of November 19-21, I attended the Atlantic First Nations Health Conference in Moncton NB. Information sessions that I attended included; First Nations Advocacy, "Mapping the Way "Corrections Canada/Nunatsiavut Government/ Sheshatshui Focus: Child & Youth for Access to Service/Crime Prevention, Traditional Medicine, Cancer in First Nations Communities and FASD Building Relationships.

The above listed activities, workshops, meetings, home visits, etc. are all equally important as your CHR. If there are any health questions and/or concerns that anybody in the AFN Band would like addressed, please feel free to call my office and I will assist you in any way I can. If you require any guidance, support or help regarding a health issue or you would like to see me personally, I will always be available to you. It is my goal to work closely with the people and professionals in each community to create an efficient and adequate communication between myself and the people of Acadia Band.



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