



## Health Report 2014

Marla Robinson-Pyne, Community Health Representative

As of September 22, 2014 I have resumed my role as your Community Health Representative after a year of Maternity leave. Building effective working relationships between Acadia First Nation, Health Canada and Non- Insured Health Benefits (<http://www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/index-eng.php>) continues to be the top priority. The goal of all parties is to bring our community up to date with effective health education and services. As your Community Health Representative, I am able to assist with; vision, medical transportation, pharmacy and drug benefits, medical supplies and equipment, dental, short term crises intervention and mental health benefits (<http://www.hc-sc.gc.ca/fniah-spnia/pubs/nihb-ssna/yhb-vss/index-eng.php>). A large part of my duties consists of the completion of monthly/yearly program reporting regarding home and health care to Health Canada on behalf of AFN.

### **Health Services offered within Acadia First Nation Communities;**

The VON is available in the Yarmouth Health Centre every other Tuesday from 9-11am, Gold River Health Centre every other Thursday 9-11am and Wildcat office has VON visits twice monthly (tentatively scheduled). A blood collection clinic is also available in the Wildcat office to help with those unable to travel for blood work. Please call the above mentioned offices to book appointments.

VON 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

Yarmouth Health Centre will also be welcoming **Kelly Breau, BSW, MSW, SWC, Clinical Therapist, and Addiction Services**. Breau will be available by appointment 8am-5pm on October 29, 2014, November 12, 2014, November 26, 2014, and December 10, 2014. Breau specializes in mental health and substance abuse therapies. To book appointments please call the Yarmouth Health Centre (902)742-4337.

Gold River Health Centre offers parent and tot group once monthly as well as an afterschool program twice weekly. Jillian Cress (UNSI) Early Childhood Intervention will be in the Yarmouth Youth Centre on October 18, 2014 to assess and screen children in the Aboriginal Head Start program from 9am-12pm to make sure they are achieving the desired milestones for each age. This service will also be open to our band/community members from 12-3pm ages birth-6yrs, who are not in our Head Start program.

Brenda Halliday is doing her 5 week placement out of the Yarmouth Health Centre and her focus is on pre/post natal care for mothers and children. Brenda is available at the Health Centre on Wednesdays and Thursdays from 8am-5pm. On October 29, 2014 she will be hosting

a Mommy and Me workshop 10am-12pm for expectant mothers, caregivers of children, the session will focus on Breastfeeding information and support, pre/post natal care as well as nutrition facts and exercise.

Baby baskets are available for our expectant mothers/fathers who are registered band members these beautiful baskets are valued at approx. \$150.00(ea.) and are delivered promptly to new parents upon the arrival of a child. Please call one of our offices to ensure your name is on the list of expectant parents. You will also qualify for \$200.00 towards the purchase of your car seat on behalf of the Band. This is under our pre/post natal and maternal health program.

The Elder trip for Yarmouth/ Shelburne area for 2014 was organized and facilitated by the community Enhancement officer, Melanie Purdy. A two night Elders trip to Portland Maine via the Nova Star Cruise Line had taken place leaving Yarmouth on September 5<sup>th</sup> and returning on September 8<sup>th</sup>. Acadia First Nation Elders residing in Yarmouth/ Shelburne area along with one support person signed up for the Portland Maine Elder Trip. The elders were able to enjoy downtown Portland on their own during the first day until 5pm then they all were invited on a sunset cruise this narrated cruise offered guests a chance to relax and unwind as they cruised around the inner islands and lighthouses of the bay at dusk. The next day they were able to enjoy the scenic drive to the lovely seaside village of Kennebunkport. Here the lobster men still rule and locals treat you as a long lost friend. They had discovered exciting landmarks and structures that dated back to the 1600's. They explored the beauty of by-gone eras that exuded great character and romance. The coastline was littered with fine Victorian mansions and grand sea-captain homes. They visited the early settlements dating back to 1607 and fortifications along the coast that are now the settings of beautiful parks that include historical reminders of Maine's important past. Upon return the group was able to have a "Final Farewell to Portland Dinner" together at the famous floating restaurant "DiMillo's on the Water", this is an actual car ferry and is One of the largest such restaurants in the country, her overall length is 206 feet, with a beam of 65 feet. Then the group boarded the NOVA Star Cruise Line for the 11 hour steam home to Yarmouth and Shelburne... " A fantastic and memorable trip for sure!!!"(submitted by Melanie Purdy)

In the Queens area, Our Elders started their adventure early on the morning of September 24th and travelled to Fredericton where they enjoyed an overnight stay. They then continued their journey to the Covered Bridge Potato Chip Factory for a tour. Once the tour was completed, they continued on their way to Quebec City. While in Quebec City they enjoyed a guided tour of Old Quebec City, a tour of Beupre Coast, and an afternoon cruise on the Quebec Harbour. While in Quebec City, they were able to enjoy some fine dining and some shopping. On September 28th, they continued their journey back to Nova Scotia. A great time was had by all that were able to join in on the adventure.(submitted by Avis Johnson

Flu Clinics are taking place in the Gold River Health Centre on October 30, 2014 and in the Wildcat community, Nov 4, 2014. VON will be hosting an Immunization clinic in the Yarmouth Health Centre, Nov 3 1-3pm.

Workshops with the Diabetes initiative professionals, Ann Gottschell(UNSI) and Diabetes Prevention for AFN, Melanie Purdy, were held throughout the past year in Hammonds Plains, Gold River, Wildcat and Yarmouth. These educational sessions consist of Diabetes education managing/prevention as well as providing glucose and blood pressure testing.

UNSI nutritionist, Angela MacDonald hosted a series of nutritional workshops in collaboration with the youth in the Gold River and Wildcat communities. As a group, a healthy meal is prepared with community youth. During the meal preparation, we are promoting ways to keep our families and community healthy, while lowering blood pressure and cholesterol and controlling weight.

Water testing is taking place within AFN by certified water monitors delegated in the Gold River and Yarmouth areas. Certified monitors along with Environmental Health Officials with Health Canada are working closely with one another to ensure healthy and safe drinking water in our homes. Total coliform and bacteria levels are tested regularly in each of our communities.

If there are any health questions and/or concerns that anybody in the AFN Band population 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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