

PIKTUK AKNUTMAQN

Congratulations to all Graduates! We wish you all the best on your future endeavours.



In This Edition:

RCMP: 2

Language Update: 2

Health Centre Update: 4

Community Notices: 5

MPAL: 6

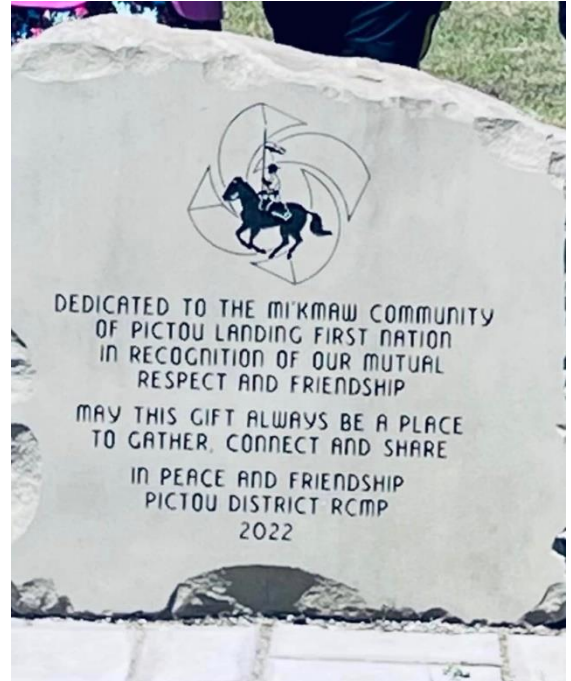
IHPP Update: 7

Office Closure Notice:

Please Note all administration buildings will be closed on Monday July 3 in observance Of Canada Day on Saturday July 1. All administration buildings will reopen on Tuesday July 4 at 9:00 am. Wela'lioq

On Thursday June 22

the RCMP unveiled their plaque for the community. For one whole year it was covered, and it was worth the wait. Thank you to the RCMP all over Canada who contributed towards the beautiful community fire place. It can be enjoyed for many years!



Language Team Update:

The Language Team is organizing a Community Language Day in June. Our plans are to have a day of language-based activities for the community to take part in.

Sheila is looking for people who would be interested hosting an activity. It has to be language-based. If you are interested, send Sheila an inbox message.



PIKTUK NEWS

Band Office Hours	Health Centre Hours	Garbage Day	Chief & Council Meetings
<p>Monday - Thursday 9:00 am - 4:00 pm</p> <p>Friday 9:00 am - 3:00 pm</p> <p>Closed for lunch hour.</p>	<p>Monday - Thursday 9:00 am - 4:00 pm</p> <p>Friday 9:00 am - 3:00 pm</p> <p>Closed for lunch hour.</p>	<p>Collection is every second Tuesday</p> <p>Next Collection Date is:</p> <p>Tuesday July 11, 2023</p> <p>Tuesday July 25, 2023</p>	<p>The next Chief & Council meeting is Tuesday July 4, 2023.</p> <p>To submit a letter or request please email janet@plfn.ca or webmaster@plfn.ca or you can drop off at the front desk of the Band Office.</p>
VCM Hours	Wolf Den Hours	Pictou Landing Pantry Hours	Fisheries Hours
<p>Monday - Friday 7:00 am - 11:00 pm</p> <p>Saturday- Sunday 9:00 am - 11:00 pm</p>	<p>Open 7 days a week 9:00 am - Midnight</p>	<p>Tuesday 9:00 am - 3:00 pm</p> <p>Wednesday 1:00 pm - 3:00 pm</p> <p>Thursday 9:00 am - 3:00 pm</p>	<p>Monday - Thursday 9:00 am - 4:00 pm</p> <p>Friday 9:00 am - 3:00 pm</p> <p>Closed for lunch hour.</p>

Health Centre Update:

Nurse Practitioner Update: Congratulations and Welcome back Kayla!!

Kayla McCulloch was once our Community Health Nurse is now back as our Nurse Practitioner.

What is a Nurse practitioner you ask? Nurse practitioners are registered nurses with advanced knowledge and education in primary health care, or other areas of specialty care.

As your community Nurse Practitioner, Kayla can do the following:

- Diagnose and treat health issues, such as asthma, COPD, diabetes, heart disease, high blood pressure, mental health conditions and other ongoing health conditions.
- Order and interpret tests, including blood tests, X-rays, ultrasounds, and MRIs.
- Prescribe medications.
- Perform exams and procedures, such as pap tests, prostate exams, and immunizations.
- Provide health screening clinics such as well-baby, well-women, and well-men.
- Teach you how to manage an ongoing health condition, and offer ways to lead a healthy life.
- Focus on how your physical and mental health affects your life, family and community.
- Refer you to a specialist or other health care provider, if needed.

Kayla accepting patients in the community that do not have access to a family doctor or nurse practitioner.

For community members that **already** have a family doctor or nurse practitioner she can provide access care for “acute changes in your health” examples are: urinary symptoms, coughs, colds, sore throats, cuts, and many other changes to your health, if you are unable to see your primary care provider.

Your primary care provider should manage chronic illnesses and routine care.



If you are interested in booking an appointment with Kayla, please call the Health Centre (902) 752-0085.

Regular Pap tests prevent about 95 per cent of cervical cancers. Cervical cancer is the 9th most common cancer among Canadian women.

Cervical cancer is caused by the Human Papillomavirus (HPV). HPV is usually transmitted by sexual contact. More than 75% of women will be exposed to HPV, but only a small number will develop pre-cancer (cervical dysplasia). Regular Pap testing can pick up pre-cancerous changes that can be treated before becoming cancer.

The Nova Scotia Cervical Screening Practice Guidelines recommend:

- Women who have been sexually active* should start having a Pap test at the age of 25. Once women begin having Pap tests, they should have them every 3 years.
- Women who become sexually active* for the first time after the age of 25 should have a Pap test within three years of the time that they became sexually active.
- Women who have never been sexually active do not need to have Pap tests until such time as they become sexually active.

Please call the Health Centre at (902) 752-0085 to book your PAP test.



Community Notices:

Our Lady of Perpetual Help Church is collecting names for baptism preparation. Those interested can leave their name with Linda.

Dr. Cathy Felderhof will not be in the clinic from June 30th – to July 11th.

Bloodwork

Collections happen between **10 – 11** at the Health Centre every Wednesday by **APPOINTMENT ONLY**. We will need your **Lab Requisition** paper the **Monday** prior to your appointment, as it has to be faxed to the lab before they come down, to ensure they have the proper supplies. It can be dropped off at the front desk or faxed to (902)752-6465 or 1(833)842-5564 **If the requisition is not received, you will be removed from the list and be responsible for rescheduling yourself.** Please call Ashley at the Health Centre (902-752-0085) to book your appointment.

Patients also have the option to book in New Glasgow by phone or online.

Aberdeen Blood Collection 678 East River Road, New Glasgow, NS B2H 3S1

Appointments are required for blood collection service.

This location offers online appointment bookings. Visit <https://booking.nshealth.ca> to book your own appointment.

Patients can book their own appointment for blood collection service by calling 902-928-2830 from 8:30 a.m. to 2:30 p.m. Monday to Friday (excluding holidays).

MPAL Update:

Piktuk June Wellness Challenge ****PRIZES TO BE WON****

1. Make your bed first thing in the morning.
2. Eat vegetables.
3. Attend the powwow- look at vendors, listen to one song or watch a dance.
4. Have a glass of water in the morning.
5. Go for a mindful 30-minute walk outdoors.
6. Do a 5-minute meditation. You can YouTube this.
7. Complete a 5–10-minute stretch/yoga. You can YouTube this.
8. Have a healthy meal for lunch, or supper.
9. Have a social media free evening. Get off your phone a couple hours before bed.
10. Compliment someone.
11. Walk to work if possible.
12. Write three things you're grateful for before bed or once you wake up.
13. Take yourself out on a date, alone time is important.
14. Go on a date or do something social with a friend.
15. Read something today.
16. Get 7-8 hours of sleep.
17. Compliment yourself.
18. Give something away that no longer brings you joy.
19. Workout challenge – 10 push ups, 10 squats, 10 crunches, 10 jumping jacks. YouTube if you need modified movement.
20. Try a fitness class with Rachel Francis that is offered in the community. If you don't know what classes are offered, reach out to Cynthia Denny or Rachel Francis for schedule.
21. Eat a healthy breakfast.

22. Do your good deed for the day.
23. Do something you love to do.
24. Spend some quality time with your loved one. Whether that is your kids, partner, pet or best friend.
25. Declutter a drawer or closet in your home.
26. Cross something off of your to do list.
27. Watch the sunrise or sunset.
28. Do some self-care for yourself. Whatever it is you like to do! Some ideas (face mask, bath, pedicure, smudge, walk the beach, feet soak, etc.)
29. Eat fruit.
30. Congratulate yourself for completing this challenge!

For the month of June, you are challenged to do one activity per day, you can pick and choose which one of the challenges you prefer to do per day, as long as you get them all done (or as many as you can). At the end of the month, you get your name in for a draw. People who complete ALL challenges can get their name in for the main prize.

All you have to do is write beside the challenge which day you completed it and pass in the sheet at the end of the month to MPAL (Mikmaq Physical Activity Leader) Cynthia Denny! I can be contacted via email Cynthia.d@plfn.ca, text 902-616-2072, or on Facebook "Cynthia Rose".

IHPP Update:

June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14 IHPP Elder Meeting	15	16	17
18	19	20	21	22	23 IHPP Committee Meeting	24
25	26	27	28	29	30 IHPP Community Engagement Session	1

Notes

IHPP ELDER MEETING

- Time: 11am
- Location: Fisheries Training Centre

IHPP COMMITTEE MEETING

- Time: 5pm
- Location: Fisheries Training Centre

IHPP Community Engagement Session

- Time: 5pm
- Location: Fisheries Training Centre

**PLFN IHPP
MONTHLY
CALENDAR**

