

Community



Sacred Heart Church

Regular Sunday Mass Time is at 11:30 a.m.

For More information visit the Immaculate Conception website: www.icc-truro.org.

Prayer Group

Prayer Group meets every Monday at 7:00 pm. at the Senior's Centre in Millbrook. Agenda includes Rosary and Prayers, followed by tea, a light lunch and a social.

Come join us – everyone is welcome! The contact person for group is Jane Abram at (902) 893-7454.

“Understanding the Bible”-Weekly Scripture Study for Adults

Please join us on Thursday evenings at 7:00 pm for an evening of fellowship as we learn together the Word and grow in grace and understanding. Tea and light refreshments to follow. Located at 74 Abenaki Road. Contact: Kelly Gloade at (902) 890-8307.

Community Hall Bookings

To book the Community Hall please contact **Jay Martin at (902) 897-9199 Ext 110.**

Thank you to those who continue to keep the hall, clean, neat and tidy.

Please try to book your event early, preferably a minimum of 2 weeks in advance.

Compost, Garbage & Recyclables

CLEAR GARBAGE BAGS ARE A MUST.

That means only **one black garbage bag** (privacy bag) per week, **the rest must be in clear bags.** **Recycle items (containers and paper) must be in blue bags or clear bags.** **Cardboard boxes must be broken down!** If you do not have a compost bin please call Carla Moore at the Health Centre at 902 895-9468. There are some of the small kitchen containers available.

Garbage is picked up every week.

Compost bin dates are **Tuesday, July 3, 17, & 31**

Blue Bags dates are Tuesday, July 10, 24, & August 7

All items must be at curb side by 7:00 am.



Used Battery Bin

If you have old batteries please do not throw them in the garbage, we have a battery recycle bin located in the Band Office and Health Centre. - WELA'LIN Natasha Bernard

Millbrook Youth Centre

The Youth Centre is open **Friday & Saturday nights 6-11pm**

The Millbrook Youth Centre has part time staff to supervise the youth.

RECC Membership

Millbrook has worked out a corporate rate with the Rath Eastlink Community Centre. Corporate Memberships apply to yearly membership only. The Civic Centre is not located on the reserve, Taxes are applied to the cost. The Band Member must purchase the Membership first then submit the receipts to Priscillia Martin. The Tobacco Store covers \$300 per activity(see regulations online at millbrookfirstnation.net).

Community

Sunday Night Hockey

Sunday night hockey at the Deuilles has ended until next season.



Millbrook Family Skate Every Sunday Morning

Sunday morning ice times at the R.E.C.C. starts at 9-10am,
July 8, 15 & 29

Millbrook Fitness Centre

The Millbrook Fitness Centre is open **1pm-4pm** Monday to Friday.
It is open in the evenings from **6pm-10pm** Sunday to Thursday.
Exercising a few times a week is a great way to improve your overall health.



Alanon

There is a Alanon meeting every Monday 10am, and Tuesday 8pm at the Alliance Church on Phillips Street which is off Robie Street.

Detox

Its better if the client comes to my office and we call the detox to do a booking, the detox “always has to talk to the client first” before a bed is given to them, for the client to answer questions RE : health, and medical. I Can not do the booking for the client. If for some reason client can not make it to my office I ask if they could call them which most of the time it not the same day.

Health services:

Please call NIHB before you get eye exams/glasses, medical transportation, medications and mental health services to see if those are covered by NIHB and that you are eligible for those things. The NIHB toll-free number is 1-800-565-3294 (press 2 for client, then press 1 for vision, 2 for medical transportation, 3 for medical supplies and equipment, 4 for medications, or 5 for mental health). Before you undergo a dental procedure, make sure your dentist has called NIHB’s dental pre-determination centre to find out if the procedure is covered by NIHB.

We have been advised that chemical substances that are related to fentanyl have been found in street drug samples in both NS and PEI.

While this is the first time fentanyl has been found in street drugs in NS and PEI, it is not entirely unexpected. In June 2017, police confirmed the presence of a potent narcotic, carfentanil in a drug seizure in NS.

Therefore, there is an increased risk to anyone who uses street drugs – not just opioids – in pill or powdered form.

- If you use street drugs, it’s important to do so safely. Don’t use alone. Always carry naloxone.
- If you witness an overdose, call 911. If you have naloxone, 911 responders can walk you through how to administer a dose while you wait for paramedics to arrive.
- Do not hesitate to call 911 in the event of an overdose emergency. The federal government has recently passed Good Samaritan legislation to protect bystanders from criminal prosecution when calling for help in this situation.

Health Centre

Mailing Address

Millbrook Health
Centre
P.O. Box 634
Truro, NS. B2N 5E5

Business Hours

Monday - Thursday
8:30am-12pm 1pm-4:30pm
Friday
8:30am-12pm

Phone Numbers

Health Centre
1 (902) 895-9468
Toll Free
1 (844) 895-9468

Confidentiality

The health centre staff are professional individuals who want to provide the best services to community members. Please be assured that they maintain confidentiality about your personal information and your appointments.

Addictions Counselling

2 Clinical Therapist from the Truro office of Addiction Services is available at the Health Centre every Thursday for one on one counselling before and after Addictions Treatment Programs. Follow-up Counselling after successful completion of a treatment program is highly recommended to deal with the challenges of RECOVERY. Counselling by this clinical therapist is also provided for family members of the addict/alcoholic and others affected by addictions. Please call the health centre (895-9468) for an appointment time or Call 893-5900 for an appointment at the Truro office.

Mental Health Counselling

Meaghan Fullerton, M. Ed, CCC, RCT-C is our Mental Health Clinical Therapist. Her position is shared by Millbrook Health Centre and Sipekne'katik Health Centre. She is available for one-to-one counselling at the Millbrook health centre on Wednesdays and Fridays. Her counselling work has focused on culturally-safe mental health care for Mi'kmaq communities, and she has worked as a community-based therapist in both Pictou Landing and Paq'tnkek in the past. Meaghan's areas of work include anxiety, depression, addictions, trauma, intergenerational and colonial trauma, ADHD and other learning exceptionalities, behavioural issues, family crisis, self-harm, recent life-changes, and grief. Please call the health centre at (902) 895-9468, or text 902-899-7843 to book an appointment with Meaghan.

Robyn Hazard, MSW, RSW is a Mi'kmaq Counsellor provided through Health Canada (NIHB) who provides Counselling for all Natives in Emotional Crisis and also provides counseling for Residential School Survivors and their descendants in need. Robyn has a personal and professional knowledge of the impact of colonialism within her family and her Mi'kmaq culture. Robyn comes to Millbrook every week, on Tuesdays and Wednesdays, and can be contacted throughout the week for those with a new crisis. Robyn will come to your home or the Millbrook Health Centre for your appointments. Please call Alsusuti Aboriginal Crisis Counseling Services 1-844-694-1382 or text 1-902-212-2630 to make an appointment.

Medical Drivers

Donna Gloade

Home: (902) 895-9540 Cell: (902) 986-8842

Ella Paul

Cell: (902) 956-2679



National toll-free First Nations and Inuit Hope for Wellness Help Line

There is a National toll-free *First Nations and Inuit Hope for Wellness Help Line*. The Help Line, which started operation on October 1, provides immediate, culturally competent, telephone crisis intervention counselling support for First Nations and Inuit, 24 hours a day, seven days a week. Counsellors can also work with callers to identify follow-up services they can access. Counselling is available in English and French and, upon request, in Cree, Ojibway, and Inuktitut.

The new toll-free number for the First Nations and Inuit Hope for Wellness Help Line is 1-855-242-3310.

Millbrook Free Spirit AA

Millbrook Free Spirit AA group meets every Tuesday night at 7pm at the Millbrook Senior's Centre. Everyone is Welcome

**responsible for your own transportation.*

Eskasoni Help Line

For any youth who are having a problem such as bullying, peer pressure, or any problems and want to talk to someone there is a number to call; all calls are confidential. Eskasoni help line toll free 1-855-379-2099 or on Facebook Eskasoni Crisis Worker there will be someone there to chat to.

NA meeting

NA meeting in Truro are every Sunday, Tuesday, & Thursday nights at St Andrew Church 55 King Street at 8pm. For more information call 1 800 205 8402 or www.centralnovaarea.ca

**responsible for your own transportation.*

Community Addictions Worker - Peter Gloade

The Community Addictions Worker has a list of AA and NA & Alanon meetings in the local area or call (902) 895- 5535 for more information on local groups. Also www.area82aa.org has information.

If anyone has any suggestion regarding workshops or presentation what they would like to see regarding addictions. Please contact me at (902) 890-1671 or message me on facebook. I am open to all suggestions, Peter Gloade.

Nova Scotia Legal Aid - confidential online forum

Nova Scotia Legal Aid provides a confidential online forum on Tuesdays from 2 p.m. to 5 p.m. for people to ask a lawyer family law questions. The website is www.nslegalaid.ca.

Treatment Centre Schedule

- Rising Sun at Eel Ground, NB** is Aug 13, 2018, 5 weeks Co-ed
- Eagles Nest Recovery house** Indianbrook Spet 3/18, 4 weeks Co-ed program.
- Mikmaw Lodge** at Eskasoni, NS is Sept 3/18 5 weeks women's program
- Wolastoqewiyik** Tobique Aug 8/18, 5 weeks coed program
- Mawiomi Treatment Centre** Quebec Aug 13/18 5 weeks

Any Millbrook Youth who would like to go a treatment program I have forms for the 3 treatment centres available.

- Walgwan Centre in Quebec - long term program
- Charles J Andrew Youth Centre Sheshatshiu Labrador – long term
- Choices in Halifax

Contact the Community Addictions Counsellor (Peter Gloade) at 897-1234.



List of medications prescribed by pharmacists that are covered by NIHB

Condition	Medications
Acne	Topical benzoyl peroxide products listed in AHFS class 84:04.92 of NIHB Drug Benefit List (DBL)
Allergic conjunctivitis (eye inflammation)	Ophthalmic products listed in AHFS class 48:10.32 and 52:92.00 of NIHB Drug Benefit List (DBL)
Allergic rhinitis (inflammation in the nose)	Antihistamine drugs listed in AHFS class 4:00.00 of NIHB DBL Nasal corticosteroids listed in AHFS class 52:08.08 of NIHB DBL Nasal solutions listed in AHFS class 48:10.32 of NIHB DBL
Bacterial conjunctivitis (eye infection like pink eye) and otitis externa (ear canal inflammation such as swimmer's ear)	Polymyxin B sulfate + gramicidin drops Bacitracin zinc, polymyxin B sulfate ophthalmic ointment
Constipation	Laxatives and cathartics listed in AHFS class 56:12:00
Childhood nutrition – may be initiated by a pharmacist only in children up to age 6 years	Multivitamins listed in AHFS 88:28.00 of NIHB DBL Vitamin D drops and liquid
Diabetes mellitus	Diabetic devices listed in 94:01.00 of the NIHB DBL Blood glucose test strips listed in 36:26.00 of the NIHB DBL Note: Benefit Exception Questionnaires to request strips beyond the maximum allowable quantity must be signed by the client's prescriber or nurse practitioner.
Emergency contraception	Levonorgestrel 0.75mg tablets
Fungal infections of the skin and mucosa, including vaginal candidiasis (yeast infection)	Topical and vaginal anti-fungals listed in AHFS class 84:04.08 of NIHB DBL excluding ketoconazole shampoo Fluconazole 150mg tablet/capsule as a single dose
Lice	Pediculicides listed in AHFS class 84:04.12 of the NIHB DBL
Prenatal vitamins and prenatal folic acid	Multivitamins (prenatal) listed in NIHB DBL Folic acid 1mg tablets
Risk of opioid overdose	Naloxone 0.4mg/mL one mL injection Naloxone 1mg/mL one or two mL injection Naloxone kits
Smoking Cessation	Nicotine replacement products listed in AHFS class 12:92.00 of NIHB DBL

The NIHB Program will reimburse pharmacist's claims for drugs for the conditions listed in the table above, on the basis of either a valid pharmacist prescription as per jurisdictional legislation or a pharmacist's documented recommendation. The NIHB Program requires pharmacists to

maintain documentation related to claims submitted as a result of a pharmacist recommendation; at a minimum this must include the following information:

- date
- name, and address or date of birth of the patient/client
- proper name, common name, or brand name of the prescribed drug, and quantity
- dosage
- amount prescribed or recommended
- signature of the licensed pharmacist, including pharmacist's ID number

The NIHB Program does not compensate pharmacists for client assessment services. Although you, the client, will not be required to pay for the medication, you may be asked to cover the cost of the client assessment.

Anger Management

Anyone who needs to get counselling on Anger Management can contact Bridges – A Domestic Abuse Intervention in Truro at 902 897 6665 to do booking to see a Counsellor or contact Dan Walsh at the Millbrook Healing Centre at 902 893- 8483

Millbrook Gym Schedule

<u>Sunday</u>	<ul style="list-style-type: none">• Archery 1pm-2:30pm• NAIG Volleyball 5:30pm
<u>Monday</u>	<ul style="list-style-type: none">• Kids free play 6-8pm• Men's pick up Basketball starts at 8pm
<u>Tuesday</u>	<ul style="list-style-type: none">• League Volleyball 6-9:30pm
<u>Wednesday</u>	<ul style="list-style-type: none">• kids free play 6-8pm• Men's pick up Basketball starts at 8pm til close
<u>Thursday</u>	<ul style="list-style-type: none">• Kids free play 6-7:30pm• pick-up Volleyball 7:30-close

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OR

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Derrick Higgins
Advisor
Member, Advocis

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 807 ZANN (9266)
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Markie Bus Tours Halifax Casino Runs

On the first Friday of every month we depart from Truro Staples parking lot, Robie Street at 9:30am. Leaving Halifax Casino at 3:30pm same day. Please call ahead for seating. \$30.00 per person. Also on the first Sunday & first Friday of every month depart from New Glasgow Zellers parking lot at 8:00am. Leaving Halifax Casino at 3:00pm same day. Please call ahead for seating. \$30.00 per person.

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ISAP Indigenous Student Access Pathway

ISAP

The Indigenous Student Access Pathway is designed and delivered as a one-year program exclusively for First Nations, Métis and Inuit students who would not otherwise be eligible for admissions under Dalhousie's current minimum high school prerequisites, and who would benefit from dedicated supports while transitioning to a university environment.

ACADEMIA AND CULTURE

The ISAP will engage Indigenous students both academically and culturally. Throughout the student experience there will be opportunities for community involvement, access to Dalhousie's Elders in Residence program, and more. By immersing the students in a strong and supportive network of faculty, staff, and peers, the ISAP aims to provide both the tools for navigating post-secondary, and a culturally supportive environment needed to succeed.

PROGRAM DATES

ISAP runs from September to the end of April. Upon completion, successful ISAP students have the option to apply for enrollment in following term.

COURSE LOAD

ISAP students will be registered in four courses (3 credit and 1 non-credit) in both the Fall and Winter terms. Upon successful completion of ISAP, each student will have earned between 18 - 24 credits that will be transferable to other degree programs.

SUPPORTS AND SERVICES

The ISAP students will have access to the campus Manager of Indigenous Students and be provided a variety of support services and opportunities within the program.

STUDENT ELIGIBILITY

In order to be considered for admission to the ISAP, applicants must meet the following minimum criteria:

- Provide proof of Aboriginal Ancestry. *
- Present valid high school diploma

* The Constitution Act, 1982 specifies that the Aboriginal peoples in Canada consist of three groups: First Nations, Inuit, and Métis people.

INFORMATION

Arthur Stevens 902-956-9270

Arthur.stevens@dal.ca



Millbrook Senior Off Reserve Utility Assistance Program
April 1, 2018 through to March 31, 2019
 Application Form
 PO Box 634, Truro NS B2N 5E5

Office use only:	Received this _____ day of _____ A. D. 2018/19 Band Administrator or his designate: _____
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Please Select: Mail Pick Up

Application Name: _____

Band #: _____

Phone #: _____ E-mail: _____

Mailing Address: _____

Off-Reserve Millbrook Band Members age 65 years +, are entitled to apply for the Millbrook Senior Off Reserve Utility Assistance Program.

For every housing unit occupied by a Millbrook Band Senior (the applicant), a reimbursement of up to \$100.00/month will be issued to assist with Energy/Electric Bills. Only one individual can apply for the assistance allowance per residence.

Application date for this assistance initiative begins April 1, 2018.

Assistance will be issued as per the following:

- Maximum of \$600.00 will be processed **September 1st 2018** for the period of April 1st, 2018 through August 31st, 2018.
- Maximum \$600.00 will be processed **March 31st, 2019** for the period of September 1st, 2018 through March 31st, 2019.

Copies of PAID Energy/Electric Bills incurred in these dates are required complete with applicant's name and service address to process the allowance.

 Signature of Applicant

 Date

Office use only:	Approved () Not Approved ()
Band Administrator:	_____

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JULY 2018

Wednesday	Thursday	Friday	Saturday	Sunday
	Call Hotel for preferred Bingo Rates			CLOSED CANADA DAY
4	5	6	7	8
Express Books	Express Books	LEVEL BINGO \$150/\$175/\$200 Regular Games	Floating \$200.00 (regular games)	\$200.00 Regular Games
11	12	13	14	15
Express Books	Express Books	LEVEL BINGO \$150/\$175/\$200 Regular Games	Dauber Day	\$200.00 Regular Games
18	19	20	21	22
Express Books	Express Books	LEVEL BINGO \$150/\$175/\$200 Regular Games	\$200.00 Regular Games	\$200.00 Regular Games
25	26	27	28	29
Express Books	Dual Dab Draws \$500 in total	LEVEL BINGO \$150/\$175/\$200 Regular Games	Old fashioned Bingo No Electronics	\$200.00 Regular Games

All Sunday Bingo will be in the evenings. We hope all our customers have a fantastic summer!

October 28th High Stakes Bingo \$\$\$\$ \$25,000.00 Jackpot \$4000.00 Regular Games \$3000.00 Specials Doors open at 9:00 am Admission \$170.00

www.twitter.com/legendsbingo

www.legendsgamingcentre.com

www.facebook.com/legendsgamingcentre

July 2018						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Canada Day	2 Closed for Holiday	3 Compost & Garbage	4 Szonja Dr. M. Ferguson	5 Addiction Services Foot Clinic	6 Szonja	7
8	9	10 Gladys Blue Bags & Garbage	11 Gladys Szonja Dr. M. Ferguson	12 Addiction Services	13 Gladys (AM) Szonja	14
15	16	17 Gladys Compost & Garbage	18 Gladys Szonja	19 Dr. Kelly Addiction Services Foot Clinic	20 Gladys (AM) Szonja	21
22	23	24 Gladys Blue Bags & Garbage	25 Gladys Szonja	26 Closed Ste Anne	27 Gladys (AM) Szonja	28
29	30	31 Dr. Kelly Gladys Compost & Garbage	Please call to schedule an appointment with Dr. Vance			

MILLBROOK FIRST NATION DIRECTORY

MILLBROOK BAND ADMINISTRATION

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TOLL FREE

1-800-693-3112

MILLBROOK HEALTH CENTRE

(902) 895-9468

TOLL FREE

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THIRD PLACE

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**Millbrook Housing Repair Grant
2018/19**
Application Form
PO Box 634, Truro NS B2N 5E5

Office use only:	Received this _____ day of _____ A. D. 2018/19 Band Administrator or his designate: _____
------------------	--

Please Select: **Mail** _____ **Pick Up** _____

Application Name: _____

Band #: _____

Phone #: _____ E-mail: _____

Mailing Address:

All Millbrook Band Members are entitled to apply for the Millbrook Housing Repair Grant.

For every housing unit (except private rentals) occupied by Applicant, a reimbursement of up to **\$500.00** will be made to the homeowner for repairs once this year. This applies only if you do not qualify or do not receive Social Assistance.

Application date for this housing initiative begins April 1, 2018. Receipts dated before April 1, 2018 will not be accepted. This program expires when the \$75,000 funding for this project runs out.

Original receipts are necessary and must be dated within that year, with applicant's name (IMPRINTED ON RECEIPT/INVOICE FROM SUPPLIER), excluding labour.

Housing units that are private rentals are not eligible for repairs.

Allowable Housing Repairs:

- Roofs including coating and flashing
- Exterior doors and windows including storm/screen doors.
- Heating systems including boilers (hot water or steam), forced air furnaces, chimneys and related components.
- Domestic hot water tanks, septic tanks and tile beds
- Stoves and refrigerators
- Toilets and tubs
- Smoke detectors
- Construction materials

Housing Unit must be in the name or owned by Applicant.

_____ Off Reserve Home Owner, Documents attached showing home ownership.

_____ On Reserve, Band Allotment Documents at Band Office.

_____ Original Receipts Attached

Signature of Applicant

Date

Office use only:	Approved () Not Approved ()
Band Administrator:	_____