



# MILLBROOK FIRST NATION

## MILLBROOK COMMUNITY BULLETIN

**July 17, 2022**

Kwe Millbrook members; both on/off-reserve, community members and staff,

I hope everyone is getting out and enjoying the summer months thus far. The weather is giving us reason to get out with loved ones and make memories with one another. Below are some highlights and updates for you to review.

Please note that any official correspondence or questions for the Chief and Council can be directed to Suzzanne Penney [adminassistant@millbrookband.com](mailto:adminassistant@millbrookband.com) our Administrative Assistant for Chief and Council matters.

### **Events / Activities:**

- **July 15 – 24, 2022** - Potlotek Summer Games.
- **July 26, 2022** - St. Anne's Celebration Family Fun day.
- **July 27, 2022** - Wood-chip Trail clean up event.
- **August 13-14, 2022** - Millbrook First Nation Competition Pow Wow is taking place. Everyone is welcome to this drug and alcohol-free event. Please stay tuned for updates prior -- see flyer attached
- **August 22, 2022** – Snowbirds to fly over the Power Centre between 1:30 – 2:00 p.m.

### **Millbrook Housing Department**

With the goal of continuous improvement, Millbrook's Housing Department has created a short form to request repairs and renovations to Millbrook homes. The form is currently on the website and more information will be provided in the August newsletter.

### **Millbrook Early Education Centre**

At this week's Chief and Council meeting, a budget was approved for the first phase of the pre-construction work required to complete the construction of an 11,000 sq. ft. two storey addition to the Millbrook Early Education Centre. We will keep you up to date as this capital project progresses.

### **Health Centre**

Mental health services continue to be a top priority for Chief and Council and we are pleased that Millbrook's Health Centre has secured funding for two additional staff to support mental health and addictions. Also, the hiring process is underway for a Community Support Navigator who will play an important advocacy role within Millbrook to ensure children, families, and individuals receive culturally appropriate supports and services.

## Millbrook Flag Design Contest

I was excited by the interest that we have had so far from Millbrook members wishing to enter the Millbrook flag contest. The contest is open to Millbrook members, and we would like the artwork/design to represent our heritage and culture. Here are more details:

- **Deadline:** Wednesday September 07<sup>th</sup>, by end of day.
- Submission designs should be provided as a JPG or AI file saved in high-resolution as possible. Providing a vector based graphic is preferred.
- Millbrook members can submit up to THREE (x3) designs
- **Prize for the selected winner is \$2000** (Artwork will become property of Millbrook)
- Selection date will be for Chief and Council to select their favourite design during their Sept 13th, 2022 meeting (subject to change)
- **Submit** via email as a JPG. Or .AI file to Carolanne Corbin executiveassistant@millbrookband.com

### Good to Know:

- The July 2, 2022 Senior's trip to Halifax was a success! Seniors were taken by bus to the Halifax International Tattoo followed by supper at the Steak and Stein. It was well received, and the attendees seemed to enjoy the show.
- There were two more Black Ash Laundry Basket workshops held in late June. They were as successful as the first ones and because the demand was so great for these workshops, we are making arrangements for more. We will release details when we have them.
- Get Caught Up, wearing a helmet. If you are caught wearing your helmet this summer, you will receive a \$5 Tim Hortons gift card -- see flyer
- Health Centre offers dental "teeth" cleanings – Dental Hygienist, Vera Johnson, please call to book your appointment. Attached is a flyer, an oral health information sheet.
- August 22, 2022 between 1:00 pm and 2:00 pm there will be a motorcycle ride for frontline workers and fallen heroes that will proceed to the Millbrook Power Centre where they will gather.
- From July 24<sup>th</sup> to July 29<sup>th</sup>, 2022 the Pope will be visiting Quebec City. He will be meeting with Indigenous peoples from all over Canada. Some of our Millbrook community members will be attending.
- Potlotek First Nation Mission to Saint Anne will be taking place from July 29<sup>th</sup> to August 2<sup>nd</sup>, 2022.



### **Hello and Goodbye -- from our Millbrook Administration Office:**

On behalf of myself, council, and staff, we are happy to welcome 24 students working for us this summer. Many are helping with the summer camp but there are also job placements at the fisheries and administration offices and with the construction and maintenance teams. We look forward to the students' contributions and we hope they have a positive work experience.

The "WORD / PHRASE OF THE MONTH" for July is: Nipk = Summer

Wela'lin,

Chief, Bob Gloade



Dear Millbrook Community Members,

The Millbrook Housing Department has developed a Repair and Renovation Request form that will have to be filled out before any request will be considered. The form will be available on the Millbrook First Nation website, at the Band Office, or you can contact the Housing Department and they can fill out a form on your behalf.

Due to the development of the Housing Department, we are asking anyone who has requested any repairs and/or renovations in the past or has outstanding repairs to have them resubmitted. The request must be submitted by the Repair and Renovation Request form. The request will then be added to a waiting list and taken into consideration.

If you have any questions, please do not hesitate to contact me at the office at 902-897-9199 ext. 121 or by cell at 902-890-4863.

Sincerely,

Lorne Paul

Director of Housing

The Millbrook Housing Department will be giving out fire extinguishers and smoke detectors at the Millbrook Community Hall on Thursday, July 28, 2022 from 1 - 6 pm or until supplies last.

For anyone who picked up a smoke detector in May 2022 you are now eligible for two additional smoke detectors.



# SUMMER CLEAN UP

COLE HARBOUR ~ ANDREW AVE  
SHEET HARBOUR ~ BEHIND THE STORE

JULY 14 - AUGUST 1



THE CANADIAN DENTAL  
HYGIENISTS ASSOCIATION  
L'ASSOCIATION CANADIENNE  
DES HYGIÉNISTES DENTAIRE

## Registered Dental Hygienists Are Essential Primary Health Care Professionals



Oral health is essential to overall health. It is well established that poor oral health is associated with a host of health conditions such as diabetes, aspiration pneumonia, chronic obstructive pulmonary disease (COPD), heart disease, and immune-mediated inflammatory diseases (e.g., arthritis).<sup>1</sup> As the prevalence of some of these chronic conditions in older adults (over 65) is very high (e.g., diabetes 26.8%, heart disease 27%), it is critical that continuous comprehensive dental hygiene care be available to the population.<sup>2</sup>

In Canada, registered dental hygienists are in a prime position, as regulated health care professionals, to prevent and treat oral diseases through evidence-informed practice, promote oral health, and foster informed decision making related to oral health by their clients. Dental caries is the most common, yet preventable, chronic disease in the world.<sup>3</sup> Furthermore, 52% of Canadians ages 65 and older suffer from periodontal (gum) disease that, if left untreated, can lead to tooth loss and negatively impact many aspects of their health.<sup>2</sup> Therefore, dental hygienists, as primary health care professionals, play a critical role in public and population health and should be considered essential workers.

Essential dental hygiene care includes any oral care and oral health education provided to individuals, families or communities that prevents and eliminates infection and disease of the mouth and associated structures. These interventions also allow individuals to maintain functions, such as eating, talking, and smiling, and contribute to overall health and well-being, and quality of life.

For residents in long-term care, dental hygiene services and individualized daily mouth care are essential to their health and well-being as they are at much higher risk for developing infectious diseases, such as SARS-CoV-2, due to their often suppressed immune systems. Dental hygienists are integral members of interprofessional health care teams working to provide comprehensive standards of care, supporting pain-free eating, speaking, and socializing, and providing vital oral health education and training to residents, caregivers, and family members.



# MILLBROOK FIRST NATION COMPETITION POW WOW

**\$60,000 SPLIT**  
**AUGUST 13-14, 2022**

HEAD MC  
**MICHAEL R. DENNY**  
MI'KMAQ NATION

HOST DRUM  
**THE BOYZ - TBZ**  
ST. PAUL, MN, USA

ARENA DIRECTOR  
**ARMANDO LUCIO**  
APACHE NATION

HEAD MALE DANCER  
**WAYNE SILAS**  
MENOMINEE/ONEIDA  
*SPECIAL TBD*

CO MC  
**SAQUAMAW LEROY DENNY**  
MI'KMAQ NATION

HEAD WOMAN DANCER  
**STAR SILAS**  
DELAWARE/OJIBWE  
*SPECIAL TBD*

**COMMITTEE SPOTLIGHT SPECIAL**  
**KOJUAQ SPECIAL**

**30K**  
**DANCE**

CATEGORIES  
GOLDEN AGE, SENIOR, ADULT, TEEN, KIDS, & TINY TOTS  
WOMENS - JINGLE, FANCY, TRADITIONAL  
MENS - GRASS, FANCY, TRADITIONAL & CHICKEN

**30K**  
**DRUM**

**DRUG & ALCOHOL FREE EVENT - EVERYONE WELCOME**

# Get Caught Wearing a Helmet

Millbrook Health Centre & Millbrook RCMP are teaming up on Helmet Safety! If we catch you wearing a helmet this summer, we will give you a \$5 Gift Card to Tim Hortons.



**Be Cool!**  
**Wear Your Helmet**