

*You are invited to the Mass and burial  
of our respected Elder Agnes Potter.  
April 25, 2025 at St. Ann's Church at 11:00 AM*



# Measles vaccine

**Protect your children, protect yourself,  
protect your community.**

Vaccines have been protecting people and communities against diseases for many years. Boost your vaccine confidence by learning how vaccines can protect First Nations, Inuit and Métis from measles.



## What is measles?

Measles is a virus that spreads easily and can lead to serious complications, such as brain swelling and death. Measles can cause high fever, cold-like symptoms and a bad cough, followed by a red, blotchy rash on the face that spreads down the body. Measles is especially dangerous for children under 5 years, pregnant people and those with a compromised immune system.

Vaccination is the best way to protect yourself and your children from getting measles.



## Why should I get this vaccine?

When you have all the recommended doses of the measles vaccine, protection is nearly 100%. The vaccine can protect against severe symptoms and complications caused by the virus.



## Who should get this vaccine?

In Canada, the measles vaccine is usually given in childhood but is also recommended for those who did not receive all doses or never had a measles infection in the past.

Canada has 2 measles vaccines: measles-mumps-rubella (MMR) or measles-mumps-rubella-varicella (MMRV).



## Where can I get the measles vaccine?

All provinces and territories offer free measles vaccines as part of their routine immunization program. If you think you or your child missed any measles vaccine doses, please contact your local healthcare provider or public health department.



## What are the possible vaccine side effects?

Most side effects are minor and resolve on their own. Common side effects include pain, redness and swelling at the injection site. You may experience a mild fever, joint pain and a rash appearing 1 to 3 weeks after the vaccine. Severe reactions are rare.

Talk to your community health nurse or healthcare provider about how to help relieve symptoms after vaccination.



## What to do after vaccination?

Wait in the clinic for 15 minutes after receiving your vaccine. Notify someone immediately if you experience any side effects.

Seek medical help if your symptoms get worse (for example, trouble breathing, swelling of face or rash) or last longer than 48 hours.

Catalogue: R122-65/2024E-PDF  
ISBN: 978-0-660-71507-0



**For more information:**  
[Canada.ca/vaccines](https://Canada.ca/vaccines)



Indigenous Services  
Canada

Services aux  
Autochtones Canada

Canada

## DID YOU KNOW ....

Non-Insured Health Benefits provides coverage for therapists/psychologists. A list of providers are available on our BRFN CHIP Facebook page for those who are registered band members. However. Some practitioners may be missing contact Ashley, and we can see if they are approved or phone you can phone NIHB 1-800-565-3294

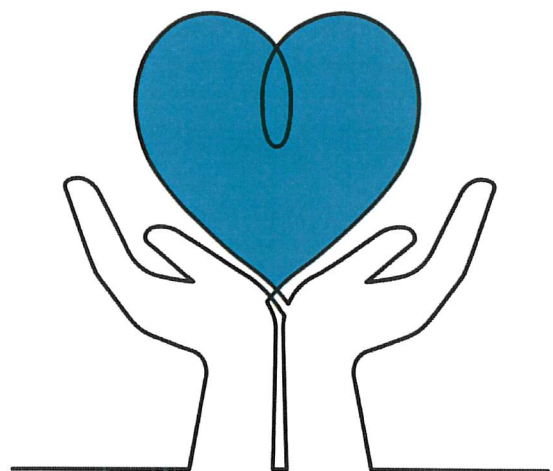
Some practitioners are in person or virtual (online), if you need access to a computer in a confidential area, the Health Center can provide you with this space.

We also have sage and tobacco available at the Health Center for band and community members.

Please note travel reimbursement is only covered for the nearest provider/facility. Prior approval will be needed if travel extended our local area, however this does not apply for virtual options.

Ashley is our new NIHB contact person, she can be reached at 467-4197, [lpn@brfnhc.ca](mailto:lpn@brfnhc.ca) or in person.

**REMINDER:** Heidi Mitton is our Mental Health Therapist. However, referrals to another therapist in the Digby/Annapolis area are available if preferred. Heidi can be contacted at [Heidi.Mitton@nshealth.ca](mailto:Heidi.Mitton@nshealth.ca) or phone/text @ 1-902-247-3429.



# **Elder's Project Information Session**

**When:** April 30<sup>th</sup>

**Where:** Cookhouse

**Who:** Age's 60+

**Time:** 4:30-6:30PM

We have recently secured a grant with the New Horizon's for Senior Program.

Come out and learn about the grant!  
We will be brainstorming and gathering ideas to ensure the project is elder focused.

Light supper will be provided.

Any questions contact Ashley by phone 467-4197 or email [lpn@brfnhc.ca](mailto:lpn@brfnhc.ca)

# JOB POSTING



## Community Pool

Apply in writing to the Band Administrator by

**April 24<sup>th</sup>, 2025, at 12:00pm, Noon**

Put your Cover Letter and Resume in a sealed envelope marked

**“Attention Band Administrator”**

**Start date Will Be: As Soon As Possible**

Some of the Duties the Applicant will be required to follow are:

- The Swimming Pool is to be open from 10:00AM to 10:00PM daily. The gate is to be kept locked at all other times;
- Prepare Swimming Pool for opening;
- Perform daily cleaning duties for the Swimming pool such as netting, vacuuming, chemical treatments, etc.; before 10:00am or after 10:00pm;
- No Minor Children are to be present while performing duties;
- Maintain storage shed, ensuring chemicals, equipment, etc. are secure as per Health Canada and WHIMIS procedures;
- Maintain on-going chart of reporting of cleaning methods, times, etc. as per schedule to be submitted to “Employer” at end of Contract;
- When necessary, bring any issues relation to the Swimming Pool to the attention of the “Employer;”
- Ensure all pool equipment and other materials are kept in good working condition;
- Perform other duties deemed necessary and in accordance with the maintenance of the Swimming Pool;
- At the end of contract, ensure that swimming pool is properly winterized, and netting is in place;
- Keep Pool House clean, at all times and remove all garbage from building;
- Pick up garbage on grounds;
- Change bags when full;
- Ensure garbage is roadside on regular garbage day.

## LAWN MAINTENANCE

### Scope Of Work:

Lawn Maintenance – 1 Year Contract – covering the 2025 mowing season

### Public Buildings:

- Muin Si'pu Learning Center
  - Pool & Playground Area
  - Cultural Center
- Gas Bar – including Feed Shed Area
- Health Center – including Gathering Area
  - St. Ann's Church & Area
- Mi'kmaq Family & Children's Services

### Homes:

20 Homes

(List to be provided to contractor upon signing of Contract for Privacy reasons)

### Equipment Requirements:

Lawn Mower, Whipper Snipper, Rake & Shove(s) etc.

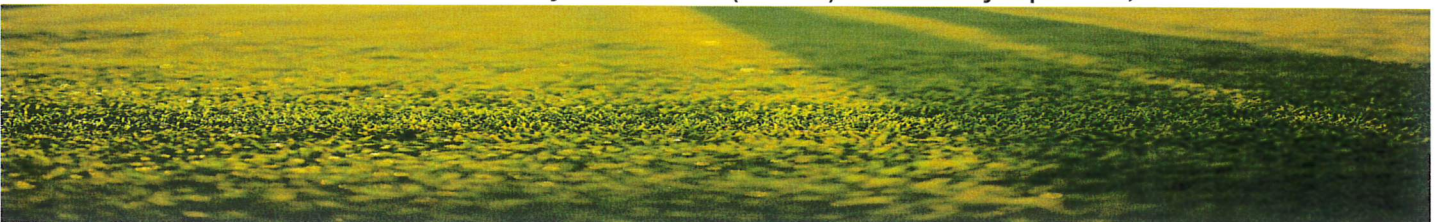
### Safety Requirements:

Safety Pants, Steel Toe Footwear, Safety Shields, Eyewear, Ear Protection, Hard Hat etc.

### Other Requirements:

- Must have own Liability Insurance
- Contract includes a Spring Clean Up/Preparation of Yards

Please submit bids in a sealed envelope, marked "Lawn Care Bid" to the Band Administrator by 12:00 PM (Noon) – Monday April 28, 2025



# **INCOME TAX PREPARATION**

**Have you filed your taxes with Revenue Canada?**

**Did you know the deadline to do so without potential penalty is April 30, 2025.**

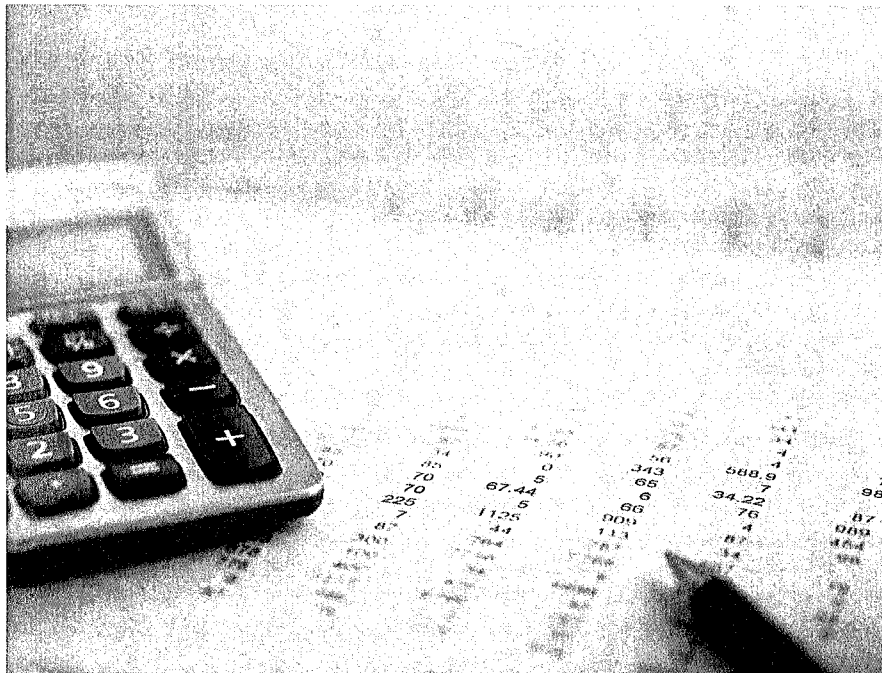
**Did you know Chelsea Potter is a member of the Community Volunteer Income Tax Program and if you are eligible can possibly assist you with this free of charge?**

**To confirm eligibility, please see the list of requirements on the back of this sheet or contact Chelsea Potter to speak further.**

**Email – [chelseapotter@bearriverfirstnation.ca](mailto:chelseapotter@bearriverfirstnation.ca)**

**Call – 902-467-3802**

**Call/text – 902-308-8351**





## COMMUNITY VOLUNTEER INCOME TAX PROGRAM APPOINTMENT CHECKLIST FOR PARTICIPANTS

Chart: suggested income levels

Family size	Total family income
1 person	\$35,000
2 persons	\$45,000
3 persons	\$47,500
4 persons	\$50,000
5 persons	\$52,500
more than 5 persons	\$52,500 plus \$2,500 for each additional person

Volunteers prepare returns for **eligible** taxpayers who have a modest income and a simple tax situation.

Volunteers do not prepare complex returns, such as returns for individuals who:

- have self-employment income;
  - have business or rental income and expenses;
  - have capital gains or losses;
  - file for bankruptcy; or
  - have passed away in the year.
- Please bring all information slips (T4s, T5s, T5007s, etc.) and receipts. If you have not received, or have lost or misplaced a slip, you may be able to get a copy by using the My Account for individuals online service or calling CRA at 1-800-959-8281
    - How many people need their returns completed? How many tax years (current + prior) per person? Note: If you are booking an appointment, please book 1 appointment per return per person. Please cancel your appointment if unable to keep it. This allows someone else to book.
  - Medical expenses? Please bring all receipts and total receipts. Ask your pharmacist for printout of all your prescriptions.
  - Charitable donations? Please bring all receipts and total receipts.
  - If applicable, you and your spouse or common-law partner, dependents or other family members that want to have their income tax completed, must all be present at the CVITP clinic.
  - Tuition receipts – T2202A. Students must download and print from their school. These receipts are no longer mailed out.



# L'sitkuk Health Update

APRIL 2025



## Health Staff, Services & Program Updates

Clara Harlow, our Community Health Representative, will be taking a leave of absence. Ashley Robicheau (formally Goucher), our Licenced Practical Nurse will be assisting with Non-Insured Health Benefits and Medical Transportation bookings.

Our Registered Nurse, Kayte Pariera is the lead for Home Community Care, Msit Mijauajij Program (Baby and Me), and Doctor and Nurse Practitioner Bookings. Kayte also is available to do quantum healing sessions. To learn more about quantum healing please contact her directly.

The school lunch program has been changed to a more inclusive **Healthy Foods for Healthy Kids Program** for families with children 18months - 18 years on reserve. Parents/caregivers please pick up your gift cards within the first 2 weeks of each month.

Ashley has secured a grant through the New Horizons for Seniors Program. This program will be focused on monthly activities for Elders living in community to promote health, wellness, and social.

### HEALING SERVICES;

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Massage Therapy:  
Tim Smith,  
Emma Robar,  
Emily Allan

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Reflexology & Reiki: Leslie Milne

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Acupuncture & Physio: Carolyn Longmire

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Naturopath: Theresa McClain

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Osteopath: Edward Moore

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WINTER CARNIVAL WEEK  
**Facility Assessment**

The Health Center was approved in March 2024 to have a consult hired through Indigenous Service Canada, to complete a facility needs assessment. We now have a completed facility needs assessment, and we hope that this will help us secure funding for the next step in the process – a feasibility study.



**ELDERS PLAYING WALTES**

The goal is to have renovations or a new center so that we can better serve the growing community.

We are also in the process of having some minor repairs done to the building, hopefully within the next couple of months.



## Upcoming Dates

- April 22, 2025: Earth Day Clean Up and Yoga
- April 23, 2025: Jordan's Principal will be at the Health Center
- April 24, 2025: Hot Breakfast at the Cookhouse
- April 28, 2025: Family Literacy
- April 29, 2025: Chair Yoga
- April 30, 2025: Elder's Meet
- May 21, 2025: Health Fair



## Staff Contact

Amber Potter, Health Director -  
[hd@brfnhc.ca](mailto:hd@brfnhc.ca)

Ashley Robicheau, Licensed Practical Nurse - [lpn@brfnhc.ca](mailto:lpn@brfnhc.ca)

Alycia Harris, Admin Assistant -  
[aa@brfnhc.ca](mailto:aa@brfnhc.ca)

Heidi Mitton- Mental Health -  
[heidi.mitton@nshealth.ca](mailto:heidi.mitton@nshealth.ca)

Samara Harlow, Community Enhancement Initiative Coordinator -  
[ceic@brfnhc.ca](mailto:ceic@brfnhc.ca)

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## Staff Profile Highlights 2024/2025



**Ashley Robicheau**

Ashley has been very active in the community helping with breakfasts at the cookhouse, hosting educational bingos, attending home visits and helping with other community events.

She held the Home and Community Care portfolio this year. She organizes monthly Occupational Health & Safety Meetings, and runs the Children's Oral Health Initiative Program.



**Kayte Pariera**

Kayte does the Doctor and Nurse Practitioner bookings, reminders, and checks in.

She holds monthly baby and me meetings.

Kayte was successful at securing a car-seat grant this summer.

She also does school visits when needed.



**Alycia Harris**

Alycia has helped book and organize over 500+ healing service appointments.

She has also answers the phones, and assists staff when needed.

She has been the lead on the School Lunch program, helping approximately 46 children/youth access healthy foods.



**Clara Harlow**

Clara has held many mental health workshops this past year. Cultural, prevention, food security, etc. She also does all the water testing for the community homes, NIHB navigation and medical transportation bookings. We will feel Clara's absence this new fiscal year, but we wish her a well deserved break.



**Samara Harlow**

Samara has organized monthly family literacy days, assisted with bi-weekly community breakfasts. She has organized lunch and learns, and youth outings, one of which 7 youth went to Toronto. She organized Glow, Elder's Day, St. Anne's Day, Family Beach day, Winter carnival activities etc.

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Amber Potter



COMMUNITY BOWLING



GLOW EVENT

We were successful in securing the Adult Activity Reimbursement Funding. Approximately 34 adults utilized this program. Items such as sneakers, memberships, and equipment were purchased.

Swim lessons, and life guarding for the community, Muin Sipu and L'nu Education Center, and pool maintenance is organized through the Health Center.

The youth recreation/camp program was used by approximately 13 youth to help them access and participate in organized sports and social camps such as soccer, skating, hockey, basketball camps etc.

L'sitkuk was recognized by the Lieutenant Governor for the Community Spirit Award. We also celebrated the 25 year anniversary of the Health Center building.

We encourage community and band members to come to staff directly with any questions, concerns, ideas or thoughts they want to share.

We are all welcoming of feedback and appreciate you sharing information with us.

It is our goal to incorporate a more culturally appropriate work environment. Sage and tobacco for ceremonial purposes are available to community members when needed.

This is a summary of updates from 2024-2025, and a full report will be released at a later date, along with the annual health survey.

Sincerely,

Amber Potter  
Health Director  
L'sitkuk Health Center

*Thank you for reading!*

L'SITKUK HEALTH CENTER	902-467-4197
168 Reservation Rd.	Bear River First Nation