

Pictou Landing First Nation Newsletter

August 10, 2020



WELLNESS CHALLENGE UNDERWAY

August is the month to get moving

Cynthia Denny, MPAL started a wellness challenge on August 1st. There are activities you can do every day, and be entered into win a prize. Keep track and let Cynthia know.

Some activities include, going for a walk, having a glass of water as soon as you wake up, make a healthy meal, get 7-8 hours sleep and more. Check off the list as you complete them and tag Cynthia in your post, send it to her, or send her a photo. The full list is attached at the back of the newsletter and there are hard copies at the store as well.



All tracked entries will be entered into win some prizes. For more information contact Cynthia at Cynthia.d@plfn.ca.

Interim Housing Director

Changes in Housing

Attention Pictou Landing First Nation Community Members, we have a new interim Housing Director, Derek Francis. Derek will be overseeing all housing related items till a new director is hired.

Please direct any housing inquires to Derek during this transition. Derek can be reached at derek.f@plfn.ca, or at 902.301.9758. You can also call the Band Office at 902.752.4912.

Wela'liog



Mandatory Masks

Masks Required in all PLFN Buildings as mandated by Province

Masks became mandatory in the Province of NS on July 31. This requires a mask be worn in all public places. The VCM, Health Centre, Band Office, Fisheries, and The Wolf Den all fall under this mandate.

There are exceptions for children under the age of 2, children between 2 and 4 when their caregiver can't get them to wear them and people with a valid medical reason. But for the most part, people are expected to be wearing non-medical masks in public.

We appreciate everyone's support and cooperation to help keep our community and loved ones safe during these difficult times.

How to wear a Mask:

- check the mask for tears or holes
- make sure the mask is clean and dry
- [wash your hands](#) or use [alcohol-based hand sanitizer](#) before and after touching the mask
- make sure your hair is away from your face
- use the ear loops or ties to put the mask over your nose and mouth and secure to your head or ears with its ties or elastics
- check that the mask fits snugly to the cheeks and fully covers your nose and mouth (there shouldn't be any gaps)
- avoid touching your face

Removing a Mask:

- wash your hands with warm water and soap for at least 20 seconds or use [alcohol-based hand sanitizer](#) containing at least 60% alcohol
- remove the mask by un-tying it or removing the loops from your ears
- avoid touching the front of the mask

Interim Health Director

Changes in Health

Attention Pictou Landing First Nation Community Members, we have a new interim Health Director, Jyll Cress. Jyll will be overseeing all health-related items till a new director is hired.

Please direct any health centre inquires to Jyll during this transition. Jyll can be reached at jyll.ca@plfn.ca , or at 902.752.0085.

Wela'liog

"We finance your Future not your past"

CREDIT APPROVED
★Today!!★

Jim and I will be back at the PLFN 1ST Nations Firehall WED AUG 12 - FRI AUG 14
Come on over and get yourself APPROVED for a new or new to you vehicle ! We accept All TRADES and ALL CREDIT !!!! See you there !


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