



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre, Inc.

*Good Health, Good Feelings*

# Mithomahcihowin



MARCH  
2025

## Celebrating International Women's Day: Honouring One of Our Own



In honour of International Women's Day, we are proud to highlight one of our own remarkable women, Edith Moody, who has played an integral role in supporting our community through her work at the Family and Community Wellness Centre. As the supervisor for the Family Enhancement program, Edith's dedication to the well-being of her community and her colleagues exemplifies the spirit of resilience, service, and compassion.

### A Lifelong Commitment to Community

Edith's journey with the Wellness Centre began years ago when the organization was just starting up. "Growing up, education was always

taught as a top priority," says her daughter Taylor. "When the Wellness Centre was beginning, my mom was finishing her Bachelor of Social Work (BSW), and she wanted to contribute to her uncle Jerry Primrose's vision of programs working together to support the community. She's been with the Centre ever since." Edith's commitment to education and community service has driven her to become a key figure in the Wellness Centre's efforts to provide care and support to the people of NCN.

### A Day in the Life at the Wellness Centre

Edith's daily work is varied and demanding, but she handles it with grace and dedication. Her role keeps her busy, ensuring clients receive the support they need. In addition to managing the Family Enhancement program, Edith runs a popular beading class with NCN's own Bella Leonard on Tuesdays and Thursdays. She also

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helps with on-call services for Child and Family Services (CFS) and Mental Health, always stepping in wherever needed. "My mom is the jack of all trades," Taylor reflects, noting that Edith's ability to balance so many tasks is a testament to her dedication and work ethic.

## Making a Difference in the Community

Edith's work is not only about direct service but also about fostering long-term well-being in the community. She plays a significant role in helping families stay together, offering resources and ensuring that clients attend essential appointments. "My mom's work focuses on keeping families together, offering activities like our annual Culture Camps,

and supporting clients within the organization," Taylor shares. "She also makes sure her coworkers take care of their mental health, which is equally important."

Through her tireless dedication, Edith contributes to building a community that is not only strong and supportive but also inclusive and safe. Taylor describes her mother as someone who "is always there for people when they need someone to listen. She gives advice on taking care of yourself mentally and physically, especially when others are dealing with mental health challenges."

## A Legacy of Empowerment and Equality

For Edith, International Women's Day

is a celebration of the strength and resilience of women everywhere. Taylor notes, "It's a day to celebrate women's rights and equality. Women have been fighting for equality throughout history, and women like my mom continue to pave the way for others." Edith's work and leadership within the Wellness Centre are a testament to the ongoing progress made by women in the NCN community and beyond.

## Looking to the Future

When reflecting on the progress of women in the NCN community, Taylor emphasizes the growing presence of women in leadership roles, particularly within the Centre. "The staff within the organization is largely made up of women across various departments," she says. "We can only continue to move forward, supporting future employees who will carry the torch."

## Words of Wisdom

One of the values Edith has instilled in her daughters is the importance of always doing their best. "Growing up, my mom always told me and my sister to just try our best," Taylor recalls. "No matter what we wanted to accomplish, she encouraged us to

give it our all. That advice has stayed with me, and I appreciate it every day because if you don't try, you miss out on so many opportunities."

## A Mother's Legacy

Taylor's closing words capture the essence of Edith's legacy: "My mom is the hardest worker I know. She proves to me every day that you can do anything you set your mind to. I'm so grateful to have a strong, loving, hardworking mom, and she has been a huge inspiration for me to pursue my career. I hope to be half the woman she is one day."

Edith Moody's unwavering commitment to her family, her community, and her work at the Wellness Centre reflects the heart and soul of what International Women's Day is all about. Through her leadership, compassion, and dedication, she continues to inspire those around her and will undoubtedly leave a lasting legacy for future generations.

**Edith Moody contributes to building a community that is not only strong and supportive but also inclusive and safe. She gives advice on taking care of yourself mentally and physically, especially when others are dealing with mental health challenges.**



## Join Our NCN Family and Community Wellness Centre and Build Your Future!

At the NCN Family and Community Wellness Centre, we believe in more than just providing jobs—we believe in creating opportunities that empower you to shape your future, strengthen our community, and honour the rich traditions of our people.

We're hiring individuals who are eager to grow, learn, and contribute to the well-being of our community. Whether you're interested in health, counseling services, land-based programs, or administration roles like finance, human resources, or IT, there's a place for you.

### Embrace Your Traditions:

- We value the knowledge of our Elders and integrate traditional skills and teachings into our work. Learn and grow while staying connected to our cultural roots.

### Secure Your Future:

- Competitive wages and benefits provide the foundation for a stable and fulfilling life, allowing you to support those you love.

### Make a Difference:

- Whether you're helping others heal, guiding our youth, preserving our lands, or ensuring our operations run smoothly, your contribution is vital.

**Current Opportunities:** Ready to apply or want to learn more? Call 204-484-2341 or visit [www.ncnwellness.ca](http://www.ncnwellness.ca) for more information.

### Join Our Family:

- Experience a supportive environment where we work together, guided by our shared values, to create a brighter future for all.

Working with the Family and Community Wellness Centre isn't just about earning a paycheck—it's about building a life that honours our traditions and contributes to the strength of our community.

*Take the leap, invest in your future, and become part of a family that's committed to making a difference.*

# Embracing the 5 C's of Well-Being: A Path to Miyo-mahcihoyān

In our journey towards holistic well-being, the concept of the 5 C's—Connection, Compassion, Coping, Community, and Care—serves as a valuable guide. These principles align closely with the Cree understanding of **miyo-mahcihoyān**, which encompasses physical, emotional, mental, and spiritual health.

**Connection:** Building and nurturing relationships with family, friends, and the broader community fosters a sense of belonging and support. Engaging in shared activities, storytelling, and cultural practices

strengthens these bonds, promoting emotional and spiritual health.

**Compassion:** Practicing kindness towards oneself and others is essential. Self-compassion involves acknowledging our own struggles without judgment, while extending compassion to others reinforces communal ties and empathy.

**Coping:** Developing effective coping strategies is vital for managing life's challenges. Traditional practices such as smudging, participating in sweat lodge ceremonies, or spending time

on the land can provide solace and resilience.

**Community:** Engaging with Elders to learn and share cultural traditions strengthens communal bonds. Participating in community events, ceremonies, and collective decision-making fosters a sense of unity and shared purpose.

**Care:** Prioritizing self-care through activities that nourish the body, mind, and spirit is crucial. This includes maintaining a balanced diet, engaging in physical activity, practicing

mindfulness, and seeking guidance from traditional healers when needed.

By integrating these 5 C's into our daily lives, we honor the path to **miyo-mahcihoyān** and strengthen the fabric of our community. Let us commit to these principles, supporting one another in our collective journey towards holistic well-being.

## The 5-C's of mindful well-being

Connection

Compassion

Coping

Care

Community



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre INC.

# Empowering Khalid: A Journey of Support Through Jordan's Principle

For children with mobility challenges, the right equipment can make all the difference—not just in movement, but in confidence, independence, and quality of life. That's exactly what happened for Khalid Linklater, a young NCN community member, when he recently received a brand-new mobility device through Specialized Services for Children and Youth (SSCY) Centre in Winnipeg, under Jordan's Principle.

Khalid's journey to receiving this device was made possible through the dedicated efforts of Maddie Spence, Rehabilitation Assistant at Jordan's Principle. Maddie played an essential role in coordinating appointments and navigating the process with Khalid's mom, EvaRae Spence, ensuring everything came together smoothly. The result? A moment of joy as Khalid took his first steps using his new mobility aid, gaining newfound freedom in movement.

**I am so beyond happy that my son Khalid has got a walker and to see him walking the smile on his face and the joy in his eyes bring so much happiness I like to thank all of his physiotherapist have been helping us through everything the process of him walking distance and taking one step at a time thank you guys so so much. – EvaRae Spence**

This heartwarming milestone is a testament to the impact of Jordan's Principle, a commitment to ensuring First Nations children receive the health, social, and educational services they need without delay. It's a reminder that access to essential resources—whether medical, therapeutic, or assistive technology—can change lives.

The SSCY Centre, a hub of specialized pediatric services in Manitoba, provides critical support to children and their families, offering a wide range of programs tailored to their unique needs. The collaboration between Jordan's Principle and SSCY is one of many ways these organizations work together to bridge service gaps for Indigenous families.

For Khalid and his family, this new device marks a step forward—both literally and figuratively. It's a reminder that every child deserves the opportunity to thrive, and that, with the right support, barriers can be overcome.

For more information on Jordan's Principle and the services available through SSCY, visit <https://sscy.ca/caregivers-families/programs-and-services-at-sscy-centre-2/>



# Understanding Tuberculosis and Its Impact on Our Community

As we come together to celebrate our culture, traditions, and resilience, it's important to address health challenges that affect our community. Tuberculosis (TB) is one such challenge that has had a significant impact on First Nations communities, including ours. By raising awareness and working together, we can take steps to protect our health and the health of our loved ones.

## What is Tuberculosis (TB)?

Tuberculosis is a bacterial infection caused by *Mycobacterium tuberculosis*. It primarily affects the lungs but can also impact other parts of the body, such as the kidneys, spine, or brain. TB spreads through the air when an infected person coughs, sneezes, or talks. While TB is preventable and treatable, it remains a serious health concern, especially in communities with limited access to healthcare or overcrowded living conditions.

## TB in First Nations Communities

Historically, TB has disproportionately affected Indigenous communities in Canada. In the early to mid-20th century, TB rates among First Nations people were much higher than in the general population. While significant progress has been made, TB continues to impact our communities today due to factors such as:

- **Overcrowded housing:** Living in close quarters can increase the risk of TB transmission.
- **Limited access to healthcare:** Remote locations and systemic barriers can make it harder to access testing, treatment, and follow-up care.

- **Social determinants of health:** Poverty, food insecurity, and intergenerational trauma can contribute to higher rates of TB and other health issues.

## TB in Our Community

In our community, we are not immune to the challenges posed by TB. However, we are taking proactive steps to address this issue. NCN Family and Community Centre is proud to have a **Jericho McKay our TB Champion** on staff, who is dedicated to raising awareness, providing education, and supporting community members in accessing TB testing and treatment.

## Signs and Symptoms of TB

It's important to recognize the signs of TB so that we can seek help early. Symptoms may include:

- A persistent cough that lasts more than three weeks
- Chest pain or coughing up blood
- Fatigue, fever, or night sweats
- Unintended weight loss or loss of appetite

If you or someone you know is experiencing these symptoms, please reach out to your healthcare provider. Early detection and treatment are key to preventing the spread of TB and ensuring a full recovery.

## Prevention and Treatment

TB is both preventable and treatable. Here are some ways we can protect ourselves and our community:

1. Get tested: If you've been in close contact with someone who has

TB, or if you have symptoms, get tested. Testing is simple and often involves a skin test or chest X-ray.

2. Complete treatment: If diagnosed with TB, it's important to take all prescribed medications as directed. Treatment usually lasts several months, and completing it is essential to prevent drug-resistant TB.
3. Practice good hygiene: Cover your mouth when coughing or sneezing and wash your hands regularly.
4. Improve ventilation: Open windows or use fans to ensure good airflow in homes and community spaces.

## The Role of the TB Champion

Our TB Champion is here to support you. Whether you have questions about TB, need help accessing testing or treatment, or want to learn more about prevention, the TB Champion is a trusted resource for our community. They are also working to reduce the stigma around TB, so that everyone feels comfortable seeking help when needed.

## Reducing Stigma Around TB

Stigma can be a significant barrier to addressing TB in our community. It's important to remember that TB is a medical condition, not a reflection of someone's character or lifestyle. Here are some ways we can help reduce stigma:

- **Educate ourselves and others:** Understanding how TB spreads and how it is treated can help dispel myths and misconceptions.

■ **Show compassion:** If someone in our community is diagnosed with TB, let's offer support and encouragement rather than judgment.

■ **Speak up:** If you hear someone spreading misinformation or making negative comments about TB, gently correct them and share accurate information.

■ **Normalize testing and treatment:** By talking openly about TB and encouraging others to get tested, we can create a culture where seeking help is seen as a positive and responsible action.

## Moving Forward Together

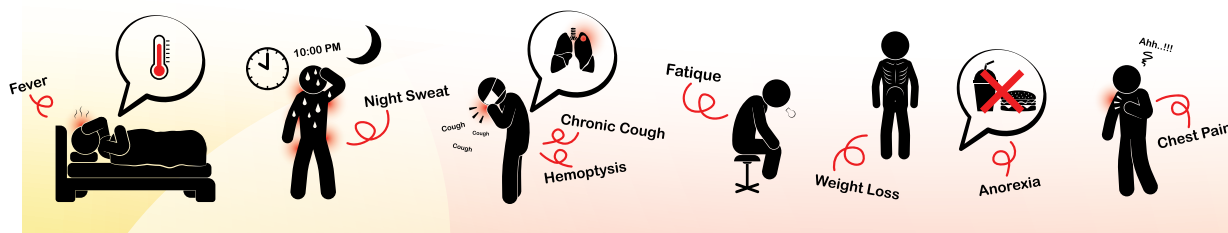
TB is not just a health issue—it's a community issue. By working together, we can reduce the impact of TB in our community and ensure a healthier future for our children and grandchildren. Let's continue to support one another, share knowledge, and take action to protect our community's well-being.

If you have any questions or concerns about TB, please contact Jericho at 204-484-2341.

Together, we can overcome this challenge and build a stronger, healthier community.

**Wash your hands, cover your cough, and let's keep our community safe!**

World Tuberculosis Day  
March 24



# ᓂᓄᓂᓄᓂᓄᓂ **sītoskākēwin** **NCN & FCWC Support Services**



**General Inquires: 204-484-2341**  
**Mental Health On-Call: 431-354-1270**  
**Public Health Nurse: 204-484-2341**  
**NCN CFS After Hours On Call - 204-679-6386 OR 204-679-5544**



The Aboriginal Diabetes Initiative (ADI) delivers education, activities and clinics to promote healthy living, to help everyone manage their diabetes, and to help reduce the prevalence of diabetes in NCN citizens. We focus on: • healthy eating • physical fitness • risk factors • screening • diabetes management  
**Call 204-484-2341 ext. 166**



Our MCH team provides help for mothers (and the entire family) before, during and after pregnancy. We offer nutrition, exercise and wellness guidance to raise your infant, toddler and children, and to stay healthy as a mom. Families with more complex needs can receive individual case management and support. We may help you to receive counselling, stress management, FASD support, and immunizations. We focus on: • a healthy balanced lifestyle • raising healthy kids • holistic care for pre- and post-natal mothers • nutrition for moms, babies and families  
**Call 204-484-2341 ext. 128 or 127**



We create positive, supportive long-term mentoring relationships with women who have used substances during their current or recent pregnancy. Women are guided in harm reduction strategies, linked to community resources to reduce isolation and encourage family participation, and educated about the effects of alcohol and drugs. We also connect families to professionals for efficient FASD assessment, diagnosis and care plans and offer regular educational programs and FASD awareness events in the community.  
**Call Irene Spence or Tanya Moody at 204-484-2341**



The Canada Prenatal Nutrition Program (CPNP) provides funding to help to improve the health of pregnant women, new mothers and their babies, who face challenges that put their health at risk.  
Join us every Wednesday between 1pm and 3pm  
**To find out more, call 204-484-2341 ext 166**



Jordan's Principle assistance is available for children living on-reserve with their birth, adoptive or extended families, and awareness of the program is increasing every year. Most clients become involved with Jordan's Principle through a referral from school, JP staff, family or friends, or another health program in the community. Eligibility Criteria: Children who have or may show signs of any of the following: Developmental delays; Autism spectrum disorder; Permanent physical disabilities; Speech impairment/delays; Attention deficit disorder; Attention deficit hyperactive disorder; Medical needs  
**For more information call 204-484-2585**

## **NCN MEDICAL RECEIVING HOME**

*A Safe, Full Service Stay for Our Citizens*

All NCN Citizens who live on-reserve in Nisichawayasihk Cree Nation qualify to use the MRH, if there is space available, and if the MRH is capable of providing the care required. (You will be required to provide your referral information from the NCN Nursing Station.) The MRH is set up to accommodate one-day appointments, overnights, and stays of longer term\* in cases of surgery and ongoing treatment. (Extensions may be provided on a case-by-case basis, with proof that you have tried to find another residence.)

**Call 204-786-8661**

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**Noosi Muskwa  
WOMEN'S SHELTER**  
*A safe place where healing begins*

The Women's Shelter offers temporary shelter to women and their children who come to us on a voluntary basis because they are in crisis or dealing with domestic violence or abuse at home from a partner or spouse. We combine protection and security with western counseling and Indigenous wisdom to help women make a plan for future security and happiness.

The Women's Shelter is located in Nelson House and is available 24 hours a day to all NCN women and children. There is no financial cost to stay with us.

We'll keep you and your children safe while you make a plan for your future.

**Call 204-484-2634 or 204-354-1840**



Nelson House  
**MEDICINE  
LODGE**

Mithwayawini Mitho Tehewinihk Ochi

Offering non-medical, drug and alcohol treatment, prevention and aftercare services that encompasses both Indigenous and Western worldviews. This includes the natural laws of respect and humility that teach us to be open to learning and implementing best practices, to better serve those who have been greatly impacted by substance abuse and/or mental health issues. We work to assist people who have been spiritually and psychologically influenced by life's circumstances. Our unique approach delivers proven results for individuals traveling the "Red Road to Wellness".

Residents of our 8-week know Drug and Alcohol Treatment Program are guided by Medicine Lodge's dedicated staff of professional clinicians, counsellors, and spiritual healers.

**Call 204-484-2256**



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NDINAWEMAAGANAG  
ENDAAWAAD INC.



NDINAWÉ  
**204-417-SAFE**

Connecting at-risk youth with the shelter, culture, programming, education, health and supports they need for safe and healthy lives.

Your central source for adult addiction services.

[MBAAddictionHelp.ca](http://MBAAddictionHelp.ca)

**We're here when you're ready.**  
**Call or text 1-855-662-6605**

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**CRIME STOPPERS**

**To Submit a Crime Stoppers Tip:  
Call: 1-800-222-8477(TIPS)**

**Submit a Tip Online: [www.manitobacrimestoppers.com](http://www.manitobacrimestoppers.com)**  
**A safe and anonymous way to report crime**

24/7 SUPPORT

**CFS On-Call**  
NCN: 204-679-6386  
or 204-679-5544

**Counselling Services On-Call**  
NCN: 431-354-1270  
(On call hours are from 4:30pm to 8:30am AND 24-hours Saturday/Sunday and Holidays)

*NCN Family and Community Wellness Centre provides essential services for Nisichatoyasihk Cree Nation and surrounding communities for health and child services*

South Indian Lake  
**CFS On Call**

Check the NCN Family and Community Wellness Centre's Facebook Page for who's on-call each week.

If at any time you are unable to reach an on-call worker, contact Intake in Thompson @ 1-866-260-9457

Where children are in need of protection from abuse or neglect such as: alcohol around minors, domestic or intimate partner violence around minors, or anything that compromises a child's basic needs of health or safety.  
Call: RCMP - Leaf Rapids @ 204-473-2449  
RCMP - Winnipeg @ 204-374-2345  
RCMP - OPCN @ 204-374-2029  
Security - OPCN @ 204-374-2429

We are here to help 24 hours a day  
**1-877-435-7170**  
MANITOBA SUICIDE PREVENTION & SUPPORT LINE

**reason to live.ca**

**Thinking of suicide?**  
If you need to talk, we're here to listen.

9-8-8  
toll free, 24/7

# Shepherd's Pie: A Comforting Classic for Any Occasion

Shepherd's Pie is the ultimate comfort food, perfect for warming up on chilly evenings or sharing with loved ones. This versatile dish allows you to get creative with the ingredients you have on hand—whether it's ground moose, pork, or even beef, paired with hearty root vegetables like carrots,

turnips, or potatoes. Topped with creamy mashed potatoes and baked to golden perfection, it's a satisfying meal that's as easy to make as it is delicious. Whether you're cooking for a crowd or simply craving a cozy dinner, this recipe is sure to become a favourite.

## Nisichawayasihk-Style Shepherd's Pie

This recipe combines ground meat (or a substitute) with root vegetables and a creamy mashed potato topping. It's hearty, comforting, and perfect for sharing with family and community.

### INGREDIENTS

#### For the Filling:

- 1 lb (450g) ground moose, pork or beef (or substitute with ground turkey if preferred)
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 2 medium carrots, diced
- 1 cup diced turnip or rutabaga (traditional root vegetables)
- 1 cup frozen or fresh peas
- 1 cup corn kernels (optional)
- 1 cup diced mushrooms (optional, for added flavor)
- 2 tbsp cooking oil (or animal fat, like bear or duck fat, for a traditional touch)
- 1 cup beef or vegetable broth
- 1 tbsp tomato paste (optional)
- 1 tsp dried thyme or sage (or use fresh if available)
- Salt and pepper to taste

#### For the Mashed Potato Topping:

- 4 large potatoes, peeled and cubed
- 2 tbsp butter or margarine
- 1/4 cup milk (or substitute with broth for a lighter option)
- Salt and pepper to taste
- Optional: 1/2 cup grated cheese (cheddar or another local favorite)



### Instructions:

#### 1. Prepare the Mashed Potatoes:

- Boil the peeled and cubed potatoes in salted water until tender (about 15-20 minutes).
- Drain the potatoes and mash them with butter, milk, salt, and pepper until smooth. Set aside.

#### 2. Cook the Filling:

- In a large skillet or pot, heat the cooking oil or fat over medium heat.
- Add the chopped onion and garlic, sautéing until softened (about 3-4 minutes).
- Add the ground meat and cook until browned, breaking it up with a spoon as it cooks.
- Stir in the diced carrots, turnip (or rutabaga), and mushrooms (if using). Cook for 5-7 minutes until the vegetables begin to soften.
- Add the peas, corn, thyme or sage, tomato paste (if using), and broth. Stir well and let simmer for 10-15 minutes until the mixture thickens slightly. Season with salt and pepper to taste.

#### Assemble the Pie:

- Preheat your oven to 375°F (190°C).
- Spread the meat and vegetable mixture evenly in a large baking dish or cast-iron skillet.
- Spoon the mashed potatoes over the filling, spreading them out to cover the entire surface. Use a fork to create ridges on the top, which will crisp up nicely in the oven.
- If using cheese, sprinkle it over the mashed potatoes.

#### Bake:

- Place the dish in the preheated oven and bake for 25-30 minutes, or until the top is golden brown and the filling is bubbling.
- Let it cool for 5-10 minutes before serving.

#### Serving Suggestions:

- Serve with bannock or fry bread on the side.
- Pair with a fresh salad, if available.
- This dish is perfect for community gatherings or family meals.

**This recipe is flexible and can be adapted based on what's available locally. For example, you could add wild rice to the filling for extra texture and flavour or use other traditional ingredients like wild game or foraged mushrooms. Enjoy!**



# Maple-Cinnamon Roasted Peanuts: A Sweet and Crunchy Treat

Sometimes the simplest snacks bring the most joy, and these Maple-Cinnamon Roasted Peanuts are no exception. With just a handful of ingredients—peanuts, maple syrup, cinnamon, and a pinch of salt—you can create a snack that's both satisfying and full of flavor. Perfect for

munching on during a quiet moment or sharing with friends and family, these roasted peanuts are sweet, crunchy, and utterly irresistible. Best of all, they're easy to make and use ingredients that are readily available, making them a go-to treat for any occasion.

## Maple-Cinnamon Roasted Peanuts

A simple, sweet, and crunchy snack that's perfect for cozy evenings or sharing with loved ones. Peanuts are affordable, widely available, and just as delicious as traditional nuts in this recipe.

### INGREDIENTS

- 2 cups raw or roasted unsalted peanuts (if using roasted, reduce baking time)
- 2 tbsp pure maple syrup (or honey, if maple syrup isn't available)
- 1 tsp ground cinnamon
- 1/4 tsp salt
- 1 tbsp melted butter, oil, or margarine



### Instructions:

1. Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a bowl, mix the peanuts, maple syrup (or honey), cinnamon, salt, and melted butter (or oil) until the peanuts are evenly coated.
3. Spread the peanuts in a single layer on the prepared baking sheet.
4. Bake for **10-12 minutes** (if using raw peanuts) or **5-7 minutes** (if using roasted peanuts), stirring halfway through, until the coating is sticky and fragrant.
5. Let cool completely before serving. The coating will harden as it cools, creating a delicious crunch. Store in an airtight container for up to a week.

# Congenital Syphilis: What You Need to Know

Syphilis is a serious infection that can be passed from one person to another during unprotected sex. When a mother has syphilis during pregnancy, it can be passed to her baby, leading to congenital syphilis. This can have severe consequences for the baby, including premature birth, birth defects, or even stillbirth.

## Why It's Important to Get Checked

Congenital syphilis is preventable, but the key is early detection and treatment. It's important for individuals to get tested for syphilis before becoming intimate with a partner, as early detection can

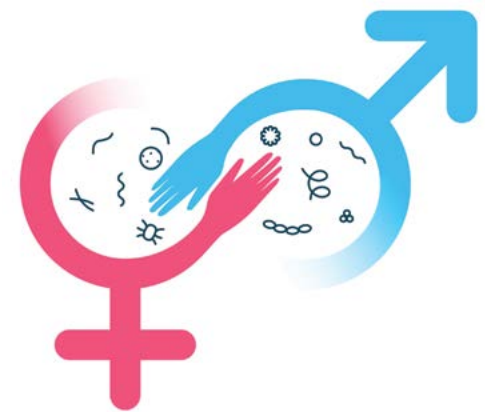
prevent complications, particularly if a pregnancy occurs. Catching syphilis early is the best way to prevent it from being passed on to a baby.

## Challenges in Accessing Care

We recognize that accessing care in our community can be difficult. Long distances to the city, lack of transportation, and limited healthcare resources are real barriers. But there are ways to get help, even if you have to travel to Thompson or elsewhere. Healthcare providers in these areas are ready to support individuals through the testing and treatment process.

## What You Can Do

- Stay informed: Knowing the risks and symptoms is the first step in protecting yourself and a possible pregnancy.
- Get tested together: Before becoming intimate, both partners should consider getting tested for syphilis and other infections to protect each other and any future pregnancies.
- Talk to your healthcare provider: If you're unsure about your access to care or need help finding resources, reach out to the Fannie Hartie Medical Centre (Nursing Station) or Public Health at the NCN Family and Community Centre.



## Stop and Protect Your Health—Before You Act

Getting tested and talking about sexual health with your partner before becoming intimate can protect both of you, and any potential pregnancies down the line.

**Sex can happen, especially in an intimate moment. Don't let syphilis be the third wheel.**

# Healthy Smiles, Healthy Lives: World Oral Health Day 2025



## March 20th is World Oral Health Day

Our smiles are more than just a reflection of happiness—they are a window to our overall health. On **March 20th**, we recognize **World Oral Health Day**, a time to raise awareness about the importance of good oral hygiene and its connection to our well-being. The theme for 2025, **“A Happy Mouth is a Happy Body,”** reminds us that caring for our teeth and gums supports our entire body's health.

## The Importance of Oral Health

Oral health is about more than just preventing cavities—it plays a role in our **overall health and quality of life**. Poor oral hygiene has been linked to serious health conditions like **heart disease, diabetes, and respiratory infections**. For our community, where access to dental care may be limited, **prevention is key** to avoiding painful and costly dental problems.

## Oral Health in Indigenous Communities

Many Indigenous communities, including NCN, experience higher rates of dental decay, gum disease, and oral infections. This is often due to:

- Limited access to dental care services
- High consumption of sugary foods and beverages
- Lack of fluoridated water
- Historical and economic barriers to healthcare

By working together, we can break this cycle and encourage healthy habits from a young age.

## Tips for a Healthy Smile

Maintaining good oral hygiene doesn't have to be complicated. Here are some simple steps for a healthier smile:

- Brush twice a day with fluoride toothpaste
- Floss daily to remove plaque between teeth
- Drink water often, especially after meals
- Limit sugary drinks like pop and energy drinks
- Visit a dentist for regular checkups when possible

## Caring for Children's Teeth

Children in our community are at high risk for cavities, but early prevention can make a difference:

- Start brushing early – even before teeth come in, gently clean baby gums with a soft cloth
- Avoid putting children to bed with bottles of milk or juice
- Encourage healthy snacks like cheese, nuts, and crunchy fruits and vegetables
- Make brushing fun by using songs or letting kids choose their own toothbrush

## Community Support for Oral Health

Oral health is a community effort. The Fannie Hartie Medical Centre continues to promote dental screenings, dental treatments and education on healthy habits. Supporting these efforts helps ensure everyone has the tools to maintain strong, healthy teeth for life.

## Smiling Towards the Future

A healthy mouth leads to a healthier life. Let's work together to make oral health a priority for our families and future generations. On **World Oral**

**Health Day**, take a moment to reflect on your own habits and encourage others to do the same.

## A Happy Mouth is a Happy Body!

For more information, contact our **Public Health at 204-484-2341** or to book a dental appointment call **204-484-2903**.

An infographic with a green and orange background. At the top, the text reads "GOOD ORAL HEALTH IS A WIN-WIN-WIN!". Below this, a cartoon bear wearing glasses and a white lab coat holds a green trophy in its right paw and a red toothbrush in its left. To the right of the bear, three icons are arranged vertically: a blue brain icon labeled "MIND", a pink mouth icon labeled "MOUTH", and a red heart icon labeled "BODY". At the bottom right, there is a circular logo with a smiley face and the text "World Oral Health Day 20 March".

# Safe Sleep Week: Protecting Our Littlest Dreamers

March 10-14, 2025

Every parent wants the best for their child, especially when it comes to ensuring they sleep safely and soundly. March 10-14 marks **Safe Sleep Week**, an important time to raise awareness about safe sleep practices for infants. In our community, the practice of co-sleeping—where a parent and child share the same sleep surface—is common. While co-sleeping may feel natural and comforting, Public Health Nurses emphasize the importance of exploring other safe sleep options to reduce the risk of Sudden Infant Death Syndrome (SIDS) and sleep-related injuries.

## Why Safe Sleep Matters

Infants spend much of their early months sleeping, which makes it essential to ensure they have a safe sleep environment. According to Health Canada, the safest way for babies to sleep is:

- On their back for every sleep.
- On a firm, flat surface such as a crib, cradle, or bassinet that meets safety standards.
- In a smoke-free environment away from second-hand smoke.
- In their own sleep space, but close to their caregiver.

## Understanding the Risks of Co-Sleeping

Co-sleeping may seem like a practical solution for a

restless baby, but it comes with risks. Soft bedding, pillows, and even a caregiver's body can accidentally block a baby's airway, leading to suffocation. Rolling over or becoming wedged in furniture or blankets can also create dangerous situations.

Public Health Nurses recognize that co-sleeping is deeply rooted in caregiving practices. Instead of discouraging closeness, they recommend **room-sharing without bed-sharing**. This means placing the baby's crib or bassinet within arm's reach of the parent's bed, allowing for easy comforting and feeding while keeping the infant in a separate, safe space.

## Practical Steps for a Safer Sleep Environment

If you or someone you know is caring for an infant, here are some ways to

promote safe sleep:

1. **Use a Crib, Bassinet, or Cradle** – Ensure it meets Health Canada's safety guidelines.
2. **Keep the Sleep Surface Firm** – Avoid soft mattresses, pillows, or blankets that can cover a baby's face.
3. **Dress the Baby Appropriately** – Use sleep sacks instead of loose blankets.
4. **Room-Share for the First Six Months** – Keep the baby close, but in a separate sleep space.
5. **Avoid Overheating** – Keep the room at a comfortable temperature and dress the baby in light sleepwear.
6. **Breastfeed if Possible** – Breastfeeding has been shown to reduce the risk of SIDS.
7. **Keep the Sleep Space Smoke-Free** – Exposure to smoke increases the risk of SIDS.

## Community Support and Resources

Public Health Nurses at the Wellness Centre are available to answer any questions about safe sleep practices.

As a community, we all play a role in ensuring our littlest members sleep safely. By making small changes to how we put our babies to sleep, we can help protect their health and well-being.

For more information on Safe Sleep Week and best practices, visit [Canada.ca/SafeSleep](http://Canada.ca/SafeSleep) or speak with a Public Health Nurse at the Wellness Centre.

**Together, we can create a safer sleep environment for our next generation.**



Provide a firm, flat surface with only a fitted sheet.



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FAMILY AND COMMUNITY  
Wellness Centre Inc.



## RECRUITING

# FOSTER PARENTS

A foster parent is committed to providing a safe and nurturing family environment for the child/teen until he or she can return home to live with their biological family.

### BASIC REQUIREMENTS

**Pass a criminal background check, and a child abuse check  
Meet physical environment requirements and have space for a  
foster child**

**Be willing and able to work with and respect the child's biological  
family**

**Have love and patience to share and be invested in our  
community's children**



Foster Care packages can also be  
picked up from 8:30 AM till 4:30 PM  
Monday to Friday  
Unit 12-14 436 Thompson Drive



### FOR INFORMATION OR FOR ANY QUESTIONS PLEASE CONTACT BELOW

Audrey Ross  
Foster Care Coordinator  
aross@ncnwellness.ca  
204-778-1980

Kaytlyn Chartier  
Foster Care Worker  
kchartier@ncnwellness.ca  
204-778-1951



# Pregnant?

## Delivering in Winnipeg?

Public Health  
nurses are there  
to support you!

### Let's connect!

**Call 204-940-8711 for more information.**

You can meet with a nurse at a place that works for you (in Winnipeg), along with a partner, friend, family member, or other support person.

We can work together on:

- \*Health needs, including mental health
- \*Finance, EIA, and housing
- \*Advocating for you

- \*Applying for the prenatal benefit
- \*Linking to community supports
- \*Pregnancy options

**Call 204-940-8711 and ask to  
speak with the coverage nurse**



Winnipeg Regional Health Authority    Office régional de la santé de Winnipeg



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# Congenital Syphilis in Indigenous Communities



**Congenital syphilis rates are on the rise in Canada, including in Indigenous communities.**

**Nurturing and caring for yourself and the next generation helps keep the whole community strong.**

## Protect yourself and your baby



Congenital syphilis is an infection passed on to an unborn baby during pregnancy or childbirth.



If untreated, congenital syphilis can lead to miscarriage, birth defects and stillbirth. Syphilis can be also transmitted through unprotected vaginal, anal and oral sex.



Syphilis often has no symptoms, but you can develop sores in the mouth, anal and genital areas, a rash, fever, and swollen glands.

**Make syphilis testing a part of your regular prenatal care.**



## Confidential testing and culturally safe treatment



Get tested as soon as possible with a quick and easy blood test and swab, especially if you are pregnant. You might need to be screened again to keep you and your baby healthy.

**Treatment for syphilis is safe during pregnancy.**

**Contact your local healthcare provider to discuss prevention, testing and treatment today.**



**To learn more, visit:**  
[canada.ca/syphilis](https://canada.ca/syphilis)



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Indigenous Services  
Canada

Services aux  
Autochtones Canada

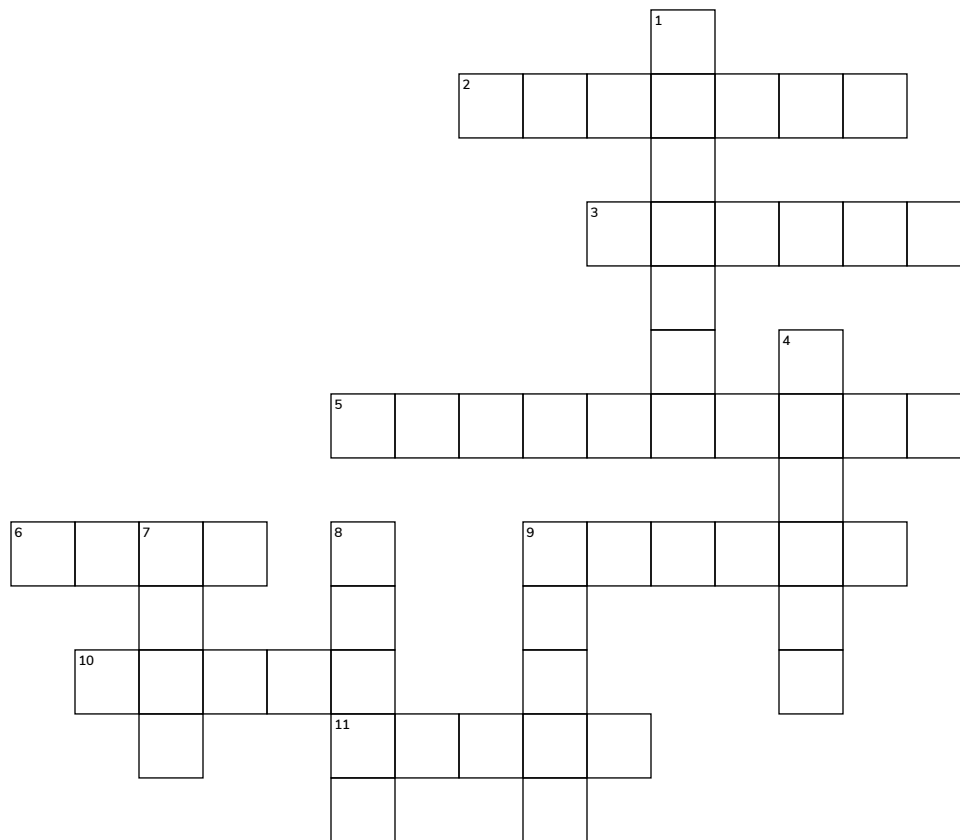


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Canada

# What are you wearing?

**Cree Crossword – Clues are in Cree; Answers are in English**



**ACROSS**

- 2. sīpīkiskāwasākay
- 3. miskotākay
- 5. pīhtawīpapakiwayānis
- 6. akwanahon
- 9. kīskitās
- 10. thihthīkicīhwastis
- 11. papakiwayān

**DOWN**

- 1. nipāwayānisa
- 4. astis
- 7. pakwāhtihon
- 8. iskwīwasākay
- 9. tāpiskākan

**Win \$75 Cash!  
Submit your  
completed  
crossword to the  
Wellness Centre  
for a chance to  
win \$75 cash!**



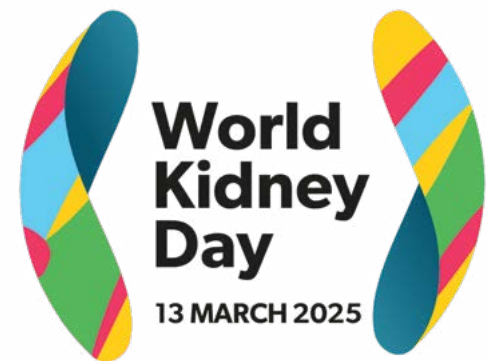
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**NAME:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

*The fine print: All submitted correct entries will be entered into a random draw, with one winner to be selected. Draw will be held on December 20th at 3:00 pm*

# March is Kidney Health Month: A Focus on Protecting Our Kidneys



March is recognized as Kidney Health Month across Canada, a time to raise awareness about kidney health and emphasize the importance of taking care of these vital organs. For those of us living in remote, rural communities like ours, it's especially important to understand kidney health and how we can protect ourselves and our families.

## Why Kidney Health Matters

Our kidneys play a crucial role in maintaining our overall health. These two small organs are responsible for filtering waste from our blood, balancing fluids in our bodies, regulating blood pressure, and supporting our bones, nerves, and red blood cells. When our kidneys are not functioning properly, it can lead to a range of health problems, including kidney disease.

## What We Can Do to Keep Our Kidneys Healthy

### 1. Stay Active

Regular physical activity is one of the most effective ways to keep our kidneys healthy. It helps reduce the risk of high blood pressure and diabetes, both of which can damage the kidneys over time. Whether it's walking,

or participating in community programs, every little bit of movement counts.

### 2. Eat a Balanced Diet

A healthy diet plays a significant role in kidney health. Eating nutrient-rich foods like fruits, vegetables, lean proteins, and whole grains can help protect the kidneys from damage. Limiting salt and processed foods can also help manage blood pressure, which is vital for kidney function.

### 3. Stay Hydrated

Water is essential for kidney health. Staying hydrated helps kidneys flush out waste and toxins from the body. For many in our community, access to clean water is vital—make sure you're drinking enough water each day to support your kidneys.

### 4. Manage Chronic Conditions

Conditions like diabetes, high blood pressure, and heart disease can increase the risk of kidney damage. If you have any of these conditions, working with your healthcare provider to manage them is crucial. If you're unsure, regular check-ups can help catch any potential issues early.

### 5. Know the Signs

Early kidney disease often has no obvious symptoms. However, if you notice changes in your urination, swelling in your legs or ankles, or fatigue, it's important to speak with a healthcare provider. Early detection and lifestyle changes can help protect kidney function and prevent further damage.

## The Importance of Community Support

In a close-knit community like ours, supporting each other's health is key. Take the time to talk to your friends and family about kidney health. Encourage each other to live healthier lifestyles, whether it's participating in fitness programs, eating better, or supporting one another through regular health checks.

Let's take this Kidney Health Month as an opportunity to remind each other that our kidneys—and our health—are precious. By working together and looking out for one another, we can ensure that everyone in the community is taking the steps to protect their kidney health.

## A Call to Action

This month, consider joining a local health initiative or scheduling a check-up at the Wellness Centre. Let's come together to raise awareness, protect our kidneys, and continue to live healthy, vibrant lives.

**Encourage each other to live healthier lifestyles, whether it's participating in fitness programs, eating better, or supporting one another through regular health checks.**



**ARE YOUR KIDNEYS OK?**  
Detect early, protect kidney health



#WorldKidneyDay  
#AreYourKidneysOK  
[worldkidneyday.org](http://worldkidneyday.org)

World Kidney Day is a joint initiative of  
ISN IPKF-WKA  
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**Do you have a suggestion or a Mithomahcihowin story idea?**

We would like your comments, feedback or news stories. Please contact [ncnwellness@gmail.com](mailto:ncnwellness@gmail.com)



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Stay current with FCWC's latest news, events and updates on your computer, smartphone or device from our official NCN Facebook page @ncnwellness