



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

Good Health, Good Feelings

Mithomahcihowin



APRIL
2021

COVID-19 Vaccinations Full Force

The first shipment of the COVID-19 vaccine arrived in Nisichawayasihk Cree Nation on March 24. It was used to vaccinate Elders living in the Personal Care Home, those who care for them, and other frontline workers, including First Nations Safety Officers, EMS and Firefighters.

The following week, eligible people were First Nations over the age of 51. Chief Marcel Moody, other members of Council and NCN Administration lined up for their shots and were relieved to do their part in helping our community to stay safe.

Canadian Armed Forces Help Out

On April 1, Canadian Armed Forces came to Nelson House to help

administer COVID vaccines. NCN Citizens were invited to get their shots, take pictures and have a chat with them.

As of April 12, we have vaccinated 1,174 NCN Citizens. There is still about 50% of our adult Citizens to be vaccinated, and if we don't use these vaccines, they will be given to another community.

If you are an NCN Citizen, whether on-reserve or off, you are now eligible to be vaccinated. If you are an NCN employee working in NCN, you and your household are eligible.

If you have not yet had your first dose of the vaccine, please join us!

We are in a race to get enough people in our community vaccinated before the third wave of the pandemic arrives. The new variants seem to be



On April 1, Canadian Armed Forces came to Nelson House to help administer COVID vaccines. NCN Citizens were invited to get their shots, take pictures and have a chat with them.

more dangerous to young people, so it's important to receive your shot.

These vaccines are safe, reliable and effective. They greatly reduce the risk of infection and also reduce your chance of transmitting the virus to someone else.

They were not rushed through development. Countries around the world worked together to share information and create the vaccine because the entire planet has been affected by COVID-19.

These vaccines do not contain the virus and cannot give you COVID-19. Like most vaccines, you may experience headache, muscle ache or tiredness. You will be monitored after your shot for allergic reaction, which is a rare occurrence, happening in about 1 in one million people.

The vaccine is the best way to protect you, your loved ones, and Nisichawayasihk Cree Nation, and our best chance of ending this pandemic.

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If you have mobility issues, or have no way to get to a vaccination clinic, call 204-484-2342 and ask for the Public Health department. We will find a way to help!



Family Enhancement Gardening Program Plants Seeds to Healthy Living

Last year the Family Enhancement Program invited interested community gardeners to come out and join us in getting jump start on planting seeds for an assortment of vegetables and flowers.

We had a great turn out for our first year, as you can see from the pictures!

The Family Enhancement Program contributed the soil, seeds, and planting pots, so that families could

come together and participate in an activity that would reap productive rewards. This activity was not only a fun learning experience for beginner gardeners, but it also provided an opportunity to teach children how vegetables are cultivated and harvested. Doesn't hurt that they are so much tastier and healthier if you produce them yourself.

Don't worry, you don't need to be an expert to join us as we are all learning

together, but you must be willing to take care of your plants and transplant them into the ground after the last frost.....NCN this is usually in July for us.

The Family Enhancement Program has already ordered the seeds for this spring, so I encourage all interested gardeners to keep a lookout for the gardening invitation. The Family Enhancement Program anticipates this will occur at the end of April,

which will give your plants a couple of months to mature and grow strong.

Here are some pictures illustrating the process, and the fruits of one gardener's labour of love.

P.S. it may be helpful for you to make a raised vegetable garden bed with tall corner posts, so that you can cover the bed with plastic to prolong the growing season.



Understanding the Immune System to Stay Healthy

More than a year into the pandemic, let's make sure we understand our immune system and how it works to keep us safe.

The immune system is the body's defense system against infections. Different kinds of white blood cells have different jobs, from eating up invading germs to creating antibodies that will remember those enemies for next time.

When people experience "cold and flu symptoms," such as coughing, sneezing, and runny eyes, they realize they're sick. Actually, these things are your immune system's responses to a bug, and your body is already fighting to flush out the sickness.

This means that we don't need a stronger immune system, but one that is in balance. After all, too much sneezing and coughing is just as bad as none.

So, how do you keep your immune system in balance? As with any other system, we have to maintain a healthy body so it can function at its best. You won't be surprised to hear that this means exercise, a healthy diet, and plenty of sleep.

To avoid getting sick, keep your immune system in balance and prevent infection. As you well know, that means wash your hands often,

avoid sick people, and get your vaccines. (In case you're unsure how they work, vaccinations introduce a small profile of a germ to the body, so

it can analyze the bug and create and store the antibodies that could some day fight it.) Here's to healthy habits and happy lives!

Fast track your immunity!

- Walk for 20 minutes every day.
- Reduce sugar.
- Increase fruit and veggies, healthy fats, beans and legumes.
- Drink lots of water.
- Aim for 8 hours of sleep every night.
- Try to relieve your stress and anxiety.

Covid -19 Moderna Weekend Vaccine Clinic

DOOR PRIZE WINNERS!!!

April 9, 2021

Kevin Bighetty - Portable Air Conditioner

Albert Issac Brown - Keurig Slim & McDonalds Coffee K-Pods

April 10, 2021

Yolanda Dumas Hartie - Portable Air Conditioner

Leah Spence - \$200.00 Cabella's Gift Card

Bailey Moore - 2/\$50 Sephora Beauty Gift Cards

Madison Warren - Stylish Accent Floor Lamp

April 11, 2021

Trinity Moody - BBQ/Grill

Hailey Moore - \$200.00 Walmart Gift Card

Sarah M. H. Spence - Portable Air Conditioner

Rhonda Joos - \$200.00 Walmart Gift Card

Prizes can be picked up in the Public Health Department on Thursday April 15, 2021, 1-4 PM



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FAMILY AND COMMUNITY
Wellness Centre, Inc.

Get Your Garden On

Spring is right around the corner. With the continuing pressures of COVID keeping us at home more than usual, maybe this is the year you plant a garden! There are benefits for your body, mind and spirit.

You may be surprised to hear that gardening is considered physical exercise. The bending, digging and pulling motions increases flexibility and offers a good cardiovascular workout. Being outside in the sunshine is an excellent source of Vitamin D, too, which your body needs for bone strength and immunity.

Growing healthy foods for your family provides a great sense of accomplishment and improves self-esteem. If you can do this, what other goals can you achieve? And giving yourself a small focus like a patch of weeds allows the mind to relax and enter a state of flow. Scientists even believe that

inhaling the smell of fresh soil can reduce anxiety and create feelings of happiness.

Growing a garden nurtures your relationship with nature, which is good for the spirit. You'll become more in tune with Mother Nature and her gifts, such as the wind and the sun.

You may even be motivated to learn more about traditional medicines and foraging plants!

Of course, planting your own food means your diet will be more healthful. Get your whole family involved.

There's a good chance your children will be more willing to eat their veggies if they produced them in the first place.

There's plenty of information online about gardening, and what types of vegetables will grow best in our area, which is called Zone 1. Even better, ask an Elder for advice and invite them to join you. And follow the NCN Family and Community Wellness Centre on Facebook for upcoming gardening seminars or hen programs!



Planting your own veggies can be as simple or complicated as you make it. Throw a tomato plant in a container on your doorstep. Or plant a few herbs (mint, basil and parsley are easy) in a sunny spot on the windowsill. Water them daily and call yourself a green thumb!

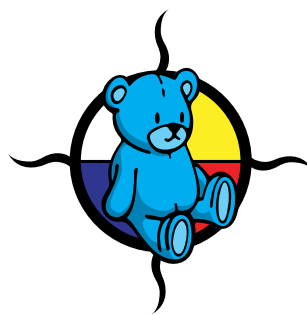
If you want to go bigger, invest in a few tools to make the job easier:

- watering can and/or a hose
- gloves
- trowel and spade
- stakes and trellis (or chicken wire)

Google "Basic Gardening Province of Manitoba" for great tips on successful planting in the North!



Understanding Autism and a Child's Abilities



Jordan's Principle
A Child First Initiative

NCN Family and Community Wellness Centre

The NCN Family and Community Wellness Centre's Jordan's Principle – A Child First initiative is here to provide families and children of all abilities the opportunity to live fulfilled lives. Autism is a one such disorder that Jordan's Principle can assist with in our community.

What is Autism?

Autism Spectrum Disorder, or autism, is a neurodevelopmental disorder that impacts brain development. The result is that most individuals experience communication problems, difficulty with social interactions and a tendency to repeat specific patterns of behaviour. They may also have a markedly restricted range of activities and interests.

Autism Spectrum Disorder (ASD) is typically accompanied by co-occurring medical conditions such as epilepsy, sleep disorders, gastrointestinal (gut) abnormalities and immune dysregulation. Mental health issues such as anxiety and depression are common. Any of these conditions may severely impact an individual's quality of life.

The term "spectrum" refers to a range or continuum of severity or of developmental impairment. Children and adults with ASDs may have particular characteristics in common but the condition covers a wide spectrum, with individual differences in the following:

- Number and particular kinds of symptoms
- Severity: Mild to severe
- Age of onset
- Levels of functioning
- Challenges with social interactions.

Individuals on the autism spectrum tend to have varying degrees and combinations of symptoms and therefore, treatment must be specific to the individual. It is also important to keep in mind that children, teens and adults with autism vary widely in their needs, skills and abilities. There is no standard "type" or "typical" person with an Autism Spectrum Disorder.

Early Signs – Know What To Look For

Parents (and grandparents) are often the first to suspect that a child might be on the autism spectrum. If parents are concerned, they should discuss their observations with a family doctor, pediatrician or nurse practitioner. Some health care professionals may advise a "wait and see" approach or suggest that your child will "catch up." If your child has normal development and then regresses, you should seek help immediately.

Early screening of a child results in an earlier diagnosis and more effective treatment. The earlier the diagnosis can be confirmed by a specialized diagnostic team, the earlier any necessary treatment can begin. Recognizing the early signs of autism can lead to optimal outcomes. It is critical to know what to look for in a child.

Individuals with ASD may present with some of the following exceptional characteristics:

- Non-verbal reasoning (the ability to understand and analyse visual information and solve problems using visual reasoning)
- Exceptional memory

- Perceptual motor skills (hand-eye coordination, body-eye coordination, auditory language skills)
- Computer proficiency
- Exceptional skills in creative and imaginative expression (music, art, writing, drama)
- Visuospatial ability (capacity to identify visual and spatial relationships among objects)

The above exceptional skills may be combined with subtle characteristics in other areas of development. All individuals with the diagnosis demonstrate some of the following:

- Impairment in social relationships
- Insufficient communication and use of language
- Perseverating on interests and activities
- Dependence on routine
- Unconventional reaction to sensory stimulation
- Behaviour problems
- Variability of intellectual functioning
- Uneven development profile
- Difficulties with sleeping, toileting and eating
- Immune irregularities
- Gastrointestinal (gut) problems



We are All Different

Autism varies widely in its severity and symptoms. An accurate diagnosis and early identification greatly improve the chances of optimal outcomes by establishing appropriate educational supports, treatments and interventions early on in the intervention process.

Source:
<https://autismcanada.org/>



Answered Prayers

By: Melfina Primrose, Parent

After having four boys and one girl that I longed to have, on December 21, 2003, Charity Joy Spence was born; my heart fell in love instantly.

By the time CJ was six years old, we all knew there was something special about her. CJ loved playing sports; most of her friends were boys, which

we were comfortable with, and we didn't question it at all. She was safe!

God had other plans...

At the age of 13, CJ was having a very terrible day. I stopped her by the stairway and asked if she was okay, and she said, "yea," pushing me

away. I grabbed her by the forearm, and I said, "I know ... I know my girl, you like girls." She looked at me with tears in her eyes ... I said, "We were just waiting for you to say it!" I held her while she was crying; my son Randy walked by and asked, "What's happening?" I whispered, and said "She finally did it," and he says, "Well yeah, we all knew"....then he came and joined and hugged her than my other son, Wade did the same thing. He joined us in our circle crying; that's when my husband Eddy walks by says, "Did someone die?" I said, "Nope, Charity finally came out." He says "Well, we all knew baby, and it doesn't mean we love you any less, we all love you no matter what!"

It was such an emotional day for all of us; however, her life journey began for Charity.

The respect we have for CJ's life choice is why we use the word Gay in our home. We always want her to feel supported and safe.

The hardest part for me is the night she handed me scissors to cut her long beautiful hair and saying, "You wanted me to be who I want to be, and this is not me." Holding her hair out for me to cut, so with tears in my eyes, I braided it one last time and cut it. She looked at me says, "Thank you, mom, I feel light. Love you." with the biggest smile ever.

Breaks my heart knowing that there are many child/ren out there dealing with Suicide/Bullying due to being different, especially in our community. Please, from one parent to another, Love and accept your child/ren no matter what.

We never made CJ feel invisible, we have been her biggest supporters, and yes, we do have our struggles, but nothing changes how we think of her.



GET FREE PRIZES!

Baby BOOST PROGRAM

Get your infant immunized!

The Family & Community Wellness Centre will give out a great prize package to all babies that complete their vaccination series from birth up to 18 months of age.

PARENTS: Contact the Public Health Department at the Family Community Wellness Centre to schedule an appointment for your child.

Vaccines don't just protect the people getting vaccinated; they protect everyone around them too.

The more people in a community who are vaccinated, the harder it is for a disease to spread.

For more information and to book Immunizations drop in to the Family Community Wellness Centre or contact:

Krystal Bayer
Public Health Nurse

Phone: **204-484-2341**
Fax: **204-484-2344**



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Dealing with depression or suicidal thoughts? You are important. You are a survivor.

**Thompson Mobile
Crisis Team**

1-866-242-1571

204-778-1472

Kids Help Phone

1-800-668-6868

Suicide Helpline

1-877-435-7170

Addictions Helpline

1-855-662-6605

Gambling Helpline

1-800-463-1554

You are important.

ATTENTION NCN Community members:

Are You Pregnant or a New Mom?

*Be Prepared
Be Educated
Be Confident!*

The CPNP program can offer education and resources on baby's development, nutrition and exercise, labour and delivery, and breastfeeding and newborn care.

Including:

- ♦ Common changes & discomforts
- ♦ Warning signs
- ♦ Pregnancy complications
- ♦ Domestic and substance abuse

REFERRAL SERVICES OFFERED

For more information contact
Leanna Anderson, LPN
Interim Program Coordinator
Aboriginal Diabetes Initiative
Canadian Prenatal Nutrition Program
Phone: **204-484-2341**
Ext. 132
Fax: 204-484-2384

CALL TO BOOK AN APPOINTMENT
Receive a Food and Milk coupon after your visit

Your CPNP nurse can help you understand your prenatal visits and why certain tests are done, such as:

- ♦ Blood work
- ♦ Pap smear
- ♦ Ultrasound
- ♦ Oral glucose tolerance test

They will also help you understand:

- ♦ Routine postnatal care for you and your baby
- ♦ Importance of immunization

 **FAMILY AND COMMUNITY
Wellness Centre**

LIVING WITH DIABETES?

We can help

Out of control blood sugar can lead to:

-  **Heart Disease**
-  **Stroke**
-  **Blindness**
-  **Kidney Disease**
-  **Foot Complications**

Reduce your risk of diabetes complications

-  **Plan meals and make healthy food choices.**
-  **Monitor yourself. It's more than just your blood sugar.**
-  **Stay active**
-  **Take your medications**
-  **Quit smoking**

REFERRAL SERVICES OFFERED

Diabetes education can teach you how to manage your blood sugar, blood pressure, and cholesterol. Your ADI nurse can help you learn Diabetes Management as a part of your daily life.

When should I seek help?

- When newly diagnosed
- Annually
- When I detect complications
- When I change doctors
- When I change medications

Learn how to:

- Improve your blood sugar and A1c levels
- Keep your blood pressure on target
- Better manage your cholesterol numbers

DIABETES EDUCATION WILL HELP

Leanna Anderson, LPN
Interim Program Coordinator
Aboriginal Diabetes Initiative
Call: **204-484-2341**
Ext. 132
Fax: 204-484-2384

 **FAMILY AND COMMUNITY
Wellness Centre**

Jordan's Principle – A Child First Initiative

Wechitotan Kita Mithwayachik Kichawasimisinanank

What's Jordan's Principle?

Jordan's Principle ensures that all First Nations children can access the products, services and supports they need, when they need them. It can help with a wide range of health, social and educational needs.

- Respite care
- Speech Therapy
- Educational Support
- Medical Equipment
- Mental Health Services
- And more...

For more information visit

<https://www.canada.ca/en/indigenous-services-canada/services/jordans-principle.html>

A Holistic Approach

Jordan's Principle is based on a holistic approach. It involves a whole system to ensure that all government departments, First Nation organizations, leadership and community members are tasked with caring for First Nation children in any capacity to ACHIEVE successful programming services offered by Jordan's Principle.

**Working together
to help our children
achieve optimal
health & wellness**

Therapy Services for First Nations Children

Occupational therapy: Helps your child with hand skills for play and everyday tasks. Examples include:

- Learning to listen
- Calm down
- New playing skills
- Holding objects
- Toilet use
- Hand washing

Physiotherapy: Helps your child with the ability to move, roll, crawl, or walk. Helps a child develop coordination skills to sit and balance. Jumping, running, catching, throwing, are movement activities that a child can build on for strength using specialized equipment.

Speech Pathologists:

Helps your child with using words, understanding words, sentence structure, technology for communication and making friends.

Who is Eligible?

Children living on or off reserve who live with their birth, adoptive, custom or extended families and have or may show signs of the following:

- Developmental delays
- Autism spectrum disorder
- Permanent physical disabilities
- Speech impairment/delays
- Attention deficit disorder
- Attention deficit hyperactive disorder
- Medical needs

If any information described in this pamphlet has you questioning your child's need for support, please do not hesitate to call.

AUTISM

We work with children with autism. Did you know:

- There's no single known cause
- Children show repetitive behaviour patterns
- Children have difficulty in communicating and social interaction
- There is no known cure

About The NCN Family and Community Wellness Centre and Counselling Services?

The Centre supports holistic wellness for all NCN Citizens—and especially our children—throughout every stage

of their lives. We believe combining our traditional wisdom with western practice can create healthy, happy people, families and communities.

The Centre provides support for Public Health, Child and Family Services,

Stopping the Flu

It Starts with You!




The flu is spread from person to person when someone who has the flu virus sneezes, coughs, talks or handles infected surfaces. The flu virus can be inhaled by anyone close by or from infected hands touching your mouth or rubbing your eyes.

To protect yourself, your family and community from the flu:

- Get the flu shot. It's easy and it's **FREE**.
- Wash your hands often with soap and warm water.
- Cough or sneeze into your elbow or use a tissue and dispose of the tissue in a covered trash basket.
- Keep hands away from your face.
- Eat healthy foods and get at least 7-9 hours sleep.
- Clean shared spaces (such as phone receivers, keyboards, door knobs, toys and office equipment) often.
- Do not share personal items such as forks, spoons, toothbrushes and towels and avoid shaking hands, hugging or kissing.
- Avoid crowds or people who are sick.
- Stay at home if you are sick.

For more information or to get a flu shot, contact NCN Family and Community Wellness Centre Public Health
204-484-2341

**GET YOUR FLU SHOT
to be entered for some
GREAT DRAWS!**



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

Counselling and other family and community needs programs. We have sub-offices in Winnipeg, Brandon, Thompson and South Indian Lake.

Learn more about what we can do for you!

Making a Referral for Child(ren) to Jordan's Principle Community Team

If a First Nations child (defined as 18 years or younger), living on or off-reserve or children in care, is showing composite needs and existing services in the community are not meeting these needs, or are simply not available, a Jordan's Principle Referral Form can be made to the Jordan's Principle Community Team.

Here is the Jordan's Principle Intake Process:

1. A referral comes into the Jordan's Principle Community Team
2. An intake assessment process is conducted by members of the Jordan's Principle Community Team with caregivers of the child using a Jordan's Principle Intake Form
3. Caregivers of the child are asked to provide written consent using the Jordan's Principle Caregiver consent form required for the Jordan's Principle Community Team to initiate a Collaborative Case Planning session with relevant health and human service professionals.

The Jordan's Principle Team Activities include:

- Identify client/family needs
- Providing service awareness
- Generating service referrals
- Foster service networking
- Coordinating services and care
- Mobilizing community supports
- Providing direct supports



Jordan's Principle
A Child First Initiative

Helping Our Children Achieve Optimal Health & Wellness



Jordan's Principle ensures that all First Nations children can access the products, services and supports they need, when they need them. It can help with a wide range of health, social and educational needs.

- Respite care
- Speech Therapy
- Educational Support
- Medical Equipment
- Mental Health Services
- And more...



Wechitotan Kita Mithwayachik
Kichawasimisinanak

To learn more about Jordan's Principle or to get a referral form call:

Phone: **204-484-2585** Fax: **204-484-2603**

To determine how we can help with your child's needs.



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

Staff Fun Friday

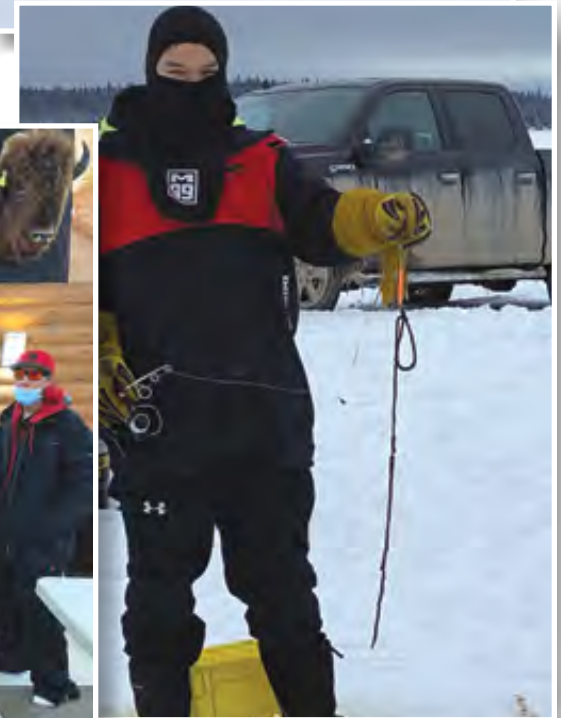
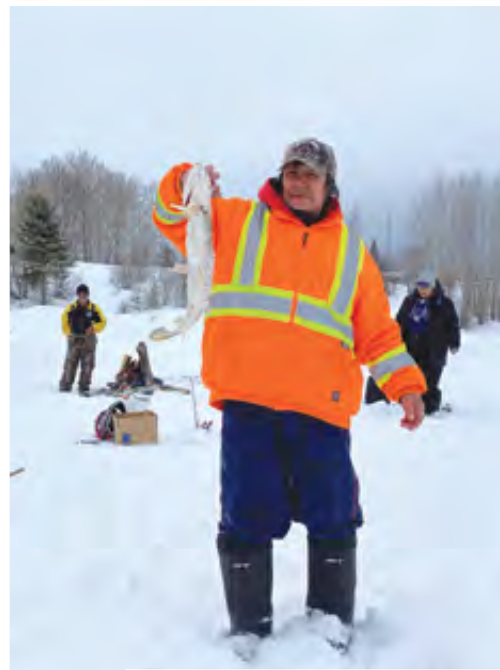
The Family and Community Wellness Centre staff have been working very hard through out this very difficult year and as an organization we see the value in taking care of ourselves both physically and mentally, and that is what we did on March 26, 2021. The Family and Community Wellness Centre organized a staff fun Friday with Ice Fishing as the activity. Although not everyone could join in, it was still a very successful, fun Friday.

Staff competed for prizes in various categories such as:

- First fish caught winners were Kevin Tait and Kyra Hart,
- Pickerel Category winners

were Kevin Tait, Malcolm Moore, and Larson Tait.

■ Jack Fish Category winners were Peter Flett, Kevin Tait and John Hart.



- Sauger Category winner was Garry Moore
- Most Unusual winners were Jaddin Spence, Eve Spence, and Garry Moore.
- Most Fish Caught winners was Garry Moore and Kim Spence-Beardy
- Last fish caught winners were Kim Spence-Beardy and Malcolm Moore

Some other memorable moments are staff catching the “kissing” fish, Kyra Hart, Pam Moore, Kim Spence-Beardy, and Anna Spence all had to kiss this fish.

Some memorable moments were when Beverly Spence thought she caught “the big one” and pulled out a sock, and the following best was when Craig Swanson snagged a piece of rope. Never a dull moment with this staff. We even had a special guest join us during our day out, meet George Wellness; he’s been a part of our Counselling Services team for a while now and no he didn’t catch a fish.

We ended the day with the best NHL dressed competition, and the winners

were Melfina Primrose, Pam Moore, and Trish Moore.



Do You Have COVID Burnout?

When we first heard about COVID-19, about 14 months ago, it was a faraway risk that didn't involve us. How could we know how quickly it would arrive in Manitoba and that NCN would be in and out of lockdown since?

It has been an exhausting journey, and we aren't finished yet. Just when we saw light at the end of the tunnel with vaccines arriving around the world, variants of the virus began to travel, too. It's impossible to turn on the TV or open social media without hearing about COVID, and the negativity and misinformation seems to be increasing.

It's hard not to feel overwhelmed and wonder if we'll ever get through. You may even find yourself headed into burnout, which is defined as "feelings of intense fatigue, loss of control and accomplishing nothing at home or work."

Remember that action alleviates anxiety. Follow the tips below. We'll get through this yet!

- Go easy on yourself. Life as we knew it has changed, and will probably be different for a long time. It's OK to be mad, sad, frustrated, scared and more. Give everyone in your family the chance to express their feelings, and remember, there are no bad emotions!
- Know when you need help. If you can't shake feelings of despair or fear, talk to a friend to let it out. If that doesn't work, call 204-484-2341 to talk to a FCWC professional. It's completely normal to feel helpless, but we can help.

**Do your part!
Follow guidelines
and get your vaccine.
The sooner we have
herd immunity,
the sooner we
will be able to lift
restrictions and
enjoy freedom again.**

- Make it easy to maintain safety standards. Keep an extra mask and hand sanitizer in your car, your backpack, your kitchen. Put a laundry bag by the entrance of your home for used masks. Clean the same areas in the same order with the same procedure.
- Remember the risks and consequences through story. Statistics and bar charts are sometimes too impersonal to grasp. It's easier to put on your mask and wash your hands again when you recall a terrible story about kids growing up without their mother due to the virus.

- Believe in science. The truth of the COVID pandemic is very scary, and sometimes, "fake news" is easier to hear. But in Canada, our scientists are held to very high standards and would not be allowed to release a vaccine unless it was safe.

- Do your part! Follow guidelines and get your vaccine. The sooner we have herd immunity, the sooner we will be able to lift restrictions and enjoy freedom again. Remember, this is a historic moment. Children will study this time for decades and centuries into the future. Make sure you're playing your role properly!



Your Path to Wellness

See how the FCWC
can help you ...
Programs, support,
education, and more ...



Jordan's Principle

The Jordan's Principle office ensures that young NCN Citizens with complex medical issues are not held back by their circumstances. Among other successes, it has created a few programs, including Stepping Out on Saturday and Wechitotan Kita Mithwayachik Kichawasismina Nak, and provided funding for two new CFS homes in Nelson House.

This department is funded by legislation that ensures First Nations children do not experience delay, denial or disruption of services that are normally available to all other Canadian children. It requires the government (whether federal or provincial) that first connects with a child in need to provide the required services immediately, and resolve the funding issue later.

Get help with:

- support and advocacy
- physical care at home
- special equipment
- stress relief for caregivers
- delivery of funds, training and education



*Caring for our
most vulnerable Citizens.*

Home and Community Care

The Home and Community Care program (HCCP) conducts home visits and ongoing assessments for Citizens who require continuing care, extended care and respite. Our Elders, people with disabilities, and people dealing with persistent or acute conditions receive the care they need at home and in our community, from qualified nurses, health care aides and home support workers.

Personal care plans are based on medical background, current health, abilities and support. Patients are continually monitored to ensure proper progress and referrals to other medical professionals are made as required.

*HCCP services may be affected by COVID-19 protocol and safety procedures.

Get help with:

- foot and wound care
- daily dressing changes
- bathing and personal care
- medication regimes

- referrals such as hearing centre, dietitian, physiotherapy, etc.
- ordering and delivery of medical equipment
- palliative care

Services include:

- client assessment
- diabetes support (including specialized foot care)
- cardiovascular and heart disease support



*The care you
need, in the comfort of home.*



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

Phone: **204-484-2341**

Address: 14 Bay Road Drive, Nelson House, MB R0B 1A0

Follow us on Facebook

Your Path to Wellness

See how the FCWC
can help you ...
Programs, support,
education, and more ...



Circle of Care

The Circle of Care focuses on the mental, emotional, physical and spiritual wellbeing of parents, children and extended family through holistic teachings based on the Medicine Wheel. It is used as a guide to identify a family's strengths, overcome its issues, and find practical solutions for everyday life.

The Circle of Care is different for everyone. You and your family may receive a combination of social services and programs such as the fitness centre, therapists, counselling, daycare, mediation, Elders programs, maternal resource program, arts and culture, and more.

Steps include:

- family needs assessment
- worker and family develop relationship
- discuss family's strengths, barriers, needs and goals
- worker collaborates with other agencies, support groups, therapy, etc.
- family and worker discuss strategy and create plan together
- family attends counselling, workshops, programs, etc.

Benefits include:

- higher self-esteem
- positive vision for the future
- problems from the past are resolved
- clear understanding of who you are and what you need
- better relationships with those around you
- strategies for dealing with stress, frustration, anger



*Leading your family
out of the darkness & into the light.*

NCN Fitness Centre

The NCN Fitness Centre is housed in the Family and Community Wellness Centre. It is open throughout the week and is free for all NCN Citizens. There are many options available to break a sweat, whether you're brand new or a seasoned gym rat.

Beyond working out, you can learn about health and fitness, including how to lessen the risk of diabetes and cardiac disease. Learn how to set goals and use hard work and determination to achieve them. Physical activity is great for the body and for the mind too, clearing the mind and relieving stress.

Make a trip to the fitness centre a recurring event for everyone in your family. Make it a date night or a family night. You may be surprised how easy it is to chat while walking on treadmills or shooting hoops!

Services include:

- aerobic exercise area
- full suite of fitness equipment
- change rooms
- advice and support from gym staff

Benefits include:

- better physical health
- improved mental outlook
- better sleep
- more confidence and self-esteem



*You'll love what
exercise can do for your family!*



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

Phone: **204-484-2341**

Address: 14 Bay Road Drive, Nelson House, MB R0B 1A0

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