



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

Good Health, Good Feelings

Mithomahcihowin



APRIL
2023

Out on the Ice with FCWC

Staff and families gathered at the beginning of April for the NCN Family and Community Wellness Centre ice

fishing derby. More than 175 people participated under a beautiful sunny sky.



A big thank you to all staff and organizers who made this day a perfect success! Kinaskomitin.



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Raising Primary-Aged Children

Raising children who are aged 5 to 8 can be an interesting transition. In many ways, they don't seem to need your help. They can eat, dress, read and play on their own. Their friends are becoming more important to them.

But of course, you still play a huge role in their everyday routines, and your relationship remains the most important one in their lives. Make sure they know they are special to you, and that you're always available to them. Say this with words, and show them with actions.

An important part of staying close to your kids is to take care of you!

How is your health?

You may be feeling sad about how quickly your child is growing. You may be feeling pulled in different directions if you're raising younger kids, too. Be kind to yourself in small ways during these busy days: listen to your favourite music, teach your kids how to make you a simple snack, sit on the front step for fresh air when they're in bed.

Do you have community?

School creates opportunities to make new friends. Don't be shy! If there is a caregiver you admire, reach out. Ask to meet them at the park for a playdate, or sit beside them at the multiplex for a chat. Try to surround yourself with friends who have healthy habits and a positive outlook. You deserve to feel uplifted when you spend time with others.

What does life look like with a primary-aged child?

Whatever you want it to! Listen to your heart as you decide how you spend your time as a family. Discuss with everyone what your family values are. Maybe curiosity is important to you, so you go medicine picking with Elders. Maybe you want to cultivate kindness, so you weed someone's garden as a surprise. Keep the focus on experiences, not things. When your child wants to compare their possessions with others, you can remind them of what is important in your home.

If you feel like you're struggling, you are not alone. Call the Family and Community Wellness Centre at 204-484-2341 and let us help.

How to help someone with a kid aged 5-8

- invite them and their child to an activity;
- babysit so they can have some time alone;
- bring some hand-me-down clothes;
- do a book and toy swap;
- compliment the child on their abilities (not their appearance!);
- have conversations with the child to allow their independence to shine;
- share a recipe that allows the child to help.



BE WISE, IMMUNIZE

Is your child in grade 6?

Public health is booking appointments for children to receive their school immunizations.

What is the recommended immunization schedule for sixth grade children?

- ✓ **Men-C-ACYW-135** (Meningococcal Conjugate Quadrivalent)
- ✓ **HB** (Hepatitis B)
- ✓ **HPV** (Human Papillomavirus)
- ✓ **Flu** (Influenza) All Manitobans 6 months of age and older are eligible for influenza vaccine each year.

What if my child misses one or more doses of a vaccine offered as part of the School Immunization Program; will he/she still be eligible?

Yes. If a child misses one or more doses of any school immunization program vaccines, the vaccine(s) can still be offered free-of-charge.

What do I do if a vaccine is missed?

You can call the Family Community Wellness Centre public health office and ask for your child's immunizations to be reviewed by a public health nurse, then an appointment can be scheduled.

Why should my child get immunized?

Immunization is the best way to protect your child against serious, and potentially fatal infections. Vaccines help your child's immune system to recognize and fight bacteria and viruses that cause disease.

Make sure your child's immunizations are up to date by calling:



Nisichawayasihk Cree Nation
**FAMILY AND COMMUNITY
Wellness Centre Inc.**

Public Health Office
(204) 484-2341 ext. 131

- Parents to book appointments with Public Health office
- Rides provided
- COVID-19 precautions to be followed @ FCWC
- Screening upon entering the building, wear a mask, hand sanitize, and social distance
- Stay home if you are sick



Recovering & Empowering

Encouraging and Maintaining Strong Mental Health



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Counselling Services: 204-484-2341

Mental Health: 431-354-1270

ncnwellness.ca

Keeping Your Prostate Healthy



receiving screens for prostate problems through a simple blood test and a quick physical examination. For some reason, many men are reluctant to visit a doctor. Be the first man in your family to model proactive

The prostate is a small gland about the size of a ping-pong ball, located between the base of the penis and the rectum. It is responsible for the production of healthy sperm and the flow of urine.

But as men age, the prostate can cause problems. In fact, 1 in 7 men will be diagnosed with prostate cancer in their lifetime. The good news is that when it is caught early, survival rates are high.

You won't be surprised to hear that keeping your prostate healthy involves a nutritious diet, consistent exercise, good sleep habits and a positive outlook on life.

Too many saturated fats in your diet may make you more at risk of prostate cancer. Avoid too much processed foods, red meat, butter and cheese, and palm oil.

Men over the age of 40 should begin

behaviour by getting annual checks and creating a relationship with your doctor!

If you are still smoking, it's time to quit. Call us at 204-484-2341 so we can help. And join us at the Fitness Centre for advice on getting in shape. Just a few laps of walking is a great way to start.

Healthy foods for your prostate:

- watermelon;
- tomatoes;
- leafy greens, such as spinach;
- cruciferous veggies, such as broccoli, cabbage, kale;
- green tea and coffee;
- tofu and edamame beans.

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:

Public Health Nurse

Phone: **204-484-2341**

Fax: **204-484-2344**

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Wellness Centre

Every child is sacred.



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204-484-2341 ncnwellness.ca



Kakithaw Awasisak Kistinitakowsiwak

It's Allergy Season Again

Spring is welcomed by everyone except those who have seasonal allergies.

The snow mould is exposed, leaves appear on the trees, flowers begin to bloom, there's pollen everywhere, people are cutting their grass...

Sometimes called hay fever or allergic rhinitis, these allergies are at their worst when there is a lot of pollen and dust in the air. (Fall can also be difficult when fields are harvested and forest fires are raging.)

The most common spring allergens include pollen from trees, grasses, weeds and flowers; mould spores; and dust, dirt and mites.

Seasonal allergies are not dangerous like food allergies, but they can be frustrating. Typical symptoms of seasonal allergies include sneezing, coughing, itchiness, runny nose, congestion and watery eyes. (If you notice your throat closing up, you should get medical help immediately.)

If you think you have allergies, visit the Nursing Station, instead of self-diagnosing. There are medications to relieve your symptoms, but some can make you sleepy, and cause other side effects.

Some common medications are:

- antihistamines, which reduce sneezing, sniffing and itching;
- decongestants, which shrink blood vessels to relieve congestion, swelling;

- eye drops to relieve itching and watering;
- nasal spray to reduce congestion.

Many people find relief with nasal irrigation, using a neti pot or squeeze bottle. You'll use a combination of warm water, a half teaspoon of salt and quarter teaspoon of baking soda and gently pour through one nostril to the other. You must boil and cool the water first.

Herbal remedies include tea made from licorice root, butterbur, stinging nettle or elderberry. Diffusing essential oils such as eucalyptus, rosemary or frankincense into the air may also help.

The best way to get relief from your allergies is to avoid allergens in the first place!

Stay indoors on dry, windy days when pollen count is high, or at least try to minimize your time outside. Many weather apps, newscasts, and radio stations will mention pollen count, and remember, it's usually worst in the morning. Your best time for outside is after a good rain.

If you have to go out, change your clothes when you come in, and do laundry often, to get rid of the pollen. If you can, have a shower, too.

It's nice to open windows and doors to catch a spring breeze, but keep them closed when there's a lot of pollen in the air. Clean your air filters, and consider buying an air purifier for your home.

Step up your cleaning schedule around the house, too. Dusting and vacuuming more often will get the

pollen and dust before it has a chance to settle.

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.
- Practice physical distancing, stay home when sick.

For more information or to get a flu shot appointment, contact:

NCN Family and Community Wellness Centre
Public Health
204-484-2341

Nurture holistic wellness

Strengthen NCN families with community and culturally-based activities focused on Family Enhancement.



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204-484-2341 ncnwellness.ca



Learning About Primary-Aged Kids

The next stage in our child development series is the “school-aged child,” which covers the ages of 6-12. This is a large range with different abilities and interests, so we’ll first discuss primary-aged children who are 5 to 8 years of age.

This is a fun stage in childhood because kids are showing their personalities and interests. Even better, they can talk about their likes and dislikes with you, and you can explore these things together.

- As best you can, encourage your child to try out different types of activities. Check out an arts and crafts night. Ask an Elder to teach you about Nehetho traditions. Try a new recipe together. Allow your child to make decisions independently, so they can stretch their wings under your watchful eye.

Unfortunately, at such a young age, many kids are already too focused

on video games and social media. It’s important to make “house rules” about screens. The Canadian Pediatric Society recommends no more than 1-2 hours of screen time a day for kids between 5-8 years of age.

- Stay connected with your kids during screen time, instead of allowing them to “zone out” for hours at a time. Play the latest game together. Ask them to show you their favourite level, and explain why they like it. Always preview games for violence, and for now, avoid online platforms where they’ll play with strangers.

Exercise is a crucial part of healthy development. It creates healthy bones, muscles, joints and heart. There are other benefits, too. Both independent and team sports encourage hard work, discipline, healthy competition, cooperation and more. Guidelines say children should get at least 1 hour of moderate to strong activity every day,

and most don’t meet that standard.

- The best way to get your kid active is to join them! Go for a walk after supper. Go to the playground and watch their tricks on the swings. Leave a new soccer ball or hula hoop on the front step before they come home from school. Play according to the seasons, with snow shoeing in winter and canoeing in the summer.

Bodies at this age are working hard, learning and growing every day. Sleep is a crucial part of their development, giving their brains time to process information and their bodies to metabolize energy so they’re ready to go again in the morning. Kids aged 5-8 should get 10-12 hours of sleep every night.

- Create a bedtime routine and stick to it every night. Turn off all screens an hour before bed. Keep that last hour calm and quiet, with a board game, some reading, and maybe a warm

bath. Change their bedding with the seasons, to ensure your child isn’t too hot or cold. Try blackout curtains to keep their sleeping space dark.

If you have questions about your child’s development, or how to help your child thrive, call the Family and Community Wellness Centre at 204-484-2341. We’re here to help!

Things to observe in your 5-8 year old:

- How is their attention span?
- How are their reading, writing and numeracy skills?
- Do they have close friendships?
- Are they bullied? Are they a bully?
- Can they explain their feelings to you?
- Do they have healthy eating habits?

Worried? Talk with their teacher, doctor, or a parent you admire. Or call the FCWC!



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PARENTS & CAREGIVERS WELCOME!

AGES 0-6

EVERY 2ND WEDNESDAY OF EACH MONTH

LET'S PLAY

Parents N' Tots

Norman Linklater Memorial Multiplex
Dates: May 10th & June 14th, 2023
Time: 1:30 PM to 3:30 PM

Rides provided - Call Public Health: 204.484.2341

PERTUSSIS ALERT

WHOOPING COUGH CASES REPORTED IN MANITOBA

HIGHLY INFECTIOUS DISEASE AND CAN AFFECT INDIVIDUALS OF ANY AGE

Immunization is the best way to protect against and limit the spread of pertussis.



PROTECT YOUR LOVED ONES



PROTECT YOURSELF



PROTECT OUR COMMUNITY

GET IMMUNIZED WITH THE WHOOPING COUGH VACCINE, AND YOU WILL ALSO RECEIVE PROTECTION FROM TETANUS AND DIPHTHERIA.

TALK TO YOUR PUBLIC HEALTH NURSE TO LEARN MORE ABOUT THIS IMPORTANT VACCINE OR CALL TO BOOK AN APPOINTMENT AT 204-484-2341



Public Health



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Easter Contest Winners

A few Family and Community Wellness Centre departments hosted snow sculpture, door decorating, and colouring contests for Easter, including snow sculptures and colouring.

Check out the winners and their incredible creations. We have so many talented kids and families in NCN!

Autism Snow Sculpture Winners:

Coral Hart and Alex Spence both won POs for the Three Rivers Store.



Jordan's Principle Easter Window Contest Winners:

1st Clinton Hart



2nd Cindy Hart



3rd Cammy Spence



4th Cheryl Spence



Prizes included a 32-inch TV, DVD player with movies, and an Easter basket full of goodies!

Door Decorating Contest:

1st Monica and Clinton Moore \$300



2nd Joan Hart \$200



3rd Melodie Spence \$100



Autism Posters:

Winners received \$100 Walmart gift cards.

Maddison and Melodie Wood



Trevor Hart and Sherry Lynn



Dysart Kattey



Jennifer



Trisha Hart



There are Supports out There!

Nisichawayasihk – Local/Provincial/National Options



Mood Disorders Association of MB

Provincial Peer Support
Call: **1-800-263-1460** or email:
peersupport@mooddisordersmanitoba.ca
(M-F 9am-4pm Sat-Sun 10AM-4PM)
Postpartum Warmline: Call or Text
204-391-5983 (Hours 9am-9pm M-Sun)



Anxiety Disorders Association of MB

Thompson Peer Support: Call/Text:
431-754-6720 (M to F – 1pm-4pm)
Provincial Outreach and Support:
Call: **204-925-0040** or **1-800-805-8885** if
you would like to chat or feeling anxious



Help for mothers before, during and after pregnancy

For more info:
204-484-2341
ext. 128



Managing and Understanding Your Diabetes and Nutrition

Contact our ADI
Worker at:
204-484-2341
ext. 132



Youthspace

Emotional support to persons 30 years and under

Text to: **(778) 783-0177**
Or Chat: www.youthspace.ca
(8pm-2am in MB)

Indigenous Specific Resources

HOPE For Wellness Line: Speak to a counselor about anything. You can request services from: Male or Female, Cree and English

Call: 1-855-242-3310
or connect to online chat:
hopeforwellness.ca

Residential School Crisis Line: Support and Crisis Services –
1-866-925-4419 (24/7)

60s Scoop Peer Support Line: (8am-8pm)
Listening and support – 1-866-456-6060

MKO Mobile Crisis Response Team:
1-844-927-5433 or check out their many
services at: <https://mkonation.com/>



NCN Medical Receiving Home

A Safe, Full Service Stay
for Our Citizens

Provided for ALL NCN Community Members
who have referrals for medical appointments
in Winnipeg

For more information, please call:
204.786.8661



NCN Medicine Lodge

NCN Medicine Lodge
Healthier Lifestyle with
Control Over Addictions

Telephone: **204-484-2256**

Paving the Red Road to Wellness



NCN Women's Shelter



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

Emergency On-Call: 204-679-1996 24/7
Landline: 204-484-2634 Executive Director
(24/7): 204-679-2851

Sexual Assault,/Exploitation/ Partner Violence

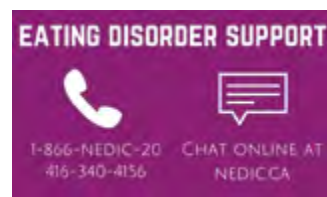
Sexual Assault Crisis Line: 1-888-292-7565
Trafficking Hotline: 1-833-900-1010 (24/7)
Hurt in a relationship? 1-877-977-0007
Klinik Crisis Line: 1-888-322-3019
Thompson Crisis Centre: 204-778-7273



The Canadian Prenatal Nutrition Program
aims to improve the Well-Being of Pregnant
Women

- Weekly prenatal classes
- Weekly food coupons
- Friendship and support with other new mothers

Contact FCWC CPNP Worker at:
204-484-2341 ext. 132



1-866-633-4220

Or Chat online: NEDIC.ca (hours vary)

Manitoba Parent Line

1-877-945-4777
(8am-8pm Monday-Friday)

Parents' Helpline PLEO

Family Peer Supporters help parents of
children (up to 25 yrs) facing mental health
challenges **1-855-775-7005**



Support and Information

Thompson Based

Canadian Mental Health Association
204-677-6056

Provincial

Manitoba Schizophrenia Society
204-786-1616



Call: **1-866-367-3276** (available—24 hours,
7 days a week!)

No matter what
the issue,
support for
anyone of any
age, from
anywhere in
Manitoba



A Child First Initiative
NCN Family and Community Wellness Centre

Jordan's Principle makes sure all First Nations
children have access to products, services and
supports they need, when they need them.

**You can make an appointment or get a
referral by calling our office: 204-484-2585**



Rainbow Resource Centre

Free phone counselling for members of the
2SLGBTQ+ community of all ages, families,
friends and loved ones as well.
Email to setup appointment:
info@rainbowresourcecentre.org

Trans Lifeline: 1-877-330-6366 Hotline for
transgender people in crisis. Including people
who may be struggling with gender identity
or not sure if transgender (hours may vary as
volunteers available)

LGBTQ+ Resource: Pflag Canada Support,
info and resources to gay, lesbian, bisexual,
transgender or questioning people and their
family and friends

Call **1-888-530-6777** ext 226 (24/7)
Or email gender@pflagcanada.ca



FASD Prevention Program

Success Through Advocacy and Role Modeling

Pregnancy can be difficult, and dealing with
addiction or substance abuse can be even
harder.

**Speak to the FCWC STAR Program
Manager Call: 204-679-4619**



Health Links Info Santé

A 24/7 telephone service to provide answers
to your health care questions and to guide
you to the care you need.

204-788-8200
or toll-free **1-888-315-9257**



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NCN Wellness Programs and Services
Call Us Today! **204-484-2341**

NCN Wellness – Support and Information Lines:



Mental Health On-call: **431-354-1270**
– Public Health Nurse: **204-484-2341**
ext. 131 – WeTel Check-in Text Support
Scan QR Code or use the Self-Enrollment
link below: <https://mis-nelsonhouse01.weltelhealth.net/enroll?clinicid=1>



Child Protection:

If you think a child is being harmed or neglected:
NCN CFS at: **204-484-2341**
On-Call 24/7: **204-679-6386** or **204-679-5544**

Your Path to Wellness

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



Dreamcatchers Headstart Program

This is an enrichment program for on-reserve children, from birth to six years of age, and their families. Your child is acknowledged as an individual, with unique learning styles, strengths and challenges. Dreamcatchers staff encourage all children to be proud of their First Nations culture and language.

This program is free of charge! All NCN families are encouraged to register their children and get a strong start to lifelong learning. The spiritual, emotional, intellectual and physical growth of your child is considered in all activities, and parents are encouraged to learn how to become active participants in their child's education.

Get help with:

- transportation
- nutritious snacks
- CFS support letters
- medical appointments
- referrals to other programs and services

Activities such as:

- health and hygiene lessons
- traditional arts and crafts
- on-the-land outings
- community events



Giving Our Children a Strong Start

Manitoba Telehealth

This program allows you to connect and communicate with medical specialists without having to travel. Most Telehealth clients consult with a doctor by video, which will reduce your time away from home and work, and save you time, money and stress.

MB Telehealth sites in NCN include the Family and Community Wellness Centre, the Nursing Station and the Medicine Lodge. People with diabetes and foot care concerns, Jordan's Principle clients and more have appreciated this efficient, easy way to get help.

If you are dealing with a health condition that requires appointments outside of Nelson House, call the Wellness Centre to see if Telehealth can work for you!

Get help with:

- consultations
- follow-up appointments
- case conferencing
- patient education



Bringing Medical Help to You



Nisichawayasihk Cree Nation
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Wellness Centre Inc.

Phone: **204-484-2341**

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

Follow us on Facebook

Do you have a suggestion or a Mithomahcihowin story idea?

We would like your comments, feedback or news stories. Please contact ncnwellness@gmail.com



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14 Bay Road Drive
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ncnwellness.ca



FCWC on Facebook!

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