



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

Good Health, Good Feelings

Mithomahcihowin



AUGUST
2022



Learning About Nature's Gifts

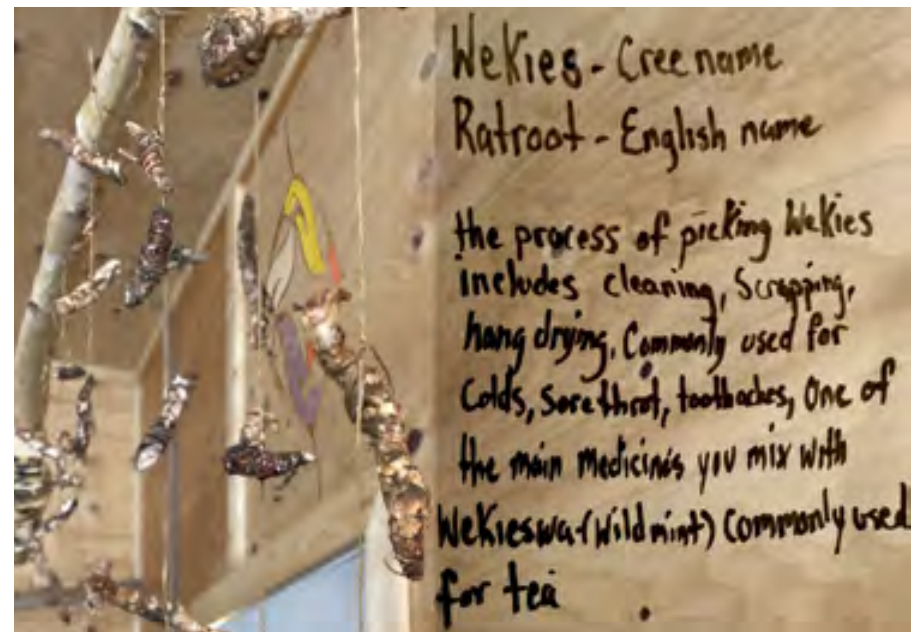
The FCWC Land Base program is creating amazing opportunities for its Employment Opportunity participants.

Kawliga Levasseur has been learning about wekies from the program's knowledge keepers.

Wekies have been used in Cree culture for generations to relieve pain and to fight colds, coughs, upset

stomachs and fevers. You can even crush the roots and use it externally for muscle cramps.

Wekies can be found in wet soils, marshes, ponds and riverbanks. Kawliga has been harvesting and drying wekies, and has learned that it's important to leave some of its roots for plant regrowth. He has some wekies on display at the FCWC.



Wekies have been used in Cree culture for generations to relieve pain and to fight colds, coughs, upset stomachs and fevers.



"Went to my first sweat yesterday, was such a huge blessing to be in there, sending prayers and giving thanks to loved ones, to Mother Earth, and the Creator. It was so amazing and so refreshing, literally felt like I was born again."

**-Justin Hart
Recent grade 12 grad & new employee of
Employment Opportunity Land Base program**

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Meanwhile, Benjamin Linklater and William Bighetty learned how to traditionally extract and cook bear fat to make bear grease.

Their knowledge keeper, Malcolm


Spence, has taught them that bear grease can be used for skin problems such as rashes and sunburns, ligament issues, with as arthritis, tendonitis and sprains, and as hair conditioner and more.

“I’ve been using bear grease to help my acne,” says Benjamin. “It was nice to be able to make my own and to be able to help someone else needing the medicine.”





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Protect yourself.
Protect others.
Get vaccinated.

Public Health Schedule

Monday to Friday 10AM to 3PM

MONDAY BCG and Day Postpartum Newborns & Moms	TUESDAY School Day Immunizations Pre-School, Grade 6, & Grade 8/9 Immunizations
WEDNESDAY Public Health Day Seasonal Immunizations: COVID-19/ Flu/ Pneum-P-23	THURSDAY ADMIN Day CDC, STBBI, & Population Health
FRIDAY Routine Day Immunizations Children & Adults	EVERYONE IS WELCOME TO CALL PUBLIC HEALTH FOR ANY QUESTIONS BOOK AN APPOINTMENT TODAY FOR MORE INFORMATION CALL: 204.484.2341 NCRWELLNESS.CA

Hearing Loss in Children

At typical appointments, the doctor will quickly check your newborn's ears and hearing. Almost all hearing loss can be found with these simple tests, and early treatment gives them a great chance for language development.

But sometimes, a child has genetic or progressive hearing loss, which won't be discovered at the newborn stage. In these cases, it's important to receive a diagnosis as soon as possible, so that they can move into treatment and management.

The most obvious clue of hearing loss in the infant and toddler stage is delayed speech, or a complete lack of attempts at speech. While all young children are different, and develop at their own stage, here are some typical milestones.

3 months:

- Baby recognizes your voice, makes cooing sounds, is startled by loud, sudden noises.

6 months:

- Baby turns head to interesting sounds, laughs & plays with their voice, and can indicate pleasure & discomfort.



9 months:

- Baby understands simple words (mama, dada, no, bye-bye), and is babbling in single syllables.

12 months:

- One or two words can be spoken & understood.

18 months:

- Baby understands simple commands without gestures (bring the ball), and has a vocabulary of 20-50 words. They are learning new words every week!



24 months:

- They have a vocabulary of 250 words, speaking simple sentences. They can sit and listen when someone reads a book. If your child isn't close to hitting most of these milestones, and you suspect something isn't right, check in with the doctor.

Sometimes, if a child's hearing difficulties aren't discovered, they create coping techniques as they move into the school system. They don't necessarily know they are having problems, but they've unconsciously created ways to compensate for their hearing.

Notice if your child:

- always wants the volume higher than anyone else
- is struggling in school (check in with the teacher for details)
- watches you (and your mouth) intently when you speak
- doesn't seem to be paying attention
- speaks louder than usual
- moves forward when listening

If you are concerned about your child's hearing, take action! The sooner a child can begin to treat and manage their hearing loss, the more successful they can be.

Every child is sacred.



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204-484-2341 ncnwellness.ca



Kakithaw Awasisak Kistinitakowsiwak

COVID-19 Surge in NCN

While summer has been a welcome change in routine, we are still in a pandemic, and numbers in NCN are currently rising.

As of August 16th, NCN had 24 new cases of COVID-19, which means there are a total of 66 total active cases in our community.

Please remember to follow pandemic procedures. Most importantly, stay at home if you have symptoms. Take a rapid test if you have symptoms.

Anyone who is confirmed with COVID-19 MUST isolate for five days, from the first day of symptoms, or from the day you got a positive test.

If you take a rapid test at home and it is positive, call Public Health at 204-484-2341 to report it.

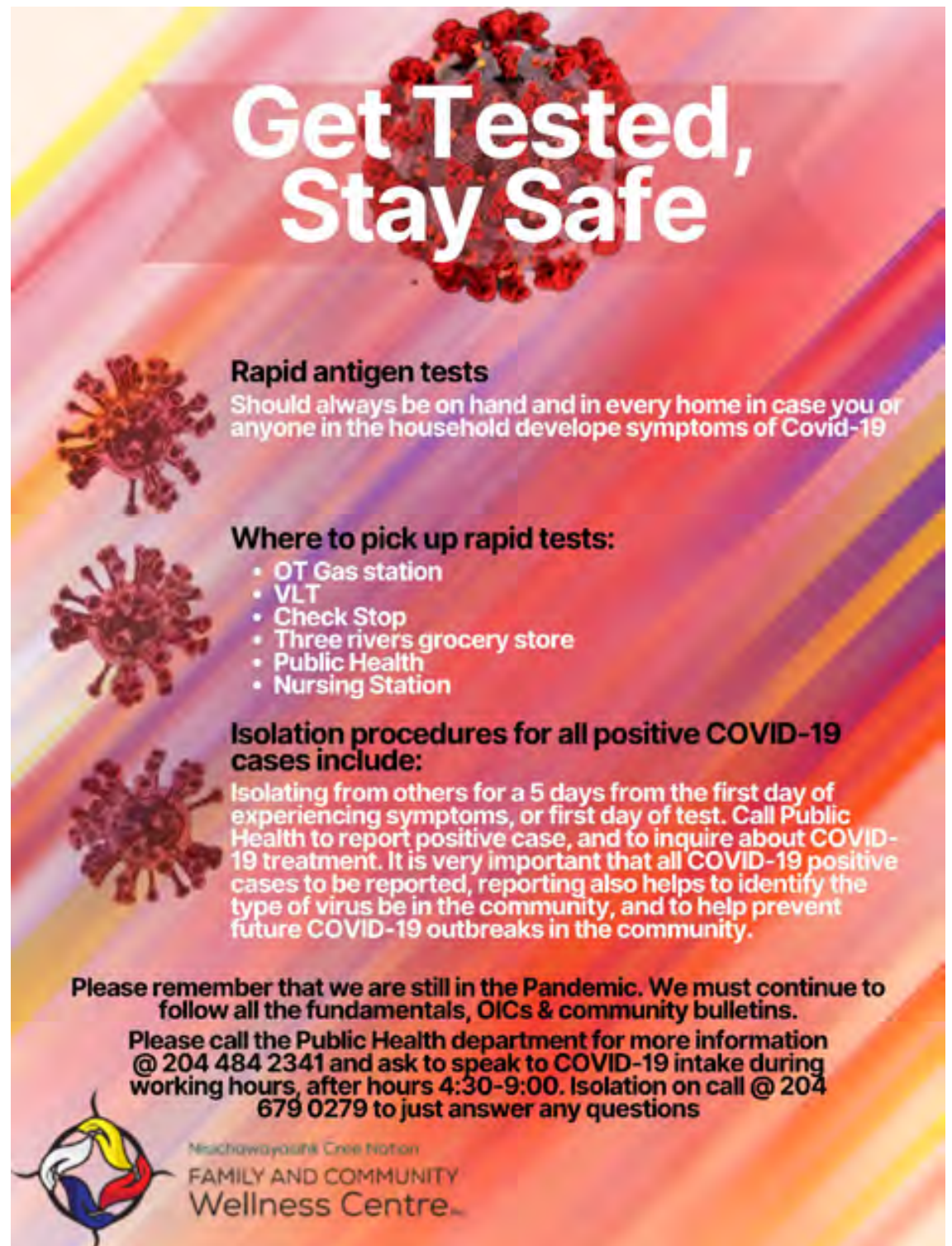
Positive cases must be reported so we know what type of virus is in the community, and so we can continue to prevent future outbreaks in NCN. Also, you may be eligible to receive COVID-19 treatment, and we can help you deal with your symptoms.

Let's continue keeping NCN safe.

If you have questions, call

Public Health COVID-19 at **204-484-2341**

Outside of working hours, call On-call Isolation at
204-679-0279



**Get Tested,
Stay Safe**


Rapid antigen tests
Should always be on hand and in every home in case you or anyone in the household develop symptoms of Covid-19

Where to pick up rapid tests:

- OT Gas station
- VLT
- Check Stop
- Three rivers grocery store
- Public Health
- Nursing Station

Isolation procedures for all positive COVID-19 cases include:
Isolating from others for a 5 days from the first day of experiencing symptoms, or first day of test. Call Public Health to report positive case, and to inquire about COVID-19 treatment. It is very important that all COVID-19 positive cases be reported, reporting also helps to identify the type of virus in the community, and to help prevent future COVID-19 outbreaks in the community.

Please remember that we are still in the Pandemic. We must continue to follow all the fundamentals, OICs & community bulletins.
Please call the Public Health department for more information @ 204 484 2341 and ask to speak to COVID-19 intake during working hours, after hours 4:30-9:00. Isolation on call @ 204 679 0279 to just answer any questions

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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



Set Up for School Success

We still have a few weeks of summer vacation, so don't start the countdown clock yet! There's still plenty of time for sugary treats and sleeping in.

But as caregivers, it's time to start thinking about transitioning back to healthier habits.

Before involving your kids, take some time to reflect on the last school year. Was there something that caused frustration and anxiety for you or your kids? Can you create a routine or habit to fix the problem? Did you give yourselves enough time in the mornings? Was bedtime peaceful or was it a nightly fight?

Once you've identified some problems and solutions, start the conversation with your kids. Ask them about last year's challenges and this year's goals. Get them speaking positively about going back to school: Have they heard good things about their new teacher? Are they excited to see their friends again? What about new changes to the school? What summer adventures will they tell their classmates about?

Remember to keep your language and attitude about school positive. Our history can make education a difficult topic, but children pick up what we say and do. Focus on education as part of the path forward for your child's success in life.

- Here are some tips to get you on the path to a great school year.
- Start going to bed 15 minutes earlier every few nights to get your sleep schedule on track. Kids under 5 need 10-13 hours of sleep every night; kids 6-13 years need 9-11 hours; and teenagers 8-10 hours.
 - Enjoy calm mornings. Have plenty of time to get ready, eat a healthy breakfast & get to school on time.

- Prepare the night before: put out clothes, make lunches & place all paperwork into backpack.
- Establish a routine to help children feel safe & secure. Have a healthy snack ready when they come home. Unpack the backpack to see what needs to be accomplished. Know where & when your child does homework. Turn off all screens an hour before bedtime.
 - Talk about school with your kids. Play the game Rose, Thorn, Bud (describe a success, a challenge, and something you're looking forward to). Read to your child every day, or read the novel they are studying. Attend school events. If they're struggling, ask teachers for help.
 - Be your child's safe space & their biggest fan. Pay attention to your child's moods and give them what they need, such as a snack, a laugh, a hug, silence.
 - Build friendships with families & kids who focus on school. Spending time with people who have healthy habits and big dreams will always pay off.
 - Let your children see you try & fail, or celebrate your success. Try a new hobby, start a new workout, learn about your culture. Show your kids that learning never stops.

Snacks for Big Brains!

- Toast, muffins, crackers
- Old fashioned or steel cut oats
- Air-popped popcorn (for breakfast, why not?!)
- Cereal
- Peanut butter, hummus, cheese
- Avocado, tomatoes, pickles, olives
- Fruits & veggies
- Eggs, eggs, eggs
- Yogurt

Watch out for too much sugar & salt.
Aim for whole wheat instead of white.
Keep snacks ready in the fridge.

PRACTICE *great* PERSONAL HYGIENE



BRUSH YOUR TEETH

At least twice a day after waking up in the morning and before going to bed at night.



WASH YOUR HAIR

Wash your hair often. Keep it neat and tidy by brushing and styling as often as you can.



WASH YOUR HANDS

- ◆ After going to toilet
- ◆ Before and after eating
- ◆ Playing with animals
- ◆ After touching your face or blowing your nose
- ◆ After playing outside
- ◆ After touching surfaces



IT'S IMPORTANT FOR *everyone*

TAKE A SHOWER

Take a bath or a shower at least once a day. Change your underwear daily.



CHANGE YOUR CLOTHES

Wear neat and clean clothes everyday, and change your clothes when dirty or wet.



CLIP YOUR NAILS

Keep your nails short and clean at all times.





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Public Health Presents

Wellness Walk

Wednesday

Every Wednesday 2pm to 3pm

Bring water and walk with your public health care providers

Meet at FCWC Back Door

DID YOU KNOW?

A brisk, 30-minute walk can help:

- Decrease the risk of heart attack and type 2 diabetes
- Maintain a healthy weight
- Improve muscle tone
- Reduce stress



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Mithomahcihowin – Good Health, Good Feelings

So You're Having a Baby!

Becoming a parent is one of the biggest changes you'll experience in your life. Almost every aspect of your life will evolve: physical, emotional, mental, spiritual. Just like so many other things in life, the more you plan, the more success you'll have.

How is your health?

A healthy pregnancy is important for your baby's entire life. You must immediately stop using drugs and alcohol. FASD can create a lifetime of difficulties, and parenting children with FASD is challenging. A nutritious diet, consistent exercise and plenty of sleep are the most important things you can do for your unborn child. Get into good habits now so they're routine by the time the baby arrives. Plan to have consistent doctor appointments throughout your pregnancy and early motherhood.

Do you have community?

Make sure you know what role you'd like the father to play. You're abstaining from drugs and alcohol, so will he, too? Will you live together? Or will you share custody? How will he financially contribute, now and for the baby's future? What are his parenting philosophies? Have conversations about pregnancy and the new stages

of parenthood. Don't assume you're on the same page!

You might experience a shift in your friendships. Your pals might not understand the changes you're going through. Instead of trying to party with them while abstaining, invite them into your new healthy habits, like going for walks and trying new recipes.

Bring more people into your circle who can support you. Become friends with Elders, who will be able to guide you through difficult parenting moments. Introduce yourself to other young parents so you'll have friends who understand your priorities.

Examine your current relationships with family and friends. Do they believe in you? Are they a positive force in your life? If not, now is the time to withdraw. Allow yourself to become a parent with a clean slate. Surround yourself only with supportive people who make healthy choices.

What will life look like with a child?

Be honest with yourself. Don't drift through your months of pregnancy believing that nothing will change when your baby arrives. Instead, think about your new daily routines and your long-term goals. Journal or make a voice memo. Where will you live? Will you have a partner? School

or training? A job? Childcare? Once you've got some ideas, talk them through with someone you trust who has been a parent. It's important to make your own plans, but the advice of someone who's been there before is invaluable!

While being a parent can be the most meaningful role of your life, it can also be exhausting and stressful. Please reach out to the Family & Community Wellness Centre. We can provide pregnancy support and grocery coupons, and help when the baby arrives, too.

Your pregnancy is a precious time to consider all aspects of your life, and to make plans and changes that will lay the foundation for a healthy mother and happy baby. Good luck!



How to help someone who's expecting

- Listen to their concerns
- Help them consider their future
- Make nutritious recipes to share
- Run errands so they can rest
- Enjoy exercise together
- Introduce them to good parents
- Meet them on their terms
- Look into FCWC programs with them
- Ask how you can help

A woman wearing a green and red patterned shawl is playing a large drum. The drum has a circular design with a bird in the center. The background is a vibrant aurora borealis over a dark landscape with silhouettes of people.

Recovering & Empowering

Encouraging and Maintaining Strong Mental Health

Counselling Services: 204-484-2341
Mental Health: 431-354-1270
ncnwellness.ca

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Learning about Babies in Utero



Doctors often break up the 9 months of pregnancy into three sections, and refer to them as the trimesters of fetal development.

The sex of the baby is determined at conception, and depends on which sperm fertilized the egg. If the sperm is an X chromosome, then the baby will be female. If the sperm is a Y chromosome, the baby will be male.

There have always been people who move more fluidly between the categories of male and female, and are referred to as “non-binary” or “two-spirited”. This is not about sex, and who people are attracted to, but about gender, and how they identify as people. Science is discovering that these people often have chromosome pairings that are not typical.

By the end of the first trimester, which is the end of the third month of pregnancy, your baby is about 10 centimetres long, and has all their organs, arms and legs. The most critical stage of development has

already taken place! This also means your chance of miscarriage (which is very common), drops significantly. This can be a rough stage of pregnancy, as your body adapts to creating a child. You may be dealing with morning sickness and extreme fatigue. Be kind to yourself!

By the end of the second trimester, which is the end of the sixth month of pregnancy, you'll be feeling flutters and movement as the fetus begins to try out their arms and legs. They can open their eyes and suck their thumbs. You'll get the chance to listen to baby's heartbeat and find out their gender. Most women are feeling physically well during this trimester, but continue to focus on lots of sleep, healthy nutrition and consistent exercise.

The third trimester of pregnancy is focused on growing the baby. The fetus will be gaining weight quickly, and their lungs and brain are continuing to develop.

They can respond to sound, light and touch, so sing to your baby and massage your belly. You will probably begin to feel uncomfortable as your baby and body prepare for birth. Try using a body pillow between your legs for sleep, and continue to get light exercise. A daily walk is good for mama and baby.

Most women go into labour between 36 weeks and 42 weeks. Even though society talks about pregnancy

being 9 months, a full-term pregnancy is typically 40 weeks, which is actually 10 months! It's a good idea to talk to women around you about their birthing experiences, but remember that everyone is different. Labour can be scary and is usually difficult, but you'll finally get the chance to meet the baby you've already taken such good care of.

Welcome to the world, Baby!

If you took a pregnancy test, and it is positive:

- Make a doctor's appointment
- Stop drinking & using drugs completely
- Start prenatal vitamins (contains folic acid, which is crucial for brain & spine)
- Call the FCWC at 204-484-2341 to see how we can help!

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 worker 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

Martha Templeton
ADI Program Coordinator

Call **204-484-2341**
ext. 132
Fax: 204-484-2384

 **FAMILY AND COMMUNITY Wellness Centre**

Your Path to Wellness

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



STAR FASD Program

The Success Through Advocacy Role Modelling – Fetal Alcohol Spectrum Disorder (STAR FASD) program aims to reduce the number of babies exposed to and living with the effects of alcohol and/or drug exposure while in their mother's womb.

STAR FASD is a voluntary program that focuses on home visitation and mentoring to develop positive, supportive relationships. It delivers culturally safe and appropriate interventions and support services to high-risk women and their target child. There is space for 30 participants every year, who explore ideas to become more independent and healthy.

Services include: Participants appreciate:

- harm reduction strategies
- alcohol and/or drug treatment as required
- improved access to reliable family planning methods
- access to FASD diagnosis and connection to social services as required
- links to resources and community support to reduce women's isolation

Participants appreciate:

- guidance for a healthy pregnancy
- a sympathetic and supportive mentor
- support and friendship with other participants



*A healthy pregnancy
for a thriving child*

Medical Transportation

The Aboriginal Diabetes Initiative (ADI) delivers education, activities and clinics to help NCN Citizens manage their diabetes and to help reduce the prevalence of diabetes in our community.

The Medical Transportation Program is a free service for all on-reserve NCN Citizens. Recognizing that it can be difficult to keep appointments or make progress with care plans when you have limited or no access to transportation, this program delivers and returns patients for appointments and recurring treatments.

Over the course of one year, almost 10,000 trips are made to transport NCN Citizens safely for local and out-of-town medical appointments arranged by truck, van and aircraft. The most popular service is the dialysis run to Thompson on Mondays, Wednesday and Fridays.

Call 204-484-2341 to arrange your transportation appointment.

Services include:

- safe return trips between Nelson House and Thompson
- trips to Fanny Hartie Medical Centre
- parcel pickups in Thompson for the Nursing Station and the FCWC



Make your health a scheduled priority!



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Phone: **204-484-2341** Ext. 132

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

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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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