



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

Good Health, Good Feelings

Mithomahcihowin



DECEMBER
2021



CEO Celebrates 20 Years at FCWC

The Family & Community Wellness Centre has been an integral part of the success of the Nisichawayasihk Cree Nation and its people for 20 years now.

And one person has led the path with innovative programming, a strong belief in people's ability to heal, and helping his incredible staff to shine.

Felix Walker recently celebrated his 20th anniversary with FCWC.

As leader of the FCWC, he is a strong supporter of an holistic approach to community wellness, and has a special focus on strategies that create positive environments for mental health.

He believes the best way to help people become stronger in all aspects of life is to embrace Nehetho culture and traditions, and to integrate cultural practices and ceremony into Western practices as much as possible.

He has hosted many culture camps, grief and loss seminars, and cultural ceremonies over the years.

Walker has been a trailblazer in the area of child and family services. His innovative Removal of Parent

Program, in which the child stays at home while the caregiver with difficulties is moved out of the home, has gained an impressive reputation across Canada. He continues to advocate for a new funding model in CFS and other First Nations programs.

Walker has an educational background in political science and sociology, and has served NCN in many ways over the years, including:

- 1990-1994 NNCEA Board Chair
- 1996 NCN Councillor
- 2014-2020 NNCEA Board Co-Chair
- 2015-2020 School Board Trustee



Congratulations, Felix! Our community is so fortunate to have your passion and leadership.

CEO Felix Walker was recently presented a plaque to celebrate his 20th anniversary with FCWC. It reads:

In recognition of 20 years of service at the Nisichawayasihk Cree Nation Family and Community Wellness Centre

Dedicated to Felix Walker as the CEO

Kinaskomitin

For more, go to page 11.



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Bringing Health Support to You

Telehealth is a new form of health care that allows patients to “meet” with medical professionals through video links. For people living in remote areas, such as NCN, telehealth is a great way to receive guidance and support without having to travel and pay for costs such as gas, meals and hotels.

For people living in remote areas, telehealth is a great way to receive guidance and support.

home. It can also keep budget costs down, as administration can meet by video, instead of having to travel for in-person meetings.

Over the last year in NCN, almost 350 telehealth appointments occurred. Most of these took place at the Nursing Station, and some were hosted by the Medicine Lodge.

Telehealth has gained popularity over recent years, as technology has become more reliable, and became an incredible resource when COVID-19 arrived.

“Since the pandemic began, we’ve really seen how valuable telehealth is for our Citizens,” says FCWC Director of Health Lynda Wright. “When our community was on lockdown and driving into the city wasn’t an option, people could still have appointments and stay in touch with their medical team. This is a very important service for our community.”

Patients aren’t the only ones who are grateful for telehealth. It’s a great opportunity for health-care employees, too, because they can receive education and training from

Telehealth can be used for:

- consultations, follow up and case conferences
- training and support for patients and families
- visits for families separated for medical reasons
- continuing education for health-care employees
- health-care administrative meetings

Do you have regular, scheduled medical appointments outside of NCN?

Call 204-484-2341 and we’ll find out if Telehealth could work for you!



Telehealth is a new form of health care that allows patients to “meet” with medical professionals through video links

WEAR IT!

Properly dispose of your Protective Masks and Gloves (PPE)

BAG IT!!

TRASH IT!!

DON'T JUST DROP IT!

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.

Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

COVID Vaccines for NCN Kids

Parents and caregivers gave a thankful sigh of relief at the first COVID-19 vaccine clinic for NCN children on November 30th. The clinic ran throughout the first week of December at the multiplex.

While some kids were nervous, they were all excited to be playing their part to protect their loved ones. FCWC staff were dressed up as merry elves while Christmas movies played. Everyone munched on popcorn and

all kids received goody bags.

Incredible door prizes, including AirPods Pros, gift cards and even a hover board, were generously donated by GMA Manager James Warren. Chief and Council and NCN Parks and Rec threw in two Monster Bingo cards for all caregivers who brought in their children. The first 250 kids to line up for their vaccines received a gingerbread kit.

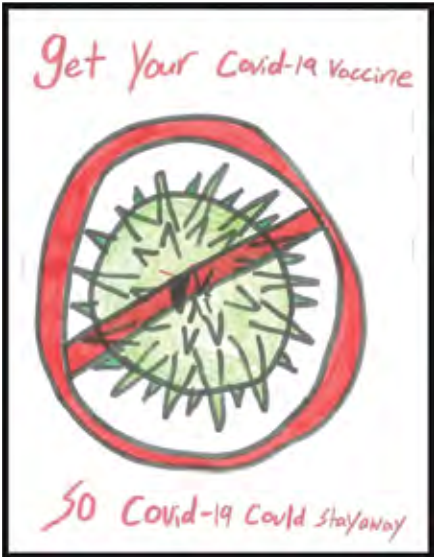
If you have children eligible for the vaccine

(ages 5+) but need transportation, call 204-484-2341. And watch the Family and Community Wellness Centre Facebook page for more information.

Poster Contest Winners

NCN Family and Community Wellness Centre sponsored a poster contest for kids last month to promote the COVID-19 vaccine.

We received some great submissions. Our winners created bright, colourful art with thoughtful messages. The best news of all? Everyone won a prize!



Age 10-13
Lillybelle Wood



Age 14-17
James Bunn



Health Canada Approves COVID-19 Vaccine for Kids



Health experts have said since the beginning of 2020 that herd immunity through vaccination is the only way we'll get to the other side of this pandemic.

Right now, Canada has one of the highest rates of vaccinated population in the world, with more than 80% of Canadians having at least one dose.

And now we've had a breakthrough that will raise our rate even higher. In November, the Pfizer vaccine was authorized by Health Canada for children ages 5-11.

"This marks a major milestone in Canada's fight against COVID-19. After a thorough and independent scientific review of the evidence, the Department has determined that the benefits of this vaccine for children between 5 and 11 years of age outweigh the risks," said Health Canada's chief medical officer Dr. Supriya Sharma.

It reached its decision after closely watching how the vaccine affected children in other

parts of the world. Strict vaccine trials with tens of thousands of kids began in Europe and the United Kingdom in March 2021. More than 11 million children in the United States have safely received their vaccines already.

While the ingredients are the same as the shot given to people aged 12 and older, the needle given to children has only one third of the amount of vaccine. As with adults, they will need to receive a second dose about 8 weeks later.

The most common side effect is a sore arm, which will go away within a few days. There is a small chance children may experience headache or mild fever. Severe allergic reactions are rare, but it is common practice to stay on site at the vaccine clinic for 15 minutes after receiving the shot, in case of complications.

If you have more questions about the vaccine, or if your children need transportation to receive the vaccine, call 204-484-2341.



Kids, Vaccines and COVID-19

- Children who are vaccinated are less likely to become infected. They'll be able to go to school, play sports, see friends, and enjoy childhood!
- It is rare for children to die from COVID-19, but kids can get severe lung infections, and long-lasting symptoms that could affect their health and energy for years.
- Kids who are vaccinated are less likely to transmit the virus to someone else.
- The longer kids are without protection, the more time the virus has to transform and mutate into other variants.

The First Kids' COVID Vaccines in NCN

The first children's doses of the COVID-19 vaccine arrived in Nelson House on November 28th. The first 10 needles were given to NCN's bravest kids, who agreed to receive their shots on video!

While many of them were scared, they held the hands of their loved ones, and seemed surprised at how easy it was in the end.

Some of them said:

- "Vaccines have been around for a long time."
- "They help get rid of the germs like small pox."
- "I'm vaccinated so I won't get really sick."

Check out the video of kids receiving their vaccines on the Family and Community Wellness Centre Facebook page, posted on November 28th.

Shelve Junk Food and Choose Superstar Eats for Your Family

Grocery prices are definitely rising. It's harder than ever to stay within your budget while also making healthy choices.

It may seem like a good idea to fill up on convenience foods. After all, a frozen meal in a bag for \$12 that creates supper for everyone looks like a good deal.

But packaged meals are full of sugar, sodium and chemicals that are bad for our health. They create problems from sleeping issues to trouble concentrating in school.

Not only that, you can spin out that money a lot farther when you invest in items that can serve as the "foundation" of many meals. With a well stocked pantry, you'll be surprised how far you can stretch a grocery budget.

Make the transition from convenience foods to pantry items slowly. Instead of two frozen pizzas, buy a big bag of whole wheat flour so you can make your own pizza dough. Instead of cans of stew, buy a few bags of kidney beans. Slowly but surely you'll build your pantry, which will create more options for supper.

Schedule one or two slots into your week when you can spend time in the kitchen. Three hours on Sunday afternoon making a batch of soup will create nourishment that lasts throughout the week. An evening of baking muffins can eliminate the processed, packaged granola bars and cookies in school lunches. (Some caregivers like to bake with their kids as a fun activity. Others prefer to do this alone and consider it self-care. Your choice!)

Accept your family's grumbling while noticing the positive changes. Remember that processed food companies spend millions of dollars on advertising. Their products are designed to be impossible to resist. Talk to your family about why you're making changes, and be honest about health and budget. Get them involved in meal planning and snack ideas. You'll be surprised by the changes that come from less

sugar and more whole grains. Less fighting, clearer skin, and better pooping? That's a win!

Remember, if you can also gather and sink your teeth into natural traditional foods like moose, goose, duck, fish or wild berries and edible plants, be sure to add it to your regular cooking and meal choices. There are also wild rice options available that taste great and are healthy for you.

Get your family involved in meal planning and snack ideas. You'll be surprised by the changes that come from less sugar and more whole grains.



Other great foods to ensure you have on your grocery list:

- | | | | | |
|-------------------|--------------------|----------------------|------------------|------------------|
| ■ Broccoli | ■ Carrots | ■ Beans | ■ Frozen Berries | ■ Eggs |
| ■ Onions | ■ Green Cabbage | ■ Edamame | ■ Apples | ■ Chicken Breast |
| ■ Spinach | ■ Butternut Squash | ■ Quinoa | ■ Cantaloupe | ■ Cottage Cheese |
| ■ Sweet Potatoes | ■ Brown Rice | ■ Air-Popped Popcorn | ■ Kiwi | ■ Yogurt |
| ■ Canned Tomatoes | ■ Canned | ■ Bananas | ■ Canned Fish | ■ Milk |
| | | ■ Oranges | ■ Pork | |

Top 5 Healthy and Cheap Foods

- **Old Fashioned Oats**
Full of fibre, oats work for breakfast, baking and even a crunchy casserole topping.
- **Potatoes**
These guys bring iron and Vitamin C to the table. Stored in a cool space, they'll last forever.
- **Brown Grains**
Swapping from white to brown bread, pasta and rice is a serious power-up. You'll get more fibre, vitamins and protein, and feel full longer.
- **Lentils**
Heal your budget by swapping out ground meat for lentils. You'll also enjoy fibre, protein and antioxidants. Try dried or canned.
- **Cabbage**
Shave into long strips for a stir-fry, add to your casseroles, even broil in slabs. Coniferous veggies (including broccoli, cauliflower and kale) control your blood sugar and even lower your chances of cancer.

Lentil Sloppy Joes

- 1 cup of green lentils
- 2 cups of water (or homemade stock)
- 2 T olive oil
- 1 minced onion
- 2 T minced garlic
- 1 minced bell pepper
- 1 can tomato sauce
- 1 or 2 tsp each cumin, paprika, chili or taco powder
- salt and pepper to taste

In a small pot, put rinsed lentils and liquid on medium-high. Once it boils, simmer about 18-22 minutes. They should be soft but still individual pieces. If there's still liquid, drain it off.

Meanwhile, fry up your veggies about 5 minutes. Add tomato sauce and spices.

Add cooked lentils and simmer for 5 minutes. Check for flavour. Add salt and pepper if needed. Maybe add a splash of hot sauce, Worcestershire sauce, etc.

Serve on whole wheat hamburger buns (add mustard if you like) with a side of crunchy coleslaw. Try one bun with a fork and knife, or really go for a mess and serve it hamburger style!

Designing Your New Year

They say the more similar your days are, the faster they go by.

Heading into the third winter of COVID-19, most of us have had days, weeks and even months that looked exactly the same!

Instead of allowing your life to fly by in a blur, take the time to pause. Reviewing the past, by celebrating good choices and acknowledging the

bad, sets us up to look into the future and make plans.

When doing this thoughtful exercise, be careful that expectations and guilt don't lead you! Pay attention to the word "should" and how it shows up. Often when we say "should" we're talking about things that society or other people tell us is important: I should volunteer more. I should read

more books. I should lost 20 pounds to look better.

It's fine to want to improve yourself, but make sure your choices seem fun and helpful for you. Self-care is important. Telling yourself you're not good enough won't help you achieve goals or inspire you.

Look through the pictures of your phone, check out your year's calendar, scroll through your social media. Review the past year, and then make a cup of tea and sit with a journal. Maybe you'd prefer to walk and record your thoughts out loud as a voice memo. You can have this conversation with someone else, but ensure they're trustworthy and won't make fun of you.

Try to give yourself quiet, uninterrupted time to work your way through

Reflect

- What am I most grateful for this year?
- What changes within myself am I most grateful for?
- Who really came through for me this year?
- What challenge am I grateful for?
- What am I glad to say good-bye to?
- What were my Top 5 experiences/moments of the year?
- What did I forget to celebrate? Can I do that now?

these questions. Dig deep with your answers to find some truths.

Traditionally, we do this "soul searching" as we move into a new year. Of course, the best time to act is when you feel inspired. Don't wait for the calendar if you want to start anew right now.

Drop and do 20 pushups!

Well, let's start with one. Day by day, you can do this.

Envision

- What emotion would I like to feel this year?
- What hobbies and habits will get me there?
- Who makes me feel good about myself?
- How can I spend more time with them?
- What activities and habits make me feel bad?
- What are the strategies I can use to avoid them?
- What 5 things would I like to experience this year?
- What would I like to have accomplished at this time next year?

Child, Family and Community Services

- Foster Parent
- Removal of Parent

Moore's Bay Receiving Homes

Family Therapy Services

Wechitowin Project

Employment Growth Opportunity

Public Health

- Immunization
- Population Health

Tuberculosis Community

Strengthening Families Maternal Child Health

Aboriginal Diabetes Initiative

Canadian Prenatal Nutrition

STAR FASD Prevention

Jordan's Principle Initiative

Medical Transportation

MB Telehealth

Home and Community Care

Foot Care

Counselling Services

Family Enhancement

Special Projects

- The Parent Coach
- Home Respite Services
- Youth Mentor Program

Circle of Care

Rediscovery of Families

Jean McDonald Treasures of Hope Daycare Centre

Dreamcatchers HeadStart

FCWC Fitness Centre

24 Hour Crisis/Emergency Phone Lines

- NCN Nursing Station. 204-484-2031
- NCN RCMP 204-484-2288
- NCN Fire 204-484-2047
- NCN Ambulance. 204-484-2911
- MB Suicide Prevention and Support Line 1-877-435-7170
- Kids Help Phone... text to: 686868. 1-800-668-6868
- Sexual Assault Crisis Line 1-888-292-7565
- Crisis Line for Abused Women IKWE. . 1-800-362-3344
- Gambling Hotline 1-800-463-1554
- Domestic Violence Crisis Line 1-877-977-0007
- Seniors Abuse Support Line. 1-888-896-7183
- Crime Stoppers. 1-800-222-8477

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:
240.786.8661



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

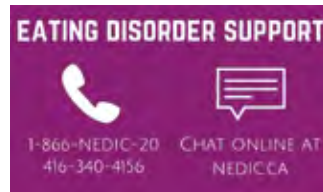
Sexual Assault Crisis Line: 1-888-292-7565
Trafficking Hotline: 1-833-900-1010 (24/7)
Hurt in a relationship? 1-877-977-0007
Klinik Crisis Line: 1-888-322-3019
Thompson Crisis Centre: 204-778-7273



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 25yrs) 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



Jordan's Principle

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



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**



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

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**

FCWC Annual General Assembly Brings Community Together

After the cancellation of last year’s AGA due to COVID-19, staff of the Family and Community Wellness Centre were excited to gather the community to share success stories from the last two years.

On November 17, attendees enjoyed a delicious dinner and door prizes, which included Jets tickets, Manitoba Mukluks, Guess accessories and more.

“This has been a year like no other, as the COVID-19 pandemic continues to be a long, frustrating road,” said FCWC CEO Felix Walker. “The constant vigilance, lockdowns and restrictions have left many of us tired and sad.”

But Walker told the audience to focus on the positives, and despite a global pandemic, there are many.

The vaccination rate in Nisichawayasihk Cree Nation is more than 90 per cent, and NCN has had less than 100 cases, which were quickly contained, since the pandemic began.

He pointed out the incredible dedication of FCWC staff members, who’ve worked overtime, weekend work and double shifts. Their many duties, beyond their typical jobs, have included delivering cleaning supplies and personal protective equipment, working vaccine clinics, and ensuring

safety for NCN Citizens and the entire community.

Regular FCWC programming is starting up again, and Walker reminded everyone that the new year is a great time to make positive changes.

“Remember, all of our programs are free! Let’s work together to find your best supports, so that whatever the future holds, you’re mentally, spiritually and physically ready.”

Call the Wellness Centre at 204-484-2341 so we can find a program that will help you and your family!

Highlights and Challenges of the FCWC 2020-21 Year

- More than 90% of NCN Citizens have received COVID vaccines!
- The Nursing Department has shown unwavering courage and dedication.
- FCWC staff from other departments were absconded to meet COVID needs, such as delivering PPE and cleaning supplies, and to work vaccine clinics and isolation units.
- Most FCWC programs shut down all in-person home visits, group activities and conferences.
- CFS services continued as essential services, but staffing decreased to 50%.
- Home care visits were prioritized by need.
- Mental health of clients, families and staff have been negatively impacted by the pandemic. Addiction, crime, domestic violence and homelessness are rising.
- More office space and vehicles, house extensions, and sensory and land-base equipment are in urgent need for Jordan’s Principle.

- There is not a specialized Foot Care Nurse in the community, despite repeated postings of the position.
- The STAR FASD program needs to hire another mentor.
- There is no formal child care in South Indian Lake, and not enough respite/support workers.
- The Rediscovery of Families program only held one camp due to extremely dry weather.
- MB Telehealth continued to provide invaluable support, as many patients were able to continue care throughout the pandemic.
- Flooding was fixed in the Fitness Centre building.
- For the first time, a vegetable garden was planted at the Moore’s Bay Receiving Homes.
- The Healthy TB Food Program began, which provides food coupons after receiving TB medication at Nursing Station.
- The Medical Transportation team gave more than 8,400 trips to NCN patients for medical appointments.



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre



Protect yourself.
Protect others.
Get vaccinated.

Public Health Schedule

Monday to Friday 10AM to 3PM

<div>MONDAY</div> <div>BCC Day</div> <div>Newborns & Infants</div>	<div>TUESDAY</div> <div>Routine Day</div> <div>Immunizations</div> <div>Children & Adults</div>
<div>WEDNESDAY</div> <div>School-Aged Day</div> <div>Pre-School, Grade 6, Grade 8/9 Immunizations</div>	<div>THURSDAY</div> <div>Public Health Day</div> <div>AM: Admin PM: CDC, STBBI, & Population Health</div>
<div>FRIDAY</div> <div>Routine Day</div> <div>Immunizations</div> <div>Children & Adults</div>	<div>EVERYONE IS WELCOME TO CALL PUBLIC HEALTH FOR ANY QUESTIONS</div> <div>BOOK AN APPOINTMENT TODAY</div> <div>FOR MORE INFORMATION CALL: 204.484.2341</div> <div>NCNWELLNESS.CA</div>

Learning About Rabies

Rabies is a fatal but preventable viral disease. It is mostly found in wild mammals such as bats, raccoons, skunks and foxes. If your pet or livestock tangle with an animal with rabies and is scratched or bitten, they will also become infected. In Manitoba, rabies is quite rare, with only about 100 animals reported to the provincial government as having had the virus since 2014.

Very rarely, people can become infected with rabies, most commonly from dog or bat bites. Three people in Canada have died from rabies since 2000.

The rabies virus infects the central nervous system, creating inflammation in the spinal cord and brain. It begins to show up in people between two and eight weeks after contact with the virus. Symptoms can include irritability and aggression, muscle spasms or

paralysis, confusion and hallucinations.

Rabies is always fatal, so if you have been attacked by a dog or wild animal, you must wash the wound immediately with soap and water. Consider visiting the Nursing Station. If you are feeling unwell, such as fever or unusual tingling or burning sensations, go right away. It is best if the animal that hurt you can be tested for rabies. If not, the decision may be made to start treatment, which is a series of needles, just to be safe.

While people don't typically receive rabies vaccines, it's important to make sure your pets get all of their rabies shots, which start at the puppy stage, and includes boosters as they grow older.

If you see an animal behaving strangely in NCN, call the **First Nation Safety Officers (FNSO) 204-307-0912**.



Recently there have been more frequent sightings of wolves, wild dogs and other animals near NCN.

Symptoms of rabies in animals

- strange behaviour
- excessive drooling ("foaming at the mouth")
- trouble moving or paralysis
- pets biting and being aggressive
- wild animals acting tame

Fitness First in 2022

The new year is a great time to create some new habits, and if you're not already enjoying regular exercise, let's start there.

Most experts will tell you that being fit includes three main categories: flexibility, cardiovascular activity, and weight training.

The good news is you can improve your health without completely overhauling your daily routine. Keep it realistic so you don't give up. Pencil in 15 or 20 minutes every day for your new wellness habit, and don't stress out about doing things perfectly. Little by little, you'll improve.

If you'd prefer some advice and support, check out the fitness centre at the Family and Community Wellness Centre. Take your family and make health a priority for everyone this year!

Flexibility:

Creating a good range of motion for all the parts of your body makes it easier to move through every part of your day, from work to picking up grandkids. When your body is flexible and supple, you'll have better joint health and less risk of injury.

Improve it through: a short routine before you go to bed

Why don't you: stretch every part of your body for a count of 10. Start by simply looking up at the ceiling. Next, hold your shoulders up to your ears. Then move your shoulder blades down your back. Hold the wall for support while you hold your ankle behind your body to stretch your quad (big thigh muscle). Slowly reach down and aim for your toes. Add more body parts as you feel comfortable.

Pro tip: Good stretching is very small, slow movements. Really focus and

notice what happens when you make a very small adjustment, like spreading out your fingers wide.

YouTube help: "10 Minute Stretch Routine (no equipment)"

Cardio:

Getting your heart thumping is crucial to...keeping your heart thumping! Exercise that elevates your heart rate will lower your blood pressure, help your body process calories, and reduce your stress levels.

Improve it through: 20 minutes of activity that makes you a bit out of breath, three times a week

Why don't you: have a dance party, jump rope, try a trampoline, swim, join a team

Pro tip: Start with 2 minutes of brisk activity, then 5, then 10. You want to get your heart rate up, but not so much that you can't catch your breath.

YouTube help: "Low impact, beginner, fat burning, home cardio workout"

Weight training:

Keeping your muscles healthy helps to control body fat, improves bone health, increases your strength, and keeps you young. Don't worry about getting too huge, it's not going to happen. And there's no need to buy expensive equipment either.

Improve it through: simple exercises using your own body weight, twice a week

Why don't you: Try a push-up challenge. Start Day One with one push-up and add one more every other day.

Pro tip: Use household items to work out. Try cans of soup to start, or fill milk jugs with sand or water.

YouTube help: "The 5 Minute Kitchen Workout"

Don't Drive Under the Influence

If you're double vaccinated, there's a chance you could celebrate the holidays with friends and family this year. But during the Christmas season, when everyone is in a joyful mood, it can be hard to stay focused on making safe choices.

Please remember that alcohol, cannabis and other drugs do not mix with vehicles.

Alcohol affects your depth perception and vision. It can cause people to feel over-confident and drive too quickly and carelessly.

Cannabis affects your reaction time and motor skills. It can weaken concentration and reduce your ability to react quickly. Of course, other drugs also affect your ability to drive.

Impaired driving is the number one criminal cause of death and injury in Canada. We've heard about the terrible effects of drinking and driving for decades, but since cannabis became legal in Canada, the percentage of drivers killed in vehicle crashes who test positive for drugs is greater than those who test positive for alcohol.

Beyond the dangers of causing an accident, or killing your passengers, yourself or innocent victims, is the legal problem of being caught by police or RCMP. It's illegal to drive a vehicle under the influence of alcohol or drugs. Punishments vary from a fine and

licence consequences to a criminal record and life imprisonment. Even if you're "only" caught and charged with driving under the influence, the process of paying fines and having your licence taken away is costly and time-consuming.

Of course, when you choose to drive under the influence you're putting your relationships, and maybe even your employment, at risk.

The solution is simple! If you're planning to partake in alcohol or drugs, do not plan to drive. Ask someone else for a ride, or stay overnight.

Parents, have a conversation with your children about driving under the influence. They might prefer to get a ride with a drunk driver than wake you up and get in trouble. Let them know they can call you any time, day or night, and you will bring them home safely.

If you're relying on someone for a ride:

- be with someone you trust
- tell someone else your plan
- check in with your driver during the event to ensure they're staying sober
- carry cash so you can make an alternate plan if you have to
- DO NOT get in a vehicle with someone who is drunk or high



Happy Holidays!

We Wish You and Yours a Safe and Joyous Holiday Season. May the New Year Bring Peace, Health and Happiness!

At this time of year, take a moment to enjoy the wonderful moments and blessings of those close to you.

From the Board, Management and staff of the NCN Family and Community Wellness Centre

Honouring CEO Felix Walker – A Community Leader with Family Ties

Felix was born in Russell, MB, to John and Doris Walker. His father was a United Church minister and they lived in many places including Miniota, Bladur, and Elkhorn.

His family moved to Nelson House, which is Doris's hometown, when Felix was 5, and his father served as Minister here until his passing at 82 years of age. Felix went to high school at Dauphin and Cranberry Portage.

"My greatest mentor was my father, who taught me about love, respect and patience. Coach Tom Skinner taught me how to be a leader, and how effective team play can be. Uncle Larry taught me about the waterways and terrain on long canoe trips. Uncle Jerry taught me about business and politics, and the importance of Wakotiwini (relationships)," Felix says.

In May 2001, he completed his three-year arts degree with a double major in political science and sociology at Brandon University...in two years. He planned to pursue his master's degree in governance at Harvard University, but his family life took precedence.

"Jackie was my childhood sweetheart. She was 12 years old when I told her I

would one day marry her. We've been together for 35 years, married 26. One of my most brilliant ideas was to propose, although it took three tries! My wife is my greatest mentor, she gives the honest advice and direction. We bounce ideas off each other, support each other, and motivate one another," Felix says. "Together, we have 4 children, 10 grandchildren and one more on the way. I believe family is a huge part of who you are. I'm grateful my family is always there to surround me with love and joy."

Before Felix joined the FCWC, he worked in resource management, where he was involved in developing the fishing and trapping program under the Northern Flood Agreement. Other points of pride are the Development Corporation, the Country Foods Program, and the purchase of the Mystery Lake Hotel and Trappers Tavern.

Felix started as the health director at FCWC and within six months, he was appointed its CEO. He is proud of the integrated service delivery model that FCWC staff have implemented with the vision of Mithowaywain-Good Well Being, and is thankful for board members who believe in its vision and mission. He admires the good

hearts and tenacity of the people who work there.

He enjoys making connections with people through ceremonies and camping, and believes nature is therapeutic. Some favourite pastimes are hunting and fishing.

"I love the natural beauty of NCN, and the resilience of its people. NCN is a progressive Nation, and that is because of the spirit and interconnectedness of this community. In times of need, people come together to support each other," Felix says.

To finish, here are some words from his wife, Jackie.

"Felix has saved so many lives. Whether it is arriving at the scene of an accident, and making faithful visits to the hospital, to so many children saved through programs at the Wellness Centre. They all need help, service, and to be believed in. To me, he is a hero!"

Message on behalf of the Board

Greeting once again on behalf of the Board of Directors for the Nisichawayasihk Cree Nation Family and Community Wellness Centre.

20 years of service... 20 years is a long time. Two decades of hard work, dedication, and tenacious leadership have brought our organization to the point where it is today, and we are thriving!

It is wonderful to walk into the Centre on any given day and to feel such positive energy and to see so many smiling faces. And so many young faces, might I add. We applaud Mr. Felix Walker, our CEO, and the staff of the NCN FCWC for employing and empowering our youth in NCN. And for giving them opportunities for education and training, providing them with employment and a fantastic team of community leaders to learn from and to have as mentors and role models.

I recently attended the NCN AGM at the Norman Linklater Memorial Multiplex. I noticed that when Mr. Walker gave his report on the current state of/and accomplishments of the Centre, he could barely get the words out of his mouth because he was repeatedly interrupted by spontaneous bursts of applause.

This was good to see and it made my heart feel good. It is important to acknowledge a community leader who leads in a good way and with a good heart. What I have admired most about Mr. Walker during my time as board chair is that he always gives all of the credit to his staff.

A true indication of exceptional leadership is a leader who supports, elevates and empowers his own people; this is what Mr. Walker does for our organization and for our community. Thank you for making people do their jobs. And thank you for believing in our people and especially for the work you do in the realm of promoting our language and culture; and promoting decolonization. Much love and respect, always. Let's give our leader and CEO a well-deserved round of applause.

Ekosi, Kinanaskomitin, Mr. Felix Walker, for your 20 years of service on behalf of the Board

Angela Levasseur



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.*



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

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!*

Phone: **204-484-2341**

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

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Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

14 Bay Road Drive
Nelson House, Manitoba R0B 1A0
T (204) 484-2341
F (204) 484-2351
ncnwellness.ca



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