



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

Good Health, Good Feelings

Mithomahcihowin



FEBRUARY
2021

COVID-19 Vaccinations Continue

Good news for NCN: the second round of COVID-19 vaccination has begun!

About 180 Moderna vaccines arrived on February 22nd, after a short delay announced by the provincial government.

NCN Public Health staff are hard at work coordinating their plans. They have to ensure there are enough vaccinating nurses and stations with lots of time between appointments, to allow for COVID screening, documentation and sanitizing.

This second round of vaccines will be rolled out in the following order:

- Tuesday, February 23: NCN Personal Care Home residents and staff

- Wednesday the 24th and Thursday the 25th: NCN Citizens over the age of 60

- Friday the 26th: NCN Health Care staff

All those who receive a vaccination will be given recovery time at the FCWC, and receive a small bagged snack.

If you are an NCN Citizen over the age of 60 (or their caregiver), you must call ahead to book an appointment at 204-484-2341 ext 128.

Remember to wear a short-sleeved shirt and to bring your Manitoba Health Card to your vaccine appointment!

It is crucial to get your second dose, because it makes the vaccine its most

effective. There is no maximum interval between the first and second dose, so if you are unable to schedule during the times listed above, let public health staff know.

NCN will be receiving more shipments of the Moderna vaccine over the next several months. It is currently only available for Citizens aged 18 years and older.

If you'd like to know your position in line for the vaccine, google "government of Manitoba queue calculator."

Even when you're vaccinated, you can carry the virus. Please continue to:

- wear a mask
- avoid close contact
- practice good hygiene

Remember to wear a short-sleeved shirt and to bring your Manitoba Health Card to your vaccine appointment!

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Wellness Sports Association Makes Plans for Life after Covid

The Wellness Sports Association has been on hold since last year due to provincial COVID-19 regulations.

But organizers have been busy making plans for our return to sport, once restrictions are lifted.

Intermural sports, such as volleyball, badminton, dodge ball, basketball and floor hockey, are ready to roll at the Multiplex and OK School. High

school and elementary/middle school students will probably play during their lunch hours. A schedule will be provided closer to the start date.

Other anticipated sports are the basketball league and open gym times for volleyball and floor hockey.

"We want to thank everyone for their patience," says NCNWSA coordinator Jon Walker. "It's been a very difficult

time, but we're excited to put together programs so our community can be active, healthy and happy. Ekosil!"



Intermural sports such as volleyball, badminton, dodge ball, basketball and floor hockey at the Multi-plex and O.K. school are set to roll.

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!**



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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Anger Management: 10 Tips to Tame Your Temper

Keeping your temper in check can be challenging. Use simple anger management tips – from taking a timeout to using “I” statements – to stay in control.

By Mayo Clinic Staff

Do you fume when someone cuts you off in traffic? Does your blood pressure rocket when your child refuses to cooperate? Anger is a normal and even healthy emotion – but it's important to deal with it in a positive way. Uncontrolled anger can take a toll on both your health and your relationships.

Ready to get your anger under control? Start by considering these 10 anger management tips.

1. Think before you speak

In the heat of the moment, it's easy to say something you'll later regret. Take a few moments to collect your thoughts before saying anything – and

allow others involved in the situation to do the same.

2. Once you're calm, express your anger

As soon as you're thinking clearly, express your frustration in an assertive but nonconfrontational way. State your concerns and needs clearly and directly, without hurting others or trying to control them.

3. Get some exercise

Physical activity can help reduce stress that can cause you to become angry. If you feel your anger escalating, go for a brisk walk or run, or spend some time doing other enjoyable physical activities.

4. Take a timeout

Timeouts aren't just for kids. Give yourself short breaks during times of the day that tend to be stressful. A few moments of quiet time might help

you feel better prepared to handle what's ahead without getting irritated or angry.

5. Identify possible solutions

Instead of focusing on what made you mad, work on resolving the issue at hand. Does your child's messy room drive you crazy? Close the door. Is your partner late for dinner every night? Schedule meals later in the evening – or agree to eat on your own a few times a week. Remind yourself that anger won't fix anything and might only make it worse.

6. Stick with 'I' statements

To avoid criticizing or placing blame – which might only increase tension – use “I” statements to describe the problem. Be respectful and specific. For example, say, “I'm upset that you left the table without offering to help with the dishes” instead of “You never do any housework.”

7. Don't hold a grudge

Forgiveness is a powerful tool. If you allow anger and other negative feelings to

crowd out positive feelings, you might find yourself swallowed up by your own bitterness or sense of injustice. But if you can forgive someone who angered you, you might both learn from the situation and strengthen your relationship.

8. Use humor to release tension

Lightening up can help diffuse tension. Use humor to help you face what's making you angry and, possibly, any unrealistic expectations you

have for how things should go. Avoid sarcasm, though – it can hurt feelings and make things worse.

9. Practice relaxation skills

When your temper flares, put relaxation skills to work. Practice deep-breathing exercises, imagine a relaxing scene, or repeat a calming word or phrase, such as “Take it easy.” You might also listen to music, write in a journal or do a few yoga poses – whatever it takes to encourage relaxation.

10. Know when to seek help

Learning to control anger is a challenge for everyone at times. Seek help for anger issues if your anger seems out of control, causes you to do things you regret or hurts those around you.

Anger is a normal and even healthy emotion – but it's important to deal with it in a positive way.



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Please contact us if you need more information at:

Family and Community Wellness Centre

Counseling Services
204-484-2341 Ext: 135
On Call: 431-354-1270

Together We Can Create a Suicide Safer Community

Mental health is something we all have to be concerned with.

Too many people feel overwhelmed, stressed out, depressed or even suicidal and don't know where to turn.

As community members you can help by becoming aware of the most common mental health issues,

learning suicide prevention skills and knowing where to turn for help.

Warning signs of suicide

Warning signs that might suggest someone is at risk of suicide include:

- thinking or talking about suicide
- having a plan for suicide

Other signs and behaviours that might suggest that someone is at risk of suicide include:

- withdrawal from family, friends or activities
- feeling like you have no purpose in life or reason for living
- increasing substance use, like drugs, alcohol and inhalants
- feeling trapped or that there's no other way out of a situation
- feeling hopeless about the future or feeling like life will never get better
- talking about being a burden to someone or about being in unbearable pain
- anxiety or significant mood changes, such as anger, sadness or helplessness

How to help someone in crisis

Talking honestly, responsibly and safely about suicide can help you determine if someone needs help. If you want to help someone in crisis, try:

- listening and showing concern
 - showing concern can be an immediate way to help someone
 - listening won't increase the risk of suicide and it may save a life
- talking with them and reassuring them that they're not alone
- letting them know you care
- connecting them with a:
 - crisis line
 - counsellor
 - trusted person (neighbour, friend, family member or Elder)

Suicide is not about wanting to die, its about wanting to stop unbearable emotional pain and a sense of hopelessness.

Almost everyone who feels suicidal will choose to live if they can find another way to release their pain and overcome their hopelessness.

Safety and Wellness Plan

Keep safe

- remove planned suicide methods
 - ensure they are safe by going to friends or family/ hospital/24 hr watch
 - meet with a counsellor to assess risk
 - stay sober and drug free
- Pursue wellness plan
- meet with counsellor
 - spend time with friends and family
 - pursue reasons to live

WHERE TO FIND HELP

NCN Family and Community Wellness Centre

Ask for counselling services or call 431-354-1270 Mental health on-call after hours

Mobile Crisis Services: Accessible 12:00 noon to 12:00 midnight seven days a week

Local Phone: 204-778-1472
Toll Free: 1-866-242-1571

Native Youth Crisis Hotline:
1-877-209-1266

Canada Suicide Prevention Service
at 1-833-456-4566 (24/7) or text 45645 (4 PM – 12 AM ET).

Call 1-855-242-3310 (toll-free) or connect to the online Hope for Wellness chat.

<https://www.canada.ca/en/public-health/services/suicide-prevention/warning-signs.html>

Introducing

Employment Growth Opportunity Program

Designed for Social Assistance Clients, (EGOP) we support potential candidates.

The program is designed to help clients enhance resumes, start work, and build their future working with the Nisichawayasihk Cree Nation Family and Community Wellness Centre Respite Services for Child and Family Services and Family Enhancement while still receiving supplement from Social Assistance.


WE ARE SEEKING:

Respite Workers

- ▶ Twelve (12) 2-year terms – \$14.50 per hour
- ▶ Eight (8) hour shifts on a rotating schedule
 - Monday to Friday from 8:30 a.m. to 4:30 p.m.
 - Monday to Friday from 1:00 p.m. to 8:00 p.m.

Respite Coordinators

- ▶ Two (2) 2-year terms – \$16.00 per hour.
- ▶ Monday to Friday, 8:30 a.m. to 4:30 p.m.
- Bring a copy of your I.D. (Identification), Resume, or if you do not have a resume, job applications will be available.
- You don't have CPR (Cardiopulmonary resuscitation)? No worries! FREE Training will also be available.
- There are many training opportunities working with the Employment Growth Opportunity Program, start here!




We encourage our employees for interpersonal growth! We have programs and resources to assist with building resumes, teaching lateral kindness, and so much more!

Join our team! Our agency is growing year after year!

Apply today!

For more information, contact:
 Anne N. Spence, Interim Director of Human Resources
 Email: anaspence@ncnwellness.ca or call 204-484-2341 ext. 125.
 Watch the NCN Family and Community Wellness Centre page on Facebook for updates like/Share/Follow.



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Family Activities to Help you Avoid Coronavirus Cabin Fever

Being stuck at home isn't ideal, but here are ways to make dealing with self-isolation from COVID-19 just a little bit more fun for the whole family.

It's not fun being cooped up because of self-isolation and social distancing, but with a little bit of effort, you can create some fun things to do at home to help the time pass and make some wonderful memories. You'll probably have to work with what you have on hand, since so many stores are closed. But with a little creativity, we're sure you can make most of these ideas work. You've got this!

1. Craft: How to make a box car

Spend some quality time with your little one by making a box car in three easy steps.

By Sadiya Dendar

Step 1: How to make a box car

Find a large cardboard box. Cut a square out of the box, but leave about a third behind for the hood.



Step 2: How to make a box car

Paint four paper plates black and silver for the wheels; set aside to dry. Use non-toxic acrylic paint to transform the boring cardboard into a shiny new car.



Step 3: How to make a box car

Once the paint has dried, attach the wheels with glue. Let each kid use markers or paint to trick out their rides with cute details like headlights, racing stripes and licence plates. Attach a basket for treats.



2. How to make a cardboard dollhouse

Banish boredom with a cardboard craft. These dollhouse apartments are fun to build and decorate.

By Mandy Milks



Supplies

Flat cardboard to make 5 walls as shown (cut 12 x 12-in. square)

- Gift wrap for wallpaper
- Metal ruler
- Utility knife
- Duct tape (try fun colours!)
- Glue stick



Step 1

For each apartment, cut 5 square walls (we did 12 x 12 in.). Glue gift wrap to 1 side and trim. This step is the most time-consuming, but the rest goes pretty quickly!

Tip: If you'd rather paint the walls, you must do both sides or the cardboard will warp.



Step 2

Secure the walls with small bits of duct tape just to hold the structure together. (Don't worry if it feels wobbly or there are little gaps—the next step will secure your box nicely!) The gift-wrapped side should face in.



Step 3

Duct tape all outside seams and press firmly. If you want to create a more permanent structure, you can tape the apartments together.



Ta-da!

Now it's time to decorate! Mix and match new and vintage doll furniture for a custom look. Make a bubble chair from half of a clear plastic ornament and submerge string in white glue and wrap around a balloon to make a modern pendant light.

3. Play hide-and-seek

Another classic fun things to do at

home. Who can find the best hiding spot in the house?

4. Make a time capsule

A sweet time capsule filled with special trinkets and memories is always a fun indoor activity to do with kids. Have them help decorate the box and curate which items to put in it.

How to make a cool time capsule for the future

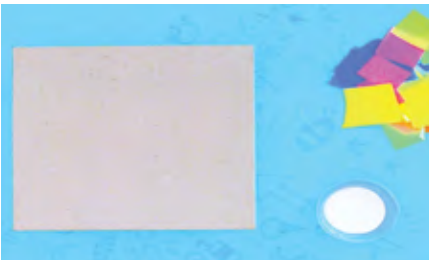
A sweet time capsule filled with special trinkets and memories is a fun activity to put together with your little one. Have them help decorate the box and curate which items to put in it.

By Mandy Milks

Level of difficulty: Quick and easy

Age range: 4+ (This craft is simple, but the concept of stashing special things for a later date is geared towards school-age kids.)

The takeaway: Back to school is a great time to talk about the future and build a little time capsule together. Plus, you may be surprised at how your kid curates the items inside.



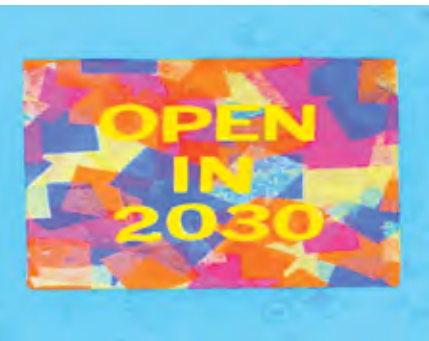
You'll need:

- Empty cardboard box with a lid (shoebox)
- Tissue paper that's been cut into squares
- White school glue or Mod Podge
- Letter and number stickers
- Foam paint brush



Step 1

Cover the lid of your time capsule with glue and affix tissue paper squares. Do the same with the box and give both a final coat of glue to seal. Let dry overnight.



Step 2

Set a date or year to open in the future (last day of high school, maybe?) with your stickers on the lid then give it one more coat of glue to seal it all up.



Fill your time capsule with keepsakes that represent your kid at this early age. Think drawings, a letter to their older self or maybe some special little toys. Let them help pick out the items and seal the box before stashing it away in a safe place (but don't forget where you hid it).

Easy, fun activities to keep you and the children occupied.

Remember to spend time outdoors as well. Some fun outdoor activities are sliding, skating, marshmallow roast by a bonfire (adult supervision), ice fishing, igloo and snow fort building, ice sculpture making and snow shoeing.

These are some free, fun activities the whole family can enjoy.

Have fun and most of all enjoy your time with your family.



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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Baking With Kids: 15 Tips to Have Fun (and stay sane)

We asked for your best advice for baking with kids. Here are our favourite tips from readers.
By Today's Parent, December 7, 2019

Baking with kids

Baking with your kids might seem like a stressful idea (imagine the mess!), but it's actually loads of fun. Break out the measuring cups and rolling pin, and teach your kids **the basics** (like how to crack an egg).

To make sure everyone has a fun time, we've got 15 reader-approved tips for baking with kids.

Read the recipe together

If your little ones are just learning to read, recipes are a fun and exciting way to keep them learning and engaged.

Have them read the instructions one by one as you add each ingredient.

Play dress-up

Buy them their own little aprons, chef hats and pint-sized baking tools like whisks and spatulas.

Heather M. says, "This will get them into the spirit of baking!"

Use fun cookie cutters

"My oldest loves cutting the shapes out," says reader Mellykins. During the holidays, try cookie cutters shaped like Santa, reindeer and menorahs.

Keep it upbeat

Jenny S. says, "Make cooking fun! Put on some music, sing some songs. Let them have fun with their baking and try new things! They will remember these special times forever and so will you!"

Stay calm

Laura Ambrose tells us, "My biggest tip for cooking and baking with kids is to be sure I am in a good and relaxed mood myself. If I am in a hurry or stressed, I am more likely to take over."

Use a special ingredient

Elisa says, "Give them a choice for one ingredient. They feel like it's they're own special creation when they get to pick the one thing that goes into the cookie, whether it's rainbow chips, or mint chocolate chips, butterscotch, etc."

Clean on the go

Alanna Mesheau says, "We clean up as we go! I don't get worked up about a broken egg or a cup of flour on the floor. Baking and spending time together is what she will remember, and me too."

Stand up tall

Samantha B. tell us: "Get the kids up to counter-height (on top of the counter if there's enough space) so they're right in on all the action! Nothing is more gratifying to our little ones than feeling like their duties add the special touch to each recipe."



Make it about math

Shireen Mears says, "We practice our counting skills with all the measuring, stirring, and eventually baking. We talk about why we use certain ingredients like baking powder and soda. It's a math and science class with a yummy result!"

Prep work

Erin Drummond likes to pre-measure most ingredients and then have her 4-year-old daughter add them to the mix.

Switch things up

Lori Varti likes to keep things fresh. "We try a new recipe once a week! Since I have 8-year-old twins, we take turns with every step!"

Be patient

Bonnie Wickland advises, "Have patience! Give each child a task to do and explain it to them before you begin. Don't stress over the mess as you go and remember to have lots of fun in the process."

Make messy memories

"Be prepared for a mess! I often find that when my little guys help with baking more of the batter is on the floor than in the bowl. It's OK, though, because it means a lot to them that they were included in the process. The memories will last much longer than the mess."

Great advice from Mandi Mercredi!

Snack as you go

"I like to let the kids snack on some of the yummy ingredients as we go (e.g. Smarties), and I may have a taste or two as well!" says Chris D.B.

We are guilty of that, too, Chris!

Accept imperfection

Sometimes baking is more about the process than the final product.

Trish Cesare reminds us to "let go of the idea that the cookies will look or turn out perfect and you will have much more fun baking with your kids."

Oat-Rageous Chocolate Chip Cookies

Oat-Rageous Chocolate Chip Cookies
Recipe and photo by Taste of Home

Total Time

Prep: 25 min. Bake: 10 min./batch

Makes

about 3 dozen

Ingredients

- 1/2 cup butter, softened
- 1/2 cup creamy peanut butter
- 1/2 cup sugar
- 1/3 cup packed brown sugar
- 1 large egg, room temperature

- 1/2 teaspoon vanilla extract
- 1 cup all-purpose flour
- 1/2 cup quick-cooking oats
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup semisweet chocolate chips

Directions

- In a bowl, cream butter, peanut butter and sugars; beat in egg and vanilla. Combine flour, oats, baking soda and salt. Add to the creamed mixture and mix well. Stir in chocolate chips. Drop by rounded

tablespoonfuls onto ungreased baking sheets. Bake at 350° for 10-12 minutes or until lightly browned.

Nutrition Facts

2 each: 207 calories, 12g fat (6g saturated fat), 25mg cholesterol, 194mg sodium, 24g carbohydrate (15g sugars, 1g fiber), 4g protein.



Connection in the Time of COVID

Social activity is so important to mental health. Good friendships keep us upbeat and positive. Our friends make us feel seen and understood.

Now more than ever, we need to connect. But our usual ideas are unsafe right now, so how can we enjoy our friendships?

Try a few of these ideas to create a new sense of togetherness.

What about a movie club?

Agree on what you'll watch in your own homes: try a different genre every month, or choose one actor and watch all their roles. What about your faves from high school? If you're into music, what about an album club? Share your thoughts by video chat, phone or text.

Try a new recipe "together."

Set up a video chat and cook the recipe in your own homes at the same time. Try different cuisines from around the world, work your way



These are lonely times and it's OK to feel alone. But if you find yourself unable to get out of bed or unwilling to move through another day, please reach out!

through a cookbook, walk your partner through a recipe without telling them what it is.

Ding Dong Ditch with a twist!

Leave a treat, like cookies, drawings from kids, or a new pair of mitts, wrapped up on the doorstep (with pandemic instructions to leave

the package for 72 hours before unwrapping). Ring the doorbell and run! Hit up every house on your street.

Set up time for phone calls.

Challenge yourself to make 1 or 3 or 10 phone calls every week. Call someone you know whose name starts with A, then work your way

through the alphabet. Or call everyone on your baseball team. What about someone you'd like to know better? Someone you've lost touch with?

Write a collaborative story.

Write just a few paragraphs to start a funny story about an Elder in your family. Email it to a sibling or cousin and have them continue the story. Go through the whole family for a round or two. When it comes to a good ending, mail the story to the Elder. Even better, get everyone on a call and read it aloud!

Watch for volunteer opportunities.

A great way to feel connected is to help someone else. There is often a need for NCN helpers, whether it's to drive, shovel, deliver or phone. Watch the Nisichawayasihk Cree Nation Facebook page or the Achimowina newsletter for your chance to get involved.

Make sure your friendships are a source of joy. If you feel sad or angry every time you connect with someone, reconsider your relationship, or at least limit the time you spend with them.

These are lonely times and it's OK to feel alone. But if you find yourself unable to get out of bed or unwilling to move through another day, please reach out! Call a friend or family member.

Try the Family and Community Wellness Centre at **204-484-2341**. Someone is always available to chat!

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

Heating up During a Cold Snap

Exercise is important for body, mind and spirit, especially in the depths of winter and a terrible cold spell.

Experts tell us that it doesn't matter how cold it gets, there are still benefits to exercising outside. Fresh air and bright sunshine, which we have in abundance, are excellent for your immune system and your emotional wellbeing.

But how can we exercise when it's -50?!

Make sure you're properly dressed for

extreme cold and wind. Because we get used to the weather, we often get lazy about what we wear. Remember the famous Norwegian saying, "There is no bad weather, only bad clothing!"

Once you're dressed appropriately, your body will warm up after a minute and you'll no longer be concerned about the cold. Try doing lunges down the street, skipping, or running sprints of 5-10 seconds at a time. Watch out for ice! For more of a challenge, walk in deeper snow.

If you're looking for a full-body

workout, shovel your walk. Then do your neighbour's. Remember that it's easy to over-exert yourself in the winter. Take it easy and build up your endurance slowly.

What's that? You're just not willing to go outside?

There's something for everyone who wants to get in shape inside, regardless of your current physical condition. You don't even need equipment, just imagination and willpower!

Start with a good housecleaning. Beat your carpets out, stretch to dust the top shelf. You'll have a clean house and an elevated heart rate in no time.

Looking for more? Experts say complete health means improvement

in three main areas: flexibility, strengthening and stamina.

You can experiment with all kinds of exercise on YouTube. Check out:

- Yoga with Adriene (sort by body part, level of experience, length of video, etc.)
- Fitness Blender (weight routines to build strength. Use milk jugs or cans of beans if you don't have weights)
- Live Love Party (zumba dancing for some fun cardio)

If you need a jump start, search "exercise challenge" on Google. You'll find lists of any kind of challenge you need: sit-ups, planks, cardio, stretching and more!



Fresh air and bright sunshine, which we have in abundance, are excellent for your immune system and your emotional wellbeing.

Choose your outdoor clothing with care!

- Layers provide protection that you can change up. Try an undershirt, long-sleeved shirt and t-shirt. A thin pair of cotton socks with wool socks. Mini gloves with garbage mitts.
- A coat that covers your bum keeps you much warmer than a bomber jacket, which can expose your back and belly when you're active.
- Wool is a great layer because it wicks away sweat from the skin.
- A hood is essential as it blocks the wind from your face.
- A scarf protects your face nicely. (Keep your mask in your pocket.)
- A snug toque keeps your ears and head warm.

New Signs Point the Way to Wellness

A new exterior sign at the main entrance to the NCN Family and Community Wellness Centre will soon be installed. It will include phone numbers to sub-offices to make it easier for NCN Citizens to connect directly with the FCWC staff who will most effectively be able to help them.

"In addition to making the entrances look more current, the new signs will direct Citizens and provide contact numbers for more details about the services we provide," says Edward Dysart, who organized the project.

Three other FCWC buildings will be getting new signs. They are

the Fitness Centre, Jean McDonald Treasures of Hope Day Care Centre

and the Dreamcatchers Head Start Program.



Nisichawayasihk Cree Nation

FAMILY AND COMMUNITY Wellness Centre Inc.

A HOLISTIC APPROACH TO COMMUNITY WELLNESS



Nisichawayasihk Cree Nation: 14 Bay Road Drive (204) 484-2341

Winnipeg: (204) 784-8160 Brandon: (204) 726-3690 Thompson: (204) 778-1961

Leaf Rapids: (204) 473-3320 South Indian Lake: (204) 374-2302

Help for Employees Just a Click Away

A new online resource for FCWC staff is making it easier for them to help you!

The communication space and library of human resources documents has been attached to the Family and

Community Wellness Centre website.

With a password, employees can easily access everything from confidentiality agreements and incident reports to benefits and pension information. They can

access their scheduler system and see special staff messages, such as the Years of Service Recognition. In December, several FCWC staff members uploaded their entries into the Virtual Christmas contest!



The new online portal should help the hardworking FCWC Human Resources department, which includes Eve Spence, Rosena Lewis, Lynette Spence and Randy Spence.

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

Nisichawayosik Cree Nation
**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

Nisichawayosik Cree Nation
**FAMILY AND COMMUNITY
Wellness Centre**

Your Path to Wellness

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



Dreamcatchers Headstart Program

This enrichment program is for children up to six years of age living on-reserve. Learning opportunities acknowledge each child's learning style and developmental stage, and allow children to explore who they are and the world around them. Every day includes a strong focus on health, hygiene and nutrition. Traditional First Nations teachings occur in the classroom, on the land and at cultural cabins.

Caregivers are their child's first and best teacher, and are required to participate, through attendance, fundraising, etc., in this program.

This program will put your young child on the path to success in school. There are no registration fees, and transportation and nutritious snacks are provided daily free of charge.

Get help with:

- Your child's self-confidence
- Milk coupons
- Medical appointments
- Support letters
- Collaboration with other FCWC programs

Goals include:

- Encourage life-long learning
- Support emotional, spiritual, intellectual growth
- Help parents to become active participants
- Create positive self-esteem
- Develop life skills



*An early
start for children's education and growth*

Immunization and Vaccination Program

Now more than ever, it is clear that NCN children must receive immunizations for their own safety, and to increase the "herd immunity" of Nisichawayasihk Cree Nation. Receiving vaccinations ensures your child and all Citizens, especially those with health conditions, can be protected from disease.

The Public Health team contacts young parents to set up appointments for their babies at the NCN Nursing Station. Older children receive their shots at school from public health nurses. If you hear that your child missed a vaccination, please contact us so we can make sure your child's immunity stays on schedule.

Citizens of all ages are encouraged to receive the flu vaccine every winter. Of course, this year, you should receive your COVID-19 vaccine as soon as you are eligible.

All recommended immunizations are free. They are safe, quick and easy. They feel like a bee sting, but they have health benefits that will last a lifetime!

**This program is an essential
service and continues
during the pandemic.**



Keeping NCN safe with modern medicine



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

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The Canadian Prenatal Nutrition Program (CPNP)

The Canadian Prenatal Nutrition Program (CPNP) is available for all pregnant women and new moms. Through weekly group sessions at the NCN Family and Community Wellness Centre, it provides support, resources and education to all moms-to-be, with a focus on maternal nutrition. Individual meetings are also available.

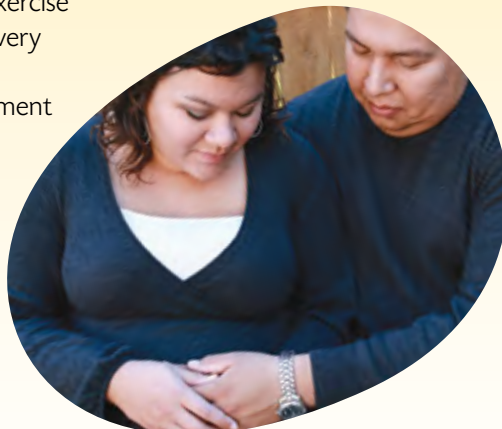
Some clients are referred to CPNP by other NCN social services and programs, but NCN Citizens are welcome to call anytime for an appointment. CPNP participants often enjoy group activities and games (as it is safe to do so) that incorporate information they will need to have a healthy pregnancy and healthy baby.

Learn about topics such as:

- changes and discomforts in pregnancy
- warning signs and complications
- domestic and substance abuse
- nutrition and exercise
- labour and delivery
- newborn care
- baby's development

Participants appreciate:

- prenatal visits and tests
- food and milk coupon after weekly visits
- breastfeeding support
- immunizations



Preparation, education & confidence for pregnant women and new moms

The Aboriginal Diabetes Initiative (ADI)

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

Diabetes affects blood sugars in the body, and can cause many difficulties, including heart and eye diseases, stroke, foot complications, and kidney and nerve damage. It is managed through a healthy lifestyle and, sometimes, medication. It's often possible to avoid diabetes in the first place, with nutritious food, active habits and stress management.

Through workshops, group activities, contests, challenges, and one-on-one counselling, ADI participants learn about what's happening in their bodies and how to maintain healthy blood sugar levels.

Signs and symptoms of diabetes:

- blurred vision
- lack of energy
- excessive thirst
- frequent urination
- weight loss

Services include:

- nutrition, exercise and wellness advice
- foot care referrals and retinal screening
- telehealth services
- home visits



Act on diabetes today to change tomorrow



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Do you have a suggestion or a Mithomahcihowin story idea?

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



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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