



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre Inc.

*Good Health, Good Feelings*

# Mithomahcihowin



JUNE  
2021

## Every Child Matters

On June 7, NCN Citizens gathered for a “Walk for the Children” event led by the FCWC Family Services and Counselling Department. They started at the store and ended at the harbour, where people brought teddy bears and shoes to remember those children who never made it home. There were prayers, drums and many tears.

On May 31, the people of Tk'emlúps te Secwépemc First Nation announced the bodies of 215 children had been found near the former Kamloops Indian Residential School in British Columbia.

The Truth and Reconciliation Commission had confirmed 51 deaths at the school, but the local Tk'emlúps community believe there

were more and had attempted for 20 years to find out. They finally paid for ground-penetrating radar and found their terrible discovery.

Of course, First Nations across the country say this isn't a surprise and expect to find more of the same at many residential schools, including at the 14 in Manitoba.

**NCN Citizens gathered for a “Walk for the Children” event led by the FCWC Family Services and Counselling Department.**

Just last week, Sioux Valley Dakota Nation announced they were studying two cemeteries and a potential third at the Brandon Residential School. They hope to identify an unknown number of children and

honour them through memorial or repatriation.



Memorials across Canada have been made to show that Every Child Matters.

“Kamloops was a devastating announcement,” says FCWC CEO Felix Walker. “Often our Citizens have to deal with their own past trauma when these things come to light. I encourage anyone who is having a hard time to get in touch with our counsellors. You don't have to carry your burden alone.”

If you need someone to talk to, call the Wellness Centre at 204-484-2341. You can also try the national Indian Residential School Crisis Line at 1-866-925-4419. It's available 24-7.

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# Let's Protect Our Children with Vaccinations

As of June 8th, all active COVID cases on-reserve had recovered. The biggest demographic of COVID cases in NCN so far has been boys and girls under the age of 19.

Throughout the pandemic, many people have been relieved that generally speaking, children seem to get through COVID without major long-term health effects. (Of course, those with health concerns such as diabetes are at higher risk, and around the world, more than 500 children have died.)

But the virus has mutated, and the new variants, which now make up many of Manitoba's cases, seem just as interested in young people as any other group. People as young as teenagers are now going into the hospital as they fight these emerging variants.

The NCN Public Health team is proud of the way our youth ages 12-17 are stepping to get vaccinated. They are eager to have things return to normal and they trust science and the medical community.

While several countries are testing vaccines for young children under the age of 12, for now, they are not allowed to get their shots in Canada.

Now more than ever, it is important to get vaccinated, to protect those who can't get the shot themselves.

"These vaccines have been studied thoroughly, and they are safe and effective. The more people who are fully vaccinated in NCN, the higher our herd immunity is, and the better chance we have of protecting our vulnerable Citizens, like our youngest kids," says FCWC CEO Felix Walker. "They'll talk about this time in history books. We all need to do our part and get fully vaccinated, so generations from now, they'll be proud that we took care of our children."

Watch the Family and Community Wellness Centre page on Facebook for info on the next vaccine clinic.

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

**Public Health Schedule**  
Monday to Friday 10AM to 3PM

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



**PRACTICE great PERSONAL HYGIENE**

<b>BRUSH YOUR TEETH</b> At least twice a day after waking up in the morning and before going to bed at night.	<b>WASH YOUR HAIR</b> Wash your hair often. Keep it neat and tidy by brushing and styling as often as you can.	<b>WASH YOUR HANDS</b> <ul style="list-style-type: none"> <li>• After going to toilet</li> <li>• Before and after eating</li> <li>• Playing with animals</li> <li>• After touching your face or blowing your nose</li> <li>• After playing outside</li> <li>• After touching surfaces</li> </ul>
<b>IT'S IMPORTANT FOR everyone</b>		
<b>TAKE A SHOWER</b> Take a bath or a shower at least once a day. Change your underwear daily.	<b>CHANGE YOUR CLOTHES</b> Wear neat and clean clothes everyday, and change your clothes when dirty or wet.	<b>CLIP YOUR NAILS</b> Keep your nails short and clean at all times.

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



# NCN Family's COVID Ordeal

A local NCN family is speaking out about their COVID experience, in the hopes of convincing everyone to get their vaccines to protect their families and to move on from the pandemic.

"It's been so hard being away from family, especially my grandbabies, since this started," says Nancy Spence. "I'm sure everyone knows the feeling."

Nancy is the mom of Horace, 17, Justin and Paige, 11, and Phoenix, 10. Justin was named as a close contact from another case at school. Very shortly, Nancy's kids started having symptoms.

"Justin was coughing with sore legs and back, Horace only had a cough, and Phoenix was vomiting and coughing, just for one or two days," she says.

But on May 13th, her husband Donald was having a hard time breathing. He was admitted to the hospital in Thompson, and then sent to the ICU in Winnipeg the next day.

Meanwhile, the rest of the family left Nelson House to quarantine at a boarding home in Thompson. They stayed there until June 4th, when they were advised by Public Health that they could come home.

"I was scared," says mom Nancy Spence, who kept her family going during their experience. "I was the only one fully vaccinated in our family, and I was the only one who didn't get it. Vaccines work."

During their quarantine in Thompson, Nancy relied on the kindness of friends and family. They dropped off snacks, clothing and other

needed items, washed the family's clothing, and had meals delivered.

"I have to thank all the people who helped our family during isolation. The last week was tough, and I broke down doing it alone, but my babies kept me going, and my husband video-called every day."

Donald finally came home on May 27th, almost a full two weeks in the hospital. He is still on oxygen and continues to recover. She says the doctors provided great care, and they

were surprised how quickly he is recovering from COVID and double pneumonia.

She is relieved their family ordeal is over, and is excited for the end of June,

when her husband and age-qualified kids will receive their second shots.

"I just don't want anyone to go through what we did," says Nancy. "I hope telling our story convinces everyone in NCN to get fully vaccinated."

**"I was the only one fully vaccinated in our family, and I was the only one who didn't get it. Vaccines work."**



**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**



Nisichewiyashik Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre



Vaccines work! Get your vaccines and protect your families in order to move on from the pandemic.

# Sports Resume in NCN

After a long, long time without games and practices circled on the calendar, the NCN Wellness Sports Association is aiming to begin its summer leagues and camps this July! Of course, all COVID regulations will be in place.

The Summer Sports Camps are new this year to the WSA. Kids will get the chance to play badminton, basketball, volleyball, flag football and baseball. The aim of these camps is to develop key athletic attributes such as confidence, teamwork, communication and basic motor skills.

Sports camps will run during the week in the afternoons, for age groups 8-12, 13-15, and older teens in the evenings. Lunch and snacks will be provided every day, and there will be a BBQ every Friday. Leaders are even hoping to include Indigenous teachings into camps. The best part of all? These camps are completely free! You must register before July 5 at [ncnwsa.com](http://ncnwsa.com).

The NCNWSA sports leagues for kids will run mainly on Saturdays and Sundays this summer. Kids from 8-17 will be separated by age group, and can sign up for baseball, basketball, soccer, volleyball or ball hockey.

But the fun isn't just for kids! The NCNWSA adult league is hoping to increase its numbers and good times this year. Days and times are not set yet because we'd like to hear from participants what will work best. Join us to improve your health, have some laughs and set a great example for your family. Again, register before July 5.

If you're not convinced you can commit to a summer league or camp, join us for our drop-in gym activities. No registration necessary, just come on down.

Check out [ncnwsa.com](http://ncnwsa.com) for all the information you need to get in great shape and have lots of fun this summer!

## Open Gym (locations to be determined)

### Monday

Youth Ball Hockey (17 & under)  
5-7 pm  
Adult Ball Hockey (18+) 7-9 pm

### Tuesday

Youth Basketball 5-7 pm  
Adult Basketball 7-9 pm

### Wednesday

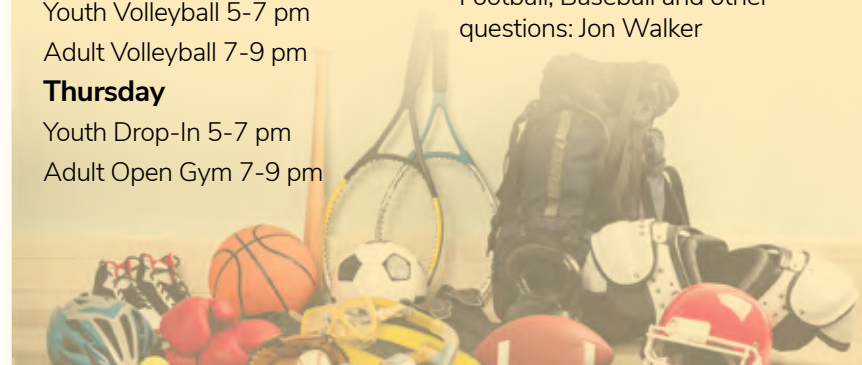
Youth Volleyball 5-7 pm  
Adult Volleyball 7-9 pm

### Thursday

Youth Drop-In 5-7 pm  
Adult Open Gym 7-9 pm

### Friday

TBA  
For more information, call the Wellness Centre at 204-484-2341 and ask for Basketball: Craig Swanson  
Indoor Soccer: Vernon or Edith Moody  
Football, Baseball and other questions: Jon Walker



# Gardening in the North

Enthusiasm is helpful for gardeners anywhere in the world ... but here in NCN, it's essential!

We are on the cusp of Gardening Zones 0 and 1, which is a challenge, to say the least. Our cool climate and relatively short growing season can make growing our own veggies difficult in many ways.

For a head start, some plants should be planted indoors, and then transplanted into your garden after the last frost. These include broccoli, cabbage, cauliflower and celery. (You've probably missed your chance this year, but plan to get started on this next year in May.)

Some hardy and short-season crops include beets, turnips, swiss chard, potatoes, peas, onions and carrots. These can be seeded right now directly into your garden.

Don't forget your green beans and corn, which don't need long to grow, but they do need protection from the wind.

Maybe try a long-term project! Dill, mint, chives and rhubarb are perennials, and will come back year after year if you put them in the right spot.

Be sure to follow the planting instructions on your seed packages, such as how deep and how far apart. Seeds need a steady supply of water until they sprout, so make sure your rows don't dry out. Of course,

overwatering is bad, too. Make sure the soil is damp.

Some veggies can take 10 days or even two weeks to sprout. Be patient and watch for them. If you see nothing after that, try seeding again. Cross your fingers!

You may need to baby your plants more than gardeners down south, with heavy mulch and a sheltered location. Another great idea is to plant in containers so that when there is a threat of frost, you can bring your containers inside for the night.

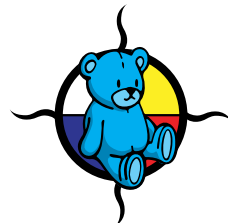
Of course, if you have success in your garden, you'll also have visitors. Not just your grandkids looking for carrots, but deer, moose and rabbits will definitely swing by to see what they can sample. You may consider putting up fencing or netting to keep them away.

Gardening is great for the body, mind and spirit. If you get fresh, tasty veggies, too? That's a successful summer!





# Jordan's Principle Summer Camp



Jordan's Principle

A Child First Initiative

NCN Family and Community Wellness Centre

## SUMMER CAMP REGISTRATION FORM

### Child's Information

Child's Name \_\_\_\_\_

10 Digit Treaty # \_\_\_\_\_ Hospitalization # \_\_\_\_\_

Gender (Male/Female) \_\_\_\_\_ Birth Date (MM/DD/YYYY) \_\_\_\_\_

Address \_\_\_\_\_

City/Province \_\_\_\_\_ Postal Code \_\_\_\_\_

### Parent/Guardian Information

Name \_\_\_\_\_

Home Phone Number \_\_\_\_\_ Cell Number \_\_\_\_\_

### Emergency Information

Emergency Contact's Name \_\_\_\_\_

Relationship \_\_\_\_\_ Phone Number \_\_\_\_\_

Alternative Phone Number \_\_\_\_\_

### Medical Information

Does the child have any allergies, chronic illness, or medical conditions? If yes, please describe.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Is the child prescribed an inhaler? If yes, please explain any instructions.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



### REGISTRATION:

**July 5th, 6th & 7th,  
2021 pending public  
health orders.**

### LOCATION:

**Outside the Norman  
Linklater Multiplex  
for all ages 4-18.**

### For more information contact:

#### NCN Jordan's Principle

Family & Community  
Wellness Centre

33 Moore's Bay

Box 451

Nelson House, MB

R0B 1A0

Telephone: 204.484.2585



Jordan's Principle

A Child First Initiative

NCN Family and Community Wellness Centre



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre



### **Informed Consent and Acknowledgement**

I hereby give my approval for my child's participation in any and all activities prepared by Family Community Wellness Centre – Jordan's Principal Program during the day camp.

In case of injury to said child, I hereby waive all claims against Family Community Wellness Centre – Jordan's Principal Program, including all CDW and affiliates, all participants, sponsoring agencies, advertisers, and, if applicable, owners and lessors of premises used to conduct the event.

### **Medical Release and Authorization**

As Parent and/or Guardian of the named child, I hereby authorize the diagnosis and treatment by a qualified and licensed medical professional, of the minor child, in the event of a medical emergency, which in the opinion of the attending medical professional, requires immediate attention to prevent further endangerment of the minor's life, physical disfigurement, physical impairment, or other undue pain, suffering or discomfort, if delayed.

Permission is hereby granted to the attending physician to proceed with any medical or minor surgical treatment, x-ray examination and immunizations for the named child. In the event of an emergency arising out of serious illness, the need for major surgery, or significant accidental injury, I understand that every attempt will be made by the attending physician to contact me in the most expeditious way possible. This authorization is granted only after a reasonable effort has been made to reach me.

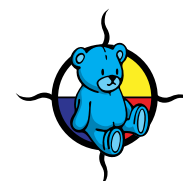
Permission is also granted to the Jordan's Principal, and its affiliates including Directors, CDW Staff, and Team Parents to provide the needed emergency treatment prior to the child's admission to the medical facility.

This release is authorized and executed of my own free will, with the sole purpose of authorizing medical treatment under emergency circumstances, for the protection of life and limb of the named minor child, in my absence.

### **Confirmation**

**Signature by parent/guardian** \_\_\_\_\_

**Witness Signature** \_\_\_\_\_ **Date** \_\_\_\_\_



*Jordan's Principle*  
A Child First Initiative

NCN Family and Community Wellness Centre



# NCNWSA Year In Review 2020-2021

1st year of the NCNWSA has been a great one, and we look forward to many more years of sports in our community. We had summer programs for the youth such as; basketball camps, soccer camps, and started a co-ed basketball league (high school kids, men and women).

Our summer/spring Basketball program taught kids the fundamentals of the game, got them engaged and active. It was taught by: Craig Swanson, Freddie Kosmolak, Lillian Peterson, Brandon Wood, and Guantia Spence.

Our summer soccer program got kids to be active, also taught them the fundamentals. This program was run by Vernon Moody, Edith Moody, Jon Walker, Freddie Kosmolak and Wayne Mckay.

The inaugural season for our basketball league was a success as we had three teams competing against one another. The Team "For Three" won the inaugural summer league basketball

championship by defeating "The Storm" in a best of three series. The Summer League consisted of 3 teams, "For Three," "The Storm" and "Last Second."

The 2nd Summer League registration has started and will be starting a youth league depending on registrations.

The inaugural Fall season lasted from October-April as we kept getting shut down due to covid restrictions, but the passion and love of the game pushed the individuals who partook in this league to finish, and that makes this organization proud and inspired to continue this program. There were three teams involved again "Warriors, Wolves, and Sparks" and these teams played 20 games each. The Wolves and Sparks played each other in a best of 3 playoff series, and after going to 3 games, the Wolves won to advance to the finals to play the Warriors. After a tough 3 game series the Warriors pulled through and won the championship.

Sparks	Warriors	Wolves
Chad wood	MVP-Craig Swanson	Ken McCleod
Tim Spence	Kyle Hartie	Tony McDonald
Corbin Francois	Jon Walker	Justin Hart
Travis Spence	Sam Dysart	James Moore
Geralyne Spence	Guantia Spence	Lillian Peterson
Annie McCleod	Seth Dumas	MVP-Horace Spence
Felicia McDonald	Caden Hart	Dawson Moore
	MVP – Clairette Hart	Dreydan Turner

I did a public vote for players on the NCN basketball page and they voted for Male MVP (Craig Swanson), Female MVP (Clairette Hart), and Youth MVP (Horace Spence). These individuals showed up to each game and performed exceptionally well each game, to earn the vote from their peers.

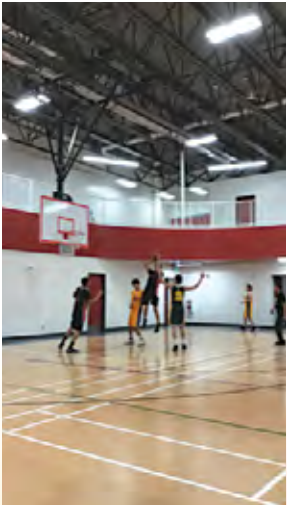
NCNWSA has started its Youth drop-in, and will be posted Monday-Thursday. Multi-plex, Duncan Wood, and O.K. school will be the locations for the Drop ins. Check the Facebook Page "NCN wellness sports association" with updates regarding registrations and drop-in locations.

For League registrations go to NCNWSA.com

### Future Plans

We plan on having Saturday Fundamentals to teach kids (basketball, volleyball, baseball, and soccer) and plan on having a hockey program in the winter. We'd also would love to have a youth league with the young talents of NCN to give them a chance to showcase their skills to the community. This is just the start of a sports program and we will branch out to also work on the cultural aspects of our indigenous culture. I would like to thank everyone who helped out with this program and would love for you to come out and participate in future activities.

If you would like to facilitate a sport, email Jon Walker at: Jjwalker.ncnwsa@gmail.com and we can discuss the dates and times.



November 26, 2020

Nisichawayasihk Family and  
Community Wellness Centre Inc.

Board of Directors Regular Meeting

**Agenda Item 1: Call to order:  
Opening remarks.**

F. Walker Chief Executive Officer provided an update about the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc.

**Agenda Item 2: Approval of the  
Agenda**

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. adopt the agenda dated November 26, 2020 with additions/deletions noted and the information placed on file.

■ Approved

**Agenda Item 3: Approval of the  
Minutes**

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. approve the meeting minutes of August 13, 2020, with corrections/deletions noted and the information placed on file.

■ Approved

**Agenda Item 4: Budget  
Adjustment.**

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. approve the reviewed and approved the amended budget.

■ Approved

**Agenda Item 5: Preliminary  
Financial Statements, for period  
end September 30, 2020.**

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. approve the reviewed and approved Preliminary Financial Statements.

■ Approved

**Agenda Item 6: Budgeted  
Surplus Expenditure Plan**

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. approve the Surplus Expenditure Plan, dated November 26, 2020.

■ Approved

**Agenda Item 7: Family  
Community Services Statistic  
Report October 31, 2020**

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. received the NCNFCS Statistic Report, dated November 26, 2020, approved for release in the upcoming Newsletter.

■ Approved

**Agenda Item 8: Community  
Capacity Education Plan**

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. authorize the development of an overall Community Capacity Education Plan and draft to be presented to the Board in January 21, 2021.

■ Approved

**Agenda Item 9: Family Abuse  
Intervention Act.**

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. review the draft Family Abuse Intervention Act and provide feed back by January 21, 2021

■ Approved

**Agenda Item 10: Elders Service  
Law.**

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. review the Elders Service Law and provide feed back prior to the January 21, 2021 board meeting.

■ Approved

**Agenda Item 11: Reports N. Tays.**

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. request reports from each department for review at the board of directors meetings.

January 20, 2021

Nisichawayasihk Family and  
Community Wellness Centre Inc.

Board of Directors Regular Meeting

**Agenda Item 1: Call to order:  
Opening remarks.**

F. Walker Chief Executive Officer

provided an update about the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc.

Update: The NCNFCWC News letter is available online, and distributed.

**Agenda Item 2: Approval of the  
Agenda**

That the Board of the Nisichawayasihk



Cree Nation Family and Community Wellness Centre Inc. adopt the agenda dated January 21, 2021 with additions/deletions noted and the information placed on file.

■ **Approved**

### **Agenda Item 3: Approval of the Minutes**

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. approve the meeting minutes of November 26, 2020, with corrections/deletions noted and the information placed on file.

**Deferred**

### **Agenda Item 4: Moderna Vaccine Update**

The NCNFCWC Public Health department is providing vaccinations to persons 60+ who reside and have registered for the Moderna vaccine.

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. reviewed and received the Moderna Vaccine update.

■ **Approved**

### **Agenda Item 5: Staff Refusal of Vaccine for information.**

The roll out of the COVID-19 Vaccine campaign began in Canada mid December 2020. As with any new vaccine, individuals are hesitant to receive the vaccine due to personal choice. However, the main clientele that we serve are children, who are not eligible for the vaccine, but will require protection from adults.

In discussions with senior legal counsel and certain senior staff, as our main clientele are children, we have a duty to ensure that we protect them from developing COVID-19. As such, an expectation I have is that staff who work with children and vulnerable persons will be vaccinated, with exception for those who may or will have a medical reason for not receiving the vaccine. It is part of the terms of employment.

■ **Approved**

### **Agenda Item 6: Family Abuse Intervention Act**

That the Board of the Nisichawayasihk Cree Nation Family and Community

Wellness Centre Inc. review the Family Abuse Intervention Act and provide feedback and incorporate for drafting and review prior to submission to the Chief and Council.

### **Agenda Item 7: Elders Services Law**

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. review the Elders Service Law and provide feedback and incorporate for drafting and review prior to submission to the Chief and Council.

■ **Approved**

*For review and comments for next meeting.*

### **Agenda Item 8: Co-Parenting Agreement**

Nisichawayasihk Cree Nation Family and Community Services has been requested to intervene in family disputes relating to family breakdown and custody issues pertaining to any children born during the relationship. Under the current Child and Family Services Act of Manitoba CFS Agencies cannot intervene on behalf

of one parent when it is a custody issue.

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. review and approve the attached Co-Parenting Agreement.

*Notes: Review and we will bring it to the next meeting.*

### **Agenda item 9: Financial**

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. approve \$90,000.00 – \$100,000.00 price range for a Wheelchair access Van to be purchased. Final approval will be done on the special meeting dated January 28, 2021.

■ **Approved**

Board requested Family tree: genealogy hereditary discussion next board meeting.

Outstanding the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. Board Member vacancy

# January 28, 2021

# Nisichawayasihk Family and Community Wellness Centre Inc.

## Board of Directors Special Meeting

### **Agenda Item 1: Approval of the Agenda.**

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. adopt the agenda dated April 28, 2021 with additions/deletions noted and the information placed on file.

■ **Approved**

### **Agenda Item 2: Purchase of Ford Transit.**

A quote was obtained for an accessible wheel chair van, to be able to service families and children with issues of transportation within the community.

Quote was obtained from Move Mobility for the purchase of the 2020 Ford Transit with modifications included in the amount of \$93,741.81.

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. approve the purchase of the 2020 Ford Transit 250.

■ **Approved**

### **Agenda Item 3: Audited Financial Statement**

The Board of Directors has reviewed the Nisichawayasihk Cree Nation

Family & Community Wellness Centre (NCNFCWC) Audited Financial Statement for the Year Ended March 31, 2020. Changes in lease commitments have been noted

Background: The Board notes the following specific items:

- NCNFCWC received a qualified opinion related to non-capitalization of assets

- Audited Statements indicate a SURPLUS for the year ended March 31, 2020 of \$2,865,296
- Accumulated Deficits are noted for the following areas:  
Provincial Deficit \$3,087,688  
Provincial CSA Received (\$1,033,125) Health \$368,036

- The following Bad Debts, Recoveries and Expenses not reimbursed are included within the March 31, 2020 Audited Statements;

=Note # 12 – Lease Commitments will need to be updated by The Exchange Group, to account for the lease extension agreement for the Thompson CFS offices. It was thought

the lease was month to month, but there was actually a lease extension signed, which must be accounted for in the lease commitment note

Current Status: The Draft financial statements, are still on hold, until the lease commitment changes, have been identified to the board.

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. review and approve the draft financial statements.

#### ■ **Approved**

Request for vacant Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc Board Member position to be posted.

# April 29, 2021

## Nisichawayasihk Family and Community Wellness Centre Inc.

### Board of Directors Regular Meeting

#### **Agenda Item 1: Approval of the Agenda**

That the Board of the Family and Community Wellness Centre adopt the agenda dated February with additions/deletions noted, and the Information placed on file.

#### ■ **Approved**

#### **Agenda Item 2: Approval of the Minutes**

That the Board of the Family and Community Wellness Centre approves the meeting minutes of November 26, 2020, and January 20, 2021, Special Meeting January 28, 2021, with the corrections noted and the Information placed on file.

#### ■ **Approved**

#### **Agenda Item 3: Budget 2021-2022.**

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. review and approve the budget to enable the Centre to move forward with operations and recommended changes within the budget.

#### ■ **Approved**

#### **Agenda Item 4: Appointment of Auditor.**

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. approve the appointment of the auditor letter with The Exchange Group being the auditors for the year 2020-2021. Mrs. Angela Levasseur Chair to sign off on the letter.

#### ■ **Approved**

#### **Agenda Item 5: Purchases.**

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. approve the purchases, as listed below:

Counseling Dept. – Ford Transit

Jordan's Principal – Suburban

Home Care – Ford Explorer

Wechitowin – Ford Explorer

Headstart/Day Care – Ventura Deck Boat

Maternal Health – Equinox

#### ■ **Approved**

#### **Agenda Item 6: Moderna Vaccination Updates.**

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. received and reviewed the Moderna Vaccination Updated provided by Public Health dated April 29, 2021.

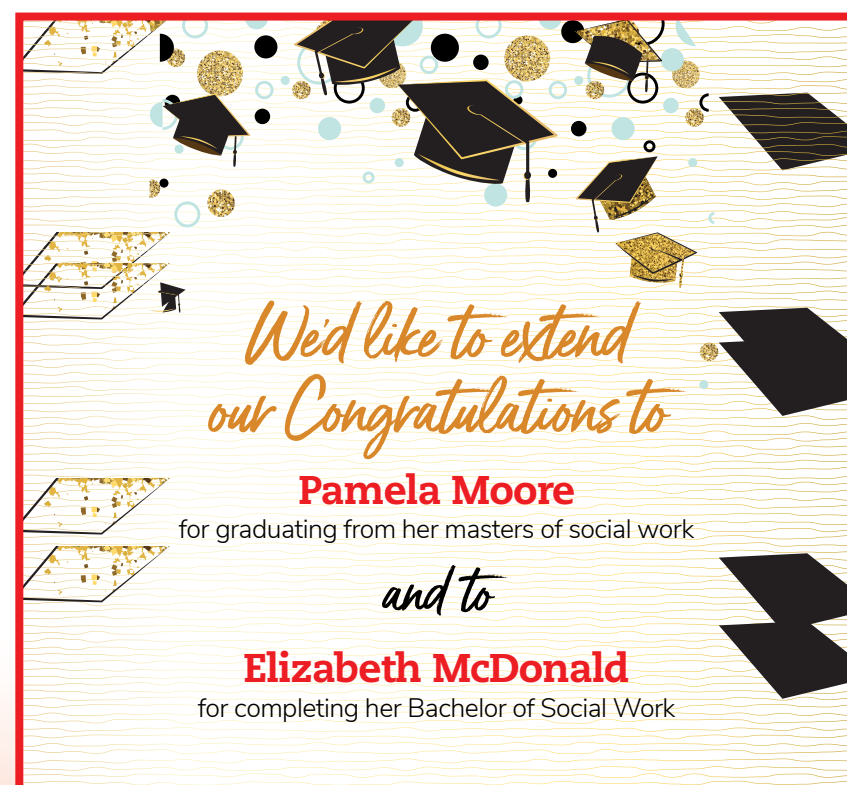
#### **Agenda Item 7: Purchases.**

That the Board of the Nisichawayasihk

Cree Nation Family and Community Wellness Centre Inc. received and reviewed the Child in Care Statistics update dated April 29, 2021.

#### **Agenda Item 8: Honorariums.**

That the Board of the Nisichawayasihk Cree Nation Family and Community Wellness Centre Inc. request to review the Nisichawayasihk By-Law regarding the FCWC Honorariums.





# 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

**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

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Wellness Centre



# Your Path to Wellness

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



## Dreamcatchers Headstart Program

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

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

### Get help with:

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

### Activities such as:

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



*Giving Our Children a Strong Start*

## Manitoba Telehealth

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

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

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

### Get help with:

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



*Bringing Medical Help to You*



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre Inc.

Phone: **204-484-2341**

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

Follow us on Facebook

**Do you have a suggestion or a Mithomahcihowin story idea?**

We would like your comments, feedback or news stories. Please contact [ncnwellness@gmail.com](mailto: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](https://www.facebook.com/ncnwellness)