



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre Inc.

*Good Health, Good Feelings*

# Mithomahcihowin



OCTOBER  
2020

## Bachelor of Social Work 13 New Grads

By Pamela Moore (Education Coordinator)

After six years of part time study to obtain a Bachelor of Social Work degree through the University of Manitoba's Northern Social Work Program, we are pleased to announce and congratulate thirteen of our FCWC employees in their academic

achievement. We acknowledge that this journey has been challenging and that all students at one time or another have had to make difficult choices, family sacrifices, and deep soul searching, so for this, we are grateful and commend their unwavering

commitment and dedication to themselves and our agency. Their success is attributed not only to their personal volition, but

from the comradery that was cultivated among the cohort. The study and tutoring sessions, along with student mentorships played an integral part in course attainment throughout the years. It is through this collective collaboration that this group has triumphed. Their academic journey has provided all of them with the knowledge base to be good Social Workers, and now they must challenge themselves to strive for greatness by promoting the respect for the inherent dignity and worth of all persons, pursuing social justice, providing service to humanity, and practicing integrity,

confidentiality and competence in their Social Work. I know they will all exceed all of our expectations and I wish them well.

Our (13) graduates will virtually attend University of Manitoba's October 22nd convocation!

**Their academic journey has provided all of them with the knowledge base to be good Social Workers.**

### Family & Community Wellness Centre's Bachelor of Social Work Graduates are:

- Dawn Dumas, Valedictorian
- Eleanor Dumas
- Charlene Kobliski
- Bonnie Linklater
- Melody Linklater
- Brenda Macumber
- Florette Moore
- May Mossip
- Mary Parisien
- Melanie Peterson
- Barbara Pike
- Kimberly Spence
- Carl Young



Missing in the photo are: Dawn Dumas, Barbara Pike, May Mossip, Florette Moore, & Brenda Macumber

FCWC anticipates another (5) Bachelor of Social Work graduates from NCN as well as our Winnipeg and Brandon sub-offices in May 2021.

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# Self Care Tips During Covid-19 Pandemic

By Jackie Spence, Community Wellness Worker

A year ago, we did not know anything about Covid-19 nor did we discuss ways to prepare for a pandemic, however, we are all in the midst of a world crisis that has affected every one of us here in Nelson House. Times have been stressful with new rules that have been brought forward to ensure every member of this community is safe. We've had to follow curfew, we've stood in line for groceries, we've had to wait until we were given permission to travel, we've had to adjust our daily lives to ensure that we are safe. All of this can be stressful and can take a toll on you and your body.

**It is so important to take care of yourself at all times, including now.**

The World Health Organization defines self-care as "the ability of individuals, families and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a health care provider." (World Health Organization Website).

It is so important to take care of yourself at all times, including now. When I approached a few staff members around the office, I asked them to tell me what does "Self-care" mean to you and what do you do for self-care? I received the following answers:

1. "taking time for myself, to care for myself, exercise, alone time, bubble bath, be alone, pray, give thanks for my surroundings."
2. "Taking extra care of myself, skin care, remembering to brush my teeth."
3. "taking a day off of work, taking a bath, exercise, meditation, journal writing, art therapy, cleaning my space, talking to your mom, connecting with old friends, buying yourself a gift."
4. "caring for yourself, it's not selfish. Taking care of your mind, body, spirit."
5. "Learning to take care, taking care of yourself, taking time to meditate,

sit and pray, sit quietly, doing things you like to do."

6. "to move my hands around by sewing, crocheting, like to clean, a form of exercise. Taking time to connect with people, giving yourself a break, being a woman you are so busy, listen to music."
7. "It's about myself, doing things with yourself, sitting, driving, listening to music, watching water, nice hot water bath, facials, nails, massaging your feet."

These are just a few of the ways that you can take care of yourself. There are no instructions to follow, just go with how you are feeling and be good to yourself.

## Creating Happier, Healthier Homes for Our Children and Citizens

By Elizabeth McDonald, Family Enhancement Worker

The Family Enhancement Program helps parents to create safe, caring homes in which children, couples and families can grow and flourish. We teach parents how to take care of themselves while learning to connect with their children. People often use the same parenting techniques that their parents did, even if it was not helpful or loving. We work with you to overcome past hurts so you can focus on a positive relationship with your own children and families.

Our eight-week parent program assists and guides families in creating new family traditions and behaviors. We study parental roles and responsibilities, on-the-land cultural experiences, cooking classes, budgeting, health and hygiene, safe sex, anger management, positive discipline and building self-esteem.

The Family Enhancement Program can connect families that are unable to provide basic necessities for their children with support services. We also offer one-time support and/or emergency respite as required.

Ultimately, our goal is to develop healthy childhoods and to prevent children from being placed in CFS care. Weekly home visits from assigned FE worker for families, to encourage and support them with daily tasks and building stronger bond with their children through play and family bonding activities/interaction.

We offer a culturally oriented program that is designed to instill pride and empowerment to our families. In our Eight-week program each week includes a traditional teaching and they are as follows:

- Week One – Introduction – Love**
- Week Two – Awareness – Courage**
- Week Three – Relationships – Truth**
- Week Four – Feelings – Honesty**
- Week Five – Safety & Love – Respect**
- Week Six – Self-Awareness – Humility**
- Week Seven – Healthy Changes – Wisdom**

### The Grief & Loss Workshop with Lea Bill



Traditional Parenting



### The Family Enhancement Program Team:

- Dolly Francois – Traditional Teacher
- Elizabeth McDonald – Family Support Worker
- Kimberly Spence – Family Support Worker
- Edith Moody – Family Enhancement Supervisor

## Counselling Services

By Charlene Kobliski, Community Wellness Worker

**"Listening is often the only thing needed to help someone"**

The counselling services program offers holistic programming to support and empower individuals and families. We strive to promote healing and assist in enhancing the families and members in our community. The program is intended to promote and enhance community wellness and individual well-being.

We offer support groups, one on one sessions, critical incident stress management, crisis intervention, anger management, suicide prevention, domestic violence, circle of care, rediscovery of family's program and elders' program. We network with other programs, to provide you with additional resources when required or requested. We are committed to supporting and guiding our client to achieve mitho pimatisiwin.

Counselling Services staff: Jaqueline Spence, Melfina Primrose & Charlene Kobliski



Mithomahcihowin – *Good Health, Good Feelings*

# Building Your Pandemic Safety Net

By Linda Cantelon

It's uncertain times ... again. The second wave of COVID-19 is the unwelcome visitor nipping at our heels, in our communities, province and country. In addition to practicing public health guidelines put in place to protect us, the other front and centre question is, "How do you protect and take care of your mental health?"

I invite you to sit down in a comfy place and check in with yourself. Where are you at mentally, physically, spiritually and emotionally? Put your hand over your heart and your stomach, and look at the chart below. What do you feel? Go ahead and circle your number.

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10  
Calm – slightly jittery – upset and anxious – freaking out

You may be feeling ambushed by fears, numbness, temper, etc. Get to know the feelings that you're trying to manage: fears for loved ones, grieving what you miss, things you're angry about.

At this point, it's not necessary to figure out why. It's more important to dial down your alarm and remind yourselves that: our ancestors have

lived through pandemics before. Hope is all around me. I am learning to cope.

We all want to run from difficult stuff and uncomfortable emotions, but we should stop to listen to our feelings and be in a good relationship with them ("Aw, here we go again. I'm scared for my loved ones. I'm worried about money. I'm mad about the restrictions. I don't know how to cope with feeling scared."). Everyone's response is unique and different. Your inside alarm may be triggered by any number of things. Often, your responses may be linked to your own past traumas and even those of your ancestors.

The pandemic is a long journey, not a short walk. So how do we prepare and cope mentally and emotionally?

First, a word about HOPE. Hope isn't afraid of reality, it is reality based on facts and lived experience. It's not about everything we're losing with this second pandemic wave, it's about where we're heading. Hope is about carrying on and renewal.

We often confuse hope and fears. For example, we might say, "I hope there will be enough money for bills and



food at the store." But hope has to be bigger than our fears. What messages and lived experiences do our Elders and Ancestors tell us about hope and having enough?

As I face my own personal journey with stress, anticipatory grief and loss, I am learning to ask, "How does hope say hello each day?" I see it in the twin eagles that watch over my newfound place on the lake. I hear it

in the sounds of the lapping waves and the whining chainsaw. I feel it the warm hug of my granddaughter, my son, my daughter, my partner, and all my relatives. I smell it in the earthy, fall dampness.

How does hope say hello to you? What inspires you? What family stories do have about hope and inspiration? Share those stories with each other.

## — PRACTICAL IDEAS AND TIPS —

- We often spread stress to others, like second-hand smoke. Use Facebook to share your stories and tips about coping well. Collectively, we have wisdom.
- Control what you can. Walk on the land each day. Unplug from the bombardment of COVID stories. Do listen to Chief & Council bulletins for safety. Make bannock. Make a great woodpile. Be generous.
- Set new goals
- Sing songs for health & protection
- Learn a new traditional craft
- Support your artists
- Support & talk to Elders. Share moose meat & fish. Gather cranberries.
- Be kind to yourself. If you have fuzzy COVID brain, you're not alone. Accept yourself as you are right now. It will ease up eventually.
- Ask kids to help with chores. Celebrate one thing you did today! Set a new goal for tomorrow, however small.
- Take a breather if you feel stressed. (Domestic violence does increase with pandemics & other crises.) Walk away from confrontation. Don't drink & argue. Ask for help if there's a relationship problem that feels unsolvable right now.

And now a word about you.

**#1** Check in with yourself again. How you are doing right now?

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10  
Calm – slightly jittery – upset and anxious – freaking out

**#2** Take a nice refreshing breath. Place your hands over your heart and tummy. Breathe in to the count of 4, and exhale to the count of 7. Do that 5 times. Give yourself a long hug. Offer yourself kindness as you accept whatever you're feeling. Don't think, breathe.

**#3** Rest once or twice a day for 20 minutes. You can get exhausted from dealing with the pandemic and daily life. Say, "I'm giving myself what I know I need."

When you're done, rate your number on the scale and notice how you are gaining more control over how your emotional state.

**#4** Experiment with this every day. Notice how you can take charge of how you're feeling.



# Using Music to Lift Spirits

During the early months of the pandemic, when people were feeling stressed and frustrated, an NCN Citizen decided to create some positivity.

Leanna Anderson recruited recording artists and singers from NCN and other First Nations to put together a rendition of "Times Like These" by Foo Fighters.

"After seeing so many social media posts about lockdown, COVID-19 and fear of the unknown, I hoped to see people help those who were struggling," says Anderson.

"Working on this project was a way of encouraging others to help one another during the difficult times."

She put out a Facebook post asking for interested singers, and also made contact with musicians Alexandria

Moodie (from hometown band Moodyx2), waNda wilsoN, Hellnback, Lisa Muswagon, and Stun.

All the musicians recorded their own clips of the song and submitted them. Anderson produced the video and her husband, Cody, did the audio mixing.

"Everyone involved seemed very excited. They basically dropped what they were doing and immediately started recording their parts," she says. "Some even asked if we planned to do another one."

The video has had more than 10,000 views across Canada, and can currently be heard on 98.1 Achimowin Radio.

"I chose this song because it fits the situation. The song describes

someone going through tough times, but during these times, you learn to love, live and give again," Leanna says. "Together we are strong enough to overcome this pandemic."



## Times Like These

by Foo Fighters

I, I'm a one way motorway  
I'm the one that drives away  
Then follows you back home  
I, I'm a street light shining  
I'm a wild light blinding bright  
Burning off alone

It's times like these you learn to live again  
It's times like these you give and give again  
It's times like these you learn to love again  
It's times like these time and time again

I, I'm a new day rising  
I'm a brand new sky  
To hang the stars upon tonight  
I am a little divided  
Do I stay or run away  
And leave it all behind?

It's times like these you learn to live again  
It's times like these you give and give again  
It's times like these you learn to love again  
It's times like these time and time again

## NCNWSA SPORTS LEAGUE WINNERS



**1st Place:** For Three – Top Left: Tim Spence, Michael Brightnose, Dredan Turner  
Bottom left: Horace Spence, Brandon Wood, Guantia Hartie, Romeo Spence.  
Missing: Sam Dysart, Felicia McDonald.



**2nd Place:** The Storm – Top Left: Travis Spence, Claire Hart, Lillian Peterson, Craig Swanson, Kyle Hartie. Missing: Chad Wood, Trevor Wood, Seth Dumas.



**3rd Place:** Last Second – Top Left: GERALYNE Spence, Jon Walker, Roman Dumas, Daniel Linklater. Missing: Justin Hart, Tony Tait, Corbin Francois, Caden Hart, Reagan Smith, Candishia Spence.

*Congratulations*



# Sports and Wellness for All Participants

The Family & Community Wellness Centre has introduced a new division to the organization, the NCN Wellness Sports Association (NCNWSA). It was created to provide sports programming for children and youth in the community to encourage physical activity, which helps to get kids involved in positive activity, reduce anxiety and increase confidence, self-esteem and leadership.

The NCNWSA sports coordinator is Jon Walker, who was hired in June

2020. He has spent a lot of time creating an interest in the community for this program.

This summer, the NCNWSA put together two programs and created one league. The two programs were soccer and basketball, with

a focus on teaching youth about team work, discipline, communication and being able to dedicate themselves towards a team goal. We had planned to start a youth league, but the number of participants were

not enough to do so this summer. Instead, we had practices for soccer and basketball, for kids ages 4 and up. There was a good turnout, and it was a great time for both youth and NCNWSA coaching staff. The soccer program will start again in the spring and summer, and we will bring more sports to our community to increase the physical activity amongst our youth.

We did start the co-ed basketball league this summer. We had three teams participating, called Last Second, For Three, and The Storm. This league was competitive and intense, and had our men, women and youth showcasing their talent.

We just finished our summer league with For Three winning the first annual NCNWSA league championship against The Storm. It was a neck and neck battle throughout the game as Michael Brightnose (For Three) and Craig Swanson (The Storm) both put up 33 points in 40 minutes of play! The final score was 72-69 with For Three winning by 3 points.

We are preparing to start registrations for ball hockey and basketball, so keep a look-out for the dates. Remember, there is no charge to play! It's free. Come out and have some fun! We look forward to seeing you.

**It was a great time for the youth as well as the NCNWSA coaching staff.**





# Tips for Halloween in the time of COVID-19

It has been an especially hard year for our children, with the cancellation of school, sports and fun times with friends. With the end of October on the horizon, you may be asking ... is Halloween cancelled, too?

Of course, the rules are always changing with COVID-19, but so far, the province has not cancelled Halloween. However, health professionals agree that large groups of children crowding at people's doorways and yelling is not a great idea.

This is the year to get creative! Instead of going door-to-door, you could:

- have a bonfire & spooky stories
- hide candy around the yard
- do a scavenger hunt
- create an outdoor scary movie night
- go for a walk & howl at the moon

If you insist on trick or treating:

- make your COVID-19 mask part of your costume; a Halloween mask doesn't provide protection
- go only with family members, not friends
- use hand sanitizer often
- don't touch doorbells or handrails
- don't yell "trick or treat"
- stay separated from other groups

If you're handing out candy:

- tie bags of candy to your trees
- give pre-packaged bags of goodies
- stay at the door so kids don't have to yell
- don't give homemade treats
- don't put out a bowl for self-serve
- wash your hands often

**Beyond the pandemic rules, there are many safety concerns for Halloween night.**

Make sure your driveway, sidewalk and steps are easy to navigate. Sweep away leaves and/or snow. Have bright lights on the outside of your house, and avoid candles.

Caregivers, dress kids for the weather. Avoid things like long capes and oversized shoes. Use light-coloured materials (including a white pillowcase or plastic bag), and put reflective tape on the front and back of your child's costume.

If you are driving, please go slowly. There are excited kids on roads that may not be familiar to them. Double-check the area around your car before you move to the next spot.

When you get home, ask the kids to put away their

costumes and remove makeup while you do a safety check on their candy. Get rid of damaged items, and this year, homemade is a bad idea, too. Remember that kids under the age of 4 can choke on hard candy and gum.

**Here's to a spooktacular Halloween!**

The rules still apply!

- stay 2 metres apart from other groups
- cough & sneeze into your elbow
- wear your mask
- stay home if you're not feeling well



## 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.

### FLU SHOT CLINIC TIMES

Tuesday, Oct. 13, 2020 - 9 am - 4 pm  
or evening clinics Oct. 13-16, 4:30 to 7 pm  
All at the FCWC Public Health Dept.

For more information or to get a flu shot, contact NCN Family and Community Wellness Centre Public Health

**204-484-2341**



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**GET YOUR FLU SHOT  
to be entered for some  
GREAT DRAWS!**



Halloween is a fun night of costumes and candy for kids of all ages. But for those on the autism spectrum, scary sounds and decorations, tight or scratchy costumes and going out at night can be a lot to handle. Helping your child know what to expect from Halloween can help make it a fun time for everyone.

### To help you get Halloween off to a good start:

- Use our personalized teaching story All About Halloween to help your child learn what to expect around Halloween. You can add your own pictures and text to the story. It also includes a badge that autistic children can wear to let candy-givers know that they may communicate differently than other trick-or-treaters.
- Hang this sign on your door or window to let visitors know that your home is autism-friendly. And use our templates to carve and decorate pumpkins with your family.
- Use the tips below to help you manage decorations, costumes and trick-or-treating.

### Scary decorations, places and sounds

Halloween decorations can be scary. Ghosts, goblins, witches and black cats are everywhere! And they often come with bright, flashing lights and loud sounds. Even though they're just for fun, they may be frightening. They also may be overwhelming to those with sensory issues.

Here's what you can do to make Halloween sights and sounds less challenging for your child:

- Remind your child that the decorations and sounds are just pretend. They're not real. They're

just a silly way for people to celebrate Halloween.

- Be aware of things like moving decorations, fog machines and flashing lights. These may make your child uncomfortable or lead to unsafe or impulsive behaviors.
- Take a sensory toy, headphones or ear plugs with you when you go somewhere that may have loud noises and sounds.
- If decorations, places and sounds make it hard for your child to enjoy Halloween activities, limit them. Skip them and find sensory-friendly activities instead. Check out our community events calendar events to find activities in your area.

### Costumes

Lots of kids wear costumes on Halloween. But they're not required! If they don't want to dress up, they can wear their regular clothes. Or they can wear Halloween colors or a special shirt.

If your child wants to dress up:

- Be aware of sensory needs when helping your child choose a costume. Some material may not be comfortable for your child.
- Think about your child's special interests when helping them choose a costume. For example, suggest dressing up as a favorite super hero or other character.
- Have your child put on the costume a few times before Halloween so they get used to how it feels.
- Don't use face painting or costumes that are challenging for your child's sensory experience.
- Think about getting

the costume in a larger size so your child can wear their own clothes underneath.

Children may be stressed when others wear costumes that make it hard to see their face. To help them when others wear masks and face paint:

- Explain that even if a friend is wearing a mask or face paint, it's still their friend underneath.
- Ask the friend to take the mask off for a few minutes so your child can see that it's someone they know.
- Have their brothers and sisters wear their costumes and masks around the house so your child can see that it's still them underneath.

### Trick-or-treating

If your child wants to trick-or-treat, here are some things you can do to make it enjoyable:

- Explain what happens during trick-or-treating so your child knows what to expect. Describe who they'll see and what they'll do and say. Use our teaching story and adapt it for your child.
- Check to see if there are "trunk or treat" activities at your school or in your community. For trunk or treat, parents gather in a parking lot and decorate the trunks of their cars for Halloween. Kids can trick-or-treat from car to car. If trunk or treat happens before Halloween, it's a good time for your child to practice

trick-or-treating before the real night.

- Trick-or-treat in your neighborhood. Go with friends and neighbors. Staying close to home means you can get home quickly to take a break if you need to.
- If your child doesn't want to go out at night, go earlier in the evening before it gets dark. If you do go at night, take a flashlight.
- Take a sensory toy, headphones or ear plugs with you.
- If your child is non-speaking or has limited communication, help them decide if they'd like to use the badge in the teaching story to let others know that they communicate differently.
- If your child may wander, have them wear light-up sneakers or a glow-stick bracelet to make them easier to spot after dark.

Like wearing a costume, trick-or-treating isn't a Halloween requirement. If your child doesn't want to trick-or-treat, that's fine too! Suggest that they stay at home and help give out candy to trick-or-treaters. If that's still too much stimulation, they can relax with a book or movie.

We wish you and your family a fun, safe and happy Halloween!

Autism Speaks Canada does not provide medical or legal advice or services. Rather, Autism Speaks

Canada provides general information about autism as a service to the community. The information provided is not a recommendation, referral or endorsement of any resource, therapeutic method, or service provider and does not replace the advice of medical, legal or educational professionals.





## Recipe for Autumn: OATMEAL BANNOCK

5 cups flour  
2 1/2 cups oatmeal  
3 tbsp baking powder  
3/4 cup powdered milk  
3/4 cup vegetable oil  
2 cups water

### Directions

- Mix together flour, oatmeal, baking powder and powdered milk
- Blend in vegetable oil until mixture looks crumbly
- Add water. Stir until evenly blend
- Pour into pan. Bake in 400°F oven for 25 mins

Healthy, fibre-rich bannock! Oatmeal has been included in this recipe to add fibre.

Fiber plays a major role in digestive health.

Helps to control diabetes and weight, helping to decrease the risk of heart disease, and many others.



Fast facts: women need 25 grams of fibre per day and men need 38 grams of fibre per day.

# Working with Young Children – Language Development Strategies

When working to help the development of children, here are some useful tips to engage them and help them learn.

## TIP

**Get down on the floor and face the child you are playing with**

### Repeat

Repeat the sounds, words, or gestures made by the child.

Child says – “bababa”

Adult says – “bababa” and waits

### Translate

Say what you think the child is trying to say or what they would say if they could

Child says – “baba” and points to the dog

Adult says – “dog!”

### Self-Talk

Talk about what you are doing using simple language

Adult says “push the car ... it is fast ... down the ramp!” while the adult and child are playing with cars



### Parallel-Talk

Talking about what the child is doing using simple language

Adults says “you’re building ... up – up – up ... wow!” while the child is building a tower

### Expansion

Repeat what the child says and add the “little words”

Child says— “doggy house”

Adult says—“the doggy is in the house!”

### Extension

Repeat what the child says and add something new

Child says— “truck”

Adult says— “red truck”

### Indirect Correction

Repeat what the child says, but say it with the correct sound, vocabulary, or “little words”

Child says— “wide”

Adult says— “let’s SLIDE”

Adapted from Paul and Norbury (2012) – Language disorders from infancy through adolescence: Listening, speaking, reading, writing, and communicating – 4th edition.



# Rabies Factsheet

## What is rabies?

Rabies is a viral infection that can be transmitted from animals to people. The disease attacks the nervous system and eventually affects the brain. Once symptoms appear, rabies is almost always fatal. Domestic dogs are the most common reservoir of the virus, with more than 99% of human deaths caused by dog-mediated rabies.

Rabies is transmitted through the saliva (spit) of infected animals generally entering the body from a rabid animal into a wound (e.g. scratches), or by direct exposure of mucosal surfaces to saliva from an infected animal (e.g. bites). The virus cannot enter through intact skin.

## What to do when someone get's a dog bite:

- Clean with soap & water depending on the severity, and immediately go to the nursing station for treatment.
- Questions that will be asked:
  - The individuals birthdate and health information
  - The animal owners name and contact information
  - Type and description of animal
  - Where and when the injury occurred
  - Site and type of injury
  - If it was a domestic animal/stray or wild
- It is important to wait the 10 day observation period before destroying the animal if the decision is made to

**Rabies is transmitted through the saliva (spit) of infected animals.**



**destroy.** If the animal is destroyed prior to the 10 days, a specimen must be sent out to be tested or the injured person will be required to get rabies vaccinations. If the animal is instead quarantined, the animals' behaviour is observed for risk of biting again.

- A CHR will contact the owner and educate them on the importance of putting the animal in quarantine for 10 days. After the 10 days, Public Health will connect with the owner of the animal and observe it's behaviour.

## Remember:

- Seek medical attention within 24 hours after being bitten or attacked by a strange-acting domestic or wild animal
- Vaccinate your pets
- Don't let pets roam free outdoors, especially at night
- Teach your children never to approach unfamiliar or stray animals
- Report any strange-acting wildlife, stray or dead animals to your local Conservation
- Wear gloves and shovels when removing dead animals from your yard
- Do not keep wild animals as pets
- Identify and cover potential places that wildlife could enter your home

## For more information:

- Health Links-Info Sante at 1-888-315-9257
- MAFRD at 204-470-1108
- Public Health Department 204-484-2341
- Nursing Station 204-484-2031



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## Pregnancy Tip Is caffeine safe in pregnancy?

Health Canada recommends that pregnant and breastfeeding women consume **less than 300 mg** of caffeine per day.

## What is 300 mg of caffeine?

2 cups of coffee=  
(brewed, drip method)



or

3 cups of black tea =



Note: 1 cup = 8 oz

**Caution:**  
A caffeine intake over 300 mg a day may be linked to miscarriages and low birth weight babies.

## Limit other foods that have caffeine and sugar



## Ideas to boost your energy without caffeine

- Drink water
- Take a 10-minute walk
- Get a good night's sleep
- Try not to skip meals
- Eat healthy foods 



**BREASTFEEDING  
SUPPORT PROGRAM**

**NOHTHAWASOWIN  
SETOSKAKEWIN**

FAMILY COMMUNITY WELLNESS CENTRE

**Wednesdays  
1:00pm to 3:00pm**

Cooking  
Arts & Crafts  
Giveaways and More!

Call Public Health for rides:  
204.484.2341

All are welcome!  
Breastfeeding Mothers  
Fathers  
Elders



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FAMILY AND COMMUNITY  
Wellness Centre



# Help For Moms Who Need It Most

The Success Through Advocacy and Role Modelling (STAR) program was created to prevent alcohol and/or drug use during pregnancy, and therefore reduce the number of babies, children and families dealing with FASD.

Through supportive mentoring relationships, vulnerable pregnant women receive culturally appropriate respectful interventions and support services that increase their chances of success.

"There is value in the lives of women who are at risk of giving birth to alcohol- or drug-affected children. These are women who are marginalized by substance abuse, neglect, poverty, domestic violence, racism and discrimination," says program manager Irene Spence. "The healthy lifestyle changes they make will

create a positive impact on the health of themselves and their families."

## The STAR program:

- assists women with harm reduction strategies
- supports women as they create a safe, healthy environment for their family
- links women to community resources
- provides access to abstinence education & birth control
- advocates for women & children
- facilitates FASD diagnoses and connects clients to services

The STAR program

**Vulnerable pregnant women receive culturally appropriate respectful interventions and support services that increase their chances of success.**

often coordinates special events and activities with other FCWC programs, such as its weekly breastfeeding

support group every Wednesday.

Learn more about the STAR program by calling Irene Spence at 204-484-2341.



Signs in the community were installed to remind members of the importance of an alcohol-free pregnancy.



## 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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Wellness Centre™



# Putting Moms and Babies First

The Strengthening Families Maternal Child Health program is available for all new NCN moms and pregnant women. Whether it's your first pregnancy, or you've been through it before, you are welcome to join this free support group.

"Our goal is to encourage moms and babies, and to empower mothers and fathers to create strong, healthy families," says nurse supervisor Jean Johnson.

The program has two home visitors, Eva Dysart and Marina Dumas, who provide help for mothers (and the entire family) before, during and after pregnancy. They offer nutrition, exercise and wellness guidance to help you raise thriving infants, toddlers and children.

They often hold special events and activities, and can help when things go wrong, too.

SFMCH services include:

- assessment to understand your unique needs
- referrals for other programs such as STAR, family enhancement, counselling, etc.
- advice about breastfeeding, mother & infant nutrition

Mothers can feel anxious, overwhelmed and tired, and often put their needs at the bottom of a long

list. Our home visitors provide holistic care for moms that's grounded in First Nation culture. When moms are healthy, families can be happy.

Watch for our breastfeeding support group, which happens every Wednesday at 1 pm at the Family & Community Wellness Centre.

If you or someone you know is currently pregnant, get in touch! We're here to offer our support. Call 204-484-2341 for more details.

WEAR IT!



Properly dispose of your Protective Masks and Gloves (PPE)

BAG IT!



TRASH IT!



DON'T JUST DROP IT!

There are health risks in NCN when Citizens throw PPE's on the ground, or in public spaces. Even at home or work, used face masks and protective gloves must go into a bag first and then into the garbage. Do not drop them, leave them out, or litter. This poses a health risk to others. Wearing protective masks is great, but we want to remind you to clean or dispose of your PPE properly to avoid spreading germs or the Covid-19 virus, to loved ones, waste collectors or others in NCN.



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



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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

CALL TO BOOK AN APPOINTMENT

Receive a Food and Milk coupon after your visit

Family and Community Wellness Centre News

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# The boy behind Jordan's Principle

Every child deserves access to services like health care and supports at school. However, First Nations children have not always had the same access to services as other Canadian children.

This is because different levels of government fund different services for First Nations children, especially those living on-reserve.

This has led to disputes between governments about who should pay for which services.

Jordan River Anderson from Norway House Cree Nation in Manitoba got caught in one of these payment disputes. As a result, he didn't get the recommended home-based care he needed.

## Legacy of Jordan River Anderson

Jordan was born in 1999 with multiple disabilities and stayed in the hospital from birth.

When he was 2 years old, doctors said he could move to a special home for his medical needs. However, the federal and provincial governments could not agree on who should pay for his home-based care.

Jordan stayed in the hospital until he

passed away at the age of 5.

In 2007, the House of Commons passed Jordan's Principle in memory of Jordan. It was a commitment that First Nations children would get the products, services and supports they need, when they need them. Payments would be worked out later.

Today, Jordan's Principle is a legal obligation, which means it has no end date. While

programs and initiatives to support it may only exist for short periods of time, Jordan's Principle will always be

there. Jordan's Principle will support First Nations children for generations to come.

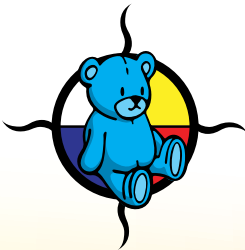
This is the legacy of Jordan River Anderson.

### For more information

- Jordan's Principle
- Access Jordan's Principle
- Jordan's Principle Call Centre: 1-855-JP-CHILD (1-855-572-4453), open 24 hours a day, 7 days a week
- email: aadnc.infopubs.aandc@canada.ca



**Jordan's Principle will support First Nations children for generations to come.**



*Jordan's Principle*

A Child First Initiative

NCN 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

Mithomahcihowin Cree Nation  
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# Get the Flu Shot Not the Flu



NCN Chief Marcel Moody gets the flu shot from Diana Connell, Public Health Nurse. Citizens are encouraged to attend the Flu Clinics at the FCWC Public Health Dept.

## PRACTICE *great* PERSONAL HYGIENE



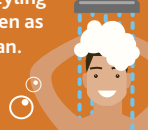
### BRUSH YOUR TEETH

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.



Nisichawayashk Cree Nation  
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# COVID-19 UPDATE & PANDEMIC PLAN QUICK FACTS

NOTE: NCN is in partial lockdown until midnight October 25th. For current details visit [ncncree.com](http://ncncree.com)

## STAY HOME. STAY SAFE.

- ✗ Travel to southern Manitoba is NOT allowed
- ✗ Travel outside of Manitoba is NOT allowed
- ✗ Travel to an orange or red zone is NOT allowed, except for medical appointments & family emergencies.
- ✓ You need written authorization from NCN Executive Director of Justice & Public Safety before you leave. Call 204-679-0115 for more info.
- ✓ After you travel to these areas, YOU WILL ISOLATE for at least 14 days in a location decided by NCN Health Director.
- ✓ Ensure your home has essential supplies (cleaning supplies, toilet paper, water, canned goods, etc.)

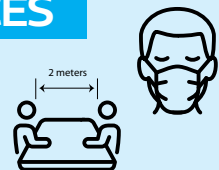


## TRAVEL SAFE IN THE NORTH

- ✓ Travel in northern Manitoba can continue as long as there are no active cases at your destination (not including northern communities who have confirmed cases, these are currently prohibited for travel).
- ✓ NCN Citizens from northern Manitoba can enter NCN as long as there are no active cases in their community.
- ✓ Essential workers can enter NCN as long as they have no symptoms & are not waiting for test results. They need written authorization from NCN Executive Director of Justice & Public Safety. Call 204-679-0115 for more info.
- ✓ Everyone entering NCN is screened by FNSOs at the checkpoint.

## WEAR A MASK IN ALL PUBLIC SPACES

- ✓ Remember, MASKS must be worn in all public places on NCN Lands and in Manitoba!
- ✓ Be sure to social distance and keep 2 metres apart.



## KNOW THE COVID-19 SYMPTOMS

- ! Fever
- ! Cough
- ! Runny nose
- ! Sore throat
- ! Headache



- ! Muscle fatigue
- ! Shortness of breath
- ! Loss of taste or smell



If you have 2 or more of these symptoms, call 204-484-2031.







## BE VIGILANT ABOUT SELF-HYGIENE!

- ✓ Wash your hands often.
- ✗ Don't touch your face.
- ✓ Cough & sneeze into your sleeve.
- ✓ Stay 2 metres away at all times.
- ✓ Clean surfaces & shared items often.
- ✓ Change towels, washcloths, handkerchiefs often.
- ✓ Wash your cloth mask after each use in hot soapy water.












## KEEP NCN SAFE!

-  Avoid sharing food, utensils, towels, etc.
-  Avoid crowded places (bars, casinos, restaurants, parties).
-  Throw out your disposable masks & gloves properly.
-  Write down where you go, dates & times, and with whom you have contact.
-  Before you leave NCN ... is it necessary? Can you postpone? Can you phone or email instead?
-  NCN Citizens will be updated by Chief & Council, Nursing Station, RCMP, Achimowin NCN Radio and the Family & Community Wellness Centre



## REMAIN CALM – A PLAN IS IN PLACE

**Should the virus reach NCN Lands we are Prepared... You should be too!**

-  The NCN Emergency Measures Team, Health Director, and Chief and Council have a detailed plan in place in case COVID-19 enters Nisichawayasihk Cree Nation.
-  There are strict procedures for screening, testing, isolation, contact tracing, and follow-up.
-  Plans have been made for safety equipment, cleaning & disinfecting, bathrooms, meals and security in all of these instances.
-  All community health nurses, public health nurses and health care professionals in our area have received training.
-  Designated sites for testing, secondary clinic and isolation include ATEC, Women's Shelter, Nursing Station trailer, and Medicine Lodge.
-  The Emergency Measures Team has determined the essential services that will continue to operate in the case of a COVID-19 outbreak.
-  This information is not meant to alarm you, but to bring a sense of peace. Your NCN leadership is prepared to care for all Citizens.



## PLEASE BE RESPECTFUL OF NCN WORKERS!

They are following regulations to keep us all safe. Let's make their jobs easy.



## IF YOU NEED INFORMATION:

For assistance with travel call the  
Executive Director of Justice & Public Safety: 204-679-0115

To get tested – before you arrive, you MUST call the  
Nursing Station: 204-484-2031



# KNOW THE PLAN

## WHAT IF COVID-19 REACHES NCN?

### DESIGNATED SITES ARE IN PLACE FOR SELF ISOLATION

- The ATEC building (23 beds)
- The Women's Shelter (4 Family rooms, 15 beds)
- There will be cleaning staff and security on-site and food services to deliver meals to the clients.
- A trailer located near the nursing station is designated as a site for a secondary clinic and/or testing site, along with the Medicine Lodge (for overflow of nursing station or clients requiring close observation), should the nursing station begin to see a trend in possible COVID-19 related cases.

### ISOLATION PROCESS

Clients in the isolation units will be educated to take strict precautionary measures to ensure the safety of everyone in the building and prevent the risk of possible spread of the virus. **If isolation is breached a fine will be issue and most importantly there is potential of spread of the COVID-19 virus within our community.**

- PPE Masks, mask usage, sanitizing/washing hands, temperature
- Escort to ATEC from Nursing Station (if tested and symptomatic).
- Complete Intake assessment & dietary assessment

### TRIAGE OF PATIENTS

- Should the need arise, when someone in the Nursing Station is a suspected COVID-19 case and unable to return home due to the number of household members, client will be admitted to ATEC to monitor. If symptoms worsen, client will be reassessed at the nursing station.
- The waiting and assessment areas at the nursing station allow spatial separation for care givers/triage workers.
- Those patients requiring further medical attention, who cannot be cared for by family, friends or home support workers, may have to be evacuated to a larger center in other communities, if travel is possible.

## WHAT IF THE VIRUS IS IN THE SCHOOLS?

- Once a positive case is identified in the school, the student must immediately be removed and placed in self-isolation at ATEC with an identified adult. Contact tracing will be conducted immediately by Public Health. Those in contact will be required to self-isolate. The child will be monitored daily for temperatures and symptoms. Should the child's condition worsen, they will be reassessed at the nursing station and given further direction. The child can be released from ATEC when symptom free for 48 hours. Proper cleaning and disinfection of the classroom will be done immediately and class can resume the following day.

## TRANSITION AND SAFETY PLAN FOR DISPLACED NCN COMMUNITY MEMBERS

- Upon return to NCN, they will be immediately put into self-isolation for 14 days, either at the ATEC or the Medicine Lodge.
- They will be monitored by public health twice per day.
- Bonnie Linklater has provided a list of NCN members that are displaced.
- All the names have been presented and flagged at the NCN check stop.



# Your Path to Wellness

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



## The Canadian Prenatal Nutrition Program (CPNP)

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

Some of our clients are referred to us by other NCN social services and programs, but you are welcome to call anytime for an appointment. CPNP participants often enjoy group activities and games that incorporate information they will need to have a healthy pregnancy and healthy baby.

All pregnant women receive a Food and Milk coupon after each visit on a weekly basis.

### CPNP topics of education include:

- Common changes and discomforts in pregnancy
- Warning signs and complications
- Domestic and substance abuse
- Prenatal visits and tests
- Nutrition and exercise
- Labour and delivery
- Newborn care
- Immunizations
- Baby's development
- Breastfeeding



**Pregnant women  
and new moms!**

*Be prepared.*

*Be educated. Be confident.*

## The Aboriginal Diabetes Initiative (ADI)

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

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

### ADI services include:

- Nutrition, exercise and wellness advice
- Foot care referrals and retinal screening
- Telehealth services
- Home visits



*Act on diabetes today to change tomorrow*



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre Inc.

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

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

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

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



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](http://ncnwellness.ca)



**FCWC on Facebook!**

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