



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

Good Health, Good Feelings

Mithomahcihowin



OCTOBER
2021

Gaining Land-Based Skills

A young NCN Citizen is participating in the FCWC Employment Opportunity Growth Program and loving it.

Peyton Linklater is working in the Land Base Department, where his tasks include trapping, fishing, hunting, medicine picking, outdoor safety and more.

"When I first started I did not know how to do any land-base tasks," posted Peyton on the FCWC Facebook page. "Now I can skin a rabbit, fillet fish, set snares and traps,

and prepare traditional medicine and the sweat lodge. I also know how to smoke fish and make fish pemmican."

Peyton spends his time at the FCWC Land Base Cabin, beside the NNCEA building, and also at Mile 35, Baldock, and Lefthook.

He is also learning the Cree language, traditional crafting, culture and learning to live off the land. He is looking forward to hunting his first moose.

"My mentors look out for me, and I am learning how to look out for other



Gaining land-based skills, such as trapping, fishing, hunting, medicine picking, outdoor safety and more, is important to many NCN Citizens.

people. They want what's best for the team and to make sure we are good men and woman," says Peyton.

"I am hoping this encourages you!"

To learn more about this program, which assists with the transition from social assistance to the work field, call the Family and Community Wellness Centre at 204-484-2341.



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Turning Fear to Fun

On September 29th, the Public Health department hosted a pre-school immunization fair for kids 4 to 6 years old at the multiplex. Recognizing that needles can be scary, staff dressed up in costumes and chatted with the children and caregivers as they waited their turns and received their shots.

Way to go, FCWC staff!



Learning about Breast Health

About 1 in 8 women will be diagnosed with breast cancer in her lifetime. The good news is that treatment and recovery rates continue to improve. Still, it's important to know your own personal risks and do what you can to avoid the disease, or at least, minimize its effect.

If you can, find out if there is breast cancer in your family history. Some people are predisposed to certain cancers because of their genes. If you have generations of cancer in your history, you should work hard to stay healthy and be vigilant about seeing your doctor for appropriate screening tests.

You may be surprised to hear that self-examinations aren't necessarily recommended anymore. Studies have shown they can lead to unnecessary tests, like biopsies. But it's a good idea to be familiar with how your breasts typically look and feel, so you can report changes to your doctor. Most women have breasts that are not the same size, and many have

Breast health is the same as caring for your overall health. A nutritious diet, with a focus on whole foods and plenty of fruits and vegetables, is crucial.

dense breast tissue that can feel different within the breast. Most women's breasts change in size and tenderness depending on their moon cycle, too.

Talk to your doctor about when you should begin having mammograms.

Generally, you should expect to have this test every few years once you've turned 50.

In many ways, breast health is the same as caring for your overall health. A nutritious diet, with a focus on whole foods and plenty of fruits and vegetables, is crucial. Foods like broccoli, cabbage, kale, walnuts and fish are especially good for breast health. A consistent sleep routine, of at least 7 hours a night, gives your body time to rest

and repair. Daily exercise of about 30 minutes, whether it's heart pumping weightlifting, stretching and deep breathing, or a brisk walk, helps to keep disease and illness away. Limit alcohol and get plenty of Vitamin D ... otherwise known as sunshine.

For best breast health, live, love and laugh!

Suspicious signs to discuss with your doctor

- a new lump that may or may not be painful
- discharge from nipple
- changes in skin, such as puckering or dimpling
- unusual increase in size
- one breast unusually lower than the other

BREAST CANCER

AWARENESS MONTH



Learning About Diabetes

Did you know that about 8 out of 10 young Indigenous people will develop Type 2 diabetes in their lifetimes?

The good news is diabetes can be managed through a healthy lifestyle, and maybe, medication. Even better, people can often avoid diabetes through nutritious food, active habits and stress management.

Because this disease is a rising concern in our community, the Family and Community Wellness Centre has many supports to help people learn about, and manage, diabetes. When you know how to take care of your body, it's possible to live a happy life with diabetes.

The FCWC Diabetes program can provide:

- nutrition, exercise and wellness advice
- foot care referrals and retinal screening
- telehealth services
- blood sugars support
- healthy shopping, cooking and eating workshops
- gardening support
- healthy breakfast days
- weight loss programs
- home visits
- education and training in Cree

Diabetes can cause many difficulties, from kidney problems to stroke, and even death. If you ignore it, it will be difficult to live a fun and fulfilled life. But with proper care and attention, you can be happy and healthy.

Diabetes is manageable. You can do it, and we'll help.

If you have concerns about diabetes, call the FCWC at (204) 484-2341. We'll set up an appointment to help you and your family!

Did you know the gym in our Wellness Centre is free for Citizens? Stop in today to get started!

Diabetes is a disease in which the body doesn't make or use the hormone insulin properly. This affects the blood sugars in your body, and can cause difficulties such as heart and eye diseases, stroke, and kidney and nerve damage.

Watch for common diabetes symptoms

- unusual thirst
- frequent urination
- extreme fatigue
- blurred vision
- tingling or numbness in hands or feet
- problems with erections
- cuts and bruises that heal slowly

If you or a family member are experiencing these symptoms, call 204-484-2341.

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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We all scream for Halloween

Halloween offers some great opportunities for our young people... beyond free candy!

It's a great chance for children to use their imaginations. Talk to your kids about funny and scary costumes, and encourage them to create a character with detail. Use recycled materials from your home to bring it to life.

It's also an opportunity for kids to practice their social skills. Remind them to use their manners, and to help out younger kids. If you are a homeowner, ask kids who they are, what grade they're in, and what their costume is. It's OK to expect some manners when you're giving away candy!



and lots of hand sanitizer. If you're handing out candy, package out goodie bags ahead of time and use a claw to hand out, instead of kids digging through your candy bowl.

Children should have caregivers with them until they're at least 10 years old. If you've decided they can go with friends, plan their route in advance. Tell them what time you expect them home, and make sure they have a flashlight, a watch, or preferably, a cell phone.

When kids get home, make them a warm drink. Have them put away costume and remove makeup while you do a safety check on their candy.

Throw out anything that's ripped or damaged. Closely inspect anything homemade or natural (such as apples). Remember that kids under the age of 4 can choke on hard candy and gum.

Have a boo~tiful night!

A few ideas for a safe Halloween:

Homeowners, are your driveway, sidewalk and steps easy to navigate? Move anything that may trip a child, and have on bright lights. Avoid candles.

Parents, dress them for the weather. Avoid things like masks, long capes and oversized shoes. Use light-coloured materials (like a white pillowcase or plastic bag) and reflective tape on the front and back of their costume.

If you're driving children, go very slowly. There are excited kids out there! Double-check all sides of your car before you move. Watch the behaviour of other children, too, and call out unsafe actions.

Follow COVID rules, which includes social distancing between groups

Halloween tips for kids:

- Make sure you can see and move in your costume.
- Wear reflective tape on your front and back.
- Work your way up one side of the street and then down the other. Don't cross back and forth.
- If you have allergies, tell everyone.
- Help out younger kids.
- Save your candy until you get home.
- Don't assume a car can see you.
- Don't approach a house that is dark.
- Don't go into a stranger's house.
- Don't eat too many treats at once!



PRACTICE *great* PERSONAL HYGIENE

<h4>BRUSH YOUR TEETH</h4> <p>At least twice a day after waking up in the morning and before going to bed at night.</p>	<h4>WASH YOUR HAIR</h4> <p>Wash your hair often. Keep it neat and tidy by brushing and styling as often as you can.</p>	<h4>WASH YOUR HANDS</h4> <ul style="list-style-type: none"> • 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
<h3>IT'S IMPORTANT FOR <i>everyone</i></h3>		
<h4>TAKE A SHOWER</h4> <p>Take a bath or a shower at least once a day. Change your underwear daily.</p>	<h4>CHANGE YOUR CLOTHES</h4> <p>Wear neat and clean clothes everyday, and change your clothes when dirty or wet.</p>	<h4>CLIP YOUR NAILS</h4> <p>Keep your nails short and clean at all times.</p>

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Lice Ain't Nice

Head lice are tiny bugs that live in people's body hair (usually the top of the head, behind the ears or the back of the neck) and feed on their blood. They are smaller than sesame seeds and clear in colour when they hatch. The eggs, also called "nits," are glued to the hair near the scalp, and can

be mistaken for dandruff. Only 7 to 10 days later, they are whitish or reddish in colour and can lay their own eggs.

Head lice can be a special nuisance among children, because of the way kids play closely together. While lice don't hop, jump or fly, they can crawl from one person to another, and can even live up to 48 hours without a host. Lice bites are usually itchy, and excessive scratching is usually the first sign of lice.

If you are notified about being a potential contact of lice, you must

check your entire family immediately. Head lice can be a difficult problem to eliminate, so take the concern seriously! If you do have lice in your home, please be very thorough with cleaning procedures and continuing to check daily for another two weeks.

Please remember that lice is not a sign of uncleanliness or poor hygiene. It is a very common occurrence, and families that find themselves dealing with lice should be treated with compassion.

If you are dealing with head lice in your family, call the Nursing Station at 204-484-2031 for further advice.

To check for lice

- Use bright light and a good nit comb.
- Be thorough! Start at one side of the head and move slowly to the other.
- Part hair into small sections and search the scalp closely.

To treat lice

- You may pull off each nit by grasping with fingernail and sliding off hair strand. Throw nits in garbage bag, seal and dispose of outside of house.
- You must then treat for lice, but only infected people. Treat everyone at the same time.
- First wash hair with shampoo or dishwashing soap (no conditioner).
- Use products such as NIX, R&C and Kwellada-P. Read instructions carefully.
- Use as much product as directed and saturate the head completely. Don't try to save money!
- Use extra product for very long or thick hair.
- You will have to repeat, probably after 7 days.

To clean your home

- Clothes and bedding must be washed in hot water and preferably dried in hot dryer.



- Items that can't be washed, such as teddy bears, should be sealed in a plastic bag for at least 10 days, or frozen for 72 hours.
- Combs and brushes must be soaked in hot water for at least 15 minutes and examined thoroughly.
- Vacuum furniture, car seats, beds, etc.

To avoid lice

- Add a few drops of tea tree oil in your normal shampoo, as lice don't like the smell.
- Do not share items like hats, toques, coats, hair elastics, brushes, pillows or towels.
- Encourage your children to keep their hair short, or in braids or ponytails.
- Check your child occasionally for head lice and take notice from the school seriously.

Helping our Elders

The pandemic has been difficult for everyone, though it has affected us in different ways. Let's consider our NCN Elders.

Many are living on their own, and have been isolated for a long time. Many have been fearful because they are living with chronic illness. Many of our Elders are leading their families through crises in family addiction or

violence. Not only that, Elders often don't want to worry other people with their problems, or they were taught long ago not to share their emotions.

Consider helping an Elder in our community. Teach your children about the responsibilities of being a good community member. Talk with your family about who might need some special care. Maybe an Elder

doesn't need help from you, but would appreciate the gift of your time, and to be invited to participate in your family. (Please take COVID precautions, and wait until you and your family are double vaccinated.)

It's nice to be a secret helper once or twice, but for larger tasks, always be sure to ask permission before you jump in. There are many reasons that

an Elder may not want your help, and that's OK.

If you are concerned about the well-being of an Elder in the NCN community, please contact the Family and Community Wellness Centre at 204-484-2341.

Why don't you

- Shovel their sidewalk
- Play cards or board games
- Help them to smudge
- Ask if your assistance is helpful or stressful
- Deliver their groceries
- Ask them to teach you traditional words and songs
- Take them to a community event
- Ask if they have someone else they'd like you to check on
- Bring them a healthy snack
- Record their stories
- Go for a morning walk
- Try an evening phone call
- Drop off pictures drawn by your children

The Mental Game of Winter

Darker days and colder temperatures can make it harder to be positive and take care of ourselves. But poor diet and exercise, and stress and worry are terrible for our bodies. In fact, they affect our immune systems, which is what will keep us healthy during these upcoming winter months.

The best way to beat stress and depression is to do something. Anything! Action alleviates anxiety, so get off the couch and take one small step for self-care. Remember there are three main aspects to staying healthy: body, mind and soul.

Figure out your reasons for staying healthy. Did your parents deal with ill health? Are your aches and pains slowing you down? Do you have a new grandchild? Is winter difficult for your mental health? It's easier to do better when you know why you're doing it!

Find a buddy for new habits. It's hard to skip the gym when you know your friend is waiting for you! If you're

trying to eat healthier, get together to make new recipes, or try a meal swap.

Use motivation and rewards. Put an X on your calendar every time you perform your new habit, and don't break the chain! Plan to celebrate when you reach a milestone: new snowshoes when you've walked 40 days in a row, or a new pillow when you've nailed your bedtime routine every Sunday in the month.

The truth is that our winters can be difficult, so be gentle with yourself. It's normal to feel sad or grouchy at times. Make healthy choices and dream of a better tomorrow.

If you are struggling with your mental health or have physical concerns, call the Family and Community Wellness Centre at 204-484-2341. We're here to help!

Darker days and colder temperatures can make it harder to be positive and take care of ourselves. The best way to beat stress and depression is to do something.

Cedar Tea

This traditional tea improves respiratory organs. It has an anti-inflammatory effect for problems such as bronchitis, pneumonia, rheumatism.

Cedar helps to decontaminate the air, and is used as a form of protection in fasting and in the sweat lodge. It improves circulation, and has a general strengthening effect. Cedar fills the spirit with a sense of stability and safety, and creates reflection about eternal values. The smoke of cedar carries prayers to the Creator.

To prepare: add 2 or 3 teaspoons to 2-4 cups of water. Bring to a boil, then simmer until water is tea coloured. Strain before drinking and add honey to flavour.



Top 10 Tips for Winter Health

- 1) Sleep: nothing else matters if your body doesn't get the time it needs to repair and rest
- 2) Eat the rainbow: veggies and fruit give us valuable vitamins and nutrients
- 3) Avoid sugar: it increases risks like obesity, high blood pressure and inflammation
- 4) Avoid drugs and alcohol: they can ruin your decision-making, your family and your wallet
- 5) Exercise: consider cardio, strength and flexibility. Visit the Fitness Centre for advice!
- 6) Connect and laugh: family board games, group text, try to juggle, watch stand-up comedy
- 7) Enjoy the sun: 20 minutes of Vitamin D is great for health and well-being
- 8) Go inward: meditation, breath work and journaling help to process emotions
- 9) Get cultured: learn from an Elder, get back to the land, attend a sweatlodge
- 10) Plan for the future: Will you plant a garden? Fish with the grandkids? Pick berries?

Cut this out and keep it on your bathroom mirror!

Making the Moost of Harvest

It's the perfect time of year to enjoy moose meat, which has been enjoyed by our people since time immemorial. If you have never hunted or prepared moose, it's a good idea to ask an Elder to join you.

Be sure to clean and cool your moose meat as quickly as possible to ensure the best taste. When harvesting, avoid the bladder, intestines and rumen, which will ruin the taste. Of course, you'll be harvesting a bull moose, because killing a cow is a terrible way to quickly decimate the moose population!

While hunters most appreciate the thrill of the kill, just as many people enjoy their role in the kitchen, making the moost of a bountiful harvest.

Most people prefer their moose meat to be ground or prepared as sausage. Because moose forage in the wild instead of being pampered like cattle, their meat is much leaner, and is very easy to overcook. If you're preparing moose steaks or chops, stop at medium rare to avoid a dry, tough chew!

If you're new to eating moose meat, try a simple stew. The low, slow cooking method is great for beginners, and the recipe is flexible, so you can change it to suit your tastes.

Moose Stew

- First, cut up some onion, celery and root vegetables (such as potatoes, carrots, parsnips, turnips, rutabaga, sweet potato, squash) into about six cups of bite-sized pieces.
- Cut about three cups of moose meat into one-inch cubes. Lightly coat with flour or cornstarch.
- Heat your pot to medium-high. When hot, add a few tablespoons of fat (bacon, butter, etc) and then the meat. Add plenty of pepper. You want to create a crust on them for delicious flavour, but don't cook through. Do this for only about two minutes. Don't stir!
- Add a few cups of braising liquid, such as tomato juice, red wine or beef stock.
- Add veggies and seasoning, such as thyme, sage, rosemary, salt and pepper.
- Bring to a boil for just a moment and then turn heat to low. Stir once in awhile.
- When veggies are tender, it's ready, but it can sit on a slow simmer for hours.
- If you like stew with lots of gravy, you may add a few splashes of liquid during cooking. If you prefer less gravy, mix 1 tablespoon of cornstarch or flour with a tablespoon of water, and stir into the stew.

Serve with bannock and enjoy!

Support for New Moms

Because people have babies every day, we sometimes forget how overwhelming it can be for new mothers.

Having a baby changes everything in your life, and it can be difficult to care for a newborn. Infants and toddlers can be hard, too! Many mothers feel scared, frustrated and tired, and that's normal.

Taking care of yourself may seem impossible when you have a newborn, but it's crucial to include your own self-care in every day's plan. Your baby can't be healthy if Mama isn't!

Be sure to care for your body, mind and soul. This includes a nutritious diet, simple exercise, and sleep when you can get it. Enjoy friendships with other moms, because they understand what you're going through. As hard as it may seem, try to continue doing what made you happy before you were a mom. Baking? Karaoke? Keep it up!

The FCWC public health team can also provide support and friendship. They are ready to ensure the changes you experience are positive, and will help you to feel confident, loved and appreciated. You can get advice about how to stay healthy as a mom, and about nutrition, exercise and wellness for your kids.

Maybe you'll sign up for the Maternal Child Health Program, which provides:

- support when you bring home the baby
- someone to listen when you're feeling overwhelmed
- confidence in your ability to raise a child
- a promising future for your baby
- traditional wisdom and holistic care

If you're a new mother, it's normal to feel like you're struggling. Let us help you! Call 204-484-2341.

Top 10 Tips for New Moms

- 1) This is hard! Be gentle with yourself.
- 2) Ask for help. People love to help moms and babies.
- 3) Sleep when the baby sleeps. Really!
- 4) Focus on healthy foods to keep up your energy.
- 5) Get sunshine every day.
- 6) Drink lots of water.
- 7) Talk to an Elder about the old ways of caring for babies.
- 8) Sign up for a FCWC maternal program.
- 9) Keep up with baby (and mama's) immunizations.
- 10) Enjoy your baby.



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 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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