



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

Good Health, Good Feelings

Mithomahcihowin



OCTOBER
2022

Are You Nervous About Needles?

NCN Citizens of all ages are encouraged to keep their immunizations up to date.

Vaccines encourage your immune system to recognize and fight bad bacteria and viruses. In Canada, all immunizations must meet strict regulations and testing requirements before they are declared safe for the public. Over the last 50 years, they have contained, controlled and even eliminated diseases.

Vaccines are the easiest way to keep everyone in your family healthy, now and into the future. And of course, maintaining your own immunity helps to protect Elders, young children, and those with chronic conditions and compromised health.

Vaccines are the easiest way to keep everyone in your family healthy, now and into the future.

The FCWC Public Health team contacts young parents to set up appointments for their babies at the NCN Nursing Station. Older children (in grades 6, 8 and 9) receive their vaccines at school from public health nurses. If you hear that your child missed a vaccination visit,

please contact 204-484-2341 so we can make sure your child's immunity stays on schedule.

Flu shots are a great idea for everyone, but especially people

with vulnerable health, or those who spend time with people with ill health. The earlier you get your flu shot, the better you protect those in your circle.

The Pneu-P-23 is now available for those at least 65 years of age; residents in personal care homes;

Continued on page 2

Moderna Covid-19 Vaccinations

Appointments and Eligibility Criteria

- Individuals aged 80 or older or First Nation people aged 60 or older at the time of booking an appointment are eligible.
- Manitobans should visit www.gov.mb.ca/covid19/vaccine/eligibility-criteria.html to determine if they are eligible to make an appointment. If eligible, call (toll-free) 1-844-626-8222 (1-844-MAN-VACC).
- Everyone who calls is screened to ensure they meet current eligibility criteria before booking an appointment.
- The average wait time to make an appointment by phone was 45 to 60 minutes yesterday. A call-back option is also available instead of waiting on hold.
- To avoid delays on site, people are reminded to have their consent form fully completed prior to arrival.
- Consent forms can be picked up at the NCN FCWC – Public Health department and other business/organizations within the community.



For more information call
(204) 484-2341

Extension 128 or 131



IN THIS ISSUE

PERSONAL JOURNEY

Lessons in Tanning
Moose and Bear Hides

3

FAMILY SUPPORT

Statues Honour Residential
School Survivors

4

COMMUNITY HEALTH

FCWC Events to Improve
Your Health and Happiness

7

and people with conditions such as diabetes; heart, kidney, liver or lung disease; and addiction.

The newest COVID-19 vaccine is a booster, and should be your third or fourth dose. It's recommended for everyone 18 years and older, but it must be at least three months after your most recent shot or a COVID infection. If you're not sure of your eligibility, call Public Health.

The monkeypox vaccine is recommended for cisgender,

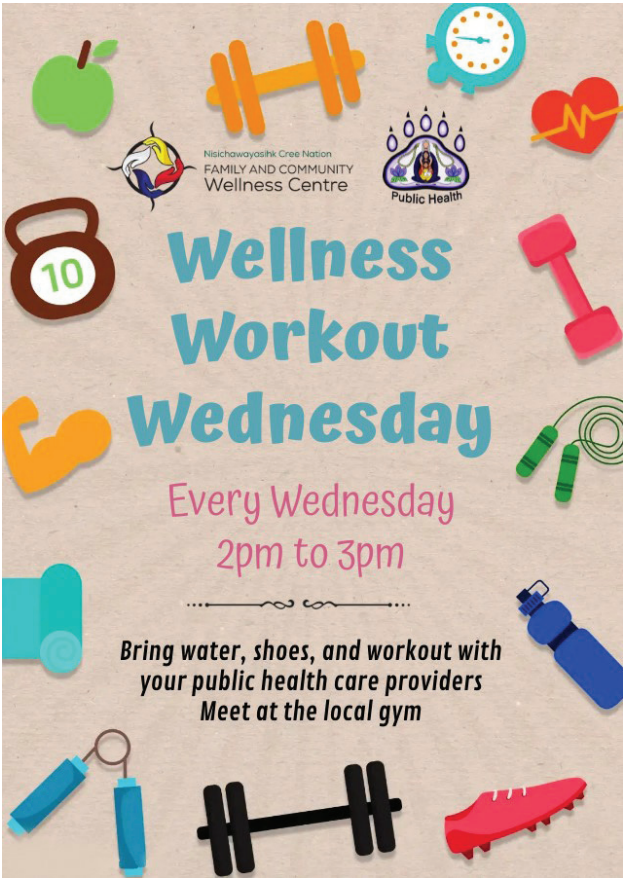
transgender and two-spirit people who have had two or more sexual partners in the last 90 days, or who have received an STI diagnosis in the last six months.

All of these recommended immunizations are available at the Public Health Office on Wednesdays from 10 am to 3 pm. If that time doesn't work for you, call us at 204-484-2341 so we can accommodate your schedule.

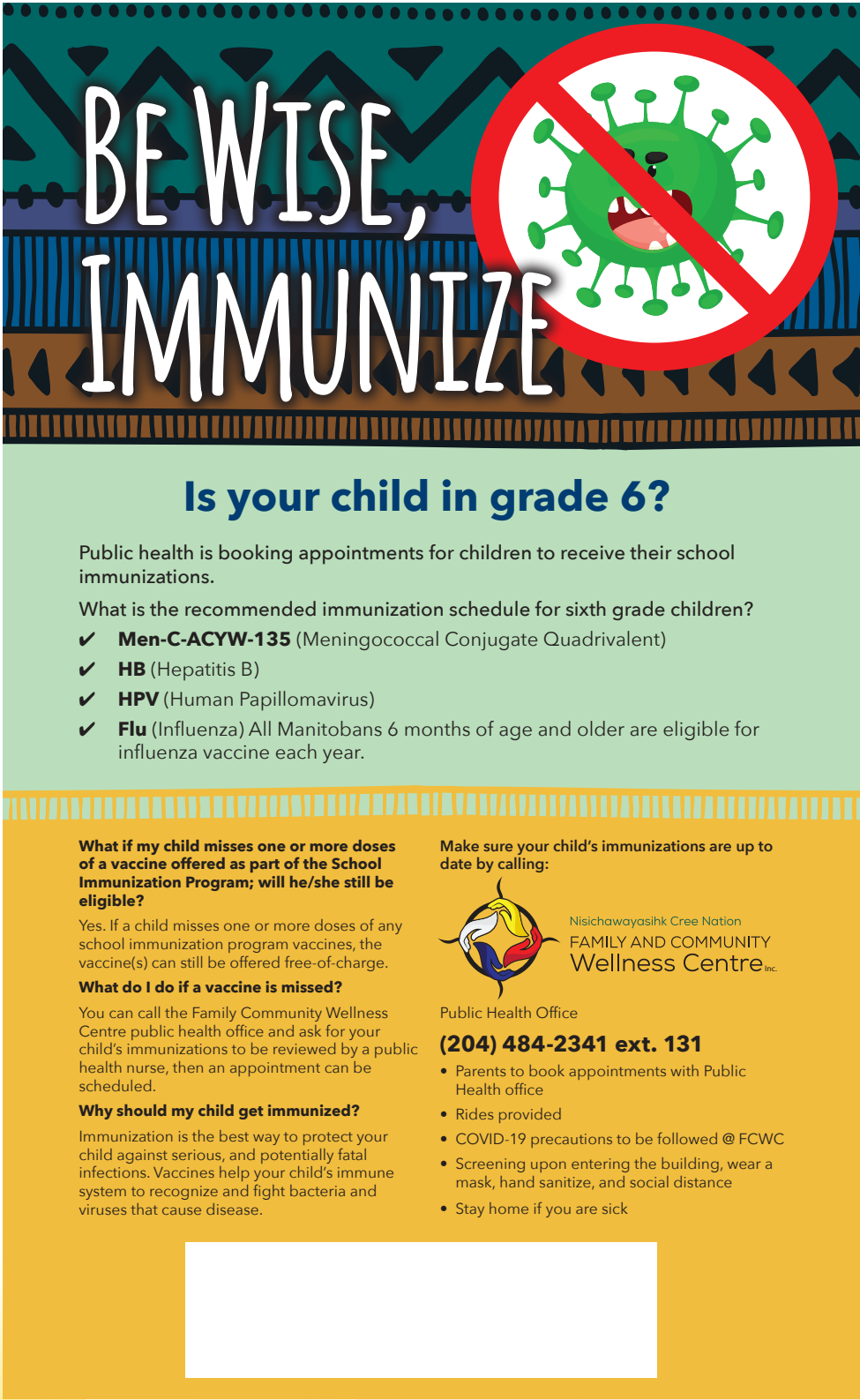
If you are feeling nervous or reluctant

for any reason, please let us answer your questions and help you to feel more secure.

Vaccinations are safe, easy and free. They feel like a bee sting, but they have health benefits that will keep you strong now and into the future.



A colorful poster for 'Wellness Workout Wednesday'. It features various fitness icons like a green apple, orange dumbbells, a blue clock, a red heart with a pulse line, a pink dumbbell, a green jump rope, a blue water bottle, a black barbell, and a red sneaker. The text reads: 'Wellness Workout Wednesday', 'Every Wednesday 2pm to 3pm', and 'Bring water, shoes, and workout with your public health care providers Meet at the local gym'. Logos for Nisichawayasihk Cree Nation Family and Community Wellness Centre and Public Health are at the top.



A poster with a green and blue geometric pattern background. It features a large red circle with a diagonal line through it, containing a green virus icon. The text 'BE WISE, IMMUNIZE' is in large white letters. Below it, the text reads: 'Is your child in grade 6?', 'Public health is booking appointments for children to receive their school immunizations.', 'What is the recommended immunization schedule for sixth grade children?', and a list of vaccines: '✓ Men-C-ACYW-135 (Meningococcal Conjugate Quadrivalent)', '✓ HB (Hepatitis B)', '✓ HPV (Human Papillomavirus)', and '✓ Flu (Influenza) All Manitobans 6 months of age and older are eligible for influenza vaccine each year.' At the bottom, it asks 'What if my child misses one or more doses of a vaccine offered as part of the School Immunization Program; will he/she still be eligible?' and provides information on how to schedule appointments and why immunization is important. The Nisichawayasihk Cree Nation Family and Community Wellness Centre logo is at the bottom right.



A poster with a green and blue geometric pattern background. It features a large white text 'Stopping THE FLU it starts with YOU'. To the right, it explains how the flu is spread: '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.' Below this, it says 'To protect yourself, your family and community from the flu:' and lists several tips: '• 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.', '• Practice physical distancing, stay home when sick.' It also provides contact information for a flu shot appointment: 'For more information or to get a flu shot appointment, contact: NCN Family and Community Wellness Centre Public Health 204-484-2341'. The Nisichawayasihk Cree Nation Family and Community Wellness Centre logo is at the bottom right.

Lessons in Tanning for the Land Base Crew

As Moose season starts off the Land Base Crew gets busier.

They received many moose and bear hides to clean, stretch and tan. Many of the participants are new to the skill and are happy to be learning the proper, traditional way to properly tan the hide.

It is a steep learning curve.

“Normally, there aren’t many holes, but these guys are just learning, and the next hide will be different, less holes,” says leader Ronald Spence.

The land base program highlights the Cree teaching that motivates us to get out into the bush, and teaches participants to use all parts of the animal, like most hunters from NCN.

The plentiful meat is an excellent source of nutrition, and can feed more than one family for an entire year. The hide is made into clothing and blankets and is used to stay

warm. The bones are used to create tools for cleaning, among other things.

When asked what the hardest part of cleaning the hide is, leader William

Learning traditionally benefits our youths in many ways. Traditionally, we learn in face-to-face experiences between an Elder or knowledge keeper and their students. Young people should encounter many different people throughout their learning experiences. They gain the routine of muscle memory as they learn to do these skills on their own, which will inevitably make them become knowledge keepers themselves.

Thank you to all the knowledge keepers for passing on our Cree traditions, and helping our participants to do such great work on the hide. Keeping our traditions alive is very important to the Family and Community Wellness Centre. We look forward to seeing what the Land Base crew will be working on next!

William Bighetty teaches the following steps to cleaning the hide:

1. Soak the hide for easier removal of tendons and meat;
 2. Clean off tendons and meat on the hide;
 3. Soak the hide for easier removal of the flesh and hair;
 4. Drape hide over a log or pole when removing the hair with hard downward strokes with tool and plucking the hair;
- Repeat this process until the hide is full clean and free of tendons, meat, and fur.
5. Soak the hide;
 6. Put holes along the perimeter of the hide;
 7. Wrap a rope through the holes and attach it to a rectangular frame and stretch;
 8. Dry in a well heated area for a few days;
 9. Sand down the gray areas of the hide while attached to the frame;
 10. Tan the hide in a smokehouse.



Bighetty says, “Getting used to the smell, but after the first day or two you get used to it.”



New Statues Honour Residential School Survivors

In honour of Truth and Reconciliation Day and the little warriors coming home from Residential Schools, three new statues have appeared in Nisichawayasihk Cree Nation.

Artist Stewart Steinhauter designed and created the sculptures, which are about six feet tall, honouring the little warriors. They were created and placed in front of NNOC High School on September 28, with financial support from the Family and Community Wellness Centre.

What are Residential Schools?

The residential school is more than a place where children were forcibly and without reason taken away from their homes, community, friends, and family. It is more than a place where kids endured unfathomable abuse: neglect, testing, malnutrition, physical and sexual, and belittling—to impose the belief that our Cree way of life was terrible and theirs was better. For more than

113 years, they forced Cree people to live in boarding-style schools, prohibiting them from doing anything traditional, practicing ceremonies or speaking the language. It is more than a place where many children suffer, are missing, or die. So many families are still waiting for their little ones to come home.

Thousands of unmarked graves of children found nameless, unmarked, lost and without ceremony, at old residential schools rekindled the discussion of a sinister time in our Canadian Cree history. On those grounds lay the deaths of children who attended the schools, showing the history of the exploitation of Cree people and fellow Indigenous people by the Canadian government.

In 2004, Jacqueline Walker and a few NCN Community members founded a team to find survivors to help them heal and express the truth of their experiences at Day Schools and Residential Schools. Rather than approaching the Survivors, the team remained

sensitive and waited for them to come on their own accord. The project gained awareness through word of mouth by family, friends, and community members. Eventually, many of our NCN Survivors spoke their truths.

What do the statues represent?

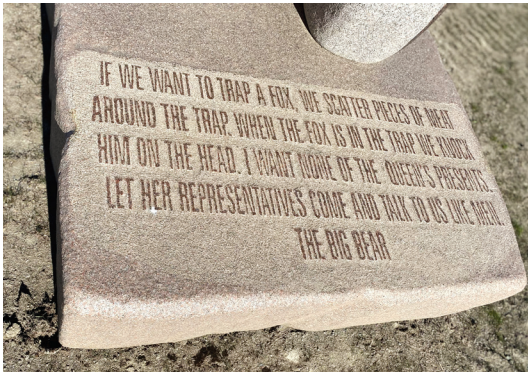
Bears are known to be our community's guardians, teachers, leaders, and healers. As the bear stands firm in front of the school, we hope its beauty brings strength and confidence to all who admire it. We hope people will feel closer to all the little warriors that endured residential schools and invoke positive changes as we evolve as a community.

The Heart with the parent and child allows the viewer to empathize and gain more awareness of our little warriors who endured residential schools. The Caring and Respect statue represents our Cree cultural values of how love attaches us all, a teaching that the Residential schools and the cultural genocide tried to take away from us.

The statues connect past generations to our present generation. They

commemorate our Cree history, the memories of the little warriors, and the importance of survivors, our Elders, in our community. They symbolize our history, to withstand the test of time, standing tall and strong at the high school, providing a tranquil place to come and reminisce about our loved ones who went through the residential school system. They are a dignified testament to our little warriors.

The statues are not too consciously engaged with the past's narrative but look forward to the future, so we can gain strength from the past and evolve into a prosperous and thriving Nisichawayasihk Cree Nation.





NCNWSA

NCN Wellness Sports Association

**Get involved!
Get Playing! It's Free!**

Register at: ncnwsa.com
or at the NCN Family and
Community Wellness Centre

Learning about Newborns

After the comfort of a mother's womb, life can be overwhelming for newborns. Lights, noise, hot and cold are all new sensations for a baby, and they don't have the ability to make sense of any of it.

Newborns can't process information and think, like the rest of us, but they can communicate loudly and clearly!

Imagine how exhausting it can be.

- Keep "busy" times like singing and dancing with baby to short sessions of 10-15 minutes, with plenty of quiet cuddling time to recover.

Newborns can't process information and think, like the rest of us, but they can communicate loudly and clearly! Crying is how newborns tell us how they're feeling, and generally it's about being hungry or tired. A baby's cries can be exhausting and stressful, but remember, they're not upsetting you on purpose. When it's too much, take a break. Ask someone to step in, or if you're alone, put the baby in their crib and take a breather outside.

- Never shake a baby, because their body is very fragile and still developing.

Humans are social creatures, so your baby will be fascinated by faces. Over the first three months, they will begin to recognize your face, other loved ones' and even a treasured stuffie. They'll keep communicating by adding smiling and laughing, and will start making sounds like cooing. By three months old, they could be "listening" to what you say and "talking" back to you!

- To create a strong emotional bond, always acknowledge your baby's effort to communicate. They will learn that you are always there for them.

Newborns have brand new bodies to explore, and when they first join us, they don't even realize they are a separate person. Sucking, grasping your finger and startling are all instinctive reflexes. They will begin trying to lift their very heavy heads and kicking their legs around 2 months old. You'll laugh when they discover their hands and feet. And then their fingers and toes!

- Give your baby "tummy time" to strengthen their neck and back. Start with one minute, a few times a day, and work up to 15 minutes at a time. Give them a toy or mirror, or join them for a chat.

Newborns sleep a lot because it's exhausting to be a baby. They typically sleep for 14-17 hours over a 24-hour period. In the beginning, those hours are usually split into sections of 2-4 hours. It is safest for baby to sleep alone in a separate crib, always on their backs.

- Dress them warmly so they don't need blankets, which can easily smother a baby, and keep pillows and stuffies away.

Breast milk is free and provides all the nutrition a baby needs for the first 6 months of their lives. While it can be difficult in the beginning, give breastfeeding a try. You may find it's an easy, natural way to share love with your baby.

- Call the FCWC at 204-484-2341 for help before you switch to formula.

The first three months of a baby's life is sometimes called "the fourth trimester." They are going through an incredible amount of change and growth, physically and mentally. And so are their mothers! Remember to be patient, with your baby and yourself.

Traditional Healing Medicines Preserve Our Way of Life

The Family and Community Wellness Centre's Family Enhancement and Counseling Services, Dolly Spence-Francois, Charlene Kobliski, Jacqueline Hart, and a few clients picked medicine near "Otowhowinihk" – where the three rivers meet, for the Community. The practice of picking medicine increases, broadens and enriches our Cree tradition of holistic healing. The Wellness Centre encourages and supports our Community to immerse in our traditions and to surround ourselves with dedicated people to preserve and utilize our practices.



Signs of a developmental delay

All babies grow and evolve differently. For example, some walk early and others talk early. But there are certain signs that may be concerning. See your doctor if you notice:

- one side of the body developing differently than the other;
- a very stiff or floppy body;
- not "startling" to noise;
- extremely long periods of crying;
- extremely long periods of quiet and calm;
- not watching faces by 2 or 3 months.



Be Informed About Breast Cancer

Breast cancer is the most common cancer among Canadian women. While the number of new cases has stabilized overall, at about 102 per 100,000 women, First Nations women diagnosed with breast cancer continues to increase.

Not only that, First Nations women are generally diagnosed at a later stage in the disease, making treatment and survival more difficult. This is probably due to lack of accessibility to screening and education.

Fortunately, treatment of cancer continues to improve. In Canada, about 89 per cent of women diagnosed with breast cancer survive for at least another five years.

Prevention

There's a reason that medical professionals constantly repeat the same rules about health: they work. To lower your risk of getting cancer, live smoke-free and limit alcohol. Protect your skin from the sun and have a healthy body weight, by eating a nutritious diet and getting 30 minutes of movement every day.

Early Detection

The key to avoiding breast cancer is knowing how your

breasts normally feel and look so you'll notice if something changes. Doctors encourage women to do monthly self-examinations, so they know what is typical for them. Women between the ages of 50 and 74 should have mammograms every other year. If you are high-risk, you could be eligible for checks by the age of 40. You can be referred by your doctor, but you can also make your own appointment.

Treatment

Cancer is treated with chemotherapy, radiation or surgery, and sometimes a combination of those options. Surgery is typical if the cancer has been found early and has not spread. Chemotherapy and radiation destroy cancer cells by destroying their DNA so they can't divide and grow.

Doctors decide how to treat the disease based on which type and stage of cancer it is, the patient's age and their own opinions.

The idea of breast cancer is scary, but most women will live long happy lives without ever having to deal with it. Enjoy a healthy lifestyle, stay informed and be your own best advocate!

TYPES OF BREAST CHECK

STANDING ARMS ON HIPS



STANDING RAISE ARMS CHECK







SITTING DOWN CHECK



LYING DOWN CHECK

LET'S ENCOURAGE EACH OTHER

Catching Breast Cancer Early Increases Survival Rates

IF YOU FIND ANY ABNORMALITIES, GET CHECKED TODAY!

CONTACT THE WELLNESS CENTRE BY PHONE: 204-484-2341 FOR MORE INFORMATION

KNOW YOUR BREAST

STANDING ARMS ON HIPS

STANDING RAISE ARMS CHECK

SITTING DOWN CHECK

LYING DOWN CHECK

HOW TO PROPERLY CHECK

Right hand to feel your left breast and then left hand to feel your right breast

With 2 fingers in a circular motion around breast and armpit look for unusual changes:

- size
- shape
- color
- distortion or swelling
- Dimpling,
- Puckering,
- Bulging of the skin
- Nipple that has changed position or an inverted nipple
- Watery, milky, or yellow fluid coming out or blood



IF YOU FIND ANY ABNORMALITIES, GET CHECKED TODAY!

CONTACT THE WELLNESS CENTRE BY PHONE: 204-484-2341 FOR MORE INFORMATION

Returning to Traditional Ways

NCN Land Base Program

Elder Instruction – Traditional Knowledge – Cultural Teachings



Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.

204-484-2341 ncnwellness.ca



FCWC Events to Improve Your Health and Happiness

Ready to start exercising but feeling unsure about what to do?

Join us for Wellness Workout Wednesdays from 2-3 pm at the

Exercise doesn't have to be long, difficult or complicated. Bring some drinking water and enthusiasm!

Join us for Wellness Workout Wednesdays from 2-3 pm at the Fitness Centre.

Fitness Centre. Chat with FCWC staff about how we can help you meet your goals, and walk a few laps around the track.

Regular exercise has many benefits, including reducing stress, improving muscle tone, maintaining a healthy

weight and decreasing the chance of heart disease and type two diabetes.

Exercise doesn't have to be long, difficult or complicated. All you have to bring is some drinking water and enthusiasm!

On the third Friday of every month, from 10 am to 3 pm, Family and Community Wellness Centre staff set up booths to teach NCN Citizens about various health issues.

Education Fun Fridays follow the Health Promotion calendar of Canada, which highlights a disorder or disease every month. Past events have highlighted suicide, fetal alcohol spectrum disorder, gastroparesis, mental health and more.

There are usually tables set up with games, puzzles, arts and crafts and more. You can even enter to win a prize when you participate!

PRACTICE *great* PERSONAL HYGIENE



BRUSH YOUR TEETH

At least twice a day after waking up in the morning and before going to bed at night.



WASH YOUR HAIR

Wash your hair often. Keep it neat and tidy by brushing and styling as often as you can.



WASH YOUR HANDS

- After going to toilet
- Before and after eating
- Playing with animals
- After touching your face or blowing your nose
- After playing outside
- After touching surfaces



IT'S IMPORTANT FOR *everyone*

TAKE A SHOWER

Take a bath or a shower at least once a day. Change your underwear daily.



CHANGE YOUR CLOTHES

Wear neat and clean clothes everyday, and change your clothes when dirty or wet.



CLIP YOUR NAILS

Keep your nails short and clean at all times.





Nisichawayasihk Cree Nation
FAMILY AND COMMUNITY
Wellness Centre Inc.



You have the power to say, "This is not how my story is going to end."



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204-484-2341
ncnwellness.ca

So You Have a Newborn!

Life with a newborn can be beautiful, stressful, amazing and exhausting.

Most new parents can't believe how much love they have for their babies. But some parents are slow to embrace their new lives. That's normal.

Be kind to yourself. Becoming a parent creates a lot of change physically, emotionally, mentally and spiritually. Take every day one at a time, and enjoy the small successes of a nap, a shower, and a hot cup of tea. The truth is, if you're keeping baby fed and warm, you're doing a great job.

How is your health?

If you're breastfeeding, try to pump milk so that a family member can give the baby a bottle once or twice in the night so you can sleep. Breastfeeding requires a lot of energy, so new mothers should eat healthy meals and drink plenty of water to stay hydrated.

It may feel easiest to stay in bed with the baby, but try to get some fresh air every day. Bundle up the baby, text a friend and go for a walk. Some exercise, a few laughs and sunshine will give you the strength you need to keep going!

Do you have community?

Your friendships may have evolved during your pregnancy, and now that

Baby has arrived, it may continue. You may feel like you've outgrown your

past activities, and that's OK. Stay focused on the health of your family.

If you see another young parent, start a conversation. Look to your aunts for support and fun. Call the Family and Community Wellness Centre to find out what programs we have for you. You'll find support and new friendships here!

What does life look like with a newborn?

Newborns usually sleep between 14–17 hours over a 24-hour period, but they often wake up every couple of hours to eat. This is why everyone will tell you to sleep while the baby sleeps. It's true! Especially when your child is under the age of three months, try to focus only on sleeping and eating. Keep it simple.

While being a new parent can bring great joy, it can also be exhausting and stressful. We're here to listen and help. We can even give you with grocery coupons! Call us at 204-484-2341 to learn more.

How to help someone with a newborn

- listen to their concerns;
- ask how you can help;
- reassure them that they're doing a good job;
- drop off a healthy meal;
- run errands so they can rest;
- watch the baby while they nap;
- invite them to go on a walk;
- check in on their mental health;
- introduce them to good parents;
- look into FCWC programs with them.

NISICAWAYASIHK CREE NATION
FAMILY AND COMMUNITY WELLNESS CENTRE

Canada Prenatal Nutrition Program

Every Wednesday
1 pm – 3 pm at the
Wellness Centre

Come join our presentations,
cooking classes, and seminars
and receive a voucher for
milk, veggies, and eggs

Any questions, contact
Martha Templeton by
phone: 204-484-2341

Do you have a suggestion or a Mithomahcihowin story idea?

We would like your comments, feedback or news stories. Please contact 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



FCWC on Facebook!

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