



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre Inc.

*Good Health, Good Feelings*

# Mithomahcihowin



OCTOBER  
2023

## COVID Cases Rising in NCN

Recently there has been an increase in active cases of COVID-19 in NCN. The numbers will continue to rise if precautions are not taken.

If you have symptoms, such as fever, chills, cough, shortness of breath, or decreased taste or smell, please test yourself at home. If you need a testing kit, call the FCWC at 204-484-2341.

Do not test at work, which can cause an outbreak. Dirty COVID tests are biohazardous materials and can potentially contaminate others in your workplace.

Stay home if you are sick, and if you test positive for COVID-19, you must isolate for 5 days. Call the public health department at 204-484-2341 so that we can keep track of how many cases there are in NCN.

As medical professionals

and scientists have told us, COVID-19 will not disappear, but will continue to appear in waves in communities around the world.

We must take care of each other, especially our vulnerable people who

may not be able to fight a COVID infection. Focus on the basics. Wash your hands with soap and hot water whenever you arrive to or return from somewhere. Wear a mask when you return to school or work after your 5 days of isolation.

If you know someone who is isolating due to COVID-19, find out how you can help. Maybe you can drop off a few groceries on their front step. Remember to stay distanced!



### Watch for vaccine clinic dates!

NCN has received its first shipment of the new COVID-19 vaccine, which has been developed to protect against the XBB.1.5 strain.

All Manitobans over the age of 6 months should receive this updated vaccine if it has been 6 months since your most recent vaccine, or your most recent COVID-19 infection.

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# Every Child Matters

On Friday, September 30, FCWC staff gathered for a walk to remember the children who didn't come home from residential schools.

It was a beautiful sight, with everyone dressed in vibrant orange moving against a bright blue sky. Most carried homemade posters, with lovely messages and art.

## Why does everyone wear orange?

Phyllis Webstad of Stswecem'c Xgat'tem First Nation was only six years old when she was sent to a residential school. Her grandmother bought a special outfit for Phyllis just

a few days before, which included a shiny orange shirt with a string laced up in the front.

But when Phyllis arrived at the school, they immediately took away her clothing, and she never saw her special orange shirt again.

In 2013, Webstad shared this story at a St. Joseph Residential School commemoration project in Williams Lake, BC. She encouraged people to wear orange on September 29. In 2021, the federal government officially named it the National Day for Truth and Reconciliation.



**APPLY NOW!**

## CONSIDER A CAREER AS A PRACTICAL NURSE

Nisichawayasihk Cree Nation Family and Community Wellness Centre and Assiniboine Community College are partnering to deliver a Practical Nursing diploma program, starting in the fall of 2023.

Preference will be given to applicants who are NCN band members. To apply for this program, applicants will require\*:

- » A complete grade 12 with a minimum grade of 60% in English 40G/S, a grade 12 Math, and Biology 40S or their equivalents
- » Current criminal record vulnerable sector check
- » Current child and adult abuse checks
- » Immunization records

\* An academic preparation may be provided so you may be able to participate even if you don't currently meet entrance requirements.

To have your name added to an interest list please contact:  
Lynda Wright  
204.484.2341  
lwright@ncnwellness.ca



Learn by Doing | [assiniboine.net](http://assiniboine.net)



# Check Out Our New Men's and Couples' Group Meetings

First Nations communities have long emphasized the significance of communal gatherings as a means of fostering communication, understanding, and unity.

The Wellness Centre provides two new workshops that cater to the unique experiences of men and couples. These group meetings are supportive platforms and great opportunities to learn more about cultural, spiritual, and psychological teachings and practices.

The Men's Group focuses on sharing ancestral stories, rituals, and practices, and preserving traditions like the Matosan (sweats), smudging and

prayer. At the same time, participants learn positive alternatives to anger, alcohol, narcotics, and other adverse behaviours.

Society often expects men to suppress their emotions, which can become a burden. Regular meetings provide a safe space where everyone can express their vulnerabilities, anxieties, and feelings without the fear of judgment.

The Couples' Workshops help partners to understand and appreciate the



complexities of their relationships. By openly discussing challenges and seeking guidance from others, couples can nurture and fortify their bonds. This is done in a fun format that allows couples to experience their current roles in the family unit and address any gaps that may exist.

Both groups tackle issues like substance abuse, mental health challenges, and societal prejudices. By discussing these concerns collectively, the groups brainstorm solutions and create open dialogue for those seeking positive options.

Through shared experiences and knowledge, participants gain insights into best practices for mental, physical, and spiritual health, tailored specifically for them.

The importance of these groups goes beyond simple social gatherings. They provide the rich tapestry of culture, traditions, values, and beliefs of our community.

They ensure that members remain connected to their roots while adapting to the changing world around them. They are essential in ensuring the holistic well-being of individuals and our community.

These workshops/group meetings are free to attend and include food and beverages. Please register today!

## To register:

### Men's Workshops:

Next dates for Men's Workshops are Tuesdays Oct. 24, Nov. 7, Nov. 28 and Dec.19 at 5:30 pm.

To register, email Dan Rodrigues at danrodrigues@ncnwellness.ca or call the Wellness Centre at 204-484-2341.

### Couples' Workshops:

Next dates for Couples' Workshops are expected in the new year.

To register, email Jackie Walker at jaquew@ncnwellness.ca for more information or call the Wellness Centre at 204-484-2341.

## PERTUSSIS ALERT

### WHOOPING COUGH CASES REPORTED IN MANITOBA

HIGHLY INFECTIOUS DISEASE AND CAN AFFECT INDIVIDUALS OF ANY AGE

**Immunization is the best way to protect against and limit the spread of pertussis.**



**PROTECT YOUR LOVED ONES**



**PROTECT YOURSELF**



**PROTECT OUR COMMUNITY**

**GET IMMUNIZED WITH THE WHOOPING COUGH VACCINE, AND YOU WILL ALSO RECEIVE PROTECTION FROM TETANUS AND DIPHTHERIA.**

**TALK TO YOUR PUBLIC HEALTH NURSE TO LEARN MORE ABOUT THIS IMPORTANT VACCINE OR CALL TO BOOK AN APPOINTMENT AT 204-484-2341**



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

# Star Blanket given for a Promising Future

On September 30, Lillian Peterson and Craig Swanson were married. Staff at the FCWC honoured them with a star blanket to celebrate the exciting occasion.

Lillian and Craig are both NCN Family and Community Wellness Centre employees and work in Finance. Congratulations!



# HR Makes the FCWC a Great Place to Work!

## Have you considered applying for a job at the NCN Family and Community Wellness Centre?

It feels good to serve the community you live in. You'll make new friends and increase your confidence. There are always chances to move up in your own department, or move to

something else that interests you.

The FCWC treats its employees well because great employees make our programs and services even better.

An annual culture orientation gives everyone opportunities such as hunting, trapping and tanning

hides, sundance, sweats, smudging, medicine picking, and arts and crafts. You'll always have the chance to improve your skills with upgraded training and certifications.

Not only that, the FCWC offers great compensation and excellent benefits. All employees receive a pension

program; health, dental, disability and life insurance; sick, bereavement and family leave; gifts to celebrate years of service; and three weeks of paid vacation to start.

There are many different types of employments at the FCWC, including working with families and/or kids, driving, working on the land, finance, and more!

Follow us on Facebook, call us at 204-484-2341, or come to the FCWC to learn more about current job opportunities. We'll get to know you and your interests, and figure out how your talents can improve NCN!

## Let HR Help You

The Human Resources department recently created a brochure that outlines the perks of being an FCWC employee, and explains how HR is a valuable resource for all workers.

If you're a current FCWC employee, or a new hire, make sure you get your brochure today!



# Recovering & Empowering

## Encouraging and Maintaining Strong Mental Health

Counselling Services: 204-484-2341  
Mental Health: 431-354-1270  
[ncnwellness.ca](http://ncnwellness.ca)



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# Time to Stop Drinking?

## Have you heard the government of Canada has updated its drinking guidelines?

It is recommended that people of all ages and genders should limit their alcohol consumption to no more than 2 drinks a day. Also, no more than 10 drinks in a week are advised, which means you must choose at least 2 days a week to avoid alcohol entirely.

There are so many reasons to limit your alcohol consumption. It is so much better for your health, it is easier to maintain a healthy weight, sleeping is easier, and you can save money, too. Your relationships are stronger, and your daily schedule is

more manageable when alcohol is not causing troubles.

**Sometimes alcohol has become so consistent in our lives that it's hard to imagine changing. Here are a few tips:**

- identify and avoid your triggers: What makes you crave a drink? What can you do instead?
- deal with stress in different ways: Connect with friends. Get active!
- embrace other drinks: Drink "near beer" or tasty mocktails, like cranberry juice and soda water.
- drink alcohol with a plan: Alternate alcohol and water. Use lots of ice. Fill your glass only half full.

If you have addiction in your family, it

may be best to avoid alcohol entirely. Many people find it easier to decide to not drink at all, and just live life as a sober person, as opposed to regulating yourself with constant rules and self-monitoring.

Try it! Eliminate alcohol from your life for one week, or one full month, and see how you feel. Write a journal, or use your Notes app, to notice what's changing for the better. Once you can see the improvements in your life, you'll have the incentive to continue without drinking.

It might be difficult to examine your drinking life, and it might even feel scary to make a change. But the positives absolutely outweigh the



negatives. You'll be so glad you've changed your relationship to alcohol.

Drinking more than 2 drinks a day increases your risk of colorectal cancer.

This cancer of the large intestine and/or rectum affects men more than women.

Symptoms include changes in bowel habits; poop that is narrower than usual; blood in the stool; unexplained weight loss; fatigue and weakness; and more.

Often there are no symptoms. If you are over the age of 50, you should be screened every two years.

# The Importance of Male Friendships

## Have you heard that loneliness is the new smoking?

Recent research has shown that social isolation can harm health as much as smoking 15 cigarettes a day can. This is especially true for men, who report more loneliness than women.

Unfortunately, men are encouraged by mainstream culture to avoid their feelings and to avoid close relationships.

How many times have you heard, "Man up!" or "Boys don't cry!" These ideas really hurt our boys and men. Many think they must carry their burdens silently to appear strong. Others turn to alcohol, drugs and violence to cope.

But the more men can work through their feelings and articulate their concerns, the less their worries weigh! It's especially helpful to do this emotional work with other men. They

can understand your problems in a way your female partner can't.

Why don't you freshen up your male friendships? Don't worry, you don't have to sit at a table and confess your secrets (though you can if you want). Instead, try doing something together, and find the courage to take conversation to the next level. If that sounds like too much, start with something that will bring you both peace, or a lot of laughter.

You might prefer to reach out to someone you don't know too well, because they will look at you with a

new perspective. How about someone you admire? Or someone who seems like they could use a friend?

Having someone you can talk openly with helps you to cope with setbacks, solve problems, feel more confident and manage your health and stress.

The FCWC is running men's workshops this fall and into winter, every Tuesday night, beginning on October 24 at 5:30.

Join us by contacting Dan Rodrigues at 204-484-2341 or at danrodrigues@ncnwellness.ca

### Invite someone to:

- do some home improvements
- help an Elder
- play pickle ball
- fix a vehicle together
- volunteer (call the FCWC for ideas)
- hunt, trap or fish
- camp
- watch a comedian on YouTube
- do a clean-up on your street



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

# It's Sniffle Season Again

Colds and flus are part of everyday life, and they rarely turn into something worse than a sore throat or upset stomach. Still, it's best to get updated vaccines and ensure you're making healthy choices as we head into the winter season.

Every year, a few specific flu viruses become more common than others, and a specific vaccine is developed to fight them. This is what we call the "flu shot," and you should plan to get yours as soon as possible. The

new COVID-19 vaccine, which has been developed to protect against the XBB.1.5 strain, is also important. Watch the FCWC Facebook page for updates on vaccine clinics.

Other than vaccines, the best way to protect yourself, your loved ones and the vulnerable members of our community includes washing your hands and staying at home if you're sick.

### Is it really that simple?

Pretty much! To truly kick your

immune system into high gear, you can also focus on good health habits, such as lots of sleep, healthy diet and exercise. You should do more thorough cleaning during sniffle season, too. Clean common surfaces, devices, and doorknobs more often. Swap out dishcloths and towels daily.

It's important to educate your kids about germs. Because of the way they play, children often get sick more often than adults. Teach them to wash their hands properly, with lots of soap and

very warm water. They should scrub long enough to sing Happy Birthday, and dry their hands thoroughly. Teach them not to share things like utensils and bites of food, and keep them at home when they're sick.

The days of getting a cold, bringing your germs to work and sneezing all over your co-workers are over. The pandemic taught us valuable lessons. Let's do better now that we know better!

### Keep NCN healthy!

- get the flu and COVID vaccines
- wash your hands often
- sneeze and cough into your sleeve
- don't touch your face
- eat healthy foods
- get 7-9 hours of sleep
- stay at home if you're sick

### Wash your hands:

- every time you sneeze or cough into them
- when you get to work or school
- before, during and after you prepare food
- before eating
- after using the washroom
- after meeting with people
- when you return home



# Classic Comfort Food: Shepherd's Pie Edition

Shepherd's pie is inexpensive, healthy and easy to make. It's a great recipe to double so you can freeze a meal for the future.

The version here is considered the original. But



the great thing about shepherd's pie is that it's very flexible.

Why don't you swap out the ground beef for turkey, goose or moose? Or play around with the top layer and try cauliflower, sweet potatoes or turnips instead of mashed potatoes. Even bannock would work.

You could swap out spices to give your dinner an international flair! If you add cinnamon, cumin and green olives, you're suddenly in Morocco. If you use spicy sausage with some tomato paste, basil and oregano, it's a quick trip to Italy.

Try a few versions and see what your family prefers. Enjoy!

### Filling:

- 1 pound ground beef
- 1 chopped onion
- 2 minced cloves of garlic

- 2 chopped celery ribs
- 2 chopped carrots
- Spices like sage, thyme, rosemary
- ½ cup chicken stock (or water)
- 1 T Worcestershire sauce (or soy sauce, or skip)
- 1 cup thawed frozen peas or corn
- Salt and pepper

### Topping:

- 6 peeled potatoes
- 4 T butter
- 2 splashes of milk
- Salt and pepper

### Instructions:

- Prepare mashed potatoes as you always do. (Peel and cube, cook to done, add other ingredients and mash.)
- Fry ground meat on stovetop and remove from pan when done.
- Add into the same pan onion,

- garlic, celery, carrots and sauté for about 4 minutes. (You may need to add 1 T oil, or there may be enough left over from the meat.)
- Preheat oven to 375.
- Add spices, chicken stock, Worcestershire. Add ground meat back in.

- Simmer until liquid has evaporated. You may need to soak it up by sprinkling with 1T of cornstarch or flour.
- Add in peas or corn.
- Put filling mixture into a casserole dish.
- Smooth topping over filling.

- Bake for about 30 minutes. The ingredients are already cooked, so when it's bubbling, it's ready!
- Let sit for about 10 minutes before serving.
- If you want to have small portions, serve with a simple salad and toast.

# There are Supports out There!

## Nisichawayasihk – Local/Provincial/National Options



### Mood Disorders Association of MB

Provincial Peer Support  
Call: **1-800-263-1460** or email:  
peersupport@mooddisordersmanitoba.ca  
(M-F 9am-4pm Sat-Sun 10AM-4PM)  
**Postpartum Warmline:** Call or Text  
**204-391-5983** (Hours 9am-9pm M-Sun)



### Anxiety Disorders Association of MB

Thompson Peer Support: Call/Text:  
**431-754-6720** (M to F – 1pm-4pm)  
Provincial Outreach and Support:  
Call: **204-925-0040** or **1-800-805-8885** if  
you would like to chat or feeling anxious



### Help for mothers before, during and after pregnancy

For more info:  
**204-484-2341**  
ext. 128



### Managing and Understanding Your Diabetes and Nutrition

Contact our ADI  
Worker at:  
**204-484-2341**  
ext. 132



### Youthspace

Emotional support to persons 30 years and under

Text to: **(778) 783-0177**  
Or Chat: [www.youthspace.ca](http://www.youthspace.ca)  
(8pm-2am in MB)

### Indigenous Specific Resources

**HOPE For Wellness Line:** Speak to a counselor about anything. You can request services from: Male or Female, Cree and English

Call: 1-855-242-3310  
or connect to online chat:  
[hopeforwellness.ca](http://hopeforwellness.ca)

**Residential School Crisis Line:** Support and Crisis Services –  
1-866-925-4419 (24/7)

**60s Scoop Peer Support Line:** (8am-8pm)  
Listening and support – 1-866-456-6060

**MKO Mobile Crisis Response Team:**  
1-844-927-5433 or check out their many  
services at: <https://mkonation.com/>



### NCN Medical Receiving Home

A Safe, Full Service Stay  
for Our Citizens

Provided for ALL NCN Community Members  
who have referrals for medical appointments  
in Winnipeg

For more information, please call:  
**204.786.8661**



### NCN Medicine Lodge

NCN Medicine Lodge  
Healthier Lifestyle with  
Control Over Addictions

Telephone: **204-484-2256**  
Paving the Red Road to Wellness



### NCN Women's Shelter



We'll keep you and your children safe while  
you make a plan for your future

**Emergency On-Call:** 204-679-1996 24/7  
**Landline:** 204-484-2634 Executive Director  
(24/7): 204-679-2851

### Sexual Assault,/Exploitation/ Partner Violence

**Sexual Assault Crisis Line:** 1-888-292-7565  
**Trafficking Hotline:** 1-833-900-1010 (24/7)  
**Hurt in a relationship?** 1-877-977-0007  
**Klinik Crisis Line:** 1-888-322-3019  
**Thompson Crisis Centre:** 204-778-7273



The Canadian Prenatal Nutrition Program  
aims to improve the Well-Being of Pregnant  
Women

- Weekly prenatal classes
- Weekly food coupons
- Friendship and support with other new mothers

Contact FCWC CPNP Worker at:  
**204-484-2341** ext. 132



**1-866-633-4220**

Or Chat online: [NEDIC.ca](http://NEDIC.ca) (hours vary)

### Manitoba Parent Line

**1-877-945-4777**  
(8am-8pm Monday-Friday)

### Parents' Helpline PLEO

Family Peer Supporters help parents of  
children (up to 25 yrs) facing mental health  
challenges **1-855-775-7005**



### Support and Information

#### Thompson Based

Canadian Mental Health Association  
**204-677-6056**

#### Provincial

Manitoba Schizophrenia Society  
**204-786-1616**



Call: **1-866-367-3276** (available—24 hours,  
7 days a week!)

No matter what  
the issue,  
support for  
anyone of any  
age, from  
anywhere in  
Manitoba



### Jordan's Principle

A Child First Initiative  
NCN Family and Community Wellness Centre

Jordan's Principle makes sure all First Nations  
children have access to products, services and  
supports they need, when they need them.

**You can make an appointment or get a  
referral by calling our office: 204-484-2585**



### Rainbow Resource Centre

Free phone counselling for members of the  
2SLGBTQ+ community of all ages, families,  
friends and loved ones as well.  
Email to setup appointment:  
[info@rainbowresourcecentre.org](mailto:info@rainbowresourcecentre.org)

**Trans Lifeline: 1-877-330-6366** Hotline for  
transgender people in crisis. Including people  
who may be struggling with gender identity  
or not sure if transgender (hours may vary as  
volunteers available)

**LGBTQ+ Resource: Pflag Canada** Support,  
info and resources to gay, lesbian, bisexual,  
transgender or questioning people and their  
family and friends

Call **1-888-530-6777** ext 226 (24/7)  
Or email [gender@pflagcanada.ca](mailto:gender@pflagcanada.ca)



### Success Through Advocacy and Role Modeling

Pregnancy can be difficult, and dealing with  
addiction or substance abuse can be even  
harder.

**Speak to the FCWC STAR Program  
Manager Call: 204-679-4619**



### Health Links Info Santé

A 24/7 telephone service to provide answers  
to your health care questions and to guide  
you to the care you need.

**204-788-8200**  
or toll-free **1-888-315-9257**



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**NCN Wellness Programs and Services**  
Call Us Today! **204-484-2341**

### NCN Wellness – Support and Information Lines:



Mental Health On-call: **431-354-1270**  
– Public Health Nurse: **204-484-2341**  
ext. 131 – WeTel Check-in Text Support  
**Scan QR Code** or use the Self-Enrollment  
link below: <https://mis-nelsonhouse01.weltelhealth.net/enroll?clinicid=1>



### Child Protection:

If you think a child is being harmed or neglected:  
NCN CFS at: **204-484-2341**  
On-Call 24/7: **204-679-6386** or **204-679-5544**

# Your Path to Wellness

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



## Circle of Care

The Circle of Care focuses on the mental, emotional, physical and spiritual wellbeing of parents, children and extended family through holistic teachings based on the Medicine Wheel. It is used as a guide to identify a family's strengths, overcome its issues, and find practical solutions for everyday life.

The Circle of Care is different for everyone. You and your family may receive a combination of social services and programs such as the fitness centre, therapists, counselling, daycare, mediation, Elders programs, maternal resource program, arts and culture, and more.

### Steps include:

- family needs assessment
- worker and family develop relationship
- discuss family's strengths, barriers, needs and goals
- worker collaborates with other agencies, support groups, therapy, etc.
- family and worker discuss strategy and create plan together
- family attends counselling, workshops, programs, etc.

### Benefits include:

- higher self-esteem
- positive vision for the future
- problems from the past are resolved
- clear understanding of who you are and what you need
- better relationships with those around you
- strategies for dealing with stress, frustration, anger



*Leading your family  
out of the darkness and into the light.*

## NCN Fitness Centre

The NCN Fitness Centre is housed in the Family and Community Wellness Centre. It is open throughout the week and is free for all NCN Citizens. There are many options available to break a sweat, whether you're brand new or a seasoned gym rat.

Beyond working out, you can learn about health and fitness, including how to lessen the risk of diabetes and cardiac disease. Learn how to set goals and use hard work and determination to achieve them. Physical activity is great for the body and for the mind too, clearing the mind and relieving stress.

Make a trip to the fitness centre a recurring event for everyone in your family. Make it a date night or a family night. You may be surprised how easy it is to chat while walking on treadmills or shooting hoops!

### Services include:

- aerobic exercise area
- full suite of fitness equipment
- change rooms
- advice and support from gym staff

### Benefits include:

- better physical health
- improved mental outlook
- better sleep
- more confidence and self-esteem



*You'll love what  
exercise can do for your family!*



Nisichawayasihk Cree Nation  
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Phone: **204-484-2341**

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

Follow us on Facebook

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

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



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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