

Evacuation for Citizens with Health Conditions

On July 07, Nisichawayasihk Cree Nation Chief and Council, along with the EMO Team, called a state of emergency and mandatory evacuation for all Citizens with significant illnesses and/or with Priority 1, 2, and 3 health concerns.

Family and Community Wellness Centre CEO Felix Walker called an emergency meeting with department managers to assess how to proceed. The Health Department identified the priority category for Citizens. The Media Communication team procured identification cards with required information for Citizens who did not have appropriate ID. First Nations Safety Officers ensured a secure environment at the Gilbert McDonald Arena while it served as the basis of operations.

The FCWC provided transportation for

Wildfire Smoke Makes Visibility Low and Troublesome for those with Respiratory Illnesses.

priority evacuees. These drivers were Mervin Linklater, Larson Tait, Peter Flett, John Wood, Preston Linklater and Darren Spence.

Thanks to the hard work and

dedication of all FCWC departments, all NCN priority evacuees remained safe and appropriately cared for during excessive wildfire smoke and the threat of fire in our community.







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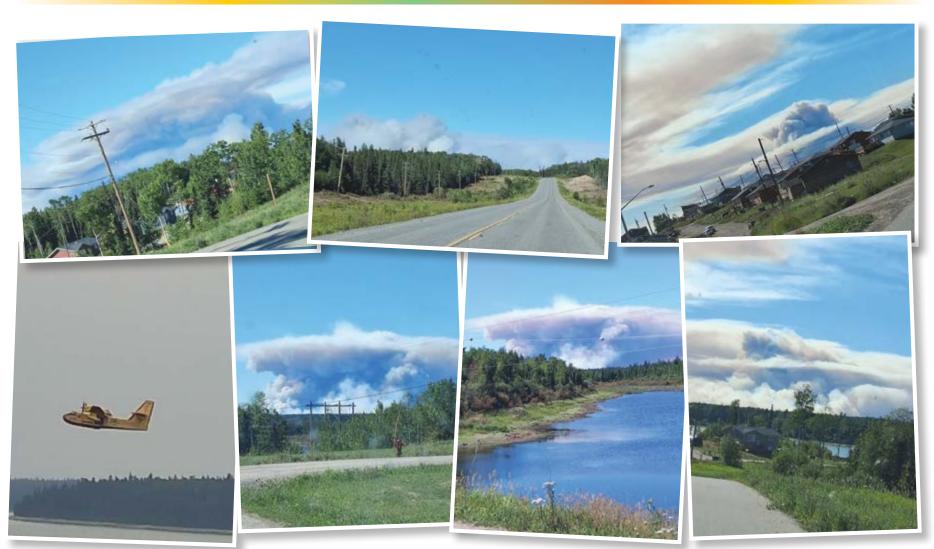
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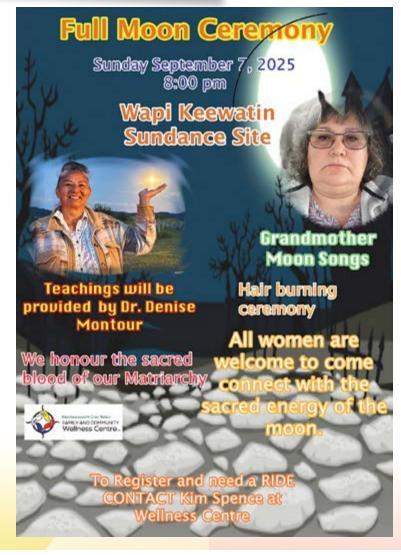
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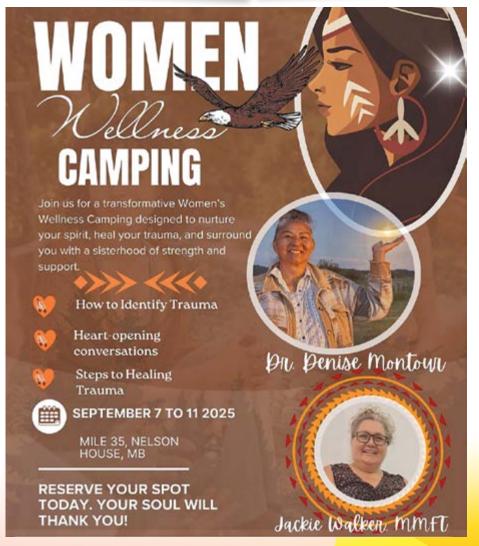
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Keeping Evacuees Busy

Family Enhancement workers facilitated outings for the evacuees to help cope with the stresses of being away from home. It was so nice to get out of hotel rooms and to create some fun for our young families.

Activities included:

- **■** Tinkertown
- Royal Aviation Museum of Western Canada
- Gimli Beach Days
- The Forks (boat tours & Children's Museum)
- Berry Picking
- Round Dance
- Peguis Treaty Days & Powwow

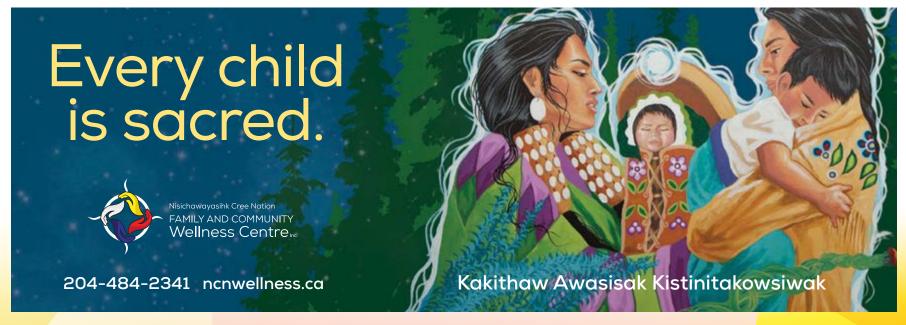












SIL Staff Does What It Takes

In July, the South Indian Lake sub-office lost power due to surrounding wildfires.

FCWC staff who remained behind during evacuation orders worked diligently to keep operations running smoothly through the use of two generators. One generator operated in the community and the other was placed near the phone tower outside of town, which kept the phone lines and internet services running.

Keeping communication available in the community was a crucial part of planning and safety measures. We are grateful to all South Indian Lake staff!



Medical Transportation Hours and contact Information

Regular Office Hours: Monday - Friday 8:30 a.m. 4:30p:

For After Hour Assistance:

For Immediate Assistance Outside of Regular Office Hours Please Contact: Joel Spence - Medical Transportation Coordinator

- Cell: (204) 307 - 1900

Medical Transportation Services

- · Thompson Medical Transportation (Daytime) · Local Medical Transportation (Day/Evening)
- Hours: 9:00 a.m. 5:00 p.m.
- Hours: 9:00 a.m. 5:00 a.m.
- Phone: (204) 307 1902

- 5:00 p.m. 1:00 a.m.
- · Thompson Medical Transportation (Evening) · Contact Nursing Station: (Day/Evening)
 - Hours: 9:00 a.m. 5:00 p.m.
- Phone: (204) 484 2031
- Phone: (204) 307 1902

- (204) 484 2020
- Emergency Medical Services (Ambulance)
- Dialysis Transportation:
- Phone: (204) 484 2911

- Hours: 5:00 a.m. 10:00 p.pm.
- · Job Opportunities & Inquiries
- - Visit www.ncnwellness.ca to View Current Job Postings
- - Send Resumes & General Inquiries to HRassistant@ncnwellness.ca





The Effects of Wildfire Smoke

Smoke exposure and poor air quality can cause health problems for everyone.

Smoke levels can change a lot, due to fire conditions and wind directions. Figuring out how much you will be affected depends on several factors:

- how heavy is the smoke in the air?
- how long have you been exposed to the smoke?
- how much air are you breathing in?
- what is your health status?

People who are healthy should take precautions when smoke is heavy, when visibility is less than 2 miles, and/or lasts longer than a day. These are our current conditions, so we should all limit or avoid time outside. Keep windows and doors closed.

Vulnerable groups are especially susceptible to the dangers of smoke exposure. Elders, young children, pregnant women, and those with heart or lung conditions (such as asthma, bronchitis, emphysema and congestive heart failure) should be especially careful. When visibility is less than 4 miles, these groups must limit their time outside.

If you have specific heart or lung issues, make sure you are taking your medication properly, with correct dosage and scheduling. Keep a week's supply on hand. Write down your typical medication regime (how much of what, how often). Review it with the people who live with you, and place it somewhere everyone will see.

Exposure to smoke can cause:

- headaches
- sore and/or tearing eyes
- coughs
- runny nose

If you (or someone you know) has a cough that is getting worse, significant weakness, chest pain or tightness, or shortness of breath, you should go to the Nursing Station.

Be a good neighbour. Check on Elders and vulnerable people you know, especially those who live alone.

While Nisichawayasihk Cree Nation is currently safe, we all know that wildfires are hard to predict. Your family should have "go bags" packed. Review your safety plans with all family members.

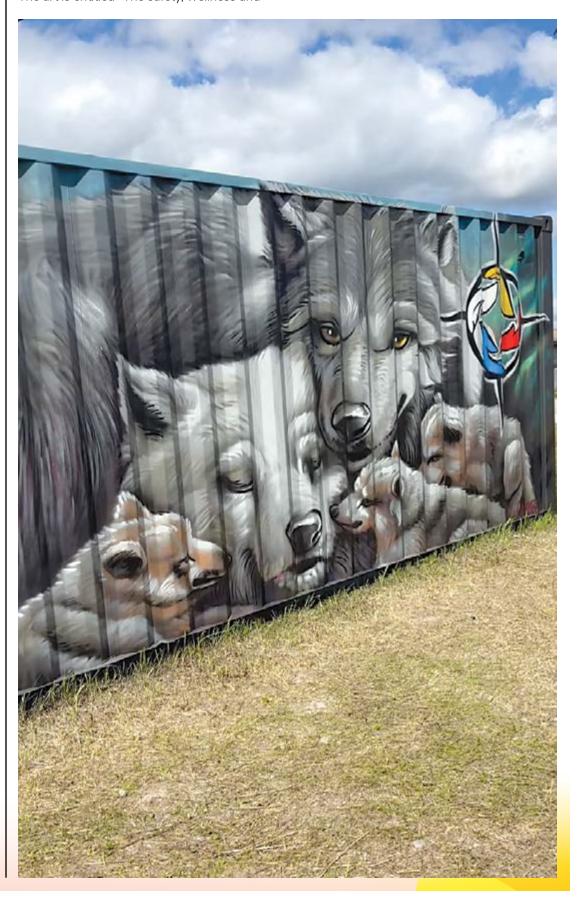
Currently, there are mandatory evacuation orders for Lynn Lake, Marcel Colomb First Nation (Black Sturgeon), Pimicikamak Cree Nation (Cross Lake), and Tataskweyak Cree Nation (Split Lake).

To stay informed, go to www.manitoba.ca/wildfire. To report a wildfire, call 1-800-782-0076.

New Mural Show Spirit of the North

Artist Angus Campbell has created a new mural located in NCN at the Family & Community Wellness Centre's Family Enhancement Trailer. The art is entitled "The safety, wellness and

comfort of the family" and features a wolf family with cubs. Thanks, Angus for your wonderful talents and beautiful art.



DON'T MISS A STEP: Care for Diabetic Feet

It's toe-tally important!

If you have diabetes, taking care of your feet is more important than you might think. Even small problems, like a tiny cut or blister, can become serious if they're not treated early.

Diabetes can cause damage to nerves and blood vessels, and your feet are especially vulnerable. When nerves are damaged (a condition called neuropathy), you may not feel pain, heat, or cold as well as you used to. You might not notice if you've injured your foot.

At the same time, diabetes can slow down blood flow, making injuries harder to heal. A tiny pebble in your sandal or a blister from a pair of new shoes might seem like no big deal.

But with diabetes, these can lead to serious infections if left untreated. And because you might not feel the injury, it could get worse without you even knowing it. This can lead to infections, serious complications like ulcers, and even amputations.



If you are diabetic, make a daily foot check part of your routine. Signs of trouble include:

- Redness or swelling
- Sores that don't heal
- Cuts, scrapes or blisters

- Numbness, tingling or burning
- Skin that's dry, cracked or peeling



- Ingrown toenails or fungal infections
- Changes in the colour or temperature of your feet

If you notice any of these issues, and they don't improve in an appropriate amount of time, don't try to solve things yourself. Catch problems early and get help! Call 204-484-2341 for help with your foot care needs. There is often a nurse on staff at the FCWC who is trained specifically to support you.

Foot care is not just about comfort for people with diabetes, it's about your overall health. By checking your feet every day and treating problems quickly, you can avoid serious issues.

Good foot care doesn't have to be difficult.

- Check your feet daily for cuts, blisters, redness or swelling.
- Wash your feet in warm water & dry them carefully, especially between the toes.
- Moisturize your feet to prevent dry skin. Don't put lotion between your toes because it won't dry.
- Cut toenails straight across & file the edges. Don't be shy, ask for help!
- Wear clean, comfortable socks & shoes and replace as necessary.
- Avoid walking barefoot, even indoors.
- Call us at 204-484-2341 if you need help with your foot care!

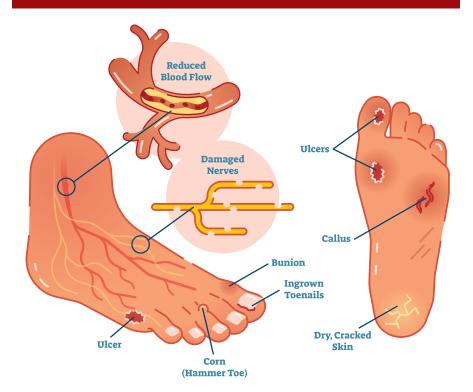






Photo Source: Instagram/cofthompson – TRCC Game Room at Gordan Beard Arena

Activities for Evacuees in Thompson

Family and Community Wellness Centre employees worked hard to make nerve-wracking times a bit easier for evacuees in Thompson.

Over a couple of weeks in the middle of August, several activities were planned for all ages.

A bingo night for Elders, and another for youth, and a colouring contest for the kids was held at the Mystery Lake Hotel. The TRCC Game Room at Gordan Beard Arena hosted everyone for games including jumbo Jenga, cornhole, air hockey and arcade basketball.

An open gym for volleyball and basketball was available, and NC Crossroad Lanes hosted a night of bowling for NCN residents who had been evacuated to Thompson.

It is so important for self-care to find ways to relieve stress and move your body during hard times. We are fortunate to be able to partner with these great organizations. Thanks, everyone!

The Healing Power of Nature

On August 20, a group of Elders, youth and FCWC staff enjoyed the chance to pick blueberries.

After a season of anxiety and stress with wildfires, it was a wonderful opportunity to relax and revitalize in nature.

"I love picking berries. I just picked 23 pounds of blueberries about two weeks ago," said Stephane Chretien on Facebook. "This is a great way to teach the youth about being self-sufficient and picking what Creator has given us all...! love seeing an activity that is taught, and becomes good memories that are carried on into adulthood and passed on to the next generations. This is a good natural way to spend time with loved ones, making traditions and a whack of laughter and stories."







The NIHB Program Helps with Everyday Items Too!

Most NCN Citizens know that many medications and supplies prescribed by a doctor will be covered by the Non-Insured Health Benefit (NIHB) Program.

But it's also important to know that many items you and your family need for daily life may also be available at no cost to you. Some of these products can be prescribed by a pharmacist, instead of a doctor, making them much easier to access and still falling under NIHB coverage.

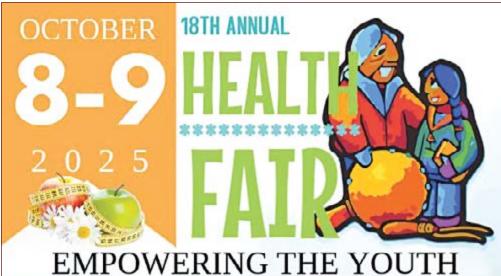
Get in touch with your pharmacist to find out if any of your daily use items qualify! You need to be able to provide your treaty number.

Some items that may be covered without a doctor's prescription:

- Acne medications
- Allergy medications
- Constipation help
- Diabetes devices such as test strips
- Emergency contraception (morning after pill)
- Lice treatments
- Medications for eye or ear infections
- Medications to prevent & treat nausea in pregnancy
- Naloxone
- Prenatal vitamins
- Vaginal yeast infection treatments
- Smoking cessation aids
- Fungal skin infection treatments
- Vitamin D or multivitamins for kids under 6

Get in touch with your pharmacist to find out if any of your daily use items qualify!





JOIN US! This year's health fair is dedicated to our youth. Everyone is invited to attend!

Location: N.N.O.C. High school



10 AM to 3 PM

Calling all youth artists and entrepreneurs! We welcome you to set up your own booth to showcase your talents and/or sell your crafts!

HEALTH PROMOTION, PREVENTION, AND EDUCATION

- Healthy Eating
- Fitness
- Mental Wellness
- ☑ Traditional Medicine
- ☑ Diabetes Education
- Virtual Health
- Health Screening
- ☑ AND MANY MORE!!!



DAY 1: IPAD PACKAGE

ACKAGE Naichowayasikk Cre

FOR MORE INFORMATION, CONTACT: Amber Spence Email: amberspence@ncnwellness.ca Phone: 204.484.2341 ext. 132 Naichawayashk Cree Nation FAMILY AND COMMUNITY Wellness Centre

FIBRE: Building Blocks to a Healthier You

Fibre is a type of carbohydrate found in plant foods that can't be broken down by the digestive system. It is often called "roughage."

There are two kinds:

- Insoluble fibre helps you to feel full and keeps your bowel movements regular. These include brown rice, leafy green veggies and nuts.
- Soluble fibre dissolves in water and can help regulate blood sugar and lower cholesterol. Look for oats, beans, apples and nuts.

How Do I Get Fibre?

You won't be surprised to hear that fast food and junk food have little fibre. The easiest way to increase your fibre is to eat more real food. Make more homemade meals and chomp on better snacks.

You'll find great sources of fibre in fruits and vegetables, whole grains, and legumes, nuts and seeds.

A few healthy habits to kickstart your fibre: start every meal with a veggie appetizer and end with a piece of fruit. The easiest way to prepare vegetables like broccoli, peas and green beans is to steam them. The key is just a tiny bit of simmering water in the pot.

Fruits like berries, apples, pears and bananas are great. Cut up a few apples so everyone can have a few slices after your meal. You'll satisfy your sweet tooth and save the treats like cakes and cookies for special occasions.

Challenge yourself to use different whole grains in your soups and salads. Swap pasta for brown rice, barley or quinoa. Good chance no one will even notice.

Swap out meat for beans at least once a week. Lentils are a great sub for ground meat; try them in sloppy joes. How about black bean quesadillas? Use chickpeas instead of tuna for sandwiches.

Broccoli & Grape Quinoa Salad^{*}

- 1 cup quinoa
- 4 cups broccoli, cut into bite-sized pieces
- 1 cup grapes, halved
- 1/3 cup walnuts, chopped
- ¼ cup red onion, minced

Dressing:

- ¼ cup vegetable oil
- 1/4 cup vinegar (apple cider, red or white)
- 2 Tbsp emulsifier (Dijon mustard, honey, maple syrup, etc)

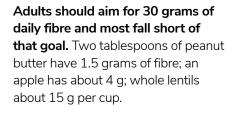
Pour quinoa into small pot and add 1 cup water. Bring to boil, then simmer for about 12 minutes until liquid is absorbed. Let cool for 5 minutes and then fluff with a fork.

Broccoli can be raw or blanched, per preference.

Combine quinoa, broccoli, grapes, walnuts and red onion.

Pour over dressing and stir.

* This recipe is easy to change up! Swap cauliflower for broccoli, berries for grapes, sunflower seeds for walnuts, etc. Try a yogurt-based dressing instead.



When your veggies are vibrant and bright in about 3 minutes, they're ready. Raw veggies count, too!



BEST NEWS? Popcorn is a great source of fibre!

But skip the microwave portions filled with terrible fats and make your own instead. In a bowl, mix 1 cup of popcorn kernels with 1 tsp of vegetable oil and $\frac{1}{2}$ tsp of salt. Pour into a brown lunch bag and fold the top over twice. Heat in the microwave for 2 $\frac{1}{2}$ to 3 minutes. When there's a 2-second pause between pops, it's ready. Watch the steam!

باکامه کی sītoskākēwin NCN & FCWC Support Services



General Inquires: 204-484-2341 Mental Health On-Call: 431-354-1270 Public Health Nurse: 204-484-2341

NCN CFS After Hours On Call - 204-679-6386 OR 204-679-5544



The Aboriginal Diabetes Initiative (ADI) delivers education, activities and clinics to promote healthy living, to help everyone manage their diabetes, and to help reduce the prevalence of diabetes in NCN citizens. We focus on: • healthy eating • physical fitness • risk factors • screening • diabetes management

Call 204-484-2341 ext. 166



Our MCH team provides help for mothers (and the entire family) before, during and after pregnancy. We offer nutrition, exercise and wellness guidance to raise your infant, toddler and children, and to stay healthy as a mom. Families with more complex needs can receive individual case management and support. We may help you to receive counselling, stress management, FASD support, and immunizations. We focus on: • a healthy balanced lifestyle • raising healthy kids • holistic care for pre- and post-natal mothers • nutrition for moms, babies and families

Call 204-484-2341 ext. 128 or 127



We create positive, supportive long-term mentoring relationships with women who have used substances during their current or recent pregnancy. Women are guided in harm reduction strategies, linked to community resources to reduce isolation and encourage family participation, and educated about the effects of alcohol and drugs. We also connect families to professionals for efficient FASD assessment, diagnosis and care plans and offer regular educational programs and FASD awareness events in the community.

Call Irene Spence or Tanya Moody at 204-484-2341



The Canada Prenatal Nutrition Program (CPNP) provides funding to help to improve the health of pregnant women, new mothers and their babies, who face challenges that put their health at risk.

Join us every Wednesday between 1pm and 3pm

To find out more, call 204-484-2341 ext 166



Jordan's Principle assistance is available for children living on-reserve with their birth, adoptive or extended families, and awareness of the program is increasing every year. Most clients become involved with Jordan's Principle through a referral from school, JP staff, family or friends, or another health program in the community. Eligibility Criteria: Children who have or may show signs of any of the following: Developmental delays; Autism spectrum disorder; Permanent physical disabilities; Speech impairment/delays; Attention deficit disorder; Attention deficit hyperactive disorder; Medical needs

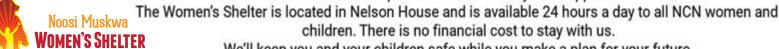
For more information call 204-484-2585

All NCN Citizens who live on-reserve in Nisichawayasihk Cree Nation qualify to use the MRH, if there is space available, and if the MRH is capable of providing the care required. (You will be required to provide your referral information from the NCN Nursing Station.) The MRH is set up to accommodate one-day appointments, overnighters, and stays of longer term* in cases of surgery and ongoing treatment. (Extensions may be provided on a case-by-case basis, with proof that you have tried to find another residence.)

Call 204-786-8661

JOnb9A. Sītoskākēwin NCN & FCWC Support Services

The Women's Shelter offers temporary shelter to women and their children who come to us on a voluntary basis because they are in crisis or dealing with domestic violence or abuse at home from a partner or spouse. We combine protection and security with western counseling and Indigenous wisdom to help women make a plan for future security and happiness.



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

Call 204-484-2634 or 204-354-1840



A safe place where healing begins

Offering non-medical, drug and alcohol treatment, prevention and aftercare services that encompasses both Indigenous and Western worldviews. This includes the natural laws of respect and humility that teach us to be open to learning and implementing best practices, to better serve those who have been greatly impacted by substance abuse and/or mental health issues. We work to assist people who have been spiritually and psychologically influenced by life's circumstances. Our unique approach delivers proven results for individuals traveling the "Red Road to Wellness".

Residents of our 8-week know Drug and Alcohol Treatment Program are guided by Medicine Lodge's dedicated staff of professional clinicians, counsellors, and spiritual healers.

Call 204-484-2256





NDINAWE 204-417-SAFE

Connecting at-risk youth with the shelter, culture, programming, education, health and supports they need for safe and healthy lives.



To Submit a Crime Stoppers Tip: Call: 1-800-222-8477(TIPS)

Submit a Tip Online: www.manitobacrimestoppers.com A safe and anonymous way to report crime





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We are here to help 24 hours a day





Healthy Habits for Successful School

Many people think kids love spontaneity, but would you believe that they often appreciate the same routine day in and day out?

As the leader of the family, you always know what's on the agenda for the day, the week, the weekend. But children don't typically have a lot of control over their lives. They don't get to make many decisions and the surprises are constant.

For young kids, it is empowering to wake up and know what their activities and responsibilities will probably be. When they know what to expect, they can feel secure and confident.

Many people hate the idea of habits, thinking it takes the fun out of life. But habits don't have to be boring. Kicking a ball around after supper is fun, a great way to get your kids talking, and a wonderful way to keep your blood sugars in check. That's a great habit!

Why don't you try sticking to a routine for September and see how everyone feels?

- Keep mornings calm and screen-free. Wake up with plenty of time to get ready. Drink a glass of water, eat a healthy breakfast, brush your teeth & get to school on time.
- Unpack the day as soon as kids get home after school. Empty backpacks, sign paperwork, figure out homework & enjoy a healthy snack. What do your kids need? Snuggle & a chat? A bike ride with Auntie? Alone time?
- Make school a priority. Create a space where they can focus & work. Read to them every day, or read the novel they're studying. Establish a connection with the teacher. Tune into their classes: when is the test, help them to study, what mark did they get, do they understand their mistakes, have you mentioned you are proud of them?
- Start winding down for bedtime at least an hour before. Prepare for the next morning: put out clothes, make lunches, homework into backpacks. Turn off all screens & do something calm: read books, go for a walk, have a bath, check the garden, etc.
- Every week or so, assess your kids' friendships, screen time & mental state. Strengthen friendships with families who focus on school. Limit screen time to avoid physical, emotional & mental damage. Be your child's safe space by helping them feel relaxed & comfortable at home.

How much sleep every night?*

- Kids under 5: 10-13 hours
- Kids 6-13 years: 9-11 hours
- Teens 13+: 8-10 hours



How much screen time a day?*

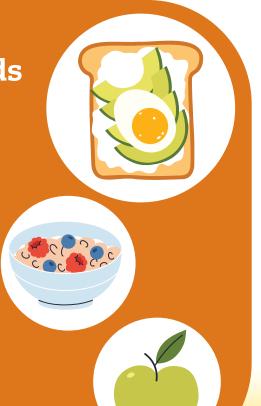
- ☐ Children under 2 no screens of any kind
- Kids 2-5 years less than one hour
- Kids 5-11 years less than 2 hours

*Source: The Canadian Pediatric Society

Healthy Snacks for Kids

- Whole wheat toast, muffins, crackers with peanut butter, hummus, avocado, tomatoes
- Oatmeal (old fashioned or steel cut; packages have a lot of sugar)
- Cereal (low-sugar such as Cheerios, Rice Krispies, Life, Honey Bunches of Oats)
- Eggs (keep a bowl of hard-boiled in the fridge)
- Apples or bananas with peanut butter
- Air-popped popcorn (plain kernels in a paper bag in the microwave)
- Yogurt (watch out for sugar)
- Chopped up veggies
- Pickles, cheese, olives

*Always try to pair your carbs with some protein to avoid
sugar spikes. Crackers & cheese, apple & peanut butter, etc.



Keeping Track of Measles

Measles is an incredibly contagious virus. An infected person who coughs, sneezes or talks will fill the air with tiny droplets carrying the virus that can last for hours. About 90 per cent of people who are unvaccinated will get sick when exposed.

Measles attacks the cells lining the nose and throat and then weakens the immune system. This can lead to ear infections, pneumonia and even encephalitis (inflammation of the brain).

Part of the reason measles is so contagious is that symptoms don't usually start until 7 to 21 days after exposure. This means an infected person will go about their typical activities for up to three weeks, giving the virus many opportunities to spread.

Symptoms include:

- High fever
- Red, watery eyes
- Runny nose & cough
- Tiny white spots inside the mouth (Koplik spots)
- A red blotchy rash that usually starts on the face & spreads down the body

Before the measles vaccine, there were on average 50,000 measles cases in a year in Canada. In 1926, almost 900 Canadians died from measles.

When the vaccine arrived in 1963, it became part of the MMR vaccine (measles, mumps, rubella), and of course, measles cases dropped drastically. By 1998, measles was considered eliminated in Canada. Cases still occur from time to time when someone brings the disease in from another country.

Unfortunately, areas in Canada are seeing an increase in measles cases, due to falling vaccination rates. In the middle of August, Ontario had 2,500 cases, Alberta 2,000 cases, and Manitoba almost 200. These numbers are rising every week. Recent exposure sites include CFS Office on Jarvis Ave in Winnipeg, Brandon Shoppers Mall, HSC in Winnipeg, and many places in Winkler and Morden.

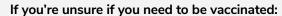
Measles sounds like an old-fashioned disease, but just last year an unvaccinated child died in Ontario. Vaccination is the best way to stay safe.



One dose of measles vaccine offers about 90 per cent protection, and two doses gets you up to almost 100%. You'll remember from the days of the COVID pandemic that young people, Elders and those with chronic illness are especially vulnerable to disease. Please do your part and ensure everyone in your family is vaccinated against measles so we can keep everyone safe.

Vaccines are safe and easy! A second of discomfort for a lifetime of protection.





- Most adults born before 1970 are protected by natural infection or previous vaccine.
- Those born after 1970 should consider getting another measles vaccination if you don't know your status.
- Check in with the FCWC Public Health team at 204-484-2341 to discuss your options or to schedule a vaccine.

When do we get vaccinated?

Measles vaccines are usually at 12-15 months and again around 4-6 years old.

What is Hepatitis?

Hepatitis is a disease that causes inflammation of the liver, an essential organ that filters blood, digests food, and stores energy. Over time, if left untreated, hepatitis can cause serious health problems including cirrhosis, liver failure and liver cancer.

There are several types of hepatitis, but the most common are A, B and C. Each type is caused by a different virus, and they spread through the body and affect it in different ways.

Hep A spreads through contaminated food or water and by close contact with someone who is infected. It's often linked to poor sanitation.

■ Hep B & C spread through contact with infected blood or body fluids. This can happen during unprotected sex, sharing needles, or from mother to baby during

childbirth.

Manitoba has the highest rate of hepatitis in Canada, with 42.3 cases per 100,000. Indigenous people are more at risk, and men accounted for 62 per cent of cases in 2021.

When your liver is inflamed, it creates symptoms such as jaundice, digestion problems, fatigue & nausea,

> bleeding & bruising, and swelling. If you experience these issues, get in touch with your doctor.

You can protect yourself from hepatitis, and of course, the easiest and safest way is vaccination.

In Canada, a Hep B vaccine is a typical childhood immunization. (If you are travelling, ask your doctor about a Hep A vaccine. There is no vaccine for Hep C.)

Practice good hygiene, like washing your hands often. Avoid sharing needles, razors, or toothbrushes. Be careful about food and water, especially when travelling.

Always use protection during sex and never share needles. Call the FCWC at 204-484-2341 to ask about free condoms and for support in getting clean.

Hepatitis is a serious disease, but early detection and treatment can help prevent serious complications. Pay attention to your body!

Taking Care of You

It has been a stressful summer!

As we settle back into our routines, and start up school life again, find some ways to incorporate self-care. In fact, August is National Wellness Month. It's time to reduce anxiety and create healthier habits to feel like your best self.

Wellness doesn't have to be difficult or timeconsuming or expensive. It can be easy and fun and free!

The first step to self-care is believing it's important and finding a reasonable way to get it into your daily schedule. Can you give yourself 15 minutes in the morning to stretch or enjoy a silent cup of tea? How about 15 at the end of the day to see the stars or read a book?

The next step is to figure out what you need right now. Do you need to get rid of anxiety or irritability? Moving your body will help. Do you have thoughts that you can't shake? Maybe it's time to journal or talk with a friend. Keep different wellness acts in mind for different emotions.

When we take care of ourselves, we can accomplish big things. You deserve it, and our community needs your unique gifts.

Check out (and check-off) this list for all sorts of activities that can soothe the soul or amp up the spirit. Cut it out and put it on the fridge! Can you do every one by winter?

Why Don't You	Download a mindfulness app
☐ Say a prayer	☐ Try a virtual counselling session
Call a loved one for a long conversation	☐ Take a cooking class
☐ Meet a friend for lunch	☐ Create some art
☐ Clean your house	☐ Write a forgiveness letter & then release it
☐ Keep a journal	Repeat positive affirmations
☐ Read a short story	Attend a church service
Listen to a motivational speech	☐ Give someone a compliment
Finish a few chapters in a book	☐ Give yourself a compliment
☐ Create a family tree	Look in the mirror & say, "I love you"
List your blessings on paper	☐ Create a vision board
☐ Stretch for a few minutes	☐ Read a self-help book
☐ Soak your feet	☐ Write a poem or a haiku
☐ Try an Epsom salts bath	☐ Take three deep breaths
Moisturize your body with lotion	 Dance to your favourite music
☐ Try a new nail colour	☐ Get a massage
☐ Get some sunshine & fresh air	☐ Give a massage
Listen to the sounds of nature	☐ Make a face mask
☐ Take a nap	☐ Refresh your eyes with cucumber slices
☐ Brew a cup of tea	Cook a hearty breakfast
☐ Pray with someone	Drink a healthy smoothie
☐ Pray for someone	☐ Drink more water (2-3 litres a day is best!)
☐ Meditate	☐ Be still in nature
☐ Read a daily devotional	☐ Bask in 15 minutes of sun each day
Watch a comedy show & laugh	☐ Smell an uplifting scent, such as peppermint
 Prepare a traditional family meal 	☐ Have a good belly laugh
Listen to relaxing music	☐ Take a 20-minute nap
☐ Declutter your wardrobe	Park at the store as far away as you can
Donate what you don't need	 Play volleyball or badminton with some friends
☐ Help someone	☐ Decrease your sugar intake
Take a break from social media (a day? week? month?)	☐ Decrease your salt intake
☐ Reduce your electronics use	☐ Use sunscreen
Remove & unfollow negativity	☐ Take a daily multivitamin
☐ Give up the news for a day	☐ Wake up early & go to bed early
☐ Take an online class	☐ Find a dance class on YouTube
☐ Watch a documentary	☐ Go for a bike ride

1σ5 **4**6. **9**⁰∩6**α** mînisa akwa kîstikāna Fruit and Vegetables (Clues are in Cree; Answers are in English) Use the clues to fill in the words above. Words can go across or down. Letters are shared when the words intersect. P **ACROSS** ⊓רן⊃ mîcimîn N 5. Δ"¹b¹dr⁺ wihcîkaskosiy 7. ¬P>Δ<\ askipowipak</p> 8. 「COLE mistisominak 13. Г"d̄Г⁻ mihkōmin 15. ⊳¹ĠC¹\ oskātask 16. Γ⁵ΔΓ⁻ mithawimin R 17. ▷¹∩b·σ<\ ostikwanipak W 19. ⊳∩Կ"b⁻ otisîhkan B **DOWN** C Н Γ[∩]∩Γ[⊃] mistimin 2. ▷\∇Γ⁻ osawîmin 4. Γ"d∩rb³ mihkotisikan 6. Γ>Γ⁻ cipomin 9. <a>¬°P<·<a>¬•• askipwawa 10. ⋖ἴΡΓ⊃ wākimin 11. σΛ∇Γ[⊃] nipiwîmin 12. L[⊃]∩Γ[⊃] mantimin 14. b7"b.^b.x kamîhkwaskwahk 18. ḃ[∩]ΛΓ[⊃] kāspimin **WIN**



NAME:

Phone Number:

The fine print: All submitted correct entries will be entered into a random draw, with one winner to be selected. Draw will be held on December 20th at 3:00 pm.

\$75 CASH!

Submit your completed crossword to the Wellness Centre by 2pm September 20th for a chance to win!

The Power of Family Time

Spending quality time together as a family isn't just fun, it's a powerful way to support your child's development. Whether it's sharing a meal, playing a game, or just talking about your day, family time helps children grow into confident, caring people.

It's important that children learn from their family that they are loved unconditionally and are always safe. This means offering them respect, taking their comments seriously and showing true interest. Don't dismiss their concerns or laugh at their problems. Don't allow yourself to believe staring at screens beside your child on the couch is quality time.

Children with strong family connections and a safe home life have the chance to develop important skills and characteristics. They learn to express themselves clearly and understand others. Knowing they are accepted gives them the courage to try new things and believe in themselves. Disagreements with siblings and working together in board games strengthens their ability to problem-solve.

Spending time together helps children develop empathy, as they learn to care about others' feelings and needs. Helping with chores teaches kids responsibility and appreciation for the hard work of other family members.

Extended family like Elders gives kids the special opportunity to learn about our culture and identity. Traditional teachings and experiences, including language and living off the land, are so important in helping our children feel proud of who they are and where they come from.

When children enjoy regular, quality time with their family, you'll see the benefits. They'll have better behaviour at school and at home. They'll have stronger self-esteem and emotional health, which will help them to build relationships with others.

Crucially, family time gives kids a greater sense of belonging and security, which lowers the risk of risky behaviours as they grow older.

When they have a great sense of belonging at home, they don't need to find it elsewhere!

No matter how busy life gets, even 15 minutes of focused time can make a difference.

For young children:

- Read together every day
- Let them lead pretend games
- Sing songs with Nehetho vocabulary
- Assign simple tasks like putting away toys

For children 5-13:

- Have them help you in the kitchen
- Take walks or bike rides
- Play board games
- Ask them to plan a special outing for the family



For teenagers:

- Watch shows or movies that could lead to good conversation
- Support their healthy hobbies & friendships
- Ask them to make a playlist for you
- Dream about the future

The days are long but the years are short! It's so important

to embrace the time we have with our kids. Strong family bonds will help them succeed now and into the future.

Of course, family time doesn't only mean time with parents. In Indigenous cultures, siblings, grandparents, aunts, uncles and cousins have always been a crucial part of a caregiving team.

When a child is surrounded by people invested in their wellbeing, they will have the confidence they need to shine.



Do you have a suggestion or a mithwâyâwin story idea?

We would like your comments, feedback or news stories. Please contact ncnwellness@gmail.com



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