



# World AIDS Day at NNOC High School – December 1, 2025

On December 1st, NNOC High School joined communities worldwide in recognizing World AIDS Day, an annual event dedicated to raising awareness about HIV/AIDS and supporting those affected.

Public Health Nurses hosted an engaging information booth featuring:

- **Pamphlets** with facts about HIV/AIDS prevention and treatment
- **Condom packages** to promote safer practices
- A **presentation board** displaying current statistics and educational content



Students and staff showed their support by wearing red ribbons, a

global symbol of solidarity. The event also included cookies, which were a big hit and helped draw people to the booth for conversation and learning.

## What is HIV/AIDS?

HIV (Human Immunodeficiency Virus) attacks the body's own immune system, making it harder to fight off infections and diseases. If untreated, HIV can progress to AIDS (Acquired Immunodeficiency Syndrome), a severe stage of infection where the immune system is badly damaged. HIV is spread through blood, sexual contact, and sharing drug-use equipment. While there is no cure, effective treatment allows people with HIV to live long, healthy lives and prevents transmission.

**Manitoba currently has the highest rate of new HIV diagnoses in Canada, with injection drug use being the leading mode of transmission.**

## Why This Matters

HIV remains a serious public health concern in Manitoba. Recent reports show a troubling rise in cases:

- In 2024, Manitoba recorded 291 new HIV diagnoses, with an incidence rate of 19.5 per 100,000, more than triple the national average.
- Manitoba currently has the highest rate of new HIV diagnoses in Canada, with injection drug

use being the leading mode of transmission.

These numbers highlight the importance of education, prevention, and harm reduction strategies. Events like this help reduce stigma, encourage testing, and provide resources for those who need support.

For more information on HIV prevention and local resources, visit **Manitoba Health's website:** <https://www.gov.mb.ca/health/publichealth/diseases/hiv.html>.



## IN THIS ISSUE

### COMMUNITY HEALTH

Learning About Shingles

4

### PERSONAL JOURNEY

Nature's Alarm Clock (Circadian Rhythm)

5

### FAMILY SUPPORT

Training For Substance Abuse Support

17



# Shout-Out To All FCWC Employees

As Nisichawayasihk Cree Nation steps into a new year, it's important to acknowledge the hard work and dedication of all Family and Community Wellness Centre employees.

"We have employees here at our main office, but also in South Indian Lake, Thompson, Brandon and Winnipeg, providing services and support to our Citizens every single day," says Felix Walker, FCWC CEO. "I'd like to send out gratitude and commend every staff member for the part you've played in

keeping the ball rolling every day." Last year was a difficult year, from a community-wide evacuation to power outages during an extremely cold snap. Through it all, FCWC employees came together with perseverance to make it all work.

"Your commitment and determination do not go unnoticed," says Walker. "Our community is lucky to have employees like you."

Here's to another great year in NCN!



## Some Heroes Wear Pajamas

On another cold December day, why not inject some cozy glamour with a Pajama Day?

FCWC staff wore their very best flannel to work on December 19 to

jump start the holidays. With the Centre fully decked out in Christmas decorations, spirits were merry and bright!





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# Learning About Shingles

Shingles is a painful skin condition caused by a virus called Varicella-Zoster, which also causes chickenpox.

When someone gets chickenpox, usually as a child, the virus stays inactive in their nerve cells. Years later, it can become active again and cause shingles.

It's important to know that someone with shingles can spread the virus to someone who's never had chickenpox or the chickenpox vaccine. The exposed person would get chickenpox. This means people who have never had chickenpox or the vaccine should avoid direct contact with shingles blisters.

While anyone who has had chickenpox can get shingles, it is most common in adults over age 50. People with weakened immune systems, dealing with chronic illness or high levels of stress are at higher risk.

Common early symptoms are tingling, burning, itching, or pain on one side of the body. Some people feel tired or unwell. After a few days, a painful rash develops in the same area. The rash often forms clusters of fluid-filled blisters that will break open and scab over. A case of shingles usually lasts

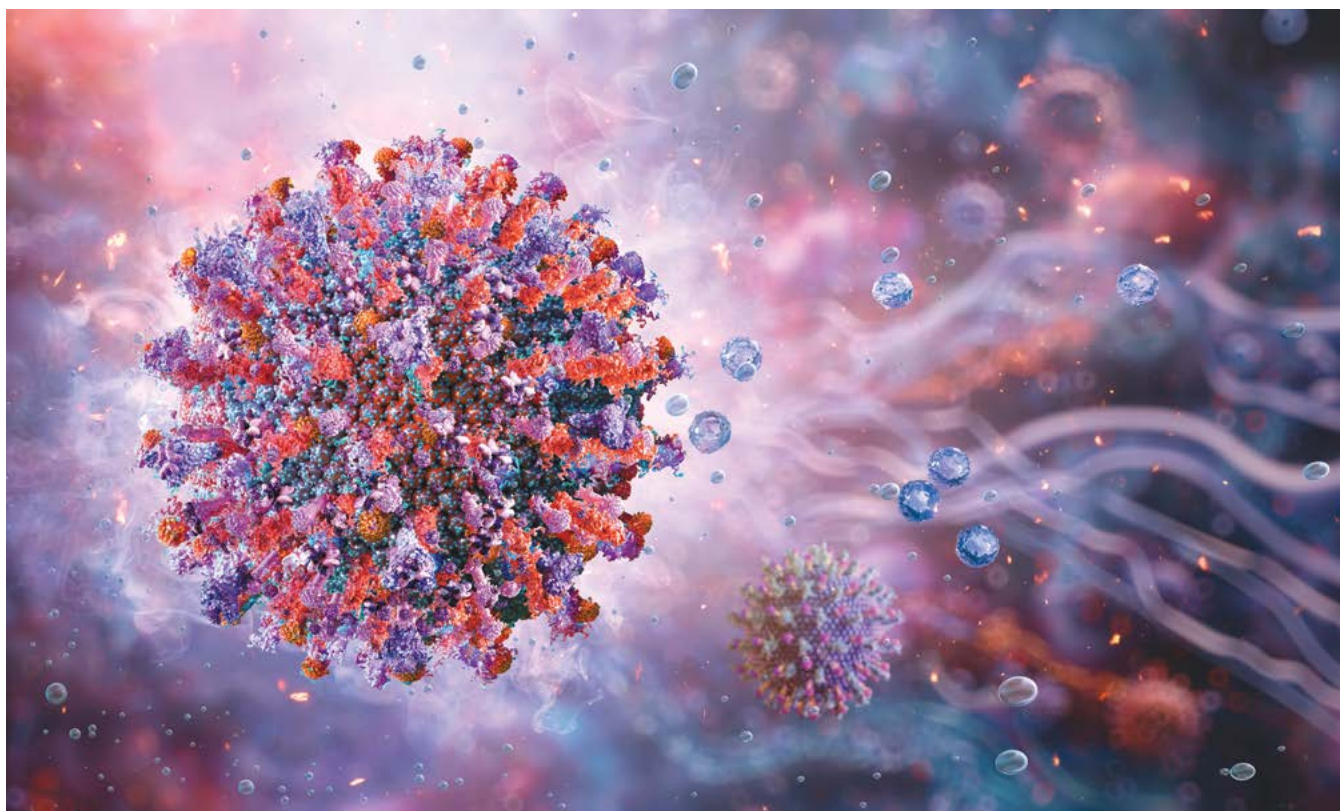
two to four weeks. Even after the skin heals, some people deal with pain for months or even years.

If you think you might have shingles, get in contact with Public Health or the Nursing Station as soon as possible, because treatment works best when started right away.

Like avoiding any other virus, it's important to keep your immune system strong by eating well, getting enough sleep, exercising, and managing stress.

You can avoid shingles or reduce the chance of serious complications with the vaccine. It is a two-needle series

that you get about three months apart. Unfortunately, the Shingrix vaccine is not covered as part of Manitoba's immunization program, and you'll need a prescription from your doctor. Contact Public Health at 204-484-2341 to learn more your risk of getting shingles and if the vaccine is a good investment for you.



# Be a Responsible Dog Owner

Owning a dog is a commitment. Your dog depends on you for love, care, and safety. Here are a few ways to be a responsible pet parent:

## Provide Proper Care

Fresh water, nutritious food, and regular vet visits keep your dog healthy and happy.

## Exercise & Mental Stimulation

Playtime and exercise is essential for your dog's well-being.

## Training & Socialization

Teach basic commands and socialize your dog to prevent behavioural issues and keep everyone safe.

## Identification & Safety

Keep identification tags on your dogs collar and always use a leash in public areas.

## Spay/Neuter

Help reduce overpopulation and improve your dog's health.

## Protect Them From the Cold

Dogs can suffer in freezing temperatures. Provide warm shelter, limit time outside, and use

coats or booties for extra protection.

## Prevent Dog Bites

Dog bites can cause serious injuries and infections. Most bites happen when dogs are scared, stressed, or untrained. Always supervise interactions with children, avoid teasing or rough play, and learn your dog's body language to prevent accidents.

## Remember:

**A dog is family. Treat them with the respect and care they deserve.**





# Nature's Alarm Clock

The circadian rhythm is your body's built-in clock. It runs on a 24-hour cycle and helps your body to know when to be awake, when to sleep, and when to perform its essential jobs like digesting food, repairing cells and balancing hormones. This internal clock is guided by your brain, but it listens to signals from the outside world, especially light and darkness.

A healthy circadian rhythm is important because it keeps your body in sync. When it's working well, you think more clearly, have more energy

during the day, and fall asleep more easily at night.

Beyond keeping track of your sleep-wake cycle, the circadian rhythm affects almost everything. It helps regulate body temperature, heart rate, and the release of hormones such as melatonin, which helps you feel sleepy, and cortisol, which helps you feel alert. It supports your immune system, helps control your appetite and digestion, keeps your mood steady, and influences how well you can focus or learn.

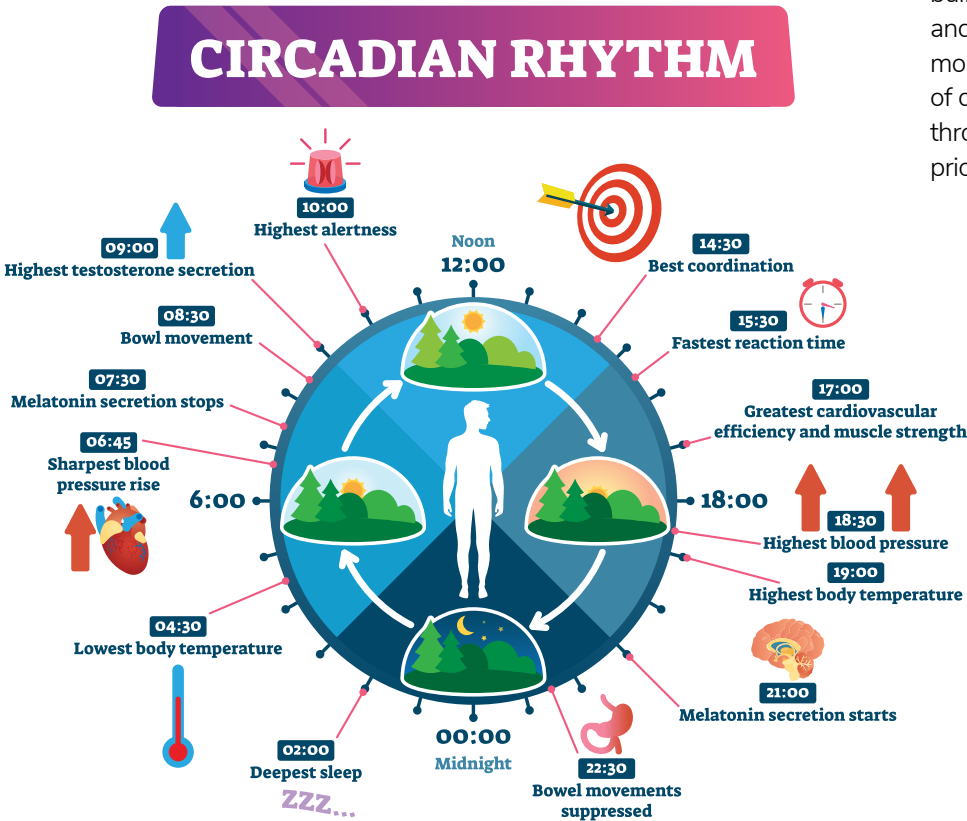
When your circadian rhythm is not working properly, you might have trouble falling asleep, wake up many times during the night, or feel tired even after a full night's rest. You might feel irritable, have trouble concentrating, or crave unhealthy foods.

Irregular sleep patterns, staying up too late, and getting too much screen time before bed can all confuse your internal clock. Shift work, jet lag and stress can throw it off, too.

The good news is you can reset and support your circadian rhythm by building healthy habits. Light, routines, and good sleep practices are your most powerful tools. Our short hours of daytime during the winter can throw off your system, so make it a priority to get outside every day!

### Why don't you:

- Get bright light in the morning, preferably from natural sunlight.
- Go to bed and wake up at the same time every day, even on weekends.
- Limit screen time for at least an hour before bed.
- Keep your bedroom dark, quiet & cool.
- Avoid caffeine in the late afternoon & evening.
- Be physically active during the day, but avoid hard exercise close to bedtime.
- Eat meals at regular times & avoid heavy snacks a few hours before bed.
- Create a relaxing bedtime routine, like reading or gentle stretching.



Almost all creatures have circadian rhythms, from snakes to whales. Notice the birds that start to chirp at dawn's first light and bats that fly through the trees at twilight. That's the circadian rhythm hard at work! Some animals, such as reindeer in the arctic, have lost theirs because of the extreme light and dark conditions they live in. They have adapted to seasonal changes and external cues instead, for things like migration.

## Nurture holistic wellness

Strengthen NCN families with community and culturally-based activities focused on Family Enhancement.

Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre Inc.

204-484-2341 [ncnwellness.ca](http://ncnwellness.ca)

The background of the banner features a serene sunset scene over a calm lake. In the foreground, a man and a woman are smiling. The woman is holding a large drum. The overall tone is warm and inviting, emphasizing community and wellness.



# ᓂᓴᓴᓴᓴᓴᓴ **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, overnights, 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**



# ᓂᓄᓂᓂᓂᓂᓂᓂ **sītoskākēwin** **NCN & FCWC Support Services**



**Noosi Muskwa  
WOMEN'S SHELTER**  
*A safe place where healing begins*

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.

The Women's Shelter is located in Nelson House and is available 24 hours a day to all NCN women and children. There is no financial cost to stay with us.

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

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



Nelson House  
**MEDICINE  
LODGE**  
Mithwayawini Mitho Tehewinihk Ochi

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**  
NDINAWEMAAGANAG  
ENDAAWAAD INC.



NDINAWAWE  
**204-417-SAFE**

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

Your central source for adult addiction services.

**MBAAddictionHelp.ca**

**We're here when you're ready.**  
**Call or text 1-855-662-6605**

**MANITOBA  
CRIME  
STOPPERS**

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

**Submit a Tip Online: [www.manitobacrimestoppers.com](http://www.manitobacrimestoppers.com)**  
**A safe and anonymous way to report crime**

**CFS On-Call**  
**NCN: 204-679-6386**  
**or 204-679-5544**

**24/7 SUPPORT**

**Counselling Services On-Call**  
**NCN: 431-354-1270**  
(On call hours are from 4:30pm to 8:30am AND 24-hours Saturday/Sunday and Holidays)

*NCN Family and Community Wellness Centre provides essential services for Nisichatoyasihk Cree Nation and surrounding communities for health and child services*

**South Indian Lake**  
**CFS On Call**

Check the NCN Family and Community Wellness Centre's Facebook Page for who's on-call each week.

If at any time you are unable to reach an on-call worker, contact Intake in Thompson @ 1-866-260-9457

Where children are in need of protection from abuse or neglect such as: alcohol around minors, domestic or intimate partner violence around minors, or anything that compromises a child's basic needs of health or safety.

Call: RCMP - Leaf Rapids @ 204-473-2449  
RCMP - Winnipeg @ 204-374-2345  
RCMP - OPCN @ 204-374-2029  
Security - OPCN @ 204-374-2429

**We are here to help 24 hours a day**  
**1-877-435-7170**  
**MANITOBA SUICIDE PREVENTION & SUPPORT LINE**

**reason to live.ca**

**Thinking of suicide?**  
If you need to talk, we're here to listen.

**9-8-8**  
toll free, 24/7



# Building Blocks To A Healthier You

Vitamin C, also known as ascorbic acid, supports your health in many ways.

It bolsters your immune system so you can effectively fight off colds and infections. It helps your body heal cuts and scrapes by helping to make collagen, which is important for skin, blood vessels and bones. Vitamin C allows your body to absorb iron more readily and acts as an antioxidant, protecting your cells from damage.

Getting enough vitamin C is important for people of all ages. Without appropriate levels, you may feel tired or weak, get sick more often, or notice that cuts take longer to heal.

You may have heard about scurvy, a condition that sailors often developed that included bleeding gum and joint pain, due to no access to Vitamin C for months at a time.

Thankfully, in this day and age, we can usually get enough Vitamin C through our diets. Generally speaking, supplements are not needed, although some people who take daily vitamin C pills say when they get a cold, it doesn't last as long.

### How much vitamin C do I need every day?

- Children: 15–45 mg per day

- Teens: 65–75 mg per day
- Adults & Elders: 75–90 mg per day

\*One medium orange has about 70 mg of vitamin C. Half a cup of raw red bell pepper has about 95 mg.

### How Do I Get Enough Vitamin C?

Instead of pop, try a squeeze of lemon or lime in your drinking water.

Focus on eating a variety of fruits and vegetables every day. Citrus fruits like oranges and grapefruits are great choices, but berries, kiwi, tomatoes, broccoli and bell peppers are also high in vitamin C.

Fresh fruits and vegetables usually have more vitamin C than cooked, so eat them raw or lightly steamed as often as possible.

Keep cut fruits and veggies in the fridge and eat them within a day or two to preserve their vitamin C levels.

Try to get vitamin C at every meal: a handful of blueberries in your morning cereal, veggies and hummus after school, and an orange for a healthy hit of sweet after supper.

For some fun, give a toddler a wedge of lemon or lime to suck on while you supervise. Have a camera ready!

## Vitamin C Stir Fry

- 2 T olive oil
- 1 small onion, sliced
- 2 cloves garlic, minced
- 1 T ginger, minced
- 1 red pepper, sliced
- 1 cup broccoli florets
- 1 cup cabbage
- 1 cup thawed shrimp (optional)

### Sauce:

- 3 T soy sauce
- 2 T sesame oil
- 1 T peanut butter

Mix sauce ingredients together (you may have to add a few drops of water) and set aside. Heat oil in a pan over medium heat. Cook onion, garlic and ginger for 1–2

minutes until soft. Add vegetables and stir-fry for about 5 minutes, until they are tender but still bright in colour. (If using shrimp, add them in now for 2 minutes.) Add sauce and mix carefully. Serve with rice or noodles.



## Join Our NCN Family and Community Wellness Centre and Build Your Future!

At the NCN Family and Community Wellness Centre, we believe in more than just providing jobs—we believe in creating opportunities that empower you to shape your future, strengthen our community, and honour the rich traditions of our people.

We're hiring individuals who are eager to grow, learn, and contribute to the well-being of our community. Whether you're interested in health, counseling services, land-based programs, or administration roles like finance, human resources, or IT, there's a place for you.

### Embrace Your Traditions:

- We value the knowledge of our Elders and integrate traditional skills and teachings into our work. Learn and grow while staying connected to our cultural roots.

### Secure Your Future:

- Competitive wages and benefits provide the foundation for a stable and fulfilling life, allowing you to support those you love.

### Make a Difference:

- Whether you're helping others heal, guiding our youth, preserving our lands, or ensuring our operations run smoothly, your contribution is vital.

### Join Our Family:

- Experience a supportive environment where we work together, guided by our shared values, to create a brighter future for all.

Working with the Family and Community Wellness Centre isn't just about earning a paycheck—it's about building a life that honours our traditions and contributes to the strength of our community.

*Take the leap, invest in your future, and become part of a family that's committed to making a difference.*

**Current Opportunities:** Ready to apply or want to learn more? Call 204-484-2341 or visit [www.ncnwellness.ca](http://www.ncnwellness.ca) for more information.



# Measles

Measles is one of the most highly contagious diseases characterized by a red, blotchy rash. The measles virus spreads through close personal contact with an infected person and through the air when an infected person coughs or sneezes. The virus can be spread by droplets that can stay in the air for several hours. Infection can result in serious illness or death. An infected person can spread the virus from four days before the rash appears until four days after. The disease tends to be more severe in infants and young children and can be life-threatening.

Symptoms of measles generally appear seven to 21 days after exposure. Initial symptoms may include fever, runny nose, drowsiness, irritability and red eyes. Small white spots may also develop on the inside of the mouth or throat. Several days after the initial symptoms, a red blotchy rash appears on the face and progresses down the body. Measles can lead to complications including ear infections, diarrhea, pneumonia (lung infection) and encephalitis (brain inflammation).


Immunization is the only means of protecting people from contracting measles. Contact an immunization provider such as a local public health office, physician or nurse practitioner to ensure everyone is up to date.

Certain people should not get the measles vaccine including infants younger than six months of age, pregnant women and people with weakened immune systems.

For more information and to stay up-to-date with the measles outbreak visit the Manitoba Health website at: <https://www.gov.mb.ca/health/publichealth/diseases/measles.html>.

Manitoba Public Health continues to monitor for measles cases and exposures that occur from cases in Manitoba, and exposures from out of province travellers to Manitoba.

The tables below provide a weekly summary of measles cases in Manitoba since February 2025. Data are updated every Friday. The tables were last updated on January 2, 2026, with data up to December 27, 2025.



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre Inc.

**PRE-REGISTER BY MARCH 20, 2026**  
CALL Pam Moore at 204-307-0889  
or drop by FCWC and see her in person.

## Parent Power: EQUIPPING FAMILIES FOR SUCCESS

### 2026 NCN Parent Conference

**MARCH 24-26, 2026**

NNOC High School, 3 Moody Drive • Nelson House, MB

Transportation will be provided:  
**Bus pick-up 8:15 AM**  
**Bus drop-off 4:15 PM**

**8:00 – 9:00 AM**  
**Breakfast & Workshop**

**LUNCH & SNACKS**  
**Provided (daily)**

**DAILY SAFE SPACE ROOM & SMUDGING** – Cleanse or debrief with on-site counselors and Elders.

**MARCH 25 • WORKSHOPS**



- Why Oral Health Matters to Your Family
- Home Air Circulation and Pest Control
- Positive Behaviour Management
- Suicide Prevention
- Commit to Kids: A Guide for Parents
- Bullying and Its Affects on Learning
- Autism: Literacy and Language
- Managing Childhood Illnesses
- Effective Communication Strategies
- Domestic Violence
- CFS Roles and Responsibilities

**MARCH 24 • WORKSHOPS**

- FASD Tips for Parents and Caregivers
- Parenting an Anxious Child
- Substance Abuse: It's Effects on Children
- Budgeting and Cost Saving Tips
- Parenting in the Online World: Online Safety
- Understanding Childhood Milestones
- Strengthening Health Through Vaccination and Hygiene
- Gender and Sexual Diversity for Parents with Children who Identify as LGBTQ+
- Nutrition and Health Eating Habits

**MARCH 26 • WORKSHOPS**

- Designing Diamond Willow Talking Sticks
- Spruce Gum Medicine Teaching over Tea and Bannock
- The Sacredness of a Woman
- Sweatlodge Teachings
- Making Homemade Body Soap
- Foot Care
- Beading Your Own Earrings
- Making Your Own Dreamcatcher





# Learning from our Elders

Consider how much Elders have seen and experienced over the course of their lives: life on the land, residential schools, abuse and addiction in the community, the rise of technology, hydro development, the erosion and rebirth of culture and language, and their own personal triumphs and setbacks. Our Elders have truly seen it all.

Living a long life through so much change brings a valuable perspective and insight into human nature. Elders' stories can teach us about the mistakes and victories of the past and allows us to

apply their wisdom to our present and future.

As a starting point, think of something you do every day, and ask an Elder how it was when they were young. For example, ask them about what they did after lunch or what they did for fun. Try to gain an understanding of the typical days of their childhood.

Remember that some Elders may be reluctant to talk about the past because it brings up painful memories. That's understandable, and we don't want to pressure them. But when we

avoid asking about the past entirely, we also miss out on the happy stories.

Listening to Elders talk about joyful memories can ignite a curiosity and a passion for traditional teachings and pastimes. If we want young people to nurture our traditional way of life, they need to hear about the way their lives would be enriched. Try a question that will bring up a specific memory, like, "Tell me about something that made your mother laugh."

It can also be insightful to ask Elders for their opinions about life right here, right now. Are things as they expected? Are they surprised by changes in the community and in society? If they could go through your stage of life again, what would they focus on?

Keep in mind that learning from our

Elders helps them, too. Many Elders are lonely, with too much time on their hands. Reminding them of their value will bring a sense of vitality, which will increase their well-being. Connecting with an Elder is good for everyone!

## Invite an Elder to

- plant a garden
- gather medicines
- go trapping, hunting, fishing
- create arts & crafts
- talk about their grandparents
- go for a walk
- cook a favourite recipe
- teach you Cree phrases

# A Fresh Start For Mental Health

The beginning of a new year is a great time to take stock of our mental wellness and to make changes that will lead to a brighter mindset.

The best tweaks are small, simple and steady. You may feel inspired by January vibes to come up with a huge list of goals, but that's setting yourself up for failure! It can feel overwhelming to think we need to change everything at once. Instead of burning out in a few weeks, start with a few manageable habits to support your well-being for the whole year.

Strong mental wellness can improve sleep, boost energy, and help us handle stress and cope with challenges. It doesn't mean life becomes perfect, but

it does mean we are better equipped to handle ups and downs. When our mental health is strong, it's easier to focus at work or school, enjoy hobbies, care for our families, and contribute to our community.

Mental wellness habits don't have to be expensive or time-consuming. Even a few minutes a day can make a difference. Why don't you:

- Take five minutes to focus on slow

breathing to calm the nervous system & reduce stress.

- Go for a short walk outside to improve your mood & clear the mind.
- Write down one or two things you're grateful for to focus on what's going well.

- Unplug from phones or social media, even for ten minutes, to give your mind a break.
- Drink water every time you walk through the kitchen, to keep your brain well hydrated.

The key to these new habits is not how big the idea is, but how often you return to it. Small actions, repeated regularly, can have a big payoff over time.

Many people struggle with new habits because they expect quick results or feel guilty when they miss a day. Remember that mental wellness is not about perfection. Missing a day doesn't mean failure; it just means you start again tomorrow. Another common challenge is feeling too busy. Remind yourself that caring for your mental health helps you show up better for everything else in your life. Shave off a few minutes from a not-great habit and apply it to a healthy one instead.

By starting now with small habits that feel manageable, you can build a strong foundation for mental wellness that supports you all year long.

## How To Make A Habit Stick

- Stay realistic. Aim for five minutes a day instead of planning for an hour and giving up.
- Link a new habit to something you already do, like taking a few deep breaths after brushing your teeth.
- Track your habits on a calendar or an app to provide motivation & a sense of progress.
- Share your habits with a friend to make it fun.



NELSON HOUSE

As of Dec 08, 2025

DENTAL SCHEDULE

January 2026						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	01	02	03
04	05	06	07	08	09	10
	*or. C. ARES(F) (Calm Air- Arrival:09:25am)	*or. C. ARES(F)	*or. C. ARES(F)	*or. C. ARES(F)	*or. C. ARES(F) (Perimeter- Departure:03:55p m)	
11	12	13	14	15	16	17
	*or. G. HERMELIN(F) (Calm AirArrival:09:25am)	*or. G. HERMELIN(F)	*Dr. G. HERMELIN(F)	*or. G. HERMELIN(F)	*or. G. HERMELIN(F) (PerimeterOepar ture: 03: 55p m)	
18	19	20	21	22	23	24
	*or. G. HERMELIN(F) (Calm AirArrival:09:25am)	*Dr. G. HERMELIN(F)	*Or. HERMELIN(F) ) G.	*or. G. HERMELIN(F)	*or. G. HERMELIN(F) (PerimeterOepar ture:03:55p m)	
25	26	27	28	29	30	31
	*Dr. K. SEDOR(F) (Calm AirArrival:09:25am)	*or. K. SEDOR(F)	*or. K. SEOOR(F)	*or. K. SEDOR(F)	*or. K. SEDOR(F) (Perimeler-Depart ure:03:55p m)	

Note: For accommodation purposes we have indicated in brackets whether the dentist is Male (M) or Female (F) for your information.

Dental Office: (204) 484-2903



Call 1-877-983-0911 if there are any issues with these scheduled dates and/or if accomodations are not available.



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre Inc.




# St. Amant and Nelson House Jordan's Principle Lunchtime Workshop



St. Amant and Nelson House Jordan's Principle present a lunchtime workshop:

❖ Understanding Autism and Intellectual Disabilities  
❖ Managing Challenging Behaviours

Presenter:  
Rob Jeffrey, Jordan's Principle Behaviour Analyst, St. Amant



Date: Wednesday, January 14, 2026  
Location: Nelson House Jordan's Principle Office  
Time: 11:00am – 1:00 PM  
Free to attend!!

For family members, Jordan's Principle staff, and all others interested in learning about ASD and managing behaviour

On the date of January 14, 2025, FCWC Staff members along with families within the community came together for a luncheon workshop. The event was hosted by Rob Jeffery, Jordan Principals behavioural analyst at St. Amant. Understanding autism, intellectual disabilities, as well as managing challenging behaviours was the focus of presentation. By being able to comprehend the complexities of autism and associated behaviours. We thank everyone that participated in this program, thus bring a further understanding of those effected by this condition.

### Understanding Autism

It's important to note that autism is not a disease or illness; rather, it represents a different way of processing information and interacting with the world. Individuals with autism can lead fulfilling lives, and many have unique strengths and talents.

Support and interventions can help individuals with autism navigate challenges and enhance their quality of life.

In summary, autism is a lifelong condition that affects how individuals communicate and interact with others, and it encompasses a wide range of experiences and abilities. Understanding autism is crucial for fostering acceptance and support for those on the spectrum.

# Free Narcan Kits To Protect Citizens

Naloxone is a medicine used in emergencies to reverse opioid overdoses. You may have heard it called Narcan, which is its brand name.

Common opioids include fentanyl, heroin, morphine and other pain medications, which work by slowing down the brain and body. When someone takes too much of an opioid, their breathing may slow down or even stop, which can be life-threatening.

Naloxone works by quickly attaching to the same parts of the brain as the opioid and blocking or reversing its

**Free naloxone kits are available at the Family and Community Wellness Centre.**

effects so breathing can begin again, usually within a few minutes.

Recognizing an opioid overdose is critical. Signs include very slow or stopped breathing, inability to wake up, limp body, tiny pinpoint pupils, pale or clammy skin, and slow or no heartbeat.

While naloxone used to be only available by prescription, Health Canada changed its status so that it can be more accessible to people and places that may need it.

Free naloxone kits are available

at the Family and Community Wellness Centre. If you or your family members or friends are at risk of opioid overdose, you should have one available. The kit usually includes an instruction sheet, alcohol swabs, gloves, a breathing mask, syringes and naloxone vials.

If you suspect an overdose, even if you plan to use naloxone, call 911 immediately. Naloxone only works for 30 minutes and maybe up to two hours, and the person may need further medical care.

Having naloxone available and knowing how to use it can save lives. Everyone in the our community benefits when more people can recognize an opioid overdose and act quickly and safely.

To learn how to recognize opioid poisoning and how to use naloxone safely, you can take free online training at the St. John Ambulance Canada website.

Contact the Public Health office at 204-484-2341 if you have questions, or to request a free Narcan kit.

### Narcan kits are saving lives!

In Alberta, for every 10,000 naloxone kits in circulation, there was a 24 per cent decrease in opioid-related deaths. If no naloxone kits had been distributed, the province would have experienced about 815 more deaths in almost five years than were actually recorded.



# Diabetes Integration Programs

The Diabetes Integration Project (DIP) is a mobile diabetes care and treatment model that supports First Nation adults living with Type 2 Diabetes. It provides services on-reserve to prevent or delay diabetes complications, including monitoring diabetes status, screening for complications, and providing diabetes education. The DIP also offers referrals to other health care providers based on individual needs.

The Framework for Diabetes in Canada aims to improve the lives of people with diabetes and reduce the burden on healthcare systems. It includes five key elements: adequate resources, measurable progress, comprehensive data, inclusive education, and research.

The National Indigenous Diabetes Association has developed a guide called “Pathway to Wellness” to help Indigenous Peoples understand diabetes and prevent it. This guide is a joint initiative with the National

Indigenous Diabetes Association, the Spirit Healthcare Group, the Canadian Association of Optometrists, and the Diabetes Integration Project.  
[www.canada.ca](http://www.canada.ca)

These programs and frameworks are designed to provide comprehensive care and support for individuals living with diabetes, addressing their needs and improving health outcomes.

## Recovering & Empowering

### Encouraging and Maintaining Strong Mental Health

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

Nisichawayasihk Cree Nation  
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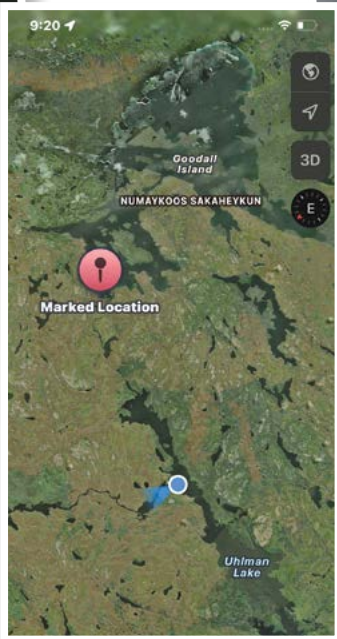
# Hunting and Gathering from Land Base Staff in South Indian Lake

From the dates of January 12, 2025 to January 19, 2025. The NCN Land base crew went out on a Hunting & fishing gathering trip.

They spent the next 10 days in camp fishing as well as hunting as an annual trip taken each year from the department. Land base assistant Supervisor Slade Wilson lead the trip and ensured everything was done accordingly. Though they did not manage to get a moose or caribou. The trip

went off without a hitch. The crew managed to catch a lot of fish and cleaned them out. Cleaning the fish is an intricate part of the trip. By cleaning the fish thoroughly, thus eliminating the need to watch out for bones and other parts of the fish (Guts, fins, head etc.). In total there were approximately 10 crew members that took part in this trip. All in which were in proper gear to withstand the elements. Upon return all

equipment was sorted and put away for next scheduled outing. Fish is going to be distributed with community and elders that request to have dropped off or picked up.





## EMPLOYMENT OPPORTUNITY: Full-time Permanent Case Manager Position Available

**Title:** Case Manager

**Location:** South Indian Lake, Manitoba, sub office

### Job Summary:

This position reports to the Director of CFS and is responsible for providing services to CFS clients who need Child and Family Services. The Case Manager also completes the assessments, crisis intervention, supportive counselling, and development of service plans, assists with basic needs, advocacy, and referral services.

### Demonstrated Skills & Abilities:

To organize, present, and record information in a clear, concise, complete, accurate, and timely manner that allows a third party to understand the reason for a decision or the need for further action; maintain case files in compliance with the standards, policies, and procedures of the Child and Family Services System.

- To prepare documentation to support special needs applications, out-of-home placements, services to families, and all other documentation requirements to serve the needs of the child and Family.
- To assess risk for child safety and conduct child development and Family functioning assessments.
- To implement, to evaluate, and to adjust case plans in collaboration with the client and others to establish goals and meet diverse client and Family needs

### Qualifications:

- Bachelor of Social Work, other combinations of education and experience will be considered
- Knowledge and experience in applying therapeutic approaches with children and families
- Excellent oral and written communication skills
- Excellent crisis intervention skills

- Basic computer literacy
- Proven ability to work as an integral member of a team
- Strong time management skills and ability to work effectively under pressure
- Demonstrated experience and skills in working with various ethnic/racial backgrounds with a specific focus on the aboriginal issues
- Must possess a valid Manitoba Driver's License & be able to provide a clean Child Abuse Registry/Prior Contact & Criminal Record Check upon hire

**Salary:** Starting \$63,866 Annually

**Closing date:** February 12, 2026

### Submit all Applications to:

Lynette Spence, Interim Director of Human Resources  
lspence@ncnwellness.ca  
NCN Family & Community Wellness Centre Inc.  
14 Bay Road, Nelson House, Manitoba ROB 1A0  
Phone: 204-484-2341 Fax: 204-484-2351

## EMPLOYMENT OPPORTUNITY: Home and Community Care Nurse (1 Full-time Permanent Position)

**Title:** Home and Community Care Nurse

**Location:** Nelson House, Manitoba Head Office

### Job Summary:

The Nisichawayasihk Cree Nation is seeking an FT/P Home & Community Care Nurse. Working within the context of a client & family-centred health care delivery model, based on a philosophy of self-care management and following the vision and values of the Family and Community Wellness Centre Inc., and in accordance with CRNM/CLPNM, Canadian Nurses Association Code of Ethics, and Manitoba Health. The nurse will comply with practice standards, service delivery plans, and the delivery and evaluation of care needs for acutely, chronically, and terminally ill clients in community settings, initiating referrals to other professionals or agencies as required.

### Demonstrated Skills & Abilities:

This position is suitable for a person with experience and skills in the following areas:

- Knowledge of and skill in acute care and community health nursing

- Advanced nursing assessment and care plan maintenance skills
- Ability to adapt clinical and professional skills to the home and community settings
- Ability to work independently and as a member of a multidisciplinary team
- Ability to prioritize needs and organize work to accomplish the workload
- Ability to communicate effectively, both verbally and in writing. The ability to speak Cree would be considered an asset

### Qualifications:

- Active Registration with the College of Registered Nurses of Manitoba or the College of Licensed Practical Nurses of Manitoba registry.
- Two years of experience as a Home Care Nurse or an equivalent combination of training, education, and experience.
- Knowledge of community-based programming and First Nations culture, traditions & values is considered an asset.

- Valid Driver's License, BLS/CPR & satisfactory criminal record check & child abuse registry check.
- Wound Care certification would be considered an asset
- Foot care certification/training would be considered an asset
- Must possess a valid Manitoba Driver's License
- A criminal record check and Child Abuse Registry are a requirement for all FCWC positions

If you are a resident of Thompson, transportation is provided daily to and from Nelson House.

**Salary:** \$87,161 annually, depending on experience we can negotiate.

**Closing date:** January 29, 2026

### Submit all Applications to:

Lynette Spence, Interim Director of Human Resources  
lspence@ncnwellness.ca  
NCN Family & Community Wellness Centre Inc.  
14 Bay Road, Nelson House, Manitoba ROB 1A0  
Phone: 204-484-2341 Fax: 204-484-2351

## EMPLOYMENT OPPORTUNITY: Foster Care Worker (Full-time Permanent Position)

**Title:** Foster Care Worker

**Location:** South Indian Lake, Manitoba, Sub Office

### Job Summary:

The Foster Care Worker empowers and strengthens families to provide safe, nurturing care to families and children, protects children from abuse and neglect, and ensures culturally appropriate placements/care for children who cannot return to their families. The Successful incumbent must be able to assess individual and community needs. The incumbent provides support, services, and advocacy to foster parents. Provides training opportunities, recruitment, and maintains management and licensing of foster homes, and ensures all records are kept current.

### Demonstrated Skills & Abilities:

This position is suitable for a person with experience and skills in the following areas:

- Protects Children from abuse and neglect
- Provides support and services to maintain the family unit
- Provides alternative culturally appropriate placements for children who cannot return to their immediate families

- Recognizes and addresses community needs
- Provides appropriate referrals to meet the needs of children and families
- Strong work ethic and time management skills
- The incumbent must be able to work independently and as a member of a multidisciplinary team
- Problem solving
- Knowledge of safeguarding
- Empathy and understanding
- Managing multiple tasks, often with competing deadlines
- Handling difficult and sensitive situations using independent judgement within specific guidelines and regulations

### Qualifications:

- Bachelor of Social Work Degree and or a related field, or one to three years of previous work-related field with an equivalent combination of education, training and experience, or a similar environment required.
- Ability to work under stressful/difficult situations and maintain respect and dignity towards the family

- Knowledge of community-based programming and First Nations culture, traditions, and values is considered an asset.
- Well-developed oral and written communication skills
- Excellent organizational skills
- Must be able to work co-operatively with members of the unit and other areas of FCWC employees Must have a high level of personal integrity and professional initiative
- Ability to speak an Aboriginal language would be an asset
- Must have well-developed analytical and problem-solving skills
- Must have a valid Manitoba driver's license
- A criminal record check and Child Abuse Registry are a requirement for all FCWC positions

**Salary:** Starting \$52,123.00 Annually

**Closing date:** February 12, 2026

### Submit all Applications to:

Lynette Spence, Interim Director of Human Resources  
lspence@ncnwellness.ca  
NCN Family & Community Wellness Centre Inc.  
14 Bay Road, Nelson House, Manitoba ROB 1A0  
Phone: 204-484-2341 Fax: 204-484-2351



# Could You Be A Foster Parent?

In the past, children were placed in unfamiliar households, which was not an effective way to heal families. The kids would feel disconnected from their roots, culture and way of life. It often led to depression, low self-worth and addiction.

Now we know it's best to keep children within our NCN community. Staying in a home with the same background helps them to believe they have people

who care for them and allows them to continue in school and activities with minimal disruption.

Foster families receive funds to cover

the costs of food, clothing, medication and activities for a foster child, but it's not enough that you can consider fostering a job. Money should not be your main motivation. Instead, think about helping a child and your community.

Before becoming a foster parent, there are RCMP criminal and child abuse checks and an assessment of your home. You'll attend sessions to ensure you can care for a foster

child, and you'll receive additional training if the child has unique needs.

Your foster child may be angry, sad and scared, so you'll help them deal

with their emotions. You'll provide a safe, stable environment so they can focus on being a kid! You must remain respectful about their family and prepare your foster child to return to their home, whether it's days, weeks, months or years from now.

Caring for a child on a temporary basis can be difficult and beautiful. Many say foster parenting is a unique calling. Could it be yours?

If you are an NCN Citizen and live here or in Winnipeg, Northern Manitoba, Thompson, Leaf Rapids, South Indian Lake, Brandon or Portage, let's see if fostering is a good fit for your family! Call us at 204-484-2341, and ask to be directed to Foster Care Program.

## Ask yourself:

■ Do you have space in your home & your heart for another child?

- Are other family members ready for another child?
- Does your home have a calm atmosphere with rules & routines?
- Do you have the patience to care for someone who may be sad, mad & confused?
- Are you financially comfortable?
- Can you talk honestly about your home & your feelings with case workers?
- Can you love a child & then watch them go home again?

## Do you and your children need help?

If your children are in danger, or living in unsafe conditions, please call us right now at 204-484-2341. You're making the right decision. We can help you & your children.

**Caring for a child on a temporary basis can be difficult and beautiful. Many say foster parenting is a unique calling. Could it be yours?**

# Learning About Gestational Diabetes

A diagnosis of gestational diabetes means a mother's body is having trouble managing the amount of sugar (glucose) in her blood while she's pregnant.

Normally, the hormone insulin helps sugar move from your blood into your cells where it's used for energy. But during pregnancy, the placenta creates hormones that can make the body less responsive to insulin. If the pancreas can't keep up by making more insulin, blood sugar levels stay high, which creates gestational diabetes.

**In Indigenous communities in Canada, up to 20 per cent of pregnant women are diagnosed with gestational diabetes, usually in their second half of pregnancy.**

In Indigenous communities in Canada, up to 20 per cent of pregnant women are diagnosed with gestational diabetes, usually in their second half of pregnancy.

Mothers who receive this diagnosis can have complications. High blood sugar can increase the chances of developing high blood pressure (preeclampsia); requiring a C-section delivery; and having type 2 diabetes later in life.

There can be problems for the baby, too. They may grow larger than usual, which can cause

birth injuries. They have a higher chance of becoming overweight and developing type 2 diabetes.

Finding out if you have gestational



diabetes usually involves a glucose tolerance test. You will fast, then drink a sugary solution and have your blood tested after a few hours.

If you get a positive diagnosis, you'll need to focus on healthy eating and regular physical activity. You might receive medications and regular blood sugar checks.

Most of the time, gestational diabetes goes away after the baby is born. But because it happened, your health care team will monitor both you and your baby in regular checkups.

Gestational diabetes sounds scary, but most people have healthy pregnancies and healthy babies.







# Vitamin D: Building Blocks To A Healthier You

Vitamin D is a great cheerleader for your body. It helps the body stay strong and healthy, by supporting systems including our skeleton, muscles and immune system.

It helps the body absorb calcium, which keeps bones and teeth strong; helps muscles to move properly; and supports our immune system so we can fight off infections. When we have enough vitamin D, our bodies function more efficiently and we feel healthier overall.

Not having enough vitamin D can cause long-term problems. Children who don't get enough may develop poorly formed or soft bones, which can be prone to breaking. Adults who are low in vitamin D may feel tired, have muscle weakness, or experience bone pain. When levels of this nutrient are low over a lifetime, the risk of osteoporosis is higher. Insufficient Vitamin D has even been connected to auto-immune diseases like multiple sclerosis and rheumatoid arthritis.

## How much vitamin D do I need every day?

- Children: about 600 international units (IU)
- Teens & adults: about 600 IU
- Elders over 70: about 800 IU

\*A typical piece of salmon contains about 525 IU. A hard-boiled egg has about 50 IU.

## How Do I Get Enough Vitamin D?

Vitamin D is often called the "sunshine vitamin" because our bodies can make it when our skin is exposed to sunlight. That means the easiest (and most fun!) way to get more vitamin D is to spend time in the sun. Of course, this can be more difficult in Northern Manitoba, but we all know there is no bad weather, just bad clothing! Wrap up appropriately and get outside for at least 15 minutes a day.

Many foods are fortified with Vitamin D, such as milk, orange juice, and cereals. Read the labels carefully to ensure the Vitamin D you're gaining isn't cancelled out by too much sugar!

Fatty fish, like salmon, sardines and anchovies are naturally rich in Vitamin D. Sneak a can of minced sardines into your tuna salad and no one will notice. Use anchovy paste in your homemade salad dressing to bring some salty goodness. Bring salmon into your weekly rotation.



Consider talking to your health professional about a vitamin D supplement. Recent research suggests people in northern areas

of the world may all be insufficient in Vitamin D. People often supplement up to 2,000 IU a day.

## Salmon Lemon Bake

- 1 piece of salmon
- 1 T olive oil
- salt & pepper
- 2 lemon slices

Place the salmon on a baking sheet. Drizzle with olive oil and sprinkle with salt and pepper. Lay the lemon slices on top. Bake at 375°F for about 12 minutes, or

until the salmon flakes easily with a fork. Serve with safely foraged wild mushrooms, which are a great source of Vitamin D, and steamed greens like kale or cabbage.



# Every child is sacred.



Nisichawayasihk Cree Nation  
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Wellness Centre Inc.

204-484-2341 ncnwellness.ca

Kakithaw Awasisak Kistinitakowsiwak





# Bed Bugs: What You Need to Know – Province of Manitoba

## What Are Bed Bugs?

Bed bugs are small, wingless brown insects—about the size of an apple seed—living off human blood. They're nocturnal, hiding by day in mattress seams, bed frames, furniture creases, and behind baseboards, emerging at night to feed.



## Are They Dangerous?

Although they don't spread disease, bed bugs can cause itchy red bumps. Scratching may lead to secondary skin infections. They are a "nuisance pest" per Health Canada and aren't required to be reported under Manitoba's Public Health Act.

## Life Cycle & Behaviour

Bed bugs go through three stages—egg, nymph, adult. Eggs hatch in 6–17 days; adults can live up to a year. They feed soon after hatching and rely on humans to survive.

## How They Spread

Anyone can bring bed bugs home—**cleanliness doesn't matter**. They hitch rides on clothing, luggage, used furniture, electronics, books—virtually anything moved from one place to another.

## Signs of Infestation

- Tiny dark or reddish-brown stains on bedding or furniture
- Shed skins from growing juveniles
- Live or dead bed bugs

**Dealing with bed bugs can cause anxiety, stress, and even stigma—but it's not a hygiene issue. Prompt, informed action is key. Resources and support services are available across Manitoba.**

- Musty, sweet odour in severe cases
- Red, itchy bites—often in clusters—on the face, neck, upper body, arms, and hands

## Prevention Tips

- Thoroughly inspect used furniture, mattresses, and electronics before bringing them into your home
- When travelling, check mattresses, box springs, and headboards; keep luggage on racks or in bathtubs
- Upon return: vacuum luggage, wash clothes in hot water and dry on high for 15–20 minutes to kill all bed bug stages. Note: freezing alone won't kill eggs

## Reducing Stress & Stigma

Dealing with bed bugs can cause anxiety, stress, and even stigma—but it's not a hygiene issue. Prompt, informed action is key. Resources and support services are available across Manitoba.

## Need Help?

Visit the Province of Manitoba's bed bugs website or contact their hotline:

Phone: **1 855 3MB BUGS**  
(1-855-362-2847)

Email: [bedbugs@gov.mb.ca](mailto:bedbugs@gov.mb.ca)

Or call your local Public Health Department for more information.

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

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



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