



Nisichawayasihk Cree Nation  
FAMILY AND COMMUNITY  
Wellness Centre, Inc.

*Good Health, Good Feelings*

# Mithomahcihowin



NOVEMBER  
2024

## Building Immunity: How Vaccines Keep Our Community Strong

As the seasons change and colder weather sets in, the risk of illnesses such as COVID-19, influenza, and whooping cough rises. At the NCN Family and Community Wellness Centre, we understand that keeping our community healthy is a shared responsibility. Vaccines play a vital role in protecting individuals, especially the most vulnerable members of

our community—children, elders, and those with underlying health conditions.

### Why Vaccines Matter

Vaccines are one of the most effective ways to prevent serious illness. By getting vaccinated, you not only

protect yourself but also those around you, creating what is known as “herd immunity.” This means that when enough people are vaccinated, it becomes much harder for diseases to spread, helping to safeguard those who are unable to get vaccinated due to medical reasons.

### The Unique Risks in First Nation Communities

Living in a remote First Nation community brings additional risks

when it comes to infectious diseases. Limited access to healthcare services means that illnesses can spread quickly before they are managed. Crowded living conditions, which are common in many First Nations communities, can increase the speed at

which viruses such as COVID-19 and influenza spread.

**Vaccines play a vital role in protecting individuals, especially the most vulnerable members of our community—children, elders, and those with underlying health conditions.**

In remote communities like ours, where access to healthcare can be limited, preventing outbreaks is especially important. A vaccine-preventable illness could put a strain on our local health resources and result in serious complications for those who may already face challenges accessing care.



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# Prioritizing Yourself: The Importance of Self-Care

Life can be busy, with constant demands on our time, whether it's family obligations, community responsibilities, or work. It's easy to place the needs of others above our own, often neglecting a crucial part of the caregiving equation: ourselves. But taking care of yourself is not selfish—it's essential. Self-care builds resilience and wellbeing, allowing you to be fully present for the important moments in your life and within our community.

## So, what exactly is self-care?

Self-care involves intentional actions and efforts to nurture your physical, emotional, and mental health. Too often, self-care is overlooked until we face a crisis. But self-care is a practice that should be woven into our daily lives, not something saved for when you have extra time.

Self-care is personal and can take many forms. It might involve preparing traditional foods, practicing cultural ceremonies, spending time on the land, sharing stories with Elders, or simply taking a quiet moment to breathe. Self-care is anything that nurtures your mind, body, or spirit. The key is to make self-care a regular part of your daily routine rather than something to do only when time allows.

## Reflect on your own self-care practices:

**Health:** Caring for your physical wellbeing includes habits like eating nutritious meals, incorporating traditional foods, staying active through daily chores or activities,

and ensuring you get enough sleep. Making these practices part of your daily life can boost your immune system and lift your spirits.

**Hobbies:** Whether it's fishing, beadwork, storytelling, or playing hockey – hobbies that bring you joy are vital. Engaging in activities for pleasure is not frivolous; it's an important way to care for yourself.


**Social:** Take time to connect with family and friends. Share what's happening in your life and listen to their stories. Social interactions strengthen our sense of belonging and reduce stress.

**Self-care builds resilience and wellbeing.**

**Spiritual:** Spirituality can mean many things, whether it's participating in ceremonies, connecting with nature, learning traditional practices, or spending quiet time in reflection. These activities nourish your inner self and keep you grounded in our culture and heritage.

*Remember, self-care is not about being selfish. It's one of the most generous things you can do for yourself and others. By prioritizing your self-care, you become more available and better equipped to be your best self—for you, your family, and the entire community.*






NCN Family and Community Wellness Centre

# 2024 AGM

ANNUAL GENERAL MEETING

Thursday NOV. 14



DOORS OPEN AT 5:00PM

**Norman Linklater Memorial Multiplex (Nelson House, MB)**

- Opening Prayer
- CEO Address
- Manager Presentations
- **Dinner to Follow**

For more information, contact: **Anna Spence 204-484-2341**



## 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.

**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.

### 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.*

# Sage Picking in Winnipeg

FCWC staff in Winnipeg headed out to the St. Norbert area for sage picking in September.

This was the first medicine-picking experience for three of the staff. Other staff members were able to provide

medicine teachings and protocols.

Sage is considered one of the four traditional sacred medicines. It offers relief from internal struggles, removes negative energy, and brings calm to help make solid decisions. Many ceremonies and meetings begin with a sage smudge. Some people

like to start their day in the same way.

Everyone enjoyed a beautiful prairie day, with a sky filled with blue clouds, and made plans to gather cedar next.

The Winnipeg office works hard to keep sage available. They smudge daily and offer it to staff and families in need. Thank you to the following people who participated!

Denise Hastings, Courtney Gossfeld, Dax Henderson, Earl Sinclair, Shavonne Hastings, Maria Santos, Jocelyn Ironstand, Delphine Leslie, Christine Funk, Tori Currie, Henderson, and Jessie Thomas.



# COVID, Influenza, and Whooping Cough Update: Staying Safe This Season

As the colder months approach, the risk of contracting respiratory illnesses like COVID-19, influenza, and whooping cough increases. These illnesses can have significant impacts on our community, especially among our elders, young children, and those with chronic health conditions. Staying informed and taking preventive measures are key to keeping ourselves and our loved ones safe.

## Current Situation in Manitoba

Manitoba continues to monitor COVID-19, influenza, and whooping cough (pertussis) closely. While vaccination rates have helped reduce the severity of COVID-19 and influenza, whooping cough is also making its way through our community, raising concerns, particularly for young children and infants who are most vulnerable to severe outcomes.

Public Health staff have noted an uptick in all three illnesses as temperatures begin to drop, making it essential to remain vigilant. Understanding the current landscape and taking steps to protect yourself

and others can help minimize the impact of these viruses.

## Minimizing Risk

Protecting yourself and your community from COVID-19 and influenza involves a combination of practices:

### ■ Hand Hygiene:

Regular hand washing with soap and water is one of the simplest yet most effective ways to prevent the spread of viruses. When soap and water are not available, hand sanitizers are a good alternative.

### ■ Regular Cleaning of Surfaces:

Regular cleaning of common surfaces like countertops, door handles, desktops, computer keyboards, cell phones, car keys, steering wheel, and other commonly touched surfaces with

a disinfectant soap will assist in minimizing spread.

- **Physical Distancing:** Keeping a safe distance from others, especially if they are showing symptoms of illness, can reduce your risk of exposure. It's also important to be aware of those

around you when in large gatherings where the virus can spread more easily.

### ■ Ventilation:

Good ventilation in indoor spaces helps disperse virus particles, reducing the likelihood of transmission. Whenever possible, open windows and

doors to increase airflow or use air purifiers to keep indoor air clean.

## Recognizing Symptoms

COVID-19, influenza, and whooping

cough share many symptoms, making it difficult to distinguish between them without testing. However, being aware of the common symptoms can help you act quickly:

- **COVID-19:** Symptoms include fever or chills, cough, shortness of breath, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion, nausea or vomiting, and diarrhea.

- **Influenza:** Symptoms typically include fever, cough, sore throat, runny or stuffy nose, body aches, headaches, chills, and fatigue. Some people may also experience vomiting and diarrhea, though this is more common in children than adults.

- **Whooping Cough:** Early symptoms are like a common cold, including runny nose, low-grade fever, mild cough, and apnea (a pause in breathing) in infants. After 1-2 weeks, severe coughing fits may begin, often followed by a high-pitched "whoop" sound, vomiting, or exhaustion after coughing.

If you or someone in your household begins to show symptoms of any of

**Public Health staff have noted an uptick in COVID, Influenza, and Whooping Cough illnesses as temperatures begin to drop, making it essential to remain vigilant.**



## Recovering & Empowering

### Encouraging and Maintaining Strong Mental Health

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



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these illnesses, it's important to stay home, avoid contact with others, and seek medical advice. Testing is the only way to confirm which illness is causing the symptoms, and early detection can lead to better outcomes.

## The Importance of Vaccinations

Vaccinations remain one of the most effective ways to protect yourself and your loved ones from serious illness caused by COVID-19, influenza, and whooping cough.

- **COVID-19:** Staying up to date with your COVID-19 vaccinations, including any recommended booster shots, is crucial. Vaccines help reduce the severity of the illness and protect against complications, especially in high-risk groups like elders and those with chronic health conditions.
- **Influenza:** The annual flu shot is designed to protect against the most common strains of influenza for the current season. Getting vaccinated not only protects you but also helps prevent the spread of the virus within the community. The flu shot is particularly important for young children, elders, pregnant women, and people with underlying health conditions.
- **Whooping Cough:** The DTaP vaccine protects against diphtheria, tetanus, and pertussis (whooping cough) and is recommended for children at 2, 4, and 6 months of age, with booster doses at

15-18 months and 4-6 years. Pregnant women are also advised to receive the Tdap vaccine during each pregnancy to protect their newborns from whooping cough.

## Manitoba's Vaccination Guidelines

Manitoba Health provides guidelines to ensure that everyone has access to the vaccines they need. Here are the key points to know:

- **Eligibility:** Vaccinations for COVID-19, influenza, and whooping cough are available for free to all Manitoba residents. Special emphasis is placed on vaccinating high-risk groups, including elders, individuals with chronic illnesses, pregnant women, and frontline workers.
- **Where to Get Vaccinated:** Vaccines are available at local health clinics, pharmacies, and designated vaccination sites. It's important to book your appointment early, especially as demand increases during flu season.
- **High-Risk Groups:** Manitoba Health recommends that people in high-risk categories prioritize getting vaccinated as soon as possible. This includes those over 65, people with respiratory or heart conditions, young children, and those living in congregate settings like nursing homes.

## Final Note

As we move into the fall and winter months, it's important to stay informed and take proactive steps to protect our community. By following the guidelines outlined above, we can reduce the spread of COVID-19, influenza, and whooping cough,

safeguard our health, and support each other through this challenging season. If you have any questions or need assistance, don't hesitate to reach out Public Health at 204-484-2341.

Let's work together to keep our community safe and healthy.

**PERTUSSIS ALERT**  
**WHOOPING COUGH CASES REPORTED IN MANITOBA**  
HIGHLY INFECTIOUS DISEASE AND CAN AFFECT INDIVIDUALS OF ANY AGE

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

**PROTECT YOUR LOVED ONES**      **PROTECT YOURSELF**      **PROTECT OUR COMMUNITY**

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

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

Public Health      Nisichawayasihk Cree Nation FAMILY AND COMMUNITY Wellness Centre



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



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204-484-2341  
ncnwellness.ca

Many of our elders and community members suffer from pre-existing conditions like diabetes, asthma, and heart disease, which make them more vulnerable to severe complications from vaccine-preventable illnesses. These health disparities are heightened in remote areas, where healthcare resources may be harder to access in an emergency. Vaccines provide an essential layer of protection in these situations, helping to reduce the severity of illnesses and protect our most vulnerable.

### Focus on Seasonal Vaccines

As the colder months approach, it's especially important to focus on vaccines that protect against seasonal illnesses. This includes:

#### COVID-19:

Even as the pandemic recedes, COVID-19 remains a significant threat, particularly to people with weakened immune systems. Keeping up to date with boosters ensures continued protection as the virus evolves.

#### Influenza:

The flu virus changes every year, so getting an annual flu shot is crucial. It can help prevent serious complications, particularly for elders, young children, and those with underlying health issues.

### Whooping Cough (Pertussis):

Whooping cough is especially dangerous for infants and young children. Vaccination during pregnancy protects newborns, and keeping children up to date on their vaccines ensures they are protected as they grow.

### Don't Forget Year-Round Protection

While our focus is on seasonal vaccines, it's important not to overlook vaccines that protect us from diseases year-round. Routine vaccinations like the ones for measles, mumps, rubella (MMR), human papillomavirus (HPV), and hepatitis B remain essential, especially for our children. Keeping up with these vaccines helps maintain overall community health and prevents outbreaks of diseases that could have long-lasting impacts.



### How You Can Help

If you or your children are due for vaccinations, visit the NCN Family and Community Wellness Centre for guidance. Our healthcare professionals are here to answer any questions, provide updates on the latest vaccination recommendations, and make sure that you are fully protected.

Remember, vaccines are safe, rigorously tested, and a crucial tool in keeping our community healthy. By staying informed and up-to-date with your vaccinations, you play an active role in protecting not just yourself, but the entire NCN family.

# Support Our Families

**MISSING:** If you have any information about Douglas Bighetty, Rico Linklater, and Christopher McDonald, we urge you to contact the RCMP at 204-484-2837. To report anonymously, you can either call 1-800-222-8477 or online at p3tips.com. Your information, no matter how small, could be the key to bringing them home.

Additionally, we are also seeking information about the unsolved hit-and-run incident

involving Yolanda Osborne which occurred at approximately 8:00pm on January 13, 2023. Any details you can provide could help bring closure to their family.

Every missing and deceased person is someone's loved one. Your courage to speak out can make a profound difference. Let us stand together as a community to ensure the safety and

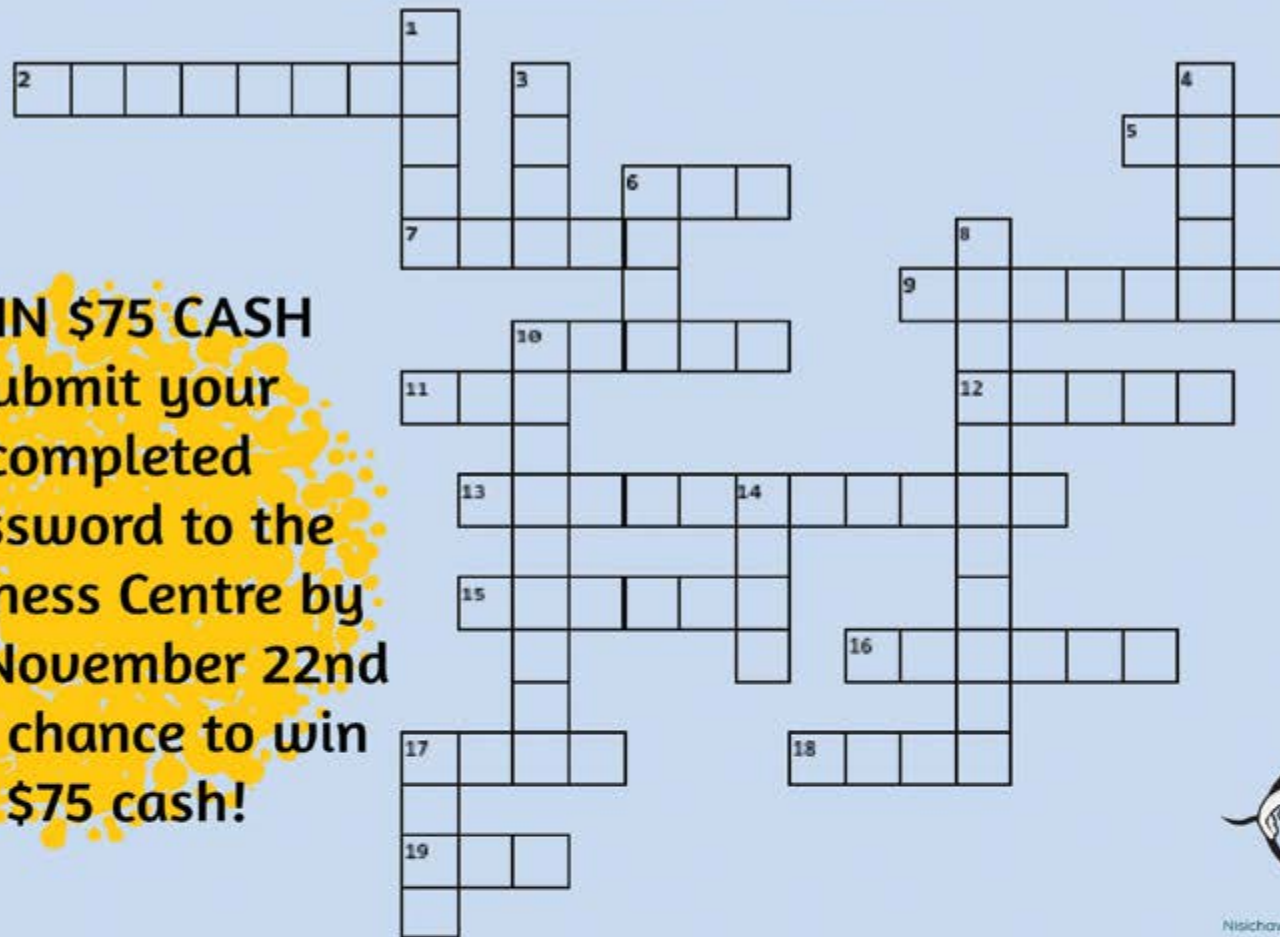
well-being of all our members. Your help is vital in reuniting families and bringing peace.

Thank you for your cooperation and compassion.



# ANIMALS (Clue is in Cree, Answers are in English)

\*Source: Nisichawayasihk Rocky Cree Wordlist, Fifth Draft



**WIN \$75 CASH**  
 Submit your completed crossword to the Wellness Centre by 2pm November 22nd for a chance to win \$75 cash!



**Across**

- 2. SAKIMIS
- 5. NOSI ATIHK
- 6. ATIM
- 7. MIKISIW
- 9. PITHIW
- 10. ASAWISIS
- 11. POSIS
- 12. KINIPIK
- 13. OKWASKOCIKANISIS
- 15. CASCAWAMIKOS
- 16. AMISK
- 17. PISIW
- 18. SISIP
- 19. OHO MISIW

**Down**

- 1. MOSWA
- 3. ATHIKIS
- 4. NISKA
- 6. APISCIMOSIS
- 8. KWIKWISIW
- 10. WAPITHIW
- 14. ASIW
- 17. MWAKWA

**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 November 22nd at 3:00pm*

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



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**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**



Maternal **child**  
 Health Program  
 in First Nations Communities

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**



**STAR**  
 FASD Prevention Program

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**



**CPNP**

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**



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



NCN Family and Community Wellness Centre

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**



**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**  
 Mithwayawin 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**

**NCN MEDICAL  
 RECEIVING HOME**

*A Safe, Full Service Stay  
 for Our Citizens*

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**

# Your Path to Wellness

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



## Circle of Care

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

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

### Steps include:

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

### Benefits include:

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



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



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## NCN Fitness Centre

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

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

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

### Services include:

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

### Benefits include:

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



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

Phone: **204-484-2341**

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

Follow us on Facebook

# “Seasonal Comfort: Fall Recipes to Warm Your Home”

As the weather cools and the days grow shorter, there's nothing quite as satisfying as a warm bowl of hearty stew. Moose meat, a staple for many northern communities, is rich and flavorful, making it the perfect ingredient for a comforting meal. This **Moose Stew** recipe is a great way

to bring the taste of tradition to your table, using simple, wholesome ingredients. The slow cooking process ensures that the moose meat becomes tender, while the potatoes, carrots, and herbs add a depth of flavor. It's more than just a meal—it's a taste of the land and the history of

the people who have thrived in these northern environments for generations. Whether you're sharing it with family or enjoying it after a long day outdoors, this stew will warm you from the inside out.

## Moose Stew

### Ingredients:

- 2 lbs moose meat, cubed
- 2 cups beef or vegetable broth
- 2 tbsp vegetable oil
- 1 tsp thyme
- 4 potatoes, peeled and diced
- Salt and pepper to taste
- 3 carrots, sliced
- 1 cup of mushrooms (optional)
- 1 onion, chopped
- 2 tbsp flour (optional, for thickening)
- 3 cloves garlic, minced
- 2 bay leaves

### Instructions:

1. Heat oil in a large pot over medium heat. Brown the moose meat on all sides.
2. Add the chopped onion and garlic, and sauté until softened.
3. Stir in the broth, bay leaves, and thyme, then bring to a simmer.

4. Add the diced potatoes, carrots, and mushrooms. Simmer for about 2 hours or until the meat is tender.
  5. If you prefer a thicker stew, mix flour with water and stir it into the stew in the final 20 minutes.
  6. Season with salt and pepper to taste. Serve warm.
1. **Cook the Meat:** In a large pot, heat the cooking oil over medium heat. Add the ground beef and cook until browned, breaking it up with a spoon. Drain excess fat if necessary.
  2. **Add Vegetables and Seasonings:** Add the chopped onion and garlic (if using) to the pot and cook until softened. Stir in the diced tomatoes, mixed vegetables, and dried herbs. Cook for a few minutes to combine.
  3. **Add Broth and Pasta:** Pour in the beef or chicken broth (or water) and bring to a boil. Stir in the pasta and reduce heat to a simmer. Cook according to the pasta package instructions, usually about 8-10 minutes, until the pasta is tender.
  4. **Season and Serve:** Season with salt and pepper to taste. Serve hot, and sprinkle with shredded cheese if desired.

A perfect companion to moose stew is a cup of **Wild Mint Tea**, a beverage steeped in the natural beauty of the northern landscape. Wild mint is often found along rivers and in wetland areas, its refreshing scent a reminder of the untamed wilderness that surrounds us. Used

for generations, wild mint tea not only refreshes but also soothes the body and mind. This tea is light, fragrant, and easy to prepare, making it the ideal drink to accompany a rich stew. It brings a balance of earthy and bright flavors to the meal, making it perfect for both social gatherings and

quiet moments of reflection. Whether enjoyed on its own or as a complement to a meal, wild mint tea connects us to the natural world and reminds us of the simple, nourishing gifts that the forest provides.

## Wild Mint Tea Recipe

### Ingredients:

- 1 tbsp dried wild mint leaves (or 1/4 cup fresh)
- 2 cups boiling water
- Honey or maple syrup (optional)

### Instructions:

1. Place wild mint leaves in a teapot.
2. Pour boiling water over the leaves.
3. Steep for 5-10 minutes, depending on how strong you like your tea.
4. Sweeten with honey or maple syrup if desired.



# November is Diabetes Awareness Month

## Are you at risk?

You could be one of many Canadians who have type 2 diabetes and don't know it.

You are at risk for type 2 diabetes if:

- you are age 40 or over, or
- you are an individual at high risk on a risk calculator\*

and you should be tested at least every three years.

**If you check any of the boxes to the right, you should be tested for diabetes earlier and/or more often.**

Today, more than ever before, people with diabetes can expect to live active, independent and vital lives if they make a lifelong commitment to careful management of the disease.

It is important to be tested for type 2 diabetes if you are at risk. Left untreated or improperly managed, diabetes can result in a variety of complications, including:

- Heart disease
- Kidney disease
- Eye disease
- Problems with erection (impotence)
- Nerve damage

## My risk assessment

- I have a parent, brother or sister with diabetes.
- I am a member of a high-risk group (African, Arab, Asian, Hispanic, Indigenous or South Asian descent, low socioeconomic status).
- I have health complications that are associated with diabetes.
- I gave birth to a baby that weighed over 4 kg (9 lb) at birth.
- I had gestational diabetes (diabetes during pregnancy).
- I have been told I have prediabetes (impaired glucose tolerance or impaired fasting glucose)
- I have high blood pressure.
- I have high cholesterol or other fats in my blood.
- I am overweight (especially if I carry most of my weight around my middle).
- I have been diagnosed with any of the following conditions:
  - Polycystic ovary syndrome
  - Acanthosis nigricans (darkened patches of skin)
  - Psychiatric disorders: schizophrenia, depression, bipolar disorder
  - I have obstructive sleep apnea
  - I use glucocorticoid medication

## Don't ignore these risk factors.

The earlier you are diagnosed, the sooner you can take action to stay well – now and in the future. If you already have type 2 diabetes, your children, brothers and sisters are at risk. Urge them to be tested for diabetes.

*If you require diabetes information or care, please contact:*

Martha Templeton at the NCN Family and Community Wellness Centre **(204) 484-2341**



# Up Your Fun & Fitness With Circuit Training

Health care professionals have always referred to life expectancy as a way to determine someone's health, but a new concept is "healthy years." This refers to not just the length of your life, but how many years that you'll live free of serious disease.

You won't be surprised to hear that exercise is a crucial part of a healthy lifestyle! There are three components to a well-rounded routine.

Cardiovascular activity, like dancing and hiking, gets your heart pumping.

Flexibility work, like yoga and stretching, maintains supple limbs and joints. Weight-bearing exercises, from bicep curls in the gym to push-ups at home, will keep your muscles strong.

To have a long, high-quality lifestyle in our older years, it's important to build your capacity in all three of these areas. It's never too early to start thinking about your old age, from being able to put on your own socks, to safely walking up a flight of stairs, to opening a jar of pickles.

**Cardiovascular activity gets your heart pumping. Flexibility work maintains supple limbs and joints. Weight-bearing exercises will keep your muscles strong.**

Circuit training is a great way to incorporate all three aspects of fitness into one routine. This is a style of workout in which you cycle through several different exercises that target different muscle groups. With short

rest breaks in between each exercise, you're getting muscle and cardiovascular work at the same time! (Remember, you should always start and finish all exercise with gentle stretching.)

Samantha Long is teaching circuit classes at the

FCWC Fitness Centre. Participants alternate between personal trampolines and resistance band exercises.

She says trampolining is beneficial for the lymphatic system and resistance band exercises are based on functional movement, to keep daily living moments as strong as possible. Long has been teaching fitness since 2011, and started to keep herself moving and to have others join in her joy.



Samantha Long, centre, teaches circuit training to Edith Moody, right, and Cheyenne Colomb, left.

If you're worried about keeping up in class, Long says not to worry.

"Everything is adaptable. Just come with an open mind and heart to be ready to meet where you are at the present moment."

If you get bored while exercising, you'll love circuit training. Each exercise in the circuit is performed for just a few minutes before you move to the next. Your gym time will be over before you know it!

## Make your health a priority!

Check out circuit fitness classes with Samantha Long at the FCWC Fitness Centre. There are 10 spots available at each class and it's first come, first serve. Bring water and a towel.

**Tuesdays: 1:00 – 2:00 pm**

**Thursdays: 11:00 am – 12:00 pm**

## 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)



# Truth and Reconciliation Day at NCN

As a federal holiday, September 30 is called National Truth and Reconciliation Day, but it is commonly known as Orange Shirt Day. The FCWC held many activities to acknowledge that every child is sacred.

Opening ceremonies were held at the Multiplex. There was a pipe ceremony, opening prayer, and honour song by the Red Cree Drum Group. There was a Survivors Honour Walk and parade in the afternoon that went through Bay Road and the new Westwood area.

Everyone was welcome for smudging, energy cleansing, colouring, face painting and freeze dance. The first ones there also received sweaters or t-shirts!

Many participated in the tipi hand printing, which is a wonderful tribute.

The FCWC hosted a Back To Living Off The Land competition. It included campfire tea, Bannock making, log cutting and hauling water at the landbase cabins.

The north and south offices came together for a day of golf, with the North team coming up in victorious.

While it was a heavy day for all relatives across Turtle Island, it was nice to make light. There was plenty of sunshine and smiles, and it was a wonderful way to remember all those children who didn't make it home again.



# Should I Be A Foster Parent?

There are many reasons that children find themselves in a foster care situation. Their parents are unable to care for them due to issues such as addiction, illness, homelessness, poverty, physical or mental disabilities and more.

Whatever the reason, these children deserve and need love, support and consistency from someone outside of their home for a temporary amount of time. It may be days, weeks, months or years, and good foster parents makes that time feel stable and secure.

In the past, children were placed in unfamiliar households, usually far away, that were culturally different. But taking kids from their home communities has long-term effects. They blame

themselves and feel disconnected from their roots, culture and way of life. It often leads to depression, low self-worth and addiction.

It is much healthier for Indigenous children to stay within Indigenous communities and families, and even better if they can stay in their hometown. Nisichawayasihk Cree Nation works hard to keep NCN kids here at home, or with NCN Citizens who live off-reserve.

Keeping children in our community helps them to understand that they have people who care for them and that challenges can be overcome. The usual routine of school and friends can help a child feel normal, even when their lives are not.

Foster families do receive some financial compensation to cover the costs of food, clothing and activities for a foster child, and support from NCN social services. It's important to

remember that the goal of foster care is to reunite a child with his or her family in their home when it is safe and beneficial to do so.

All potential foster caregivers must complete safety and security clearances to ensure the well-being of the child, which include RCMP criminal and child abuse checks; a home assessment; and discussions with you and all of the family members who live in your home.

Maybe it's time for you to open your home to a foster child!

**If you would like to learn more, call the FCWC at 204-484-2341.**

## Am I Ready To Be A Foster Parent?

- Do you have space in your home & your heart for a child who may have difficulties?
- Are your family members in agreement?
- Do you have routines & rules in your home that will help a foster child adjust?
- Do you have the patience to care for someone who may be sad, mad & confused?
- Are you financially comfortable? Do not become a foster parent for the money!
- Can you talk honestly about your home life & your feelings with case workers?
- Can you be sympathetic to the child's parents & do what you can to help them get their children back?

# Province Offers Free Birth Control

As of October 1, about 60 different types and brands of birth control products are available for free in Manitoba.

Health Minister Uzoma Asagwara made the announcement in August, and the program started at the beginning of this month. It will cost the provincial government about \$11 million a year.

"Free birth control gives women, girls and gender-diverse folks the freedom to determine the paths that their lives take and the opportunity to live their best lives," said Families Minister Nahanni Fontaine. "Our government's announcement today affirms reproductive healthcare as a human right and as a means of liberation and empowerment."

**About 60 different types and brands of birth control products are available for free in Manitoba.**

Providing people with free birth control isn't just about preventing unwanted pregnancies. Many people use birth control to manage the pain and discomfort that comes with menstruation and other hormonal issues.

It's also about financial equity. You might be surprised to hear that not having to pay for contraceptives could save someone up to \$10,000 over the course of their lifetime!

To receive free contraceptives, including birth control pills, hormonal implants, contraceptive injections and intrauterine devices (IUDs), you need to have an active Manitoba Health Card and a prescription from a doctor

or nurse practitioner or a healthcare provider at a walk-in clinic or hospital.

Unfortunately, condoms, the morning-after pill, diaphragms, sponges and patches are not included in the coverage.

If you need help in getting your Manitoba Health Card, getting a prescription, or have more questions, call the Family and Community Wellness Centre at 204-484-2341.



