

giNEWS

Ginew Wellness Center
Quarterly Newsletter

May, June, July 2023
Volume 1, Issue 1

HAPPY RETIREMENT GUY!

As of June this year our fearless leader is taking that next step in life called retirement! We all want to wish him the very best in this next season of life. Enjoy the time with family and friends and come by to check up on how we are doing anytime!

Here is a kind word from Guy;

Dearest Friends

Where do I start in saying Farewell to my friends and community.

Maybe I'll start when I started on June 4, 1998. When I first arrived at Ginew, Manitoba for my first day of work. I was a scared WABOOSE (rabbit), but you welcomed me with open arms, and quite a bit of teasing and testing. I hung in there and we got to know each other by doing life together through many traumas, wakes, funerals, and positive events. Over the decades we tackled governments, health authorities and anyone who could help us improve the health determinants for our community. Together we built a new Health Center and added on about 8 Capital projects to bring us to where we are at today, 25 years later.

I want to take this opportunity to thank the many Chiefs & Councils I've been privileged to work for and with on many projects and continually increase our Programs and Services through Proposals and increase our Contribution Agreements every year.

To the many members of the Health Committees, I've had the privilege of working with THANKS for your support. You always stood behind the Ginew Wellness Center and the momentum we had to move forward to continuously improve our programs and services. We were able to build so much together. We achieved the Accreditation Status through Accreditation Canada over a decade ago and have held the highest standards of health care delivery since becoming accredited. Your information is secure and completely confidential, your safety is important to us, and we always strive for continuous improvement.

To my team, the Ginew Wellness TEAM, THANKS!!! I mean it from the bottom of my heart. It has been my absolute privilege to be a part of this "Team Awesome". We work best in teams and my hope is that you will continue the great support we give to the community, by teamwork.

Lastly, I want to thank you my friends and community members for the best 25 years of my life. You are awesome folks, compassionate, caring, very generous, and hilarious. You love fun and laughter. I wish you all the best, for you and your loved ones.

Press on folks, keep loving and supporting one another, and journey in life with compassion and grace for one another.

So Farewell
folks,

Love YA!

Guy



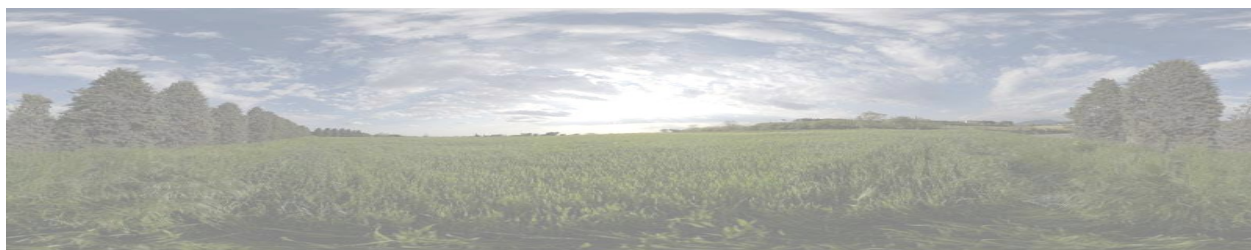
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CONGRATULATIONS TO OUR NEW EXECUTIVE HEALTH DIRECTOR!

Sherri A. Thomas, also known as “Gizhii”, is a tribal member of Roseau River Anishinaabe First Nation, and has worked at the Ginew Wellness Center for 18 years with an additional 3 years serving as a youth representative on the Health Committee. Sherri received her Certified First Nations Health Managers designation in 2017 and possesses a Bachelor of Arts degree from the University of Manitoba. She is honoured and excited for the opportunity and hopes to make her community proud.



MEET OUR NEW ASSISTANT DIRECTOR!

Meet Heath Holden, Assistant Director at Ginew Wellness Center.

He will be starting at Ginew May 1, 2023. He comes to us from Providence College in several different roles. He enjoys managing teams, projects and developing or improving programs. He is married with three grown children, originally from BC but has resided in Otterburne for 20 years.

Welcome to the team Heath, we look forward to getting to know you and you getting to know us at Ginew and the community of Roseau River Anishinaabe First Nation!





CONGRATULATIONS TO THE GRADUATING CLASS OF 2023!

“

THE FUNCTION OF
EDUCATION
IS TO TEACH ONE
TO THINK
INTENSIVELY
AND TO THINK
CRITICALLY”

Martin Luther King Jr.
THE DARING ENGLISH TEACHER

Fun Fact: The # symbol isn't officially called a hashtag or a pound. It's technically called an "octothorpe." The "octo-" means "eight" to refer to its points.

Honoring Charlie Nelson



CHARLES (Charlie) WESTON NELSON On November 26, 2022, a treasured elder from the Anishinaabe Nation passed into the Spirit World, Mizhakwanigiizhik (Clear Sky), also named Niibidegwaneb (Feathers in a Row), was sixth degree Midewiwin of the Bizhiw (Lynx) Clan.

He was born to Miskogiiizhigokiban (Red Sky Woman) and Waabaanikwe'aashiban (White Hair Blowing in the Wind), Stan and Marjorie Nelson of Bigwaanishkoziibing (Roseau River Anishinabe First Nation). He had five children with Lucy Ducharme, and his daughters Naomi and Chantal.

He was a residential school survivor, a Frontrunner, and a visionary. As a young man, he was determined to learn and live his life grounded in traditional Anishinaabe ways of being. His search led him to a lifetime of learning and working for love of the people. He was a helper to his uncles and aunts in the Midewiwin lodge and in the Sundance lodge. His work and dedication led to him being raised as Western Doorway Chief of the Three Fires Midewiwin Lodge and ultimately to him answering the call of the Spirit, reestablishing the Midewiwin lodge in his home community, and becoming Ogimaa of Minweyweywigwan Lodge.

He spent his life reclaiming and activating the Midewiwin bundle that was taken from his great grandfather, carrying forward the work of his ancestral line. He answered countless tobacco offerings from people asking for his help as a namer, a mentor, and a ceremony conductor. He was called upon as a Knowledge Keeper by schools, universities, and organizations, including Dakota Ojibwe Child and Family Services, Southern Network of Care, Southern Chiefs Organization, Treaty One, Treaty Relations Commission of Manitoba, Truth and Reconciliation Commission of Canada, Ginew School, and the Manitoba Museum.

As others have said, he has shown us what it means to be a Midewiwin person, to answer the call of the people and live your life in service to the work of the Spirit. In this work, he was well known for his kindness. And though he was soft spoken, his words carried the strength of the buffalo, the knowledge he earned in his lifetime and the very best of his heart. He will be remembered. His work will be carried on by his children and grandchildren, and his spirit will continue to be felt within the lodge and upon that forever life trail where he left his tracks.

Just as he danced out of the Western Doorway of Minweyweywigwan lodge last spring, he will dance his way into the Spirit world. There he will be greeted by his youngest daughter Bawbeewahsheek, his sisters Gene, Evelyn, and Jackie, his parents Stan and Marjorie, his grandparents, and the many relations and loved ones that left before him.

He will be lovingly feasted and remembered by his children: Zongiday, Jodee (Ben), Anna (Jason), Kirby (Renee), Chantal (Nicki), his grandchildren, Alice, Tyrell, Ozhaawashko, Grace, Brooklyn, Landon, Eliza, Edie, Carter, Judah, Mireille, and Lila, his siblings Terrance (Wanda), Marilyn (Nelson), James, John (Cheryl), Josie (Chris), and his many nieces, nephews, extended relations, friends, and relatives from ceremonies. The family would like to thank the staff at Boundary Trails Hospital and the nursing staff at the Ginew Wellness Centre who cared for him and Guy, Heather, and all Charlie's colleagues at Ginew Wellness for your love and support.



A traditional wake was held on Roseau River Anishinabe First Nation at Minweyweywigwan (Charlie's Lodge) from Sunday, November 27th to Wednesday, November 30th. A traditional funeral followed at Ginew School on Wednesday, November 30th at 10 am.



Keeping the Fires Burning 2023.

The Southern Chiefs' Organization (SCO) is proud to recognize (the late) Elder Charles Nelson, a beloved educator, father, grandfather, educator, Pam-Am Games torchbearer, friend, and residential school Survivor.

EVENTS & ACTIVITIES

ROSEAU RIVER ANISHINAABE FIRST NATION

CONGRATULATIONS TO OUR NEWLY ELECTED CHIEF AND COUNCIL

We would like to congratulate the newly elected chief and council members.

Chief Gary Roberts, Rachel Ferreira, Terry Nelson, Jason Henry, and Evan Roberts.



Knitting Club

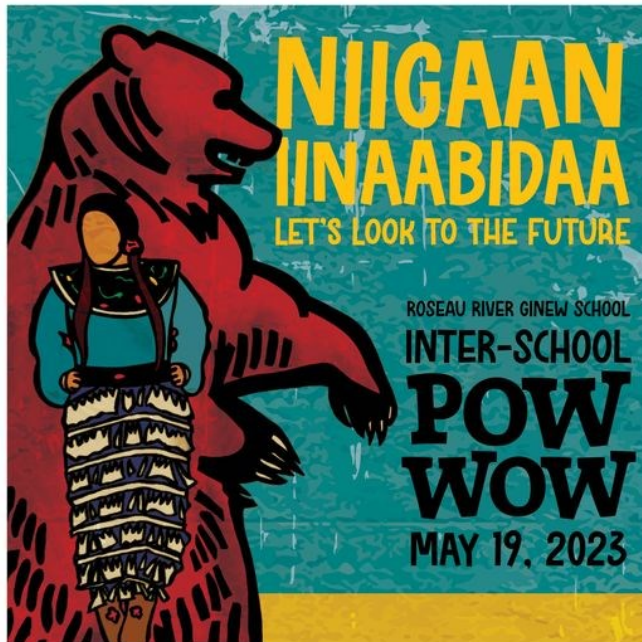
*Every other Tuesday at the
Elders Lodge 10am-12pm*

**DRUG
ADDICTION
AWARENESS**

Instructor:
Melissa Cook
Onikaniw
Consulting

May 3, 2023
9am-4pm
GWC - MPR
Lunch will be provided

Ginew Wellness
Centre





ASIST

Applied Suicide Intervention Skills Training

ASIST is a two-day interactive workshop in suicide first-aid. ASIST teaches participants to recognize when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety

Goals and objectives:

- Understand the ways personal and societal attitudes affect views on suicide and interventions
- Provide guidance and suicide first-aid to a person at risk in ways that meet their individual safety needs
- Identify the key elements of an effective suicide safety plan and the actions required to implement it
- Appreciate the value of improving and integrating suicide prevention resources in the community at large
- Recognize other important aspects of suicide prevention including life-promotion and self-care

DATE: Thursday, June 15, 2023 – Friday, June 16, 2023

LOCATION: MPR – Ginew Wellness Center

TIME: 9:00a.m. – 4:00p.m.

To register, please contact Heather Johnson at hjohnson@ginew.ca

*snacks and lunch will be provided

**Registration deadline is Thursday, June 8, 2023

Fun Fact: While they are hibernating, bears do not urinate. Their bodies convert waste into protein.

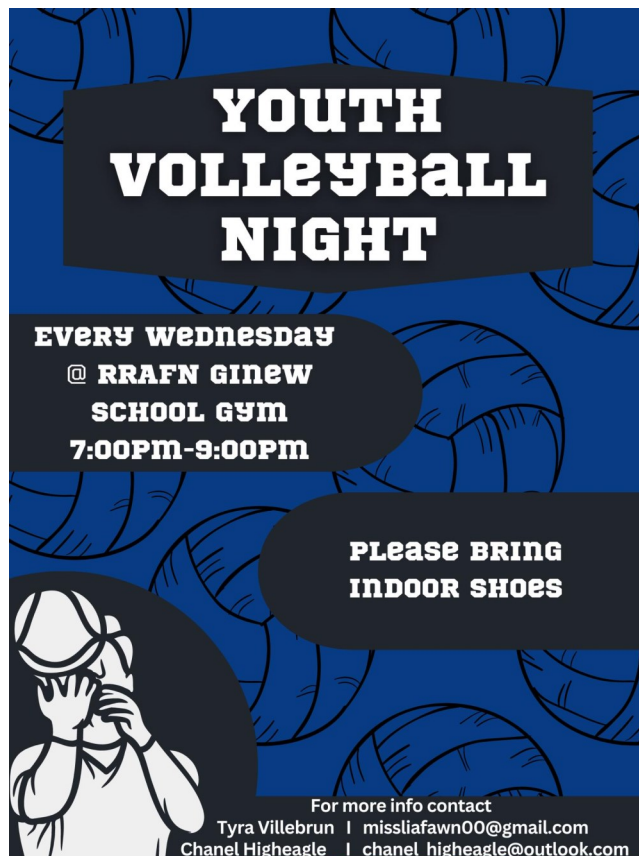
Spring Ceremonies

May 31-June 4 @ Ceremony grounds

Medicine Walk & Teaching

June 6 inquire with Kirby Nelson


431-800-1275, knelson@ginew.ca



YOUTH VOLLEYBALL NIGHT

EVERY Wednesday
@ RRAF N GINew
SCHOOL GYM
7:00PM-9:00PM

PLEASE BRING INDOOR SHOES



For more info contact
 Tyra Villebrun | missliafawn00@gmail.com
 Chanel Higheagle | chanel_higheagle@outlook.com



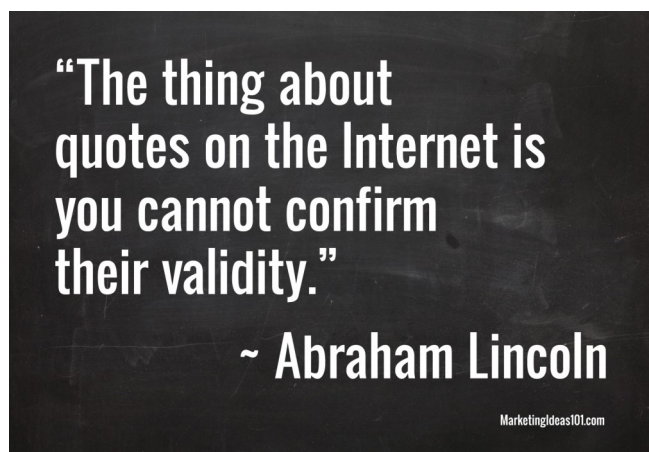
ADULT VOLLEYBALL NIGHT

EVERY FRIDAY
@ RRAF N GINew
SCHOOL GYM
7:00PM- 10:00PM

16+ PLEASE BRING INDOOR SHOES



For more info contact
 Tyra Villebrun | missliafawn00@gmail.com
 Chanel Higheagle | chanel_higheagle@outlook.com



“The thing about quotes on the Internet is you cannot confirm their validity.”

~ Abraham Lincoln

MarketingIdeas101.com



Health and Development Screening FOR KIDS

ages 3-5

June 15, 2023
 Please Register for a time slot

THE SCREENING DAY INCLUDES:

- Occupational Therapy, Physiotherapy and Speech Language Screening
- Audiology screen
- Maternal Child Health
- Regular Childhood Immunizations
- Physical assessment
- Aboriginal Headstart Registration
- Activity Kit to take home and enjoy

* Although we encourage families to participate, caregivers/guardians may opt out of parts of the screening day that they do not wish their child to take part in.

Ginew Wellness Center

FOR MORE INFORMATION OR TO BOOK YOUR APPOINTMENT

Contact Anne Dyck:
 Email: adyck@ginew.ca
 Call: 431 800 1275 ext 130
 Toll Free: 1 866 801 8399 ext 130

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Canada Prenatal Nutrition Program



Are you pregnant or expecting?

Experiencing Morning Sickness or other pregnancy discomforts?

Are you looking for ways to eat healthier?

Is your child 6 months & introducing solids?

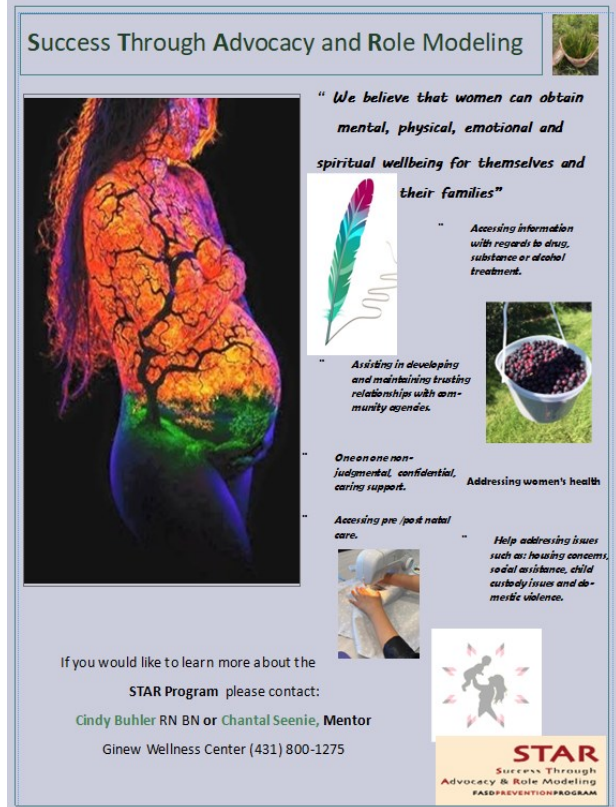
Are you breastfeeding or planning to?

If you would like to learn more about the Canada Prenatal Nutrition Program please contact:

Cindy Buhler RN BN
Ginew Wellness Center (431) 800-1275

CPNP

Success Through Advocacy and Role Modeling



"We believe that women can obtain mental, physical, emotional and spiritual wellbeing for themselves and their families"

"Accessing information with regards to drug, substance or alcohol treatment."

"Assisting in developing and maintaining trusting relationships with community agencies."

"One-on-one non-judgmental, confidential, caring support."

"Accessing pre/post natal care."

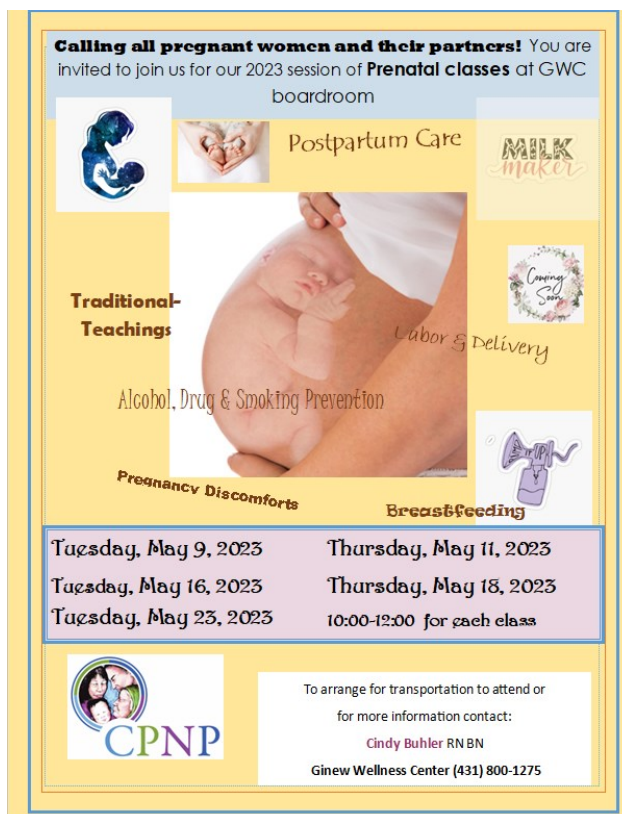
"Help addressing issues such as: housing concerns, social assistance, child custody issues and domestic violence."

If you would like to learn more about the **STAR Program** please contact:

Cindy Buhler RN BN or Chantal Seenie, Mentor
Ginew Wellness Center (431) 800-1275

STAR
Success Through Advocacy & Role Modeling
PARENTERVENTION PROGRAM

Calling all pregnant women and their partners! You are invited to join us for our 2023 session of Prenatal classes at GWC boardroom



Postpartum Care

MILK maker

Traditional Teachings

Labor & Delivery

Alcohol, Drug & Smoking Prevention

Pregnancy Discomforts

Breastfeeding

Tuesday, May 9, 2023
Tuesday, May 16, 2023
Tuesday, May 23, 2023

Thursday, May 11, 2023
Thursday, May 18, 2023
10:00-12:00 for each class

To arrange for transportation to attend or for more information contact:

Cindy Buhler RN BN
Ginew Wellness Center (431) 800-1275

CPNP

Strengthening Families-Maternal Child Health



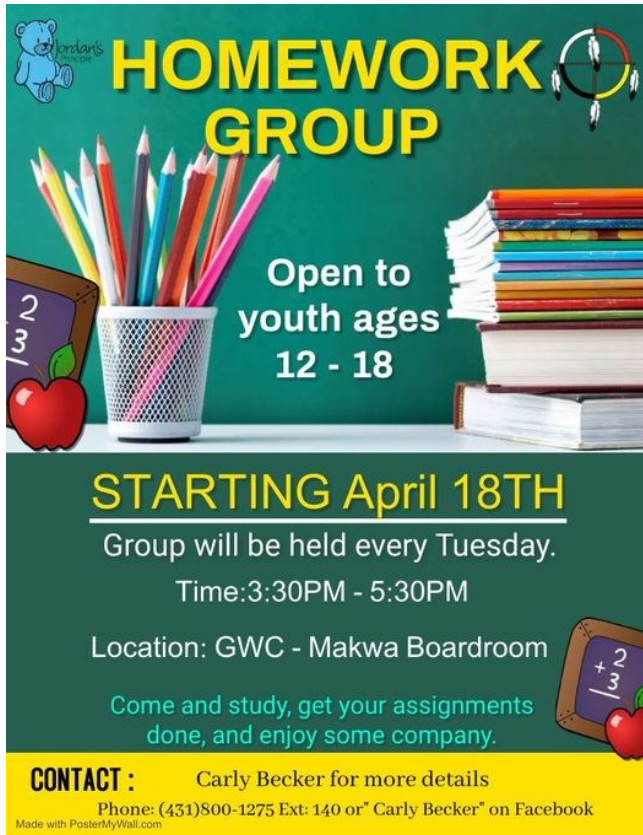
Are you a parent of a child under 6 years old?

Are you expecting a Baby?

If you would like to learn more about the **MCH Program** please contact:

Cindy Buhler RN BN
Faye Nelson, Family Visitor
Angelina Zacharias, Family Visitor
Ginew Wellness Center (431) 800-1275

Maternal Child Health Program



HOMework GROUP

Open to youth ages 12 - 18

STARTING April 18TH

Group will be held every Tuesday.
Time: 3:30PM - 5:30PM
Location: GWC - Makwa Boardroom

Come and study, get your assignments done, and enjoy some company.

CONTACT : Carly Becker for more details
Phone: (431)800-1275 Ext: 140 or "Carly Becker" on Facebook

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This goes until school ends!



May 1-7 Mental Health Week

May 5 Red Dress Day

GWC FOOTCARE CLINIC DATES

May 2, 16, & 30

June 13 & 27

July 11 & 25

"In the middle of every difficulty lies opportunity." — Albert Einstein.

The Community health program is trying to get children caught up on their immunizations. We attend the Ginew School every Tuesday afternoon from 1:00pm to 3:00 pm. We are doing preschool immunizations at the Wellness Center if your child is age 4 to 7 call the center speak with Kelly Johnson Community Health Nurse and find out if your child needs their immunizations. We are also doing grade 6 to 8 immunizations. You may have received a package from the school stating that your child may need immunizations if you receive this, please return it with your child and we will be in the school to do them. I also run baby clinics on Thursdays at the Wellness Center to do 2-month 4-month 6-month 12-month and 18-month immunizations. At this appointment your baby will have well baby checks such as weight, length vital signs.

We are in the process of transitioning the URIS (Unified Referral and Intake System) over to Community Health. Having this program in the community will be a benefit to the community.



DIABETES WEBINAR SESSIONS FOR MAY 2023

May 1, 2023 – High blood pressure & diabetes

Description: Participants will learn what blood pressure is, what high blood pressure is, recommended target blood pressure for people with diabetes and strategies to lower blood pressure.

May 2, 2023 – Cholesterol & diabetes

Description: Participants will learn what cholesterol is, how cholesterol is tested and key messages for management and prevention.

May 3, 2023 – Managing weight & diabetes.

Description: Participants will learn about the association between weight and diabetes and learn strategies to promote healthy behavior modifications to maintain a healthy weight.

May 4, 2023 – Mindful eating

Description: Participants will develop an awareness of mindful eating and learn of practical changes to incorporate into their daily habits to support healthy eating practices.

May 5, 2023 – Indigenous people & Type 2 diabetes

Description: Participants will develop an awareness of the impacts of diabetes in the Indigenous populations of our country. Participants will learn key messages for screening and testing as well as diabetes prevention in the community.

May 25, 2023 – Physical activity & diabetes

Description: Participants will learn about physical activity, benefits, recommendations for children & adults as well as tips to increase physical activity for the individual and community.

May 26, 2023 – Vaccinations & diabetes

Description: Participants will learn what vaccines are, the importance of vaccinations for people with diabetes and the recommended vaccine schedule.

All sessions are in the Waabooz Boardroom at the Wellness Center time: 10am – 11 am. Enter for a draw at each session (Bingo game to determine winner).



Jordan's Principle

Events for RRAFN

Lunch and Learn	Post on Jordan's Principle Facebook Page.
Language Table	Every Tuesday starting May 2 - June 27, 2023 Time: 5 - 7 PM
Homework Group Program	Tuesdays May 2, 9, 16, 23, 30 June 6, 13, 20, 27 Time: 3:30 - 5:30 PM
Elders Exercise Program	Wednesdays May 3, 10, 17, 24, 31, 2023 10 - 11 AM.
Beaded Red Dress Workshop	Friday, May 5, 2023 Time: 2 - 7 PM
Bike Repair and Skateboard Maintenance Class	May 8, 2023 - Skateboard Maintenance Workshop May 9, 2023 - Bike Repair Maintenance Workshop Times TBD
Bear Witness Day	Wednesday, May 10, 2023 (Bear Witness Day)
Elders Garden Maintenance/Planting	May 23, 2023 Time: 1 - 2 pm
Grade 12 Graduation at Roseau Valley School	June 24, 2023

Jordan's Principle - Family Fun Day	Friday, June 30, 2023 10 AM - 2 PM
Carman Golf Camp	July 3, 4, 5, 6 2023 8:30 AM - 4:30 PM
Life Promotion Camping Trip	July 5 & 6 July 12 & 13 Time TBD
Medicine Picking	July 4, 7 (Tues + Fri) July 11, 14 (Tues + Fri) 2023 Times TBD
3 on 3 Ball Hockey Tournament	July 8 & 9, 2023 Times TBD
Foam Party	July 11, 2023 1 - 3 PM
Pitching Machine/ Baseball	Mondays Starting July 10, 17, 24, 31 Times TBD
Disc Golf	Tuesdays Starting July 4, 11, 18, 25 Times TBD
Go Girls Program	Dates: Wednesdays Starting July 19, 26 August 2, 9, 16, 23, 30.

Lakeside Meditation

Take in a deep breath and gently close your eyes. Easily imagine these scenes while you continue to breathe slowly and calmly.

See yourself relaxing by a beautiful, calm lake. The breeze softly blows over the lake, and you watch the thousands of tiny ripples it creates on the surface of the lake.

Your surroundings here are so calm and pleasant that it brings a feeling of complete peace that washes over your entire body and mind. You breathe in deeply and allow the peacefulness to fill you. You notice the birds singing in the trees...softly chirping and singing songs of their simple happiness.

Take the time now to release any worries, any disturbing thoughts, any sadness you may be feeling. Let those feelings float up, out and away...floating far away. Whatever has happened today that has bothered you, it is time to let that go.

Know that you are really in control of your mind and your body. You can choose to allow these bothersome emotions to leave. In doing so, you will free up space in your heart and mind for positive things to come.

Life is all about creating what you want and choosing good thoughts that make you feel good. When you focus on the positive, you get more positive experiences in your life. Releasing any negative thoughts serves like an umbrella on a rainy day – sure the rain is there, but it doesn't have to affect you.

In your mind's eye – picture yourself now in a stormy rainy situation. As you open up your umbrella of positivity, you see how you are really protected from all that is going on outside.

You are safe. You don't have to be a part of rainy difficulties. It truly is your choice how you react to whatever comes your way.

Know that you have all the tools you need within, just choose to use them. You can see your life from a happy perspective. Worry, disturbing thoughts, or sadness are choices of thoughts you think, and you can simply say, "no" to them.

Release all the things that have been stressful to you, and you can make peace with yourself. Make peace now with the amazing person that you truly are on the inside. Nurture yourself with your loving thoughts – release any negative images or ideas about yourself. You have a choice in what you believe. Your mind is your greatest asset and your best tool.

Now take in a deep breath, allow good feelings to fill up your heart and your mind... peacefulness and calm are all around you.

Open your eyes when you are ready and stretch fully.

EVENTS & ACTIVITIES

SURROUNDING AREAS



Gentle YOGA

Free for RVS Parents/Caregivers

Theresa Figurski will lead a 6 week session for parents/caregivers. The purpose of this series is to promote wellness for our RVS parents/caregivers.

Dates: April 11th, 18th, 25th
May 2nd, 9th, 16th

Time: 6:15-7:30pm

Where: Roseau Valley School MPR

**Yoga Mats and Blocks provided at each session

TO REGISTER, PLEASE EMAIL
FISHERL@BLSD.CA



UPCOMING EVENTS AT RVS

MAY

May 2nd: Genesis House Respectful Futures for RVS Grade 10s

May 2nd: Yoga for Parents and Caregivers at RVS (Free)

May 2nd: RVS Free Lunch Day

May 1st-5th: RVS Mental Health Week

May 3rd: Basic Car Maintenance for RVS Grade 12 Students

May 9th: Yoga for Parents and Caregivers at RVS (Free)

May 9th: RVS Free Lunch Day

May 10th: RVS Early Learning Fair from 9:30-11:30am

May 16th and 17th: Clue Play at RVS

May 16th: RVS Free Lunch Day

May 18th: RVS Family Cook night Online and Teams

May 23rd: Grade 12 Cook night

*If you type the word
"askew" into the Google
search box, the entire page
will tilt slightly*

The ASK Workshop ONLINE (Assessing Suicide in Kids)

is the only suicide prevention workshop that specifically addresses suicide risk in children and gives you developmentally appropriate tools and strategies to identify young children at risk of suicide and quickly gather and organize key details needed to assess risk and inform safety planning.

May 25 & 26, 2023

10:00 am - 3:00 pm CDT

To register or for more information contact:

Lana Franklin

lfranklin@dohs.ca

ROSEAU VALLEY SCHOOL
PRESENTS
**RVS EARLY
LEARNING FAIR**

WEDNESDAY, MAY 10TH
9:30-11:30
RVS MPR AND GYM

Fine and Gross Motor Stations

Mini Obstacle Course

Nutrition Stations

Speech Hearing Screening

THE FIRST 20 PEOPLE TO
REGISTER WILL RECEIVE A
SPECIAL LEARNING GIFT
REGISTER AT FISHER1@BLSO.CA



Emerson Golf Course

SO MUCH FUN


**LADIES
GOLF**
TOURNAMENT

JUNE 17, 2023
Emerson Golf Course
5 South Ave
Emerson, Mb.
204-373-2015
Call/email/DM to
Register your team

**CASH
PRIZES**
ON SPECIALTY
HOLES

4 PERSON BEST BALL SCRAMBLE
\$60 per person
18 holes
Registration 10 am
Shotgun start 11 am
Includes dinner provided by our
Clubhouse Restaurant
BB Bar and Grill





 **WEM** Workplace Education Manitoba

**SKILLS FOR SUCCESS
FREE WORKSHOP SERIES**

PERSONAL MANAGEMENT BASICS

Are you ready to improve your efficiency, effectiveness, and adaptability in your workplace? Strengthen your Skills for Success with the following topics:

- Interpersonal Skills
- Respect for Others & Expectations
- Reliability
- Personal Presentation



Improve your ability to find information, identify and evaluate solutions to a problem, make decisions, and plan and organize daily tasks.

**Regional Alternative Education Centre
120 9th St NW, Altona**

Funding provided by
The Government of Canada
The Manitoba government

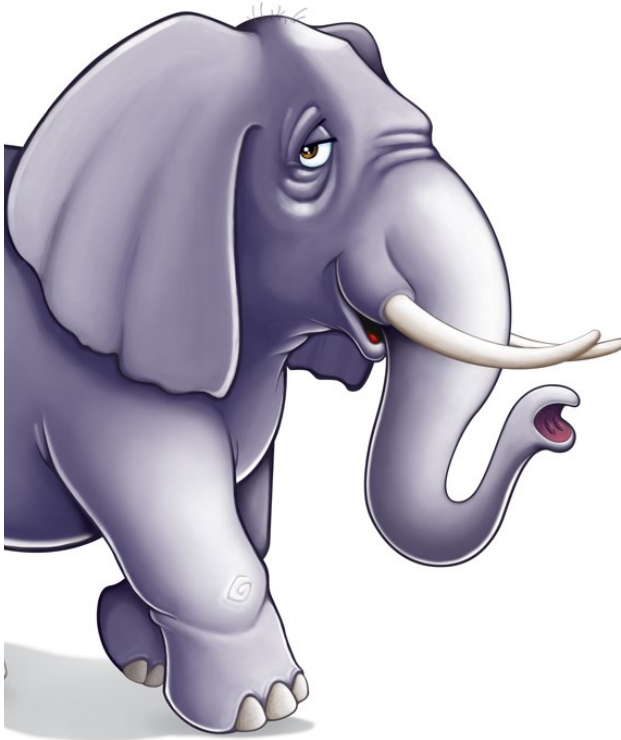
**Tuesdays, April 25 - May 16
2:00 - 4:00 pm**

CALL OR EMAIL NATASHA TODAY TO REGISTER!
204.332.1884 | ndoerksen@wem.mb.ca



LAUGHTER IS MEDICINE

COMICS, RIDDLES, & OTHER FUN THINGS



Q: Why didn't the elephant get the job he wanted?

A: His qualifications were completely irrelephant.

Q. I'm an odd number. If you take away one of the letters in my name, I become even. What number am I?

A. Seven. (Take away the S!)

*Mother's Day is May 14,
2023*

Victoria Day May 22, 2023

*Father's Day is June 18,
2023*

*National Indigenous
Peoples Day June 21, 2023*

Canada Day July 1, 2023

Mindfulness

N G G E J A W A R E N E S S D X F Z L M
 U Q X S U R E D U T I T T A U K X Y A Y
 Z Q D X E I R F D T E A K M H Z H M N F
 L I P S X S T Q X V F P I M C H I C O T
 I X K O G B N Y N K N D M R O G N L S K
 F V I U E N W E U G D C J B U B T M R E
 E Q V R F B I U S B Y L H O E M L F E O
 S N H C Z D U L G W M F T U M Y S Q P P
 T M O G Q F S T E N C S Y G P X Q P K W
 Y E T R H H G J I E I T N E S E R P S E
 L Y U E Q Z R E W W F T V Y P Z S L V L
 E B P L B R R Y G H P D P P N Q K J T L
 T S P W A A F A F E Y B L E K W W B Q B
 F N R N C V J T S K U S X D C S A I Z E
 A L I F S H N E E T Q O V E P C A F O I
 M A L A D F W Z A Z V U J S N T A J Y N
 W E A N E N U E S E P B R U Y N W S S G
 S B I V D S R E I R R A B C W Y Y C P O
 R K O C O M P A S S I O N O Y J E D Z L
 Y L C J T Q Z Z Z E R V N F V X M Q M S

SELF CARE	SENSES	AWARENESS	PRESENT
KIND	COMPASSION	FEELINGS	LOVE
ACCEPTING	BARRIERS	ATTITUDE	LIFESTYLE
WELLBEING	VALUE	PERSONAL	FOCUSED



Mental Health Bingo

Just like we know that taking care of our physical health is important, it is also just as important to take care of our mental health. Mental Health includes our emotional, psychological and social well-being. It also helps determine how we handle stress in our lives, relate to others, and what choices we make. When we experience good mental health, it doesn't mean we are always in a good mood, nor does it prevent the stresses of life from coming our way. But, it does help us cope with them so we can continue to engage productively in our everyday lives.

Volunteer . Big or small.	Try a new exercise.	Do something kind for someone.	Introduce yourself to someone new.	Make sleep a priority. Practice sleep hygiene.
Make plans with a friend or coworker.	Exercise your brain with a puzzle or board game.	24hrs social media free. Turn off notifications. Reflect on this.	Thank a mentor or offer to be someone's mentor.	Challenge yourself. Try something new.
Do something that gives you purpose.	Focus on one task at a time.	Do something that brings you joy.	Who are three people you can turn to during times of stress.	Write down three things you can do when you are stressed. Post them somewhere.
Reach out to a family member.	Take time to laugh with friends and family.	Declutter your space. Work or home. Donate items you no longer need.	Check out your Employee Assistance Program .	Take a break and go for a walk.
Get outside. Enjoy a meal, gardening, or walk.	Do something that makes you feel calm.	Write a thank you note.	Set and maintain a boundary.	Random act of kindness.



It is important to find a variety of strategies to take care of your mental health before life's stresses become overwhelming.



WE ALL HAVE MENTAL HEALTH

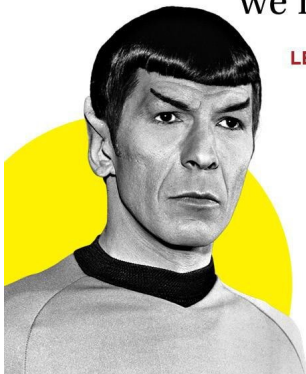
Q: What do you
call a fake noodle?

A: An impasta.



Quotable Quotes

“The miracle is
this: the more we
share ... the more
we have.”



LEONARD
NIMOY

PHOTO: UNDERWOOD &
UNDERWOOD/CORBIS



STAFF PICKS:

BOOKS

- ♦ *"The House Across the Lake" by Riley Sager suggested by Veronica Berg (Media Editor/Event Coordinator Language Program)*
- ♦ *"The Worrywart's Companion (21 Ways to Soothe Yourself and Worry Smarter)" By Dr. Beverly Potter suggested by Bonnie Gamble (Mental Health/NNADAP worker)*
- ♦ *"Firekeeper's Daughter" By Angeline Boulley suggested by Heather Johnson (Mental Health Team Lead)*

Asian Pork Medallions

c/o Taste of Home website

Prep/Total Time: 25 min.

Makes 4 servings.



Ingredients

1/4 cup dry sherry or reduced-sodium chicken broth.
3 tablespoons of reduced-sodium soy sauce.
1 tablespoon brown sugar
1 tablespoon hoisin sauce
1 garlic clove, minced.
1/8 teaspoon cayenne pepper
1 tablespoon sesame oil
1 pork tenderloin (1 pound), cut into 1/2-in. slices.
Hot cooked brown rice, optional
Sliced green onions, optional.

Directions

In a small bowl, mix the first six ingredients until blended.

In a large skillet, heat oil over medium-high heat. In batches, cook pork for 3-4 minutes on each side or until tender; remove from pan.

In same skillet, bring sauce mixture to a boil; cook and stir 1-2 minutes or until thickened. Return pork to pan; heat through, turning to coat. If desired, serve with rice and top with green onions.

Nutrition Facts

1/2 cup: 202 calories, 7g fat (2g saturated fat), 63mg cholesterol, 566mg sodium, 6g carbohydrate (4g sugars, 0 fiber), 23g protein.

Diabetic Exchanges: 3 lean meats, 1/2 starch, 1/2 fat.

GINEW WELLNESS CENTER

Our vision is to promote holistic healing by providing an integrated health care system that will focus on the spiritual, physical, mental, emotional and social well being of Roseau River Anishinaabe First Nation.

Our mission is to promote and provide quality health care services for the people of Roseau River Anishinaabe First Nation.

If you have any recipes, ideas, news to share for future newsletters

Please submit to Veronica Berg, vberg@ginew.ca

Ginew Wellness Center

Box 90

Ginew, MB.

RoA-2Ro