



giNEWS

Ginew Wellness Center
Quarterly Newsletter

August, September, October 2023
Volume 1, Issue 2

MEET THE ADMIN TEAM!!



Sherri Thomas
Executive Director of Health

How long have you been at Ginew? **18 years**

If we had an annual "cosplay at work" day, what would you dress up as? **Stormtrooper**

What is your biggest fashion regret? Have you seen it re-emerge since? **Flared jeans that bordered on bell bottoms**

Is there someone in your life you admire? Why do you admire them? **I admire my sons, Mackenzie and Hemi. They are amazing human beings, with strong and kind hearts. They are growing up in a generation that is more knowledgeable and aware of the impacts of colonization, breaking cycles of trauma, and returning to their roots as Anishinaabe men.**

Heath Holden
Assistant Health Director

How long have you been at Ginew? **Since May 1, 2023**

If you had to enter a talent show, what would be your act? **I think it would be amazing to do a Magic show (but I don't know any magic tricks ☺)**

What is the laziest thing you done out of convenience? **Call my daughters cell phone to see if supper was ready. I was upstairs.**

Do you have a favorite family tradition? **It used to be Christmas breakfast – Creamed bacon on Toast (butter, heavy cream, bacon cooked together to make a sauce to pour over your toast). I haven't had it since my heart attack.**



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Lori Henry

Finance Manager

How long have you been at Ginew?

19 years 10 months

Is there something you pretend to hate but secretly love?

Chandler the cat, we have been in a love hate relationship since he came to live with us.

What is a small thing that makes your job easier/better?

Seeing smiles, and hearing laughter.

What is the best work event that you have been to? What made it so great?

Staff development. A great work and socializing getaway for staff.

Lydia Alexander

Medical Clerk

How long have you been at Ginew?

20+ years off and on (part time)

What does your morning routine look like?

Gets busy as soon as I walk in the door, i.e. phones ring-say "Good Morning" to all staff & public then start on my routine *booking bloodwork/making labels, book appointments for tribal members, call specialists if patients need to reschedule their appointments, set up bloodwork labels for the nurses, do incoming faxes and send to appropriate staff, check and log mail...and this is my morning ritual ...lol

What is your ultimate tv/movie snack?

Salt 'n' Vinegar chips and popcorn

What is an achievement you are proud of?

Learning the new technology that comes with being the medical clerk.



Jason Toews

IT System Administrator

How long have you been at Ginew?

I started on July 8th, 2019.

Why did you choose the field you are in?

I was working on computers since I was ten years old – and I enjoy working with computers.

Is there a book or movie that has impacted you?

I like the movie Hackers.

Have you checked something major off your bucket list? What was it?

I'd say helping people is my favorite thing to do.



Kirstyn Roberts

Administrative & Finance Assistant

How long have you been at Ginew?

I started April 24th

What do you do every day here that you wish could be automated?

Look for signatures for Cheques.

What does a perfect day off look like for you?

Going for a ride with my son, spending time with him. Sleeping in

What helps keep you motivated?

Coffee.

Fun Fact: African lions catch about 20% of the prey they chase. Dragonflies catch 95%

Leaving us as of the end of July is the office manager Christa Cooper. Thanks for your contribution and time at Ginew. We wish for nothing but success and fulfillment in your new position. Best of luck!

Christa Cooper

Office Manager

How long have you been at Ginew?

4yrs

What TV world would want to be a part of if it were real?

I'm not a Star Trek fan, but I would love if I could teleport everywhere

What's your favorite project you have worked on?

I enjoyed working on the pandemic committee actually. It was such a learning experience and really liked getting to know my team members so closely and knowing and seeing everyone coming together to help and support the community and each other.

What is the most valuable career advice you have ever been given?

I had a manager that told me "It is your job to question me if you question my decisions."



*Civic Holiday -August 7,
2023*

*Labor Day -September 4,
2023*

*National Truth and
Reconciliation -September
30, 2023*

*Thanksgiving Day -
October 9, 2023*

EVENTS & ACTIVITIES

SURROUNDING AREAS



WOODMORE WOMEN'S INSTITUTE
IS HOSTING A
WILD EDIBLES WORKSHOP

August 17, 2023
7PM
ROSEAU RIVER PARK
(weather permitting this workshop will be held outdoors, discovering edible plants at the park)

Whether you're at home or at the cottage, there are highly nutritious and delicious wild plants growing right under your nose!

Laura Reeves, botanist and wild food aficionado, will introduce us to some of her favourites and explain how to make them a part of our daily meals.

Pre-registration is requested at meloskydebbie@gmail.com, with a \$10 fee to be paid at the door.



Summer Camps

\$60

Dominion City:
July 10-14 & Aug 21-24

Emerson:
July 24-27 & Aug 14-17

Dinosaur/Science Camp:
July 10-14 & July 24-27

Arts & Crafts Camp:
Aug 14-17 & Aug 21-24

Ages 5 - 11

Register online:
app.univerusrec.com/emersonfranklinpub/index.asp
Link is on the Municipality's website

Recreation & Wellness
Municipality of Emerson-Franklin

Borderland School Division
Back to School
September 6, 2023

BRONZE MEDALLION LIFEGUARD TRAINING

Where: RCHP Pool, Dominion City
Date: August 20-27, 2023
Time: 10:00am - 12:30pm (August 20-26)
8:30am - 12:30pm (August 27)
Cost: \$145 includes all supplies/manuals

Must be 13 by end date of class

Register at:
app.univerusrec.com/emersonfranklinpub/index.asp
Registration Deadline: August 18, 2023

Contact Kath @ kath@emersonfranklin.com with any questions

Recreation & Wellness
Municipality of Emerson-Franklin

EVENTS & ACTIVITIES

ROSEAU RIVER ANISHINAABE FIRST NATION

Ginew Wellness Center - Jordan's Principle Events

- Thrifting Days
- Clothing Swap
- Free Day
- Go Girls Program
- Merchandise Bingo
- Pitching Machine
- Disc Golf
- Life Skills Workshop
- Hunting Camp
- Halloween Activities
- Family Block Party
- Elders Workout Program

Please keep your eyes out for future posters with dates, times, and locations.
Thank you!



Made with PosterMyWall.com

EMERGENCY NUMBERS

Ambulance	204-427-2202
Fire/MFNPS	204-427-3383
Manitoba Suicide Line 24/7	877-435-7170
After Hours Medical Transportation	204-746-5544
Health Links	888-315-9257
Klinic Crisis Line	888-322-3019
Kids Help Phone	800-668-6868 or text 686868



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, August 10, 2023 – Friday, August 11, 2023

LOCATION: MPR – Ginew Wellness Centre

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 Friday, August 4, 2023



September 5 ADMIN
Day no classes

Back to school

September 6, 2023!

**Can't believe
someone broke into
my garage and stole
the limbo stick.
Seriously, how low
can you go.**



Tea with the Elders

Last Thursday of the month at the Elders Lodge 1pm-4pm

Paint Night

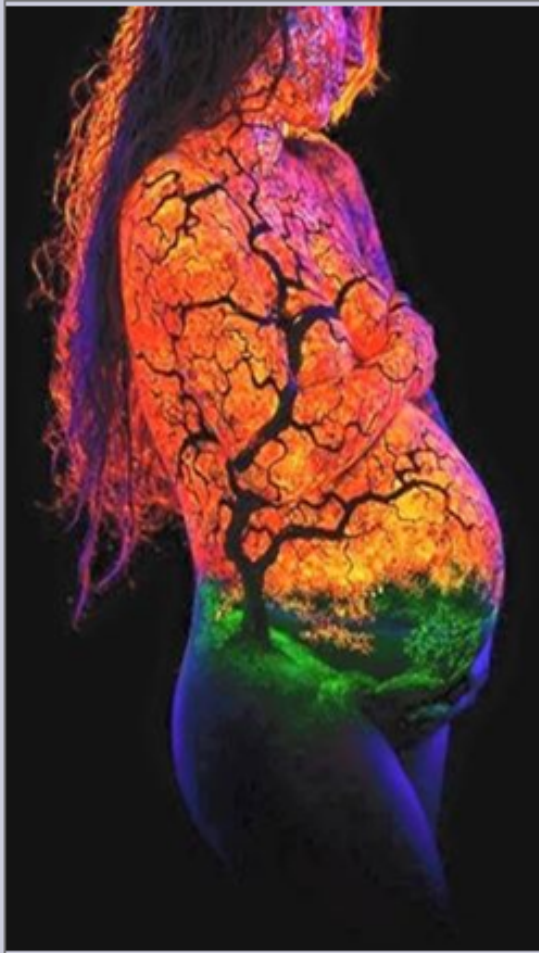
The last Wednesday of the month, watch Ginew Facebook page for registration details! Back in September!

Knitting Club

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

Fun Fact: Rabbits can see behind them without moving their heads, and sleep with their eyes open.

Success Through Advocacy and Role Modeling

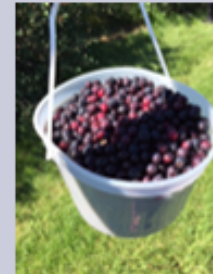


" We believe that women can obtain mental, physical, emotional and spiritual wellbeing for themselves and their families"



" *Assessing 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.*

Addressing women's health

" *Assessing 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
FASD PREVENTION PROGRAM

Strengthening Families–Maternal Child Health



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

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 RNB N

Ginew Wellness Center (431) 800-1275



CPNP

Community Health Nurse Corner:

In an attempt to get children caught up on their immunizations here are some things Community health is planning:

We are continuing to do preschool immunizations at the Wellness Center. If your child is aged 4 to 7 call the center and speak with Kelly Johnson Community Health Nurse to book an appointment. There is also the well-baby clinics all day Thursdays at the Wellness Center all babies ages 2-month 4-month 6-month 12-month and 18-month. At this appointment your baby will also have well baby checks such as weight and length.

We are planning an immunization clinic in August, the dates will be August 22, 23, and 24 this will be for children of all ages. This will run from 9:00 am to 3:30 pm daily. No appointments will be necessary.

In September I will again be going to the Ginew School every Tuesday afternoon from 1:00pm to 3:00 pm. I will be sending home consents with the children in grades 6 to 8, please return it with your child and we will be in the school to do them.

The wellness center also has a mobile clinic so if you have a few children to have their immunizations we can come to you.

Uris applications will be available at school, daycare and Head Start. If your child has a chronic health condition such as asthma, allergies, diabetes please fill in the application so we can plan for your child.



Primary Care Clinic



What is Primary Care – Primary care is usually your first point of contact in the health care system.

Primary health care includes prevention and treatment of common diseases, injuries and referrals to other levels of care that are not available in our center.

What Services are offered at Ginew Wellness Center Primary Care Clinic?

Nurse Practitioner, Doctor, Nurses, Foot Care, Aboriginal Diabetes Worker, Community Health Representative, Dietician and Mental Health Services, Lab work/blood work.

Nurse Practitioner – Can diagnose illness, order medication, order tests and go over your results, refer to specialists or services we do not have at the wellness center.

Doctor – who can diagnose illness, order medication, order tests and go over your results and refer to specialists as needed.

Nurses – Can do dressing changes, injections of medications, immunizations, blood work, assessments and refer to our Nurse Practitioners or Doctors or Hospital/Emergency Department if needed. Help navigate and coordinate the health care system for you.

Clinic Schedule – Monday to Friday from 8:30 to 4:30

Same Day appointments are available, please call/message or stop by first thing in the morning as these are booked on a first come first serve basis.

Lab Work - Monday to Friday from 9 am to 10 am

Every year, about 100 billion servings of instant ramen are sold each year, or about 14 bowls per person.

Primary Care Clinic cont'd

How do I know who I need to see?

When you call or come down to the center, you may be asked questions, such as who is your regular Doctor or Nurse Practitioner, you will be asked what the reason for your visit is for.

Why Do we ask these questions? To ensure you are seen by the right type of health care professional in a timely manner.

How many health professionals do we have?

1 full time Nurse Practitioner – Dominique Gagnon who works Monday to Friday

1 part time Nurse Practitioner – Marie Roddy who works Monday, Wednesday and Fridays

Dr Manness who comes every Wednesday afternoon.

1 Doctor who comes every Thursday.

1 Primary Care Nurse who works Monday to Friday

1 Community Health Nurse who works Monday to Friday

What are we working on?

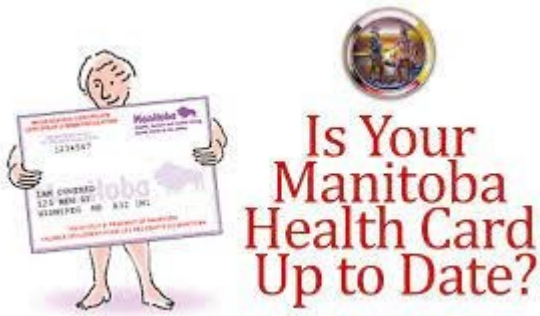
We are working on organizing our electronic records and ensuring all our records are up to date. Please be prepared to be asked for your most up to date contact information and present your health card.

Why do we need this information? Having accurate information in our system helps us and other specialists notify you of appointments, results etc. Why is this important to you? To make sure you are getting the best care you deserve!



Primary Care Clinic cont'd

Don't have a Manitoba Health Card – how do you get one?



Please visit : <https://www.gov.mb.ca/health/mhsip/registration.html> or come down to the center and we can help you!

What are you interested in learning about?

If you have any suggestions or requests on any workshops, such as men's health, women's health, cancer, high blood pressure etc. Please contact us, we will be working on offering education sessions and workshops for community members!

Primary Care Van – Ginew Wellness Center purchased a van to help bring services closer to you! We will be working on a schedule to come out to Rapids with a nurse and nurse practitioner 2 times a month. We are just working out the kinks as we need access to our computers and internet to provide these services. Keep an eye out for information, we will inform the community when we are ready!

Mental Health

STRESS RELIEVERS: TIPS TO TAME STRESS

Stress getting to you? Try some of these tips for stress relief.

[By Mayo Clinic Staff](#)

Is stress making you frustrated and irritable? Stress relievers can help restore calm and serenity to your chaotic life. You don't have to invest a lot of time or thought into stress relievers. If your stress is getting out of control and you need quick relief, try one of these tips.

GET ACTIVE

Virtually any form of physical activity can act as a stress reliever. Even if you're not an athlete or you're out of shape, exercise can still be a good stress reliever.

Physical activity can pump up your feel-good endorphins and other natural neural chemicals that enhance your sense of well-being. Exercise can also refocus your mind on your body's movements, which can improve your mood and help the day's irritations fade away. Consider walking, jogging, gardening, housecleaning, biking, swimming, weightlifting or anything else that gets you active.

EAT A HEALTHY DIET

Eating a healthy diet is an important part of taking care of yourself. Aim to eat a variety of fruits and vegetables, and whole grains.

AVOID UNHEALTHY HABITS

Some people may deal with stress by drinking too much caffeine or alcohol, smoking, eating too much, or using illegal substances. These habits can harm your health.

MEDITATE

During meditation, you focus your attention and quiet the stream of jumbled thoughts that may be crowding your mind and causing stress. Meditation can instill a sense of calm, peace and balance that can benefit both your emotional well-being and your overall health.

Guided meditation, guided imagery, visualization and other forms of meditation can be practiced anywhere at any time, whether you're out for a walk, riding the bus to work or waiting at the doctor's office. You can also try deep breathing anywhere.

LAUGH MORE

A good sense of humor can't cure all ailments, but it can help you feel better, even if you have to force a fake laugh through your grumpiness. When you laugh, it not only lightens your mental load but also causes positive physical changes in your body. Laughter fires up and then cools down your stress response. So read some jokes, tell some jokes, watch a comedy or hang out with your funny friends. Or give laughter yoga a try.

CONNECT WITH OTHERS

When you're stressed and irritable, your instinct may be to isolate yourself. Instead, reach out to family and friends and make social connections.

Social contact is a good stress reliever because it can offer distraction, provide support and help you tolerate life's up and downs. So take a coffee break with a friend, email a relative or visit your place of worship.

Got more time? Consider volunteering for a charitable group and help yourself while helping others.

ASSERT YOURSELF

You might want to do it all, but you can't, at least not without paying a price. Learning to say no or being willing to delegate can help you manage your to-do list and your stress.

Saying yes may seem like an easy way to keep the peace, prevent conflicts and get the job done right. But it may actually cause you internal conflict because your needs and those of your family come second, which can lead to stress, anger, resentment and even the desire to exact revenge. And that's not a very calm and peaceful reaction.

TRY YOGA

With its series of postures and controlled-breathing exercises, yoga is a popular stress reliever. Yoga brings together physical and mental disciplines which may help you achieve peacefulness of body and mind. Yoga can help you relax and manage stress and anxiety.

Try yoga on your own or find a class — you can find classes in most communities. Hatha yoga, in particular, is a good stress reliever because of its slower pace and easier movements.

GET ENOUGH SLEEP

Stress can cause you to have trouble falling asleep. When you have too much to do — and too much to think about — your sleep can suffer. But sleep is the time when your brain and body recharge.

And the quality and amount of sleep you get can affect your mood, energy level, concentration and overall functioning. If you have sleep troubles, make sure that you have a quiet, relaxing bedtime routine, listen to soothing music, put clocks away, and stick to a consistent schedule.

KEEP A JOURNAL

Writing down your thoughts and feelings can be a good release for otherwise pent-up emotions. Don't think about what to write — just let it happen. Write whatever comes to mind. No one else needs to read it, so don't strive for perfection in grammar or spelling.

Just let your thoughts flow on paper — or computer screen. Once you're done, you can toss out what you wrote or save it to reflect on later.

GET MUSICAL AND BE CREATIVE

Listening to or playing music is a good stress reliever because it can provide a mental distraction, reduce muscle tension and decrease stress hormones. Crank up the volume and let your mind be absorbed by the music.

If music isn't one of your interests, turn your attention to another hobby you enjoy, such as gardening, sewing, sketching — anything that requires you to focus on what you're doing rather than what you think you should be doing.

SEEK COUNSELING

If new stressors are challenging your ability to cope or if self-care measures just aren't relieving your stress, you may need to look for reinforcements in the form of therapy or counseling. Therapy also may be a good idea if you feel overwhelmed or trapped, if you worry excessively, or if you have trouble carrying out daily routines or meeting responsibilities at work, home or school.

Professional counselors or therapists can help you identify sources of your stress and learn new coping tools.





Thunderbird Wellness App - Thunderbird

Promotes a strengths-based, trauma informed approach to supporting Indigenous wellness. Download the app for free, to have culturally based information about wellness and support for substance use and addictions at your fingertips.

thunderbirdpf.org

The Thunderbird Wellness App promotes a strengths-based, trauma informed approach to supporting Indigenous wellness. The App provides tangible ways to support First Nations, from opioid and methamphetamine use, to treatment, prevention, addressing stigma associated with substance use and how to support harm reduction strategies, all presented in a user friendly, culturally grounded way.

The Thunderbird Wellness App is free and is available on the iOS [App Store](#) and [Google Play](#).

GWC FOOTCARE CLINIC

DATES

Aug 8, 2023

Aug 22, 2023

September 5, 2023

September 19, 2023

October 3, 2023

October 17, 2023

October 31, 2023

Men cry.

Men break down.
Men get anxiety.
Men feel insecure.
Men get abused.
Men have emotions.
Men have mental illnesses.

It's not "unmanly" to struggle.
Let's support men.
Let's encourage men.
Don't belittle or silence men.
Men struggle too.



“The Hungarian word for "quotation marks" is "macskaköröm," which literally translates to "cat claws.”

LAUGHTER IS MEDICINE

COMICS, RIDDLES, & OTHER FUN THINGS



Q: What does a cat have that no other animal has?

A: Kittens

COMICS & PHOTOS WANTED!!

Enter a comic or photo to be included in our future quarterly newsletters.

Rules: Story and artwork must be your own original creation. Characters must be your own creation. Creations involving already existing characters (real or fictional) will not be used. Artwork can be in any style. Entries must include a title. Entries must be signed. **Entries cannot be excessively violent, racial or sexually explicit.** Copies of the original work must be submitted instead of the original. The original work is the property of the artist but permission to use the artwork in future publications is assumed with submission.

Photos: All photos must be original work, taken by the entrants. No third party may own or control any materials the photo contains, and the photo must not infringe upon the trademark, copyright, moral rights, intellectual rights, or rights of privacy of any entity or person. The original photo is the property of the artist but permission to use the photo in future publications is assumed with submission.

Submit your entries to vberg@ginew.ca or in person to Veronica Berg at Ginew Wellness Center.

**Silence
is golden,
unless
you have
kids, then
silence
is just
plain suspicious.**

doozyl.com

Q. What has bark but
no bite?

A. A tree

Imagine you're in a room that is
filling with water. There are no
windows or doors. How do you get
out?



A. Stop imagining.

theplaybookMOM

The Greek name for the mosquito is
"anopheles," which means "good for
nothing."

Ojibwe Word Search

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

Bizindan

Debwewin

Giiwedonong

Inini

Ndizhinikaaz

Waabanong

Zhaawanong

Zoongidewin

Boozhoo

Gagechinaamiziwin

Gikenijigewin

Manaajiiwewin

Niin

Wiin

Zhiibaashkodeyaang

Debisendemowinn

Giin

Ikwe

Miigwech

Ningaabiiianong

Zaagiiidwin

Zhiizhiigwan

Q: What are two things people never eat before breakfast?

A: Lunch and Dinner



STAFF PICKS:

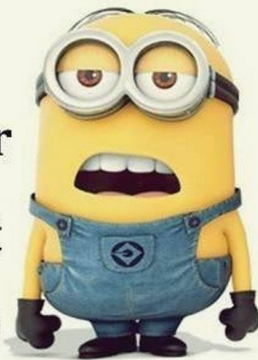
PODCASTS

- ◆ “Sasquatch Chronicles– Bigfoot Encounters” suggested by Sherri Thomas (Health Director)
- ◆ “Living Myth Podcast- Michael Meade” suggested by Dominique Gagnon (Nurse Practitioner)
- ◆ “Deep Blue Sea Podcast for kids” suggested by Anne Dyck (Assistant Case Manager, Jordan’s Principle)
- ◆ “Canadian True Crime” suggested by Carly Becker (Youth Worker, Jordan’s Principle)

**NEXT TIME A
STRANGER TALKS
TO YOU WHEN
YOU'RE ALONE,
JUST LOOK AT
THEM SHOCKED
AND WHISPER,
"You can see me?"**

NotSalmon.com

**So you mean to tell
me a stress
ball isn't for
throwing at
people who
stress you out?**





Contest-Winning Chicken with Mushroom Sauce

★★★★☆

TOTAL TIME: Prep/total time: 25 min.

YIELD: 4 servings.

“It looks impressive, but this mouthwatering chicken and mushroom sauce comes together in no time. I think its flavor rivals that of many full-fat entrees found in fancy restaurants. —Jennifer Pemberton, Muncie, Indiana

Ingredients

2 teaspoons cornstarch

1/2 cup fat-free milk

4 boneless skinless chicken breast halves (4 ounces each)

1 tablespoon olive oil

1 tablespoon butter

1/2 pound sliced fresh mushrooms

1/2 medium onion, thinly sliced

1/4 cup sherry or chicken broth

1/2 teaspoon salt

1/8 teaspoon pepper

Directions

1. Mix cornstarch and milk until smooth. Pound chicken with a meat mallet to 1/4-in. thickness.
2. In a large nonstick skillet, heat oil over medium heat; cook chicken until no longer pink, 5-6 minutes per side. Remove from pan.
3. In same pan, heat butter over medium-high heat; saute mushrooms and onion until tender. Stir in sherry, salt and pepper; bring to a boil. Stir cornstarch mixture and add to pan. Return to a boil; cook and stir until thickened, 1-2 minutes. Return chicken to pan; heat through.

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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.
R0A-2R0