



giNEWS

Ginew Wellness Center
Quarterly Newsletter

February, March, April
Volume 3, Issue 1

MEET THE HOMECARE TEAM!

Crystal Cardinal

Admin Assistant/Driver

How long have you been at Ginew?

I have been with Ginew Wellness Center since 2019. Started out on a term position in Headstart then moved to Jordan's Principle to finish my term then got a permanent position at the Elders Lodge for Homecare



What is one hobby or interest you have that surprises people when they learn about it? My hobby that surprises people is I am addicted to Diamond Art

If you could have a superpower for a day, what would you choose and how would you use it? My superpower would be flying and I would use it to travel the world in 1 day

If you could travel anywhere in the world, without any restrictions, where would you go and why? I would travel to Bora Bora, it looks so majestic and has been on my bucket list for 20 years.

Rhonda Hall

Nurse

How long have you been at Ginew?

Almost 4 years started out with agency than went to homecare

What is your favorite type of cuisine?

Weiners and beans lol



What is the most challenging thing you ever accomplished?

Raising my kids

How did you get started in your career?

Career idk but I knew as a kid I always wanted to be a nurse, first was forensic nursing but at that time was only available in BC and of course scared me didn't want to leave home.



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Shirly Hayden

Health Care Aide

How long have you been at Ginew?

I have been with Ginew twenty three years 😊

What is the best piece of advice you've ever received?

Best piece of advice I ever received, was “keep working”

What is your favorite hobby outside of work?

Going to Bingo!

If you could have any animal as a pet, what would it be and why?

I would love a cat, because they are quiet and the best companions!

Fun Fact: Beaver eyelids are transparent so that they can see through them as they swim underwater.

Jeannine Dignard

Home Care Aide

How long have you been at Ginew?

It will be a one year in March since I've been @Ginew. 😊

What is one thing you can't live without?

My two Beautiful dogs Bailey & Jewelz

What is one piece of advice you would give to someone starting in your profession?

One piece of advice I would give someone who would want to start in my profession, is patience & understanding. It is an honor to be taking care of the Elderly, things can get challenging, but it is worth it to be able to meet the client's needs and make sure they are well taken care of.

What's the silliest or weirdest talent you have?

My tongue can reach my nose hahahaha while being crossed eyed hahaha





Margaret McGregor

Home Care Nurse Supervisor

How long have you been at Ginew?

I have been with Ginew Home Care since August 2019

What is your favorite way to unwind after a long day?

Out at a cabin or in our camper, surrounded by nature’s tranquility, is a place felt where I feel at peace. The soft murmur of water flowing nearby, the warmth of a crackling fire, and the quiet calm that only nature This was my sanctuary—a place to escape the chaos of

the world and simply be me.

What is your favorite travel destination and why?

Hawaii a place I have in mind—a dream destination that offered both warmth and tranquility.

If you could have a dinner party with three fictional characters, who would you invite?

On a particularly quiet evening, if I were to host a unique dinner party gathering with characters. I would invite Lilo, whose wild imagination could ignite the night with creativity; Mauna, whose calm wisdom mirrored the stillness of the mountain; Stitch, with his boundless energy and mischievous spirit; and Olaf, whose sunny optimism and love for life were contagious.

Jennifer Shepit

Support Services Supervisor

How long have you been at Ginew?

22 years

What is your favorite season and why?

I don’t have a favorite season; they all remind me to enjoy what each one has to offer.



What is your favorite board game or card game?

Backgammon.

What is the most challenging thing you've ever accomplished?

Asking for help after dealing with grief and loss



Annette Laroque

Cook

How long have you been at Ginew?

I started working here 2010 as house keeping.

If you could have a theme song play every time you entered a room, what would it be?

Dj tons-Always remember us this way

What is one skill or hobby you've always wanted to learn but haven't had the chance to yet?

Office Administration work

What is the most adventurous thing you've ever done in your life?

I traveled the states

Nancy Murdock

HCC Homemaker

How long have you been at Ginew?

5 years as of January

If you could have any animal as a pet, exotic or domestic, what would it be and why?

A Peacock just because its colorful.

What is one book or movie that has greatly influenced your life and why?

Not much of a book reader and don't really watch movies so I'll pass on this one!

If you could have a magical ability or power, what would it be and how would you use it?

Just like on I dream of Jeannie, when she blinks her eyes I would have that so when I blink my eyes all my work would be done!





Renee Seymour
Seniors Activity Worker

How long have you been at Ginew?

Going on 3 years

What is one interesting or unusual fact about yourself that most people don't know?

I can be super outgoing, but I also have social anxiety.

What is your favorite quote or saying that resonates with you?

Manoo - translates to "let it be." My late adoptive dad always had a way of making stressful situations seem so small. Do not take life for granted. Go out, live life and do not carry other people's stuff.

If you could have any talent or skill instantly, what would you choose and how would you use it?

I don't know if it is a talent or skill, but I would love to snap my finger and poof!! Any and all of my food cravings would appear!



Fun Fact: You can't hum while holding your nose.

I bet you just tried it, didn't you?

EVENTS & ACTIVITIES

SURROUNDING AREAS

Borderland School Division

February 17-No Classes

March 7- No Classes in afternoon

March 21- No Classes

March 31-April 4-SPRING BREAK

April 11- No Classes

April 18- No Classes



**Regional
Alternative
Education
Centre**

BORDER LAND
SCHOOL DIVISION

Adult Learning Centre

Flexible courses that work around your schedule.
Inquire about remote and in person learning.

High School Credits towards

- 8 credit Mature Student Diploma (age 19+)
- Post-secondary prerequisites
- Employment preparation

Register today! raec.blisd.ca (204) 324-6543



HOW TO USE THE FEBRUARY FOOD LIST

- Find the freshest tasting produce
- Get the most affordable produce
- Reduce your environmental footprint
- Get instant variety by eating seasonally

Use this list for [meal planning](#) and making grocery lists.

Supplement this list with frozen and canned fruits and veggies. And of course, you can add other fresh produce. I often pick other fresh produce that comes from as close to home as possible. For example there are more local greenhouses sustainably growing tomatoes, sweet peppers, cucumbers, fresh herbs, lettuce and micro-greens. Those make great additions to the winter veggies. And, on special occasions, I also reach for exotic fruits and veggies from around the world.



WHAT'S IN SEASON FEBRUARY

- | | | |
|--------------|----------|----------------|
| Grapefruit | Rutabaga | Sweet Potatoes |
| Kiwi | Parsnips | Fennel |
| Lemons | Potatoes | Kale |
| Limes | Beets | Onions |
| Oranges | Carrots | Cabbage |
| Honey Pomelo | | |



NO ICE IS WITHOUT SOME RISK... MINIMIZE YOUR RISK

It is critical that the quality and type of ice is evaluated before you travel.

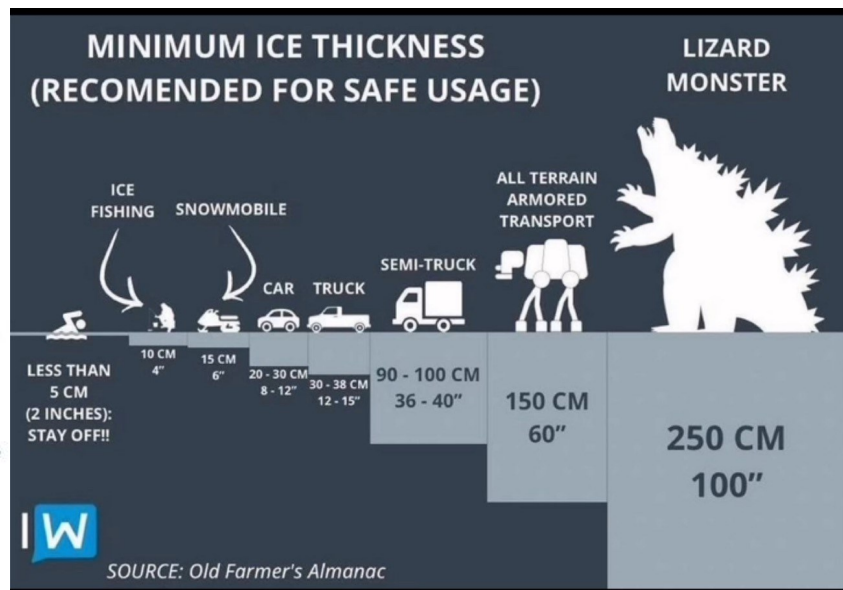
New clear hard ice is the only kind of ice recommended for travel.

Avoid:

- Areas of slush on the ice
- Open holes or open water
- Ice on or near moving water (i.e. areas with currents such as rivers)
- Pressure ridges
- Ice that has thawed and refrozen

Risk factors that weaken or "rot" ice:

- Currents or wind action can shift entire ice sheets and create pressure ridges or weak points
- Sudden temperature changes can cause ice to crack or split into layers
- Snow on ice acts as a blanket that prevents hardening



WHAT'S IN SEASON
 MARCH

- | | | |
|------------|----------|----------------|
| Grapefruit | Kiwi | Carrots |
| Lemons | Rutabaga | Sweet Potatoes |
| Limes | Parsnip | Kale |
| Oranges | Potatoes | Onions |
| Pineapple | Beets | Cabbage |

HOW TO USE THE MARCH FOOD LIST ^

- Find the freshest tasting produce
- Get the most affordable produce
- Reduce your environmental footprint
- Get instant variety by eating seasonally

Use this list for [meal planning](#) and making grocery lists.

Supplement this list with frozen and canned fruits and veggies. And of course, you can add other fresh produce. I often pick other fresh produce that comes from as close to home as possible. For example there are more local greenhouses sustainably growing tomatoes, sweet peppers, cucumbers, fresh herbs, lettuce and micro-greens. Those make great additions to the winter veggies. And, on special occasions, I also reach for exotic fruits and veggies from around the world.



HOW TO USE THE APRIL FOOD LIST ^

- Find the freshest tasting produce
- Get the most affordable produce
- Reduce your environmental footprint
- Get instant variety by eating seasonally

Use this list for [meal planning](#) and making grocery lists.

Supplement this list with frozen and canned fruits and veggies to keep costs down. Of course, you can add whatever fresh produce you'd like. I often add other fresh produce that comes from as close to home as possible. For example there are more local greenhouses that sustainably grow tomatoes, sweet peppers, cucumbers, fresh herbs, lettuce and micro-greens. And, on special occasions, I also reach for exotic fruits and veggies from around the world. What a treat!

WHAT'S IN SEASON
 APRIL

- | | | |
|------------|-------------------|----------------|
| Grapefruit | Asparagus | Parsnips |
| Kiwi | Beets | Potatoes |
| Lemons | Cabbage | Radishes |
| Mangos | Carrots | Rutabaga |
| Oranges | Dark Leafy Greens | Sweet Potatoes |
| Pineapple | Onions | |

ROSEAU VALLEY SCHOOL

Box 176 190 Franklin Ave. W, Dominion City, MB R0A 0H0
Phone 204-427-2143 | Fax 204-427-2615



- February 17 Luis Riel Day NO CLASSES**
- March 07 PD Day PM NO CLASSES**
21 ADMIN Day NO CLASSES
31-April 04 SPRING BREAK NO CLASSES
- April 11 Student Conferences-NO CLASSES**
18 Good Friday-NO CLASSES

Stay and Play

at Roseau Valley School

Every other
Wednesday
this school
year

Free for
children ages
0-5

Craft and Play
Snack Provided

Oct.16, Oct.30
Nov.13, Nov.27
Dec.11
Jan.8, Jan.22
Feb.5, Feb.19
Mar.5, Mar.19
April 9, April 23
May 7th, May 21
June 4

RVS Presents:

(due to popular demand and a request by students)

Teens in the Kitchen (grades 7, 8 and 9)

Tuesday, January 21, 2025
Tuesday, January 28, 2025
Tuesday, February 4, 2025
Tuesday, February 11, 2025
Tuesday, February 18, 2025
Tuesday, February 25, 2025

We will be in the kitchen, every Tuesday, for six weeks from 3:30 until 4:45pm.
We will cover nutrition concepts, then prepare and eat some wonderful creations.
We can have a maximum of 15 students.
Please register in the office or call the school 204-427-2143 if you have questions

Roseau Valley School

Paint Night with Arlene Enns will be February 4th in the art room from 6pm-8pm. What we will be painting has yet to be decided. All community members' welcome. We will have 20 spots available in house.

WELCOME TO RECREATION & WELLNESS

To promote health, recreation and wellness opportunities for the residents of the Municipality of Emerson-Franklin. As a department we will endeavor to deliver diverse and equitable programs and services to people of all ages and abilities

Danielle Kehler Senior Services Resource Coordinator Monday, Wednesday, Thursday 204-542-0689 danielle@emersonfranklin.com	Donna Samborski Tenant Resource Coordinator - Healthy Living Center Monday, Tuesday, Friday 204-542-0689 trc@emersonfranklin.com	Kath Baczynsky Recreation & Wellness Facilitator Monday-Thursday 204-427-2557 kath@emersonfranklin.com
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Where to find us:

Municipal Website: www.emersonfranklin.com

Municipal Offices: Dominion City - 115 Waddell Ave 204-427-2557

Emerson - 104 Church St. 204-373-2002

Online Registration: app.univerusrec.com/emersonfranklinpub/account/index.asp

Social Media: @recreation.and.wellness

Municipality of Emerson-Franklin Recreation and Wellness

How to register online:

1. Visit app.univerusrec.com/emersonfranklinpub/account/index.asp
2. Click on the **Course** tab
3. Browse online course options on the left side of the page
4. Click on a category to see the options offered
5. Choose **Register Now** to register or **View Details** for course information

WINTER DATES

JANUARY

- January 6 - February 24 - Healthy Habits (closed Feb 17 for Louise Riel Day)
- January 6 - March 31 - Coffee Connection
- January 6 - March 31 - Snowshoe Borrowing Program
- January 7 - Shuffleboard
- January 9 - March 13 - Emerson Yoga
- January 9 - March 13 - Emerson Chair Yoga
- January 9 - Healthy Living Center Bingo
- January 13 - Alzheimer Society Support Group, Dominion City
- January 14 - Winkler Bus Shopping Trip
- January 16 - Special Coffee with Joan Vanderlinde at Healthy Living Center
- January 16 - Movie Night at the Healthy Living Center
- January 22 - February 26 - Kids Curling
- January 23 - Healthy Living Center Bingo
- January 25 - Woodmore Womens Institute Wellness Walk & Snowshoeing
- January 28 - Online Training for Municipal Website
- January 28 - Cancer Support Squad
- January 30 - Paint Night with Creative Farmhouse
- January 30 - ABC's of Dementia Public Education Session

FEBRUARY

- February 4 - Shuffleboard
- February 5 - March 26 - Aging with Strength
- February 10 - Alzheimer Society Support Group, Emerson
- February 11 - Winkler Bus Shopping Trip
- February 13 - Healthy Living Center Bingo
- February 13 - Movie Night at the Healthy Living Center
- February 14 - Community Dinner at the Healthy Living Center
- February 21 & 22 - Emerson Winter Carnival
- February 25 - Cancer Support Squad
- February 27 - Healthy Living Center Bingo

MARCH

- March 6 - Movie Night at the Healthy Living Center
- March 10 - Alzheimer Society Support Group, Dominion City
- March 11 - Winkler Bus Shopping Trip
- March 13 - Movie Night at the Healthy Living Center
- March 13 - Healthy Living Center Bingo
- Date TBD - Special Coffee Time with the Songbirds
- March 21 - First Aid/CPR-C
- March 27 - Healthy Living Center Bingo
- March 27 - Welcome Mat Craft Night with Creative Farmhouse
- March 31 - April 3 - Spring Break Camps

ACTIVITIES

Woodmore Womens Institute Wellness Walk and Snowshoeing

When: Saturday, January 25

Time: 1:30-3:30pm

Cost: FREE

Where: Roseau River Park

Try snowshoeing or a walk a trail. Warm up by the fire and make felt heart to bring home!

Register wellnesswalksplus@gmail.com before January 22, 2025

Limited Spots!

Emerson Winter Carnival

When: February 22

Cornhole Tournament & Snowshoes!

Where: Emerson

Watch for the Emerson Winter Carnival posters on social media for all the details!

Cancer Support Squad

When: January 28, February 25

Where: Healthy Living Center,

Dominion City

Time: 10:00am

Shuffleboard

When: January 7, February 4

Time: 1:00-3:00pm

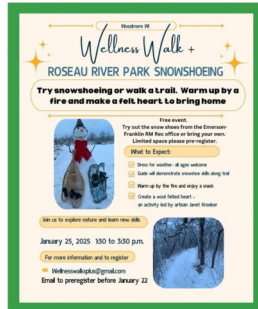
Where: Healthy Living Center (lower level), Dominion City

Come out and play some games or

just come for a coffee or tea!

For more details call Danielle:

204-542-0689



Snowshoe Borrowing Program

When: January 6 - March 31

Where: from the Dominion City Municipal Office

Cost: FREE!

Available from:

Thurs 12:00pm - Mon 12:00pm

or

Mon 12:00pm - Thurs 12:00pm

email kath@emersonfranklin.com to book

First come, first served

ACTIVITIES

Alzheimer Society Support Group - Dominion City

When: January 13 & March 10

Where: Healthy Living Center

Time: 10:00am

For more information call Danielle:

204-542-0689

Winkler Shopping Bus Trips

When: January 14, February 11,

March 11

Emerson Pick up: 8:30am

Dominion City Pick up: 9:00am

Register with Danielle: 204-542-0689

Limited Spots

Alzheimer Society Support Group - Emerson

When: February 10

Where: Emerson New Horizons

Time: 10:00am

For more information call Danielle:

204-542-0689

Movie Nights

When: January 16, February 13 & March 6

Where: Healthy Living Center, lower level

Time: 7:00pm movie start

Cost: Free!

Popcorn and beverages provided

For more information call Danielle:

204-542-0689

HEALTHY LIVING CENTER

Special Coffee with Joan Vanderlinde

When: January 16

Where: Healthy Living Center, Dominion

City

Time: 1:30pm

Cost: Free!

Bingo

When: every 2nd & 4th Thursday of the month

Where: Healthy Living Center, Dominion

City

Time: 2:00pm

Cost: .25\$/card

Everyone welcome!

Coffee Connection

When: Mondays

Where: Healthy Living Center, Dominion

City

Time: 1:30pm

Cost: Free!

Join us for free coffee & dainties!

Everyone welcome!

Valentines Community Dinner

When: February 14

Where: Healthy Living Center, Dominion

City

Time: doors open 11:30, lunch at 12:00pm

Cost: \$8

Entertainment by the Wild Ridge Band

COURSES

Municipal Website Training

When: January 28
Time: 10:00-11:00am
Cost: FREE!!
Where: Council Chambers, Municipal Office, Dominion City
Learn how to:

- Set up your online account
- Register for a program
- See available programs

Register with Danielle: 204-542-0689 or Kath kath@emersonfranklin.com
Limited Spots!

First Aid/CPR-C Course

When: Friday March 21
Time: 9:00-4:00pm
Stay tuned for details
Where: Dominion City
This course is required for lifeguard training.
Limited spots - Register online
app.univerusrec.com/emersonfranklinpub/index.asp

ABC's of Dementia Public Education Session

When: January 30
Time: 10:00-11:00am
Where: Healthy Living Center, Dominion City
Learn about dementia and how it impacts a person's abilities, behaviors and communication. Join us to learn some helpful things you can do after noticing these changes in yourself or someone you know.
Presented by: Sierra Dueck, South Eastman Regional Director
Register with Danielle: 204-542-0689



CAMPS

Spring Break Camps

When: March 31 - April 3
Time: 9:00-3:30pm
Where: TBD
Watch for more details!

SPORTS

Emerson Yoga

When: January 9 - March 13
Time: 5:30-6:30pm
Cost: \$150
Where: Emerson New Horizons
Limited spots - Register online
app.univerusrec.com/emersonfranklinpub/index.asp

Kids Curling

When: January 22 - February 26
Time: 5:30-6:15pm
Cost: \$25
Ages: 8-14
Where: Dominion City Curling Club
Limited spots - Register online
app.univerusrec.com/emersonfranklinpub/index.asp

Emerson Chair Yoga

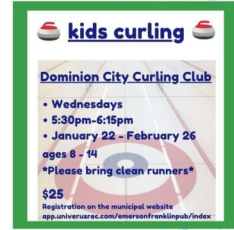
When: January 9 - March 13
Time: 4:00-5:00pm
Cost: \$150
Where: Emerson New Horizons
Limited spots - Register online
app.univerusrec.com/emersonfranklinpub/index.asp

Healthy Habits Open Gym

When: Mondays, January & February
Time: 1:00-3:00pm
Cost: Free
Where: Healthy Living Center, Dominion City

Aging With Strength

When: February 5, 19 & 26, March 5, 12, 19 & 26
Time: 11:00-12:00pm
Cost: Free
Where: Healthy Living Center, Dominion City



CRAFTS

Paint Night with Creative Farmhouse

When: Thursday January 30
Time: 7:00-9:00pm
Where: Emerson New Horizons
Watch for more details!

Welcome Mat Craft Night with Creative Farmhouse

When: Thursday March 27
Time: 7:00-9:00pm
Where: TBD
Watch for more details!

EMERSON-FRANKLIN CONGREGATE MEAL PROGRAM

Open weekdays (excluding holidays) at the Healthy Living Center, Dominion City
\$8.00/meal
Contact 204-542-0689 to book your meal - 2 days notice is appreciated
Check out the Municipality of Emerson-Franklin website to view the monthly meal calendar.

COMING IN SPRING!

Swimming Lesson Registration

When: April 14
app.univerusrec.com/emersonfranklinpub/index.asp

Emerson Swimming Lessons - June 16-27

Kids Golf League

T-Ball & Baseball

Healthy Living Center Mother's Day community dinner with entertainment by the Irish Cowboy - May 9th

SCAN THIS QR CODE FOR A QUICK SURVEY ABOUT ACTIVITIES



SEND YOUR UPCOMING COMMUNITY EVENTS TO
KATH@EMERSONFRANKLIN.COM
SO WE CAN SHARE THEM ON OUR SOCIAL MEDIA!

Snowshoe Borrowing Program

January 6 - March 31

Cost: Free!!

Available from:

Thursday-Monday or Monday-Thursday

Pickup/Dropoff: Dominion City Municipal Office
4 adult and 4 children's sets

email kath@emersonfranklin.com to book



EVENTS & ACTIVITIES

ROSEAU RIVER ANISHINAABE FIRST NATION



Health and Development Screening
FOR KIDS
Preschool or younger ages 3-5

February 6, 2025
Please Register for a time slot

THE SCREENING DAY INCLUDES:

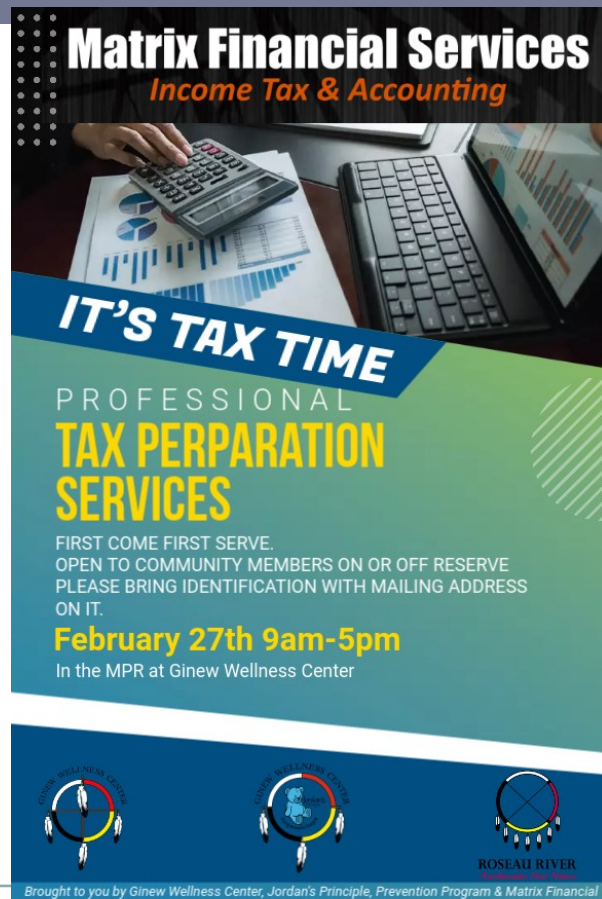
- Occupational Therapy, Physiotherapy and Speech Language Screening
- Audiology screen
- Aboriginal Headstart/Maternal Child Health Activities
- Activity Kit to take home and enjoy
- Physical assessment
- Regular Childhood Immunizations

* 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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PROFESSIONAL
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OPEN TO COMMUNITY MEMBERS ON OR OFF RESERVE
PLEASE BRING IDENTIFICATION WITH MAILING ADDRESS ON IT.

February 27th 9am-5pm
In the MPR at Ginew Wellness Center

ROSEAU RIVER

Brought to you by Ginew Wellness Center, Jordan's Principle, Prevention Program & Matrix Financial

Fact: A moonbow is a rainbow produced by moonlight rather than direct sunlight. Moonbows have been described since at least Aristotle's "Meteorology," around 359 B.C.

A moonbw is a rainbow produced by moonlight rather than direct sunlight.

Join us for prenatal class while we learn about, breastfeeding, labor and delivery, oral health, pregnancy discomforts, alcohol/drug/ smoking prevention, nutrition, traditional teachings, growth and development, postpartum care.



ASK ABOUT OUR DOULAS AND HOW THEY CAN SUPPORT YOU DURING PREGNANCY/ LABOR/DELIVERY AND POSTPARTUM!

Prenatal Class

Where:
MAKWA
BOARDROOM
TIME: 10AM-
12PM

MARCH 6
MARCH 13
MARCH 19
MARCH 27



TUESDAY FEBRUARY 11TH 10AM-12PM

JOIN MATERNAL CHILD HEALTH AT GWC IN THE
MCH WING (NEXT TO HEAD START) FOR
PARENT AND ME!

MAKE SOME NEW FRIENDS WHILE THE TODDLERS
PLAY LEARN AND GROW!

EVERYONE WELCOME!



FOR AGES 0-6 YEARS OLD!

A RIDE MAY BE AVAILABLE IF
PREVIOUSLY ARRANGED.

MONDAY MARCH 17TH 4:30PM-6:30PM

JOIN MATERNAL CHILD HEALTH AT GWC IN THE
MCH WING (NEXT TO HEAD START) FOR
PARENT AND ME!

MAKE SOME NEW FRIENDS WHILE THE TODDLERS
PLAY LEARN AND GROW!

EVERYONE WELCOME!



FOR AGES 0-6 YEARS OLD!

A RIDE MAY BE AVAILABLE IF
PREVIOUSLY ARRANGED.

TUESDAY APRIL 15TH 1PM-3PM

JOIN MATERNAL CHILD HEALTH AT GWC IN THE
MCH WING (NEXT TO HEAD START) FOR
PARENT AND ME!

MAKE SOME NEW FRIENDS WHILE THE TODDLERS
PLAY LEARN AND GROW!

EVERYONE WELCOME!



FOR AGES 0-6 YEARS OLD!

A RIDE MAY BE AVAILABLE IF
PREVIOUSLY ARRANGED.

Mental Health

Self-care in the winter can help you feel cozy and warm, and can help you manage any negative impacts that the winter season may have on you.

STAY ACTIVE

GET UP AND MOVE AROUND EVERY HOUR TO BOOST YOUR MOOD AND ENERGY LEVELS

GO FOR A WALK, OR TRY SKIING OR ICE SKATING

TAKE UP A HOBBY LIKE READING BY THE FIREPLACE OR BAKING

Stay connected

Connect with loved ones

Limit social media use

Focus on what you can do rather than what you can't

EAT WELL

EAT HEALTHY, REGULAR MEALS

INCORPORATE COMFORTING FOODS LIKE SOUPS, STEWS, AND HEALTHY CARBS

STAY HYDRATED

PRACTICE SELF-CARE MAKE SLEEP A PRIORITY, TRY A RELAXING ACTIVITY, PRACTICE GRATITUDE, AND FOCUS ON POSITIVITY

Get enough light

Get as much natural light as possible

Spend time outside, even if it's just a short walk

GWC DIETICIAN DATES

February 6, 13, 20, 27

March 6, 13, 20, 27

April 3, 10, 17, 24

Call for appointment

431-800-1275

GWC FOOTCARE CLINIC DATES

February 4, 18

March 4, 18

April 8, 22

Call for appointment

431-800-1275

What happens when you text 9-8-8?

-  **You will receive a message**
To let you know you are in the right place.
-  **You will be asked a few short questions**
Including whether you'd like to text with someone in English or French.
-  **You will connect to a trained responder**
If you need to wait for a short time, please stay with us - we will answer your text.
-  **The responder will support you without judgment**
Whatever you're facing, the responder you connect to will give you space to share your problems, and help you find ways to keep yourself safe.

If you're thinking about suicide or worried about someone you know, 9-8-8 is here for you, 24/7/365.

9-8-8 Suicide Crisis Helpline
© 2019 Suicide Crisis Helpline is funded by the Government of Canada.



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
Klinik Crisis Line	888-322-3019
Kids Help Phone	800-668-6868 or text 686868



CONTACT INFORMATION:

"My office is located southwest entrance of the Gineew Wellness Center"

June Thomas

Community Health Transformation
Liaison
Roseau River Anishinabe First Nation
P: 1-431-800-1275
Toll Free: 1-866-801-8399
C: 204-805-5518
Email: June.Thomas@scolinc.mb.ca

W: www.scolinc.mb.ca



Boozhoo,
Dinawemaugunidoog
Hello, all my relatives!



My name is June Thomas
Roseau River Anishinabe
First Nation



Role and Responsibilities

- Act as Liaison between SCO and RRAFN
- Support GWC health programs and activities, *does not include transportation for medical or personal trips*
- Support GWC Reception area as needed
- Participate in GWC and community workshops, meetings and activities related to health
- Submit proposals for each event
- Develop and implement an Annual Budget and Work Plan
- Provide weekly reports to Regional Community Health Transformation Liaison
- Daily email login to HR
- Promote health and safety in the community

Work Plan 2024:

Month	Event(s)
April	No events – position vacant
May	Open House - Health Transformation Liaison and Mature Child Health program
June	National Indigenous People's Day at the Forks with Elder Lodge residents
July	Traditional Medicine Picking - postponed
August	Roseau River Tribal Days and Annual Powwow – CHTL Booth Cancer Care – Surveys
September	Kidney Awareness Walk – gift/lunch National Truth and Reconciliation Day – walk and activities. Health Fair – booth Stop Smoking challenge - register
October	National Day of Action for Missing and Murdered Women, Men and 2 Spirited – vigil
November	Gineew School – Health Careers presentation – Tentative date February 2025
December	Winter Tribal Days – gift cards Merchandise Bongo – Pet Food Bank
January 2025	Indigenous Nutrition Awareness and Cooking Classes – registration.
February 2025	Traditional songs and hand drum making workshops. Job Fair Day
March 2025	National Women's Independence Day – Story Writing Contest, Feast and vigil

Health Transformation Initiative

- SCO's goal is to establish a Southern First Nations Health Authority, developed by First Nations and run by First Nations
- Decrease the 11-year gap for life expectancy between Indigenous and Non-Indigenous through education and prevention awareness
- Enhance and expand health services and care for First Nation members
- Compile and document information from members through surveys, questionnaires, workshops and interviews.
- Promote good healthy choices and wellness



Did You Know:

The fastest insect on earth is the Australian tiger beetle, *Cicindela hudsoni*. Clocking in at 5.6 mph, this incredible insect runs so fast, it has to slow down to see anything

LAUGHTER IS MEDICINE

COMICS, RIDDLES, & OTHER FUN THINGS

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.

Q. Why do fish live in salt water?

A. Because pepper makes them sneeze!



No matter how badly fingerprints are damaged, they will always grow back in their original pattern.

**Why did an old man
fall in a well?**

Because he couldn't see
that well!



Q: What do you call a
bear with no teeth?

A: A Gummy Bear!

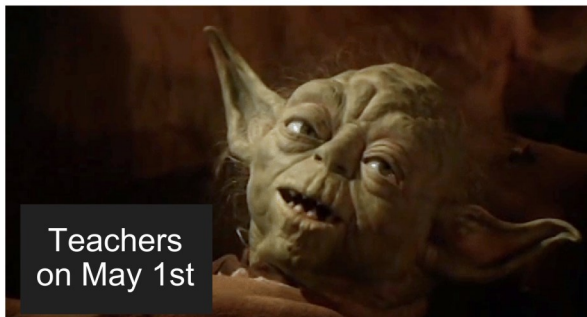


Q: Why did the
banana go to
the doctor?

A: Because it wasn't
peeling well!!



When you have to come up with newsletter topics EVERY month:



There are 293 ways to make change for a dollar. This includes change in dimes, quarters, and combinations of the two. Can you figure out all 293 combinations?

Word Search

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

AGAR
AHOY
AISLING
BETA
BIPARTISAN
BOUNCY
CABAL
DEBARKATION
DYES
FLYSWATTERS
GASOHOL
GIANTESS
GORE
HIKER
IDEAL
KEYING
LEAVE
LILT
MAINSAIL
MINT
NEWTs
NIBBLE
NICKING

OCTAL
PHOTOGRAPHY
POEM
QUID
QUOTATION
QUOTH
RANKS
SHOE
SMART
SORREL
STIR
THEORETICIAN
TIFF
UMBEL
UPCHUCKS
VIREO
WAKEFUL
WRIT
XENON
ZAPPED
ZITS



CO-OP // FOOD // RECIPES

HALF AND HALF SHEET PANCAKES

CREATED BY CHEF DALE MACKAY

INGREDIENTS

Pancakes

- 2 eggs
- 1/2 cup butter, melted
- 2 cups milk
- 2 tsp vanilla extract
- 2 1/4 cups all-purpose flour
- 1/2 cup sugar
- 1/2 tsp salt
- 1 tbsp baking powder
- 1/2 cup quartered strawberries
- 2 tbsp CO-OP GOLD Chocolate Chips
- 1/2 cup half-inch pineapple pieces
- 2 tbsp brown sugar

Toppings

- 1 cup whipping cream
- 2 tbsp icing sugar
- 1 lemon, zest only
- maple syrup to serve

DIRECTIONS

Prep time: 10 minutes
 Total time: 50 minutes
 Serves: 6 to 8

- Preheat oven to 350°F. To make pancake batter, whisk eggs, butter, milk and vanilla together in a large bowl, then add dry ingredients – flour, sugar, salt and baking powder. Whisk until smooth and lump-free.
- Line a 9 by 13-inch sheet tray with parchment paper. Spread batter on the sheet tray. Evenly distribute strawberries and chocolate chips on half of the batter. On the other half, evenly arrange pineapple pieces, then sprinkle with brown sugar.
- Bake for 22 to 24 minutes until cooked through, golden brown and fluffy. While the pancake bakes, whisk together cream, icing sugar and lemon zest with a whisk or electric mixer until stiff peaks form. Cover and chill.
- Cut pancake into even pieces and serve with whipped cream and maple syrup.



MORE FOOD



[MORE COOKBOOK](#)



[MORE YOUR CO-OP IS TRULY LOCAL](#)



[MORE STORE BRANDS](#)

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