

# Healthy Living Community Update



## March is Nutrition Month!

We love food – it unites us all. We believe in its power to enhance lives and improve health, and our curiosity to understand the science behind it drives us; it is our passion and our calling. We are Dietitians.

You may not know it, but dietitians are everywhere. Whether collaborating with other healthcare professionals, undertaking scientific research, driving innovation in the food industry, informing public policy, or working with patients and communities across the country, our influence runs deep and it continues to grow.



*We Are  
Dietitians*  
NUTRITION MONTH 2024

We are committed and required to stay on top of emerging research, skills and techniques. Our long-term vision shapes nutrition and guides the way people eat. The journey toward wellbeing begins with how we eat and we have the knowledge, compassion and flexibility to help people achieve their goals.

Like all regulated health professionals, dietitians undergo comprehensive and rigorous training, both on the job and in universities. We are held accountable to the highest standards of education and ethics, which means we look beyond fads and gimmicks to deliver reliable, life-changing advice.

We empower our patients, clients, and communities to embrace food, to understand it, and to enjoy it by considering their overall objectives as well as personal needs and challenges, including taste and accessibility. By translating the science of nutrition into terms everyone can understand, we unlock food's potential and support healthy living for all Canadians.

# Communities Making a Difference



**MARK YOUR CALENDAR!**  
**À NOTER DANS VOS AGENDAS!**

**COMMUNITIES MAKING A DIFFERENCE: LEARNING FROM EACH OTHER**  
Healthy Communities Conference  
[Our new format for 2024!]

**DES COMMUNAUTÉS QUE CHANGENT LA DONNE : APPRENDRE LES UNS DES AUTRES**  
Conférence communautés en santé  
[Notre nouveau format pour 2024!]

[www.southernhealth.ca](http://www.southernhealth.ca)

**May 9, 2024 | Thursday morning**  
**VIRTUAL CONFERENCE - FREE**

**Le 9 mai 2024 | jeudi matin**  
**VIDÉOCONFÉRENCE GRATUITE**

Join us to share & learn:

- Hear successes and highlights from communities throughout Southern Health-Santé Sud on their healthy living work.
- Focus on equity-based projects and best practice initiatives reflecting Southern Health-Santé Sud's core values of *Uncompromising Integrity, Healing Compassion, Pursuit of Excellence, Respect for all and Purposeful Innovation*.
- Enjoy a keynote address and take away inspiring ideas for your community, all from the comfort of your home or office.

Visit the Southern Health-Santé Sud website in the New Year for further details.

Joignez-vous à nous pour partager et apprendre :

- Vous entendrez les réussites et les faits saillants des communautés de Southern Health-Santé Sud concernant leur travail en matière de vie saine.
- Vous vous concentrerez sur les projets fondés sur l'équité et les initiatives de pratiques exemplaires qui reflètent les valeurs de Southern Health-Santé Sud : « *Intégrité sans compromis, poursuite de l'excellence, respect envers tous, compassion guérissante et innovation intentionnelle* ».
- Vous profiterez d'un discours d'ouverture et d'idées inspirantes pour votre communauté, le tout dans le confort de votre maison ou de votre bureau.

Visitez le site Web de Southern Health-Santé Sud au cours de la nouvelle année pour plus de détails.



Équipe de Vie Saine Southern Health-Santé Sud Healthy Living Team

## Volunteer Manitoba Grant Finding Resource

*Free access!*

# Grant Connect at

*Book your appointment now!*

[info@volunteermanitoba.ca](mailto:info@volunteermanitoba.ca)





# Great Big Crunch 2024

Celebrate healthy school food – join The Coalition for Healthy School Food on March 7th at 12 pm CST for a virtual Canada-wide Crunch – [register here!](#)



Crunch or munch all month long using the [2024 toolkit!](#)

## MB Municipal Relations – Community Development Branch

The Community Development Branch of Municipal Relations works to strengthen community planning and development in neighborhoods, communities and regions across Manitoba.

Community Development Regional Offices service rural Manitoba and provide a convenient first point of contact for rural and northern-based clients. They provide capacity-building, advisory and consultative support of community-based and regional organizations and local government.

Services assist organizations to be more self-sufficient, strengthen governance and enable improved outcomes including access to resources, programs, and grants in partnership with other departments and organizations.

The Central and Eastman offices provide service to the communities within the Southern Health–Santé Sud region. Contact information:

### Central Region

A – 536 Stephen Street, Morden  
Ph: 204-822-2933  
E-mail: [Cindy.Kowalski@gov.mb.ca](mailto:Cindy.Kowalski@gov.mb.ca)

### Eastman Region

20 1st Street South, Beausejour  
Ph: 204-268-6021  
E-mail: [Roger.Langlais@gov.mb.ca](mailto:Roger.Langlais@gov.mb.ca)





Southern Chiefs'  
Organization Inc.

# NON-INSURED HEALTH BENEFITS NAVIGATOR



**Are you a Status First Nation citizen  
and unsure of the benefits covered by the  
Non-Insured Health Benefits (NIHB) Program?  
Contact the NIHB Navigator at Southern  
Chiefs' Organization for help!**

**Non-Insured Health Benefits  
covers the following:**

- Dental services
- Eye and vision care
- Mental health counselling
- Medical supplies and equipment
- Medical transportation
- Prescription drug and medication
- Short-term crisis intervention
- Traditional Healer program

## CONTACT US TODAY!



T: 204.946.1869 EXT 120  
TF: 1.866.876.9701  
Hours: Monday – Friday  
8:30 am – 4:30 pm  
E: [NIHB.navigator@scoinc.mb.ca](mailto:NIHB.navigator@scoinc.mb.ca)



[scoinc.mb.ca](http://scoinc.mb.ca)





## International Women's Day

The Government of Canada's theme for International Women's Day (IWD) 2024 is  
**Invest in women: Accelerate progress.**

It's a call to action and a reminder that gender equality is one of the most effective ways to build healthier, more prosperous, and more inclusive communities.

We all have a role to play in building a future where everyone can reach their full potential.

It is time to act – because women's success is everyone's success.



[LEARN MORE](#)

## Indigenous Peoples Resilience Fund



INDIGENOUS  
PEOPLES  
RESILIENCE  
FUND



The Indigenous Peoples Resiliency Fund (IPRF), is a fund that is built upon the resiliency of and guided by Indigenous Peoples to support Indigenous communities and organizations. Visit [Community Foundations of Canada IPRF](#) for more information on the grant and how to apply.

Timeline for 2024: Intake 32

Applications Open:  
March 1, 2024  
Applications Closed:  
March 22, 2024

*Other intake dates  
available throughout the  
year.*



## Southern Health – Santé Sud– Walk in–Counselling

Counselling is a process of helping someone to make the changes they would like to make in their lives.

If you're struggling with your mental health or with a particularly difficult problem you just haven't been able to overcome, are presently on a mental health waitlist, or need a refresher session, consider utilizing this service. Individuals 16+ are eligible for this service.

In a one-time walk-in session, you can discuss your struggles, explore coping, and get information about other resources that might help. Anything that is on your mind is a good reason to schedule a drop-in counselling session.

**STEINBACH** (450 Main St, Steinbach MB)

Thursdays 9:00am – 3:00pm

**PORTAGE LA PRAIRIE** (Mental Health Access Services – 524 5th SE, Portage la Prairie MB)

Wednesdays 9:00am – 3:00pm

**WINKLER** (Pathways – 351 Main St, Winkler MB)

Mondays 9:00am – 3:00pm



**\*\*Also see attached poster in Community Update Email\*\***

## Earth Hour: March 23rd!

Together, let's create the biggest hour for Earth yet!

Earth Hour is held across the world, at 8:30pm your local time.

Since the beginnings in 2007, Earth Hour has been known for the "lights off" moment – a symbolic event to show our collective support for the planet.

Give an Hour doing the things you love. Whether you're a foodie, into body movement or entertainment, are looking for something family-friendly, or simply want to take part from the comfort of home – Earth Hour has ideas to help you celebrate!

