



Tel: 709-647-1370 / Fax 709-275-3330 **10 Band Rd. Flat Bay West, NL**

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MEMO 1

JAN 2026

Indigenous Women's Maternal Health Study

NOW RECRUITING



Are you an Indigenous woman living in Western Newfoundland who is planning a pregnancy, currently pregnant, or parenting a child under 4?

Flat Bay Band Inc., in partnership with Dalhousie University, is inviting you to participate in a culturally grounded maternal health study focused on wellness and early childhood support.

PARTICIPANTS RECEIVE

- \$200 Walmart gift card at first visit
- Wellness health assessment & personalized support
 - Ongoing follow-ups every 8 weeks
- A Fitbit Sense 2 + \$75 gift card at all follow-up visits

****All visits are community-based****

This study is confidential, voluntary, and approved by the Dalhousie Research Ethics Board.

TO REGISTER

Email: drstewartmacneil@gmail.com

DEADLINE TO REGISTER

February 28, 2026

Supporting strong mothers, healthy babies, and thriving communities.

Reminder—Service Fees

Reminder to check in with your LSD or Water Committee for your 2026 Fire and/or water fees.

Flat Bay West/Birchy Brook—Sharon LaSaga

Flat Bay East—Ann Marie Young



COMING SOON

JANUARY 2026

LEARN THE FUNDAMENTALS OF PERSONAL FINANCE (BUDGETING & SAVING)

LEARN HOW TO BUILD A CREDIT SCORE

LEARN THE BASICS OF INVESTING FOR YOUR FUTURE



LEARN THE SKILLS TO BUILD A CONFIDENT AND INDEPENDENT FINANCIAL LIFE

LEARN HOW DEBT REALLY WORKS (AND HOW TO MANAGE IT)

MONEY MOOSE

Financial Literacy Workshops

WITH

KOSUKE TOBA

MONEY MOOSE FOUNDER & PROGRAM LEAD

LIMITED OFFER

THIS EVENT HAS LIMITED SPACE. FOR MORE INFORMATION OR TO REGISTER, PLEASE CALL: 709-634-0006

Aging Well at Home Grant Application Form



Well-Being NL



Program Details

The Aging Well at Home Grant provides financial assistance to low-income adults 65 years and older who live in their own home to help with the costs of household and health care services. Eligible households will receive \$400. Only one person per household may apply for the supplement.

Who can apply for the grant?

Eligible individuals must:

- Be 65 years of age or older as of March 31, 2025;
- Have an annual household net income of \$50,000 or less for couples or \$32,700 or less for single households ("Net Income" is the income identified on Line 23600 in the Notice of Assessment provided by the Canada Revenue Agency. Call 1-800-959-8281 if you need a copy of your Notice of Assessment);
- Live in a home or apartment that you own or rent. Only one person can apply from each household;
- Be a resident of Newfoundland and Labrador; and,
- Have paid, or will pay, for eligible household and health care services between April 1, 2025, and March 31, 2026.

How to apply

Submit completed application form and supporting documentation online to:

Aging.Well@nlhealthservices.ca

or by mail to:

NL Health Services-Central Zone
3 Bell Place, Level 3
Gander, NL A1V 2T4

or by fax: (709) 651-3556

Call the Flat Bay Band at (709) 647-1370

if you need an application printed for you!

Required Documentation

- I have enclosed a copy of my Notice of Assessment and my spouse's Notice of Assessment (if applicable) from tax year 2024.
- I have enclosed proof of residential address.
- I have enclosed a copy of my MCP card.