



## Labour Market Development

# LMD Information Bulletin

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Is your Status Card about to expire? Read the story of how one woman struggled through the process of renewing her Status Card.

### Canada Child Benefit

Find out about the new child and family benefit by the Canada Revenue Agency!



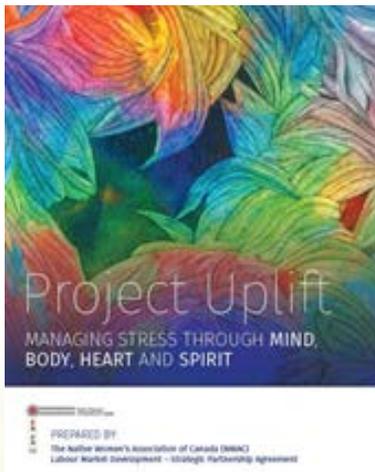
Are you... Tired? Burnt out? Over-stressed?

Look no further! **Project Uplift** is now available for download on our website. Read on for a small excerpt from our new stress management toolkit, or visit: <http://www.nwac.ca/policy-areas/labour-market-development/project-uplift/>

Missed out on our previous bulletins? Visit [www.nwac.ca](http://www.nwac.ca) to access our complete archive.

## Project Uplift: Managing Stress through the Body

Whether you are at work or in your home, stress is a regular part of many of our daily lives. Properly treating your stress can have a profound effect on how your performance and overall well-being. How does stress manifest itself in the body? What are some techniques to address these symptoms? This is only one of the four areas that NWAC's new stress management toolkit, **Project Uplift**, touches on.

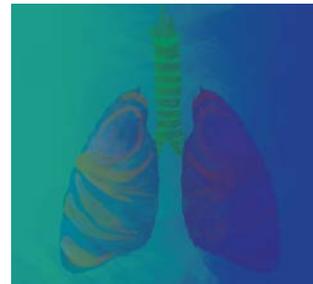


One of the most detrimental physical symptoms of stress is sub-optimal breathing. The body's response to stress-inducing stimuli is a flight-or-flight reaction, resulting in the release of cortisol and norepinephrine. These hormones cause what we commonly recognize as the physical manifestations of fear; shallow, rapid breathing, and increased heart rate.

This response is important if we are in danger, but multiple studies have shown that prolonged exposure to cortisol and norepinephrine that results in shallow breathing actually inhibits your ability to think critically.

A study published by the **International Journal of Neuroscience** correlated the improved spatial and verbal performance of participants to deep breathing patterns.

When subjects blocked one nostril and breathed deeply, higher cognitive ability was observed in the corresponding hemisphere of their brains. This proves that managing your stress through breath will not only help relax you, it will also improve the skills you need on the job, like decision making and problem solving.



Stress can also affect your posture. An individual under stress will adopt closed in or hunched postures. Research shows that how you hold yourself influences how others perceive you and affects how you perform socially.

A study by the **Harvard School of Business** examined the benefit of power posing before high-stakes evaluations, like interviews. Participants adopted wide, expansive postures, or receded and "low power" poses. Not surprisingly, high power posers performed better and were more likely to be chosen for hire after interviews.

The relationship between stress and body language works in a vicious cycle. Further studies have found that assuming a position of poor posture increased blood cortisol levels by as much as 10%. The same study also found that the quick fix to a cortisol spike is straightening out of that closed posture and using a positive, powerful stance.

These resources prove how important it is to be conscious of your body in order to alleviate stress, especially when it comes to performance and long term wellness.

**Interested in learning more? Check out [Project Uplift](#), a toolkit developed to help you manage your stress through the mind, body, spirit and heart.**

## The Expiry of a Status Card



As a status First Nation, I have an identity card which is issued by Indigenous and Northern Affairs Canada (INAC) and it registers me as an Indian under the Indian Act. This status card allows me as a registered Indian to access to National Health Insurance Benefits such as: some drugs, dental care, vision care, medical supplies and equipment, short-term crisis intervention, mental health counselling and medical transportation. It also exempts provincial sales tax in off-reserve transactions. Under certain rules on-reserve are exempt from the GST.

On June 16, 2016, I expired as an **Indian under the Indian Act**. Unlike my driver's license or OHIP card, there was no friendly reminder from the government telling me that my card was about to expire. No one told me where to go to renew my card. Instead, I had to take to the internet and search through realms of websites who referred me to the main Indigenous and Northern Affairs Canada (INAC) page. Believe me; navigating government websites searching for information is no easy task.

What I soon discovered in my research is there are implications if my card is not renewed. The major one being service providers could deny me access to my medical and health benefits. Stores could also deny me the point of sale provincial tax exemption we have in Ontario.

So, armed with that knowledge I decided that I had better get the process started. I gathered up the information I needed, which was:

- My Birth Certificate;
- My Passport;
- Two passport photos; and
- A Completed application form.

I arrived at INAC on my lunch break and was pleasantly surprised to find there was no line-up. The process begins and I find out that I filled in the wrong form. INAC only issues the Secure Certificate of Indian Status and the clerk gives me the correct form. I fill out the new form for the secure certificate even though I have a passport. Photocopies are made of my identification and everything is officially stamped. Since they are backlogged, my new status card will be mailed to me in about 16 weeks.

At this point, I am somewhat perplexed. I can get a passport, driver's license or OHIP card in two weeks. I am also concerned because my expiration means my benefits are in a precarious situation. I leave INAC feeling depressed as I now realize I will be an expired Indian under the Indian Act for four months.

A while later I get a call from the INAC clerk. She has found me some information and provides me with a department that will provide me with an official letter. I call and go through the usual, 'your call is important to us.' When I finally get a human being, provide all my information and I am told they are backlogged. I should get my letter in a month. I shall now only be an expired Indian under the Indian Act for a month.

As a side note, I was discussing this situation with another Indigenous woman and she told me the backlog for infants is two years. If your status card is about to expire, my suggestion is to start the process early.

For additional information check out:

<http://www.aadnc-aandc.gc.ca/eng/1100100032383/1100100032385>

**Reason for Status Card Renewal:**

**Renewals of current status are necessary to comply with international standards.**

# Let's Talk — You don't want to miss out on the New Canada Child Benefit

On July 20th, 2016, the Canada Revenue Agency (CRA) will be issuing the first payment of the new Canada Child Benefit (CCB) which will be replacing the Universal Child Care Benefit (UCCB), the Canada Child Tax Benefit (CCTB) and the National Child Benefit Supplement (NCBS).

If you are currently receiving any of these later benefits, you do not have to apply for the new CCB. The transition will be automatic if you and your spouse or common-law partner filed a 2015 income tax and benefit return. (Remember: even if you do not have income in a particular tax year, it is important to file your return. You might be eligible for tax credits that put more money in your pocket.)



If however you are not presently receiving the UCCB or CCTB, and you have children under the age of 18, you can apply for the CCB in July 2016 by using one of the following options:

- The [Automated Benefits Application](#) for newborns,
- The online service “Apply for Child Benefits” on [My Account](#),
- [Form RC66, Canada Child Benefits Application](#).



## How much can you get?

There are two main factors that determine how much you will receive:

- The number and ages of the children in your care,
- Your adjusted family net income.

You can get annual payments of up to:

- \$6,400 for each child under the age of 6
- \$5,400 for each child aged 6 through 17.

Families with less than \$30,000 in adjusted family net income will get the maximum benefit. As your adjusted family net income increases over \$30,000, the payment will be reduced until it reaches zero.

Want to find out how much you might get? Check out the child and family benefits calculator at:

<http://www.cra-arc.gc.ca/bnfts/cclctr/cfbc-eng.html>

Need more information? Check out: <http://www.cra-arc.gc.ca/bnfts/ccb/menu-eng.html>

## What is a mentor?

A mentor can be any experienced individual who offers guidance and advice; a point of reference for those times when you can't get unstuck. In some cases, a mentor can even be a textbook or website. There are many kinds of mentoring relationships. These relationships can be formal, like the guidance you receive from professors, or informal, like the advice you receive from your grandparents. Other sub-types of mentorships include:

- **Situational mentoring:** Short-term relationships in which a person mentors for a specific purpose. E.G., a personal trainer or weekend course instructor.
- **Supervisory mentoring:** These are people who have answers to many questions and give advice over a long period of time.
- **Peer-to-Peer:** Participants are from similar positions, but one may be more knowledgeable in a certain aspect than the other.

## Stay tuned for the first issue of volume #3!

Have an idea or concept for our newsletter? Let us know! Submit your ideas via e-mail to:

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**Canada** 

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