

# NOVEMBER NEWSLETTER



Welcome to the monthly Our Health Counts New Brunswick newsletter! This research project brings together Under One Sky Friendship Centre, the Menahqesk Wellness Circle, the University of New Brunswick, and other project partners to collect data for urban Indigenous healthcare needs in Fredericton and Saint John.

We're thrilled to take you behind the scenes of the project and keep you informed of every step of the work. Here's what we got up to in November, and a look ahead to the new year!

## **What We've Been Up To: Starting Surveys**

That's right—the Our Health Counts New Brunswick study has officially launched the first phase of data collection—taking place in Fredericton! We'll be bringing phase two to Saint John following the completion of this first phase.

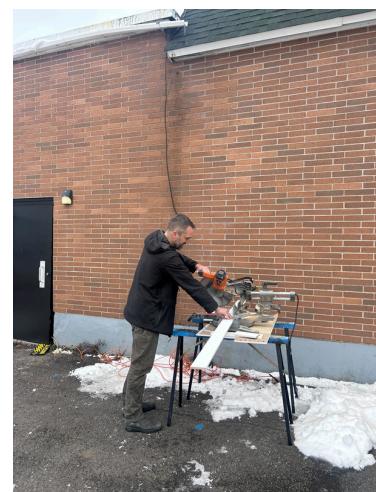
We're so excited to have already had a few wonderful participants come to share their stories with our team. Kci-woliwon, thank you so much to those who joined us already, and we're really looking forward to meeting more of you in the coming weeks and months.

## **The Tobacco Room**

We use a number of spaces at Under One Sky where people can sit and confidentially share their stories with our Community Research Assistants. We're working to open our main interview space in the new year in the Tobacco Room. This space is located downstairs in the Centre, and our team has been working away to better control sound coming in and out of the room, adding softer lighting, and setting up a comfortable seating area. We look forward to welcoming participants into the Tobacco Room in 2026, along with the Sage Room and Cedar Loft which we're already using.



Two project staff, Rory and Lexie helped collect some branches for holiday decor at Under One Sky



One of the academic leads, Jason, was working on some trim for the Tobacco Room last week

## Scheduling

We wanted to take a moment to share all of the ways that you can schedule a survey with the Our Health Counts New Brunswick team. Appointments are available through our website at [www.ourhealthcountsnb.com](http://www.ourhealthcountsnb.com), by calling or texting our team at 506-478-6221, or by sending us an email at [info@ourhealthcountsnb.com](mailto:info@ourhealthcountsnb.com). If you don't see an appointment time online that works for you, please reach out and let us know how we can best accommodate you!

If you receive a participation voucher, don't hesitate to reach out in the way that works best for you.

## What's Coming Next?

We'll continue to do interviews right up to the beginning of the holiday closure. Our team will be off from **December 24<sup>th</sup> to January 2<sup>nd</sup>** and will be excited to welcome you in the coming weeks or early in 2026!

As we move into the holiday season, we're hoping that your family, friends, and acquaintances will share more about their experiences with Our Health Counts New Brunswick. If you receive a voucher during the holidays, please feel free to book your survey appointment online, or reach out through phone or email, and someone will confirm with you as soon as we're back in the office.

## Meet a Site Lead: Lexie

Our survey staff are the reason that this whole project runs! The site lead team pivots between two of our most important roles—community interviewers and running the logistics of the sites. They'll be the first point of contact for our participants, and we'd like to start by introducing you to Lexie:

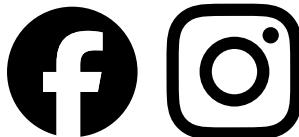
"Kwe' my name is Lexie Paul. I am a proud member of Esgenoopetitj First Nation (Burnt Church) and have been living in Fredericton for the past nine years. Over the past six years, I've had the privilege of working with multiple Indigenous communities, providing support for Indigenous youth, including those who live off-reserve. I am passionate about being part of projects that increase resources and opportunities for urban Indigenous people, and I am committed to supporting initiatives that improve the health and wellbeing of our communities."



From the whole team at Our Health Counts New Brunswick, we're wishing Woli-Nipayimiyan and Woli-Polikoton; Ulnueleoi and Posol Ponane; Happy Holidays and a Happy New Year to you and yours! Thank you for following our journey so far, and we're so looking forward to continuing to connect with you all in 2026.

If you would like to receive a copy of this newsletter by email, please sign up on our website: [ourhealthcountsnb.com](http://ourhealthcountsnb.com) or reach out to [info@ourhealthcounts.com](mailto:info@ourhealthcounts.com)

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**Woliwon, Wela'lloq, Nakummek, Thank you!,**



The Menahqesk  
Wellness Circle

