



# Karihwios

## Flu Prevention Update

Photos: Susan Oke.



By Susan Oke

**O**n Saturday November 7, 2015, A flu vaccination clinic was held in the conference room at the

Kanesatake Health Center. We had four of our fine nurses on site to administer the vaccine. About 108 people showed up on that day to get a shot in the arm or inhale the vaccine through the nose, in the case of most children.

We also held a few mini-clinics at the health center and some elders received the flu shot at their home. So far the count for this year saw 213 people protect themselves from the flu virus. We still have some vaccines left if you missed the opportunity to come to the health center. The influenza season is a long one and it can go late into the spring. So consider



calling us for an appointment to protect yourself against influenza while you can.

If you decide not to get the vaccine please remember to practice good hand hygiene.

Wash your hands frequently with soap and water, if that's not convenient, use hand sanitizer and cough/sneeze into your shoulder or elbow. It also helps to follow a proper diet and get some exercise to help boost your immune system.

If you are already suffering from the flu, please remember to drink plenty of fluids and get plenty of bed rest. If you are

not sure if you need to see a doctor, speak to the community health nurse at the KHC or call Info Santé by dialing 811 outside regular health center hours.

Public Health officials are aiming for 80-percent vaccination rates for health service providers. We are at 56-percent. On Thursday March 3, 12:00-1:00 PM, Dinah will be hosting an information session open to all community members and staff addressing the issues and concerns surrounding the flu vaccine. We welcome your feedback. Stay tuned for more info.



Photo: Susan Oke. Pictured: Alexandra Picard Sioui, Karen MacInnes, Molly Gabriel, Tanya Denis, Joanne Etienne, Irene Cataford, Julie Cataford, Lorrie Ann Oke

## Nutrition Training

By Lorrie Ann Oke  
Quebec en Forme Coordinator/Kanesatake

Quebec en Forme, with the collaboration of Quebec and Labrador Health and Social Services Commission, offered nutrition training. Alexandra Picard Sioui Dt.P. is a Nutrition Advisor and she came to Kanesatake to talk about certain aspects of nutrition that are important for children and their development. The topics for the 2 days of training were “The Foundation of Healthy Early Childhood Nutrition (0 -5 years) – Basic Training and the other topic was Developing Taste and Respecting Hunger.” It took place on November 24 and 25, 2015. The next training topics are “What to put on the Plates of Children Ages 2 to 5 Years? and Planning a Balanced and Adapted Menu in a Jiffy!” The training will be offered on February 8th, 2016.

The trainings are open to management, educational advisors, educators and teachers, cooks, parents, and any professionals who work with children. Additional trainings are going to be offered and the other dates for the trainings are February 26 and April 25. If you are interested, please do not hesitate to call or contact Lorrie Ann Oke 450-479-8239 or [LOke@cdepnql.org](mailto:LOke@cdepnql.org).

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The deadline for the  
**March/April** Issue of  
Karihwios is:

**Friday, February 26, 2016**

**[karihwios@hotmail.com](mailto:karihwios@hotmail.com)**

**[www.kanesatakehealthcenter.ca](http://www.kanesatakehealthcenter.ca)**

**Look for the  
Kanesatake Health Center on  
[Facebook!](#)**



# Why it Makes Sense to Screen for Sleep Apnea

by Dinah Routly, BScN  
Community Health Nurse

Obstructive Sleep Apnea is defined as a repetitive interruption of normal sleep (1). This condition is more common than people think. What researchers are finding is that sleep apnea has a role to play in many of the conditions we see every day. For example, sleep apnea affects the way in which the body produces and uses insulin.

When the body is resistant to insulin or doesn't make enough insulin, diabetes is the result. With diabetes, we see higher than normal blood sugar levels. Some people tolerate very high levels but not without risking other delicate body systems. Some studies suggest that people with diabetes are more likely to experience sleep apnea (2). Other studies found that if sleep apnea is treated, diabetes is better controlled (3). So the question arises, which comes first?

One of the easiest, and safest ways to screen for sleep apnea is to rate the level of daytime sleepiness or drowsiness. The Epworth Sleepiness Scale is a handy questionnaire. Feel free to try it out yourself. If you would like to discuss your results, call me at 450-479-6000 ext. 299. Stay tuned for the next instalment on how obstructive sleep apnea affects your heart.

## Sleepiness /Drowsiness Scale

Rate your chances of getting sleepy or drowsy under the following circumstances:

Sitting and reading	0	1	2	3
Watching TV	0	1	2	3
Sitting inactive in a public place	0	1	2	3
As a passenger in the car for an hour	0	1	2	3
Lying down in the afternoon	0	1	2	3
Sitting and talking	0	1	2	3
Sitting and relaxing after lunch	0	1	2	3
Stopped in traffic for a few minutes	0	1	2	3

- 0 = no chance of dozing off
- 1 = slight chance of dozing off
- 2 = moderate chance of dozing off
- 3 = high chance of dozing off

A total of anything less than 6 suggests a low risk for sleep apnea and associated cardiovascular risks.

A total of 7 or more could show an increased risk of sleep apnea and associated cardiovascular risks. A sleep study may be helpful to rule out sleep apnea.

Based on the Epworth Sleepiness Scale.

(1) Kho, Y. (2013). Continuous positive airway pressure (CPAP) for obstructive sleep apnea in adults: clinician information. *The Johanna Briggs Institute*. P1

(2) Chasens, E. R. (2007). Obstructive sleep apnea, daytime sleepiness, and type 2 diabetes. *The Diabetic Educator*.33(3), 475-481.

(3) Pamindi, S., Stepien, M., Sharif-Sidi, K., Whitmore, H., Morselli, L., Wroblewski, K., & Tasali, E. (2013). Effective treatment of obstructive sleep apnea improves glucose tolerance in pre-diabetes: A randomized placebo-controlled study. Retrieved June 6, 2013 from <http://www.atsjournals.org/doi/abs/10.1164/ajrccm-conference.2013.187.1abstract>.

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# Breastfeeding Corner

## How you can deal with frequent nursing.

*Adapted from La Leche League*

By Crissann Thompson, BFI Coordinator

**M**others who are in the “honeymoon stage” with their brand new baby may be feeling an array of emotions in the first 6 to 8 weeks. This can be a combination of enchantment, captivation, stress, and exhaustion all at once.

Some nursing mothers could be asking the question, “Why does it feel like my baby nurses more than my friends’ baby?” Most infants will nurse at least 8-12 times a day...for the first 6- 8 weeks, but keep in mind that number is set as a minimum... not a maximum.

Some may call this particular time “breastfeeding boot camp.” This is where mother and baby become familiar with each other and this dynamic duo will be learning a lot in this short time frame.

Coping with frequent nursing may seem like a challenge, but rest assured that it’s normal and is to be expected in the first few weeks.

We have to remember that the baby has to double in weight within the first 5-6 weeks and because breast milk is much easier to digest for babies, the baby will most likely ask for the breast more often. That being said, every baby is different and has different needs, so you may have a completely different experience if you’ve had previous children. All mother- baby duo stories are different and unique in their own way.

We have to keep in mind that this is your baby’s first relationship and nursing is not just about food. For your baby, it’s about socializing, feeling the comfort and closeness of their mother. Love, warmth reassurance and even healing are all transferred from mother to infant when they are at the breast.

Family and friends could easily say “you shouldn’t look at the clock all the time” when it comes to nursing, but society has to realize that we cannot expect a new baby to conform to our usual daily routine.

We as a society need to change our disposition and come to the realization that frequent nursing is not the problem at all, it should be considered the new daily routine or the new normal, at least for now. By setting that standard, there is less pressure put on you and your baby.

Save yourself from stress and anxiety by knowing that the house work can be put on hold for a little while and the world won’t fall apart. Take it easy on yourself and embrace the moments you have with your baby while nursing. Remember when mother and baby are happy, everyone will benefit from it.

Being prepared to nurse will make your day a little easier. Try setting up a “nursing station”, picking your favorite spot and bringing everything you may need or want while you are nursing. For example;



Magazines, snacks, water bottle, remote controls, diapers, wipes and burp cloths. Also having support from your family and friends will make a difference while you are nursing your baby.

In closing, if you feel there may be any reason to suspect a problem it is possible there may be an underlying issue. Keeping an eye on any warning signs of low milk supply, or possibly an issue with inadequate milk transfer, would be important. If you suspect a problem please do not hesitate to contact your local community health nurse, breastfeeding support person (group) or a lactation consultant for some guidance support.

You can contact the Kanesatake Health Center for support  
450- 479- 6000.

Community Health Nurse: Karen MacInnes.  
Breastfeeding support: Crissann Thompson,  
Connie Nicholas, Pamela Gabriel



# Diabetes Complications

Information source: The Complete Diabetes Guide for Type 2 Diabetes, By Karen Graham, RD, CDE.

Submitted by Tanya Denis, Diabetes Prevention Support Worker

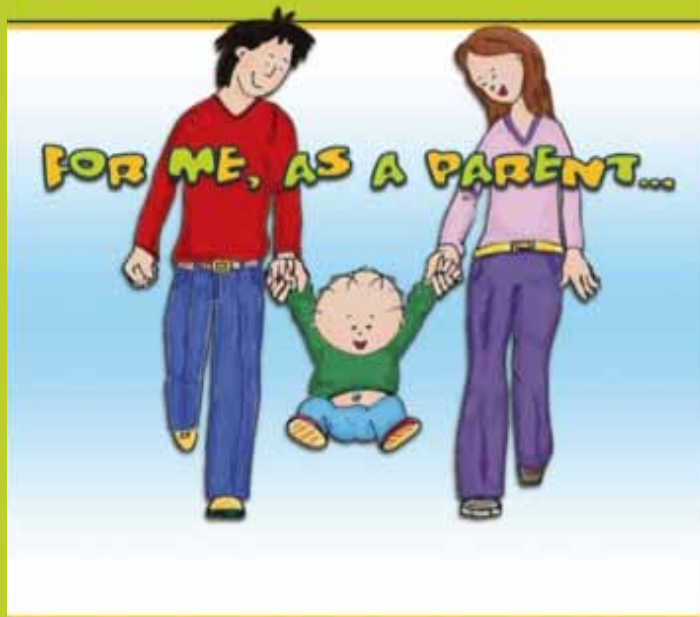
**D**iabetes complications are to be taken seriously. If you think complications will not happen to you—think again! If you have poor diabetes management or poor eating habits, and you aren't physically active, you're asking for problems.

You may feel okay now, but after many years with poor management with high blood sugars running through your body complications will cause harm to your blood vessels and nerves. Blood vessels and nerves are everywhere in your body. This is why complications can happen and diabetes can lead to kidney disease and blindness. By controlling your blood sugar and blood pressure you can reduce these risks of diabetes complications. Knowing and

understanding diabetes complications is the key for better diabetes control. If you have high blood sugar most days then you need to keep a record of the foods you eat and take a record of the blood sugar before you eat and one hour after. If your sugar is still high see your doctor. Here are the complications that can occur with high blood sugars: heart problems, foot and leg infections, kidney damage, eye problems.

## **Other complications that can occur:**

- skin problems;
- gum disease;
- urinary tract infections;
- genital and sexual problems;
- stomach and bowel problems;
- stress, depression and sleeping problems.



## Kanesatake Health Center Inc.

*Presents,*

## **For me, as a parent.**

**Program Facilitator:**

**Crissann Thompson**  
**MCH Family Support Worker**

If you are interested in this activity, please contact Crissann at:

(450) 479-6000 ext. 287  
to make an appointment.

This activity is also offered once a month at the Parent's and Tots program.



# **Exercises Program for Seniors 65+ To Prevent Falls and Keep you Strong!**

**For 12 weeks, Starting January 4<sup>th</sup> 2016  
Every Monday and Thursday  
From 11:00 - 11:45 AM**

**At the Riverside Elder's Home  
518 St-Philomene, Kanesatake**



**COME AS YOU ARE, WITH YOUR CANE OR WALKER IF NEEDED!  
SMOOTH EXERCISES TO KEEP YOUR BALANCE AND STRENGTH  
EXERCISES ARE DONE ON A CHAIR. FOR MEN AND WOMEN.**

**Given by Denise Greggain, Pilates teacher  
and  
Mary Nicholas, Activities Coordinator**

**For inscriptions, please call Amanda Nelson  
At 450-479-1115**

**Free!**

# STROKE EMERGENCY CHECKLIST

## LEARN THE SIGNS OF STROKE

**F**ACE is it drooping?  
**A**RMS can you raise both?  
**S**PEECH is it slurred or jumbled?  
**T**IME to call 9-1-1 right away.

ACT **FAST** BECAUSE THE QUICKER YOU ACT,  
THE MORE OF THE PERSON YOU SAVE.

© Heart And Stroke Foundation of Canada, 2014

☐ Emergency contact:

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

Please fill out the following information  
and keep it handy by the phone:

☐ Local emergency number: 9-1-1 or \_\_\_\_\_

☐ Your address: \_\_\_\_\_

Your phone number: \_\_\_\_\_

☐ Pre-existing medical conditions and medications  
(for each family member):

1. Name: \_\_\_\_\_

Condition: \_\_\_\_\_

2. Name: \_\_\_\_\_

Condition: \_\_\_\_\_

3. Name: \_\_\_\_\_

Condition: \_\_\_\_\_

4. Name: \_\_\_\_\_

Condition: \_\_\_\_\_

If you witness someone having a stroke, do what you can  
to keep them safe and stay with them until help arrives.

## BE PREPARED

### When you're on the phone with the 9-1-1 operator:

- ✓ Speak slowly and clearly
- ✓ Do not hang up until the operator tells you to
- ✓ The 9-1-1 operator will ask for information, including:
  - ▶ Stroke signs and symptoms
  - ▶ Time when stroke signs and symptoms first began
  - ▶ Medication the patient is taking
- ✓ The operator may also provide instructions, such as:
  - ▶ Unlock the door
  - ▶ Move pets out of the way

### When EMS/paramedics arrive, they will:

- ✓ Ask for information, including:
  - ▶ Information about the patient (e.g. their age and health history)
  - ▶ Who the decision-maker for the patient may be
  - ▶ Any other information that may influence medical care (e.g. drug allergies)
- ✓ Provide instructions, including:
  - ▶ Accompanying the patient to the hospital
  - ▶ Being accessible by phone for decision-making

### IF YOU LIVE ALONE:

- If you're elderly or have an existing medical condition, speak to your healthcare provider for advice on getting an emergency alert system in your home
- Develop a network of people to check in with regularly
- Ensure someone in your network has a key to your home, and knows your medical conditions and preferences in a serious health crisis

Learn more at  
[heartandstroke.ca/](http://heartandstroke.ca/)  
**FAST**

# Learn and Play Christmas



Text and Photos: Susan Oke



Santa was busy making the rounds in Kanesatake right before Christmas, so it's a good thing he has a lot of elves to pick up the slack. They made so many toys this year that Santa brought some early gifts to the Learn and Play and Parents and Tots Programs and over at Rotiwennakéhte School (*See Amanda Simon's story on page 13*). Everyone of them got a present handed to them from the big guy. I know the girls at Learn and Play were thrilled with their frozen dolls. The Rotiwennakéhte students and teachers decorated their doors for Christmas (which is no way a competitive sport there). There were scenes from a Charlie Brown Christmas, How the Grinch Stole Christmas, a Minion themed Christmas door and a Christmas tree made up of student's hand prints. I can't wait to see what they do at Easter!

## Christmas at Rotiwennakéhte





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# Type 2 Diabetes

Submitted by Tanya Denis, Diabetes Prevention Support Worker

Information source: **The Complete Diabetes Guide For Type 2**

**Diabetes.** By Karen Graham, RD, CDE

## **What is type 2 diabetes?**

Type 2 Diabetes means you have too much sugar (glucose) in your blood. Diabetic people's blood sugar levels are often high in the morning before eating breakfast. After eating, the blood sugar will rise to 10 mmol or more and it will take longer for it to come back down. Pay attention to what you eat in the morning. Reduce or replace your 5 whites: flour, sugar, salt, white bread, white rice. Avoid sugared cereal; instead try bran flakes, oatmeal, or fiber 1 cereal.

Your goal for better diabetes management is to get your blood sugar levels down as close to normal as possible (between 4 and 7 mmol). The best way to keep your blood sugar levels down is to be physically active at least 30 minutes daily. If you are an elder 10 minutes a day and if you are a beginner start with 15 minutes a day and work your way up to 30 minutes. One of the reasons for high blood sugar is that the pancreas is overworked and it's unable to provide enough insulin to the body. That means your blood sugar will spike after eating or drinking.

## **Why won't the insulin work properly?**

The pancreas may not provide enough insulin or it may provide too much. This will cause something called insulin resistance. Diabetic people with extra fat in the body will have trouble carrying the insulin properly to the muscle and the other organs to use it for energy.

## **How can you get too much sugar in your blood?**

When you eat, your body digests the food, the food changes into sugar, otherwise called GLUCOSE. The more you eat, the more sugar goes into your bloodstream and the harder your pancreas will have to work to produce a hormone called insulin. You need the pancreas to produce the insulin to remove the excess sugar from the bloodstream after eating. The insulin works by attaching itself to the blood sugar to take it from the blood and give it to the cells in the brain, muscles, tissues and organs where your body uses it for quick energy! Your liver is a filter and will store the extra sugar if the pancreas does not provide enough insulin, or the insulin does not work. This is not good. When there is too much sugar (glucose) in your bloodstream, your muscles, tissues, and organs don't have enough energy.

## **Three things that can happen when your blood sugar levels are high!**

Extra sugar builds up in your blood and that will cause damage to your organs. You may feel tired because your muscles are short of energy. If diabetes is not treated, the extra sugar in your body will cause premature damage to your blood vessels, eyes, heart, nerves, and kidneys.

It's very important to check your blood sugar and manage it as well as possible. The most common diabetes is type 2 and it's on the rise! Why? Because people are less physically active and/or they are overweight because of poor eating habits. People with type 2 diabetes may or may not need medication. Some people can manage it with diet and exercise. Some others will benefit from diabetes

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# Cultural Evening: Mid-Winter Ceremony

By Crissann Thompson

**O**n Thursday January 14th 2016 the Kanesatake Health Center hosted a cultural sharing session with our sister community of Akwesasne. Guest speakers included Loran Thompson, Roger Jock and Francis Boots. With approximately 50 plus Kanesatakeronon, we sat and enjoyed a nice meal together. Afterwards we welcomed each speaker to the floor. Each speaker shared their knowledge of our midwinter ceremonies, our culture as a whole and

touched little on our history. "It was a nice refresher" said one community member, another spoke of clarity for why we do, what we do at each ceremony. Others were excited



Photo: Clifton Nicholas

about having our communities getting back to visiting each other. All in all the evening was a great success we are looking forward to doing it again soon. Nia:wen to all who were involved in making a it happen.



# An Interview With Amateur Boxer: Gary Gabriel Jr.

Interview by Kevin Nelson

## How long have you been boxing?

I have been boxing for a year. I started when I was 15 off and on but I have been serious about training in the last year and have been going regularly.

## What made you decide to get into boxing?

I have always liked it. My uncle Brad and Robert fought. My family have always been big fans of boxing. I grew up watching boxing. So my family have had an influence in my career.

## How does the amateur boxing system work?

You get to compete against guys with less than 10 fights. From there, you get a chance to compete in a tournament for the silver gloves when you have less than 10 amateur fights. You fight 3 two minute rounds. Once you have more than 10 fights you get to compete in the golden gloves and fight three 3 minute rounds. I fight at super heavy weight which is over 200 pounds. What makes it tough to fight in my division is that you can weigh 275 and fight a guy who weighs 210. I have fought guys who are much heavier than me, where in other divisions there are weight limits. Not in my division.

## What do you like about boxing?

It keeps me focused and out of trouble. It keeps me busy.

## What is a typical day of training for you?

Conditioning and cardio and when I have a fight coming up, I will spar at Grant Brothers Gym. I get good sparing at that gym.

## Where do you currently train?

I train at Ron Dicecco gym. I like training there. Before I went to his gym I went to other gyms but felt that I wouldn't get the attention of the trainers there. At Ron's gym I'm treated like family. He takes the time to really coach me he looks out for my best interest.

Photo Courtesy of Gary Gabriel Jr.



## What do you hate about boxing?

Having to go to the Gym when I don't feel like going. Some days it's really hard but I go to the gym anyways.

## What do you remember about your first Fight?

I was so nervous. I had butterflies. I thought I was going to have a heart attack. But as soon as I headed to the ring my nerves started to leave. I started to focus on what I had to do. My nerves would leave me as soon as I entered the ring.

## What can you tell me about your last fight?

I gave the guy two standing 8 counts in the fight. He was the toughest fight I had yet. He kept coming at me. He was a tough guy but I won the fight.

## what is your current record?

6 wins 0 losses.

## When is your next fight?

Nothing scheduled yet. I want to take the time to thank everyone who has supported me, especially my friends and family.

## Mini-Mohawk Lesson

Courtesy of Tsi Ronterihwanónhnha ne Kanien'kéha Language and Culture Center

Nice day

Bad day/weather

Nice night

Bad night

Wenhniserí:io

Wenhniseráksen

Wahsontí:io

Wahsontáksen

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# Getting Ready to Quit Smoking

<http://www.iqutnow.qc.ca/>

Submitted by Dave Belisle

## One-Week Countdown

**A**s with any journey, the one taking you to a tobacco free life has to be properly prepared for. To help you, here are some activities to try before D-Day. Most importantly, set yourself a quit date! The following countdown is based on it!

### One Week Before: **Think about it!**

**Goal: Be conscious of your dependency on tobacco.**

How to Get There: Every time you light up, pay attention to your reactions. What triggers the craving to smoke? What physical symptoms do you feel?

### 6 Days Before: **Awareness**

**Goal: Analyze your habits and observe the physical effects of dependency.**

How to Get There: If you feel up to it, leave your cigarettes at home or else take only a few with you. You can also change brands for a day, choosing cigarettes you like less.... Maybe you'll smoke less?

### 5 Days before: **Analysis**

**Goal: Put your finger on the events that trigger the reflex to light up in you.**

How to Get There: In a notebook, on a post it, or even on the pack itself, jot down when you lit up. E.g. Monday, 10:10am, coffee break, Monday 12:25, after lunch etc.

### 4 Days before: **Commitment**

**Goal: Get support and encouragement from loved ones and elsewhere.**

How to Get There: Share your decision to quit smoking with your loved ones, recruit a sponsor or a teammate to support you.

### 3 Days Before: **Clean up! Part 1**

**Goal: Slowly rid your environment of cigarettes.**

How to Get There: Empty all the ashtrays, clean them and put them away. Don't forget the one in the car, the garage or the workshop! Keep only one, which you'll have with you every time you until D-Day!

### 2 Days Before: **Clean up! Part 2**

**Goal: Erase the traces of the passage of tobacco in your life.**

How to Get There: Air out the house, vacuum, clean the blinds, curtains, walls, carpets and furniture. Clean out the car... In a word, get ashes and the smell of cigarettes out of your environment.

### 1 Day before: **Concentrate**

**Goal: Be aware that there are only a few hours left before you experience a unique moment in your life. Stir up your pride at having made this decision and get ready physically.**

How to Get There: Treat yourself to a nap or a moment of relaxation during which you visualize yourself as a non smoker, take a walk or some deep breaths. If you plan on using nicotine patches, get the 1st one ready for tomorrow.

### D-Day: **ACTION!**

**Goal: Don't give up, and you'll become a non smoker!**

How to Get There: Share your success story, be a role model, and help others through their journey to a smoke free lifestyle.





# Breakfast With Santa at Rotiwennakéhte School

By Amanda Simon

She:kon Kanehsatakeronon!

**M**y father in law Adrien Guindon has extended his philanthropy, for two consecutive years, to our Rotiwennakéhte School by securing gifts for our students.

Adrien Guindon secured \$500.00 from Dominique Laurin, Adjointe Direction Generale Communication et vie associative, Desjardins Caisse du Lac des Deux-Montagnes. This generous donation was used to purchase wrapping paper, tape, and most noteworthy, it was used to provide every student with a Christmas breakfast! I wish to thank Ms. Laurin for her generosity and express our appreciation.

A very big thank you goes out to Mr. Jacques Meloche of Maitre des Jeux in St. Eustache who donated 49 age and gender appropriate gifts to all of our students, again secured by Adrien Guindon.

Finally, to my team of elves: Angela Kawisokwas Gabriel, Maegan Nelson-Johnstone and Donna Nelson who helped in wrapping and labelling the gifts, thank you very much! I am already working on making sure that the tradition continues for next year!



## Elder's Center Update

By Noreen Cree, Coordinator

**G**reetings everyone, I pray and hope that everyone had a joyous time with family and friends during the holiday season. My prayers go out to the ones that have lost their loved ones. I hope that you continue to have the memories of the good times that you spent with them. Our Christmas luncheon for the Elders took place on December 16, 2015. Many attended and enjoyed the delicious luncheon that the cook Sharon Lee Simon prepared. One of the highlights was the announcement of the engagement of Cheryl Scott and Winston Nelson who are planning a summer wedding. I can't leave out "Santa Baby" who has been coming here for the past 11 years. He loves the elders and the elders love him. He helped by giving out the gifts and door prizes. I appreciate all the people that have supported me and the elder's center throughout the years. God Bless you all and the very best for the new year.



pills or insulin. Early use of medications will help you manage your diabetes

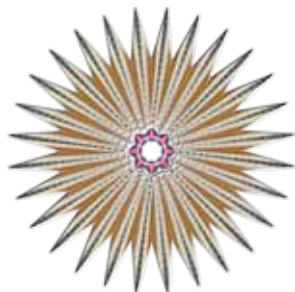
AND PREVENT OR DELAY COMPLICATIONS.

## **Here are some risk factors you should be aware of:**

- being overweight;
- not being active;
- you are more at risk for diabetes if you are an;  
ABORIGINAL, INUIT, or METIS;
- if you are 40 years of age or older, you are at higher risk of  
getting type 2 diabetes.

## **Symptoms of high blood sugar:**

- extreme thirst or hunger;
- frequent urination;
- weight loss;
- fatigue;
- blurred vision;
- urinary tract infection;
- a sore or cut that is slow to heal;
- if you have some of these symptoms you should see your doctor for a check-up  
and ask for a blood glucose test.



### **Thank You**

The UCW would like to thank all the people who supported the XMAS bazaar. It was very successful and also nice socializing with everybody. Thank you to Shelly Simon, Maria Canatonquin, and Vivian Oke, for serving lunch and thanks to Jean Vincent for selling meal tickets and raffle tickets for the quilt, and the bench. And thank you to Gloria Jean Nelson for helping out at the bake sale and the craft table. The quilt was won by Beverly Nelson. The bench, which was generously donated by Frank Nelson, was won by Albert Schenk. We thank Frank Nelson, so much, for his support



**Teionata'a**  
January 15

Happy 13th Birthday to our Baby Girl  
Teionata'a Tolley! Wishing you all the  
happiness in the universe! We love you!

Mom, Dad, Hank and Adryan



**Watshenniiostha Nelson**  
January 15

Happy 21st Birthday to an  
awesome young lady!

Love Uncle Mark, Auntie and your cousins.

# Announcements



**Eleanor Montour**  
December 18, 1921 – December 12, 2015

*The family of Eleanor Montour wishes to gratefully acknowledge and thank everyone for their support, presence and prayers during this sad and difficult time.*

*Thanks to the U.C.W. for their kindness and help and to all who donated time, energy, and resources.*

*Our mother loved people; therefore, it was a great consolation to see her loved in return.*

*Niawenhko:wa  
From her son Peter  
and her daughter Arlette.*



## Shout Out!

It was really nice to see the guys back in Kanesatake trimming the trees along our roads this winter! Huge Niawen to Ryan Nelson, Freddy Simon, and the rest of the crew! From Myrna

## Health Center Birthdays

**Jason Proulx**  
January 5

**Crissann Thompson**  
January 29

**Gloria Nelson**  
February 10

**Donna Nelson**  
February 19

**Dinah Routly**  
February 19

**Karennahawi McComber**  
February 20

**Stephanie Leroux**  
February 20

**Diane Harding**  
February 24

**Mike Malo**  
February 27

**Kevin Nelson**  
February 27

A very happy birthday to the whole gang of KHC employees celebrating in January and February!



**Raiden**  
February 8, 2016

Happy birthday to my teenager!! Raideen turns 13 and continues to aspire to become an amazing artist. Laugh often Raideen and be the bright star that leads others to happiness.

Love Mom



**Liz Bonspille McComber**  
1960-2015

*The family of Liz Bonspille would like to thank the community for their kind words and support during their time of need. Thanks also for your donations and thank you to the UCW for the fabulous meal.*

*Vincent, Shelby, and Family*



**Linda Gabriel**  
February 21

When I think of what qualities a mother should have I think of my mother. She's everything and more. I wish to be as amazing as this phenomenal woman one day. Happy birthday mom.

Weso tsi kanonronkwa  
Myrna





# January

**Alzheimer Awareness Month**

**National Non-Smoking Week**  
January 17-23

**Weedless Wednesday**  
January 20

**Family Literacy Day**  
January 27



January 12, 26



January 8, 22

# February

**Heart Month**

**Eating Disorders Awareness Week**  
February 1-7

**Ground Hog Day**  
February 2

**World Cancer Day**  
February 4

**Sexual and Reproductive Health Day**  
February 14

**Valentine's Day**  
February 14



February 9, 23



February 5, 19



## Emergency Phone Numbers

**Fire and Ambulance:**  
911

**Police Emergency:**  
310-4141 \*4141 (cell)  
**Police Non-emergency**  
(SQ office) (450) 479-1313

Karihwii:ios serves to distribute health information from the Kanesatake Health Center to the community of Kanesatake. Karihwii:ios provides a positive forum from which to honor the achievements of community members.

Karihwii:ios promotes community services, their activities, and accomplishments. It advertises and promotes upcoming special events and activities to be held in and around Kanesatake.



**Look inside  
for more  
photos  
from the  
Christmas  
celebration  
at the Elder's  
Center.**



**Christmas at Mom's and Tots**