



Karihwi:ios

Pre-Christmas Family Toy and Grocery Bingo



Photo: Crystal Diabo



Text and photos: Susan Oke



There was a packed house for the health center's Toy and Grocery Bingo held on Saturday, December 17, 2016. Arguably one of the most popular and family friendly events we have ever organized with close to 200 bingo players of all ages, sitting elbow to elbow in the Ratihente High School gym. As soon as the players entered the gym, they were given a free bingo package and door prize tickets. Door prizes were handed out throughout the afternoon. There was a fund raising booth for the local youth who will be participating in the North American Indigenous Games, and a food booth to raise money for our elders at Kaniatarak'ta Riverside Elder's Home. CFS Manager, Karennahawi McComber, says the event raised approximately \$1602.50 from the food booth and the half and half bingo.

The bingo caller was David Belisle, helped out by organizer Crystal Diabo and staff member, Jadyn Lauder, both of

whom kept their eyes peeled for winners among the crowd. The prizes were great. Each winner received a bag of groceries and a toy, just in time for Christmas and they didn't have to stand in a checkout line. The grocery bags all had themes; baking, breakfast and laundry. The jackpot winner, Judy Bonspille, took home the Christmas tree of fun. Prizes under this tree included a big screen television, a blue ray player, movies, board games, snacks, a popcorn maker with popcorn and a giant Teddy Bear. Thanks to everyone who donated or volunteered. Congratulations to all the winners too. The feedback from the event was overwhelmingly positive and I think it's safe to say the Toy and Grocery Bingo will return. **For more photos and a list of winners, look on page 5.**

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The deadline for the
March/April Issue of
Karihwi:ios is:

Tuesday, February 28, 2017

karihwiiios@hotmail.com

Look for the Kanesatake Health Center on

Facebook!



**The new toll-free number for the First Nations and Inuit
Hope for Wellness Help Line is
1-855-242-3310**

Behavior Patterns for Optimum Weight

Submitted by Tanya Denis, Diabetes Prevention Support Worker.

Information source by Elson M. Hass, MN, with Buck Levin, PHD, RD

It may be helpful to highlight or even write out the important issues for you and work on 1 to 2 per week. Motivation is the key.

Focus on decreasing calories and increasing exercise.

- Eat most foods early in the day for best use of calories.
- Drink 8 to 10 glasses of water daily.
- Eat slowly and chew food well.
- Limit treats and refined foods; avoid sodas and chemical foods.
- Eat lots of fruits and vegetables –as snacks.
- Walk a lot and exercise regularly.
- Avoid fats in the diets, they are more caloric.
- Use only low fat or nonfat milk products.
- Minimize salad dressing, cream soups, and meats.
- Lessen or avoid alcohol and caffeine; minimize salt intake.
- Practice food combining.
- See a nutritionist to help with eating plan or for food-habit counseling.
- Use smaller plates and portions.
- Fill up first on lower calories foods, such as, soups and salads.
- Avoid high calorie snacks and deserts.

- Wait 10 to 15 minutes before taking seconds; your hunger will decrease.
- Take at least 20 to 30 minutes to eat a meal, even snacks.
- Eat at only 1 or 2 places in the home.
- Sit and relax before eating.
- Avoid eating while watching TV, driving, or doing other things.
- Shop for food only after eating not when hungry.
- Focus on eating only when hungry.
- Plan meals and food choices ahead, snacks included.

Focus on what you are eating and not what you are AVOIDING.

Plan activities to occupy your free time when you might snack.

Tell family and friends to support you and NOT PUSH FOOD!

If you blow it, go right back to your plan and do not make it an excuse to INDULGE.

You should learn about food, fats, calories.

Keep a good self-image and positive attitude toward life.

ALLOW YOURSELF to indulge (within reason) once weekly without guilt or self judgment.

REALIZE that it is ultimately up to you.

Mini-Mohawk Lesson

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

Tsi Nonwéhson—Places

Kanehsatà:ke (Oka)
(At the foot of a silky ribbon of sand.)

Hudson
Skanientará:ti
(Other side of the river.)

Rigaud
Tewa'kenhronníhahkwe'
(Where gunpowder was made.)

St. Benoit
Tionon'kwatéken
(Where it burned.)

St. Placide
Tken'taró:ton
(Standing chimneys.)

English Point
Tiotonniat'e'kó:wa
(Big peninsula.)

St. Andrews
Tkahiatonhserón:ni
(Where paper is made.)

St. Eustache
A'nenharihthà:ke
(Where grapes are cooked.)

Montreal
Tiohtiàke
(Where the group split up.)

Expanded Services of the Maternal Child Health Nurse and School/STBBI Prevention Nurse

By Karen MacInnes, RN, BScN

The nurse can prescribe hormonal contraception and IUDs for up to 24 months, as well as adjust and renew the prescription.

The nurse can do screening for STBBIs (Sexually Transmitted and Blood Born Infections) and prescribe treatment for Gonorrhea and Chlamydia for persons with a positive result who have no symptoms. This screening (which is often as simple as a urine test, or in some cases may include a swab or blood test) is important before and/or after any new relationship and especially before becoming pregnant and/or during pregnancy.

The nurse can prescribe prenatal vitamins and folic acid before and during pregnancy. It is recommended that prenatal vitamins and folic acid be taken **at least 3 months before conception and during pregnancy**. Materna is in stock at the health center. The nurse can now prescribe alternate vitamins (e.g. Preg Vit) in divided doses which can be better tolerated by those experiencing morning sickness. Folic acid, prescribed in doses according to levels of risk decrease some significant birth defects (e.g. neural tube defects, heart and limb defects, cleft lip and palate).

The nurse can prescribe treatment for nausea and vomiting in pregnancy. This can be a great relief for those mothers experiencing morning sickness before they are able to have an appointment with their doctor.

The nurse can prescribe treatment for thrush (candida) in the baby and breastfeeding mother. This yeast infection causes white patches in the mouth or a diaper rash in a baby, and painful breastfeeding in the mother. Timely treatment can prevent severe cases from developing.

The nurse can prescribe treatment for head Lice. The health center often has lice treatment available. Occasionally, lice are resistant to a particular treatment. The nurse can now make a prescription for an alternate treatment that can be picked up at the Pharmacy at no cost.

DID YOU KNOW...

Kanesatake Health Center has a women's health doctor, **Dr. DeBroux**, that **specializes in Prenatal and Postpartum follow up**. She is at KHC every Wednesday and/or can be seen at the **Montée de la Baie Medical Clinic** in St-Joseph-du-lac. This allows for wonderful continuity of care and collaboration between the doctor and MCH nurse.

Karen MacInnes, RN, BScN, has been providing **MCH services** for 10 years at the KHC and is available for pre-pregnancy consults, prenatal care, prenatal classes and mother/ newborn follow up, breastfeeding support, and immunization and developmental screening for up to 6 years old.

Matthew Barr, RN, BN, is the new **school nurse** and also lends a hand in the clinic and wherever else he is needed. He is also responsible for the STBBI prevention and confidential screening program at the KHC. If you haven't met him yet...just look up—way up... he is a 'tall' asset! ☺

Health Center Calendar: **JANUARY**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Dr. DeBroux	5 Dr. Moisan	6	7
8	9 Dr. Moisan	10 Dr. Saylor Blood Clinic 7:30-9:00 am	11 Dr. DeBroux	12 Dr. Moisan	13 Dr. Saba Dietician, Vinita Rawat	14
15	16 Dr. Moisan	17 Blood Clinic 7:30-9:00 am	18 Dr. DeBroux	19 Dr. Moisan Psychologist Madeleine Tremblay	20 Dietician, Vinita Rawat	21
22	23 Dr. Moisan	24 Blood Clinic 7:30-9:00 am	25 Dr. DeBroux	26 Dr. Moisan	27 Dietician, Vinita Rawat	28
29	30 Dr. Moisan	31 Blood Clinic 7:30-9:00 am	CLINIC DATES ARE SUBJECT TO CHANGE OR CANCELLATION			

Health Center Calendar: **FEBRUARY**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Dr. DeBroux	2 Dr. Moisan	3 Dietician, Vinita Rawat	4
5	6 Dr. Moisan	7 Dr. Saylor Blood Clinic 7:30-9:00 am	8 Dr. DeBroux	9 Dr. Moisan	10 Dietician, Vinita Rawat	11
12	13 Dr. Moisan	14 Blood Clinic 7:30-9:00 am	15 Dr. DeBroux	16 Dr. Moisan	17 Dietician, Vinita Rawat	18
19	20 Dr. Moisan	21 Dr. Saylor Blood Clinic 7:30-9:00 am	22 Dr. DeBroux	23 Dr. Moisan	24 Dr. Saba Dietician, Vinita Rawat	25
26	27 Dr. Moisan	28 Blood Clinic 7:30-9:00 am	CLINIC DATES ARE SUBJECT TO CHANGE OR CANCELLATION			

BINGO

Partial List of Winners

Bingo Winners:

Kim Simon, Yves Ladoucer, Judy Bonspille, Justin Nelson, Douglas Gabriel, Carmen Nelson, Sheela Ramtuhol.

Jackpot Winner:

Judy Bonspille

Half & Half Winner:

Brody Simon

Surprise Gift Winner:

Shelly Simon—Crystal Necklace

Raffle Prizes:

Miranda Gabriel—Coffee machine & MJ coffee;

Kim Simon—Baby kit—Diapers, wipes, diaper bag, Shyann Nelson-Baker—Manitoba Mittens, Angel Bonspille—Easybake Oven with accessories.

Thank you: CKHQ (bingo cards), Moccasin Jo Coffee, Dave Belisle (Caller), Brandon Etienne, Jadyn Lauder, Flower Diabo (kitchen), Crissann Thompson (raffle table). Set up—all of the above, and also Karennahawi McComber, Hank Tolley, Adryan Tolley, Rose Diabo.



Akohsera:ke Atswa'tahtshera/Winter Carnival 2017

Photos: Susan Oke



By Brandon Etienne

The Akohsera:ke Atswa'tahtshera/Winter Carnival 2017 is right around the corner, beginning **Friday, February 3, 2017!** Many of the traditional carnival games and activities will return, like **Broomball**, **Blind Volleyball**, and **Ice Fishing**. Last year's favorites will also be happening; **Polar Plunge**, **Sleigh Ride**, and the **Variety Show**. And finally some new events, like **Dodgeball**, will be added.

Some **IMPORTANT INFORMATION** to remember: the **Scavenger Hunt**, **Ice Fishing**, and **Variety Show** will **require registration**. **REGISTRATION STARTS JANUARY 23, 2017 AND ENDS FEBRUARY 3, 2017.**

To register you and your family for **Ice Fishing** please **contact David Belisle** at the Health Center 450-479-6000 (Ext 228). For the **Scavenger hunt** **contact Brandon Etienne** (Ext.227). The **clue list** will be **available January 30th for the teams that register the week before**, and for the teams that **register the second week of registration**, they **will receive theirs starting the 31st**. Just a hint for interested teams—you will need to participate in literally every event offered to complete your list!!!

For the **Variety Show**, you can show off any talent you have, whether it's singing, dancing, juggling, guitar solos, magic, anything. If it's unique, we want to see it!! To **register** for the Variety Show call the health center (450) 479-6000 and speak to **Brandon Etienne** (Ext. 227) or **Jadyn Lauder**.

As mentioned above, the **Polar Plunge** will be making its return to the carnival for 2017! Last year's plunge raised \$1800.00 for Riverside Elders Home. This year we want to beat that number! For all those willing to test their bravery and see if they can "Freeze for a reason", please register with **Kevin Nelson** by calling the health center at 450-479-6000 (Ext. 285).



Photo: Miranda Gabriel



WINTER CARNIVAL



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	* Sat. con't <u>Broomball</u> Semi 1- 5:30pm Semi 2- 6:30pm Final -8:00pm		1	2	3	4 Broomball Tournament Game 3- 1pm Game 4- 2pm Game 5- 3pm Game 6- 4pm *
5 <u>Ice Fishing</u> 10am to 4pm	6 PS3 NHL Legacy Tournament Ages 12years + 5pm to 9pm	7 Adult Ball Hockey Tournament 18years + 7pm to 9pm	8 Kids Ball Hockey Ages 6-12 6pm to 7:15pm Youth Ball Hockey Ages 12-17 7:30pm to 9pm	9 Family Badminton Night All ages 6pm to 8pm	10	11 Obstacle Challenge 11am to 3pm
12 Sleigh ride All Ages 12pm-3pm Polar Plunge 3pm	13 3X3 Lacrosse Tournament Ages 16+ 7pm to 9pm	14 Blind Volleyball Tournament Ages 12+ 6pm to 9pm	15 Kids Lacrosse Ages 6-12 6pm to 7:15pm Youth Lacrosse Ages 13-17 7:30pm to 9pm	16 <u>Dodgeball</u> 6pm to 7pm Ages 8-14 7pm to 8:30pm Ages 15+	17	18 Variety Show with Award Gala 5pm to 8pm



Starts February 3rd

Christmas 2016

Rotiwennakéhte Ionterihwaienstáhkwa

Photos: Susan Oke



By Amanda Simon

She:kon Kanehsatakeronon! The children, teachers and staff at the **Rotiwennakéhte Ionterihwaienstáhkwa** held their annual Christmas breakfast and gift giving with Santa Claus on December 21, 2016. My father-in-law **Adrien Guindon**, who— for three consecutive years, extended his philanthropy to our School by securing a donation 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, to provide every student with a **Christmas breakfast!** I wish to thank Ms. Laurin for her generosity and express our appreciation.

Due to unforeseen circumstances **Mr. Jacques Meloche, of Maitre des Jeux in St. Eustache** could not provide gifts for all of our children this year and instead **donated two group toys and**

activity packages for a total value of \$1,000.00. The group toys were donated to the Kanehsatake Rontswa'ta:khwa Early Childhood Center. I graciously thank Mr. Meloche for his generous donation.

I would like to thank my **"Secret Santas"**—members of the Kanehsatake community, who graciously provided me with the money to **purchase age and gender appropriate gifts** from a new supplier I was able to secure. Without "Christmas ambassadors" like you, Christmas gifts would not have been possible. I graciously thank my Secret Santa Ambassadors!

Finally, to my team of elves: **Angela Kawisokwas Gabriel & Maegan Nelson-Johnstone** who helped in wrapping and labelling the gifts, thank you very much! God willing, I make an oath to provide next year's Christmas Celebration for the great children of Rotiwennakéhte Ionterihwaienstáhkwa.

Why is Physical Activity Important?

Taken from parc.ophea.net/walkthisway

Submitted by Gloria Nelson,
Mental Health & Wellness Manager



Physical activity supports positive mental health and improves physical health. Physical activity provides enormous benefits and is a vital component of a balanced lifestyle. Regular physical activity reduces stress, improves energy levels and self-confidence, decreases health risks, and contributes to a happy, healthy lifestyle.

Why Walking?

WALKING is the single most sustainable activity that can be done to maintain good health.

Benefits of walking

- Just 30 minutes of walking a day reduces the risk of developing type 2 diabetes.
- Increases energy and stamina.
- Reduces stress and tension.
- Helps you sleep better.
- Helps you achieve and maintain a healthy weight.
- A way to enjoy all the seasons and appreciate the cycle of life.
- Exercise is for people at every age and stage of life.
- A low-impact activity, is easy on the joints & strengthens bones and muscles.
- Helps reduce risk of heart disease, stroke, osteoporosis, high blood pressure, obesity and certain cancers.
- Associated with improved mental health (reduced anxiety, depression).
- No need for specialized equipment.
- Can be done in any season, any location at low cost.
- A way for families to exercise together.
- A great way to get fresh air and get out of the house.



Photos: Crystal Diabo

123—Go Blainville

By Susan Oke

The kids at Learn & Play started the new year off with some fun physical activity. They took a field trip to 123-Go in Blainville. From the looks on their faces, it looks like everyone had a great time. The health center's Learn & Play program takes place on Monday, Wednesday, and Friday from 9:00 am-1:00 pm, at the KYOT Youth Center; for children aged 2-5. For more information call Crystal Diabo at KHC: (450) 479-6000 (Ext. 267).

Old Age Security and Canada Pension

Plan payment dates 2017

January 27	February 24
March 29	April 26
May 29	June 28
July 27	August 29
September 27	October 27
November 28	December 20

What is family violence?

Taken from Public Health of Canada

www.publichealth.gc.ca

Submitted by Gloria Nelson, Mental Health & Wellness Manager

Family violence is any form of abuse or neglect that a child or adult experiences from a family member, or from someone with whom they have an intimate relationship. It is an abuse of power by one person to hurt and control someone who trusts and depends on them. **All family violence is wrong. Some of it is against the law.** Family violence affects Canadians in all types of families and relationships—no matter how old they are, where they live, or how much money, education or type of job they have. It can affect people of every race, religion and sexual orientation.

Violence can happen between anyone in a family or in a close intimate relationship (e.g., boyfriend, girlfriend or fiancée), including children, parents, grandparents, siblings, intimate partners and extended family—like uncles or step-parents. It can happen in opposite sex and same-sex couples. Examples of family violence: child abuse, including neglect and childhood exposure to intimate partner violence; intimate partner violence, including dating violence; elder abuse and neglect; early and forced marriage, and “honor” related violence; female genital mutilation.

Some common forms of family violence include:

Physical abuse—physical injury or death of a family member or intimate partner caused when someone:

- pushes, shoves, hits, slaps or kicks
- pinches or punches
- strangles or chokes
- stabs or cuts
- shoots
- throws objects
- burns
- holds someone down for another person to assault
- locks someone in a room or ties them down

Sexual abuse—forced sexual activity on a family member or intimate partner, when someone:

- touches another in a sexual way without consent
- has any sexual activity without consent
- continues sexual activity when asked to stop
- forces another to commit unsafe or humiliating sexual acts

Sexual abuse can also happen in intimate partner relationships. Even if you are married or engaged, your

partner cannot force you to have sex. **Children under the age of 16 cannot give informed consent, so any sexual contact between an adult and a child is a crime. Children under the age of 18 cannot legally give consent to sexual activity that exploits them.**

Emotional or psycho-social abuse—words or actions to control or frighten a family member or intimate partner, or destroy their self-respect, when someone:

- makes threats
- intimidates or bullies
- puts down, insults or calls a person names
- yells or criticizes all the time
- isolates a person from friends and family
- destroys belongings
- hurts pets

Financial abuse—control, or misuse of a family member’s or intimate partner’s money or property, when someone:

- takes another person’s money or property without permission
- prevents a person from going to work or otherwise obtaining money or other resources
- withholds or limits money
- pressures a person to sign documents
- forces a person to sell things or change a will

Neglect—not meeting the basic needs to provide care for a dependent family member or intimate partner, when someone:

- does not provide proper food, warm clothing, health care, medication or appropriate hygiene
- does not protect another person from physical harm or provide proper supervision
- abandons another person

If you or someone you know needs help and support call the Kanesatake Health Center –Mary Hannabug,(Ext.296) or Gloria Nelson (Ext.222). We can provide you with a list of resources or help with dealing with this issue. We can also refer you to services such as Anger Management Counsellor – Robert Marcheterre who's here at the Health Center Tuesday & Wednesday evenings from 6-10:00 pm. A simple referral for services will make a difference in your life, someone to talk with one on one counseling in a private setting. **Call today 450-479-6000**

Contact us**(450) 479-6000****Contactez-Nous**

NAME	MANAGEMENT POSITION	EMAIL	EXT/CELL
Joyce Bonspiel Nelson	Executive Director	jb.nelson@knesatakehealthcenter.ca	PRESS 1
Shirrillean Nelson	Operations & Administrations Manager	s.nelson@knesatakehealthcenter.ca	234
Dinah Routly, RN, BScN, MScN	Manager of Clinical & Nursing Services	d.routly@knesatakehealthcenter.ca	291
Gloria Nelson	Mental Health & Wellness Team Manager	g.nelson@knesatakehealthcenter.ca	222
Karennahawi McComber	Child & Family Services Manager	k.mccomber@knesatakehealthcenter.ca	288
STAFF			
Matthew Barr, RN, BN	Community Health Nurse/School Nurse	m.barr@knesatakehealthcenter.ca	235
David Belisle	Brighter Futures Worker	d.belisle@knesatakehealthcenter.ca	228
Jocelyn "Kitty" Bonspille	Elders Community Worker	j.bonspille@knesatakehealthcenter.ca	238
Tim Cree	Water Quality Monitor	t.cree@knesatakehealthcenter.ca	292
Tanya Denis	Diabetes Prevention Support Worker	t.denis@knesatakehealthcenter.ca	224
Crystal Diabo	Family Support Worker	c.diabo@knesatakehealthcenter.ca	267
Brandon Etienne	Child & Youth Program Animator	b.etienne@knesatakehealthcenter.ca	(450) 479-1700
Lee Etienne	Medical Transport Driver	l.etienne@knesatakehealthcenter.ca	(514) 821-8554
Mary Jane Hannaburg	Mental Health Worker	mj.hannaburg@knesatakehealthcenter.ca	296
Diane Harding	Receptionist	d.harding@knesatakehealthcenter.ca	221
Toni-Ann Harding	Medical Secretary	ta.harding@knesatakehealthcenter.ca	229
Jadyn Lauder	Child & Youth Program Animator	j.lauder@knesatakehealthcenter.ca	(450) 479-1700
Stephanie Leroux, RN, BN	Home & Community Care Nurse	s.leroux@knesatakehealthcenter.ca	236
Karen MacInnes, RN, BScN	Maternal Child Health Nurse	k.macinnes@knesatakehealthcenter.ca	237
Donna Nelson	Finance Clerk/Medical Transportation Clerk	d.nelson@knesatakehealthcenter.ca	225
Kathleen Nelson	Casual Help	kj.nelson@knesatakehealthcenter.ca	297
Kevin Nelson	Child & Family Services Youth Worker	k.nelson@knesatakehealthcenter.ca	285
Vanessa Nelson	Finance Clerk	v.nelson@knesatakehealthcenter.ca	225
Connie Nicholas	Family Support Worker	c.nicholas@knesatakehealthcenter.ca	267
Susan Oke	Communication Technician	s.oke@knesatakehealthcenter.ca	223
Natasha Palinkas, RN	Home & Community Care Program Manager	n.palinkas@knesatakehealthcenter.ca	298
Jason Proulx	Medical Transport Driver	medtaxi@knesatakehealthcenter.ca	(514) 821-8566
Shelly Simon	Medical Transport Coordinator	s.simon@knesatakehealthcenter.ca	226
Kathleen Skye, RN, BScN	Community Health Nurse	k.skye@knesatakehealthcenter.ca	299
Crissann Thompson	Family Support Worker	c.thompson@knesatakehealthcenter.ca	287

Christmas at the Elders Luncheon

The elder's luncheon was held on Wednesday, December 11, 2016. The festive luncheon featured good food, good company, along with a Christmas gift exchange and some fantastic door prizes.



Photos: Susan Oke



Community Service Worker: Matthew Barr



How long have you worked at the health center?

I started working at the health center in August 2015.

How has your job evolved since you started at KHC?

I started as a replacement for the clinical nurse and over the months began working in HCC as well. I currently am working with the youth in the schools as well as in the clinic at the health center. I also focus on sexual health and the prevention and treatment of STI's.

Why did you become a nurse?

I did not grow up dreaming to become a nurse. My child hood dream was to become a pilot. However, just a few months after getting my pilot's license I was deployed to Haiti with a group of nurses and paramedics following the earthquake of 2010. It was while I was translating for the Anglophone medical teams that I saw how much of an impact a nurse can have on a person who is suffering from physical and emotional trauma. It was upon my return from Haiti I decided to become an RN.

What other kind of work have you done in the past?

I worked as a lifeguard in high school and throughout college. In 2010, 2011, & 2015 I had the chance to do volunteer work as a pilot and camp nurse in the Brooks Range of Alaska with the youth of Anaktuvuk Pass. I have done nursing and humanitarian work in Senegal, Malawi, as well as Haiti. I also worked in the emergency room at Sainte-Eustache Hospital. Currently I am also the project and development manager at Camp-des-Iles in Saint Andrews, where I live.

What is the most difficult part of the job?

One challenging part of my job is building trusting therapeutic relationships with the clients that I see.

What hobbies do you enjoy in your off time?

I enjoy spending time with my wife, flying when I get the chance to, as well as, hunting, fishing, coaching basketball, and playing sports. Some of my favorites are basketball, tennis, baseball, football, soccer, badminton and ping pong.

10 Tips to Help You Quit

Taken from the Mayo Clinic www.mayoclinic.org

Submitted by David Belisle, Brighter Futures Worker

1.) Try Nicotine Replacement Therapy: There is a wide variety of Nicotine products that can help with the craving of tobacco.

- Prescription nicotine in a nasal spray or inhaler
- Over the counter Nicotine patches, gum and Lozenges
- Prescription non-nicotine stop-smoking medications such as Zyban and Chantix

2) Avoid Triggers: Identify what your triggers are and have a plan in place to avoid them entirely and to get through them without smoking.

3) Delay: If you feel yourself craving a cigarette, tell yourself that you must wait 10 more minutes, and then find something to distract yourself for that time period. Try to prolong the craving for as long as you can.

4) Chew on It: Give your mouth something to do to fight a tobacco craving. Chew on sugarless gum or hard candy, or munch on raw carrots, celery, nuts and sunflower seeds. Choose something crunchy and satisfying.

5) Don't just have 1: You might be tempted to just have 1 cigarette to satisfy tobacco craving. But don't fool yourself into believing that you can stop there. More often than not, having just 1 leads to another, and you may end up smoking on a regular basis.

6) Get Physical: Short bursts of physical activity, such as, running up and downstairs a few times, can make a cigarette craving go away. If physical activity doesn't interest you, try prayer, needlework, wood work, or journaling. Or do chores for distraction, such



as vacuuming or filing paperwork, anything that will help you keep your mind off smoking.

7) Practice Relaxation Techniques: Smoking may have been your way to deal with stress. Take the edge off stress by practicing relaxation techniques, such as deep breathing exercise, muscle relaxation, yoga, and visualization, massage or listening to soothing sounds.

8) Call for Reinforcements: Touch base with a family member, friend or a support group for help in your effort to resist a cigarette craving. Chat on the phone or go for a walk together. Get together to talk about your cravings. A free toll free quit helpline 1-866-527-7383 provides support and counseling.

9) Go Online for Support: Join an online stop-smoking program or read a quitters blog and post encouraging thoughts for someone else struggling with tobacco cravings. Learn from how others handled their tobacco cravings.

10) Remind yourself of the Benefits of quitting smoking: Write down or say out loud the reasons you want to stop smoking and resist tobacco cravings. These might include: feeling better, getting healthier, sparing your loved ones's from second hand smoke or just to save money. Remember, trying something to beat the urge to smoke is better than not trying anything at all. And each time you resist the urge to smoke you are one step closer to living a smoke free life.



Teionata'a Tolley

We would like to congratulate our daughter Teionata'a Tolley for qualifying for U16 Volleyball, as part of Team Eastern Door and the North. She is one of 6 athletes chosen to represent Kanehsatake as part of the Kanien'kehaka Nation at The North American Indigenous Games in Toronto this summer!

Way to go baby girl!



Announcements

Health Center Birthdays

Jason Proulx

January 5

Brandon Etienne

January 27

Crissann Thompson

January 29

Gloria Nelson

February 10

Jadyn Lauder

February 16

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



Teionata'a Tolley

January 15th

Happy 14th Birthday! Not so much our little girl anymore! We are so proud of all your accomplishments! Love you!

Wanda Gabriel Congratulations

Congratulations to Wanda Gabriel, as she starts in her new position at McGill University, Montreal, as Assistant professor at the school of social work. One of the courses in her curriculum will be "Practice with Individuals, families and groups."

From Gabrielle

Happy birthday! Best wishes to just about half of the office staff :)

Crunchy Turkey Fingers with Oven Fries

Taken from healthycanadians.gc.ca

This tasty recipe is a fun finger food for kids. Using high-fibre breakfast cereal adds the right amount of crunch to the turkey fingers.

Prep Time: 15 minutes

Cook Time: 30 minutes

1 boneless skinless turkey breast, about 600 g/ 1 ¼ lb
15 mL (1 tbsp) Dijon or yellow mustard
5 mL (1 tsp) canola oil
500 mL (2 cups) bran flakes
30 mL (2 tbsp) grated Parmesan cheese
5 mL (1 tsp) Italian herb seasoning or dried oregano leaves

Oven Fries:

1 sweet potato, peeled and cut into strips
2 parsnips, peeled and cut into strips
5 mL (1 tsp) canola oil
2 mL (1/2 tsp) chili powder

Cut turkey breast into finger size strips and place in a bowl. Add mustard and oil and using your hands coat turkey fingers evenly. Place bran flakes into a large re-sealable bag and crush to look like breadcrumbs. Add cheese and seasoning. Add turkey fingers to bag, one at a time, and shake to coat. Place coated turkey onto parchment paper lined baking sheet. Repeat with all the turkey fingers; set aside.

Oven Fries: In a large bowl, combine sweet potato and parsnip strips. Add oil and chili powder and toss to coat evenly. On a second parchment paper lined baking sheet, spread fries in single layer onto sheet.

Place fries in bottom third of preheated 220°C (425°F) oven for 15 minutes. Move fries to top third of oven and place turkey fingers on bottom third of oven for 15 minutes.

Footnote *

Use a digital food thermometer to check that turkey has reached an internal temperature of 74°C (165°F). Makes 6 servings..

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation. Find complete nutritional information and other healthy recipes on the Healthy Canadians website.

January

Alzheimer Awareness Month

Weedless Wednesday
January 18

Chinese New Year
January 28
(Year of the Rooster)



January 10, 24



January 6, 20

February

Heart Month

Groundhog Day
February 2

World Cancer Day
February 4

Valentine's Day
February 14



February 7, 21



February 3, 17



Emergency Phone Numbers

Fire and Ambulance:
911

Police Emergency:
310-4141 *4141 (cell)

Police Non-emergency
(SQ office) (450) 479-1313

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

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

Christmas at Learn 'n' Play

