



Karihwi:ios

2017 Influenza Vaccination Clinic

Text and Photos: Susan Oke

Our 2017 immunization clinic was offered on Saturday, November 4th. Approximately 100 people took the time to take advantage of it. KHC had four of our nurses on site to administer the vaccine: Dinah Routly, Kathleen Skye, Natasha Palinkas, and Stephanie Leroux. Everyone who got vaccinated on Saturday was entered into the draw for a door prize. Congratulations to Liette Benson, the winner of a 72-hour survival kit.

The flu season is a long one, going from November to March and if you couldn't stop by our mass vaccination clinic, you can make an appointment at the KHC any Wednesday until Christmas. Can't make it Wednesday either? Please call the clinic nurse to see when you can make an appointment.

Prevention is the key to preventing the spread of the flu. Infection prevention is in your hands-literally! Wash your hands often and thoroughly, cough into your arm not your hands, and if you are sick, please stay home.

Find more info about seasonal influenza at: <https://www.canada.ca/en/health-canada/services/health-concerns/diseases-conditions/influenza-flu.html>



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The deadline for the
January/February Issue of
Karihwí:ios is:

Monday, January 8, 2018

karihwios@hotmail.com

Look for the Kanesatake Health Center on

Facebook!



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

Health Center Notes

KHC has made several unsuccessful attempts to get a diabetes support group going. So, we are going forward with something new. Tanya Denis, Diabetes Prevention Support Worker, will use the health center's face book page to post coping tips, info, and readers can ask questions or have their questions answered in relation to diabetes, in an effort to get a dialog started. We will begin this on line support group soon. Please consider participating if you are a type 1 or type 2 diabetic, someone who is pre-diabetic, has gestational diabetes, or you are someone who takes care of a diabetic.

We recently attempted to hold our health center AGM and as an incentive to attend, we offered a door prize of a 6-month membership to Kanehsatake Crossfit. Although we could not proceed with the AGM, as we didn't have quorum, the door prize draw went ahead and the lucky winner is: Gloria Ann Nelson. You will receive our annual report in the mail shortly.

Old Age Security and Canada Pension

Plan payment dates 2017

November 28

December 20

Mini-Mohawk

Lesson

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

Akohsera'kéhkha áhta
Winter boots

Akohsera'kéhkha atià:tawi
Winter coat

A'nià:nawen
mittens

Atenia'taráhnha/Atwáhnha
Scarf

Anòn:warore
Hat

Í:ions nà:kon tie:iens
Long Johns

Diabetic Friendly Meals: Greek lentil salad

Taken from Diabetes.ca

Submitted by Tanya Denis, Diabetes Prevention Support Worker



Lentils are an excellent source of protein, fibre, folate and vitamin B, and therefore a nutritious addition to any menu.

Tips

High fibre content prevents blood sugar levels from rising rapidly after a meal, which makes them a great choice for people with diabetes. Introduce more lentils into your diet with this delicious Greek salad recipe. **Makes 10 servings**

Cooking time: n/a

Ingredients

- 1 19 oz. can (540 mL) lentils, rinsed and drained
- ½ cup (125 mL) calamata olives (optional)
- ½ cup (125 mL) onion, chopped
- 1½ cups (375 mL) grape tomatoes, halved
- ½ cup (125 mL) green peppers, chopped
- 1 cup (250 mL) cucumber, diced
- ¼ cup (50 mL) feta cheese, crumbled
- ¼ cup (50 mL) fresh parsley, chopped
- ¼ cup (50 mL) canola oil
- ¼ cup (50 mL) lemon juice
- 1 tbsp (15 mL) dried oregano

Instructions

In a large bowl, combine lentils, olives, onion, tomatoes, green pepper, cucumber, feta cheese and parsley. In a small bowl, whisk canola oil, lemon juice and oregano together.

Add dressing and parsley to lentil mixture and toss to coat. Can be eaten right away or covered and left in refrigerator to marinate for 2 hours before serving. Salad can be made a day in advance.

Notes

Makes 10 servings • Serving size: 2/3 cup (175 mL)

Recipe reprinted with permission from Pulse Canada www.pulsecanada.com.

Portion Control

Taken from diabetes.co.uk



- Portion control can help manage both calorie and carbohydrate intake
- Portion control can be useful for people with different types of diabetes to help regulate body weight as well as to help manage blood glucose levels.

We look at why portion control is useful and the techniques you can use as well as the to manage the size of portions at meal times. Exercising portion control can be particularly useful for people with diabetes and can help us to:

- Manage calorie intake - important for those of us carrying extra body weight
- Manage carbohydrate intake

Managing calorie intake

Keeping to sensible portion sizes will help in managing calorie intake and this also has benefits for blood glucose control. It is well noted that increased waist size is associated with decreased sensitivity to insulin.

A Japanese study published in 2009 suggests that the associated insulin resistance grows in direct proportion to a rising waist circumference. So keeping portion sizes moderate can help keep calorie intake under control, helping you to manage your weight and therefore making diabetes easier to control as well.

Managing carbohydrate intake

Managing portion sizes is also an important part of managing the amount of carbohydrate we take in and this is useful for all people with diabetes (aside from diabetes insipidus).

Having a good grasp of portion sizes is needed in order to be able to count carbohydrate intake, which is particularly important in type 1 diabetes whereby the amount of insulin taken needs to be balanced against carbohydrate intake.

For people with type 2 diabetes, controlling portion sizes of foods that contain carbohydrate can help you to ensure you are not taking in more carbohydrate than your body (in cooperation with any medication you take) can cope with.

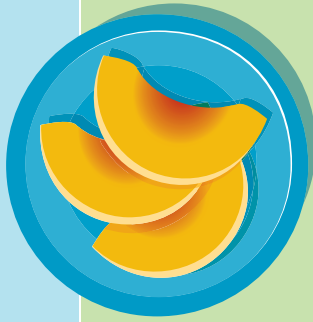
Use the plate method

The plate method involves dividing up your plate into sections for different food groups. The plate method helps you to keep control of portion sizes as well as helping you to enjoy a well balanced diet.

See Example on page 4.

My Plate Planner

Please refer to meal planning guidelines on the back.



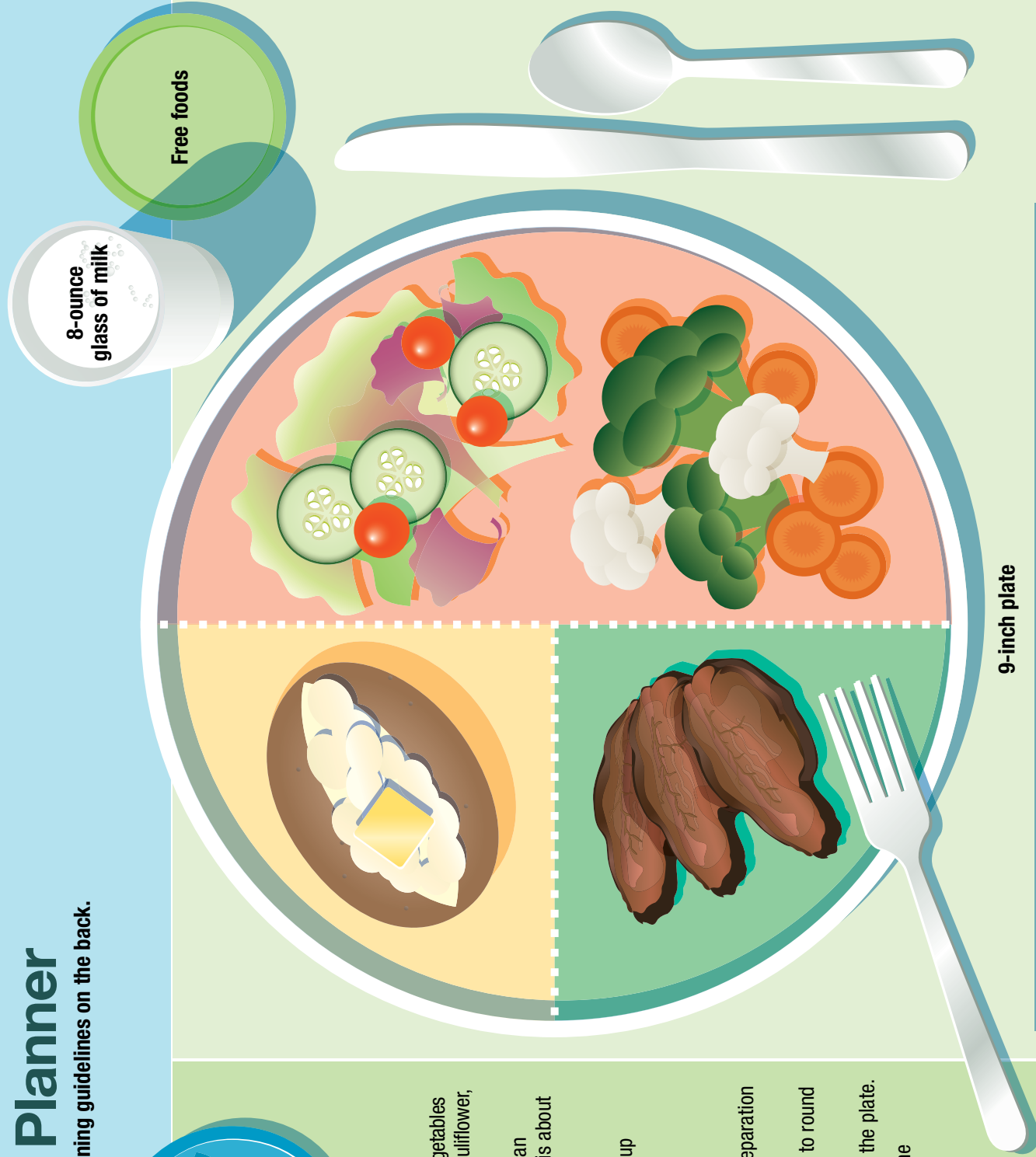
My Plate Planner Methods of Use

- Fill 1/2 of your plate with vegetables such as broccoli, carrots, cauliflower, and salad.
- Fill 1/4 of your plate with lean meat, chicken or fish; this is about 3 ounces.
- Fill 1/4 of your plate with a starchy choice such as 1/2 cup mashed potatoes.
- Add 1 serving of fruit.
- Choose 1 serving of milk.
- Add margarine or oil for preparation or addition at the table.

Add other portions as needed to round out your meal plan.

For breakfast, use only half the plate.

For lunch and dinner, use the whole plate.



9-inch plate

Health Center Calendar: November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLINIC DATES ARE SUBJECT TO CHANGE OR CANCELLATION			1 Dr. DeBroux	2 Blood Clinic 8:00-900 am	3 Dietician, Vinita Rawat	4
5	6 Dr. Moisan	7 Blood Clinic 7:00-9:00 am	8 Dr. DeBroux	9 Blood Clinic 8:00-900 am	10 KHC CLOSED	11
12	13 Dr. Moisan	14 Dr. Dumont-Maurice Blood Clinic 7:00-9:00 am	15 Dr. DeBroux	16 Dr. Moisan Blood Clinic 8:00-900 am	17 Dr. Saba Dietician, Vinita Rawat	18
19	20 Dr. Moisan	21 Blood Clinic 7:00-9:00 am	22 Dr. DeBroux	23 Dr. Moisan Blood Clinic 8:00-900 am	24 Dietician, Vinita Rawat	25
26	27 Dr. Moisan	28 Dr. Dumont-Maurice Blood Clinic 7:00-9:00 am	29 Dr. DeBroux	30 Dr. Moisan Blood Clinic 8:00-900 am		

Health Center Calendar: December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Dietician, Vinita Rawat	2
3	4 Dr. Moisan	5 Dr. Dumont-Maurice Blood Clinic 7:00-9:00 am	6 Dr. DeBroux	7 Dr. Moisan Blood Clinic 8:00-900 am	8 D Dr. Saba Dietician, Vinita Rawat	9
10	11 Dr. Moisan	12 Blood Clinic 7:00-9:00 am	13 Dr. DeBroux	14 Dr. Moisan Blood Clinic 8:00-900 am	15 Dietician, Vinita Rawat	16
17	18 Dr. Moisan	19 Dr. Dumont-Maurice Blood Clinic 7:00-9:00 am	20 Dr. DeBroux	21 Dr. Moisan Blood Clinic 8:00-900 am	22	23
24/31	25	26	27	28	29	30
CLINIC DATES ARE SUBJECT TO CHANGE OR CANCELLATION						

Kanesatake's 2nd Annual Triathlon

By Brandon Etienne

Photo: Marie David

On September 23rd, 2017 the health center's Child and Family Service team decided to take the reigns and host this years triathlon. With so much great feedback from last years triathlon, the CFS team had to make it happen. Unfortunately the original organizer, Jansen Nicholas couldn't host it this year but allowed us to continue with his idea.

Thirty brave souls, ranging from 10 to 60 years old, competed in the triathlon this year in three different categories. We had an Elite group this year which consisted of a run, bike, obstacle course and paddle throughout Kaneshatake, for a total of 22.5km; an Intermediate group which ran a 16.5km race, and finally a kids race that was 12km long. To make things even harder, the temperature during the race reached upwards of 40 degrees Celsius!

Races started at 9am and continued throughout the day. 6 participants competed in the kids race and the end result was almost a photo finish with Ava Gabriel beating Mercedes Desroches by just one second!

The Elites were up next. There were some great competitors in this category, however Andrew Simon showed all the other men who is the best by winning by more then 6 minutes! The women's Elite was much closer with Valerie Tewisha narrowly beating out Kaniehtawaks Lauder by 14 seconds.

The final heats of the day belonged to the Intermediates. Most of the racers in this category have never tried anything like this before, so they had no idea what to expect. In the end, all the racers managed to finish their heats with Daniel Dumouchel winning for the men and Selena Beauvais winning for the women.

I'd like to thank all the participants who ran the race and donated their entry fee to the Riverside Elders Home. You all showed that you were capable, we all are if we put our mind and heart into something. A big nia:wen to Kaneshatake Crossfit for their participation and creation of the obstacle section of the triathlon and also for their prize donations. Also nia:wen to Black Friday Electronics for their donation of prizes. Nia:wen Mocassin Jo for the snacks. And last but not least nia:wen to all the people who helped make this years triathlon happen: Jimmy Nicholas, Gloria Nelson, April Kibbe, Dave Belisle, Kevin Nelson, Crissann Thompson, Jadyn Lauder, Tanya Denis, Tiohenta McComber, Karennahawi McComber, Rob Marcheterre, Mark Delisle, Julie David, Mat Simon, Simon Pierre Dubois (SP), the parents who ran with their children and anyone I may have forgotten who donated equipment or helped keep our runners safe.



Men's Elite Division		Edward Gabriel	1:40:45
Racer	Time	Jonathan Nelson	1:55:13
Andrew Simon	1:44:22	Intermediate Women's Div.	
Keith Simon	1:50:51	Selena Beauvais	1:47:46
Hayden Nicholas	1:52:01	Kahsennine Nelson	1:54:35
Kevin Simon	1:52:18	Stephanie Leroux	1:59:22
Mike David	2:03:20	Brigitte Beauvais	2:18:00
Mark Tolley	2:04:04	Stephanie Lacroix	2:18:00
Smokey Richard	2:18:05	Joanne Etienne	2:22:33
Hank Tolley	2:23:16	Jordan Nelson	2:26:35
Roger Nelson	n/a	Shaelyn Nelson	3:02:47
Isaiah Murray Nelson	n/a	Children's Division	
Nicholas Tremblay	n/a	Ava Gabriel	1:02:05
Women's Elite Division		Mercedes Desroches	1:02:06
Valerie Tewisha	2:18:05	Harlan Nelson	1:05:56
Kaniehtawaks Lauder	2:18:19	Brianna Etienne	1:21:16
Intermediate Men's Division		Hayley Gareau	121:21
Daniel Dumouchel	1:39:23	Adryan Tolley	1:37:05

Local Student Wins Big at Science Fairs

by Susan Oke

At last year's science fair, a local secondary I student came in first and won prizes, both locally and provincially. Cayley Simon, now 14 and in secondary II, submitted a project on scoliosis, "A deformity in the spine, which makes it crooked," she explains. She picked this subject because, "I decided to go more researched based, since I'm into health related topics." Having juvenile scoliosis herself has prevented her from doing sports and even walking around the mall with friends. "I looked at my own condition and went with that"

Cayley's road to victory began locally at Ratihente High School's science fair where she won first place. She was then asked to go to the QASEA (Quebec Aboriginal Science and Engineering Association), in Odenak, QC. where she also came in first place. To add to her accomplishments in Odenak, she also won a special "Health" award for her project. She says she did not expect to win but was "ecstatic" when she did. Cayley is aiming for a health career, possibly obstetrics, and she already knows that she wants her next science fair project (in November) to be about emotions. Good luck to a student with a bright future. Good luck to all the students at the science fair.

Photos courtesy of Angie Barth







First Nations Regional Adult Education Centre
can help you with:

- ✓ Getting your high school diploma
- ✓ Obtaining your high school equivalency
- ✓ Acquiring prerequisites for trades
- ✓ Becoming an Entrepreneur
- ✓ Earning a college AEC in Early Childhood Education
- ✓ Becoming an accountant

Let's discuss how FNRAEC is right for you: (450) 479-1100 (in Kanestake)
Come join our family. Enrollment is ongoing.

Looking to further your education?

Let us help you achieve your goals.



Falls Prevention – Home exercises

The following balance and strength exercises are easy to do at home. Make sure you have a chair, bench top or wall nearby for support when you try them. Once you become more confident, you can hold for longer, or increase the number of repetitions. Use smooth movements when performing these exercises and take your time.

1. Heel-to-toe standing/walking:

Helps keep balance when you have to walk through a narrow space

- With fingertips on something solid to help balance, stand heel-to-toe, bend your knees slightly and keep still for ten seconds
- Vary the exercise by walking slowly, placing your heel to touch the toe of the other foot.



2. Knee raises:

Helps with climbing stairs and getting in and out of cars and buses

- With fingertips on something solid to help balance, lift a knee to hip level and hold it for five seconds
- Repeat with the other leg
- Then repeat 8 times.



3. Side leg raise/sideways walking:

Improves stability when you have to take weight on one leg and helps you step sideways to avoid tripping

- With fingertips on something solid to help balance, stand on one leg and raise the other sideways, holding it for five seconds
- Repeat eight times
- Repeat with the other leg
- Extend to walking sideways, with slow steps alongside a bench or table.



Falls Prevention – Home exercises

4. Heel raise:

Helps with walking and climbing stairs

- With fingertips on something solid to help balance, lift both heels off the floor and stand on your toes for three seconds, then slowly lower your heels to the floor
- Repeat five times.



5. Stepping up a step:

Improves stability on steps, paths and uneven surfaces

- Holding onto a rail, go up and down a single step
- Repeat five times.



6. Sit to stand:

Helps with getting up and down from a chair or toilet and in and out of the car

- Stand up slowly from a chair, keeping your knees slightly apart. To make it harder, cross your arms in front of your chest or hold them out in front of you at shoulder height
- Then lower yourself back down into the chair
- Repeat 5 times



- If this is too strong for your knees, start by using a chair with armrests.

Acknowledgement to:

Staying Active and on Your Feet booklet
2010 www.activeandhealthy.nsw.gov.au

For further information scan this with your smart phone

Email: falls@cec.health.nsw.gov.au
Web: www.cec.health.nsw.gov.au

Clinical Excellence Commission©2012 Version 1, SHPN: (CEC) 120265



Halloween in Kanesatake



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COMPOSTING WITH BROWN BINS



4 EASY STEPS

1. Line your kitchen compost container with newspaper or a paper bag before filling it with food scraps.
2. You can also line your brown bin with a large paper bag or place newspaper at the bottom.
3. Transfer the contents of your kitchen container to your brown bin.
4. Tightly close your brown bin's lid.

HELPFUL HINTS

Setting out your bin for collection

Set out your bin the evening before the scheduled collection. Ensure the wheels are facing your house.

Using bags

Only paper bags are permitted. All plastic bags are banned, even if they are biodegradable or compostable.

Broken and stolen bins

Phone your band council to request a new bin.

TIPS AND TRICKS

Line your brown bin and your kitchen container with paper bags or place newspaper at the bottom. Keep your brown bin in the shade and out of the sun.

Ensure the lid is tightly closed.

Set out your brown bin for collection even if it isn't full.

When it's empty, rinse out your bin with water and a mild detergent or with white vinegar.

Sprinkle a bit of baking soda in the bottom to facilitate maintenance.

Keep meats and bones wrapped in newspaper in the freezer until collection day.

Do not put liquids in your brown bin.

NOTE: Lining containers with newspaper or paper bags is not compulsory but is recommended for hygienic reasons.



COMPOSTING - BROWN BIN

Accepted

Raw, cooked or expired
Loose, not in containers!

- Fruits & vegetables
- Meat, poultry, bones
- Fish and seafood
- Eggs & egg shells
- Nut shells & fruit pits
- Dairy products
- Animal & vegetable fat
- Noodles, bread, grains, rice
- Cakes, cookies & candies
- Spreads, jams, condiments
- Teabags, coffee grounds & filters
- Foods with sauce or gravy, fried foods

Yard waste: flowers & plants, weeds

Soiled paper products:

newspaper, paper bags, pizza & pastry boxes, paper towels, paper napkins

Banned

- Recyclables
- Dead animals, fecal matter, bedding, cat litter & sanitary pads
- Liquids (oil, soup, milk, juice, coffee, etc.)
- Milk cartons & juice boxes
- Clothing
- Dryer lint, dirt
- Weed killers & fertilizers
- Household hazardous waste
- Household cleaning supplies, soap
- Pharmaceutical products
- Ashes, even cooled

Bags

All plastic bags are banned, even biodegradable and compostable ones.

- Shrubs
- Dead leaves
- Grass clippings
- Sawdust & wood chips, soil & sand

For more information about composting or when the brown composting bins will be distributed, call the Kanesatake Environment department at (450) 479-8373 Ext. 102

8th Annual Emergency Preparedness Day

Submitted by Kassandra Bonspiel

The 8th Annual Emergency Preparedness/Awareness Day was held this September 30th, 2017 in Kanesatake. The event was a success with 175 participants, not including many community workers, as well as, many of our volunteers and partners. The event had previously been scheduled for May 6th, 2017 but had been cancelled due to spring flooding within the community. The flooding allowed us to be more prepared for our event, as we were able to add the sufficient information to provide the community with the proper awareness in the case of future floods.

There were many stations positioned throughout the Ratihente school yard where each Collaborator/Emergency Response Agency provided our participants with emergency preparedness information. Throughout the day activities were held, such as, fire hazard drills, car accident simulations, and emergency preparedness gear giveaways. Our participants were able to enjoy an interactive presentation, all while learning how to properly handle a fire within one's kitchen. Participants also had the chance to learn how to deal with a car accident and see the possible damages that could be caused by driving while impaired. The event went as we had hoped—even though our very own, First Nations Paramedics, received an emergency call and had to respond before the accident simulation. Firefighters and the Sureté du Québec took matters into their own hands and allowed us to gather a better understanding of how such a situation would be handled without the aid of paramedics.

Crime prevention set up a booth where kids could have their ID passport done. This included their personal information, photograph taken on site, and finger prints included. Parents took home their children's ID passports with instructions on how to update the Information throughout the year. Having your child go missing is a reality no one wants to face. If a family is ever to be faced with a child to be gone missing, we all need to be prepared to respond quickly and with accurate information. By using this ID passport, parents would have the proper information to provide emergency responders.

We would like to thank all Collaborators/Emergency Response Agencies that helped us make this day successful.



Without the help of Shakotihenté:se Crime Prevention, Kanesatake Emergency Preparedness team, First Nations Paramedics, Kanesatake Health Center, Rez Excavation, Oka Firefighters, Pointe-Calumet Firefighters, Sylvain Johnson, Fire Marshal, Sureté du Québec, and SAAQ rollover simulation, our community would not be as informed as they are now.

We would also like to thank Onen'tó:kon Treatment Center, Kanesatake First Line Services, Kanesatake Health Center, Mohawk Council of Kanesatake, Shakotihenté:se – Kanesatake Crime Prevention, Rez Excavation for their generous donations. Without their donations, many families would not be benefitting from various prizes such as new bicycles, helmets, as well as, all the gear needed to be prepared for any situation.

A huge niá:wen goes out to Gloria Nelson and Jimmy Nicholas for the use of their amazing MC voices on the mic and entertainment. A huge shout out goes out to all our awesome volunteers and our very own KCP youth who helped organize the day. Niá:wen to Ellen Filippelli and the Shakotihenté:se Crime Prevention Team for taking the time to organize the entire event. Last but not least, thank you to our very own Chef, Jimmy Nicholas, for always keeping our bellies full with his amazing BBQ.

Without the help from everyone named above, as well as, our very own community members and those who attended the event, it would not have been as successful. With an event like this, we hope to help raise awareness and knowledge in case of an emergency.

Kanesatake Crime Prevention would like to invite you to join us on our 9th Annual Emergency Preparedness/Awareness Family Day which will be held Saturday, May 12th, 2018. If you are interested in becoming a partner and would like to have a table to display your service's preventative methods in case of an emergency, please contact; (450) 479-8373

Sandra Harding ext. 125

Katsitsarón:kwas Jacobs ext. 129

Kassandra Bonspiel ext. 130



Announcements

Health Center Birthdays

Jocelyn Bonspille
November 4

Connie Nicholas
November 15

Tanya Denis
December 4

Robert Marcheterre
December 16

Shirrillean Nelson
December 25

David Belisle
December 30

Have a great birthday everyone!



In the last issue of Karihw:ios, Prince Simon's photo was inadvertently left out from the congratulatory announcement of the Learn & Play Graduates. Karihw:ios is happy to reprint it. To Prince, we are sorry for the oversight. We wish all the graduates the best as they take their next steps in their school career.

The graduates from left to right:

Rarahkwakatste Nelson, Emily Nolet, Cuinn Simon, Lexie Simon-Nelson, and Prince Simon.



Know the Signs of an Opioid Overdose



Blue lips or nails



Dizziness and confusion



Can't be woken up



Choking, gurgling or snoring sounds



Slow, weak or no breathing



Drowsiness or difficulty staying awake

Suspect an Overdose?

CALL 911

Ask onsite
first aid
for help

Administer
naloxone
if you have it

Stay with the
person until
help arrives

You have the power to save a life.

Learn more at Canada.ca/Opioids
Together we can #StopOverdoses



Government
of Canada

Gouvernement
du Canada

Canada

November

Diabetes Awareness Month

Falls Prevention Month

Osteoporosis Month

Remembrance Day
November 11

World Pneumonia Day
November 12

World Diabetes Day
November 14

International Day For the Elimination
of Violence Against Women
November 25



November 14, 28



November. 10, 24

Leaves picked up on
Nov. 2, 9, 16

December

World AIDS Day
December 1

Human Rights Day
December 10

Christmas Day
December 25

New Year's Eve
December 31



December 12, 26



December 8, 22



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.

Remembering Our Missing and Murdered Women



Photo courtesy of Kanesatake Crime Prevention

