



# Karihwí:ios

## Christmas Toy & Grocery Bingo 2017

By Susan Oke with Crystal Diabo

Our second family Toy and Grocery Bingo was again, a great success. Organized by Crystal Diabo and the rest of the Child and Family Support team, 187 people of all ages came to try their luck on Saturday, December 16th. Aside from the regular bingo games, there was also a half and half game, a raffle, and various door prizes, including some turkeys. Game winners received a bag of groceries or cleaning supplies valued between \$40-\$50 and a toy/game valued between \$50-\$60.

Staff were cooking up a storm, serving chili or soup and hot dogs, all for \$5, other fundraising dollars came from the half and half, and bingo dabber sales. All the funds will be put toward a new swing set for the Learn & Play program.

This year the bingo caller was Tahkwa Nelson. There were four 2-part games. If there was more than one winner, high card chosen from the deck of cards got the prize and the other winners got a consolation prize. The final game was three parts, with the full card winner claiming the tree of fun, which included the decorated tree, Nintendo switch, a turkey and plenty of other goodies. The value of the jackpot tree of fun was over \$1500 and our big winner was Douglas Gabriel.

### Special thanks to:

Joanne Etienne, kitchen help  
 Jimmy Nicholas, who made soup  
 The Kanesatake Christmas Committee, for the use of their bingo machine  
 Kanesatake Health Center, KHC Food security/Physical Initiative Program, and the KHC Family Support Team  
 Kanehsatake Crossfit, gift certificate  
 Smiley's, door prize gift cards  
 Tahkwa Nelson, bingo caller  
 Rose, Flower, and Adryan, for their help setting up and cleaning up.

**List of winners on Page 10**



Photo: Susan Oke



Photo: Ida Nelson

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

**Monday, February 26, 2018**

**karihiwiiios@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**

### **Old Age Security and Canada Pension Plan payment dates 2018**

**January 29, 2018**  
**February 26, 2018**  
**March 27, 2018**  
**April 26, 2018**  
**May 29, 2018**  
**June 27, 2018**  
**July 27, 2018**  
**August 29, 2018**  
**September 26, 2018**  
**October 29, 2018**  
**November 28, 2018**  
**December 20, 2018**

### **Mini-Mohawk Lesson**

Courtesy of Tsi Ronterihwanónhna ne  
Kanién'kéha Language and Cultural Center

Ó:kera  
Snowflake

Óniehte  
Snow

lo'kerèn:'en  
It is snowing

Teionien'kwatá:se  
Snowstorm

Tekanien'kwataséhe  
Snow storm is coming

Kaniehtaké:ron/Ioniehtakwenhrá:ron  
Snow is here and there

Eat  
Well



## HEARTY CHICKEN NOODLE SOUP

Cool fall days call for a heart-warming soup. This version is sure to please, as it's simple and fast for a weeknight meal. Moist, succulent chicken thighs take this great tasting soup to a whole new level of comfort.

Prep Time **15**  
min

Cook Time **20**  
min

Makes 6  
Servings

- 6 boneless skinless chicken thighs, about 575 g/1 lb 4 oz
- 2 L (8 cups) water
- 2 sprigs fresh parsley
- 1 onion, chopped
- 1 carrot, chopped
- 1 clove garlic, minced
- 250 mL (1 cup) whole wheat egg noodles
- 250 mL (1 cup) frozen peas
- 60 mL (1/4 cup) grated Parmesan cheese
- 30 mL (2 tbsp) chopped fresh basil or parsley
- Hot pepper sauce (optional)

**1.** Trim any visible fat from the chicken thighs and set aside.

**2.** In a soup pot or Dutch oven, bring water, parsley, onion, carrot, garlic and trimmed chicken thighs to a boil. Reduce heat to a simmer and spoon off any foam that forms on top. Cook chicken for about 15 minutes.\*

**3.** Using tongs, remove chicken thighs to a clean cutting board. Let cool slightly and chop into bite-size pieces. Return chopped chicken with noodles, peas, cheese and basil to broth; cook for about 5 minutes or until noodles are tender. Add a splash of hot sauce to each bowl if desired.

\* Use a digital food thermometer to check that chicken has reached an internal temperature of 74°C (165°F).

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.

| NUTRIENTS PER SERVING |        | % DV |
|-----------------------|--------|------|
| Calories              | 210    | -    |
| Fat                   | 7 g    | 10 % |
| Saturated + Trans     | 2 g    | 11 % |
|                       | 0 g    | -    |
| Cholesterol           | 74 mg  | -    |
| Sodium                | 168 mg | 7 %  |
| Carbohydrate          | 14 g   | 5 %  |
| Fibre                 | 3 g    | 10 % |
| Sugars                | 2 g    | -    |
| Protein               | 23 g   | -    |
| Vitamin A             | -      | 23 % |
| Vitamin C             | -      | 7 %  |
| Calcium               | -      | 7 %  |
| Iron                  | -      | 14 % |



### TIPS

- Time saver: Double this recipe and freeze extra servings for another day.
- Portion the soup into individual servings for easy meals that are ready to go.
- If you don't have a large pot, just double the recipe by using two smaller pots instead.



Health  
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Santé  
Canada



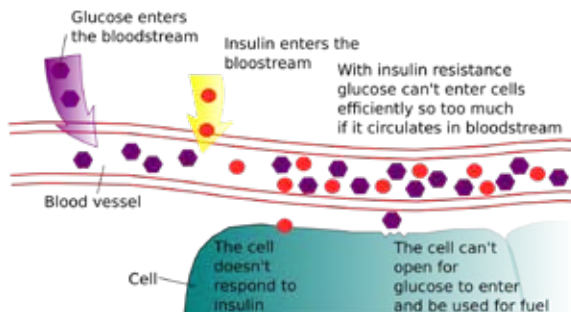
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# Prediabetes

taken from: [diabetescarecommunity.ca](http://diabetescarecommunity.ca)

Submitted by Tanya Denis, Diabetes Prevention Support Worker



## What is prediabetes and who is at risk?

Prediabetes is a condition where blood glucose levels are higher than normal, but haven't reached the level required for a diagnosis of type 2 diabetes

Since there are no symptoms with prediabetes, it is important to get tested. There are risk factors that may make you more likely to have prediabetes and these are the same risk factors for developing type 2 diabetes. These include:

- being overweight
- increased waist circumference
- sedentary lifestyle (i.e. inactivity)
- age
- family history
- ethnicity
- high blood pressure
- abnormal blood fats or cholesterol

Prediabetes can be part of a condition called 'metabolic syndrome' where you may have high blood pressure, high cholesterol or excess fat around the waist. If you have any of these other risk factors, you should ask your doctor about testing your blood glucose. And if you are over 40 years of age, testing your blood glucose should be part of your regular checkup by your doctor.

## If lifestyle changes don't work, then what?

For many people, lifestyle changes alone may not be able to maintain target blood glucose levels. In these cases, you may also need to take medications, such as metformin or acarbose. Other medications may also be prescribed to help control cholesterol or high blood pressure.

Medications can be an effective tool in helping to manage prediabetes. However, always remember that they need to be combined with lifestyle changes to obtain and maintain desired results.

# Life expectancy and diabetes: bad news ... good news

Taken from [diabetescarecommunity.ca](http://diabetescarecommunity.ca)

Submitted by Tanya Denis, Diabetes Prevention Support Worker

Here is an interesting exercise for those of you approaching or past middle age. Take out a tape measure, put it on the floor and pull it out to 81 inches: 81 years is about the average life expectancy of a person living in Canada. Stand on the tape at the number corresponding to your age. Look to the left (the number of years you've lived) and then look to the right (the amount of time you have left). This is a bit of a sobering experience!

In 2017, the life expectancy for the total Canadian population is projected to be 79 years for men and 83 years for women. The life expectancy of Métis and First Nations populations is lower – 73 to 74 years for men and 78 to 80 years for women.

## The bad news

People with diabetes have been told they have a shortened life expectancy due to their disease and this is true. Because diabetes is more common in Métis and First Nations populations, the already shortened life expectancy is of even greater concern. The number of years shortened depends on the age at which you get diabetes and how you look after yourself.

## The good news

Lifestyle choices or health behaviours, as they are called now, can make a significant difference to this shortened expectation for all of us, but even more so for a person living with diabetes. The other good news is that complication rates per person with diabetes – such as kidney disease, amputations, heart attacks, strokes and death from heart attacks – are going down. How you take care of yourself greatly changes your life expectancy.

Those with well-controlled sugars and no kidney complications have a much longer life span than those with higher sugars and protein in their urine. So, preventing kidney disease is important in maintaining longevity. Interestingly, in a Swedish database, people with diabetes who were 65 years of age or older, had an A1C less than 7.8% and no protein in their urine had a lower risk of dying than people without diabetes. This was thought to be because they were taking heart-protective medications such as cholesterol-lowering and blood pressure pills.

## Health Center Calendar: January

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

## Health Center Calendar: February

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

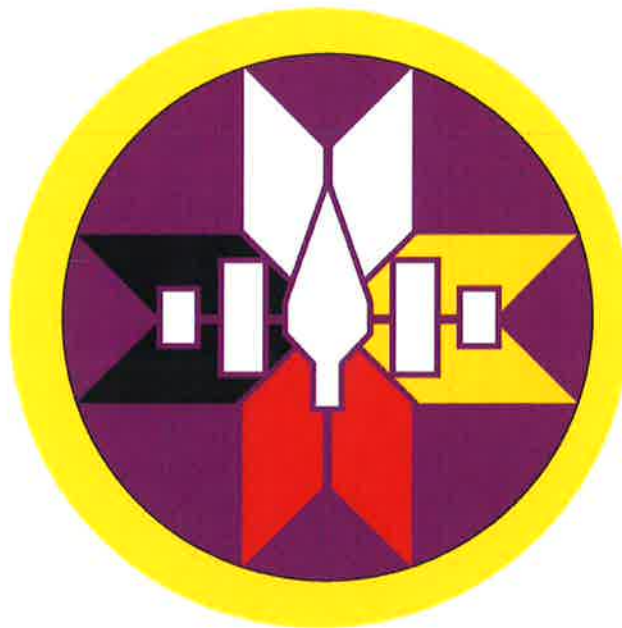
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# Do you dream of being a **Flight Attendant?**

Air Canada is actively recruiting!

Information Session to be held on:  
**Friday February 2, 2018**

**HOST Hotel - 9:30 a.m. - 12:30 p.m.**

**Space is limited, please register to attend**



## **Kahnawà:ke Clients**

Coreen Delormier,  
Workforce Development officer  
Tewatohni'saktha  
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## **Kanesatake Clients**

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



# Youth Doing Good

By Susan Oke

**V**olunteering has no drawbacks and so many benefits. Your time and effort definitely helps whatever cause appeals to you, but it also benefits you. One benefit to you is the social aspect of volunteering. It gets you out of your home, off your phone, and maybe out of your own head for a while. It allows you to interact with other people—maybe even new people, which improves your confidence in social situations. It alleviates stress and gives you a sense of purpose. By seeing positive results of the work you do, you will gain a sense of satisfaction and this will result in your being happier and happier leads to healthier.

For youth who volunteer it may also help them in their careers because they will be making contacts in a field they have an interest in. One youth from this community, Kyla-Emma Theoret, works with shelter animals—a cause I am also involved in. Kyla is a 22 year old blogger, who writes about body transformation and nutrition. She recently wrote about volunteering at the SPCA de l'ouest. I interviewed her recently.

## How many pets do you have?

I have 1 dog; Ruby and 3 cats; Milo, Salem and Phoebe.

## How long have you been volunteering with the SPCA? How did you start and why is this cause is important to you?

I'm a very big advocate for rescue and adoption. This event was one of the many I plan to continue to take part in. I started 3 years ago when I rescued my current dog, Ruby. I always grew up with 1-2 dogs at a time but Ruby is the first dog that I took in as my own. She changed my whole perspective on what it means to live a cruelty-free life.

Since my Ruby, I have done continuous research in the cosmetics world in order to change my lifestyle to one that is cruelty-free. This is a very touchy and personal subject for me, it always has been. To know that there are humans in this world who think one life is worth less than another completely baffles my mind. I couldn't imagine the thought of my own animals being hurt in order for someone to buy an over-priced lipstick. My Ruby isn't a dog to me, she's my family. She is the reason why I started this lifestyle and why I keep this subject close to my heart.

## Do you do any other type of volunteering?

I like to help wherever I can! I've always taken part in softball tournaments to help raise funds to find a cure for cancer, I play an annual softball tournament that helps in raising funds and awareness of the importance of adoption and rescue, I'm a certified blood donor for Hema Quebec and I also volunteer

Photos courtesy of Kyla-Emma Theoret



as needed at SPCA events.

## How does it benefit you to volunteer?

The benefits are limitless! Volunteering in events is always a great thing! But, taken into consideration, these events are just that; an event. How do you continue to spread the word? What about the actions?

For me, when I go home and I get into my bed and think about my day, I think about that face wash I just used that wasn't tested on an animal or that mascara I used this morning that's 100% organic, made with by-products from plants and how, nowhere in my day, was there an animal that was hurt for my benefit. This feeling is one of accomplishment and empowerment. This is where the benefits start to kick in as a volunteer and as an advocate. I will always be a voice for those who cannot speak.

**For those interested in reading "Fur Babies Galore" on Kyla's blog, it can be found at this address:**  
<http://steemit.com/@kyla.emma30>

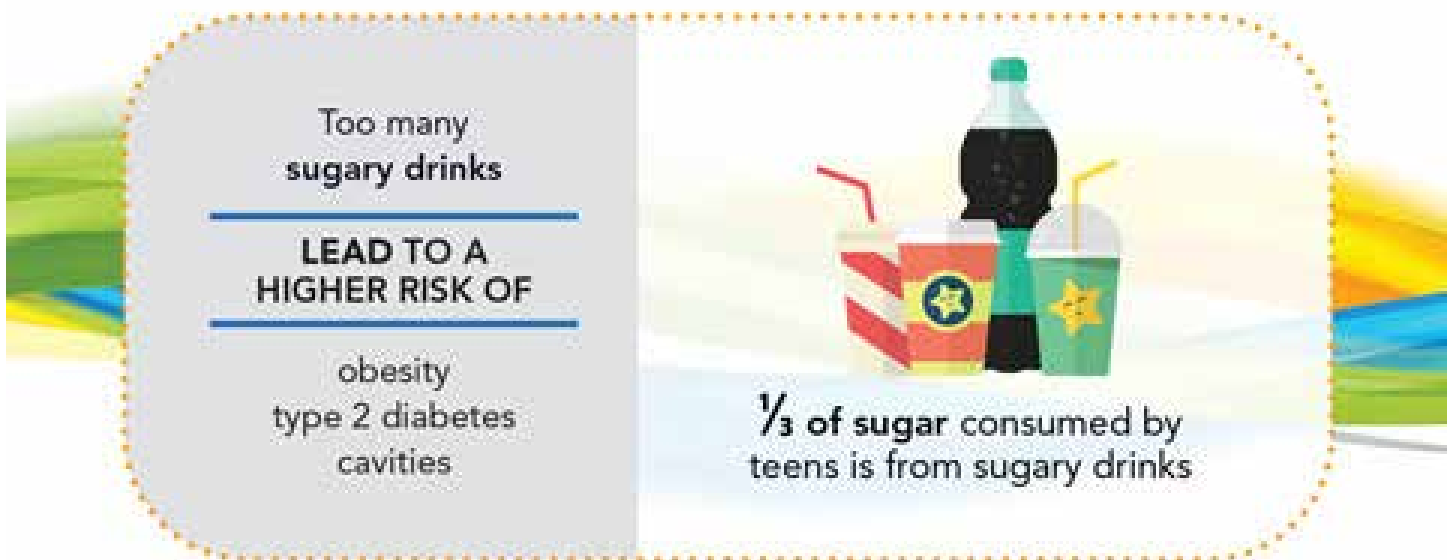


# Do you know that on average, teens drink more than 1.7 litres of sugary drinks every day?

Soft drinks and fruit drinks (including 100% juice) are main sources of sugars in the diet of Canadians. Excessive sugar consumption can lead to obesity, a key risk factor for chronic diseases. Further, diseases like type 2 diabetes and high blood pressure are now showing up in teens. Sugar also carries a higher risk of poor oral health in children.

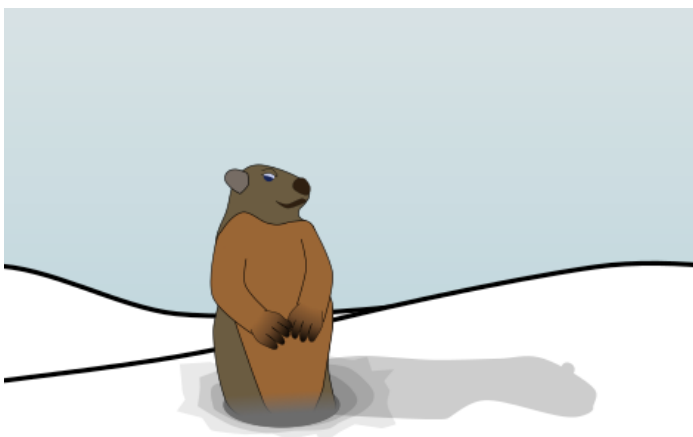
## Here are some ideas to reduce your sugar intake:

- Make water the drink of choice and limit sugary drinks
- Limit foods and beverages high in calories, fat, and sugar like cookies, pastries, pop and other high-calorie drinks. In general, these products have low nutritional value.
- If possible, eat a fruit instead of drinking a juice. When consuming juice rather than the whole fruit, people generally consume more than the serving size of the whole fruit, and thus more sugars. In addition, juice does not contain the fibre found in the whole fruit.



[CANADA.CA/HEALTH](http://CANADA.CA/HEALTH)

Canada



**GROUNDHOG  
DAY**

*February 2nd*

# Dangers of a Dirty Cat Litter Box

<https://pets.thenest.com/dangers-dirty-cat-litter-box-3548.html>

Submitted by Dinah Routly

by Laura Agadoni

## Dangerous to Your Cat

Cats are fastidious creatures. They don't like dirty litter boxes. A cat will avoid a dirty box and may start using other places, such as the soil of potted plants or your laundry pile. She may try to hold in her urine. Holding in urine concentrates it, and crystals can form that can eventually block the urinary tract, making it difficult or impossible for the cat to void urine. This can lead to potentially fatal kidney problems.

## Dangerous to You

A strictly indoor cat is not exposed to most diseases, but who can guarantee against the occasional escape? **Rarely**, some diseases can be transmitted from a cat to a human. People with compromised immune systems, elderly people and pregnant women are more at risk than others for contracting a disease from a pet cat, according to the Centers for Disease Control and Prevention. Diseases are typically spread to people through the feces of an infected cat. One disease of which you should be aware is toxoplasmosis.

## Toxoplasmosis

Cats are the definitive hosts for *Toxoplasma gondii*, and are the only animals that can shed the infectious stage of this parasite in their feces. Virtually all cats who hunt outdoors and eat their prey will be exposed to the *Toxoplasma* parasite. Meat that is not fully cooked also can expose the cat (or you) to this parasite. A woman exposed to the parasite for the first time in her life while she is pregnant may miscarry, or her infant may suffer birth defects. **If you are pregnant, get someone else to change the cat litter box daily. If you must clean it yourself, wear disposable gloves, and wash your hands afterward with soap and warm water.**

## Litter Box Guidelines

Do not place the litter box in or near the kitchen or where you eat. Clean the box daily. Wash your hands carefully after changing and cleaning the litter box. Instead of dumping the litter box, the CDC and The Humane Society of the United States recommend using plastic liners that you can seal with a twist tie before discarding them. Inhaling the dumped litter box filler could infect you. Empty the litter box and fill it with boiling water for five minutes at least once a month to disinfect it.



# Toy and Grocery Bingo Winner



## Game 1

Part 1: Melina Nelson (toy & grocery bag)

Part 2: Melina Nelson (toy, grocery bag, turkey)

## Game 2

Part 1: Rose Diabo (toy & grocery bag)

Part 2: Dinah (toy & grocery bag)

Consolation prizes: Taylor Daye and Cina, Hawi Gabriel

## Game 3

Part 1: Sheila Jacobsen, (toy & grocery bag)

Part 2: Samantha Pepin (toy, grocery bag, turkey)

## 50/50 Game

Cheryl Beauvais (\$313.50)

## Game 4

Part 1: Richard Simon, (toy & grocery bag)

Part 2: Hannah Etienne, (toy, grocery bag, turkey)

## Game 5

Part 1: Amy Beauvais, (toy & grocery bag)

Part 2: Louise Nelson, (toy, grocery bag, turkey)

Part 3: Douglas Gabriel, (decorated Christmas tree complete with gifts including Nintendo Switch and a turkey)

Consolation prize, Pasqualina Forcillo (Snow roar, groceries, turkey)

## White Elephant Winners:

Priscilla Mallette, American Girl Doll & accessories

LOL Big Surprise, Jeff Nelson

Manitoba Mittens, Isabelle Nicholas

Spa gift certificate, Annick

Star Wars Lego Set, Shelly Simon

# Are you following your “ABCDE’S” to prevent a heart attack or stroke?

taken from [diabetescarecommunity.ca](https://diabetescarecommunity.ca)

Submitted by Tanya Denis, Diabetes Prevention Support Worker

by Dr. Maureen Clement

**P**eople with diabetes are two to four times more likely to have a vascular “event,” such as a heart attack or stroke. What can you do to prevent this?

There are two types of risk factors: non-modifiable (this means that you can’t change them) and modifiable (this means that you can change them). The more risk factors you have, the more likely you are to have a vascular event. You can’t change your gender (men have a higher risk of a heart attack than woman) or your parents (you are at greater risk if one of your parents had a heart attack before the age of 60). You can’t change your age (your risk increases with age) or your nationality (South Asians have a higher risk).

You can, however, make a difference by changing your modifiable risks, such as quitting smoking, getting exercise, attaining and maintaining an ideal body weight, taking care of your diabetes and taking medication to lower blood pressure or cholesterol, if recommended.

Over the past few years I have written various blogs about preventing heart attacks and stroke in people living with diabetes. This blog will summarize the steps that people can take to live a long and healthy life with diabetes, and reduce their risk of having a vascular event.

## **A: A1C at target**

One very large study in type 1 diabetes (the Diabetes Control and Complication Trial) showed that if your A1C is 7% (vs. 9%) over time, your risk of heart attack is reduced by almost 60%. This is especially true if blood glucose targets are reached early in the course of diabetes. This is known as “metabolic memory:” even if the people with an A1C of 7% and those with an A1C of 9% after the study ended had the same A1C of 8% for 10 years, later on, those who initially had an A1C of 7% continued to have a reduced rate of heart disease.

For type 2 diabetes the link is not as direct for just glucose control alone. However some studies – especially in people who are newly diagnosed – have shown that there is a consistent 15% reduction in heart attacks for those whose A1C is 7%, compared to those with higher A1C levels. Paradoxically, there is an increase in heart attacks in people with type 2 diabetes who have had the disease for a long time (10 to 15 years) and if their A1C target is reached with a lot of accompanying low blood sugars. One thing we have learned from recent studies is that the heart doesn’t like the stress of low blood sugar levels caused by medications such as insulin.

Other studies have shown that how A1C is lowered in type 2 diabetes may make a difference, in terms of which diabetes medications are used. In studies where people with diabetes had already had an event or had many risk factors, two classes of medications were shown to reduce the recurrence of a vascular event: SGLT2 inhibitors (the “pee sugar” drugs and GLP1 agonists such as liraglutide (Victoza®).



## **B: Blood pressure**

The risk of a vascular event is much higher if the person with diabetes also has uncontrolled high blood pressure. Ideal blood pressure for someone with diabetes is 130/80 mm Hg. A reduction of 10 mmHg systolic or 5 mmHg diastolic will reduce coronary disease by 22% and stroke by 41%. There are excellent medications to treat high

blood pressure, and it is very important that people with high blood pressure continue to take their medication and see their diabetes team regularly.

## **C: Cholesterol**

I often hear people with diabetes say, “I’m told that my cholesterol is fine.” The reality is that anyone with type 2 diabetes who is over 40 years old will reduce their lifetime risk of having a heart attack if they take a statin medication to lower their cholesterol level, even if it is not particularly high. There is a benefit to taking the statin earlier (i.e. less than 40 years of age) if the person with diabetes shows any signs of having heart or blood vessel damage, such as diabetic eye disease or protein in the urine.

## **D: Drugs that protect the heart**

As mentioned above, drugs that lower cholesterol also reduce the risk of heart attack. Another type of medication is one that lowers blood pressure but is used in people with type 2 diabetes who are over the age of 55 and have a risk factor for a vascular event, even if they don’t have high blood pressure. The reason is that lowering the pressure in the kidney also seems to be good for the heart. For this medication class – called “ACE inhibitors” and “ARBs” – take a test to see if you should be on them.

## **E: Exercise and eating right**

Risk factors such as obesity or having a sedentary lifestyle also lead to a higher risk for having a heart attack. That’s why regular exercise is important as well as eating a healthy diet. There is also evidence that certain diets can also help reduce the risk of a vascular event.

## **F: Stop smoking**

Probably the changeable risk factor that will make the biggest difference in protecting you against a heart attack is to stop smoking. Diabetes is a disease that involves the blood vessels, and smoke is directly harmful to them. Even though having diabetes is a risk factor for having a heart attack, there are lots of things you can do to lower your risk.



# Christmas 2017

## Rotiwennakéhte lonterihwaienhstákhwa

Photos: Susan Oke



By Amanda Simon,

**S**he:kon Kanehsatakeronon! The children, teachers, and staff at the Rotiwennakéhte lonterihwaienhstákhwa held their annual Christmas breakfast and gift giving by Santa Claus on December 20, 2017. My father in law Adrien Guindon who for 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, was used to provide every student with a Christmas breakfast! I wish to thank Ms. Laurin for her generosity and express our appreciation.

I would like to thank my “secret Santa’s” who are my friends and owners of local business’s of the Kanehsatake community who graciously accepted to provide me with money to purchase age and gender appropriate gifts from my toy supplier. 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 and Elaine Daye 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 lonterihwaienhstákhwa. I have a vast network of friends, confreres and associates whom I intend to engage in next year’s Christmas Drive for Rotiwennakéhte lonterihwaienhstákhwa. Rest assured that I will continue to provide breakfast and gifts for the children!



# KNOW THE SIGNS OF AN OPIOID OVERDOSE.

Anyone using opioids can overdose.

Fentanyl and other dangerous substances are being mixed with other drugs.

## 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** or  
Emergency  
Services

Administer  
**naloxone**  
if you have it

**Stay** with the  
person until  
help arrives

Where to get  
naloxone:

**FREE NALOXONE KITS ARE AVAILABLE  
AT ANY QUEBEC PHARMACY**

If you're experiencing emotional distress and want to talk, call the  
**First Nations and Inuit Hope for Wellness Help Line at 1-855-242-3310.**  
It's toll-free and open 24 hours a day, 7 days a week.

Learn more at [Canada.ca/Opioids](https://Canada.ca/Opioids) | Together we can **#StopOverdoses**



Government  
of Canada

Gouvernement  
du Canada

Canada

# Feb. 28th is Pink Shirt Day: Focus on Cyberbullying

Taken from: <https://www.pinkshirtday.ca/cyberbullying>

## CKNW CHILDREN'S CHARITIES PINK SHIRT DAY

PRESENTED BY 

### CYBER SAFETY STRATEGIES FOR ONLINE & MOBILE SAFETY



1 Use an online nickname that doesn't provide clues to your real identity.



2 Don't open emails from strangers.



3 Don't accept friend invites from strangers.



4 Don't share your personal information (name, family members' names, school, friends' names, age, address, phone number, etc.) with anyone you don't know.



5 Change your passwords regularly, especially if you think someone else might have them. Don't share your passwords, even with friends.



6 Remember to log out of social networking sites like Facebook when you leave a computer.



7 If someone you meet online asks to meet you in person, tell a parent, teacher, or other trusted adult.



8 Never post or forward naked photos of yourself or anyone else.



9 Always use the privacy features of social media sites.



10 Don't share cell phone numbers or email addresses with people you do not know.

#### IF YOU KNOW SOMEONE WHO IS BEING BULLIED ONLINE:

- When you see someone being bullied online, stand up for them.
- Write down or save what you see and when you see it.
- Help the person being bullied understand that they don't deserve to be bullied. You could do this by phoning them, sending them a private message, email or text, or by speaking with them at school.
- Don't encourage bullying behaviour by participating in a bullying conversation thread or, "liking" or forwarding a hurtful comment.

#### IF YOU ARE **BEING BULLIED**

- Don't try to reason or communicate with the person who is bullying you.
- Use the "block" feature to prevent the person from contacting you again.
- Tell a trusted adult or contact the Kids Help Phone web site.
- Save any messages you receive as evidence.



Information provided by  
[redcross.ca/respecteducation](https://redcross.ca/respecteducation)  
Preventing Bullying





*James Etienne*

*Thank you for all of your warm support (cards, food, finances, and snow removal), and kind words during our time of loss of my wonderful husband and great dad, James Etienne who is now rejoicing in heaven. Love and prayers,*

*Mavis Etienne and  
Richard (Rycki) Etienne.*



The UCW Christmas bazaar was a huge success this year. With your help, we raised \$4,335! Thank you to all who volunteered or donated items. A special mention of thanks to Minnie for her socks and slippers and to Frank Nelson for the beautiful bench.

Prize Winners:

Quilt: Jessie Nelson  
Bench: Shawna Etienne  
Small Tie Quilt: Trina Canatonquin

We are encouraged by the increase in volunteers and are truly appreciative of their help.

# Announcements

## Congratulations to our Graduates!

Another year has come to a close, KHRO is happy to have assisted those who have achieved their goals and graduated in their chosen field of study. We here at KHRO send out our heartfelt congratulations to the following graduates:

**Brandi Daye:** Medical Laboratory Assistant/ Technician with Honours at Algonquin Careers Academy

**Alison Joannette:** Health Assistance and Nursing at Centre de formation professionnelle performance plus

**Esther Nelson:** SSET with First Nations Regional Adult Education Center, Kanesatake Satellite School

**Erica Lepage:** SSET with First Nations Regional Adult Education Center, Kanesatake Satellite School

**Joseph Beauvais:** SSET with First Nations Regional Adult Education Center, Kanesatake Satellite School

**Kevin Cataford-Clermont:** Carpentry with Vocational Training Centre CSSMI-SWLSB

**Roxanne Pepin:** Accounting with Centre de formation professionnelle l'émergence

**Ami Lee Hannaburg:** Accounting with CDC Laurier Pont Viau

**Shyann Nelson-Baker:** Web Design with CDI College

Your completion of studies shows your dedication to achieving your goals and is an earmark of your path to future successes! Way to go!



## Congratulations Lorna

Dear Lorna Pilon, we are so happy to have shared the excitement on your graduation from Champlain College, in the First Nations Early Childhood Education Program. We are so very proud of you too! Love you always,

Tota Boo and Tota Russell

## 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

Have a great birthday everyone!

## Shawn

Happy 31st birthday on January 12th to our boy Shawn. Wishing you a great day, all the best for your year. You make us proud every day.

Love you lots,

Mom & Dad

## Maegan

Happy 29th birthday on February 27th to our lovely daughter Maegan. You are a tough young woman. You didn't have an easy time growing up but you turned out to be a beautiful lady. All the best for your year.

Love you lots,

Mom & Dad

## January

**Weedless Wednesday**  
January 24

**Bell Let's Talk Day**  
January 31

## February

**Ground hog Day**  
February 2

**World Cancer Day**  
February 4

**Chinese New Year**  
Feb. 16  
(Year of the Dog)

**Pink Shirt Day**  
February 28



Jan. 5, 19

Feb. 2, 16



Jan. 2, 16, 30

Feb. 13, 27



Jan. 10

Feb. 14



### Emergency Phone Numbers

Fire and Ambulance:  
911

Police Emergency:  
310-4141 \*4141 (cell)

Police Non-emergency  
(w 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 & Play

