



# Karihwí:ios

## Concert & Sugar Shack Outing For the Elders

by Jocelyn "Kitty" Bonspille

March 17, 2016 was a spectacular day for those who attended a concert and an excellent sugar cabin meal held at the Sucrerie du Mont Bleu. Everyone enjoyed themselves listening to the entertainment by two great musician's Florian Costache & Tatyana Davidenko, who took us on a musical tour around the world.

In total 93 people attended, we were joined by the residents from the Riverside Elder's Home, a Big Niawenko:wa to Mary Nicholas who coordinated the accompaniment and rides for the residents.

I also would like to take this opportunity to thank the Kanesatake Health Center and the Director, Joyce Bonspiel-Nelson, for sponsoring this event and to the managers and staff for their support in making this event for the elderly such a success.



Photos: Lynn Cataford Gabriel

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The deadline for the  
**July/August** Issue of

Karihwí:ios is:

*Monday, June 27, 2016*

**karihwíios@hotmail.com**

**Look for the Kanesatake Health Center on**

**Facebook!**



## Mini-Mohawk Lesson

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

Kahèn:ta  
Kahentà:ke  
Kahentowanénhne  
Óhonte  
Awennékeri  
Wennakerákon

Field, meadow, lawn  
On the field, meadow, lawn  
Prairies  
Grass/green  
Hay  
Sweet grass

**Paddle boards, Kayaks  
and Canoes—oh my!**

**Paddling Club Opening  
in June. Stay tuned.**



# June 15th is Elder's Abuse Awareness Day

Taken from: A Training to Raise Awareness and Develop Prevention, Detection and Intervention measures to counter "First Nations Older Adult Mistreatment" by F.N.Q.L.H.S.S.C. and Famille Quebec.

Submitted by Jocelyn "Kitty" Bonspille

## FIRST NATIONS ELDER'S ESSENTIAL NEEDS:

A safe and secure environment close to their relatives and friends with all the support and care they need in order to stay independent as long as possible;

They want their experience to be acknowledged and to actively contribute to family and community life through their knowledge and teachings.

"Older Adult Mistreatment is a single or repeated act of violence or neglect or lack of appropriate action, occurring within any relationship where there is expectation of trust which causes harm or distress to an older person" and there is unintentional and intentional mistreatment.  
\* (Adapted from the World Health Organization, 2002 in MFA Action Plan, 2010)

There are two main forms of mistreatment:

### Violence

Treat an older adult badly or force an older adult to act against his/her will, force and/or intimidation.

### Neglect

Fail to show concern for an older adult, in particular due to a lack of appropriate action for meeting his/her needs.

### Unintentional

The person does not want to harm the older adult or does not understand the harm being caused.

### Intentional

The person who is mistreating an older adult wants to harm him/her.

It is very important—for family, caregivers and various resources—to be able to recognize and distinguish between the various types of mistreatment and to know their harmful effects on the elder.

Elders are most often mistreated by the people they know. In reality, elders subject to mistreatment are generally torn

between the feelings they have for the person causing the mistreatment and the desire to make their situation known.

Any elder can be subject to mistreatment regardless of social status or income. However, the lack of financial resources constitutes a risk factor that can increase elders' vulnerability to mistreatment.

The types of mistreatment are not all exclusive and may be superimposed on one another. We need to be aware of signs of mistreatment but without being tempted to arrive at a conclusion too quickly.

Although the types of mistreatment are present separately, they are often mixed together in reality. Thus, rarely is an elder who is subject to physical violence not also subject to psychological violence.

### Psychological Mistreatment:

Gestures, words or attitudes which harm psychological well-being or integrity:

### Violence:

Emotional blackmail, manipulation, humiliation, insults, infantilization, belittlement, verbal and non verbal threats, disempowerment, excessive monitoring of activities, etc.

### Neglect:

Rejection, indifference, social isolation, etc.

### Signs of possible psychological mistreatment:

- Fear
- Apathy
- Anxiety
- Symptoms of depressions
- Withdrawal in oneself
- Hesitation to speak openly
- Mistrust
- Interacts fearfully with one or more persons
- Rapid decline of cognitive capacities
- Suicidal ideas
- Suicide

*\*Psychological mistreatment is probably the most frequent type of mistreatment; it very often accompanies the other types of mistreatment.*

### Physical Mistreatment:

#### Violence:

Shoving, bullying, hitting, burning  
force-feeding  
inappropriate use of restraints  
(physical or chemical).

#### Neglect:

- Deprivation of reasonable conditions for ensuring comfort or safety
- No support provided for eating, getting dressed, hygiene or taking medication
- inadequate administration of medications when one is responsible for another
- person in a situation of dependency, etc.

### Signs of possible physical mistreatment:

- Bruises
- Injuries
- Weight loss
- Deterioration of health
- Poor hygiene
- Undue delay in changing of incontinence pads
- Skin conditions
- Unsanitary living environments
- Atrophy
- Use of restraints
- Premature or suspicious death

Please keep in mind that the signs must be evaluated before they can become indicators; do not jump into conclusions.

### Sexual Mistreatment:

Any gratuitous gestures, actions, words or attitudes with sexual connotations, which are harmful to their sexual well-being, integrity or identity.

#### Violence:

Suggestive comments or attitudes, non-recognition or denial of sexual orientation jokes, insults with sexual connotations, promiscuity, exhibitionist behaviors, aggressive actions of a sexual nature, unwanted touching or caresses, nonconsensual sex.

Elder Abuse continued on page 4

**Neglect:**

Deprivation of privacy, or denial of sexual orientation.

**Signs of Sexual Mistreatment:**

- Infections genital and / or wounds
- Anxiety when being examined or given care
- Mistrust
- Withdrawal into oneself
- Depression
- Sexual disinhibition

**Financial Mistreatment:**

Is a fraudulent, illegal, unauthorized or dishonest acquisition or use of the person's property or legal documents; absence of information or misinformation on financial or legal matters.

**Violence:**

- Pressure exerted to change a will
- Bank card used without consent
- Excessive price demand for services provided
- Misappropriation of money or assets
- identity theft

**Neglect:**

Failure to manage the person's assets in his/her best interest or to provide for those under one's responsibility, failure to evaluate the person's capacities, understanding and literacy in financial matters.

**Question :** Is it acceptable to receive money from a parent whom you are helping out?

It is acceptable if the parent is competent and is in agreement and the needs of the parent are met also the amount is fair in terms of parent's financial resources.

**Signs of Possible Financial Mistreatment:**

- Unusual banking transactions
- Disappearance of valuable objects
- Lack of money for ongoing expenses
- Limited access to information about management of the person's assets

FRAUD is a form of exploitation that is occurring more and more often. An individual relies on the trust that the elder

has in him or an institution in order to trick the elder out of his money. Examples; Mass Marketing, internet, identity theft, telephone solicitation, payment method fraud. Financial fraud may be difficult to spot, people who engage in fraud are using more diversified methods.

Please keep in mind; financial mistreatment can influence elders' ability to carry out their daily responsibilities. Elders who present a form of dependency on someone else (physical, emotional, social, etc.) are more at risk of being victims of this type of mistreatment.

**Violations of Rights:**

Is a an infringement of individual & social rights and freedoms;

**Violence:**

- Imposed medical treatment
- Denial of the rights to choose, vote, enjoy one's privacy, take risks, receive telephone calls or visitors, practice one's religion, live one's sexual orientation, etc.

**Neglect:**

- Non-information or misinformation concerning the older adult's rights, failure to provide assistance in exercising his/her rights, non-recognition of his/her capacities.

**Signs of Possible of Violation of Right:**

- Preventing the older adult from participating in the choices and decisions affecting him/her
- Not respecting of the decisions made by the older adult.
- Answers given by a family member to questions addressed to the older adult
- Restriction of visits or access to information
- Isolation
- Complaints

Violation of rights is an issue in all types of mistreatment. Everyone fully retains their rights, whatever their age. Only a judge can declare a person incompetent and appoint a legal representative. Persons declared incompetent still retain their rights, which they can exercise to the extent of their capacities.

**Organizational Mistreatment**

(Care and Services)

Any harmful situation created or tolerated by the procedures of institutions responsible for providing care and services, and which compromised the users' exercise of their right and freedoms.

**Violence:**

Organizational conditions or practices leading to non-respect of user's choice or rights, lack of personalized care, failure to adapt the institution and services to the individual, etc.

**Neglect:**

Lack of resources (budget,time,staff) and services, inadequate training of staff. Etc.

**Signs of Possible Organizational Mistreatment:**

- Treating the person as a number
- Largely inflexible care schedule
- Needs not met
- Failure to provide assistance for meals or hygiene care
- Undue delay in changing of incontinence pads
- Wounds
- Deteriorating health
- Inadequate care, etc.

Where organizational mistreatment is concerned, it is important to look critically at the shortcomings of the system, which could harm elders' rights. It may be necessary to advocate for the rights of older adults. Each organizational structure has a complaints procedure.

**Risk factors for the elderly and /or person who (allegedly) mistreat.**

- History of violence
- Relation of dependency on another person
- Strained or difficult family ties
- The elder and the abuser live together
- Presence of cognitive losses
- Crisis situation or intense stress
- Addictions (drugs, alcohol, gambling)
- Minority status
- Social isolation
- Disruptive behaviors
- Insufficient financial resources

# Parenting Corner

By Crissann Thompson, Family Support Worker

## “Being involved makes a difference.”

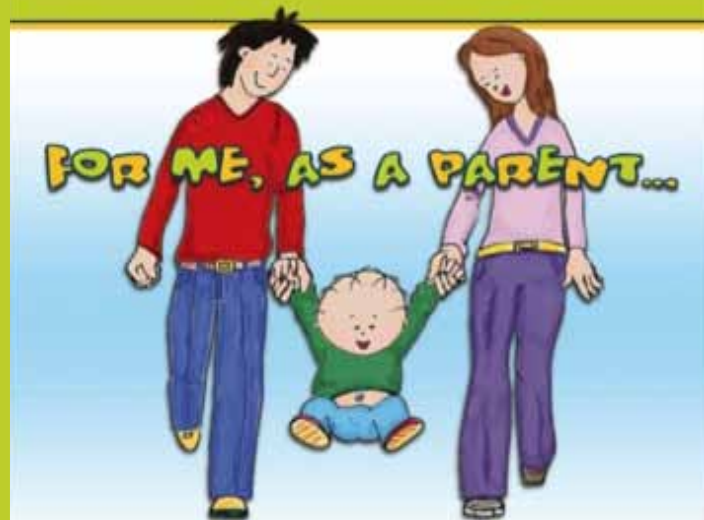
Thinking back to when you were a child, what were some of the most meaningful ways your parents/ parent connected with you? For me, the most powerful memories I have are when they were teaching me new things. How to grow a garden, how to keep a home, everyday lessons found in all the little activities we would do as a family.

For some it might be remembering how their parents supported them during their years of playing sports, or when you wanted to take up acting or singing and your parents listened to you sing or act the same song or skit over and over again. Parents

who are involved with their children make all the difference to their children. When a child feels supported they gain confidence, and when a person is feeling confident, they can achieve anything they set their minds to.

Even if a parent can't be full hands on, just being there and supporting your child no matter what their age, will contribute to the person they will become.

Think of it as a long term investment, everything you put in now will pay off later on in the future. There is nothing greater than a nation which has strong and confident youth. After all, they are our future. Make your investment now, be involved. They will thank you later.



## Kanesatake Health Center Inc.

*Presents,*

## For me, as a parent.

**Program Facilitator:**

**Crissann Thompson  
MCH Family Support Worker**

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

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

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

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# First Nations Leadership Camp

By Zivile Jurkus, Guidance Counsellor Ratihente HS

From March 14 to March 19th, two grade eight students from Ratihente High School attended the First Nations Leadership camp for youth in Quyon, Quebec, near Ottawa.

Karihohtstha Cupples and Madison Hunter were selected to attend the leadership camp organized by the New Pathways Foundation, in collaboration with Breakfast Club of Canada, First Nations of Quebec and Labrador Health and Social Service Commission and the Tim Hortons Children's Foundation.

Run by enthusiastic facilitators and experienced counsellors, the camp focused on providing positive experiences and workshops focused on cooperation, discovery, sports, building strong self-esteem and cultural awareness.

Karihohtstha and Madison had "an amazing experience" and found the facilitators to be "very nice and always helpful." One of the best parts of the leadership camp for both was meeting peers from different communities such as Algonquin (Kitigan Zibi), Mi'kmaq (Listuguj), and Abenaki, Cree, and Innu communities.

Karihohtstha learned a great deal about leadership and cooperation from the team building activities, outdoor sports and group discussions. Madison's favorite activities during the camp included the "jeu de roche" game (similar to capture the flag) and the team obstacle course competition. These games allowed them to meet new people, learn how to work as team while participating in fun, fast paced activities.



Madison and Karihohtstha talked about the various cultural-artistic activities at the camp, which included drumming and Pow Wow dancing, important components of their cultural heritage.

Participating in the Talent Show one evening was a nerve-racking experience, but both Karihohtstha and Madison were happy that they challenged themselves to get out of their comfort zones. Despite being nervous, Karihohtstha sang in front of the whole group of campers and was happy with her performance and the audience's positive response. Madison, overcame her shyness, and did a dance on stage with her group. She was proud of having the courage to perform in front of a group. The week long leadership camp was an incredible experience for our students!

# Foot Care Awareness; Know the Signs



Submitted by Natasha Palinkas, RN

## Tips for maintaining healthy feet

The goal of this article is to increase awareness about general foot health and promote self-care. A quick assessment of foot care needs can be made by a nurse, only if certain medical conditions exist. Please remember, foot care concerns the health of your feet. It is not a pedicure, or beauty treatment. If you suspect you may have problems with your feet and you would like an assessment, please contact a nurse at the health center.

- Examine your feet every day (use a small hand held mirror if needed)
- Wash your feet daily in warm water with a mild soap
- Dry your feet well, especially between your toes.
- Moisturize every evening at bedtime, use a tissue to get into the spaces between your toes.
- Wear good fitting shoes and whenever possible wear cotton socks.

## Know the signs

Know the signs	Are your feet...	What can you do?
	<ul style="list-style-type: none"><li>• Numb, painful or tingling?</li><li>• Do your feet feel like blocks of wood?</li></ul>	<ul style="list-style-type: none"><li>• Control your blood glucose (sugar) levels.</li><li>• Have a health-care professional trim your toenails and care for the skin on your feet.</li><li>• Have your shoes professionally fitted.</li></ul>
	<ul style="list-style-type: none"><li>• Changing shape?</li><li>• Is one foot different than the other?</li><li>• Any change is important.</li></ul>	<ul style="list-style-type: none"><li>• Avoid too much walking.</li><li>• Visit your health-care professional as soon as possible.</li><li>• Have your shoes professionally fitted.</li></ul>
	<ul style="list-style-type: none"><li>• Dry, callused or cracked?</li><li>• Do they have sores or blisters?</li></ul>	<ul style="list-style-type: none"><li>• Changes to your skin should be seen by a health-care professional.</li><li>• Wash a sore or blister with warm water; dry well, and cover with a bandage. See a health-care professional today.</li><li>• Avoid walking on your foot as it heals.</li></ul>

Please continue to check your feet every day for any changes or signs of injury.

If you have answered YES to any of these questions, please see a health-care professional as soon as possible. Be sure to tell him/her that you have diabetes. Avoid using over-the-counter treatments unless directed to by a health-care professional.



# High Blood Sugar



**DROWSINESS**



**INTENSE THIRST**



**EXCESSIVE HUNGER**



**INVOLUNTARY WEIGHT LOSS**



**IRRITABILITY**



**INCREASED URINATION**



**DIZZINESS**



# Hyperglycemia and Type 2 Diabetes

Submitted by: Tanya Denis Diabetes Prevention Support Worker.

**W**hat is hyperglycemia? It's another word for high blood sugar (high blood glucose). Hyperglycemia can cause health complications in people with diabetes. Several factors can contribute to high blood sugars, such as poor eating habits, being inactive, illness or not getting the right dosage of insulin. Diabetic people should test their blood sugar regularly. You may not feel the symptoms of high blood sugar.

## High blood sugar: short term symptoms

- Excessive thirst
- Excessive urination
- Increased urination at night
- Blurry vision
- Sores that won't heal
- Fatigue
- Eating more carbohydrates (sugary foods).

High blood sugar or hyperglycemia is rarely noticeable. Symptoms can develop over days or weeks. The longer you allow this to go on untreated the more severe the problem may become. How can it be treated? By managing your diabetes, checking your blood sugar level often and then recording the numbers in a log book. By doing this your doctor can monitor your bloods. Getting active and moving is the best and most effective way to keep your blood sugar levels down. But before you start any exercise program, you need to talk with your doctor if you're on medication (insulin, and/or pills), or if you have complications, such as, nerve or eye damage. Meeting with a dietitian or nutritionist can help you with high blood sugars. Good eating habits and exercise will control your high blood sugars.

## Untreated high blood sugars can cause serious complications.

- Nerve damage
- Kidney damage
- Cardiovascular disease
- Eye disease
- Foot problems caused by nerve damage
- Skin problems, such as bacterial and fungal infections.

**Seek medical treatment right away to control your high blood sugar.**

*Information source: Health Line by Peggy Pletcher, MS, RD, LD, CDE.*

## Greek-Style Chicken Sandwiches

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

The fresh taste of lemon elevates this chicken sandwich to a whole new level. The taste sensation continues with crisp red pepper and fresh cilantro. This lunch standby goes from ho-hum to hello there.

Prep Time: 20 minutes

Cook Time: no cooking needed

750 mL (3 cups) shredded cooked chicken breast meat (about 330 g/11 oz)

2 green onions, thinly sliced

1 small red bell pepper, diced

45 mL (3 tbsp) chopped fresh cilantro or basil

2 mL (1/2 tsp) grated lemon rind

30 mL (2 tbsp) lemon juice

45 mL (3 tbsp) 0% fat plain Greek yogurt

30 mL (2 tbsp) light mayonnaise

125 mL (1/2 cup) light crumbled feta cheese (optional)

1 mL (1/4 tsp) fresh ground pepper

12 thin slices dense pumpernickel rye bread

or whole grain bread

6 leaves lettuce

In a large bowl, combine chicken, onion, red pepper and cilantro. In a small bowl, whisk together lemon rind, juice, yogurt and mayonnaise. Stir in feta, if using and pepper. Pour over chicken mixture and stir to combine. Divide among 6 of the bread slices and top with lettuce and remaining bread. Cut in half to serve. Makes 6 sandwiches.

### Tips:

Little chefs can help stir together the salad ingredients and assemble the sandwiches.

This sandwich can be served on whole grain pita pockets or tortillas.

Add more colour and crunch by tucking in chopped cucumbers and tomatoes.

To quickly cook chicken: Bring 500 mL (2 cups) sodium reduced chicken broth and 250 mL (1 cup) of water to simmer. Add 3 skinless chicken breasts (bone in) and poach for about 15 minutes. Use a digital food thermometer to check that chicken has reached an internal temperature of 74°C (165°F). Let cool until easy to handle and using fingers remove meat from bones. Tear meat into shreds or chop finely for the recipe. You can also use leftover roast chicken or turkey for this sandwich.

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

# AMI-QUEBEC

(Action on Mental Illness)

## Support Groups

MAY/JUNE

\*These support groups are for family and people living with mental illness.

### Anxiety:

May 9th and June 13th

### Bipolar:

May 30th and June 27th

### Depression:

May 9th and June 13th

### Hoarding:

May 30th and June 27th

### Obsessive Compulsive Disorder:

May 16th and June 20th

*Support groups take place from 7:00-8:30 PM at 4333 Côte Saint Catherine. Registration not required.*

For more info:

amiquebec.org

info@amiquebec.org

(514) 486- 1448

1-877-303-0264



## Congratulations Savannah Matteini Gabrieli

Graduating from Lake of Two Mountains High School, an Honour Student many times. Best wishes for success in your post secondary education. Proud of you!

From Auntie Violet and Uncle Denis

## Savannah Gabriel Matteini

June 2, 2016

Happy birthday wishes to my favourite Niece in the world! I love you and I'm so proud of you. Have a wonderful 17th birthday. I hope all your dreams come true because you deserve them.

Look up in the sky and know that the stars which shine the brightest are yours.

Hugs baby girl

Aunty Myrna xx

Wishing my 2 grandchildren  
a fabulous birthday!

## Wahsontine Savannah And Bronson!

Enjoy your day and have fun.

Kanoronkwa

Tota & Tota John

## Bronson Gabriel Mattieni

May 29, 2016

Happy birthday Bronson! I love you more than you'll ever know and I hope you get all that you dream for because you're ever so deserving of it too. When the sun shines, know that it's bright because you are the beacon that it finds. Enjoy your day and have fun! xx

Aunty Myrna x



## Jarred

By the Jesus, look who's turning 16!! Where have the years gone? You went from my sweet little baby boy to such a handsome young man in the blink of an eye. It makes me sad to see you're not my little anymore, but proud to see where you've come from to where you are now. Your our Klun, our Frydae and we couldn't be more proud of your accomplishments and hard work this year. You're the funniest kid I know and we love to see that smile and hear that laugh. Never stop trying to reach for those goals and always believe in yourself. You are incredibly smart and can do great things when you put your mind to it. We hope you have a kickass birthday and eat a dang quasadilla! Love always, Mom, Rob, Sittler boy and Sindy!!

P.S. Aaaahhhhhh my bad leg LOL !!!!!

## Happy Graduation Savannah & Silver!!

Great work and much perseverance to you both! Good luck with college, Aunty Awesome is just a phone call away!

Love you both,

Have fun!

Aunty Myrna

## Happy Graduation Wahsontine Savannah Matteini June 2016

Here's some happy graduation wishes for my granddaughter Wahsontine on her high school graduation! We've seen you through your years of elementary and high school, each year getting closer to this very last! As you embark on your new adventures at Vanier College, know that you have a big fan club here cheering you on. When you need help we are always in reach.

You make us proud.

Love Tota and Tota John.

# Announcements



**Geraldine Montour**

June 3

I would like to wish a very Happy Birthday to my grams! So full of life, love and laughter! You mean the world to our family!

With lots of love,  
Crissann



**Jeff and Kelly**

Anniversary

Happy anniversary to my awesome hubby, Jeff. Twenty-two years together, 15 years legally, lol.

Love you forever & always,  
Kelly



**Tewehshon Patience Aria**

June 6

Happy birthday to our baby who turns 5! Time flies! Keep being the little tornado that keeps us on our toes. We love you.

Mommy, Daddy, Babby, JoJo, Gus & Kaliyah

## Health Center Birthdays

**Joyce Bonspiel-Nelson**

May 2

**Susan Oke**

May 8

**Crystal Diabo**

May 26

**Tim Cree**

June 22

Happy birthday everyone!

A very happy birthday to **Bronson**, who turns 15 years old, May 29th.

May all your hopes and dreams come true.  
Love Mom & Dad



**Kaliyah**

June 1

Happy 7th birthday to our beautiful, smart, & sweet Wahiano:ron Kaliyah Lexis.

Love always, Momma, Daddy, Babzaloo, Jojo  
Gus Gus & Pudge



Congratulations

Savannah Matteini-Gabriel

June 2016

We are excited to announce that our daughter is graduating from high school. She's made us proud on so many levels. We are proud of your early acceptance to CEGEP and we are excited about your attending Vanier College in the fall, in the field of business management.

Happy birthday to you too, June 2nd  
Love, Mom & Dad



**Kahsennine**

Congratulations Kahsennine Nelson on a superb ringuette season; undefeated in provincials and making Team Quebec Junior "A": U16, to compete in the Eastern Canadian Championships in ringuette and bringing home a bronze medal. We are so proud of the exceptional athlete, and young lady you have become.

From your biggest fans,

Mom (Kelly), & Dad (Jeff)  
And all your sisters

# May

Cystic Fibrosis Month

Foot Health Awareness Month

Food Allergy Awareness Month

Safe Kids Week

May 30-June 5

World Asthma Day

May 3

National Child and Youth  
Mental Health Day

May 7

Mother's Day

May 8

International Nursing Day

May 12

Victoria Day

May 23

World No Tobacco Day

May 31



May 3, 10, 17, 24, 31



May 13, 27

# June

Stroke Awareness Month

Brain Injury Awareness Month

World Environment Day

June 5

Men's Mental Health Awareness Day

June 14

World Elder Abuse Awareness Day

June 15

Father's Day

June 19

National Aboriginal Day

June 21

St-Jean Baptiste Day

June 24



June 7, 14, 21, 28



June 10, 24



## 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.

## All payment dates for Old Age Security Pension

May 27, 2016

June 28, 2016

July 27, 2016

August 29, 2016

September 28, 2016

October 27, 2016

November 28, 2016

December 21, 2016

**Congratulations to  
all our graduates!**

**Please  
celebrate  
safely and  
respectfully.**

**Don't drink and  
drive.**

**Don't text and  
drive.**