



# Karihwi:ios

## BFI Program Wins Innovation Award!



Photo courtesy of MNP



By Susan Oke

The KHCs Baby Friendly Initiative is the recipient of the First Nations Community Innovation Project award. The award was handed out at the First Nations Health Managers conference, held in Banff, Alberta from November 12-15.

The award was given for the ongoing work in the field of breast feeding support. Our BFI team recently completed the Breast Feeding Support Toolkit and officially unveiled it at their Train the Trainer Regional Workshop earlier this year. The toolkit has been a big success and has garnered provincial and national interest.

The Kanesatake Health Center has been officially designated as Baby

Friendly since December 2012. It is the first aboriginal health center in North America to receive this distinction from the World Health Organization and Unicef for the promotion, protection, and support of breastfeeding.

The award was accepted in person by our Executive Director, Joyce Bonspiel Nelson; FLS Child & Family Services Manager, Karennahawi McComber; and Baby Friendly Coordinator Crissann Thompson. "I was honored to accept this recognition." said Karennahawi McComber.

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

Friday, January 12, 2019

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



#### Old Age Security and Canada Pension Plan

payment dates 2018

**November 28, 2018**

**December 20, 2018**

## KHC Notes:

This summer and fall has been an eventful one at KHC as a couple of long time staff members have left. We said good bye and good luck to our Water Quality Monitor, Tim Cree and to Dave Belisle, our Community Support Worker. We also said good bye to Nathalie Gelin. However, we welcome two new Child and Youth Monitors, Kassandra Bonspiel and Katstitsaronkwas Jacob—both these ladies previously worked at Crime Prevention. We are also currently looking for a new Water Quality Monitor and a new In-Home Support Worker, so stay tuned for more introductions.

In case you didn't know, we are in the long overdue process of redoing our website. It's being redesigned by Shyann Nelson Baker who is at KHC on a project. The website will be streamlined and most of the interaction will be on our Facebook page.

Please note, our last day of work before the Christmas break is Friday, December 21st. We will reopen on Monday, January 7th.

### Weekly Flu Vaccination Clinics

If you don't get to our health fair andw haven't had a chance to get your flu shot yet, please make an appointment with the Kanesatake Health Center.

We have flu vaccination clinics every **Wednesday morning from 9:00 am - 12:00 pm**. These Wednesday clinics will continue throughout November and December.

Please remember to wash your hands frequently to help stop the flu from spreading. Try not to touch your face or rub your eyes. Get plenty of rest and try to eat well balanced meals.

*If you already have the flu:*

- Stay home and rest
- 
- Keep your distance from family members
- 
- Cough or sneeze into your elbow.

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# Marijuana: What parents need to know

<https://www.caringforkids.cps.ca/handouts/marijuana-what-parents-need-to-know>

Submitted by Karen Macinnes CHN

**M**arijuana is the most commonly used drug by Canadians between 15 and 24 years old. Even though some young people think marijuana is harmless, it actually has serious risks.

Because the bodies and brains of young people are still developing, marijuana can be harmful to them. Used regularly, marijuana can trigger changes and damage to the brain.

Marijuana also impairs judgment and coordination, so users are at higher risk of injury, especially if they use it while (or before) driving.

## What is marijuana?

Marijuana is the drug made from the flowered buds, leaves and stems of the Cannabis plant. Marijuana goes by many names, like pot, weed, dope, grass and Mary Jane. Marijuana is most commonly smoked, but it can also be vaped with an e-cigarette, or infused into foods.

## What are the short-term effects of marijuana?

When marijuana is smoked, THC (the main active chemical in cannabis) goes from the lungs into the bloodstream and the brain, causing a “high”. Short-term effects can include:

- a sense of euphoria, feeling intense happiness and relaxation,
- difficulty thinking and problem solving,
- short-term memory loss,
- lack of coordination,
- distorted perception,
- hunger,
- lightheadedness or drowsiness,
- paranoia and/or anxiety.
- 

Using marijuana before or while driving makes a person more likely to be in a collision.

## What are the long-term effects?

A young person’s brain continues to develop into their early 20s. Using marijuana regularly can cause brain changes and permanent brain damage. Long-term, regular marijuana use has been associated with a variety of problems and risky behaviours.

### Mental health:

- Depression
- Anxiety
- Psychotic illnesses (losing touch with reality)

### School performance:

- Difficulty concentrating, remembering things, and solving problems
- Falling behind in class
- Grades dropping
- Dropping out of school

### Substance abuse:

- Heavy drinking
- Cigarette smoking

### Cancers and lung disease

- Cancers of the lung, esophagus, mouth, throat, kidney, bladder, pancreas, and stomach
- Chronic bronchitis and emphysema
- 

Over the past few years, experts have observed withdrawal symptoms from quitting marijuana, which indicate that marijuana can be addictive. Marijuana currently available on the streets is 2 to 4 times stronger than it was in the 1970s.

## How do I know if my child is using marijuana?

Some signs to look out for:

- Spends less time with friends and family, or has a recent change in friends
- Seems moodier
- Skips classes or his grades are slipping
- Loses interest in hobbies/sports
- Has red or glassy eyes, at times
- Smells like marijuana (skunky)
- Owns pipes, bong, rolling papers, etc.
- Suffers regular injuries

## Is it safe to drive while or after using marijuana?

No. Like alcohol, marijuana impairs your judgment and coordination. It makes it difficult to stay in your lane, judge speed and time.

## How can I protect my younger children?

If you use any form of marijuana, keep it well out of reach of children. Younger children can accidentally ingest marijuana or marijuana-infused foods that look like desserts or candy. Unintentional ingestion can cause overdose symptoms like severe drowsiness and breathing problems. If this happens, your child needs urgent medical care and may need to be hospitalized.

## What can I do if my child uses marijuana?

- Don’t panic.
- Let your child know that you care and that you want to make sure that they have correct and up-to-date information about the risks of using marijuana and the problems it can cause.
- Have an open discussion about the risks of marijuana on their developing brain.
- Make sure they understand the dangers of driving after or while smoking marijuana.
- A health professional like your family doctor or paediatrician can help as well. The Canadian Paediatric Society recommends that young people do not use marijuana.

# Kanesatake Schools Celebrate Harvest



Photo: Melinda Stenberg

By Debbie Rennie & Scott Traylen

**O**n Friday, Oct. 12<sup>th</sup>, Rotiwennakéhte School hosted the 3<sup>rd</sup> annual Harvest Celebration for the schools. This event has grown considerably over the past few years with this year's celebration attended by well over 150 family and community members. Students from both schools attended along with children from Daycare and Learn & Play.

Our precious little ones remained in the Nursery classroom and started the celebration reciting the Ohenton Kariwahtekwen followed by singing and an art activity with the seeds from the Three Sisters.

The remainder of the elementary and high school students gathered in the Oral Traditions room for an explanation of the meaning of Harvest by our elders, Shakoiehwáthta (James Smith Nelson) and Onawario (John Cree). This year, we also had the good fortune to have RahskWeiontha (Randy Etienne) perform the Ohstowa'kó:wa for us which made the occasion even more meaningful.

Following the morning teachings, the students and guests gathered in the gym for the Harvest Feast. Grand Chief, Serge Simon, welcomed everyone and introduced the visiting Consul-General from the United States, who then said a few words.

A special thank you goes to Kanehsatake's own, Keith Nelson, for doing a fantastic job catering a considerable portion of the meal. As well, we are also very grateful for the generous donation of moose meat by Teiawenniserate (Jeremy) Tomlinson and to our hard-working cafeteria ladies for making the delicious stew with it.

An event of this magnitude would not possible without the combined effort of many. In no particular order we would like to say Nia:wenko:wa to:

Our high school students who helped serve the little ones and then participated in the clean-up. You truly exemplified the notion of leadership by example.

Gloria Tsohtohnhien Nelson for making the hash

Kanehsatake Crime Prevention for the fry bread

Grade 6 for the corn bread

Parents who donated veggies and deserts

Darryl Cupples, Rahnekenhawi Cupples, Karihohetstha Cupples and Rahsontahawi Gabriel for coordinating the social.

Julie, JoAnne, Irene, Louise and Victor for the clean-up

Hawi McComber and the Health Center for the support they provided helping to organize the social

To our teachers and non-teaching professionals for their work serving the meal

It is important to make every effort not to omit anyone when expressing appreciation and gratitude. Therefore, a huge Nia:wen goes out to all who contributed in any way to the success of this event.

# Health Center Calendar: November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All clinic dates and times are subject to change or cancellation. Please call us ahead of time if you need to cancel an appointment, we have patients waiting for your spot.				1	2	3
4	5 Dr. Moisan	6 Blood Clinic 7:00-9:00 am	7 Dr. DeBroux 1/2 day	8 Dr. Moisan Blood Clinic 8:00-9:00 am Foot care with Solange	9 Dietician, Vinita Rawat	10
11	12 KHC CLOSED	13 Dr. Dumont-Maurice Blood Clinic 7:00-9:00 am	14 Dr. DeBroux 1/2 day	15 Dr. Moisan Blood Clinic 8:00-9:00 am	16 Dr. Saba	17 HEALTH FAIR & Vaccination Clinic
18	19 Dr. Moisan	20 Dr. Dumont-Maurice Blood Clinic 7:00-9:00 am	21 Dr. DeBroux 1/2 day	22 Dr. Moisan Blood Clinic 8:00-9:00 am Foot care with Solange	23 Dietician, Vinita Rawat	24
25	26 Dr. Moisan	27 Blood Clinic 7:00-9:00 am	28 Dr. DeBroux 1/2 day	29 Dr. Moisan Blood Clinic 8:00-9:00 am	30 Dietician, Vinita Rawat	

# Health Center Calendar: December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Our last day of work before Christmas will be Friday, December 21, 2018. The Kanesatake Health Center will be closed for the Christmas holidays from December 24th until January 4th. We will reopen on Monday, January 7, 2019.						1
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23	24	25	26	27	28	29
30	31					

## Crossfit Kinesiologist: Simon-Pier Dubois



By Julie Anne David

**K**inesiology is the science of movement and it has an impact on a vast population, such as; infants, young adults, and the elderly. In addition, by supervising people during exercise he can have an impact on several conditions such as metabolic diseases, cardiovascular and neurological diseases.

Aged 33, Simon-Pier graduated from the Université du Québec à Trois Rivières (UQTR) in kinesiology with a major in Clinical Massotherapy. Former football player, Simon-Pier had to leave football due to injuries, hence why he chose to do these studies in kinesiology to help people to progress in their rehabilitation through exercise as well as massage therapy treatments.

Having the opportunity to work in several spheres of health, Simon-Pier was fortunate to work for Bombardier as a workstation analyst and ergonomic task evaluator. He worked for a primary school in a disadvantaged area as part of a program for children with delays in psychomotility. He also worked as a physical trainer for the Trois-Rivières University hockey team during his studies.

One of the reasons why Simon-Pier decided to work in cooperation with Kanehsatake Crossfit is simple, the mission for a kinesiologist is to get people moving through physical activity. This has been accomplished through CrossFit classes, workshops, and fun sports events such as the triathlon. Everyone knows that the Kanehsatake community is lacking in knowledge and strategies to fight the many health problems that it has. That's why Simon-Pier is very excited to be part of one of the solutions to get people moving.

## Basic Foot Care



**While you are waiting for your foot care appointment.**

**Wash your feet in warm water daily.**

**Use a mild soap.**

**Dry your feet very well.**

**Especially between all your toes.**

**Trim your long nails straight across. Do not cut like rounded fingernails.**

**Apply lotion to our feet after they are dry.**

**Rub in the excess lotion.**

**Wear fresh clean socks every day.**

**Wear well fitting shoes that are not tight.**

**(Adapted from Diabetes Canada)**

# COLD OR FLU

## KNOW THE DIFFERENCE

The flu and a cold can have similar symptoms. The difference is how intense they feel and how common they are. In general, symptoms of the flu appear quickly, while symptoms of a cold happen slowly.

### COLD

You may feel chills but fever is rare

Cough, chest discomfort  
(mild but may last a while)

Body aches & pains  
(mild)

Tiredness  
(you can still do your daily activities)

Headache  
(mild)

Sore throat

Stuffy, runny nose, sneezing



### FLU

Fever

Cough, chest discomfort  
(dry cough can be severe)

Body aches & pains  
(can be severe)

Bedridden  
(you may feel extremely exhausted)

Headache  
(can be severe)

Sore throat

Stuffy, runny nose



### COMPLICATIONS CAN INCLUDE...

- + Lung infections
- + Throat infections
- + Ear infections
- + Sinus infections

**People experience symptoms differently. If your symptoms get worse or persist, see your healthcare provider.**

### COMPLICATIONS CAN INCLUDE...

- + Pneumonia
- + Pre-existing health conditions getting worse (such as asthma)
- + Hospitalization
- + Death

TO LEARN MORE, VISIT [CANADA.CA/FLU](https://canada.ca/flu)

# Kanesatake Halloween 2018

Text and Photos: Susan Oke

Halloween is really big in this community. There were a lot of scary people, scary pumpkins, haunted houses and a scary amount of candy given to all the ghouls and goblins, or princesses and superheroes. Festivities started a few days before Halloween, when the KHC Dept. of Child and Family Services partnered with the Ratihente High School 2019 graduating class to put on a haunted house and spooky carnival. With all the activities and scariness of the haunted house, you could say the event was a screaming success! On October 31st the health center handed out candy to all our visitors from Learn & Play and from Tsi Rontswatakhwa Daycare. There was plenty of leftover candy for the staff and visitors—for several days, and the result just might be a few scary extra pounds.





# CERTIFICATION ASP CONSTRUCTION

**Two weekends in a row in 2019:**

**January 12 and 13 AND January 19 and 20**

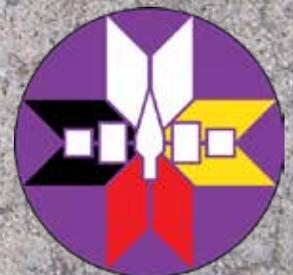
**Each Day Starts at 8:30 AM until 4:30 PM**

**Cost of Course: \$280/student**

**Deadline to Register: January 7, 2019**

Contact Tobi Diabo at the First Nations Regional Adult Education Center  
for more information 450 635-6352

Lunch will NOT  
be provided - please  
bring a brown bag  
lunch.



# Know How to Recognize an Opioid Overdose

Anyone using opioids, even in small amounts, can overdose.

Fentanyl and other dangerous substances are being mixed with or disguised as other drugs like heroin, oxycodone, cocaine and ecstasy/MDMA.

## 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 your local emergency number

Ask festival staff for **HELP**

Administer **NALOXONE** if you have it

**STAY** with the person until help arrives

The Good Samaritan law can protect you from simple drug possession charges. You have the power to save a life.

**KNOW MORE**

DRUGS: GET THE FACTS.  
KNOW THE RISKS.

Together we can **#StopOverdoses**

Learn more at [Canada.ca/Opioids](https://Canada.ca/Opioids)



Government of Canada

Gouvernement du Canada

Canada

# Announcements

## One Hundred Years Celebration!



**Amanda Simon**  
Happy birthday!

December 31 will mark the birthday of a fabulous friend of mine. She's classy, smart and she's got one of the biggest heart you'll ever find. Happy Birthday my friend, Amanda Simon

From Angela



**Caira**  
November 16, 2018

Congratulations to Caira Karihwenhawi Nicholas on receiving her vocational certificate in the printing program from Rosemont Technical Institute. Happy to celebrate this occasion with her on her 22nd birthday.

Love from your mama , baba and family.

Health Center Birthdays

**Jocelyn "Kitty" Bonspille**  
November 4

**Tanya Denis**  
December 4

**Robert Marcheterre**  
December 16

**Shirrillean Nelson**  
December 25

Happy birthday everyone!



On August 4, 2018, Irene Dorothy Angus turned 100 years old.! Warm wishes for your birthday. Her Majesty Queen Elizabeth II and The Honorable Governor General Julie Payette have both sent a letter to mark the event.

Irene's children; Louise, Lorraine, and Philippe, want to thank the personnel at the Riverside Elder's Home for their large contribution in making the event possible. Arlene Thevonot did the prayer for the meal; Amanda Nelson did the beautiful setup of the festive decorations; the cooks; Gisèle, Francine, and Robert made a special menu, including a delicious three-piece birthday cake.

The children also want to thank the guests for their presence, in spite of the bad weather and for their generous contribution too.

God Bless you all!  
The Family



## Mini-Mohawk Lesson

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

Óniehte  
Snow

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

Iokerèn:'en  
It is snowing

Ioniehtarórhókhon  
Snowdrifts

Ionien'kwí:seron  
Drifting snow

Ó:kera  
Snowflake

Teionien'kwatá:se  
Snowstorm

Tekanien'kwataséhe  
Snow storm is coming



## November

Lung Cancer Awareness Month

Osteoporosis Month

November

Fall Prevention Month

Remembrance Day

November 11

National Child Day

November 20

International Day for the  
Elimination of Violence Against  
Women

November 25

## December

World AIDS Day

December 1

Human Rights Day

December 10

Christmas Day

December 25

New Years Eve

December 31

### Emergency Phone Numbers

Fire and Ambulance: 911

Police Emergency:

310-4141 \*4141 (cell)

Police Non-emergency

(office) (450) 479-1313



November 9, 23

December 7, 21



November 6, 20

December 4, 18



November 7, 14, 21, 28

December 12

Leaves will be picked up  
November 7th & 14th

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

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

## Ami-Quebec Support Groups

*For family, friends & people living with mental illness*

**Anxiety**

**Bipolar Disorder**

**Depression**

**Hoarding**

**Obsessive Compulsive Disorder**

November 12

November 19

November 19

November 26

November 12

December 3

December 10

December 10

December 17

December 3

All Support groups take place on Mondays, 6:30-8:30 PM, 4333 Cote Ste. Catherine Rd.

For information: [amiquebec.org](http://amiquebec.org)

514-486-1448

1-877-303-0264

[info@amiquebec.org](mailto:info@amiquebec.org)