



Karihwi:ios

2018 Winter Carnival Fun, Fun, Fun!

By April Kibbe

The 2018 Annual Winter Carnival was held from January 19th to February 3rd. The 2-week carnival was sponsored by the Kanesatake Health Center and consisted of 17 activities and events that the Kanesatake community participated in.

The activities held throughout the two week period were intended to encourage community members of all ages to participate. The activities held were broomball, sleigh rides, polar plunge, retro NES ice hockey, adult ball hockey, kids ball hockey, youth ball hockey, family badminton, obstacle challenge, family feud, ice fishing, blind volleyball, kids lacrosse, youth lacrosse, and dodge ball. The final event was the Variety Show and Gala where supper was served and a variety show was put on. Additionally, door prizes were given out, as well as, the awards for the various tournaments and activities that the Kanesatake community participated in.

The carnival kicked off with a 2-day **Broomball** tournament which took place on Friday, January 19th and Saturday, January 20th. There were 6 games with a semi-final and then the final. The big winners in the championship (by mercy rule) were **Team Black Mambos** which consisted of **Jacob Cree, Matt Simon, Randy Etienne, Andrew Simon, Dustin Krupp, Victor Bonspiel, Keith Cree, Amber Simon** and **Abby Cree**

The **Sleigh Ride** event was held in the late morning of January 21st; approximately 20 community members enjoyed this event with two majestic 8 year old Clydesdale Horses named Jim and Kim pulling them on a peaceful sled ride through the pines. Soup, coffee, and hot chocolate were served as snacks in between rides and the children were fascinated by the two friendly horses.

The **Polar Plunge** was held after the sleigh rides around 1:00 pm at the Paddling Club. The grade 6 students collected pledges to jump into the ice cold water in order to put the monies towards their graduation. The total raised this year was: **\$ 1568.40**.



Photo: Brandon Etienne



Photo: Susan Oke

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The deadline for the
March/April Issue of
Karihwios is:

Monday, April 23, 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

Old Age Security and Canada Pension Plan payment dates 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

Health Center Notes

The Kanesatake Health Center is playing host to some temporary employees who are here to do a stage. **Scarleth Araica** and **Yolee Atkins-Sauvageau** are both registered nurses who are in the process of getting their bachelors degrees. You may cross paths with them if you are clients of our home care or maternal child health care departments. They will be in the community until April 11th. You may also meet up with community member, **Kayla Lazore**, who is studying mental health and addictions. She will be finishing up her 10-week stage in April. Her supervisor is Rob Marcheterre and she is working with the Child and Family Services Support team.



The Child and Family Support Services Department welcomes **Susie Montour**, to the team. She is our new COHI Dental Hygienist. Currently, she is scheduled to be in Kanesatake on Tuesdays and Wednesdays.

The health center says good bye to **Mike Malo**, who started as a KHC Medical Transportation Driver and ends his career here as one of our janitors. Mike has decided to retire and we wish him a healthy, happy, and productive retirement.

Stay tuned for info about **Sadie's Walk**, which will return at the end of April.

The health center has purchased **two new vehicles**. For the medical transportation team, we have a white 2017 Dodge Grand Caravan (adapted), which was delivered February 27th. This vehicle will mainly be used as a back up when the other vehicles are being serviced. The other new vehicle is a 2018, metallic grey, Buick Encore being used by our Home & Community Care department.



Diabetic Neuropathy: a Nerve Situation

Taken from <https://www.diabetescarecommunity.ca/living-well-with-diabetes-articles/diabetic-neuropathy-nerve-situation/>

Submitted by Tanya Denis, Diabetes Prevention Support Worker

Neuropathy

Diabetes can damage the nerves throughout your body leading to a condition called diabetic neuropathy. Left untreated, diabetic neuropathy can be painful, and can also pave the way to some serious health complications. Here's an overview of why neuropathy happens, and what you can do to prevent complications.

What causes diabetic neuropathy?

Having high blood sugar over an extended period of time can damage your peripheral nerves, which are the ones that go to your arms, hands, legs and feet. In fact, the most common symptoms of diabetic neuropathy tend to appear in the toes and feet.

In addition to high blood sugar, other factors that can increase your risk for diabetic neuropathy include: high blood pressure, smoking, excess body weight and elevated triglycerides (a type of fat found in the body).

What are the symptoms?

Here are some common symptoms that may signal you have nerve damage related to diabetic neuropathy:

- tingling
- sharp, shooting pains or a burning sensation
- throbbing
- numbness to the point where you can't really feel pain, heat or cold
- a feeling of being pricked by pins

How is it diagnosed?

The best way to check for diabetic neuropathy is to have your doctor or a foot specialist do an easy and pain-free test. They will either lightly press a thin nylon rod on different areas of your foot, or use a 128-Hz tuning fork on the back of your big toe to see if you can feel it.

If you have type 2 diabetes, you should begin annual screening for diabetic neuropathy right after diagnosis. If you have type 1 diabetes, the condition is uncommon within the first five years of onset, so testing should start after that. (For children with type 1 diabetes, testing should start after puberty.)

How do you treat diabetic neuropathy?

If you have painful neuropathy already, talk to your doctor about medications that may relieve nerve pain, such as anti-seizure medications and antidepressants. There are also some alternative therapies, such as acupuncture and capsaicin cream, which may provide relief.

See below for tips on how you can also slow the progression of the condition so you can avoid further complications.

What are the complications?

Diabetic neuropathy can increase your risk for foot ulcers and even amputation. Because of nerve damage, you may not notice the minor cuts, blisters and sores on your feet and arms. But if left untreated, these minor wounds can become infected and lead to gangrene and eventual amputation.

Can diabetic neuropathy be prevented?

Keeping blood sugar levels at target can help prevent diabetic neuropathy. In addition, there are things you can do to help prevent future complications:

- Wear shoes that fit properly
- Check your feet and legs daily for sores, cuts or blisters and treat them accordingly
- Test your bath water to ensure it's not too hot before you step in
- Don't soak your feet
- Be sure to apply lotion to dry feet, avoiding the area between the toes
- Care for your nails regularly
- Manage your blood sugar levels to prevent further nerve damage
- Keep your blood pressure in check
- Talk to your healthcare advisor about any sudden changes in vision or digestion
- Avoid smoking.
- Follow a healthy eating plan
- Get enough exercise
- Have regular checks by one of your diabetes healthcare team members

While diabetic neuropathy may be inevitable when you have diabetes, it doesn't have to ruin your quality of life. By implementing some key lifestyle tips and managing your diabetes properly, you can keep the condition in check to prevent future complications.

Balsamic-Orange Glazed Chicken Breasts



INGREDIENTS

¾ cup fresh orange juice
3 tbsp brown sugar (preferably dark)
2 tbsp balsamic vinegar
2 tsp dry mustard
1½ tsp chopped fresh thyme
½ tsp kosher salt
6 boneless, skinless chicken breasts (6 oz each)
Ground pepper for sprinkling

DIRECTIONS

In a small saucepan, combine orange juice, brown sugar, balsamic vinegar, dry mustard, thyme, and salt, and boil for 5-7 minutes. Allow to cool. (To speed this up, pour into a flat dish.) When the marinade is cool, marinate the chicken piece in glaze for up to 24 hours (in fridge). Sometimes I don't even marinate it.

When ready to cook, set the oven rack to the 2nd from highest position, preheat to 400°F (regular bake - NOT CONVECTION). Place chicken into a roasting dish that is just big enough to accommodate the chicken. If there is too much room all the liquid will evaporate during the cooking. Pour any excess glaze over chicken; sprinkle with pepper. Let sit at room temp for 30 minutes.

Roast on rack 2nd from the top for 20-25 minutes or until juices run clear.

Drizzle with pan juices, serve immediately. Serving size = 1 6oz boneless chicken breast

Nutrition Facts

Serving Size

Amount Per Serving

Calories 235.9

% Daily Values*

Total Fat 2.9g **4%**

Saturated Fat 0.7g **4%**

Trans Fat 0g

Cholesterol 98mg **33%**

Sodium 284.5mg **12%**

Total Carbohydrate 11.6g **4%**

Dietary Fiber 0.3g **1%**

Sugars 10.1g

Protein 38.4g **77%**

*Percent Daily Values are based on a 2,000 calorie diet.

Recipe taken from diabetescarecommunity.ca

Health Center Calendar: March

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

Health Center Calendar: April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 KHC Closed	3 Blood Clinic 7:00-9:00 am COHI	4	5 Dr. Moisan Blood Clinic 8:00-9:00 am	6 Dietician, Vinita Rawat	7
8	9 Dr. Moisan	10 Blood Clinic 7:00-9:00 am COHI	11 Dr. DeBroux 1/2 day	12 Dr. Moisan Blood Clinic 8:00-9:00 am	13 Dietician, Vinita Rawat	14
15	16 Dr. Moisan	17 Blood Clinic 7:00-9:00 am	18 Dr. DeBroux 1/2 day	19 Dr. Moisan Blood Clinic 8:00-9:00 am	20 Dr. Saba	21
22	23 Dr. Moisan	24 Blood Clinic 7:00-9:00 am	25 Dr. DeBroux 1/2 day	26 Dr. Moisan Blood Clinic 8:00-9:00 am	27 Dietician, Vinita Rawat	28
29	30 Dr. Moisan					
				<i>Need to cancel? Call ahead to advise us. Someone is waiting for your time slot.</i>		

Public notification to the population of the Laurentians

Street drugs contaminated with fentanyl

Saint-Jérôme, January 29th, 2018– The *Direction de santé publique* of the *Centre intégré de santé et de services sociaux (CISSS) des Laurentides* advises all consumers of street drugs to please use extreme caution following reports of two severe cases of fentanyl overdoses, one of which resulted in death. Both instances involved cocaine consumption. The source of the drug could not be identified.

In the Montreal region, there were reports of severe overdoses among occasional cocaine users as well. An investigation was launched in this region to look into other overdose cases involving the potential contamination of crack with fentanyl. Lastly, in the Laval region, there was a recent seizure of a new drug containing a blend of cocaine, fentanyl derivatives and U-47700, a powerful opioid. As a result of these reports, it cannot be excluded that contaminated drugs from these regions could be present on the territory.

Cocaine, and possibly crack, can thus be added to the list of drugs such as heroin which may be laced with fentanyl, an opioid which is 40 times more powerful than morphine. In this context, anyone using drugs should:

- refrain from using drugs when alone;
- everyone in the group should not consume drugs at the same time;
- reduce the dose (to check the effect);
- have naloxone at hand (an antidote to counter the effects of fentanyl);
- learn to recognize the signs of an overdose;
- call 911 in the event of an overdose (the Good Samaritan Over dose Act protects the caller as well as all persons present).

The *Direction de santé publique des Laurentides* reminds the public that naloxone can now be obtained free of charge in all pharmacies.

A call for vigilance was also made across the health and social services network and to all organizations working closely with drug users.

Source: Direction générale
Service des relations médias, relations publiques et à la communauté
450 432-2777, extension 22898

Mini-Mohawk Lesson

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

Kokwitène
Spring

Wahta óshes
Maple Syrup

Iowistanawen'enhátie
It is melting

Iotstaraténion
Showers

Enniskó:wa
Time of great tardiness (March)

Onerahtókha
Leaves are budding (April)

Óhonte
Grass (Green)

Otsí:tsa
Flower

Kaienthóhsera
Plants

Kontatewenní:io ohonte'shón:'a
Wild Plants

Learn & Play Winter Carnival

Photos: Crystal Diabo

By Crystal Diabo, Child Support Worker

Learn & Play's 4th annual winter carnival was held February 5th, 7th and 9th. We started the week off with **Crazy Hair/hat day**. The children came in with some wild hair dos. We had a couple of unicorns, a green lizard, and a yummy Hershey Kiss. After lunch, the children completed the tiny tot's **obstacle course challenge**. Our course started off with a challenging balancing obstacle bridge. From there they went to a target station where they had to throw bean bags to hit different targets. After that they had to work their way over, under and through some fun obstacles. When they made it to the mats they had to test their physical strength and complete 5 push ups and 5 burpees. After running some fancy foot work through the hoola hoop section of the course, it was a sprint to the finish line where they finished with a big tumble or flip across the mat. As each child conquered the course, the rest of the children cheered from the side lines.

Wednesday was **outdoor activities**. We went climbing and sliding on the snow hill. We painted the snow with spray bottles full of water and food coloring. Then the children loaded up for a sleigh ride. It was a perfect day to play out in the snow.

Friday was our **Pajama day/Movie Day**. We all came to learn & Play comfy and cozy in our PJ's & slippers. But it wasn't such a lazy day. The children were full of energy and what better way to burn off some energy than bouncing around in a fun bounce. Soon after lunch we all settled down with pillows and blankies and watched the new My Little Pony Movie. It was a fun filled week and we can't wait till next year's carnival.



There were 7 participants who braved the freezing cold water and jumped into the hole cut into the ice. The participants were: **Tara and Markie Bonspille, Brianna Etienne, Flower Diabo, Selena Beauvais, Brandon Etienne, and Kevin Nelson.**

On January 22nd, the **Retro Nintendo Ice Hockey** tournament was held for ages 12 years and up. The tournament came down to a tight championship game which ended at 4-2 in the lowest scoring game of the tournament. The champion was **Travis Etienne.**

During the evening of January 23rd, the **Adult Ball Hockey** tournament was held. This year's champions were from last to first: **Mike David, Randy Etienne, and Shawn Nelson.** Thanks to our two goalies **Carl Dunn and Michael Hannaburg.**

The **Kids Ball Hockey** and **Youth Ball Hockey** were held on the evening of January 24th. The winners of the kids ball hockey were: **Ronald Cross, Alex Nolet, Markie Bonspille, Ryder Etienne, Emily Nolet, Tanner Etienne, and Tara Bonspille.**

Family Badminton Night took place during the evening of January 25th. Roughly 30 community members enjoyed a fun evening out playing badminton.

On January 27th, the **Obstacle Challenge** and **Family Feud** events took place. The winners of the **Obstacle Challenge** in the family category were; **Emma's Family** in first place; **Melissa's Family** in second place; and **Andrea's Family** in third place. In the 14 and younger category the winners were: **Hank/Nawi** in first place; **Nehson/John** in second place; **Tara/Harlan** in third place; **Mark/Miles** in fourth place. In the men's category the winners were: **Mike/P.L.** in first place; **Kevin/Andrew** in second place; **Mark T./John N.** in third place. In the women's/mixed category the winners were: **Kanye/Jadyn** in first place; **Brigitte/Stephanie** in second place; **Eddy/Jo Anne** in third place; **Selena/Amber** in fourth place; **Babby/Liz** in fifth place. Many families participated in the **family feud** event and fun was had by all. The family that won the feud was the **Murray Family: Karyn Murray, Isaiah Nelson, Wesley Nelson, Walker Nelson, and Maya.**

On Sunday, January 28th, the **Ice Fishing** event was held. 74 community members participated in this event. The winners who caught the most and biggest fish were: **Annick, Evander, Jaylen, and Diane.**

The **Blind Volleyball** tournament took place during the evening of January 29th. There were a total of 20 people/players who participated. The mini tournament was played round robin style. The winners of this tournament were: **Team Smokey,**

Photo: Crystal Diabo



Photo: Crystal Diabo



Photos: Susan Oke



consisting of: **Smokey Richard, Stephanie Lacroix, Pat Fillipeli, and Ta'a Tolley.**

For the next two days, January 30th and 31st, the **Lacrosse Events** were held. On January 31st the **Kids Lacrosse** took place. 1st place went to: **Owen Rice, Emily and Alex Nolet, Ryder Etienne, Aiden Guindon**, and the goalies **Brody Simon and Markie Bonspille**. 2nd place went to: **RJ Cross, Osisto Nelson, Serena Inescu, Bronx Nelson, and Jordan Bonspille-Nelson**. 3rd place went to: **Logan Gabriel, Tara Bonspille, Jonathan Nelson, and Caleb Nelson**. Also on January 31st, the **Youth Lacrosse** took place. The winners in this event were: in 1st place: **Hayden and Makena Nicholas, Daphne White and Wesley Murray**. The second place winners were: **Adryan Tolley, Emily White, Brianna Etienne**, and their goalie **Brody Simon**.



On February 1st the **Dodgeball Tournament** took place. In the **Kids Dodgeball Tournament** 1st place went to: **Owen Rice, Walker Nelson, Brianna Etienne, Kaliyah Nelson**. 2nd place went to: **Emily Nolet, Nawi Nicholas, Mason Gabriel, Markie Bonspille, and Rose Diabo-Belisle**. In the **Adult Dodgeball Tournament** 1st place went to: **Teha Diabo, Taylor Daye, Selena Beauvais, Andrew Simon, Amber Simon, Kevin Simon, and Mike David**. 2nd place went to: **Kahsenine Nelson, Hayden Nicholas, Owen Rice, Maegan Nelson-Johnston, Shawn Nelson, Matt Simon, and Hank Tolley**.



On February 3rd the **Variety Show and Award Gala** took place. Our MC was **Mr. Boopie McComber**. We first hosted a free supper to the community being Spaghetti & Meatballs at 5 o'clock, which was catered by **'Kate's Katering Service.'** The show started at 6 :00 PM and went on until 7:30. The acts consisted of singing and original skits. Participant ages varied between 9 years to 55 years old. There were door prize tickets distributed upon arrival and an extra ticket was given if you filled out an event satisfactory form. There were approximately 25 door prizes that were given away. The night was entertaining and it seemed as though everyone had fun.



The 2018 Annual Winter Carnival was a great success and the Child and Family Support Services team worked hard to make sure all the events and activities ran smoothly. I would like to send out a big Niawenko:wa to our team members: **Dave Belisle, Crystal Diabo, Brandon Etienne, Kevin Nelson, Crissann Thompson, Jadya Nicholas-Lauder, Tiohenta McComber and Karennahawi McComber** and to the health center for hosting and supporting this great community event. We would also like to say big Nia:wen to all of the contributors and volunteers who made this event a success!





Healthier Grocery Shopping

taken from: <https://www.canada.ca/en/health-canada/services/tips-healthy-eating/healthier-grocery-shopping.html>

Eating well starts at the grocery store. It's easy to make nutritious meals and snacks when your kitchen is stocked with healthier ingredients. With thousands of products to choose from in the grocery store, buying nutritious foods can be a challenge. Follow these tips to make tasty and nutritious food choices:

- Plan healthy meals and snacks.
- Writing a grocery list before going to the store will save you time and money and help you shop only for the foods you need.
- Fill your cart with the healthiest choices from the four food groups. Add more colour and crunch to your cart in the produce section.
- Read the Nutrition Facts table and use the Percent Daily Value (% DV) to choose products that are lower in calories, fat, and sodium.
- Look at the ingredient list. Try to buy products with ingredients you recognize. Limit foods that list fat, sugar, and sodium near the beginning of the list.

Ten tips to save money on groceries

You can eat well on any budget. Try these ideas to save money:

- Eat before you shop. You're less likely to make impulse purchases when you're not hungry.
- Shop for sales. Check out flyers, coupons, and websites for deals. Create your meal plan and shopping list around these foods.
- Stock up on lower-sodium canned goods when they are on sale.
- Buy only what you will use. Buying in bulk may lead to waste. Freeze meat, poultry, fish, and bread to extend their shelf life.
- Compare prices. Compare the unit price on the label to know what product is less expensive. Also, use flyers to price match products on sale in grocery stores where price-matching is available.
- Buy fresh vegetables and fruit when they are in season—they're usually less expensive at this time. Freeze extras for later.



- Choose frozen vegetables and fruit when fresh produce isn't in season. They are affordable and nutritious options.
- Use beans, lentils, and other legumes often instead of meat.
- Limit foods and beverages high in calories, fat, and sugar like cookies, pastries, salty snacks, pop, and other high-calorie drinks. They are low in nutrients and will add to your grocery bill.
- Pay with cash. You're more likely to stick to your budget.

Grocery shopping with kids

Grocery shopping with children can sometimes be a little hectic. Here are a few ideas to keep them busy while learning healthy habits:

- Ask your kids to help write the grocery list.
- Make it a scavenger hunt. Ask your kids to find ingredients and pick out produce.
- Try a new fruit or veggie. Later, find out how and where it grows.
- Young children can count the number of fruit and veggies being added to the shopping cart.
- Older children can read the Nutrition Facts table and help choose healthier foods.

Promoting Positive Mental Health

<https://www.canada.ca/en/public-health/services/promoting-positive-mental-health.html>

What is positive mental health?

Positive mental health includes:

- feeling in control of your life and personal decisions
- being able to cope with life's challenges and stresses
- functioning well mentally, such as being able to focus while at work
- being generally optimistic about life events
- this means having hope that good things can, do and will happen in your life
- feeling physically healthy
- getting enough sleep
- feeling like you belong to your community, such as your:
 - school
 - church
 - neighbourhood
 - workplace

When you have positive mental health, you are able to handle problems and challenges more easily. This is called resilience.

If you are resilient, you have:

- the ability to learn new skills, ideas and concepts
- the ability to adapt to change and new situations
- healthy self-esteem
- this means having a positive attitude about yourself
- confidence when managing conflict
- personal support from family and friends
- good ways of coping with stress, such as knowing how to:
 - relax
 - practise positive self-talk to think through situations before acting and to prevent negative thoughts
 - avoid stressful social relationships, such as interacting with people who make you feel bad about yourself or uncomfortable
 - plan pleasant events for yourself and keeping those plans

What can affect mental health?

Your mental health can be improved with:

healthy family, school, work and romantic relationships
good working conditions, including:
stable employment
opportunities to develop professionally
feeling that your work is valued
a healthy diet
physical activity
positive educational experiences
community interactions, such as volunteer work and sports
safe and well-maintained housing
access to supportive resources, such as counselling

Your mental health can be weakened by:

- ongoing bullying or harassment in:
 - the workplace
 - at school
 - the family setting
- unemployment
- poor diet
- family violence or trauma
- living with racial, ethnic, gender or religious discrimination
- drug or alcohol abuse
- isolation from your community and interests
- unsafe and poorly maintained housing

You can promote positive mental health in your daily life and in the life of others by:

- helping people to feel included in your community:
 - plan community events like a barbecue
 - organize reading, running, or arts and crafts programs
 - participating in physical activities and encouraging participation of:
 - family members
 - work colleagues
 - friends
 - neighbours
 - taking ownership of your life experiences and not blaming your

situation on events beyond your control

- eating well
- creating and monitoring safe play areas for children
- being accepting of changes in your environment, such as:
 - a new job
 - changing schools
 - going through a divorce
 - the death of a loved one
 - being diagnosed with an illness
 - identifying and realizing your goals (self-efficacy)

At all stages of life, you can build resilience and skills to help improve or maintain positive mental health.

Mental Health Resources:

Mary Jane Hannaburg, KHC Mental Health Worker. (450) 479-6000 EXT 296

Ami Quebec Website
<https://amiquebec.org>

Canadian Mental Health Association
website: <https://cmha.ca>

First Nations and Inuit Hope for Wellness hotline: 1-855-242-3310

Earth Day Every Day



- Unplug small appliances (coffee makers etc.) & electronics when not using them.
- Buy food that is locally—and hopefully organically—grown.
- Take shorter showers (i.e. 5 minutes instead of 10).
- Fix leaky pipes and faucets.
- Pack your lunch in a reusable container and your beverage in a reusable bottle.
- Run your dish washer and your washing machine only when you have a full load.
- Leaving the shades down will keep your house cooler in the heat of summer.
- Recycle your old electronics: www.recyclemyelectronics.ca.qc

The Breastfeeding Corner

Taken from www.babycenter.com, www.lllc.ca

Submitted by Crissann Thompson, Family Development Coordinator

Is there a specific breastfeeding “diet”?

The short answer is no, but you are creating and producing milk that means you are burning more calories. On average a mother burns 450 calories and up. Your body has a lot of work to do in the natural act of breastfeeding. So eating small meals and snacks throughout the day is optimal.

Your body is doing an amazing thing, making custom made food for your baby that has all the vitamins, minerals, fats and antibodies that the baby needs to grow his/her brain, organs and muscles exactly as nature intended. The important thing to remember is to eat well so that you feel good and have energy to enjoy your baby.

Does what you eat affect your milk quality?

Your body is a machine! It filters and takes what it needs to make the best milk possible for your little one. The food you eat will sometimes affect the taste of the milk, but this prepares your baby and trains your baby’s palate for the future when they join you at the kitchen table.

Is there food I shouldn’t eat?

Over time mothers have reported that some foods do affect their babies, most often babies object to these foods:

- Strawberries



- pineapple
- chocolate
- spices (cinnamon, garlic, curry, chili pepper)
- citrus fruits and their juices, like oranges, lemons, limes, and grapefruit
- kiwifruit
- “gassy” vegetables (broccoli, onion, garlic, cauliflower, cabbage, cucumbers, and peppers)
- certain fruits have a laxative can also effect, such as prunes and cherries
- caffeine

A daily cup or two of coffee is fine, but too much caffeine can interfere with your baby’s sleep or make them fussier. Remember that caffeine is also found in some soft drinks, teas, and over-the-counter medicines.

The newly formed mother and baby duo will have to see what works for them through trial and error. Keeping an eye on what you eat and how baby reacts will help you modify your diet.



Jonah

Happy 2nd birthday to our boy Jonah! You're so smart and you continue to amaze us every day with everything that you do. We love you endlessly.

Love Mommy and Daddy

XOXO



Announcements

Davidson & Joan Nelson
Happy 65th wedding anniversary

On February 21, 2018

Mom and Dad, We cannot begin to describe how blessed we are to have our parents in our life. Seeing true love through the 65 years of marriage makes our heart happy. You have already spent a lot of wonderful years together and now we want to wish you to spend even more years enjoying each other and bringing joy to everyone around! Congratulations!

We love you both!

Your nine children, nine grandchildren, eleven Great grandchildren and one great, great grandson and all your daughters and sons-in-law. xoxo

Health Center Birthdays

April Kibbe
March 1

Peggy Jacobs
March 3

Have a great birthday ladies!

Wayne and Earl
March 19th

Happy birthday, good luck and all the best.
I love you,
Mom

Skyler
March 28
Happy birthday! Best wishes.
I love you,
Tota

Gloria Nelson
March 24th
Happy Birthday, best of luck and good health.
Love Jessie





March

Nutrition Month
International Women's Day
March 8
World Water Day
March 22
Good Friday
March 30

April

Easter Monday
April 2
World Autism Awareness Day
April 2
World Health Day
April 7
Earth Day
April 22

Emergency Phone Numbers

Fire and Ambulance:
911

Police Emergency:
310-4141 *4141 (cell)
Police Non-emergency
(office) (450) 479-1313



March 2, 16, 30

April 13, 27



March 13, 27

April 10, 24



March 14

April 4, 11, 18, 25

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.



Four Pages of Winter Carnival Photos Inside