



Karihwi:ios

Easter Egg Hunt & Family Brunch



Photo: Crystal Diabo

By Brandon Etienne

The Sunday before Easter, the Child and Family Services team (CFS) came together to host an Easter Egg Hunt and Family Brunch for Kanesatake at Ratihente Gymnasium. We started off the brunch at 10:00 am, which included all the good stuff. After everyone was fed we separated the children of the community into four categories, 0-3 year olds, 4-6 year olds, 7-9 year olds and 10-12 year olds. We held the hunt outdoors using the school yard, the day care grounds and the health center grounds. Once we started it didn't take long for the kids to collect all the eggs, in ten minutes every Easter egg was found.

After the hunt came the real prize. Every child that participated was able to choose a prize on the gift table which included sports

equipment, hula hoops, bubble making devices, inflatable pools, you name it, we had it. We decided on giving gifts instead of big chocolates due to the fact that chocolate is high in sugars and fat. By offering mainly outdoor prizes we encourage physical activity. Overall, we had a total of EIGHTY-ONE 0-12 year olds participating in this year's egg hunt!!

I'd like to say nia:wen to the Kanesatake Health Center for sponsoring this event, also to Keith Nelson and his team for catering a delicious brunch. Also to the CFS team for hosting the Easter Egg Hunt and Brunch. And finally, to everyone that came out with their families. Without all of you, our events wouldn't succeed so nia:wen to all of you.

More photos on page 2.

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The deadline for the
July/August Issue of
Karihwi:ios is:

Monday, June 26, 2017

karihwiiios@hotmail.com

Look for the Kanesatake Health Center on

Facebook!



The new toll-free number for the First Nations and Inuit

Hope for Wellness Help Line is

1-855-242-3310

Family Brunch and Easter Egg Hunt

Photos: Crystal Diabo



Mini-Mohawk

Lesson

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

Karáhkwa

Sun

Tkarakwíneken's

Sunrise

Wa'tewatshéntho

Sunset

Teiorahkotsheróien

Sunrays

Takarakwíneken'ne

The sun came out

Wa'karakwáhsehte'

The sun hid

Ioráhkote

Sunny

Saterahkwataríha't

Warm yourself in the sun

Aionterahkwawéhrhoste'

Take shade from the sun

Aiontenhará:rike

To sun tan

Aiontia'tátsha

Sunburn

Diabetic Friendly Meals

Submitted by: Tanya Denis, Diabetes Prevention Support Worker

Vegan pasta sauce

Prep: 15m

Cook: 20m

Ready: 35m

Ingredients

1 teaspoon vegetable oil

½ small yellow onion, diced

2 cloves garlic, minced

1 small green bell pepper, diced

½ teaspoon salt

½ teaspoon black pepper

1 teaspoon dried basil leaves

½ teaspoon dried oregano

Directions

In a skillet over medium-low heat, sauté onion and garlic in the vegetable oil. Place tomatoes into onion and garlic mixture. Stir in diced bell pepper, salt, pepper, basil and oregano. Let simmer for 20 minutes, stirring occasionally.

Low-Carb Zucchini Pasta

Prep: 10m

Cook: 5m

Ready in: 15m

If you are a pasta lover and need a low carb version closer to the real thing than spaghetti, you have found your match! This is a great recipe, serve with vegan pasta sauce or your favorite sauce.

Ingredients

2 zucchini, peeled

1 tablespoon olive oil

Directions

Cut lengthwise slices from zucchini using a vegetable peeler, stopping when the seeds are reached. Turn zucchini over and continue peeling until all the zucchini is in long strips; discard seeds, slice the zucchini into thinner strips resembling spaghetti.

Heat olive oil in a skillet over medium heat; cook and stir zucchini in the hot oil for 1 minute. Add water and cook until zucchini is softened, 5 to 7 minutes.

Recipes taken from: Allrecipes

Health Center Calendar: **MAY**

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

Health Center Calendar: **JUNE**

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



Breastfeeding Corner

Breast milk.... not only for feeding a baby!

Submitted by Crissann Thompson,
Family Development Coordinator

Over the generations "Wonder Women," who have breastfed their babies, have found more than one use for breast milk. I'm sure every mother in times of desperation finds themselves searching for answers and, through trial and error, found those answers!

Through the years, I have been told on more than one occasion, that nature provides for us and takes care of us. I believe this statement to my core, and I'm sure mothers know this to remain true. Breast milk is full of antibodies, antiviruses and is very clean.

Let's keep in mind there has been research and studies that do support these claims, but let's face it mothers have been using breast milk for generations and sharing the secret about liquid gold for years. Many women can testify just how powerful breast milk really is. Here are just a few helpful examples of what breast milk can offer.

Eye infections (pink eye): apply a few drops in the eye until the infection clears. If the baby doesn't allow you to apply breast milk while they are awake, try when the baby is asleep. Allow the breast milk to seep into the corners of the eye.

Diaper rash: just apply to the irritated area and let the breast milk do the rest. You can also prevent diaper rash by applying a little bit of breast milk to the diaper when changing the baby.

Baby acne and cradle cap: apply a few drops and massage into area that needs attention.

Ear infections: squirt or pour a few drops of breast milk into affected ear, every few hours until infection clears. This can take between 24-28 hours in some cases.

Because of all the antibodies and anti viruses in the breast milk, it is perfect to help stop itching caused by chicken pox, skin rashes and insect bites. Breast milk is also known to be a totally natural antiseptic which in cases of scrapes and minor cuts, can help soothe and help the healing process of the skin. Breast milk can also help subside and relieve fever blisters and cold sores. These are just a few of the many things that it can do! It's no wonder why mothers have dubbed breast milk as "liquid gold"!! Nature is beautiful and it's totally free to help you out whenever you need it! Next time you run into a little dilemma give what nature gave you a try. *Resources and references: LLLI, Kellymom, codename:mama*

FYI The Parents 'n' Tots program will be offering the next breastfeeding support session on May 2, 2017

Community Service Worker: Amanda Simon

by Susan Oke, Communications technician

Amanda Simon works as the Certified Lands and Estates Manager at the Mohawk Council of Kanasatake. However, before she took on her current position, Amanda has had a long and varied work life. Over the years, she has worked in administration, customer service and sales, in the shipping industry and at a food brokerage company. She even worked as a model for Sheila Furs in 1986. From 1994-1998 she was the President and CEO of her own company, First Nations Computers Inc., a hardware company, with her partners from Prosys Tec.



She has held the Certified Lands and Estates Manager position since 2009. She is responsible for land transfers through regular transfers and band council resolutions. She is also able to do leases, permits contracts, last will and testaments, mandates and affidavits, and she prepares all the forms for INAC, who probates the wills. You may have attended one of her presentations and information sessions concerning matrimonial real property. She is also a member of the

National Aboriginal Lands Association, acting as secretary for the past 6 years and recently, as chair of the board for Quebec and Labrador.

What is the most difficult part of the job for you?

Due to the sometimes political and private nature of my work, it is often challenging, in lands and emotional, in estates. It is important to always conduct yourself with respect, integrity, and ethical morality.

What is the most interesting part of the job for you?

The opportunity to help my community in the various facets of their lives; buying or inheriting their new land lot, estate planning and the estate process. I also enjoy my frequent travel which allows me to meet wonderful people from First Nations across Canada.

What do you like to do when you are not working?

I like spending time with my husband, my son and his fiancé and of course my granddaughter; either at home or at our country cottage. I also love reading and gardening.

If you would like to contact Amanda regarding any of the business she takes care of, you can call the MCK office at (450) 479-8373, her extension is 114.

Parents n' Tots

Building a network of support

The Parents n' Tots program offers a place for parents to gather together and create a safe network of support for their family.

The program offers various activities, info sessions and trainings throughout the year.

Great for parents/ guardians with children newborn to 5 years of age. Get together and have your babies and young children socialize and make friends.

The maternal child health nurse is on site up to 2x per month to answer any questions you might have.

light lunches provided to families participating in programming each week.

KYOT Building

40 2nd avenue Terrasse
Raymond
Kanesatake Quebec
J0N1E0
KYOT 450-479-1700
Kanesatake Health Center
450-479-6000 ext. 287
Crissann Thompson
Family Development
Coordinator



Monthly activity calendar available

**Program runs
Every Tuesday
10:00am to 1:00 pm**



Cigarette Butt Recycling Program

By David Belisle

The Kanestate Health Center Tobacco Cessation program is pleased to announce the purchase of cigarette butt recycling receptacles. The health center has ventured into a project where we will be recycling cigarette butts in collaboration with TerraCycle. The health center purchased seven cigarette receptacles, two for Onentokon Healing Lodge, two for the health center, one for each school, and one for council. Through this program we will receive \$1 for each pound of cigarette butts over 3 pounds. This money will be put back into the tobacco cessation program to support smoke-free events and to help with tobacco cessation. For any information please contact me, Dave Belisle, at 450-479-6000 ext 228.



CIGARETTE WASTE RECYCLING PROGRAM

ACCEPTED WASTE



See the picture above for what you can send in through this program. Then, every time your ash tray or ash receptacle is full, save your cigarette waste and send it in to TerraCycle.

Cigarette Waste Recycling Program accepted waste:

1. Extinguished cigarettes
2. Cigarette filters
3. Loose tobacco pouches
4. Outer plastic packaging
5. Inner foil packaging
6. Rolling paper
7. Ash



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What You Should Know About Scabies

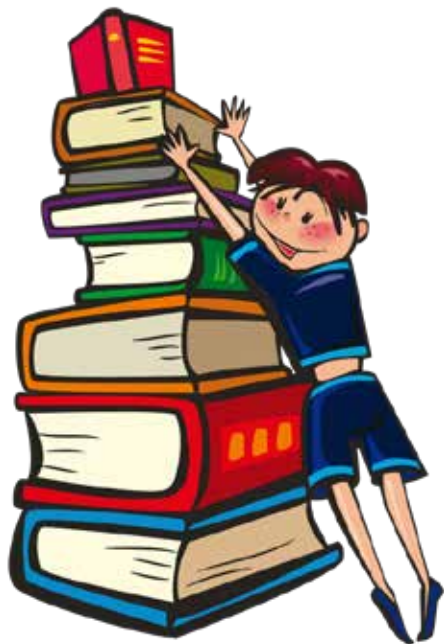
Submitted by Dinah Routly, RN, BScN, MScN

Taken From: Well Beings: A Guide to Health in Child Care.
Canadian Pediatric Society 3rd ED. 2015:

Scabies.

- Scabies is caused by tiny insects or mites which can live on the skin of people.
- These mites spread from person to person by direct, prolonged, close & intimate contact. They are transmissible as long as the infestation is left untreated.
- The symptoms include a red, itchy, rash usually between the fingers and toes or the groin.
- Once the diagnosis is made by the physician and the treatment prescribed and applied, exclusion or isolation is not necessary.
- Fortunately, scabies is not considered a reportable public health issue. But, washing all clothes, towels and bedding in hot water and hot dryer setting is recommended.

Welcome to Kindergarten



Rotiwennakehte School
407 St-Michel, Kanasatake, QC,
450-479-9969 (Ext. 501)

The Learning Partnership along with First Nations Education Council are currently working with us to provide an early literacy experience for our young and newest students.

An orientation session called “**Welcome to Kindergarten**” will be held on Thursday, May 18 from 6:00 to 7:30 p.m. at our school. Supper will be provided. Parents, Grand-Parents and siblings are invited to attend.

The students will have the opportunity to participate in a number of activities that focus on elements related to basic learning. Our young students will also receive a bag which contains a few educational goodies to help get them ready for the school in the fall.

This event is designed specifically for next year’s (2017-2018) **Nursery and Kindergarten** students. Should you have any questions, please do not hesitate to call the school. *Note: The students must be registered at our school to participate in this event.*

Learn and Play Winter Carnival



By Crystal Diabo

Winter carnival 2017

During the first week of March, Learn & Play participated in their very own annual Winter Carnival. We started the weeks “fun-tivities” off with **Crazy Hair Day**, followed by some fun outdoor activities. Wednesday was **Pajama day**, which also included **Show & tell**. Children were asked to bring in their favorite teddy bear or stuffed animals. We ended that day with a movie & popcorn. To wrap up the week, parents were invited to participate in a **Family Tubing** trip to Mont Avila. Niawenhko:wa to the parents for supporting and participating with this year’s winter carnival.



Decolonization Workshop

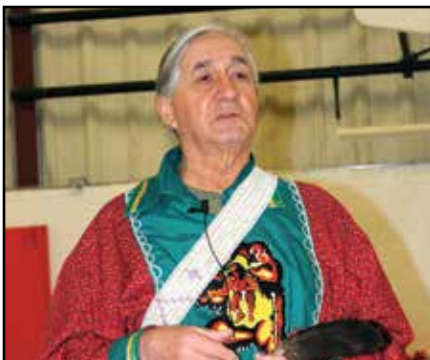
By Susan Oke

This 4-day workshop was sponsored by the Kanesatake Health Center in an ongoing effort to offer culturally appropriate programming. The facilitators were Bob Antone and Howard Elijah, from Oneida territory in Ontario. Bob and Howard both spent time in the community during the 1990 Crisis; Bob as part of the negotiating team and Howard as one of the spiritual people.

The workshop opened with a thanksgiving prayer and the first day served as an introduction to the rest of the week, beginning before contact when our natural world was in balance. They brought with them several wampum belt replicas and spoke about what they represented, the Great Law, and the cycle of ceremonies.

Further into the week was a history lesson about first contact, when Europeans arrived & fought and killed Indigenous people with guns, with disease, burning villages, all in the name of religion and King. The last part of the workshop was about post contact challenges and how we can get back to our traditions and revive our culture so we can continue to not just survive but thrive.

In between the presentations there was storytelling, laughter, discussion and even some debate throughout the week. At the end of the workshop they offered a small condolence ceremony for the participants.



Wahta Family Gathering

A community brunch was held in March in celebration of the Wahta ceremony. John Cree spoke about the traditional steps involved in making maple syrup and Warisose Gabriel recounted some legends related to the maple. A slide show presentation was shown of the local school students spending the day with John and learning how to make maple syrup (wahta ohses). There was also a brunch with pancakes and syrup, where many door prizes were drawn. There was also maple sugar toffee made with a trough of fresh snow, inside the gym and after everyone was full and all sugared up a social was held.

A Step Towards Good Health taken from diabetes.ca

Submitted by Tanya Denis, Diabetes Prevention Support Worker

Foot problems are very common in people with diabetes and can lead to serious complications. This section provides basic information about how diabetes affects your feet and what you can do to keep your feet healthy.

Diabetes & your feet

Diabetes can cause nerve damage (also known as diabetes peripheral neuropathy - DPN) and poor blood flow or circulation to the legs and feet (also known as peripheral arterial disease - PAD). As a result, people with diabetes are less likely to feel a foot injury, such as a blister or cut. Diabetes can make these injuries more difficult to heal. Unnoticed and untreated, even small foot injuries can quickly become infected, potentially leading to serious complications.

Daily foot care

As always, prevention is the best medicine. A good daily foot care routine will help keep your feet healthy. Start by assembling a foot care kit containing nail clippers, nail file, lotion, and a non-breakable hand mirror. Having everything you need in one place makes it easier to follow this foot care routine every day:

- Wash your feet in warm (not hot) water, using a mild soap. Don't soak your feet, as this can dry your skin.
- Dry your feet carefully, especially between your toes.
- Thoroughly check your feet and between your toes to make sure there are no cuts, cracks, ingrown toenails, blisters, etc. Use a hand mirror to see the bottom of your feet, or ask someone else to check them for you.
- Clean cuts or scratches with mild soap and water, and cover with a dry dressing suitable for sensitive skin.
- Trim your toenails straight across and file any sharp edges. Don't cut the nails too short.
- Apply a good lotion to your heels and soles. Wipe off excess lotion that is not absorbed. Don't put lotion between your toes, as the excessive moisture can promote infection.
- Wear fresh clean socks and well-fitting shoes every day. When ever possible, wear white socks – if you have a cut or sore, the drainage will be easy to see.

Best advice:

- Wear well-fitting shoes. They should be supportive, have low heels (less than five centimetres high) and should not rub or pinch. Shop at a reputable store with knowledgeable staff who can professionally fit your shoes.
- Buy shoes in the late afternoon (since your feet swell slightly by then).
- Wear socks at night if your feet get cold.

- Elevate your feet when you are sitting.
- Wiggle your toes and move your ankles around for a few minutes several times a day to improve blood flow in your feet and legs.
- Exercise regularly to improve circulation.
- Inspect your feet daily and in particular, feel for skin temperature differences between your feet.

Don't:

- Use over-the-counter medications to treat corns and warts. They are dangerous for people with diabetes.
- Wear anything tight around your legs, such as tight socks or knee-highs.
- Ever go barefoot, even indoors. Consider buying a pair of well-fitting shoes that are just for indoors.
- Put hot water bottles or heating pads on your feet.
- Sit or cross your legs for long periods of time.
- Smoke. Smoking decreases circulation and healing, and significantly increases the risks of amputation.
- Wear over-the-counter insoles - they can cause blisters if they are not right for your feet.

Your health-care team

Make the most out of your visit with your health-care professional by asking these three questions:

- What is my main problem?
- What do I need to do?
- Why is it important for me to do this?

Members of your foot care team can include:

Chiropodists or Podiatrists: Specialize in treating foot diseases, disorders and dysfunctions

Diabetes Educators: Provide education on diabetes, including foot care

Doctors: Assist in diabetes management, and some have specialized training in foot care

Nurses: Some have specialized training in foot care

Orthotists/Prosthetists: Specialize in orthotic and prosthetic devices

Pedorthists: Specialize in orthotics, footwear and footwear modifications

See more at: <http://www.diabetes.ca/diabetes-and-you/healthy-living-resources/foot-care/a-step-towards-good-health#sthash.Id-VYH2k3.dpuf>



Jasmin

Happy Birthday Sweetheart. May the 4th be with you, hahaha. You are always a ray of sunshine.

Love you much, from Mom and Andre



Announcements

Health Center Birthdays

Joyce Bonspiel-Nelson
May 2

Susan Oke
May 8

Crystal Diabo
May 26

Tim Cree
June 22

Happy birthday to us!

Ryder
May 1

Happy 6th Birthday!

Tota and Eddy

Brianna
May 31

Happy 11th birthday!

Tota and Eddy

Congratulations!

With proud hearts we at KHRO wish the following our sincere congratulations on graduating from the Computer Graphics Program offered by Rosemount Technology Center:

- Kasie Cross**
- Tyler Cross**
- Alannah Etienne-Gabriel**
- Daryl Gabriel**
- Lynn Gabriel**
- Miranda Gabriel**
- Brandyn Lariviere**
- Cheyenne Nicholas**

And a special mention goes out to two students who graduated and also received an Exemplary Award 2016 and a Technical Award 2016 from Rosemount Technology. They are:

- Jasmin Gunn**
- Tiohenta Lahache-McComber**

May you all keep learning, growing and realizing your full potential!



Niawenhkó:wa

After 15 years of excellent care for our community's children, we reluctantly say goodbye to our visiting pediatrician, Dr. Kent Saylor. He is not retiring, Dr. Saylor will still be doing some clinical work but he is also taking on another important role at McGill University, heading the new Indigenous Medical Professions Program. The program is designed to teach and encourage native people who wish to have careers in the health fields. We wish him well and we thank him for his efforts.

While we say good bye to Dr. Saylor, we welcome back Dr. Raven Dumont-Maurice who returns to the health center starting May 2nd.

Old Age Security and Canada Pension Plan payment dates 2017

May 29

June 28

July 27

August 29

September 27

October 27

November 28

December 20



May

Food Allergy Awareness Month

Foot Health Month

Vision Health Month

Mental Health Week
1-7

National Nursing Week
May 8-14

Mother's Day
May 14

Victoria Day
May 22



May 2, 9, 16, 23, 30



May 12, 26

June

Stroke Awareness Month

National Health and Fitness Day
June 3

World Environment Day
June 5

Father's Day
June 18

Aboriginal Day
June 21

St. Jean Baptiste Day
June 24



June 6, 13, 20, 27



June 9, 23

*Leaves will be picked
up: May 4th*

Emergency Phone Numbers

Fire and Ambulance:
911

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

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.

Mental Health Support

Programs Registration required:
amiquebec.org/programs or 514-486-1448

One time workshop

Skills for Caregivers: Thursday, May 18, 7-9pm

At AMI (for families)
For information and registration: amiquebec.org/workshops

*Family includes

Those in the circle of support of someone living with mental illness (parents, spouses, siblings, adult children, friends, etc.)

*Subject to change; other workshops may be added.
Check amiquebec.org for the most up to date information.*

Mindfulness Meditation

(at AMI; for all; no need to register)
Tuesdays, 10-11:30 am
May 2, 16, 23; June 6, 20

For information: amiquebec.org/mindfulness

Support Group

For people living with mental illness (any diagnosis)

Kaleidoscope

May 8th and June 12th

www.amiquebec.org
(514) 486-1448
info@amiquebec.org