



Karihwi:ios

Kanesatake—First in North America!

Photo: Susan Oke

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Participants in the “Mothering Across the Generations” gathering held last November.

by Karen MacInnes,
Community Health Nurse

From 1995 – 2001, Kanésatake developed a breastfeeding promotion program that saw the breastfeeding initiation rates increase from 32 percent to 75 percent. This program called Ka'nisténhséra Teiakotihsnie's (KT), “she who helps the mother” has been well documented*.

Building upon this foundation, ten years later, stemming from a recommendation of our AHTF project, the Kanésatake Health Center began working on the Baby Friendly Initiative* and the implementation of the **WHO** and **UNICEF Ten Steps to Successful Breastfeeding**. Over the last two years this has involved the adoption of a Baby Friendly policy, the

training of staff and peer support mothers, community awareness activities and establishing partnerships at many levels. We have seen our breastfeeding initiation and duration rates increase substantially. In 2011, ninety (90) percent of our mothers breastfed six months or more with fifty (50) percent of those mothers breastfeeding exclusively until 6 months.

It is with great pride and honour that we announce that on December 13, 2012 Kanésatake Health Center was awarded accreditation as a Baby Friendly Health Center. Not only did we receive our Accreditation, but we are the very first Aboriginal Health Center in North America to receive this World Health and UNICEF recognition!

We want to acknowledge the great team of dedicated people, including

nurses, peer support workers, consultants, KHC staff, and of course, the mothers themselves and the supportive community that welcome them to “breastfeed anytime and anywhere.” Funding from Health Canada for a pilot project is enabling us to document the process and develop tools and resources that we are happy to share with other communities.

* Whelen Banks, J. (2003). *Ka'nisténhséra Teiakotihsnie's – A Native Community Rekindles the Tradition of Breastfeeding*. *AWHONN Lifelines*, 7(4)340-347.

** *The Baby Friendly Initiative is an international program established in 1991 by the World Health Organization and UNICEF to promote, support and protect breastfeeding worldwide in hospital and in the community.*



National Aboriginal Addictions Awareness Week

by Leo Parent, NNADAP Worker

Photos: Susan Oke

The Kanesatake Health Center NNADAP Program in collaboration with the Onen'to:kon Treatment Services Outreach worker Robin Sky, held the annual Keep the Circle Strong community event on Wednesday November 21, 2012 at the Ratihente High School Gymnasium. There were 97 community members in total who came to help celebrate sobriety.

For the first time ever, the Corrections Services Canada in conjunction with the Kanesatake Health Center, the Photo: Leo Parent



Kanehsatake Education Center and the Onen'to:kon Treatment Services Outreach Office worked together to have Mr. Ryan Montour, a minimum security inmate from Ste-Anne-des-Plaines federal prison come and share his story with us. The staff and students from Ratihente High School along with some community members in attendance that day were very intrigued and attentive to Mr. Montour's life of struggles and mistakes and his battle with addictions. Addictions which led to his drinking



and driving, and ultimately, causing the death of a young man. There was a lot of emotional sharing not only in Ryan's story but also from our other guest speaker, Sue Pelletier from Serpent River First Nation. She also shared for the first time ever in public. She spoke about her life and battle with addictions and how she finds her strength in sobriety. I am very happy and proud of these individuals who gave us all something to think about in our own battles with sobriety.

Also that day, we had some information booths from the Kanesatake Health Center; Mental Health worker Mary Hanaburg who provided info on addictions and mental health, Alcohol and it's affects on Diabetes info from Dave Belisle, info on FASD with nurse Karen MacInnes, Information from Onen'to:kon Treatment Services with Robin Sky and the OTS Team, as well, some info on the laws concerning alcohol and drug use from

Sgt. Laurent Salamagne from the Surete du Québec.

The day ended with a traditional social featuring Kanehsatake Women's singers Kontirennotatie, Niawenhko:wa to the ladies for always making this a success. We also enjoyed a delicious buffet from Jimmy's Catering Delight and a fabulous celebratory cake to top off a successful gathering. I would like to thank the many community originations and crafts people for their additions to the door prizes and congratulations to all the winners of these door prizes. Hope to see many more Kanesatakehro:non next year!



Healthy Choices When Eating Out

taken from: <http://www.healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/eating-out-manger-exterieur-eng.php>

- Order foods like steamed vegetables, vegetable soups, fresh fruit salads, berries with yogurt, and salads with dressing on the side are just a few of the healthier options.
- Choose dark mixed green salads with vegetables or fruit instead of higher fat Caesar, taco, potato, or pasta salads.
- Order gravy, sauces, and dressings on the side and use only small amounts.

- Choose tomato or vegetable-based soups and pasta sauces instead of alfredo or cheese sauces.
- Order sandwiches, subs, or wraps with whole grain bread, buns, or tortillas. Choose one spread instead of two (for example, mayonnaise or margarine, not both).
- Choose baked, broiled, or steamed foods instead of breaded or deep-fried foods.
- Limit cakes, cookies, and rich desserts. Get a smaller size or share with your family or friends.
- Choose water, skim, 1% or 2% milk, fortified soy beverage or 100% juice instead of soft drinks or highly sweetened beverages.

KHCs Annual Flu Vaccination Clinic

by Julie Boileau, Community Health Nurse

On November 10th 2012, the Kanesatake Health Center held their annual flu vaccine clinic. Gloria Nelson, Karen MacInnes, Dinah Routly and I were there to give the community the best service possible. This year's clinic was not as successful as it has been in previous years. Between the three nurses 100 people were vaccinated.

The question we asked ourselves is why the flu vaccination clinic is having lower participation rates from year to year? I am the one who organizes the flu vaccine clinic every year and I would like to have your input as to what can be done to increase the participation. Was it not publicized enough? Did I pick the wrong weekend for the clinic? Is it better on an evening during the week? Why is it we lost your interest? Please let me know by e-mail (j.boileau@kanesatakehealthcenter.ca), or offer your input by phone or by letter. I would greatly appreciate it. Our goal is to prevent the spread of the illness to our loved ones and within the community.



KHC Services for Diabetics

Community Health Nurse, Julie Boileau is here to help community members living with diabetes. If you would like to be monitored at the health center, Julie is available to provide you with one-to-one counselling and to:

- Do a neuropathy assessment (nerve testing)

- Provide a footcare assessment
- Take your blood sugar reading
- Discuss your nutrition plan
- Take your body mass index evaluation
- Link up with your doctor

Maybe you think you are diabetic, but you aren't sure. Julie can also screen you for diabetes. To make an appointment, please call the health center at: (450) 479-6000

Want to make it easy to eat healthier?

A dozen Food Guide suggestions
taken from the Health Canada website: Food and Nutrition section

We all know that it's tempting – and often too easy – to reach for foods that are high in fat, salt or sugar. Canada's Food Guide provides practical tips about healthy eating for children, teens, adults and seniors from all cultural backgrounds.

Here are a dozen easy Food Guide tips to make your daily eating pattern healthier.



- Vegetables and fruit are nature's fast food... just wash and go!
- Pressed for time? Buy packages of pre-bagged vegetables such as baby carrots, leafy greens or green beans that can be quickly tossed in a salad, stir-fry or casserole.
- Go natural: avoid adding butter and sauces to cooked vegetables. Use herbs, spices, flavoured vinegar or lemon juice instead of salt to enhance the taste. When you serve veggies raw, try a low-fat yogurt dip.
- Grain products – especially whole grains – are low in fat and high in fibre. But check the ingredients: brown bread isn't necessarily made with whole grain.
- Whole grain isn't just for bread. Try whole grain pasta or couscous, brown or wild rice, barley and quinoa.
- Have whole wheat toast or bagels instead of croissants, doughnuts or pastries.
- Make skim, 1% or 2% your milk choice and select cheeses and yogurt with lower fat content. Be sure to check the label – some low-fat yogurts are high in sugar.
- If milk is not for you, drink soy beverage fortified with calcium and vitamin D.
- Incorporate milk or fortified soy beverage when preparing scrambled eggs, hot cereal, quiches, casseroles and soups.
- While meat provides protein and other important nutrients, you don't need to eat a lot to meet nutrition needs. Select lean cuts, trim the fat and prepare meat in ways that require little or no added fat.
- Try meat alternatives such as beans, lentils and tofu – they're high in protein and fibre, and are low in fat.
- Eat at least two Food Guide servings of fish each week. Choose fish such as char, herring, mackerel, salmon, sardines, and trout. (Health Canada provides advice for limiting exposure to mercury from certain types of fish. Refer to the Health Canada website for the latest information.)

Christmas Entertainment

by Jocelyn Kitty Bonspille, elders worker

There was entertainment on December 3, 2012 for the elders at the Kanietarak'ta Riverside Elder's Home. Those present enjoyed a two hour concert by a professional violinist, Florient Costache and a pianist Tatyana Davidenko, who has the voice of an angel. Approximately thirty five to forty people enjoyed listening to some Christmas Carols and a variety of classical and contemporary music.

The Elders enjoyed the concert by singing along to Christmas Carols and the singing was followed by some light refreshments. It was gratifying to see the twinkle in their eyes and the smiles on their faces, as they enjoyed the concert and I'm sure it was a conversation piece at the breakfast table the following day.



Mini-Mohawk Lesson

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

| | | |
|----------|------------------------------|---|
| Plan | To plan to do. | Aionterihonniánion or Aionte'nikonhrón:ni |
| Planning | I am planning. | Kerihwísa'ahs |
| Planned | I planned to do. | Wa'kate'nikonhrísa |
| Planned | I planned it. | Wa'kate'nikonhrón:ni |
| Planning | They are planning something. | Knahó:ten'k rotirihwaió'te |
| Plans | They made plans. | Wahatirihonniánion |
| Plans | Their plans fell apart. | Wahonaterihwaríhshien |

Tattoo Exhibit Seeks Iroquois Participants

submitted by Stephanie Shultes, Curator

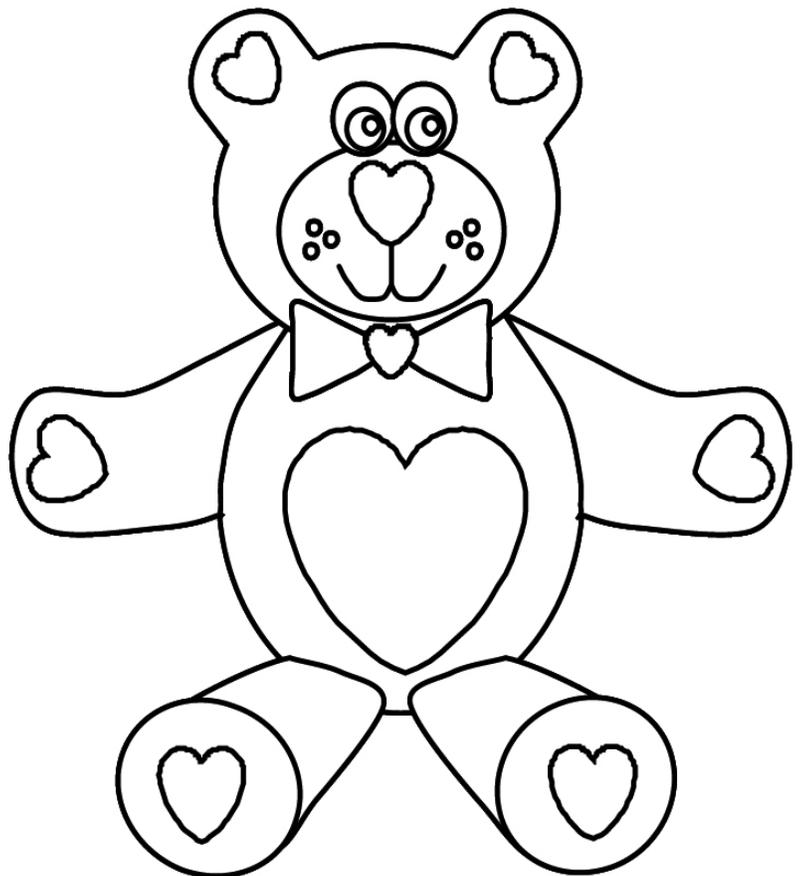
Show us some skin! The Iroquois Indian Museum (Howes Cave, NY) invites participation in **IndianInk: Iroquois and the Art of Tattoos**, to open May 4, 2013. Have some original flash or a special tattoo and want to get in on the show? Give us a shout and/or send your photos as high resolution jpgs with your contact info.

Inspired by Mohawk artist/curator Ryan Rice's Native Love exhibit and a presentation by Carla Hemlock of Kahnawake, **IndianInk** will showcase contemporary tattoo art, both the work of young **Haudenosaunee** designers such as **Lyle Logan** and **Ike Hopper** and skin art selected and commissioned by others. Once widespread among Indigenous peoples of the northeast, the patterns and practices of this extraordinary tradition of body modification had declined by the mid 1800's as a consequence of Christianity, assimilation, and relocation. Today, this ancient art is undergoing a spectacular resurgence in Native and non-Native communities

On display from May 4 through November 30, **IndianInk** will include contemporary expressions with political, cultural, philosophical, or personal significance and a look back at historical tattooing. Speakers, tattooing demonstrations, and a runway-style expo/contest will round out the event.

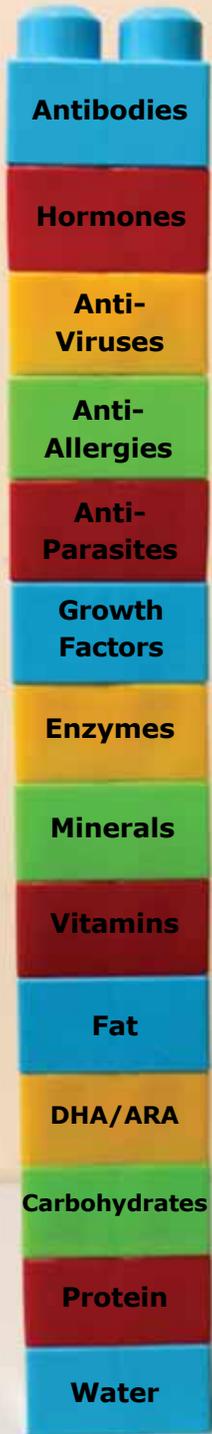
The Iroquois Museum was established in 1980 and is located in Howes Cave, NY, 40 miles west of Albany. The mission of the Museum is to present Iroquois culture and history using the arts as a window to understanding. For information about the museum visit our website at www.iroquoismuseum.org. For information on IndianInk, or to suggest ideas or artwork for inclusion, give us a call at 518-296-8949 or info@iroquoismuseum.org or clemmon@midtel.net.

Happy Valentine's Day



taken from www.coloring.ws/valentines.htm

Breastmilk



Formula



Your breastmilk contains all that your baby needs.

Mother's milk is naturally better for your child's health.

Ka'nisténhsera akonòn:ta
ne ne sa'oié:ra aonhá:'a
ioiánere ne eksá:'a
akotahkarihtáhtshera.

The Kanesatake Health Center is here to support you. Please contact us to find out about our Maternal Child Health Services.

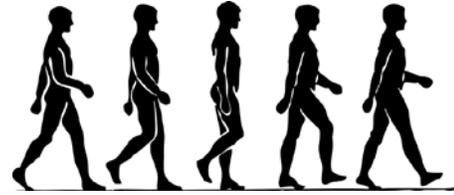
(450) 479 - 6000

Physical Activity Tips for Adults (18-64 years)

taken from the Public Health Agency of Canada website:
<http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/07paap-eng.php>

Physical activity plays an important role in your health, well-being and quality of life. Improve your health by being active as part of a healthy lifestyle.

- Be active at least 2.5 hours a week to achieve health benefits.
- Focus on moderate to vigorous aerobic activity throughout each week, broken into sessions of 10 minutes or more.
- Get stronger by adding activities that target your muscles and bones at least two days per week.



Tips to help you get active

- Choose a variety of physical activities you enjoy. Try different activities until you find the ones that feel right for you.
- Get into a routine — go to the pool, hit the gym, join a spin class or set a regular run and do some planned exercise. Make it social by getting someone to join you.
- Limit the time you spend watching TV or sitting in front of a computer during leisure time.
- Move yourself — use active transportation to get places.
- Whenever you can, walk, bike, or run instead of taking the car.
- Spread your sessions of moderate to vigorous aerobic activity throughout the week. Do at least 10 minutes of physical activity at a time.
- Join a team — take part in sports and recreation activities in groups. You'll make new friends and get active at the same time.

Set a goal

Make a plan

Pick a time & place

Every step counts

Health Benefits

Live longer! Live healthier!

Physical activity is an important part of a healthy lifestyle. Regular physical activity can help to reduce the risk of premature death and chronic diseases such as coronary heart disease, stroke, hypertension, colon cancer, breast cancer, type-2 diabetes and osteoporosis.

Every step counts!

If you're not active now, adding any amount of physical activity can bring some health benefits. Take a step in the right direction. Start now and slowly increase your physical activity to meet the recommended levels.

Feel better!

Regular physical activity can improve your overall sense of well being by improving fitness levels and self esteem, reducing the effects of stress, increasing energy and contributing to positive mental health.

What is moderate aerobic activity?

Moderate-intensity aerobic activity makes you breathe harder and your heart beat faster. You should be able to talk, but not sing. Examples of moderate activity include walking quickly, skating and bike riding.

What is vigorous aerobic activity?

Vigorous-intensity aerobic activity makes your heart rate increase quite a bit and you won't be able to say more than a few words without needing to catch your breath. Examples of vigorous activity include running, basketball, soccer and cross-country skiing.

What are strengthening activities?

Muscle-strengthening activities build up your muscles. With bone-strengthening activities, your muscles push and pull against your bones. This helps make your bones stronger. Examples of muscle-strengthening activities include push-ups and sit-ups, lifting weights, climbing stairs and digging in the garden. Examples of bone-strengthening activities include running, walking and yoga.

Is physical activity safe for everyone?

The recommended level of physical activity applies to all adults aged 18-64 years who do not have a suspected or diagnosed medical condition. These guidelines may be appropriate if you are pregnant. Consult a health professional if you are unsure about the types and amounts of physical activity most appropriate for you.

Pikwadin Work Integration Project

by Gabrielle Lamouche

The Kanesatake Human Resources Office (KHRO) in collaboration with the First Nations Human Resources Development Commission of Quebec (FNHRDCQ) is pleased to introduce the Pikwadin Project, a two year project aimed at integrating Aboriginal people with employment barriers and disabilities into the workforce. The Pikwadin Project was specifically designed to promote and enhance employability and help facilitate transition into the labor market, Aboriginal people living with disability or multiple employment related barriers.

The Pikwadin Project program starts with twelve (12) weeks training on Essential Skills, followed by thirty (30) weeks of job placement remunerated at minimum wage.

What are Essential Skills?

There are nine (9) skills categorized as being essential. They are: Working with Others, Continuous Learning, Thinking, Computer Use, Oral Communication, Document Use, Numeracy, Writing and Reading.



What are employment related barriers?

These include: Academic/employability, Health/medical, Legal, Personal and Social, Family and/or Economic.

The goal is to recruit, train, and assist in integrating into the workforce, 25 participants over the next two years. The first training session on **Essential Skills of the Pikwadin Project** starts March 11, 2013 through May 31, 2013 and will be held at KHRO, Monday through Friday.

If you identify yourself as living with a disability or employment related barrier, and envision your future as becoming gainfully employed, please call 450-479-1100 for an appointment and ask for Gabrielle Lamouche.



Bone Marrow Clinic

Way back on September 7th, Hema Quebec held a bone marrow clinic at the health center in hopes of finding a match for community member, Brenda Gabriel. Organizer, Robin Sky informed us that the clinic here had a final count of 31 donors and the clinic in Kahnawake had 39 donors. Many people had to be turned away, as the age for donors was lowered to between 18-35. Fortunately, Brenda is not in need of a bone marrow transplant at this time. If you missed your chance to come to our clinic, the health center still has some kits (the test/donation is self-administered), but you must be healthy and meet the age requirement. You can also contact Hema Quebec directly. Thank you to the youth who stepped up to donate.



Brunch With Santa

by Susan Oke

Brunch with Santa was held at the Ratihente High School Gym on Saturday, Dec. 15th. It was well attended once again with many community families enjoying the great breakfast sponsored by the Christmas Committee and prepared by Julie Cataford, Louise Cataford, Irene Cataford, Lynn Cataford Gabriel and Joanne Etienne.

During the event many door prizes were given away, as well as, the committee's Club 100 prize (\$1000), which was won by Kate Oke. But of course the biggest part of the day was the arrival

of Santa Claus. Even though he is extremely busy in December, he always makes time to visit the children of Kanesatake. He always has time to pose for photographs and pass out little gifts and goodies to all the kids who come to see him. This year he even brought Mrs. Claus who helped him hand out the candy canes. Anyone whose child was photographed with Santa will get a copy of the photo. The prints should be ready sometime in February.

It was also a busy week for the Christmas Committees. They had to do a lot of work to get the turkeys and then pack and deliver them to 148 families. Fortunately, they had the help of many elves and everyone received their packages before Christmas.

Announcements



Congratulations

Congratulations to the young men who were in the heavy equipment course: Joseph ???, Eric Mayer, Shawn Nelson, Andrew Daye and Josh, all from Kane-satake. You all worked very hard to finish this course from January to November 2012 and you were all very successful. Be proud of yourselves.

Glenda

Happy Birthday to

Jessica
February 1

Cee Cee
February 4

Wish U all the best!
Hugs XOX Lotion

Lila Gabriel
February 4

Glenda and little Josh

Zach
February 5

Happy birthay from all the gang!!

Happy birthday **Valo** and **Victor**
Bonspille
February 14

From Glenda, Josh, and Shelby

KHC Birthdays

Crissann Thompson
January 29

Gloria Nelson
February 10

Dinah Routly
February 19

Donna Nelson
February 19

Diane Harding
February 24

Mike Malo
February 27

Happy Birthday everybody! Hope your day is everything you could wish for.



Glenda Smith
February 23

Happy birthday to Mom. Love you very much and thanks for supporting me in the school days.

Josh and Shelby



Congratulations

Congratulations Joshua Smith Gabriel for graduating from the heavy equipment course. I'm very proud of you, you worked very hard.

Mom

Shawn
January 12

Happy birthday to our son Shawn, who turns 26. You have grown into an adult in the past year—it's about time, ha ha! We love you.

Mom and Dad

Maegan
February 27

Happy birthday to our daughter Maegan who turns 24. You have matured a lot since you had your own daughter, it's great to see. Oh yeah, pay back is a b_ _ _ _ , just joking. We love you.

Mom and Dad

Anniversary
February 21

Happy anniversary to my parents. It's a HUGE 60 years on February 21st. Of course, it is a lot of ups and downs, but you guys stuck through all of that for all these years. You two are my hero's. I hope that you guys will have a lot more anniversaries to share.

Love Donna

January

Alzheimer Awareness Month

National Non-Smoking Week

January 20-26

Weedless Wednesday

January 23



Jan. 8, 15, 29



Jan. 11, 25

February

Heart Month

Groundhog Day

February 2

World Cancer Day

February 4

Chinese New Year

Year of the snake

February 10

St.Valentine's Day

February 14



Feb. 12, 26



Feb, 8, 22



If you have questions or comments regarding Karihwios, please email

karihwios@hotmail.com

Karihwios Deadline For March/April

February 22, 2013

Emergency Phone Numbers

Fire and Ambulance:
911

Police Emergency:
310-4141
*4141 (cell)

Police Non-emergency (SQ office) (450) 479-1313

Karihwios serves to distribute health information from the Kanesatake Health Center to the community of Kanesatake. Karihwios provides a positive forum from which to honor the achievements of community members. Karihwios promotes community services, their activities, and accomplishments. It advertises and promotes upcoming special events and activities to be held in and around Kanesatake.

Movember Moustache

Did you know that 1 in 7 men will be diagnosed with prostate cancer in their lifetime? KHC Employee, David Belisle, participated, (unofficially) in the Movember Moustache campaign to raise awareness of Prostate Cancer. The Movember moustache idea began in Australia in 2003 and has since spread around the world. It's recommended to have an annual physical to stay on top of your health issues, and to also quit smoking and get some exercise. Dave's first week and last day photos are on the right.

