



### Notable Quotable

“The most luxurious possession, the richest treasure anybody has, is his personal dignity.”

~ Jackie Robinson, baseball Hall of Famer



### HOW TO REACH YOUR MANAGEMENT TEAM

Main Telephone\_613.932.1409

**South Wing Nursing Station:**  
Press #2 (after greeting)

**West Wing Nursing Station:**  
Press #3 (after greeting)

[Denise.mitchell@akwesasne.ca](mailto:Denise.mitchell@akwesasne.ca)  
**Admin Assistant/Ward Clerk:**  
Press #1 (after greeting)

[Lorna.francis@akwesasne.ca](mailto:Lorna.francis@akwesasne.ca)  
**Finance Clerk** Press #1  
(after #4 Admin Directory)

[Aleesha.King@akwesasne.ca](mailto:Aleesha.King@akwesasne.ca)  
**a/Dietary, Housekeeping, Laundry Supervisor / Press #2**  
(after #4 Admin Directory)

[Sonja.sylvester@akwesasne.ca](mailto:Sonja.sylvester@akwesasne.ca)  
**A/Director of Care / Press #4**  
(after #4 Admin Directory)

[Vincent.lazore@akwesasne.ca](mailto:Vincent.lazore@akwesasne.ca)  
**A/Program Manager / Press#6**  
(after #4 Admin Directory)

### At Your Leisure *continued from pg. 1*

kitchen. Currently, pickling and fermenting food is all the rage. To pickle something, preserve it in a salty brine or acid like vinegar or lemon juice. Fermented foods call for submerging your veggies in a brine, whey, or even a store-bought starter culture. Fermentation has one advantage over pickling: it creates beneficial bacteria that

aids in digestion, preserves the vitamin content of foods, and also suppresses the growth of harmful bacteria. Another trendy hobby akin to fermentation is brewing beer at home. Whereas the by-product of fermented foods is good bacteria, the by-product of fermenting water, malt, hops, yeast, and sugar is beer.

### You Can Be A Hand Washing Champion, too!!

*Here are further steps you can take to protect yourself and your family.*

- Wash your hands often, especially after coughing, sneezing or using tissues, before and after eating, before preparing food, after handling raw meat, after petting an animal, and after using the bathroom.
- When you cough or sneeze, use a tissue or raise your arm up to your face and aim for your sleeve. Do not sneeze into your hand. Throw away tissues as soon as you use them
- Keep the surface areas in your home and office free of germs by cleaning them. Doorknobs, light switches, telephones, and keyboards are

especially important to keep clean.

- If you use bar soap, keep it in a self-draining holder that can be cleaned thoroughly before a new bar is added.
- Don't use a single damp cloth to wash a group of children's hands.
- Don't use a standing basin of water to rinse your hands.
- Don't use a common hand towel.
- Don't use sponges or non-disposable cleaning cloths unless you change them daily and launder them using detergent. Germs thrive on moist surfaces

2018  
Tsiiohohrhko:wa  
(The Big Cold) /  
January 2018

# Tsiionkwanonhso:te



Mohawk Council of Akwesasne  
70 Kawehnoke Apartments Road  
Akwesasne ON K6H 5R7  
Like Us on Facebook: 'friends of Tsiionkwanonhso:te'

### Celebrating January

**Polka Music Month**

**Change Your Stars Month**

**Book Blitz Month**

**First Foot Day**  
January 1

**World Braille Day**  
January 4

**Bubble Bath Day**  
January 8

**International Kite Day**  
January 14

**Thank Your Mentor Day**  
January 18

**Big Wig Day**  
January 26

### At Your Leisure

January 1st rings in more than the new year; it's also the start of Hobby Month, so you should add practicing a new skill to your list of New Year's resolutions. One of the trendiest new hobbies is hand-lettering. This hobby might sound simple at first. You are, after all, just drawing letters as opposed to writing them. But as you let your imagination take over, you may find that your highly decorative and detailed lettering demands fine-tuned attention and a wide variety of tools: rulers, grid paper, and archival-quality pens of different weights and colors. Also in vogue is the hobby of bullet journaling. Your diary no longer desires a long and rambling narrative about your day. Instead, bullet journaling features

lists and short phrases that capture your thoughts. These journals become to-do lists, sketchbooks, notebooks, diaries, and organizational systems. Of course, they can be embellished with colorful flourishes to make them as wonderfully unique as you are.

If arts and crafts aren't your thing, then there are plenty of hobbies in the

*continued on pg. 4*



### News from a Rocking Chair

Volunteers make a 'world of difference' to the quality of life for Residents.

Thankyou Winston and 'Jenny' for the weekly pet visits (trained through St. John Ambulance); Pastoral Care Team of Fr. Jerome Pastores, Sister Mary Christine and the other members of the St. Regis Parish. Entertainers include Lucien Lalonde with assistance from his buddies.

We welcome any entertainment (when we can afford them) but always look forward to the 'Crosswinds' band with John Francis.

If you have a post-secondary student in need of 40 hours of community service, please send them our way. Residents enjoy having the younger people around to be 'silly' with and 'learn' from each other.



*Foster earned \$15,000 during his lifetime; today his songs are worth millions.*

## Heredity and Alzheimer's: A Discussion

Today, 1 in 10 people aged 65 and older has Alzheimer's dementia—a progressive disease that affects a person's memory, thinking, and movement. There are approximately 47 million people worldwide with Alzheimer's or other dementias, and the number of people living with Alzheimer's is growing. With the disease affecting more families—physically, emotionally, and financially—it's natural to wonder if Alzheimer's is hereditary.

Alzheimer's is not typically hereditary, meaning that the majority of cases are not caused by the genes received from one's parents. There are, however, two types of genes that can play a role in affecting whether a person develops a disease: risk genes and deterministic genes. Risk genes increase the likelihood of developing a disease but do not guarantee it will happen. Deterministic genes directly cause a disease, guaranteeing that anyone who inherits them will develop the disorder. When Alzheimer's disease is caused by deterministic variations, it is called "familial Alzheimer's disease," with many family members in multiple generations being affected. True familial

### CONCERNS OR COMPLAINTS?

A Family Council provides an opportunity for family members to have a collective voice regarding decisions that can affect the care of their loved ones. If the Family Council has a concern regarding the operation of the Home (care, food etc...) then the Council can present the concern to the **administrator** in writing.

You can also contact the Ministry of Health's ACTION Line. The Long-Term Care ACTION Line is open seven days a week 8:30 a.m.

Alzheimer's disease accounts for less than one percent of cases worldwide. (Alzheimer Europe, 2014)

It's important to keep in mind that Alzheimer's is common in the elderly, so it is not unusual for two or more family members to have it. In fact, according to the Alzheimer's Association, "The greatest known risk factor for Alzheimer's is advancing age. Most individuals with the disease are age 65 or older. The likelihood of developing Alzheimer's doubles about every five years after age 65. After age 85, the risk reaches nearly 50 percent." (Alzheimer's Association, 2017)

While we can't change our family history or age, we may be able to influence other risk factors through lifestyle and management of other health conditions. These factors include head trauma and heart and vascular conditions

**Head trauma.** Researchers believe that a person who has had a serious head injury, such as from a motor vehicle or sports accident, may be at greater risk of developing Alzheimer's disease, especially

to 7:00 p.m., and can be reached toll-free at:

**1-866-434-0144**

A complaint can also be sent by mail to the Ministry of Health and Long-Term Care Performance Improvement and Compliance Director at the following address:

**Director,  
Ministry of Health and Long-Term Care,  
Performance Improvement and Compliance Branch,  
11th Floor, 1075 Bay Street,  
Toronto, Ontario, M5S 2B1.**



*Cassette player/Radio/CD needed for Resident Recreation pursuit.*



*Charles Sherwood Stratton became a global celebrity in the 19th century.*

## Heredity and Alzheimer's: A Discussion..from page 2.

when trauma occurs repeatedly or involves loss of consciousness. Using seat belts and wearing a helmet when participating in sports like football, ice hockey, baseball, or boxing are important preventive measures. **Heart and vascular conditions.** Growing evidence, including studies from donated brain tissue, links brain health to heart health. Heart and vascular conditions—from high blood pressure, stroke, diabetes, heart disease, and high cholesterol—may increase the chances of developing

Alzheimer's disease. These studies suggest that plaques and tangles are more likely to cause Alzheimer's symptoms if strokes or damage to the brain's blood vessels are also present. Other lines of evidence suggest that strategies for overall healthy aging, including maintaining an ideal weight, avoiding alcohol and tobacco, staying socially connected, and exercising your body and mind, may help keep your brain as well as your body fit.

## Twelfth Day of Christmas

The last day of the Twelve Days of Christmas falls on January 6, and in Ireland it doesn't end with twelve drummers drumming, but with *Nollaig na mBan*, or Women's Christmas, or Little Christmas, as it's also known. This is the day the Christmas decorations come down and (finally) the women of the house get a much-deserved rest after catering to guests during the busy holiday season. In 1998, an article published in the *Irish Times* newspaper noted that while even God rested on the seventh day, Irish women didn't get to rest until the twelfth!

The holiday is especially common in southern Ireland's counties of Cork and Kerry, where families celebrate a yearly reminder of the strength and importance of Irish women, especially mothers, who have long been considered the backbone of the Irish family. In Ireland's olden times, the women would save the turf, cut the hay, and paint the barn, all while raising the children and feeding the family—no small task considering how large traditional Irish families were. While a woman's

role in Irish society has evolved over the years—they have moved far beyond the boundaries of the home and into the community, business, and politics—women are no less revered.

On January 6, it is common for children to give their mothers and grandmothers presents or cook them breakfast. The men take over the household duties for the day while women gather socially in the pubs and restaurants for a little well-deserved girl time. In fact, it is the one time of year when restaurants and bars are filled entirely with women.

Luckily, the notion of Women's Christmas is becoming popular for Irish women beyond Cork and Kerry, and even becoming popular with women who aren't even Irish. And the celebration is becoming more than just a night out at the pubs. Modern Women's Christmas celebrations are including discussions about women's health, political involvement, and most any other women's issues: less food, and more food for thought.



*Women's Christmas is celebrated mainly in the Irish counties of Cork and Kerry.*