

# COMMUNITY HEALTH PROGRAM NEWSLETTER

## OUR MISSION

To foster healthy generations.

## OUR VISION

Akwesasne will be a community where people are engaged; children and families are resilient; culture is honored; and we use innovative, wholistic approaches to service delivery.



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September  
Seskehko:wa  
2018



## Contact Us

Kanonhkwat'sheri:io  
Health Facility

31 Hilltop Drive,  
Akwesasne, Quebec,  
HOM 1A0

Phone: 613.575.2341  
ext. 3220  
Fax: 613.575.1152

Like Us on  
Facebook



## Green Food Bag/Tetewatska:hon

To order a Green Food Bag you can call or go to the Community Health office, located at the Kanonhkwat'sheri:io Health Facility.

The cost is \$10.00 per bag.

Deadline to  
Order:  
September 7

### September Pick Up Dates

#### Kanastakon Pick Up

Date: September 18  
Time: 11am – 4pm  
Place: St. Regis  
Recreation

#### Tsi Snaihne Pick Up

Date: September 18  
Time: 1pm – 5pm  
Place: Tsi Snaihne  
Homemaker's Club

#### Kawehno:ke Pick Up

Date: September 19  
Time: 11am- 4pm  
Place: A`nowara`ko:wa  
Arena



The MCA Community Health Program now provides immunizations by appointment only.

To book an appointment, please call  
613.575.2341 ext. 3220

**IMPORTANT!** Please remember to bring your yellow immunization record.

Immunizations are also available at the Kawehno:ke Medical Clinic. They are provided by appointment only.  
To book an appointment, please call 613.932.5808

# Quebec Health Card

## Applying for a Quebec Health Card

### 1 Requesting Application



First step is to call the Regie de l'assurance maladie du Quebec (RAMQ) to request an application. Their toll free number is **1-800-561-9749**

#### Information needed

- Name
- Date of birth
- Address
- Place of birth
- Last place of residence
- Date of arrival in Quebec
- Phone number

### 2 Proof of Identity Documents

- Original Birth Certificate
- Status Card
- Residency letter

### 3 Sending documents



Upon receiving your application, proceed to the MCA Community Health Program with all required documents. Applicants aged 14-75 years of age will require a photo for their health card. Photos taken at MCA Community Health Program are provided at no cost to community members.

### 4 Receiving a Health Card



The Regie will process your application and, if you fulfill the eligibility requirements, will send you a letter indicating when your coverage takes effect. You will receive your health card within 2 weeks after that date.

*The information in this flyer is for informational purposes only. The Regie de l'assurance maladie du Quebec may request additional information/documents at their discretion.*

**For more information: Please visit the Community Health Office or call 613-575-2341 ext. 3220**

## Building good eating habits at any age will benefit you and your child for a lifetime.

Starting from a young age, inspiring children to shop, cook and prepare food can set them up for a lifetime of healthy eating. A great way to teach children about food is to let them shop and cook with you.

Here are some tips for getting your kids involved:

- 1** Pick a recipe together: Children need to be part of the plan from the beginning.
- 2** Keep it fun! Make a theme night or turn your kitchen into a restaurant or reality cooking show.
- 3** Be a role model: If you're excited, they will be too. Try a new food, describe the flavor and be adventurous to inspire your eaters to do the same.
- 4** Be cool about the mess: Spills and accidental messes happen, and it's important to remain calm about little mishaps.

Kids are much more likely to eat what they make, it helps reduce mealtime battles and boost their willingness to try new foods.

Try this recipe together: [GREEN MONSTER BLENDER MUFFINS](#)



# Green Monster Blender Muffins

## Ingredients:

- 2 cups rolled oats
- ¼ cup chia seeds
- 2 tsp BP
- ½ tsp BS
- ½ tsp salt
- 1 tsp cinnamon
- ½ cup maple syrup
- ½ cup milk (or milk alternative)
- 5 cups spinach
- ¼ cup butter, softened
- 3 ripe bananas
- 2 extra large eggs
- 1 tsp vanilla



## Instructions:

1. Preheat oven to 375 F and grease 2 12-cup muffins tins
2. Place dry ingredients in a good quality blender and pulse until finely blended
3. Transfer to a medium sized bowl
4. Place wet ingredients into the blender and blend until smooth. Add dry ingredients back, and on low speed, gently blend until smooth.
5. Fill 2 12-cup muffin tins from your blender (2/3 full for each cup)
6. Bake for 20-25 minutes, or until baked (if you press on top of muffin, it will bounce back)

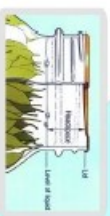


- Mason-type canning jars
- Two-piece metal lids

### Use only

# yes

## Pack it right



### Headspace is critical

- 1 inch for meats and vegetables in a pressure canner
- 1/2 inch for fruits and pickles in a boiling water canner
- 1/4 inch for jams and jellies in a boiling water canner

### Follow directions

- Choose fresh, high-quality foods.
- Prepare jars and flat lids as in directions.
- Clean, peel, cut, and cook food as in directions.
- Fill clean jars quickly, leaving headspace.
- Release trapped air bubbles.
- Wipe jar rim and threads clean.
- Place flat lid on jar; screw band down evenly and firmly, just until resistance is felt.



# you

## Can it right

### Boiling Water Canning (212°F)

- Fruits & fruit juices
- Tomatoes
- Pickles
- Sauerkraut
- Jams & jellies
- Any other acid food or mixture

### Follow directions

- Place filled jars into canner quickly.
- For pressure canning, start with 2 to 3 inches of water in the canner. Start counting process time only after pressure canner has been vented 10 minutes and then brought to desired pressure.
- For boiling water canning, make sure jars in boiling water canner are covered by 1 to 2 inches of water. Start counting process time only after water boils.
- Water must boil, or pressure canner must be at stated pressure, for the entire process time.



### Pressure Canning (240°F)

- Vegetables
- Meats
- Poultry
- Seafood
- Any other low-acid food or mixture



# can

## Store it right

### If lid seals

- Remove metal screw bands.
- Wash off any food or sticky juices.
- Rinse and dry.
- Label jars (content and date).
- Keep jars in a clean, cool, dry, dark place.
- 50 to 70°F is best.
- Check for loss of seals or signs of spoilage before using.
- Use food within 1 year.



### Do your canned foods pass the test?

- Overall appearance
  - Good proportion of solid to liquid
  - Full jar with proper headspace
  - Liquid just covering solid
  - Free of air bubbles
  - Free of stems, cores, seeds
  - Good seals
- "Practical" pack that is done quickly and easily
- Fruits and vegetables
  - Pieces uniform in size and shape
  - Characteristic, uniform color
  - Shape retained, not mushy or broken
  - Proper maturity
- Liquid or syrup
  - Clear
  - Free from sediment



MCA Community Health Program

613-575-2341



# Senior Youth Ribbon Skirt Workshop (Ages 18-24)

OFFERED BY MCA COMMUNITY HEALTH PROGRAM  
SPONSORED BY SMOKE FREE ONTARIO



"RIBBON SKIRTS ARE GOOD TO MAKE IF YOU ARE JUST STARTING TO SEW. IT IS A QUICK PROJECT WITH A GREAT SENSE OF ACCOMPLISHMENT AFTERWARDS. CREATING A BEAUTIFUL SKIRT WITH AN EXPERIENCED TEACHER GIVES YOU THE CONFIDENCE TO TRY MORE PROJECTS!" ~SHEREE BONAPARTE

**Saturday September 29th, 2018**  
**10:00AM- 4:00PM (Lunch Included)**  
**At the Ionkwanikonhriiosne**  
**Creative Sewing Center in Kawehno:ke**

**TO RESERVE, PLEASE CALL 613-575-2341 EXT: 3220**  
**ONLY 6 SEATS AVAILABLE!**

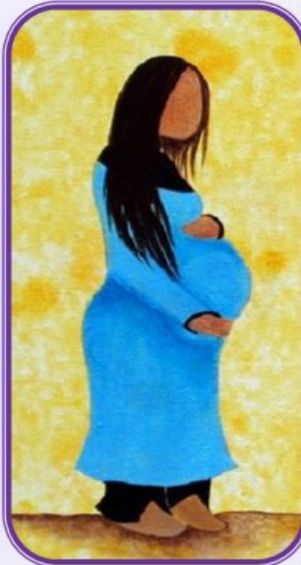


## Healthy Pregnancies = Healthy Generations

**Have a good mind,  
think positively.**

**Early prenatal care.**

**Food is medicine.  
Healthy food choices will  
help baby grow strong.**



**Keep your body strong,  
exercise and stay active.**

**Rest when needed.**

**Support an alcohol,  
commercial tobacco and illicit  
substances FREE pregnancy.**



MCA Community Health Program (613) 575-2341 Ext. 3220



## FASD Awareness Day is September 9, 2018

Every year on September 9th, International FASD Awareness Day is observed. Proclamations are issued in countries, states, provinces, and towns all around the world. Bells are rung at 9:09 a.m. in every time zone from New Zealand to Alaska. People all around the world gather for events to raise awareness about the dangers of drinking during pregnancy and the plight of individuals and families who struggle with Fetal Alcohol Spectrum Disorders (FASD). The first FASDay was celebrated on 9/9/99. This day was chosen so that on the ninth day of the ninth month of the year, the world will remember that during the nine months of pregnancy a woman should abstain from alcohol. Anytime is a good time to raise awareness about Fetal Alcohol Spectrum Disorders (FASD).

[www.fasday.com](http://www.fasday.com)

**“Everyday is FASD awareness day”**





# Folic Acid

Folic acid helps prevent birth defects to the baby's brain and spine.

Start taking a multivitamin with folic acid at least three months before you get pregnant.

It is also important to eat fortified grains and foods rich in folate, such as spinach, lentils, chick peas, asparagus, broccoli, peas, corn or oranges.

Some women need more folic acid. Talk to your health care provider.

[www.healthbeforepregnancy.ca](http://www.healthbeforepregnancy.ca)



*best start*  
*meilleur départ*

try/par health **nexus** santé

# Expecting a Baby?

The months before the birth of your baby are very special. Regular visits to your health care provider is important for your health and your baby's health.

It is also important to know about the programs and services in the community that are also helpful to pregnant women.

*The MCA Community Health Program offers the following services just for you:*

- *Individual or Group sessions to learn "what to expect" and tips for having a healthy pregnancy.*
- *Individual or Group sessions to prepare for giving birth.*
- *Scheduled home visits with a nurse to learn about the journey to parenthood and beyond.*
- *Breastfeeding education sessions.*
- *Healthy eating ideas from a Registered Dietician*
- *Healthy Babies Healthy Children home visiting services to learn about newborn care, infant massage and parenting.*
- *Access to Tahonata 'karita'kie Healthy Arrivals Programs which is prenatal food vouchers to help you access healthy foods.*

To access any of the services listed about, please contact MCA Community Health Program at (613) 575-2341. Ask to speak to Janet Tatro, RN (ext. 3231) or Amanda Garrow RN (ext. 3222).



# The facts of lice



## What are lice?

Lice are tiny wingless insects that live on a person's scalp and feed on their blood. About the size of a sesame seed, lice lay eggs called nits, which they glue to hairs, close to the scalp.

Each year, head lice get into the hair of **6 to 12 million kids**, ages 3 to 11.

## How to check for lice

Carefully part your child's hair with a comb and look for the insect's eggs. Lice eggs, laid in the hair close to the scalp, look like tiny white or yellow ovals and often are mistaken for dandruff flakes.

## How head lice are spread

Head lice are mainly spread by direct head-to-head contact, which can be common among kids during play at school, camp, day care or slumber parties.

## How to reduce your child's risk

Encourage your child not to share items that touch the head, like hairbrushes, pillows and hats, and to avoid head-to-head contact while playing with other kids.

## Head lice myths, busted!

- Head lice cannot jump or fly from head to head.
- Kids diagnosed with live head lice at school do not need to be sent home early. They can go home at the end of the day and return to class after treatment has begun.
- Getting head lice is not a sign of dirty hair or poor hygiene.

## How to treat head lice

- 1. Kill the insects.** Apply an over-the-counter or prescription medication that will kill lice and nits. Follow the instructions on the label. Comb dead and any remaining live lice out of the hair using a fine-toothed nit comb.
- 2. Check the hair** of family members and close contacts, like babysitters and your child's close friends, for head lice. Keep checking family members for two weeks to be sure the lice are gone.
- 3. Clean any items** your child has worn or used in the past 48 hours. Machine wash clothes and bedding in hot water. Also vacuum carpet and furniture.

Sources: Ohio State Department of Health; Centers for Disease Control and Prevention, American Academy of Family Physicians, American Academy of Dermatology

This event is sponsored  
by the MCA Community  
Health Program &  
Cancer Care Ontario



**CCO** Champlain  
Regional Cancer Program  
in partnership with Cancer Care Ontario



# IT'S TIME

SCHEDULE YOUR ANNUAL MAMMOGRAM



Women 50 – 74 years of age should  
have a mammogram  
every 1 – 2 years.

# Mammogram

# Day

**October 24, 2018**

**1:00 pm – 3:00 pm**

**Cornwall Community  
Hospital**

*Gift and Snacks included!*

Please call MCA  
Community Health at  
613-575-2341 ext. 3220 to  
save your spot

**The best protection is early detection!**

# Tips on Septic System

## What are the Health Effects?

Wastewater/sewage can be harmful to humans because it contains disease-causing organisms and toxins. It must go through a treatment process; otherwise it can pollute surface water, groundwater sources and even drinking water.

**Tips - What can you do?** If you have a piped system and if there is an interruption in water service, when service resumes, run water to flush the line to ensure no contamination remains in the system.

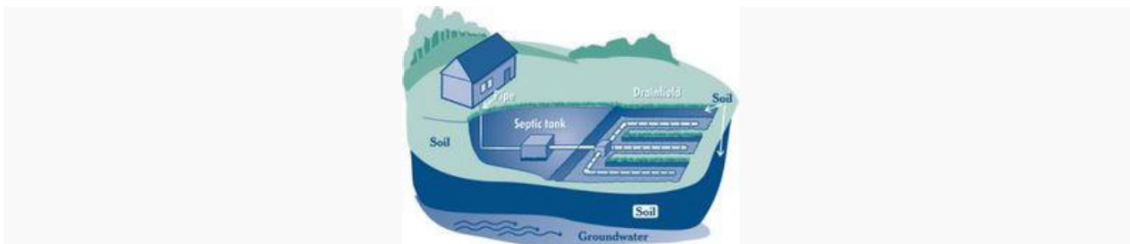
If you have a septic tank and leaching bed, here are some tips to keep your family safe.

## Leaching Bed

- Do not build anything on top of the leaching bed, such as parking areas, deck or storage shed.
- Do not drive vehicles or machinery over the bed, as the weight could crush the distribution pipes or pack down the soil, even in winter.
- Make sure the ground over the leaching bed has a good cover of grass or very shallow rooted plants.
- Do not plant trees or shrubs near the leaching bed.
- The leaching bed should be built such that water does not pool around it. If water does start to pool, contact your Environmental Health Officer for advice.

## Septic Tank

- Make sure you have easy access to your septic tank.
- Complete maintenance regularly.
  - Have your septic tank pumped out every three to five years or when 1/3 of the tank is filled with solids (sludge). You will need a licensed professional to pump and dispose of the waste.
  - If your system has effluent filters, clean them out on a regular basis. How often you clean them depends on the filter type and size and the amount of water used in your household.
- Be careful what you put into your septic system.
  - Do not pour paints, solvents, thinners, nail polish remover, or other common household products, medicines or antibiotics down the drain or into your toilet. Doing this could kill the bacteria that break down the organic matter in the wastewater.
  - Never put oils, grease, fat, disposable diapers, tampons and their applicators, condoms, cat box litter, plastics, cigarette filters, egg shells, or other kitchen waste into the septic system. Solids are not digested and can block your system or shorten its life.
  - Try to control the amount of water that enters your septic system by reducing the amount of water you use. Some good ways to reduce use are to fix leaky faucets, repair running toilets, and use low-flow toilets.



# Creating a Walking Plan

A walking plan may be a good place to start if you would like to start getting regular physical activity.



## Plan your walks

Follow the plan below to gradually increase your frequency, intensity and time of walking.

Program stage	Week	Frequency (days per week)	Intensity: Exertion level	RPE* (see below)	Duration (min)
<b>Initial stage</b>	1	2	Light	2	10
	2	2	Light	2	10-15
	3	2-3	Moderate	3	15
	4	3	Moderate	3	15
<b>Improvement</b>	5-7	3-4	Moderate-Somewhat hard	3-4	15-20
	8-10	4	Moderate-Somewhat hard	3-4	20
	11-13	4	Somewhat hard	4	20-25
	14-16	4	Somewhat hard	4-5	25
	17-20	4	Somewhat hard	4-5	25-30
	21-24	4-5	Somewhat hard-hard	4-5	25-30
<b>Maintenance</b>	25+	3-5+	Moderate-hard	3-5	30+

## Rating of Perceived Exertion (RPE)

Pick the number matching the word or phrase that best reflects your total amount of physical stress, effort and fatigue while doing an exercise. This number identifies your exercise intensity. Record this number on your exercise log after each session.

0	Rest	Light intensity: Easy walking, golf, gardening, dusting, laundry, stretching, yoga, curling, bowling
1	Very light	
2	Light	
3	Moderate	Moderate intensity: Brisk walking, climbing stairs, mowing the lawn, swimming, dancing
4	Somewhat hard	
5	Hard (breathing deeply)	
6		
7	Very hard (out of breath)	Vigorous** intensity: Running, fast cycling, hockey, basketball, gym workouts
8		
9		
10	Maximal	

For more information about physical activity, please call the Mohawk Council of Akwesasne's Community Health Program at 613-575-2341 ext. 3220.

# September 2018 MCA Community Health Fitness Calendar

Monday

Tuesday

Wednesday

Thursday

Friday



Holiday

Being active for at least 150 minutes per week can help adults to:

- Strengthen muscles and bones
- Improve mental health and well being
- Reduce overweight and obesity
- Reduce the risk of premature death
- Reduce the risk of chronic disease including Heart disease, Stroke, High blood pressure, certain types of Cancer, Type 2 Diabetes, and Osteoporosis



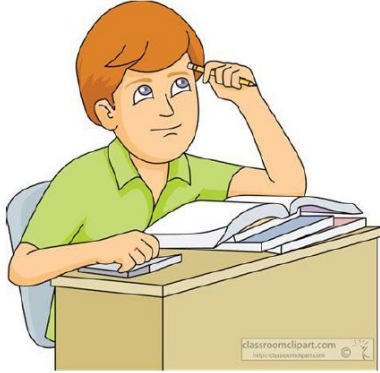
Day	Monday	Tuesday	Wednesday	Thursday	Friday
3	<p>Walk Strong 10-10:45 am @ Tri District Elders Elder Fitness- 3pm @ Snye Homemakers Total Body Fitness 5-6 pm @ Arena Fitness Room Dumbbell Strength 5-6 pm @ Snye Rec</p>	<p>Walk Strong 10-10:45 am @ Tri District Elders Elder Fitness- 3pm @ Snye Homemakers Total Body Fitness 5-6 pm @ Arena Fitness Room Dumbbell Strength 5-6 pm @ Snye Rec</p>	<p>Lunch Fitness 12:15- 12:45 pm @ Arena Fitness Room Lunch Fitness 12:15- 12:45 pm @ Kanonhkwatsheri:io Atrium Core Strength 5-6 pm @ Snye Rec</p>	<p>Balanced Body 10- 10:30 am @ Tri District elders Getting Fitter with Age 10-11am @ Sweet Grass Apartments Elder Fitness- 3 pm @ Homemakers Total Body Fitness 5-6 pm @ Arena Fitness Room Circuit Training 5-6pm @ Snye Rec</p>	<p>Walk Strong 10-10:45 am @ Tri District Elders Lunch Fitness 12:15- 12:45 pm @ Arena Fitness Room</p>
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# Tsi Ionteweihstákhwa

## School



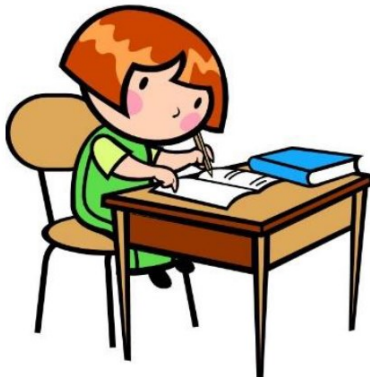
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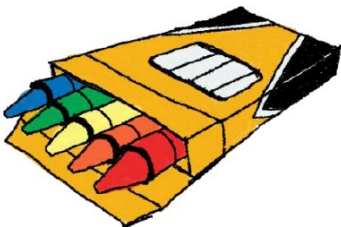
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