

COMMUNITY HEALTH PROGRAM NEWSLETTER

OUR MISSION

The Community Health Program aims to honor our community's culture and traditions; to empower families; and to help community members reach their full potential through innovative health care practices.

OUR VISION

Our vision is to create healthier generations.

January
Tsiothohrhko:wa
2019



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Contact Us

Kanonhkwa't'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 Kanonhkwa't'sheri:io Health Facility.

The cost is \$10.00 per bag.

Deadline to
Order:
January 4

January Pick Up Dates

Kana:takon

Date: January 15
Time: 11am – 4pm
Place: St. Regis
Recreation

Tsi Snaihne

Date: January 15
Time: 1pm – 5pm
Place: Tsi Snaihne
Homemaker's Club

Kawehno:ke

Date: January 16
Time: 11am- 4pm
Place:
A'nowara'ko:wa Arena



Immunization Clinics

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



Green Food Bag 2019

Year at a Glance

Deadline to order	Kana:takon & Tsi Snaihne Pick Up Day	Kawehno:ke Pick Up Day
Jan 4	Jan 15	Jan 16
Feb 1	Feb 12	Feb 13
Mar 1	Mar 12	Mar 13
Apr 5	Apr 16	Apr 17
May 2	May 14	May 15
June 7	June 18	June 19
July 5	July 16	July 17
Aug 9	Aug 20	Aug 21
Sept 6	Sept 17	Sept 18
Oct 4	Oct 15	Oct 16
Nov 1	Nov 12	Nov 13
Dec 6	Dec 17	Dec 18

Green Food Bags contain an assortment of fruits and vegetables for only \$10.00 per bag.

All orders must be prepaid.

Pick up sites are located at:

Kanata:kon Recreation Center
Tsi Snaihne Homemakers
Anonwara'ko:wa Arena

For more information please call
613-575-2341 ext. 3220

In the event of a pickup location change, information will be announced on our MCA Community Health Facebook page and CKON Radio.



Five reasons not to diet in the new year, and what to do instead

January, a.k.a. National Dieting Month, is once again upon us. Before you sign up for another restrictive eating plan that has been designed by someone who doesn't even know you, here are five reasons to opt out of diet culture this year.



1. **DIETS DON'T WORK.** Anyone who says they have found the proven way to lose weight and keep it off is selling snake oil, and counting on repeat customers. When you restrict calories enough to drop below your body's natural set point weight range, your body will push back, causing you to regain weight. Over time, repeatedly losing and regaining weight (yo-yo dieting) may leave your health in a worse place than if you never dieted. This is a bitter pill, especially if better health is one of your motivations for losing weight.

2. **WEIGHT DOES NOT EQUAL HEALTH.** People can be healthy or unhealthy at both lower and higher weights. Even in research that shows an association between weight loss and improved health, it's unclear whether it's the weight loss that's responsible for better health, or the behaviors people adopt in an effort to lose weight, such as better nutrition and regular physical activity.

3. **DIETING GETS IN THE WAY OF LASTING CHANGE.** In other words, it doesn't help you develop sustainable habits. When you treat nutrition and physical activity only as a means to weight loss, you're not likely to eat well or be active if your attempts don't lead to the results you want — and you're more likely to return to old habits even if you do lose weight.

4. **DIETING TAKES UP MENTAL BANDWIDTH.** Because most people feel as though there aren't enough hours in the day, why spend precious time obsessively logging your food and tracking your calories or macros? Why exhaust yourself worrying about whether the food at a restaurant or party fits your diet rules or beating yourself up because you ate food that's not "allowed." You may think that weighing less will free you from body image concerns, but dieting to improve body image is futile, because any newfound self-esteem will evaporate when you regain the weight.

5. **RESTRICTION CAN LEAD TO BINGEING.** Dieting and food restriction have been shown to increase the risk of binge eating. When you feel deprived, you're more likely to overeat once you stop restricting. This restrict-binge cycle is the opposite of a moderate, balanced, peaceful approach to food and eating.

What to do instead:

Giving up one habit without replacing it with something else can create an uncomfortable vacuum that may suck you back into the diet culture. Here are four things you can do to move toward health and away from dieting.

INVESTIGATE INTUITIVE EATING. Babies and very young children instinctively know when and how much to eat, based on innate hunger and fullness cues. We start to unlearn those cues once we're encouraged to eat "just three more bites" or to clean our plate — or are taught that there are "good" and "bad" foods. The good news is that intuitive eating is a skill we can relearn, and the outcome is far more fruitful than what comes from continuing to diet. The book "Intuitive Eating" by dietitians Evelyn Tribole and Elyse Resch provides the ultimate guide.

FOCUS ON WELLNESS, NOT WEIGHT. Embrace new habits that are good for whole-body health regardless of whether they lead to a change in weight. Because it's pretty clear that exercise and nutrition improve health, why not just focus on building better habits on those fronts, letting weight take a back seat? Eating foods that provide balanced nutrition, are delicious and leave you feeling good has inherent value. So does moving your body regularly. So does getting enough sleep and managing stress. Research shows that a Health At Every Size approach improves health regardless of weight.

CULTIVATE BODY RESPECT. When you diet, you are trying to make changes from a place of body hatred. This year, why not work on making changes from a place of body respect and acceptance? Weighing less is not the path to happiness, and when you feel good about your body only when you're losing weight, that's a temporary body image boost. People who accept their size — regardless of what that size is — tend to take better care of themselves and enjoy better health.

SAY "NO" TO WEIGHT STIGMA. Weight stigma, especially when you internalize it, is toxic. In fact, weight stigma may be responsible for most of the health problems that are typically ascribed to higher body weights. Why? Because people who take weight stigma to heart are less likely to seek preventive health care and more likely to engage in behaviors that harm them. We can all benefit from increasing compassion, acceptance and respect for all people, of all body sizes — including ourselves.

Written by **Carrie Dennett**, The Washington Post, Jan 9, 2018

https://www.washingtonpost.com/lifestyle/wellness/five-reasons-not-to-diet-in-2018-and-what-to-do-instead/2018/01/03/2f23241e-e4cf-11e7-a65d-1ac0fd7f097e_story.html?noredirect=on&utm_term=.57c4d1c53df3

What is Hepatitis virus (HCV)?

Hepatitis C virus (HCV) causes both acute and chronic infection. Acute HCV infection is usually asymptomatic, and is only very rarely (if ever) associated with life-threatening disease. About 15–45% of infected persons spontaneously clear the virus within 6 months of infection without any treatment.

The remaining 60–80% of persons will develop chronic HCV infection. Of those with chronic HCV infection, the risk of cirrhosis of the liver is between 15–30% within 20 years.

About half of those who become infected with Hepatitis C show no symptoms at the beginning. Symptoms develop years after infection. About one per cent of the Canadian population has a current or past infection with hepatitis C.

Populations at increased risk of HCV infection include:

- people who inject drugs;
- people who use intranasal drugs;
- recipients of infected blood products or invasive procedures in health-care facilities with inadequate infection control practices ;
- children born to mothers infected with HCV ;
- people with sexual partners who are HCV-infected;
- people with HIV infection;
- prisoners or previously incarcerated persons; and
- people who have had tattoos or piercings.

Prevention

- Use a condom when having sex;
- Don't share contaminated needles and other drug materials;
- Reduce the number of sexual partners;
- Get tattoos and piercings done at well-known tattoo parlors with clear safety profiles;

Testing

Testing is performed by blood work. See your healthcare provider to request screening for HCV.

References: HepCBC; SOGC; World Health Organization.

Sensor testing with the new freestyle Libre

The freestyle libre flash glucose monitoring system is indicated for measuring interstitial fluid glucose levels in adults aged 18 years and older with at least 2-year experience of self-management of their diabetes.

Treatment decisions are not determined base on the scan. You still need to finger-stick if there is a rapid change in glucose levels, to confirm hypoglycemia, to confirm if the glucose levels will be heading toward hypoglycemia and when you have symptoms that DO NOT match the sensor reading.

You can shower, swim and sweat with the sensor it stays very secure, you are **not** to put additional tape on top or plastic wrap when showering.

The sensor last for 14 days on the back of the arm, this sensor may be covered by private insurance. Is not covered by NIHB at this time.

Ascorbic acid (Vitamin C), salicylic acid (aspirin) can interfere with results by giving a false reading.

If you have any question regarding this new flash glucose monitor, please call the MCA community health program diabetes services team at 613-575-2341 ext 3247 and speak with a Certified Diabetes Educator.

Workplace Mental Health Counselling

According to the Mental Health Commission of Canada, 500,00 Canadians (in any given week) are unable to work due to mental health problems or illness.

Some people worry about asking for help because there can be stigma around mental health problems. They may believe that asking for help means admitting that something is wrong. Some people worry about how others might see them. Asking for help means that you want to make changes or take steps towards your new health goals. We should celebrate the courage it takes to speak up and make changes. Getting help is part of recovery.

The Canadian Mental Health Association recommends building a team of support. Here are good places to begin building your team:

- Talk with supportive friends and family. Share your feelings with them and let them be part of your team.
- Talk to your family doctor. They are a great resource and can link you to other professionals, if needed.
- Connect with community mental health clinics or organizations like the Canadian Mental Health Association (CMHA) for information, support, and services.
- Call a help line. Some organizations also offer support online or through text messaging.
- Learn more about mental health. You can find useful books, websites, and other resources through your provincial or territorial government and community agencies.
- Connect with others who have personal experience with a mental illness and learn more about their recovery journey.
- Attend workshops and education sessions hosted at community centres, agencies, schools, colleges or universities.
- Talk with a member or leader you trust from your faith or cultural group.

Finding Help

Most of us go through life solving our day-to-day problems without needing help to cope with our feelings. But a severe illness, an accident or an emotional crisis can overwhelm us, at least temporarily, and suddenly we need help. In this section, you will find resources and tips on getting help when you need it most.

Are you in crisis?

If you or someone you know is in crisis and needs immediate assistance:

go to the nearest hospital or if available in your area, call 911.

If 911 is not available in your area call the Akwesasne Mohawk Police at 613-575-2000 or the St. Regis Mohawk Tribal Police at 518-358-9200.

Do you need medical advice?

Contact your General Practitioner for a referral to a qualified mental health care professional.

Help Lines

Akwesasne Family Wellness Program 24 hour crisis line: 1-800-480-4208

Mental Health Crisis Line (Ontario/Quebec) 24 hours crisis line: 1-866-996-0991

Mental Health/Sexual Assault Crisis Team: 613-932-3300

Tri-County Mental Health Services: 1-800-465-8061

Mohawk Council of Akwesasne Wholistic Health and Wellness Program 613-575-2341

Other Helpful Services

Aseshate:ka'te Grief Services: Helping individual heal and recover from loss by renewing their spiritual fires one loss at a time. Call for an appointment or to register for a group session.

Phone: 518-333-6112 or 518-358-1225

Domestic Abuse Helpline for Me: 1-877-1120 Pin # 0757

National Domestic Violence Helpline: 1-800-799-SAFE (7233)

National Domestic Violence Helpline TTY: 1-800-787-3224

Sources: CAMH & MHCC

Do you want to

QUIT

SMOKING?



STOP Program
Community Health Program

Our smoking cessation program offers counseling support and Nicotine Replacement Therapy (patch, gum, inhaler, lozenge, spray) **at no cost** to clients who want to quit smoking.

Please contact the Community Health Program for more information:
(613) 575 - 2341 ext. 3220



How Addicted Are You?

Take a quick test to see your addiction level to cigarettes.

Questions	Answers	Points
1. How soon after you wake up do you smoke your first cigarette?	Within 5 minutes	<input type="radio"/> 3
	6 - 30 minutes	<input type="radio"/> 2
	31 - 60 minutes	<input type="radio"/> 1
	After 60 minutes	<input type="radio"/> 0
2. Do you find it difficult to refrain from smoking in places where it is forbidden e.g. church, library, or theaters?	Yes	<input type="radio"/> 1
	No	<input type="radio"/> 0
3. Which cigarette would you hate most to give up?	The first one in the morning	<input type="radio"/> 1
	All others	<input type="radio"/> 0
4. How many cigarettes do you typically smoke in one day?	Less than 10	<input type="radio"/> 0
	11 - 20	<input type="radio"/> 1
	21 - 30	<input type="radio"/> 2
	More than 31	<input type="radio"/> 3
5. Do you smoke more frequently during the first hours after waking than the rest of the day?	Yes	<input type="radio"/> 1
	No	<input type="radio"/> 0
6. Do you smoke even if you are feeling ill and in bed most of the day?	Yes	<input type="radio"/> 1
	No	<input type="radio"/> 0
Total Score:		

Score of 1-2: You have low dependence on nicotine. This suggests that you may not need medication to help you to quit (e.g. Nicotine Replacement Therapy).

Score of 3-4: You have low to moderate dependence on nicotine. Nicotine Replacement Therapy (NRT) such as the patch, inhaler, gum, lozenge, or spray may be of benefit to you to help quit.

Score of 5-7: You have moderate dependence on nicotine. Nicotine Replacement Therapy can be of benefit such as the patch, inhaler, gum, lozenge, or spray. You can combine the patch with the lozenge or gum for increased benefits.

Score of 8 or over: You are considered highly dependent on nicotine. Nicotine Replacement Therapy can be of benefit for you (patch, gum inhaler, lozenge, spray), and can be offered in combination for increased benefits.

MCA: Community Health Program now offers Nicotine Replacement Therapy at no cost to those who want to quit smoking. Please contact us to book an appointment!

FIREPLACE SAFETY in Winter Season



A fireplace becomes dangerous when accumulated tar or creosote catches fire or from uncontrolled burning or over-fueling. Other causes of fireplace-related fires are substandard design or installation and lack of safety precautions.

1. Ensure the fire is completely out before going to bed or leaving the house.
2. Do not store combustible materials such as paper or wood too close to the fireplace.
3. Use a screen in front of the fireplace opening to protect children and to prevent embers from escaping and igniting carpets, etc.
4. Never leave children alone near a fireplace.
5. Use dry, well-seasoned wood in small amounts.
6. Have chimneys cleaned and serviced at regular intervals by a professional.
7. Never overload your fireplace.
8. Never use charcoal starter fluids, gasoline or any flammable substance to start fires.
9. When using artificial logs, burn only one at a time and follow instructions on the wrapping.
10. When using artificial logs, burn only one at a time and follow instructions on the wrapping.

COMMUNITY FITNESS

Offering 4 classes for all community members for FREE!
10 weeks session, January 8 - March 15. All fitness levels welcome.

Sweat your way through an aerobic workout that gets the heart pumping and body moving to increase your cardiovascular fitness to burn off calories and body fat.

CARDIO BLAST

MONDAYS 5:00-6:00PM
TSI:SNAIHNE REC CENTER



DUMBBELL STRENGTH

TUESDAYS 5:00-6:00 PM
TSI:SNAIHNE REC CENTER

We will use dumbbell equipments as the primary resistance tool to improve muscular strength and endurance.

You will challenge your muscular endurance as well as balance and coordination by moving through all planes of motion with multi-joint and compound exercises.

Sculpt your midsection as you improve your body's overall functional strength, balance and coordination. This class focuses on strength, movement and balance challenges through use of the body's core muscles.

CORE STRENGTH

WEDNESDAYS 5:00-6:00 PM
TSI:SNAIHNE REC CENTER



CIRCUIT TRAINING

THURSDAYS 5:00-6:00PM
TSI:SNAIHNE REC CENTER



This multi-level class is for anyone who wants to develop muscular strength and cardiovascular endurance. You will tackle basic resistance training exercises using traditional, strategic principles.

This simple, easy-to-follow workout challenges every major muscle using your bodyweight and fitness equipment. This class is a mix of everything.

*Mohawk Council of Akwesasne
Community Health Program*



For more information, Contact:
(613) 575-2341 ext. 3241
aaron.jock@akwesasne.ca

January 2019 MCA Community Health Fitness Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



9

4

3

2

8

15

22

25

6 Outdoor Adventure Club

Upper Canada Migratory Bird Sanctuary.

Meet at Kastow9ah Gas 9am ,leave at 930am. NO transportation.

More info: acre@iakwahatste.com or sking@iakwashatste.com

7 Sit and be fit @tsionkwanonsote 930am

Lunch Fitness 12:15- 12:45 pm @ Kanonhkwa'tsheritio Atrium

Cardio Blast 5-6 pm @ Snnye Recreation

Yoga 6-7 pm @ Snnye Recreation

8 Walk Strong 10- 10:45am @Tri District

Elder Fitness- 3:00 pm @ Snnye Homemakers

Dumbbell Strength 5-6 pm @ Snnye Recreation

9 Lunch Fitness 12:15- 12:45 pm @ Kanonhkwa'tsheritio Atrium

Core Strength 5-6 pm @Snnye Recreation

Yoga 6-7 pm @Arena Fitness Room

10Balanced Body 10- 10:30 am @ Tri District elders

Elder Fitness- 3 pm @Homemakers

Circuit Training 5-6pm @Snnye Recreation

Yoga 6-7 pm @Arena Fitness Room

13Outdoor Adventure Club

Nacandri Nature Center or VIC

Meet at Kastow9ah Gas 9am ,leave at 930am. NO transportation.

More info: acre@iakwahatste.com or sking@iakwashatste.com

14 Sit and be fit @tsionkwanonsote 930am

Lunch Fitness 12:15- 12:45 pm @ Kanonhkwa'tsheritio Atrium

Cardio Blast 5-6 pm @ Snnye Recreation

Yoga 6-7 pm @ Snnye Recreation

15 Walk Strong 10- 10:45am @Tri District

Elder Fitness- 3:00 pm @ Snnye Homemakers

Dumbbell Strength 5-6 pm @ Snnye Recreation

16 Lunch Fitness 12:15- 12:45 pm @ Kanonhkwa'tsheritio Atrium

Core Strength 5-6 pm @Snnye Recreation

Yoga 6-7 pm @Arena Fitness Room

17Balanced Body 10- 10:30 am @ Tri District elders

Elder Fitness- 3 pm @Homemakers

Circuit Training 5-6pm @Snnye Recreation

Yoga 6-7 pm @Arena Fitness Room

20Outdoor adventure club

Coney Mountain

Meet at Kastow9ah Gas 9am ,leave at 930am. NO transportation.

More info: acre@iakwahatste.com or sking@iakwashatste.com

21 Sit and Be Fit @tsionkwanonsote 9:30am

Lunch Fitness 12:15- 12:45 pm @ Kanonhkwa'tsheritio Atrium

Cardio Blast 5-6 pm @ Snnye Recreation

Yoga 6-7 pm @ Snnye Recreation

22 Walk Strong 10- 10:45am @Tri District

Elder Fitness- 3:00 pm @ Snnye Homemakers

Dumbbell Strength 5-6 pm @ Snnye Recreation

23 Lunch Fitness 12:15- 12:45 pm @ Kanonhkwa'tsheritio Atrium

Core Strength 5-6 pm @Snnye Recreation

Yoga 6-7 pm @Arena Fitness Room

24Balanced Body 10- 10:30 am @ Tri District elders

Elder Fitness- 3 pm @Homemakers

Circuit Training 5-6pm @Snnye Recreation

Yoga 6-7 pm @Arena Fitness Room

27Outdoor adventure Club

Cobble Hill Meet at Kastow9ah Gas 9am ,leave at 930am. NO transportation.

More info: acre@iakwahatste.com or sking@iakwashatste.com

28 Sit and Be fit @tsionkwanonsote 930am

Lunch Fitness 12:15- 12:45 pm @ Kanonhkwa'tsheritio Atrium

Cardio Blast 5-6 pm @ Snnye Recreation

Yoga 6-7 pm @ Snnye Recreation

29Walk Strong 10- 10:45am @Tri District

Elder Fitness- 3:00 pm @ Snnye Homemakers

Dumbbell Strength 5-6 pm @ Snnye Recreation

30 Lunch Fitness 12:15- 12:45 pm @ Kanonhkwa'tsheritio Atrium

Core Strength 5-6 pm @Snnye Recreation

Yoga 6-7 pm @Arena Fitness Room

31Balanced Body 10- 10:30 am @ Tri District elders

Elder Fitness- 3 pm @Homemakers

Circuit Training 5-6pm @Snnye Recreation

Yoga 6-7 pm @Arena Fitness Room

Using positive affirmations can help your child build a positive mind. Simply cut them out and place in a lunch bag, book bag, sport's bag, under a pillow or in a dresser drawer. Let's work together to build positive thinkers.

I am amazing.	I am smart.	I am kind.
I am perfect just the way I am.	I am helpful.	I am forgiving.
There is NO ONE in the world quite like me.	I feel happy.	I am truthful.
I am loving.	I AM A GREAT KID.	I am a leader.
I choose my attitude.	I reach for the STARS.	I am worthy.
I am strong.	I keep my body healthy.	I am a good person.
I am supportive.	<i>I work hard.</i>	I am AWESOME.
I show others I care.	I am a great student.	I am loved.

Akoserà:ke Nikahá:wi

Winter Time



lo'keraté:nion



lo'kerèn:en



Satennanókhwa



Anón:warore



A'niá:na:wen



Ohwèn:kara



Tehontshihkwa'eks



Tenshátönhwente



Taionto'tsinehtsherón:ten