

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.

April
Onerahto:kha
2019



Contact Us

Kanonhkwat'sheri:io
Health Facility

31 Hilltop Drive,
Akwesasne, Quebec,
H0M 1A0

Phone: 613.575.2341
ext. 3220
Fax: 613.575.1152

Like Us on
Facebook



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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:
April 5

April Pick Up Dates

Kanastakon

Date: April 16
Time: 11am – 4pm
Place: St. Regis Recreation

Tsi Snaihne

Date: April 16
Time: 1pm – 5pm
Place: Tsi Snaihne Homemaker's Club

Kawehno:ke

Date: April 17
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



MEASLES
CONTAGIOUS
PREVENTABLE

GET IMMUNIZED.

The measles vaccine is safe and effective. Talk to your doctor, nurse, pharmacist or local public health office about getting immunized against measles.

National Immunization Awareness Week April 20– April 27, 2019



National Immunization Awareness Week
April 20-27, 2019

To celebrate National Immunization Awareness Week, the Community Health Program will be holding a contest!



Entering the contest is easy! Just submit your immunization record to the Community Health Office.



The deadline to submit records is Friday, April 26th by 4pm.

All those who update their record will be entered into a drawing. A prize will be given for each of the following age groups:



- ⇒ Age 0 to 3 years old
- ⇒ Age 4 to 7 years old
- ⇒ Age 8 to 12 years old
- ⇒ Age 13 to 17 years old
- ⇒ Age 18 years old and up



For More Information, please call 613.575.2341 ext. 3220



National Immunization Awareness Week
April 20-27, 2019



National Immunization Awareness Week

April 20-27, 2019

To celebrate National Immunization Awareness week, the MCA Community Health Program will be having an online, interactive contest!

The contest will run from Monday, April 22nd to Friday, April 26th

HOW IT WORKS

1. Each day at 9am we will post an immunization related question. All those who comment/answer will be entered into a daily prize draw. Answers will be taken until 3:30pm.
1. The correct answer and explanation will be posted after 3:30pm.
1. Winners will be picked randomly through a random name generator and will be announced at 4pm each day.



Questions? Call the MCA Community Health Program at 613-575-2341 ext. 3220





Warning:

Drinking alcohol during pregnancy can cause birth defects and brain damage to your baby.

1-877-FAS-INFO • www.alcoholfreepregnancy.ca



1

IF YOU ARE SEXUALLY ACTIVE

YOU ARE AT RISK



4



HPV INFECTIONS CAN LEAD TO VARIOUS CONDITIONS INCLUDING CANCER

2

HPV DOESN'T DISCRIMINATE AGAINST AGE, GENDER, OR SEXUAL ORIENTATION



5

YOU CAN PROTECT YOURSELF FROM HPV THROUGH VACCINATION



3

HPV IS HIGHLY CONTAGIOUS

6

REDUCE YOUR RISK



LIMIT YOUR NUMBER OF PARTNERS

USE A CONDOM

DON'T SMOKE

Say YES to Safer Sex

NO GLOVE NO LOVE!



MCA Community Health Program has FREE condoms, dental dams and lubrication.



Also available at the Akwesasne and Kawehnoke Medical Clinic

Questions? Stop by or call (613) 575-2341 ext. 3220.

REMEMBER

TO CHECK EXPIRATION DATES ON CONDOMS OR OTHER PRODUCTS BEFORE USE

Health issues in your newborn baby

By SickKids staff

<https://www.aboutkidshealth.ca>

Newborn babies keep their parents on their toes! Common health concerns in newborn babies include [skin conditions](#), [jaundice](#), [fever](#) and [feeding](#).

Skin conditions

Babies can develop many types of skin conditions shortly after they are born. A lot of these conditions last only a short time and will go away. Others, however, are [birthmarks](#) that may not be visible at birth but will stay with babies throughout their lives.



Jaundice

Jaundice, yellowing of the skin and eyes, in newborns is very common and affects the majority of babies. In some babies, the jaundice goes away on its own, and other babies require treatment in hospital. You should see your baby's health-care provider if your baby appears more jaundiced, is not feeding well or is showing signs of dehydration, such as fewer wet diapers.

Fever

In newborn babies, [fever](#) may be the first and only sign of a serious infection. Another sign of illness in babies is a change in behavior. If your newborn baby is ill, they may cry more or become sleepy or listless. All babies less than one month of age should be taken to hospital right away with a fever or any concerns of infection.

Feeding

Your newborn baby may feed frequently, every one-and-a-half to three hours for the first few days, to stimulate your breasts to produce more milk volume. It will take three to four weeks to become well established with feeding patterns and to feel that you have some sense of schedule with your baby. You will know that your baby is getting enough milk in the first two weeks if they pass a minimum of two substantial, yellowish bowel movements and soak six or more diapers per day after your milk has come in. It is expected that your baby will lose some weight after birth, and they should be back to their birthweight by about 10–14 days.

Many babies are prone to [spitting up](#) some of their feed during or shortly after a feeding. Spit-up effortlessly rolls out of the baby's mouth, sometimes with a burp. [Vomiting](#) is more forceful than spitting up, and it involves more than just a couple of tablespoons of stomach contents. If the vomit is consistently very forceful or contains dark green material, take your baby to the hospital.

Quebec Health Toll Free Phone Number



1-800-561-8749

**If you require
assistance in calling
QHIP please visit the
MCA Community
Health Office.**



**Located at
Kanonhkwat'sheri:io in
Kanatakon**



**613-575-2341 ext.
3220**



COMMUNITY FITNESS

Fitness classes for all community members are free!
Classes will resume April 15, 2019. All fitness levels are 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.

*No class will be held on April 22, 2019
As it is a holiday, "Easter Monday"*

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

HEALTHY EATING RECOMMENDATIONS



BE MINDFUL OF YOUR EATING HABITS

- Take time to eat
- Notice when you are hungry and when you are full



COOK MORE OFTEN

- Plan what you eat
- Involve others in planning and preparing meals



ENJOY YOUR FOOD

- Culture & food traditions can be a part of healthy eating
- Eat meals with others



LIMIT HIGHLY PROCESSED FOODS

- Prepare meals & snacks using ingredients that have little to no added sodium, sugars or saturated fat
- Choose healthier menu options when eating out



BE AWARE OF FOOD MARKETING

- Be aware that food marketing can influence your choices
- Use food labels

LEARN MORE AT [FOOD-GUIDE.CANADA.CA/EN/](https://www.food-guide.canada.ca/en/)



STEP 1: PONDER

Check in with yourself about your hunger before you eat – you may actually be thirsty, bored or stressed.

STEP 2: APPRAISE

Take a moment to take it in. How does it smell? Do you really want it? Is it more than you need?.



STEP 3: SLOW

Slow down so your brain can keep up with your stomach. Put your fork down between bites and focus on the flavor.

STEP 4: SAVOR

Enjoy your food. Take a moment to savor the satisfaction of each bite – the taste, texture, everything!



STEP 5: STOP

Stop when you're full – there's no need to join the clean plate club if it means overeating

Flood Safety Tips



Each year, more deaths occur due to flooding than any other hazard related to thunderstorms. The most common flood deaths occur when a vehicle is driven into hazardous floodwater. Fortunately, you can take steps to protect yourself, your family, and your home.

During a Flood Watch or Warning

- Gather emergency supplies.
- Listen to your local radio or television station for updates.
- Have immunization records handy (or know the year of your last tetanus shot). Store immunization records in a waterproof container.
- Prepare an emergency food and water supply. Store at least 1 gallon of water per day for each person and each pet. Store at least a 3-day supply.
- Bring in outdoor possessions (lawn furniture, grills, trash cans) or tie them down securely.
- If evacuation appears necessary: turn off all utilities at the main power switch and close the main gas valve.

After you return home, if you find that your home was flooded, practice safe cleaning.

After Flooding Occurs

- **Avoid driving through flooded areas and standing water. As little as six inches of water can cause you to lose control of your vehicle.**
- Do not drink flood water, or use it to wash dishes, brush teeth, or wash/prepare food. Drink clean, safe water.
- If you evacuated: return to your home only after MCA communication has said it is safe to do so.

Listen to water advisory from MCA communication to find out if your water is safe for drinking and bathing.

During a water advisory, use only bottled, boiled, or treated water for drinking, cooking, etc.

✦ When in doubt, throw it out! Throw away any food and bottled water that comes/may have come into contact with floodwater.

Prevent carbon monoxide (CO) poisoning. Use generators at least 20 feet from any doors, windows, or vents. If you use a pressure washer, be sure to keep the engine outdoors and 20 feet from windows, doors, or vents as well.

The initial damage caused by a flood is not the only risk. Standing floodwater can also spread infectious diseases, bring chemical hazards, and cause injuries.

After you return home, if you find that your home was flooded, practice safe cleaning. Remove and throw out drywall and insulation that was contaminated with floodwater or sewage. Throw out items that cannot be washed and cleaned with a bleach solution: mattresses, pillows, carpeting, carpet padding, and stuffed toys.

For more information, please contact MCA community health program at 613-575-2341.

TALKING WITH YOUR TEEN ABOUT VAPING

A TIP SHEET FOR PARENTS



BEFORE THE TALK: GET THE FACTS

Vaping is not harmless

- > Vaping can increase your exposure to harmful chemicals.
- > Vaping can lead to nicotine addiction.
- > The long-term consequences of vaping are unknown.
- > It's rare, but defective batteries in vaping products have caused fires and explosions.

Risks of nicotine

Nicotine is a highly addictive chemical. Youth are especially susceptible to its negative effects, as it is known to alter their brain development and can affect memory and concentration. It can also lead to addiction and physical dependence. Not all vaping products contain nicotine, but for those that do, the level of nicotine can vary widely. Some mixtures have very low levels, while others can contain more nicotine than in a typical cigarette. Even if a vaping product does not contain nicotine, there is still a risk of being exposed to other harmful chemicals.

Vaping nicotine can alter teen brain development.

Vaping versus smoking

For smokers, vaping is less harmful than smoking. However, it is not safe for youth to use any nicotine products, including cigarettes and vaping products. If you suspect your child is addicted to nicotine, talk to your healthcare provider.

Vaping liquids

The ingredients typically found in vaping liquids include glycerol, flavours, propylene glycol and varying levels of nicotine. The long-term safety of inhaling these substances in vaping products is unknown and continues to be assessed.

There is no burning during vaping, instead, the liquid is heated. This process can cause reactions and create new chemicals, such as formaldehyde. Some contaminants, such as metals, might also get into the vaping products and then into the vapour.

Quick facts

- > Vaping is intended to help smokers quit tobacco. Vaping is not for youth and non-smokers.
- > Vaping is not harmless, yet Canadian teens are trying vaping products. Data from a recent Health Canada survey showed that 23% of students in grades 7–12 have tried an electronic cigarette.
- > There are characteristics that can make vaping products more difficult for you to recognize or detect: devices come in a variety of shapes and sizes, some resembling a USB flash drive; liquids can have high levels of nicotine and come in a variety of flavours; and vaping may not leave a lingering identifiable smell.
- > Vaping products have many names, such as: e-cigarettes, vape pens, vapes, mods, tanks, and e-hookahs. They may also be known by various brand names.



Set a positive example

If you use tobacco or vaping products, be honest with your child about the risks, and any regrets, difficulties and health effects resulting from your experience. Talk to your child about when and why you started to smoke/vape and explain how you thought it would make you feel, and how it is affecting your health.

It is never too late to quit smoking. If you are vaping to help you quit smoking, talk to your teen about it. Talk to them about addiction and how hard it can be to quit smoking. And remember, quitting smoking is possible. For free help, visit gosmokefree.gc.ca/quit or call 1-866-366-3667.

Vaping is not intended for youth and non-smokers.

START THE CONVERSATION

Find the right moment

Take advantage of situations where you can talk about vaping. It doesn't have to be formal. For example, when passing a group of teenagers who are vaping, take the opportunity to have a conversation with your teen about it. Discuss the facts and correct any misconceptions.

Be patient and ready to listen

- > Avoid criticism and encourage an open dialogue.
- > Remember, your goal is to have a meaningful conversation, not to give a lecture.

Get support

- > Not sure where to begin? Ask your healthcare provider to talk to your teen about the risks of vaping.
- > You might also suggest that your teen talk with other trusted adults, such as relatives, teachers, faith leaders, coaches, or counsellors whom you know are aware of the risks of vaping. These supportive adults can help reinforce your message as a parent.

KEEP THE CONVERSATION GOING

Don't expect to have just one conversation with your child. Odds are you will probably need to talk about the subject many times and in many different places. Whenever you have some time together, you can strike up the conversation again. You will also find that as your child grows, your conversations about vaping will change and reflect their growing maturity, intellectual abilities and the pressures they face. Keep in mind that talking about it can also set the stage for important discussions about tobacco, alcohol, drugs and other risky behaviours.

WORK WITH YOUR CHILD'S SCHOOL

- > Confirm that there is no tobacco or vaping product use at school events.
- > Ask the principal if the school has a program to educate students about the effects of tobacco and vaping product use.
- > Lobby for tobacco and vaping prevention and cessation training for teachers.
- > Encourage other parents to get involved in school-based tobacco and vaping prevention programs.

For more information, visit: CANADA.CA/VAPING



Tsi nensatónhere

Easter Sunday



O'nhónhsa



Tahahonhtané:ken



À:there



Ononhsatokénhti



Kítkit



Teiotá:ronte



Wahsahsonwe'
O'nhónhsa



Ahonnesá:ke O'nhónhsa



Watewaterhónhsaseh'te

Home blood pressure

You may have high blood pressure and your health care provider will suggest you take your blood pressure at home bring record in at next appointment.

What type of blood pressure monitor should you buy?

The blood pressure monitor you purchase should be proven accurate, and the monitors cuff must fit your upper arm. Your health care professional can recommend a monitor and measure your arm to select the right cuff size. You should bring your monitor to your health care professional annually to have it checked for accuracy.

Hypertension.ca has a list of recommended monitors which have been proven accurate in research studies.

What is target blood pressure?

Ideally, blood pressure should be below 120/80mmHG to maintain good health and reduce the risk of stroke, heart disease and other conditions. However, the target depends on factors like age, health conditions, and whether the reading is being taken at home or at your health professionals office. If you have diabetes, kidney disease or other health conditions, speak to your health care professional about your readings and the treatment that is right for you. Remember, only your health care professional can tell you exactly what your target blood pressure should be.

Systolic	Diastolic	Action
Below 120	Below 80	Maintain or adopt healthy behaviours.
120-139	80-89	Maintain or adopt healthy behaviours.
140-159	90-99	Adopt healthy behaviours. If goal not reached in a month, talk to your health care professional about taking medication(s)
160 and higher	100 and higher	Adopt healthy behaviours. Talk to your health care professional about taking medication(s).

These b/p targets are for adults under age of 80. Ranges may be lower for children and teenagers. Ranges may be higher for people over the age of 80.

April 2019 MCA Community Health Fitness Calendar

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

1 Sit and be fit @Tsiionkwanonote 9:30am
 2 Walk Strong 10– 10:45am @Tri District Elder Fitness–
 3 12-1pm Mocc Walk—Generations Park
 4 Walk Strong 10– 10:45am @Tri District Elder Fitness–
 5 11-1pm Fitness Room Arena Open
 11-1 Fitness Room Arena Open
 Yoga 6-7 pm @ Kawehnoke Rec.

7 8 9 10 11 12
 Walk Strong 10– 10:45am @Tri District Elder Fitness–
 11-1pm Fitness Room Arena Open
 Dumbbell Strength 5-6 pm @ Snye Recreation
 Yoga 6-7 pm @ Snye Recreation
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 Dumbbell Strength 5-6 pm @ Snye Recreation
 Walk Strong 10– 10:45am @Tri District Elder Fitness–
 11-1pm Fitness Room Arena Open
 Circuit Training 5-6pm @Snye Rec
Good Friday Closed

21 22 23 24 25 26
Easter Monday Closed
 Sit and be fit@Tsiion 930am
 11-1pm Fitness Room Arena Open
 Cardio Blast 5-6 pm @ Snye Rec
 Yoga 6-7 pm @ Snye Recreation
 Walk Strong 10– 10:45am @Tri District Elder Fitness–
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 Core Strength 5-6 pm @Snye Rec
 Walk Strong 10– 10:45am @Tri District Elder Fitness–
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28 29 30
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MCA COMMUNITY HEALTH PROGRAM
613-575-2341 EXT. 3220