

COMMUNITY HEALTH PROGRAM NEWSLETTER

March / Ennisko:wa 2022

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

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Facebook



COMMUNITY HEALTH

She:kon Sehwakwe:kon

Winter Wonderland

ENCOURAGING HEALTHY HABITS AND EXERCISE

We would like to encourage outdoor play as well as family activities . Playing in the snow and doing outdoor activities not only strengthens the bond with you child ,but also promotes healthy living. Building memories and core connections

Winter- Akohse'ra:ke
Snow- O'niehte
Fruits- Kahi'shon'a
Apple- Sewahio'wane
Banana- Teiotahia:kton
Grapes- O'nenhare



Here at Community health we encourage eating a variety of Fruits and Veggies in the winter. Eating a variety of healthy foods from the food groups helps maintain a healthy immune system. Try cooking with many colorful fruits and veggies. Colorful plates or even smoothie making is great and tasty.

Say YES to Safer, Responsible Sex



MCA Community Health Program offers

Safer Sex Supplies

When considering your sexually health and wellbeing, remember the 3 "P's"

Plan—always be prepared for any situation

Pack—make sure you have condoms or other forms of contraception for when the mood strikes.



Protect— from getting a STI or unplanned pregnancy



Adapted from <https://www.northlanddhhb.org.nz>



Supplies available through CHP,

- Condoms
 - Classic, Extra Large, Female, Flavored, Glow in the dark, & Latex-Free
- Dental Dams—flavored
- Lubricant



Remember

to always check expiration dates on condoms or other products before use.

Call the MCA Community Health Program
and ask to speak to a nurse.

(613) 575-2341 Ext. 3220.



FRIENDSHIPS, RELATIONSHIPS, & COVID-19: THINGS TO THINK ABOUT

INFORMATION FOR
ELEMENTARY STUDENTS

FRIENDSHIPS

FRIENDSHIPS ARE AN IMPORTANT PART OF LIFE

COVID-19 guidelines might make it hard to spend time with friends in the same way you would have before COVID-19



Here are some suggestions for connecting with friends during COVID-19:



Talk on
the phone



Video chat or
talk online



Go for a walk or play outside with masks on
- but stay 6 feet apart from each other

Talk to your parent(s)/guardian(s) about your household rules and COVID-19 guidelines

RELATIONSHIPS

It's normal to develop special feelings for someone else (e.g., having a "crush" on someone, "liking" someone). Sometimes that person will like you back and sometimes they won't.

- When someone likes you back, talking with them can be a great way to build a relationship.
- When someone doesn't like you back, it's important to respect their feelings.



If you have a dating partner (e.g., a partner, a boyfriend or girlfriend), let them know what you are doing to avoid COVID-19 (e.g., only spending time with people you live with, only seeing friends outside with masks on)

TALKING TO FRIENDS AND DATING PARTNERS ONLINE

Talking online can be a great way to stay in touch with friends and dating partners, especially during the COVID-19 pandemic

Things to think about when talking online with friends¹:

Sometimes it can be hard to know how someone is feeling when talking to them online.

Be mindful of your own feelings.

Emojis might help show how you are feeling.

If your friend upsets you, share how you are feeling.

If you accidentally say something that upsets your friend, take the time to talk it through.



Remember that everyone's
privacy is important and
should be respected

If you have questions or
concerns about online
safety, talk to a trusted adult

¹ Your connected life: A teen's guide to life online. 2018. MediaSmarts.



If you are feeling sick, don't get close to friends or dating partners.
Talk to a doctor or nurse to see if you should get a COVID-19 test.

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RELATIONSHIPS, SEXUAL HEALTH, & COVID-19: WHAT DO I NEED TO KNOW?

INFORMATION FOR SECONDARY STUDENTS

HOW CAN YOU GET COVID-19?



COVID-19 is passed through respiratory droplets or aerosols that are made when we talk, laugh, breathe, sneeze, or cough



Being in close contact with someone who has COVID-19 is high risk for getting or passing COVID-19, whether you engage in sexual activity or not

RELATIONSHIPS



Talk with your dating partner about your emotional and physical boundaries and tell them who you have been in close contact with

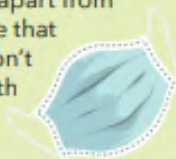


Consent for any sexual activity is needed from all partners. This applies to all forms of touching, including kissing

Dating partners should respect each other's boundaries

WHAT CAN I DO?

Wear a mask and stay 6 feet apart from people that you don't live with



Limit the number of people you have close personal contact with, including dating and sex partners

If you are feeling sick, don't get close to friends, dating, or sex partners. Talk to a healthcare provider to see if you should get a COVID-19 test



Talk to your parent(s)/guardian(s) about your household rules and COVID-19 guidelines

TECHNOLOGY USE

- Texting, talking on the phone, and video chat can help you keep in contact with friends
- It's important to learn about the privacy levels of any online platform or app that you are using
- To connect with dating partners, think about:
 - Having a virtual date
 - Whether or not you want to sext with someone
 - When it comes to COVID-19, sexting is a safer sex option



REMEMBER:

sharing a sext without someone's consent is harmful and against the law. If someone sends you a sext, don't share it with other people.

SEXUAL AND REPRODUCTIVE HEALTH

During COVID-19, the safest type of sexual activity is masturbating by yourself



If you have sex with someone, it's very important to practice safer sex to prevent sexually transmitted infections (STIs) and unwanted pregnancies



Access to sexual health services (e.g., STI testing, abortion care) may be limited during the COVID-19 pandemic



Talk to your healthcare provider about your sexual and reproductive health options



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The months before the birth of your baby are very special.

Regular visits to your health care provider are 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.



Due to COVID-19, we are taking the necessary precautions to ensure the health and safety of our clients.

We are still offering services for prenatal and postpartum care either by telephone or virtual visit. No office/home visits will be done until further notice.

Food vouchers are still available through curbside pick up or prearranged delivery.

Healthy Tips for a Healthy Pregnancy

- Keep your body strong. Exercise and stay active.
- Have a good mind. Think positively.
- Rest when needed.
- Early and regular prenatal visit.
- Food is medicine. Healthy food choices will help your baby grow strong.
- Making healthy choices during your pregnancy can help protect you and your baby.

**HEALTHY PREGNANCY =
HEALTHY GENERATIONS**

Are you expecting?

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

- Individual sessions to learn "what to expect" and tips for having a healthy pregnancy.
- Individual sessions to prepare for giving birth.
- Breastfeeding education sessions.
- Healthy eating ideas from a Registered Dietitian.
- Access to Tahonata'karita'kie Healthy Arrivals Program which provides prenatal food vouchers to help you access healthy foods.



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



MARCH 14-18, 2022 SAFE SLEEPING WEEK



Safe Sleep for Your Baby

Preventing sudden infant deaths in Canada



Provide a **smoke-free** environment before and after your baby is born.



Breastfeeding can protect your baby.



Always place your baby on his or her **back to sleep**, at naptime and night time.



Provide your baby with a **safe sleep** environment that has a firm surface and no pillows, comforters, quilts or bumper pads.



Place your baby to sleep in a **crib, cradle, or bassinet** next to your bed.

www.publichealth.gc.ca/safesleep

Public Health Agency of Canada

Canada

A Baby's Safe Sleep Environment



1. Always place baby on back for naps and at night.
2. No smoking around baby.
3. Baby sleeps alone in crib.
4. Crib empty of toys and loose bedding.
5. Crib next to adult's bed for first 6 months.
6. Firm crib mattress, tight-fitting sheet.
7. Crib meets Canadian safety regulations.
8. Baby's face uncovered.
9. Baby in light clothing, not too hot.
10. Share this information with anyone who may care for your baby.

For more information and resources please visit:
www.publichealth.gc.ca/safesleep
www.healthcanada.gc.ca/cps
www.sidscanada.org



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Canada

Tips for Indoor Wood Burning



Reduce emissions from wood burning by taking the following actions:

- Only burn dry, seasoned wood. Seasoned, dry wood burns quicker and produces more heat. This means that fewer emissions are released which can harm health.
- When purchasing a wood burning appliance or insert, check with the store to make sure it is EPA or CSA Approved/Certified because they are more efficient in burning wood and they also reduce the amount of pollutants released.
- When changing an existing or purchasing a new wood burning appliance, consider a different heat source (natural gas, electric).
- Do not burn wood on poor air quality days.
- Keep an eye on your fire. Watch for excessive smoke, burn according to manufacturer's directions for your appliance, be a good neighbour and try not to impact others.

DO NOT BURN:

- Garbage, plastic, magazines, rubber, cardboard or Styrofoam
- Treated wood (coated with preservatives or paint), plywood or particle board
- Wet, rotted, diseased or moldy wood

Fall Prevention in the Home

Bathroom

Install non-slip tape in tubs and shower.

Bedroom

Ensure adequate lighting and clear walkways.

Living Room

Secure area rugs and remove cords from pathways.

Kitchen

Have all ingredients and appliances within reach.



Make sure every room in the house has adequate lighting.



Install rails around stairs and staircases.



Clean up spills immediately.



Talk to your physician about medications and vision concerns about dizziness or balance issues.



Diabetes Prevention: **5 tips for taking control**

Changing your lifestyle could be a big step toward diabetes prevention — and it's never too late to start. Consider these tips.

When it comes to type 2 diabetes — the most common type of diabetes — prevention is a big deal. It's especially important to make diabetes prevention a priority if you're at increased risk of diabetes, such as if you're overweight or you have a family history of the disease.

Diabetes prevention is as basic as eating more healthfully, becoming more physically active and losing a few extra pounds. It's never too late to start. Making a few simple changes in your lifestyle now may help you avoid the serious health complications of diabetes down the road, such as nerve, kidney and heart damage. Consider the latest diabetes prevention tips.

1. Get more physical activity

There are many benefits to regular physical activity. Exercise can help you:

- Lose weight
- Lower your blood sugar
- Boost your sensitivity to insulin — which helps keep your blood sugar within a normal range

Research shows that aerobic exercise and resistance training can help control diabetes. The greatest benefit comes from a fitness program that includes both.

2. Get plenty of fiber

It's rough, it's tough — and it may help you:

- Reduce your risk of diabetes by improving your blood sugar control
- Lower your risk of heart disease
- Promote weight loss by helping you feel full

Foods high in fiber include fruits, vegetables, beans, whole grains and nuts.



3. Go for whole grains

It's not clear why, but whole grains may reduce your risk of diabetes and help maintain blood sugar levels. Try to make at least half your grains whole grains. Many foods made from whole grains come ready to eat, including various breads, pasta products and cereals. Look for the word "whole" on the package and among the first few items in the ingredient list.

4. Lose extra weight

If you're overweight, diabetes prevention may hinge on weight loss. Every pound you lose can improve your health, and you may be surprised by how much. Participants in one large study who lost a modest amount of weight — around 7 percent of initial body weight — and exercised regularly reduced the risk of developing diabetes by almost 60 percent.

5. Skip fad diets and just make healthier choices

Low-carb diets, the glycemic index diet or other fad diets may help you lose weight at first. But their effectiveness at preventing diabetes isn't known, nor are their long-term effects. And by excluding or strictly limiting a particular food group, you may be giving up essential nutrients. Instead, make variety and portion control part of your healthy-eating plan.

When to see your doctor

If you're older than age 45 and your weight is normal, ask your doctor if diabetes testing is appropriate for you. Community Health recommends blood glucose screening if:

- You're age 45 or older and overweight
- You're younger than age 45 and overweight, with one or more additional risk factors for type 2 diabetes — such as a sedentary lifestyle or a family history of diabetes

Share your concerns about diabetes prevention with your doctor. He or she will applaud your efforts to keep diabetes at bay, and perhaps offer additional suggestions based on your medical history or other factors.



Winter safety: Advice for parents and kids

Winter is a great season for outdoor activities, such as sledding and skating. Cold weather, ice, and snow can be fun but also dangerous for children. The following tips will help parents and children enjoy winter activities safely.

In general

- Children shouldn't play outside alone. Establish a buddy system with one or more friends and have them look out for one another. Children younger than 8 years of age should always be supervised outside.
- Consider keeping them indoors whenever the temperature or the wind chill is reported to be -27°C (-16°F) or lower. At these temperatures, exposed skin will begin to freeze.
- Never send children outside unsupervised in extreme weather conditions such as snowstorms.
- Check often to see that your child is warm and dry. Younger children should take regular breaks and come inside for a warm drink.
- Help children choose play areas with a warm shelter nearby (e.g., near home or a friend's home).
- Apply sunscreen to exposed skin, even when it's cloudy.

Clothing

If your child's feet and hands are warm, what they are wearing is usually good. If your child is dressed too warm, they could sweat and feel colder when they stop playing.

- Dress your child in layers of clothing that can be put on and taken off easily.
- Infants being pulled in a sled need extra bundling. Because they aren't moving, they can't generate body heat the way a playing child can.
- Wear a hat because a lot of body heat is lost through the head.
- Keep ears covered at all times to prevent frostbite.
- Wear mittens instead of gloves so that fingers can be bunched together for warmth.
- Wear warm, waterproof boots that are roomy enough for an extra pair of socks and to wiggle toes.

- In younger children, remove drawstrings from clothing that could catch on climbing or play equipment. Use Velcro or other snaps instead. Use a neck warmer instead of a scarf, and mitten clips instead of a string to prevent choking.
- Remove wet clothing and boots immediately after playing.

Winter play

Active games, making snow angels and building snowmen will help to keep your child warm. Teach your children a few important rules to go along with winter play.

- Stay away from snowplows and snow blowers.
- Choose play areas away from roads, fences and water.
- Take extra caution when crossing roads. It might be hard for drivers to see you playing if they have snowy or frosty windows. Icy roads can also make it difficult to stop.
- Snowballs should never be aimed at people or cars. They are especially dangerous when the snow is hard-packed or icy. Instead, throw snowballs at safe targets, like trees or telephone poles.
- Building forts and tunnels can be fun, but this activity should always be supervised by an adult. Forts and tunnels can collapse and suffocate you.
- Don't play on roadside snow banks. Snowplow drivers or other drivers may not see you.
- Don't put metal objects in your mouth. Lips and tongues can freeze to the metal and cause an injury.
- Don't eat snow, which can be dirty.

Source: **Well Beings: A Guide to Health in Child Care** (3rd edition - Revised)

Information for parents from Canada's paediatricians

Taken from: https://caringforkids.cps.ca/handouts/safety-and-injury-prevention/winter_safety



For many people, eating foods prepared away from home is a way of life. Whether at restaurants, take-out counters, vending machines or corner stores, making healthy choices is possible and important. Balancing healthy food with regular physical activity can help prevent or delay the onset of diabetes or its complications.

Here are some tips to help you enjoy healthy foods and meals wherever you are. A registered dietitian can help you include your favourite foods in a personalized meal plan.

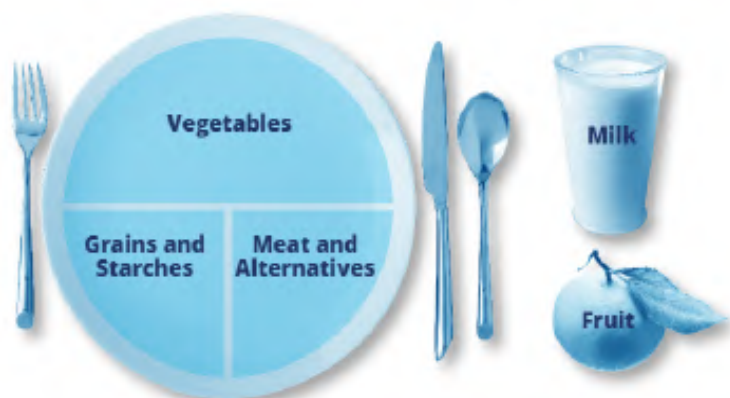


Consider these healthy eating tips

When planning a meal or snack, make healthy choices based on *Canada's Food Guide*. *Canada's Food Guide* describes how much food you need and what type of food is part of healthy eating.

Choose foods that provide:	Choose foods lower in:
Fibre <ul style="list-style-type: none"> • slows the rise in blood sugar, helps improve cholesterol levels and helps you feel full • choose vegetables, fruits, beans, lentils, whole grains 	Fat <ul style="list-style-type: none"> • provides extra calories; saturated and trans fats increase your risk of heart disease • limit fast food, baked goods, fatty meats, cream
Vitamins & minerals <ul style="list-style-type: none"> • help keep the body healthy and fight infection • choose brightly coloured vegetables over french fries, milk over pop, whole grain over white bread 	Sodium (salt) <ul style="list-style-type: none"> • can lead to high blood pressure • limit fast food, canned/dried soups, salty snacks, prepared frozen dinners
	Sugar <ul style="list-style-type: none"> • provides extra calories; may make control of blood sugar and blood fats difficult • limit regular pop, fruit drinks, candies, desserts

The Plate Method can be your guide when eating away from home



Overcome the challenges of making healthy food choices away from home

Challenges I have faced	Possible solutions
<input type="checkbox"/> Limited choices are available	<ul style="list-style-type: none"> • Bring healthy food from home such as sandwiches, nuts, washed, pre-cut vegetables and fruit • Check out all options before making your choice
<input type="checkbox"/> Portions are too big	<ul style="list-style-type: none"> • Think about portion size before making your choice (avoid “super-sizing”) • Order half portions or share an item with a friend • Stop eating when you are full; take extra food home
<input type="checkbox"/> It is easy to eat “mindlessly” (nibbling while waiting or eating after I’m full)	<ul style="list-style-type: none"> • Avoid skipping meals or snacks • Drink water to avoid nibbling • Skip or share appetizers or snacks • Ask for a take home container when ordering • Move tempting foods away or place napkin over unwanted food
<input type="checkbox"/> Unhealthy cooking and serving methods are used	<ul style="list-style-type: none"> • Ask to have your choice prepared differently (e.g. baked instead of fried) • Ask for sauces on the side and use sparingly • Ask for substitutions such as salad vs. fries; milk vs. cream
<input type="checkbox"/> “All-you-can-eat” buffets are tempting	<ul style="list-style-type: none"> • Scan the buffet before making choices • Go through the buffet line only once • Take smaller portions of each item • Order from the menu instead of going to the buffet
<input type="checkbox"/> I enjoy the taste of less healthy choices	<ul style="list-style-type: none"> • Make changes one small step at a time • Be patient and allow time for your taste buds to change • Try new healthy foods to find ones you enjoy
<input type="checkbox"/> I want to treat myself	<ul style="list-style-type: none"> • Balance the choice that you feel is less healthy with a healthier choice (e.g. fried chicken with baked potato instead of french fries) • Choose smaller portions or share less healthy choices
<input type="checkbox"/> My family/friends often make less healthy food choices	<ul style="list-style-type: none"> • Be a healthy role model, set a positive example • Discuss and choose a location that offers healthy options

Make healthy choices

Here are some tips to help you make wise food choices wherever you are. Remember that portion size is an important part of healthy choices.

	Choose MORE often	Choose LESS often
Cooking methods	<ul style="list-style-type: none"> Baked, steamed, poached, grilled, roasted or stir-fried Tomato-based sauce, sauces on the side 	<ul style="list-style-type: none"> Fried, breaded, battered Au gratin (with cheese), sweet or creamy sauces Dishes with soy sauce or MSG
Snacks on-the-go	<ul style="list-style-type: none"> Vegetables, fruit, low-fat cheeses or yogourt, boiled eggs Whole-grain crackers with peanut butter Unsalted nuts or seeds 	<ul style="list-style-type: none"> Cheese puffs, chips, cookies, donuts, buttered/salted popcorn, chocolate bars, candy
Beverages	<ul style="list-style-type: none"> Water, milk (skim, 1%) Sugar-free/diet drinks Clear tea, herbal tea, black coffee 	<ul style="list-style-type: none"> Milkshakes, fruit drinks, regular pop Alcohol, specialty drinks (e.g. Iced cappuccino)
Fast food	<ul style="list-style-type: none"> Garden salad Mini subs, pita sandwiches, plain burgers/wraps/sandwiches (ask for extra vegetables) Vegetarian or cheese pizza with whole-grain crust 	<ul style="list-style-type: none"> Burgers/sandwiches with bacon, cheese and high-fat sauces French fries, fried chicken, fried fish, poutine, hash browns Pizza with pepperoni, sausage, bacon or extra cheese
Starters	<ul style="list-style-type: none"> Raw vegetables, salads (garden, spinach, fruit) Vegetable juice, clear or vegetable soups Seafood cocktail, sushi Whole-grain breads and rolls 	<ul style="list-style-type: none"> Salads with high-fat dressings or toppings Cream soups Wings, egg rolls, onion rings, nachos White or garlic bread
Main courses	Grains & Starches (amount equal to ¼ of your plate)	
	<ul style="list-style-type: none"> Oatmeal, high-fibre/lower-sugar cereals Whole-grain breads, rice, pasta, barley, couscous Plain or sweet potatoes 	<ul style="list-style-type: none"> Sugary, low-fibre cereals Large bagels, muffins, croissants, white bread French fries, hash browns, fried rice
	Meat & Alternatives (amount equal to ¼ of your plate)	
	<ul style="list-style-type: none"> Lean meats, poultry, fish, eggs, low-fat cheese Tofu, soy products, vegetable protein Legumes (e.g. lentils, chickpeas, beans) 	<ul style="list-style-type: none"> High-salt and/or high-fat meats (e.g. ribs, wings, sausages, wieners, poultry with skin on, processed luncheon meats)
	Vegetables (amount equal to ½ of your plate)	
	<ul style="list-style-type: none"> Salads (Greek, garden, spinach), plain vegetables Vegetables on sandwiches, wraps, pizza 	<ul style="list-style-type: none"> Salads with creamy, high-fat dressings and toppings like bacon bits, croutons, cheese
Desserts	<ul style="list-style-type: none"> Fresh fruit, frozen yogourt, skim milk latte 	<ul style="list-style-type: none"> Cakes, pies, pastries, ice cream, cheesecake

PLATE METHOD



Plan ahead to manage your diabetes

People with diabetes can also use their meal plan to make good choices. The 'General tips' table provides some information for people taking insulin. If you take certain pills to manage your diabetes, these tips may also apply. Talk to your health-care professional for more information.



	General tips
Type of food or beverage	<p>If you adjust your insulin, you need to know how much carbohydrate is in your meal or snack. You can check:</p> <ul style="list-style-type: none">• the label on pre-packaged foods• <i>Beyond the Basics</i> resources• nutrition information (restaurants, websites, pamphlets) <p>Know how alcohol can affect your diabetes and plan for this. For more information, refer to <i>Alcohol and Diabetes</i></p>
Portions	<p>Learn to estimate portion sizes. If the serving size is larger or smaller than your usual portion, you will need to adjust either the portion size or your insulin to keep your blood sugar level stable.</p>
Timing	<p>If your meal will be earlier or later than usual, you may need to adjust your insulin or change the timing of a snack to avoid having a high or low blood sugar level.</p> <p>Avoid skipping meals or snacks.</p>

Special tips for me

THE BOTTOM LINE

When combined with regular physical activity, making healthy choices while eating away from home can help you to prevent, delay or manage diabetes. For more individualized information on healthy food choices, solutions to challenges and/or tips to manage your diabetes, talk to your diabetes educator or health-care professional. Bon appétit! Enjoy!

Related articles: *Beyond the basics, Alcohol and diabetes, and Handy Portion Guide*



diabetes.ca | 1-800 BANTING (226-8464) | info@diabetes.ca

Diabetes Canada is making the invisible epidemic of diabetes visible and urgent. Eleven million Canadians have diabetes or prediabetes. Now is the time to End Diabetes - its health impacts as well as the blame, shame and misinformation associated with it. Diabetes Canada partners with Canadians to End Diabetes through education and support services, resources for health-care professionals, advocacy to governments, schools and workplaces, and funding research to improve treatments and find a cure.

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