

COMMUNITY HEALTH PROGRAM NEWSLETTER

OUR MISSION

Tsi nén:we wa'kwarihwaientáhkwén

Our Future – Our Responsibility

OUR VISION

With a good mind it is our responsibility to protect and exercise our inherent rights while creating sustainable partnerships and building a strong community for future generations.

March
Ennisko:wa
2020



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Contact Us

Kanonhkwa't'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



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:
March 6

March Pick Up Dates

Kana:takon

Date: March 17
Time: 11am – 4pm
Place: St. Regis
Recreation

Tsi Snaihne

Date: March 17
Time: 1pm – 5pm
Place: Tsi Snaihne
Homemaker's Club

Kawehno:ke

Date: March 18
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

TETANUS IMMUNIZATION IS SAFE

AND EFFECTIVE

WHAT IS TETANUS?

Tetanus is an acute and often fatal disease caused by a toxin released by bacteria present in our environment. The bacteria enter the body through breaks in the skin or wounds caused by contaminated objects. The toxin that is released into the body affects the nervous system, causing painful muscle spasms that can affect the ability to breathe.

TETANUS INFECTION

Most individuals associate tetanus infection with rusty nails, but tetanus infection can occur from a minor scrape or puncture while gardening, renovating or an animal bite.

TETANUS PREVENTION

Being fully immunized is the most effective way to prevent tetanus.

- Tetanus immunization is part of the routine schedule for childhood immunizations in Canada.
- Tetanus immunization is recommended for individuals of all ages, with booster shots every 10 years.

- Adults who have not received immunizations during childhood require 3 doses as part of an adult primary immunization.

To avoid tetanus infection, individuals should also:

- Wear protective gloves, clothing and footwear while gardening or renovating.
- Be mindful when using tools that can cause injury or puncture the skin.
- If injured, immediately clean wounds thoroughly with warm water and soap.

TETANUS IMMUNIZATION IS SAFE AND EFFECTIVE

Tetanus vaccines are safe and effective and can benefit people of all ages.

Talk to your doctor, nurse, pharmacist or public health office about tetanus immunization.



FACT # 1

VACCINES DO NOT CAUSE AUTISM

Medical researchers and scientists around the world have not found a link between vaccines and autism. The study that had initially reported a link between the measles-mumps-rubella (MMR) vaccine and autism was retracted in 2011.

Evidence-based reviews performed by the U.S. Institute of Medicine (IOM) have rejected any causal associations between the measles-mumps-rubella (MMR) vaccine and autism spectrum disorders in children. In addition to these reviews, a Danish research team studied children born between 1991 and 1998 (537,303 children) and concluded that there is no difference in the rate of autism between vaccinated and unvaccinated children.

Some speculation has tried to link thimerosal (a preservative added to multi-dose vaccines to protect vaccines from contamination with germs) in the MMR vaccine to autism, but the MMR vaccine routinely used in Canada has never contained thimerosal. DTaP, polio and Hib vaccines have not contained this preservative since 1997-98.

Although the reason for the increase in autism is not yet conclusively known, one explanation may be the broader definition and inclusion of many more behaviours and learning disorders within autistic spectrum disorders.



FACT # 2

VACCINES ARE SAFE

Vaccines used in Canada are safe and effective. They are developed to meet the highest standards and are continually monitored for safety and effectiveness both in Canada and around the world before they are approved for use. On average, it takes about 10 years of research and development before a vaccine is considered for approval by Health Canada. Following approval, the National Advisory Committee on Immunization recommends how the vaccine should be used. Once vaccines are made available to the public, they are regularly monitored for safety by the Public Health Agency of Canada through its Canadian Adverse Events Following Immunization Surveillance System (CAEFISS), and IMPACT (Immunization Monitoring Program ACTive), a paediatric hospital-based national active surveillance network.

As with any medical procedure, immunization has some risks. Individuals may react differently to vaccines. When considering immunization, both the risks and the benefits should be discussed with a qualified health care provider. The benefits of immunization are substantial and well documented.

FACT # 3

VACCINES DO NOT CONTAIN HARMFUL TRACES OF ADDITIVES OR ADJUVANTS

Some vaccines contain...

Additives to help vaccines stay effective while being stored

Gelatin

Some vaccines contain gelatin to protect them against freeze-drying or heat. Gelatin is also used as a stabilizer in live vaccines. However, the use of gelatin in vaccines as an additive has been reduced, even though the incidence of allergic reactions is currently very low.

Adjuvants help the body create a better immune response to a vaccine. Without adjuvants such as aluminum salts and squalene added to vaccines, people would need more frequent doses of vaccines to be protected against viruses and bacteria.

Aluminum salts

Aluminum salts (aluminum hydroxide, aluminum phosphate, or potassium aluminum sulfate) are used as adjuvants, substances added to a vaccine to enhance and strengthen the immune system's response. Aluminum is naturally present in our environment, including air, food, earth and water, and presents little risk to people. The safety of aluminum salts has been established over the past 70 years, with millions of people being vaccinated with aluminum-containing vaccines.

Squalene

Squalene is a naturally occurring substance often found in plants, animals and humans, as well as foods and cosmetics. It is a compound produced by the liver and circulates freely throughout the bloodstream. Squalene has been added as an adjuvant to some seasonal influenza vaccines in Canada to increase the immune response and improve their efficacy for certain age groups.

FACT # 4

VACCINES DO NOT CONTAIN HARMFUL TRACES OF PRESERVATIVES OR RESIDUAL PRODUCTS

Some vaccines contain...

Preservatives which help keep vaccine vials from getting contaminated with germs

Thimerosal

Thimerosal is an ethyl mercury derivative. It is a preservative used only in multi-dose vials of vaccines, and not in single-dose vials or syringes. Low doses of thimerosal have not been shown to produce any negative health effects. Nevertheless, no vaccine in Canada since March 2001 for routine use in children contains thimerosal, with the exception of some influenza vaccines. DTaP, polio and Hib vaccines have not contained this preservative since 1997-98. The MMR vaccine used in Canada has never contained thimerosal.

Residuals of the vaccine production process which are required to make the vaccine but are removed from the final product

Formaldehyde

Formaldehyde is sometimes used in the manufacturing process of vaccines to inactivate viruses and toxins. However, it is mostly removed during the purification process. Formaldehyde occurs naturally in the human body and helps with metabolism. There is approximately ten times the amount of formaldehyde in a baby's body at any time than there is in a vaccine.



FACT # 5

MULTIPLE INJECTIONS DO NOT OVERWHELM THE IMMUNE SYSTEM

Every day our bodies come into contact with millions of germs, causing our immune system to work continuously to protect us. Therefore, exposure to antigens (parts of weak or dead viruses or bacteria) in vaccines is easily handled by our immune systems. In fact, our immune system needs to be challenged continually to stay vigorous. Modern biotechnology has reduced the number of antigens in today's vaccines. For example, in 1980 the diphtheria, tetanus and acellular pertussis vaccine (DTaP) had 3017 antigens. At present, infants receiving recommended vaccines starting at two months of age come into contact with only 34 antigens – just 34 antigens among the millions handled every day by our immune systems.



**FOR MORE INFORMATION AND
LINKS TO RELIABLE INFORMATION
ON THE INTERNET,**

VISIT IMMUNIZE.CA

Immunization: Get the Facts



This event is sponsored
by the MCA Community
Health Program &
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

March 26, 2020

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!

Wash Your Hands After...

- | | | |
|--|---|---|
| 1

Playing with pets | 2

Using the bathroom | 3

Sneezing, blowing your nose & coughing |
| 4 AND Before...

Touching a cut or open sore | 5

Playing outside | 6 AND Before...

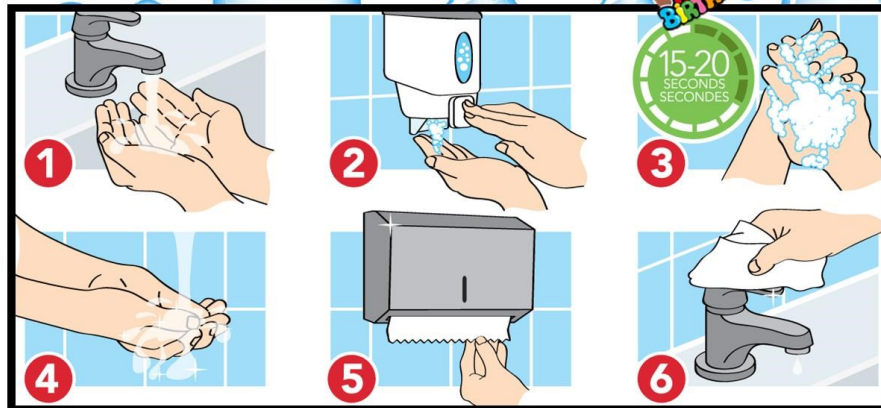
Eating |

Developed by University of Nebraska-Lincoln Extension in Lancaster County and Lincoln

**DON'T SPREAD
GERMS
WASH
YOUR HANDS**

Proper Handwashing

Sing song 2 times



- 1)** Remove any rings. Use warm water and wet hands thoroughly.
- 2)** Use liquid or foam soap and lather very well.
- 3)** Scrub hands between fingers, under nails and at the base of thumbs for 15 to 20 seconds.
- 4)** Rinse thoroughly.
- 5)** Dry hands with a single-use towel or hot air dryer.
- 6)** Turn off taps/faucets with a disposable paper towel. Protect hands from touching dirty surfaces as you leave the bathroom (e.g. doorknob).

Adapted from www.eohu.ca

Healthy Pregnancy Tips

Adapted from Best Start “Beginning Journey: First Nation Pregnancy Resource”



Emotionally

- Prepare your mind by talking to those you trust. Share your feelings about getting pregnant with people you trust.
- Find out about programs and services in your community that can help you during your pregnancy. There may be other pregnant people to talk with at the programs.
- Get information about pregnancy so you can have a strong mind to help you to stay healthy.

Spiritually

- Pregnancy and parenting bring many changes. Some days are full of joy. Other days you may feel anxious. Some people find comfort in exploring their spirituality, as they plan for their journey of new beginnings as a parent. Spirituality can be expressed in many different ways.
- Talk to your partner, family, friends, and people you trust. Talk about how you want to raise your baby. Think about the kind of parent you want to be.
- The knowledge keepers, Elders, grandmothers, and grandfathers have knowledge about customs, traditions, and teachings. They can help you prepare for pregnancy and during pregnancy. Talk to those you trust.

Preparing for Pregnancy

Getting ready for pregnancy, being pregnant and giving birth involves physical, emotional, spiritual and mental/intellectual changes. There are things you can do to prepare yourself, in each of these areas.

Physically

- Eat healthy food and keep active. This will help you be strong. Before getting pregnant take a multivitamin containing folic acid every day. Once you are pregnant, switch to a daily multivitamin that has 0.4 mg of folic acid and 16 to 20 mg of iron. This helps your baby's brain and spine grow well. This helps your baby's brain and spine grow well.
- Let your health care provider know if you are planning a pregnancy, and when you think you are pregnant. They can share information that will help your physical health.
- Avoid smoking and second hand smoke, drinking alcohol, and using drugs before getting pregnant and during pregnancy. Knowledge keepers have said that this cleanses the body to put you and your baby's spirit in a good place for the pregnancy.

Mentally/Intellectually

- Think about how you will support yourself financially, as well as the children you are planning.
- Learn about yourself and about pregnancy. Talk to wise people. Talk to other people who are expecting. Ask them what you can do to have a healthy pregnancy.
- Talk to your partner and support people about the changes that pregnancy and a new baby will bring. Talk about how you will get ready for parenting.

Healthy Pregnancy Tips for Fathers/Partners

Adapted from Best Start “Beginning Journey: First Nation Pregnancy Resource”



Fathers, Partners and Family

If your partner or a family member is pregnant, there is a lot you can do during the pregnancy:

- Ask how you can help.
- Go to the health care provider appointments.
- Join in on the prenatal classes.
- Learn about pregnancy and birth.
- Talk about parenting.
- Talk about breast feeding. Breast milk is the healthiest food for babies.
- Help your loved one quit smoking. The baby will be healthier if you quit too.
- Help your loved one to stop drinking alcohol. Alcohol is very dangerous to the baby. Don't drink around pregnant people.
- Encourage an active pregnancy. Go for a walk with your loved one.
- Understand that pregnant people feel moody at times. Learning to cope with this helps to be ready for the rapidly changing moods of the newborn.
- Help your loved one rest when tired.
- Change the cat litter box (see page 38).
- Carry things that are too heavy.
- Understand that interest in sex may change during pregnancy. Talk about and explore other ways to feel close.
- Learn how to take care of a new baby.
- Think about the things the baby will need.
- Help to get the home ready for the baby.

For information and support:

Dad Central

Online information for fathers

www.dadcentral.ca and

www.newdadmanual.ca/manual.php?

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LGBTQ2S Parenting – Rainbow Health

Promotes the rights and well-being of lesbian, two-spirited, gay, bisexual, trans, and queer people and can help to recommend LGBTQ2S supportive care providers.

1-416-324-4100 (press 9) or email

info@rainbowhealthontario.ca

www.rainbowhealthontario.ca

With Dad: Strengthening the Circle of Care

Online multi-media information about

Aboriginal fatherhood.

<https://www.nccah->

[ccnsa.ca/495/With_Dad_Strengthening_the_Circle_of_Care_nccah?](https://www.nccah-ccnsa.ca/495/With_Dad_Strengthening_the_Circle_of_Care_nccah?)

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Tips On Reducing Food Waste At Home

Do you find yourself throwing out food that has gone bad? Do you want to learn how to reduce your food waste at home? Then read on to learn more about how to plan your meals, store your food and use leftovers to get the most out of your meal budget.

Top 5 tips on reducing food waste:

1. Plan ahead to reduce food waste

As best as you can, plan your meals the week ahead. When you plan your meals, you are less likely to waste. Use [My Menu Planner](#) to help plan your meals.

Find My Menu Planner at: <https://www.unlockfood.ca/en/menuplanner.aspx>

2. Be a smart shopper

One of the most important ways to reduce food waste is by checking the “best-before” and “packaged on” dates when grocery shopping. Avoid foods that expire soon.

Here are more tips to reduce food waste when shopping.

Perishable foods

Pick up foods like meats, poultry, fish, milk, cheese and yogurts right before you’re ready to check out. This keeps them cold for the longest period of time.

Keep foods like meats, poultry and fish separate from other groceries in your cart to prevent cross-contamination.

Unless you’re headed straight home, consider bringing a cooler with you on warmer days to make sure food stays fresh.

Produce

Keep fresh produce away from other foods to avoid bruising. Bruising causes fresh foods to spoil more quickly.

Canned, packaged and boxed foods

Avoid canned, packaged and boxed goods that are open or have a broken seal. Avoid cans that are dented, leaking, bulging or cracked.

3. Store foods the right way to reduce food waste

Put perishable foods in the refrigerator or freezer as soon as you get home from shopping. Make sure cold air can circulate easily around the food to keep it safe. To learn how to store fresh foods safely see

[Safe Food Storage](#). Fridge and freezer storage times can be found [here](#).

Safe Food storage link here: <https://www.unlockfood.ca/en/Articles/Food-safety/Safe-Food-Storage.aspx>

Fridge/freezer time: <https://www.canada.ca/en/health-canada/services/general-food-safety-tips/safe-food-handling-home.html>

4. Stock your pantry

Store all unopened non-perishable products in a clean, dry place at room temperature. Keep your pantry well stocked with basic, non-perishable ingredients that can be used in a variety of meals.

Examples of pantry items include:

Grain products: Whole grain pasta, brown rice, [quinoa](#), couscous, kasha and quick cooking polenta

Canned vegetables and fruits: Low sodium [canned tomatoes](#), corn, carrots and mushrooms, canned peaches, mandarin oranges and pineapple packed in water or light syrup

Dried or canned beans: Chickpeas, beans and [lentils](#)

Canned fish: Low sodium [canned tuna](#) and salmon

Cooking oils: Extra-virgin olive oil, canola oil and sesame oil

Vinegars: White or red wine vinegar and balsamic vinegar

Baking products: Flour, white and brown sugar, baking soda, baking powder, corn starch, plain oats and wheat bran

Unopened condiments: Dijon mustard, salad dressing and ketchup

Use the “First In First Out” rule. When stocking your pantry, rotate products so the oldest are used first. Be sure to check best-before dates before using the product. Check food labels on packaged, canned or bottled foods that may need refrigeration after opening, like soy sauce.

5. Use leftovers wisely

Use leftovers to help stretch your week’s meals and reduce waste. Use [these tips](#) to use your leftovers creatively for different meals.

Leftover tips found at: <https://www.unlockfood.ca/en/Articles/Seniors-nutrition/Loving-your-leftovers.aspx>

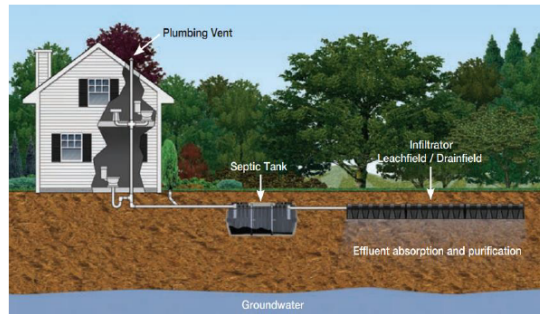
Bottom line

Reducing food waste is possible with some planning and safe storage habits. Keep these five tips in mind to help manage your meal budget while keeping you and your family safe.



Article found online at: <https://www.unlockfood.ca/en/Articles/Cooking-And-Food/Cooking-Methods/Tips-On-Reducing-Food-Waste-At-Home.aspx>

Tips for Onsite Septic Systems



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.
 1. 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.
 2. 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.
 1. 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.
 2. 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.
 3. 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.

Safer Sex Stations



Available in the bathrooms at Kanonhkwahsterio
and the Kawehnoke Medical Clinic.

*Only ONE Classic and Lubricants available in each station.

(If you would like any of the different products we have
or have questions, please stop by the MCA Community
Health Office and ask to speak to a nurse.)

Don't Rush Me... Go The Full 40!TM



Give your baby
the benefits from
a full 40 weeks:

more alert at birth

full lung & brain
development

able to hold stable
body temperature

stronger, firmer
muscles

best start for
breastfeeding



GoTheFull40.com

March 2020 MCA Community Health Fitness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Sit and Be Fit@Tsiion 930am Balanced Body 10– 10:30 am @ Tri District elders Cardio Blast 5-6 pm @ Snye Rec Yoga 6-7 pm @ Snye Recreation	3 Walk Strong 10– 10:45am @Tri District Elder Dumbbell Strength 5-6 pm @ Snye Recreation	4 Core Strength 5-6 pm @Snye Rec	5 Balanced Body 10– 10:30 am @ Tri District elders Circuit Training 5-6pm @Snye Rec	6
9 Sit and Be Fit@Tsiion 930am Balanced Body 10– 10:30 am @ Tri District elders Cardio Blast 5-6 pm @ Snye Rec Yoga 6-7 pm @ Snye Recreation	10 Walk Strong 10– 10:45am @Tri District Elder Dumbbell Strength 5-6 pm @ Snye Recreation	11 Core Strength 5-6 pm @Snye Rec	12 Balanced Body 10– 10:30 am @ Tri District elders Circuit Training 5-6pm @Snye Rec	13
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23 Sit and Be Fit@Tsiion 930am Balanced Body 10– 10:30 am @ Tri District elders Cardio Blast 5-6 pm @ Snye Rec Yoga 6-7 pm @ Snye Recreation	24 Walk Strong 10– 10:45am @Tri District Elder Dumbbell Strength 5-6 pm @ Snye Recreation	25 Core Strength 5-6 pm @Snye Rec	26 Balanced Body 10– 10:30 am @ Tri District elders Circuit Training 5-6pm @Snye Rec	27
30 Sit and Be Fit@Tsiion 930am Balanced Body 10– 10:30 am @ Tri District elders Cardio Blast 5-6 pm @ Snye Rec Yoga 6-7 pm @ Snye Recreation	31 Walk Strong 10– 10:45am @Tri District Elder Dumbbell Strength 5-6 pm @ Snye Recreation	<div>  <p>MCA COMMUNITY HEALTH PROGRAM 813-575-2341 EXT. 3220</p> </div>		