

COMMUNITY HEALTH PROGRAM NEWSLETTER

OUR MISSION

Tsi nén:we wa'kwarihwaiéntáhkwen

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.

July
Ohiarihko:wa
2020



Contact Us

Kanonhkwa'tsheri:io
Health Facility

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Green Food Bag/Tetewatska:hon

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

The cost is \$10.00 per bag.

Deadline to
Order:
POSTPONED

July Pick Up Dates

Kana:takon

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

Tsi Snaihne

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

Kawehno:ke

Date: POSTPONED
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

Diabetes and Your Footwear



Which shoes should I wear?

- Have your shoes professionally fitted by a trained specialist.
- Select footwear with the following features: soft upper with minimal seams; deep, wide toe boxes; firm but cushioned soles; removable insoles; and strong heel counters.
- Lace up shoes offer a versatile fit and should be used if possible; however, if tying laces is difficult select footwear with Velcro closures
- Avoid slip-on and restrictive footwear such as high heels with pointed toes or shoes that are narrow in style as they depend on a tight fit to stay on the foot
- When purchasing shoes, remove the insole and stand on it. If your foot overlaps any area, the shoe is too narrow or too short for your foot
- Make sure there is a full finger width between the end of your longest toe and the end of your shoe
- Avoid seams over the toe area of your shoes as seams resist stretching and create bumps that can rub against your skin and cause it to break down or ulcerate
- If you have a problem with lower limb swelling, talk to your Podiatrist about graduated compression stockings to help control the swelling and improve the fit of your shoes over the course of a day

<https://www.pedorthic.ca/foot-health/diabetes/>

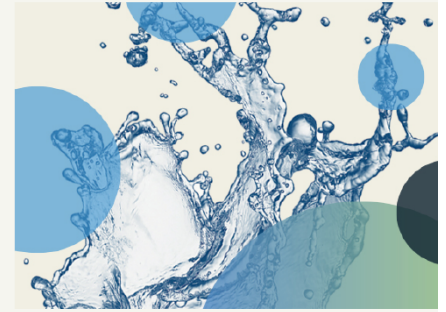
A Daily Foot Care Routine

- Wash your feet in warm (not hot) water, using a mild soap. Don't soak your feet, as this can dry your skin.
- Dry your feet carefully, especially between your toes.
- Thoroughly check your feet and between your toes to make sure there are no cuts, cracks, ingrown toenails, blisters, etc. Use a hand mirror to see the bottom of your feet, or ask someone else to check them for you.
- Clean cuts or scratches with mild soap and water, and cover with a dry dressing suitable for sensitive skin
- Apply a good lotion to your heels and soles. Wipe off excess lotion that is not absorbed. Don't put lotion between your toes, as the excessive moisture can promote infection. •
- Wear fresh clean socks and well-fitting shoes every day. Whenever possible, wear white socks – if you have a cut or sore, the drainage will be easy to see.

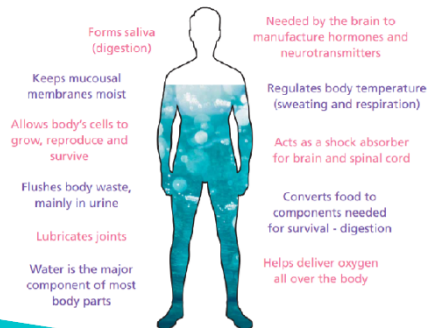
<http://guidelines.diabetes.ca/docs/patient-resources/foot-care.pdf>

Fluid Facts

Stay hydrated this summer



WHAT DOES WATER DO FOR YOU?



WHY FLUID MATTERS

Staying well hydrated when it's hot is definitely a must; however, hydration is important to your health year round.

Fluid is essential and has many roles including:

- move nutrients and waste through your body
- keep your blood pressure normal
- protect and cushion your joints and organs
- control your body temperature
- lower your risk of dehydration and heat stroke.

WHAT IS DEHYDRATION

Dehydration is when you lose more fluid than you take in. Below are some of the signs of dehydration:

- Thirst
- Dry lips and dry mouth
- Flushed skin
- Headache
- Dizziness and fainting
- Dark yellow, strong smelling urine
- Low blood pressure and increased heart rate

You may be dehydrated even if you don't have any of the signs so it is important to drink fluids often even before you feel thirsty.



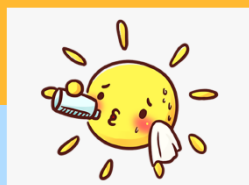
ARE YOU GETTING ENOUGH FLUIDS?

The amount of fluids you need depends on your age, gender and level of physical activity.

Check your thirst - If you are thirsty or have a dry mouth, it is likely that you are not drinking enough.

Check your urine - If your urine is a dark yellow colour and has a strong smell, you may not be getting enough fluids. The amount of urine you make can also be a sign of your hydration status.

Check your mood - If you feel light headed and tired, are not able to focus or have many headaches, these could be signs that you are dehydrated.



STAY HYDRATE THIS SUMMER

Life stage	Total water (fluid)
Children 1-3 years	3.5 cups/d
Children 4-8 years	5 cups/d
Children 9-13 years	Boys - 7 cups/d Girls – 6.5 cups/d
Children 14-18 years	Boys – 10.5 cups/d Girls – 7 cups/d
Adults > 19 years	Males – 12 cups/d Females – 9 cups/d Pregnancy – 9 cups/d Lactation – 12.5 cups/d

FLUID NEEDS VARY

Many factors impact how much water you need, including your age, gender, activity level, and overall health.

Individuals with certain health conditions, also have different fluid needs. The same is true for those with serious infections or diarrhea.

Adequate intake levels for water have been determined for generally, healthy people and are based on age and gender.

TIPS TO MEET YOUR FLUID NEEDS

- Choose water when thirsty. Avoid sugar-sweetened beverages
- Enjoy other fluids such as milk, fortified soy beverages, unsweetened coffee & tea
- Enjoy foods with high water content: fruits, vegetables, yogurt, soups, pudding and more.
- Choose decaffeinated drinks more often to keep you well hydrated.
- Take sips of water while eating meals and snacks.
- Keep a jug full of ice water, with lemon, lime, orange or cucumber slices in your fridge at home or at work.
- Remember to drink more in hot weather
- Carry a reusable water bottle when you are out
- Try a fruit and herb infused water or carbonated water
- Drink water during and after physical activity or playing sports
- Make ice cubes with frozen fruits (such as frozen peaches or berries) or pureed frozen fruits to act as ice cubes

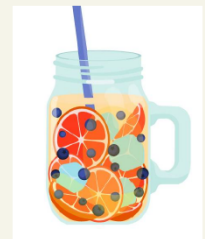
5 WAYS TO ADD FLAVOUR TO WATER

You can add fruits and herbs to your hot or cold water for flavour. Here are some ideas to try:

1. blackberries + mint
2. raspberries + cucumber
3. strawberries + fresh basil
4. chopped apples + a cinnamon stick
5. pear slices + a drop of vanilla extract

To release the most flavour:

- crush the berries
- chop or tear herbs
- cut fruit into cubes



If you like some fizz in your drink, try carbonated water.

Comfort Play & Teach

Teaching Kids to Be Eco-Friendly

Global warming and climate change are a few of the issues our world is now facing. We need to take care of our planet, and our children need to know why. However, talking about such issues can be difficult and upsetting to a child. Kids don't want to hear about all the things going wrong in the world, but it's important that they know there are things they can do to be part of the solution. Here's how you can talk to your kids about topics like climate change in a positive way.

Your Baby/Toddler (Birth to 36 months):

- **Say and do eco-friendly things:** We know that kids learn best by watching and interacting with you. If you want your child to be aware of how important the earth is, then be sure to show her through your words and actions. Just like you might say, "oh no, that's yucky, let's put it in the garbage," try to say things like, "let's put that in the recycling, so it can be used for something else", or "let's watch the ants march to their mummies and daddies and try not to step on them".
- **Read books about nature and the environment:** Choose books that talk about how important trees are, about recycling, or what bugs do. This will not only make your child more aware of what is happening in his world, but he will begin to point out the trees and the bugs like they are his favourite toys.
- **Watch movies with environmental themes:** Movies such as The Lion King (the circle of life, such as the ecosystem), Wall-E (recycling, what happens to the stuff we throw away) and Arctic Tale (global warming and how it affects animals) all give your child an understanding of why it's important to take care of her world.

Comfort

Help your child understand what she can do for her environment by explaining the benefits of eco-friendly practices, such as recycling, in ways she can understand.

Play

A good start to developing eco-friendliness in your child is to help him connect with his environment. Play outside in the sand, leaves and snow. He will learn to cherish the nature that surrounds him.

Teach

Watch movies and read books with your child that have environmental themes to help them understand the impact of the environment.

Comfort Play & Teach

Teaching Kids to Be Eco-Friendly

Your Preschooler (36 months to 48 months):

- **Encourage your child to reuse materials:** Cereal boxes, toilet paper rolls, wrapping and tissue paper can all be used over and over again for special projects. Reusing these materials allows your child to be environmentally aware and creative.
- **Talk to your child but focus on positive solutions:** When speaking to your child about changes in climate and the reasons why we need to recycle and protect nature, keep the conversation positive. Telling your child that the world is in danger will make her feel helpless and stressed. Let her know there are solutions and that she can be a part of it.
- **Give your child small eco-friendly tasks to do:** You may give your preschooler small eco-friendly tasks to encourage his independence. Some of these may include things like helping you turn off all the lights that aren't being used, or watering the plants so that he feels like he is taking action. This will help create a sense of responsibility and a connection to his world.

Comfort

Introduce positive solutions to your child to help them realize their potential influence on the environment. Stay positive! Topics like climate change are less daunting to your child when she feels that she can help make a difference.

Play

Reuse boxes, papers, clothes and other household items during play. Your child's imagination will breathe new life into these items and she will learn the value of reducing, reusing and recycling!

Teach

Help your child complete small household tasks that contribute to a healthy environment, like turning off the lights. He may continue these patterns for a lifetime!

Vaping and COVID-19

Information for people who use e-cigarettes

As of March 2020, there is no evidence that vaping directly increases the risk of getting COVID-19. However, it is important to consider how you can best manage your health and prevent spreading the virus to others. If you currently use e-cigarettes, think about your reasons for vaping and whether quitting might benefit you. This resource gives information on the risks associated with e-cigarettes, and tips for quitting or reducing vaping during the pandemic.

How might vaping affect the risk of getting COVID-19?

- Ingredients in e-cigarettes and cannabis vape products can damage your lungs and may make it harder for your immune system to fight infections.
- COVID-19 starts by infecting the lungs, so researchers believe that vaping may increase the risk of more serious symptoms if you get the virus. More research is needed to confirm this.
- Many e-cigarette users previously smoked and may already have respiratory conditions, including chronic obstructive pulmonary disease (COPD). These people have a higher risk than others of having more severe COVID-19 symptoms if they are infected.



How can I manage my vaping during the pandemic?

You may feel a strong urge to vape right now, to help you cope with feelings of stress, loneliness and boredom. Here are some tips for quitting or managing vaping:

- If you currently vape to help you quit smoking cigarettes, don't stop if you think you will start smoking again. The health risks of cigarettes are greater than those of vaping.
- If you both smoke and vape, or are vaping to quit smoking, try to quit cigarettes. Never vape and smoke at the same time because this will increase your exposure to harmful chemicals.

This information sheet is not intended to be a resource for people who require screening for COVID-19 or who are experiencing a mental health crisis. If you are experiencing a mental health crisis, please call 911 immediately or go to your nearest emergency department.

For more information, visit www.camh.ca/covid19

- For more information and support on quitting smoking during the pandemic, see our information sheet Tobacco Use and COVID-19, at www.camh.ca/covid19-resources.
- If you are vaping, stay at least two metres away from other people and do not share e-cigarettes or other devices.
- If you vape recreationally, try to quit. Even though the links between COVID-19 and vaping are unknown as of March 2020, quitting e-cigarettes can benefit your overall health.
- There is no evidence that e-cigarette ingredients can protect against COVID-19 – so if you don't currently vape, don't start.

Tips for managing cravings

Here are some tips and resources for managing cravings during the pandemic:

Seek support from family, friends and professionals through phone or video chat. You can find some helpful information here:

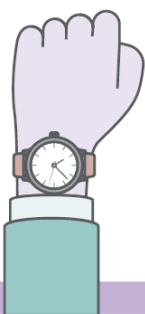
- <https://bc.lung.ca/how-we-can-help/vaping>
- www.canada.ca/en/services/health/campaigns/vaping.html



Keep busy with healthy and enjoyable activities, while staying at a safe distance from others.



Plan how you will manage nicotine cravings or withdrawal, such as by drinking water.



A craving may pass, so delay using an e-cigarette for as long as possible.



Call your pharmacist to explore whether medications (such as nicotine replacement products) might be an option for you.

