

COMMUNITY HEALTH PROGRAM NEWSLETTER

OUR MISSION

Tsi nén:we wa'kwarihwaiéntáhkwen

Our Future – Our Responsibility

February
Enniska
2021

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.



Contact Us

Kanonhkwa'tsheri:io
Health Facility

31 Hilltop Drive,
Akwasasne, Quebec,
H0M 1A0

Phone: 613.575.2341
ext. 3220
Fax: 613.575.1152

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COVID-19

Know The Facts

COVID-19 spreads primarily from person to person



- Droplets released when someone sick sneezes or coughs can land on the mouths or noses of people nearby
- Close contact with someone sick – like hugging or shaking hands

COVID-19 mainly spreads from person to person But it can also be left on objects and surfaces...



So if you touch something contaminated and then touch your face or another's face, you might all fall ill.

Reduce your risk of COVID-19



Clean your hands often

Cough or sneeze in your bent elbow – not your hands!



Avoid touching your eyes, nose and mouth



Limit social gatherings and time spent in crowded places



Avoid close contact with someone who is sick

Clean and disinfect frequently touched objects and surfaces



Steps to Stress Management

1. Identify a Stressful Situation



A. Appraisal of the Situation

The perception of the likelihood and magnitude of a potential threat and of our perceived ability to cope with that threat.

B. Availability of Coping Strategies

Depending on how we feel we can cope or deal with a given stressful situation, we feel more or less stress.

2. Strategize About How to Cope with the Situation



In any stressful situation, it is important to ask ourselves "What can I control about this situation?".

If you can control or change these aspects

➤ **PROBLEM-FOCUSED COPING**

If you cannot control or change these aspects

➤ **SELF-FOCUSED COPING**

3. Evaluate Solutions



Evaluate each solution.

List those that are most feasible.

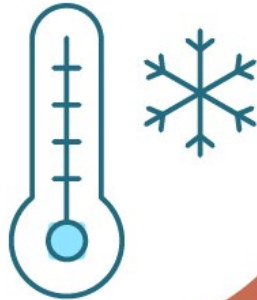
Choose the BEST solution.

4. Plan to Implement the Solution



List the steps involved in implementing this solution and dates when these steps will be actioned.

"Gathering the family around the table for a meal has so many benefits! During these uncertain times, make a commitment to eat at least one meal together. Here are some tips to try: <https://sm.eatright.org/familymeal>"



**eat
right.** Academy of
Nutrition
and Dietetics

EAT MEALS TOGETHER AS A FAMILY

The potential benefits include:

Better nutrition

Parents model healthy eating

**Kids more likely to eat fruits
and vegetables**

Family bonding time

Cooking Skills

every kid should learn by age 10



under 3 years old

- **Sensory play:**
 - Pour ingredients into bowls
 - Stir, feel & taste ingredients
- **Washing produce**

note:

Every kid is different, so use your best judgment on your child's ability and readiness. An adult should always supervise steps that involve hot or sharp tools, or other equipment that must be handled with caution.

ages 3-5

- **Knife skills 101:** Cutting soft foods using a butter knife
- **Make pizza:** Pick their own toppings and put them on the pizza

- **Make smoothies:** Add ingredients to the blender, press the buttons (with supervision)
- **Baking basics:** Mixing wet & dry ingredients
- **Setting & clearing the table**



ages 6-8

- **Stove basics:**
 - Turning the stove off and on
 - Practice making scrambled eggs
 - Learn cooking safety rules
- **Make & pack their own lunch**
- **Food presentation**

ages 8-10

- **Sharp knife skills & safety rules**
- **Breading meat & vegetables**
- **Food safety rules**
- **Meal planning & shopping**



Teaching Kids to Cook

The best way to teach kids about eating right is to get them into the kitchen to prepare healthy meals together. Cooking is a valuable life skill that teaches children about nutrition and food safety, as well as building math, science, literacy and fine motor skills.

Encourage your child's interest and excitement in healthy foods by teaching them how to cook safely with this guide of age-appropriate kitchen activities.

Food Safety Basics

Before you enter the kitchen, cover the ground rules with children first:

- **Wash hands** in warm, soapy water before and after handling food.
- Pull back long hair, off the shoulders.
- Keep **counter tops** and working surfaces clean.
- Teach children to wait until food is cooked before tasting. Don't let them lick their fingers or put their hands in their mouths, especially when working with raw foods such as **cookie dough** and raw meat or poultry.
- Avoid double dipping or putting spoons back into food after using them for tasting.
- Remember, young cooks need supervision.
- Follow the four simple steps:
 - **Wash** hands, surfaces and kitchen utensils.
 - Keep raw meat, poultry and seafood **separate** from cooked and other ready-to-eat foods.
 - **Cook to proper temperatures.**
 - **Refrigerate** promptly to 40°F or lower.

These basics are helpful guidelines for children and adults of all ages.

3-5 year olds

Young children love helping out, but need very close adult supervision since their motor skills are still developing. Teach these youngsters the importance of **washing produce** and using clean appliances and utensils.

Appropriate Tasks:

- Wash hands with warm, soapy water for at least 20 seconds. Make it a game by singing the "Happy Birthday" song together twice as you wash your hands.
- Wash fruits and vegetables in the sink with cool tap water.
- Wipe up tabletops.
- Mix ingredients like easy-to-mix batters.
- Brush (or "paint") cooking oil with a *clean* pastry brush on bread, asparagus or other foods.
- Cut cookies with fun shaped cookie cutters (but don't eat the raw dough!).

6-7 year olds

Most 6-7 year olds have developed fine motor skills, so they can handle more detailed work, but they will still need food safety reminders.

Appropriate Tasks:

- Use a peeler to peel raw potatoes, ginger, mangoes and other washed fruits and vegetables.
- Break eggs into a bowl and remember to wash hands afterwards.
- Scoop out avocados after sliced in half by an adult.
- Deseed tomatoes and cooled, roasted peppers with a spoon.
- Snap green beans.
- Load the dishwasher.
- Shuck corn and rinse before cooking.
- Rinse and cut parsley or green onions with clean, blunt kitchen scissors.

8-9 year olds

There is a wide range of skills in this age group, so tailor your tasks to each individual's maturity level. Teach the importance of wiping down all surfaces and refrigerating perishables, such as eggs and milk, right away.

Appropriate Tasks:

- Open cans with a can opener.
- Put leftovers in shallow containers and refrigerate within two hours (one hour if it's warmer than ninety degrees).
- Pound chicken on a cutting board. Note: Always use a separate cutting board for ready-to-eat and raw foods, and be sure to wash hands with warm, soapy water after handling raw meats and chicken.
- Beat eggs.
- Check the temperature of meat with a food thermometer – it's like a science experiment!
- Juice a lemon or orange.

10-12 year olds

For the most part, kids age 10 -12 can work independently in the kitchen, but should still have adult supervision. Before letting these kids do grown-up tasks on their own, assess whether they can follow basic kitchen rules such as adjusting pan handles over counters to avoid bumping into them, unplugging electrical appliances, using knives and safely using the oven or microwave.

Appropriate Tasks (with adult supervision):

- Boil pasta.
- Microwave foods.
- Follow a recipe, including reading each step in order and measuring ingredients accurately.
- Bake foods in the oven.
- Simmer ingredients on the stove.
- Slice or chop vegetables.

Cooking together can be a fun way to teach your child valuable skills, promote good nutrition and make long-lasting memories in the process.

The Top 5 Causes of Falls

30% of individuals **65 and older** and
50% of those **85 and older** fall each year.

**Most falls are associated with one or more
of the following identifiable factors:**



1 Impaired Vision

Poor vision can impair balance and lead to an increase risk of falls and fractures in older people.

2 Medications

Many medications are associated with side effects like dizziness, reduced mental alertness and drowsiness, which can lead to increased fall risk.



3 Poor Balance and Gait

Regular exercise can improve balance and gait and potentially reduce fall risk.

4 Household Hazards

Environmental hazards like carpets and rugs can lead to fall-related injuries.



5 Chronic Conditions

Certain chronic conditions such as diabetes, arthritis and Parkinson's can increase your risk of falling.

Wood Burning



In the fall and winter, many community residents burn wood as a primary or additional heat source for their homes. Wood burning creates pollution and steps should be taken to burn wood safely in order to reduce the quantity of smoke both inside and outside the home.

Smoke moves easily in the outside air and is drawn indoors where it can build up inside the home. We spend 85 per cent of our time indoors during the winter months so it is important that our indoor air is clean. Young children, the elderly and the chronically ill are most vulnerable to the effects of wood smoke. They are also most likely to spend more time indoors during the winter.

Although many people enjoy the smell of wood burning, the smoke contains chemicals and contaminants that are not healthy for us or for our environment. Well-documented health effects associated with wood smoke include respiratory infections and irritations, the onset of asthma, and, in rare cases, deadly carbon monoxide poisoning.

To help protect your health and the health of your family and neighbours:

1. Replace older wood burning equipment with new, high-efficiency and low-emission appliances.
2. Look for a wood stove that has been approved by the US Environmental Protection Agency and certified by the Canadian Standards Association.
3. Start your fire with newspaper and dry kindling.
4. Burn only clean, dry and well-seasoned wood and newsprint.
5. Never burn garbage and products such as cardboard, which contains chemicals that end up in our lungs.
6. Keep fires small and hot. Smoldering fires create more smoke.
7. Install smoke alarms and a carbon monoxide detector in your home.

Jaundice and the Newborn Baby



What is Newborn Jaundice?

Jaundice is a common newborn condition that causes baby's skin and the white part of the eyes to appear yellow. Most babies will have at least some jaundice in the first few days following birth.

What Causes Jaundice?

Once babies are born, they do not need as many red blood cells as they needed for life in the womb. They therefore break down these extra red blood cells after birth. Bilirubin is the waste that remains. Baby's body gets rid of the extra bilirubin through the liver. A newborn's liver, however, can be a bit immature. Jaundice occurs when bilirubin builds up faster than the newborn's liver can break it down and pass it from the body. The amount of yellow varies due to the level of bilirubin in the baby's bloodstream. Sometimes babies are jaundiced due to an underlying issue such as a blood incompatibility (mom and baby have different blood types and the mother's antibodies attack the baby's red blood cells) or an infection. If baby's jaundice shows up within the first 24 hours after birth or lasts longer than normal, additional tests may be required.

How Do I Know If My Baby Has Jaundice?

Newborn jaundice will first appear on the baby's face and eyes, typically around 2 days of age. As baby's level of bilirubin increases, the yellow color moves down the body. Jaundice usually peaks on the third or fourth day of life and then starts to go away. As the bilirubin level in baby's bloodstream falls, the yellow color will fade, first in the lower parts of baby's body and lastly in baby's face. When the baby's face and whites of the eyes are back to normal color, you know that the jaundice has resolved. This usually happens by 1-2 weeks of age. The Canadian Pediatric Society and the American Academy of Pediatrics recommend early screening for jaundice. This screening often involves testing a small sample of your baby's blood. A newer technology uses a light meter pressed against baby's skin for an initial measurement of jaundice. In this case, blood tests are only done if the light meter reading is high. A simple way to look for jaundice is to take your baby near a window during daylight hours. Press your baby's skin with your finger and quickly release. You may be able to see the yellow tinge of the jaundice on baby's skin. (Please note: It is difficult to assess jaundice in artificial lighting or if your baby is wearing yellow.) If

you see jaundice past your baby's hips and baby is not feeding well or has been born prematurely, notify your healthcare provider.

What Should I Do If My Baby is Jaundiced?

If your baby is jaundiced, the best thing that you can do is to make sure baby is getting enough milk. Feed frequently, at least 8-12 times per day. If you are having breastfeeding difficulties, seek help from a trained professional. Bilirubin is excreted in the baby's stools. Infrequent bowel movements allow the bilirubin to be reabsorbed from the gut rather than being eliminated in the stool.

Jaundice can make babies sleepy. You may need to wake the baby to feed or use [wake up techniques](#) to keep baby actively nursing at the breast.

What Are the Treatment Options for Jaundice?



In most cases, jaundice will resolve on its own without the need for treatment. If treatment is required, phototherapy is used. Phototherapy is a light treatment that will help your baby clear the bilirubin from his system. Most commonly, phototherapy is done in the hospital although a few communities offer phototherapy in the home. In the most severe cases, a blood transfusion may be required for baby.

When Should I Be Worried?

You should notify your healthcare provider if your baby:

- Has jaundice during the first 24 hours of life.
- Is too sleepy to feed, despite the use of wake up techniques.
- Is not having an [adequate number of wet and dirty diapers](#).

In most cases, jaundice is normal and will resolve on its own, especially if your baby is feeding well. If you are feeling uncertain or have any questions, please notify your healthcare provider.

Article from <http://cindyandjana.com/jaundice-and-the-newborn-baby/>

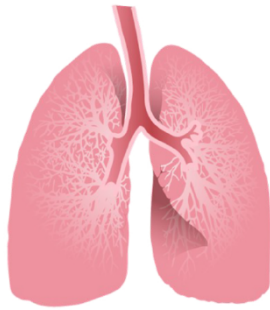
Tobacco Use & Physical Activity

what's the link?

CAMH Nicotine Dependence Services Fact Sheets

How are tobacco use and physical activity connected?

Smoking affects your ability to get active and to recover from injuries. It damages the lungs, causing:



- Asthma
- Shortness of breath
- Coughing and wheezing
- Less lung growth

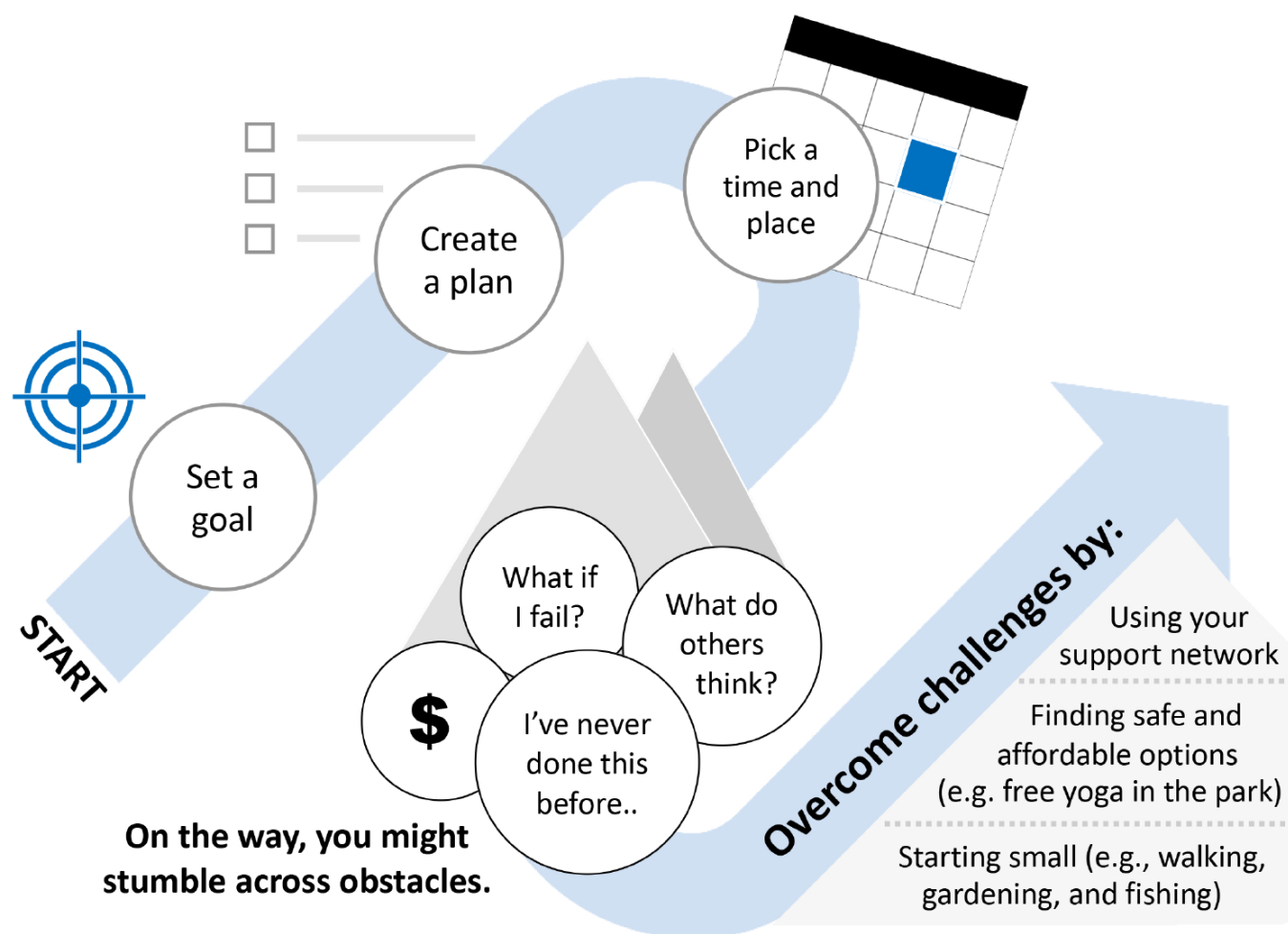
Smoking also affects bone growth and makes individuals more vulnerable to fractures.

Why should I get active while quitting tobacco use?

- Delays development of tobacco-related disease and death
- Becomes more likely to quit
- Helps manage cravings
- Reduces withdrawal symptoms (e.g., anxiety, irritability)
- Improves exercise performance
- Better stress management

Individuals in exercise programs are also more likely to be successful in quitting smoking, and those who are active smoke fewer cigarettes.

How can I get active?



You can also try...

Different activities to see what feels right for you
Getting into a routine
Limiting TV, computer, and social media time
Becoming part of a team
Challenging a friend to join you
Walk, bike, or run instead of driving (when possible)
Spread activity throughout the week

How can I quit using tobacco?

When you are ready, here are a few ways to get started:



Talk to a health professional.



Join a support group.



Eat well.



Stay active.

Resources

- [Smoker's Helpline](http://18775135333.ca) (1 877 513-5333)
- [Tobacco Atlas](http://tobaccoatlas.org) (tobaccoatlas.org)
- [Public Health Agency of Canada](http://phac-aspc.gc.ca) (phac-aspc.gc.ca)
- [ParticipACTION](http://participation.com) (participation.com)
- [EatRight Ontario](http://eatrightontario.ca) (eatrightontario.ca)



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FAMILY FUN OUTDOOR WINTER FUN ACTIVITIES



- ❄️ Make snow angels or build a snowman or snow fort
- ❄️ Go skating on outdoor rinks or build your own backyard rink



- ❄️ Have an outdoor campfire with smores and hot chocolate and tell stories 
- ❄️ Play your favorite sport in the snow i.e. soccer, kickball, baseball or football (be sure to use a bright colorful  ball so you won't lose in the snow)



- ❄️ Host backyard winter games to include:
 - outdoor relay races
 - set up obstacles courses
 - find a hill for speed climbing or a slope for sledding
 - flat ground/field for cross-country skiing or snow shoeing



- ❄️ -snowman building competitions
- ❄️ Do snow painting by pouring various colors of tempera paint into small jars or squirt bottles and use in the snow, the snow is your canvas



- ❄️ Go on a winter hike and have children collect items from nature to later glue and make a winter collage pic
- ❄️ Play bowling in the snow with frozen water balloons



Have Fun In The Snow!!!