

# COMMUNITY HEALTH PROGRAM NEWSLETTER

## OUR MISSION

Tsi nén:we wa'kwarihwaiéntáhkwen

Our Future – Our Responsibility

March  
Ennisko:wa  
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.



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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



# 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.



## BABY BLUES AFTER PREGNANCY

### KEY POINTS

- If you feel sad or moody in the first few days after having your baby, you may have the baby blues. Lots of women feel this way.
- Baby blues usually go away by themselves within a week or two of giving birth. You don't need medical treatment for baby blues.
- If your sad feeling last longer than 2 weeks, tell your health care provider.

### What are the baby blues?

Baby blues are feelings of sadness a woman may have in the first few days after having a baby. Baby blues are also called postpartum blues. Postpartum means after giving birth. About 4 in 5 new moms (80 percent) have baby blues.

Baby blues can happen 2 to 3 days after you have your baby and can last up to 2 weeks. They usually go away on their own, and you don't need any treatment. If you have sad feelings that last longer than 2 weeks, tell your health care provider. She may want to check you for a more serious condition called [postpartum depression](#).

### What do the baby blues feel like?

If you have the baby blues, you may:

- Feel sad and cry a lot
- Feel moody or cranky
- Have trouble sleeping, eating or making decisions
- Feel overwhelmed and that you can't do a good job of taking care of your baby

**If you feel scared or out of control, tell your provider. If you're worried about hurting yourself or your baby, call emergency services 613-575-2000**



## What can you do about the baby blues?

The baby blues usually go away on their own without treatment. But here's what you can do to help you feel better:

- Get as much sleep as you can.
- Ask for help from your partner, family and friends. Tell them exactly what they can do for you.
- Take time for yourself. Ask someone you trust to watch your baby so you can get out of the house.
- Try to connect with other new moms. Ask your provider to help you find a support group. This is a group of people who have the same kind of concerns. They meet together to try to help each other.
- Don't [drink alcohol](#), [use street drugs](#) or [abuse prescription drugs](#). All of these can affect your mood and make you feel worse. And they can make it hard for you to take care of your baby.

<https://www.marchofdimes.org/pregnancy/baby-blues-after-pregnancy.aspx>

<https://www.marchofdimes.org/pregnancy/postpartum-depression.aspx>



# Kid - Friendly **YOGA** for a Healthier Generation



Mountain Pose



Chair Pose



Crescent Moon Pose



Tree Pose



Child's Pose



Downward Facing Dog Pose



Happy Baby Pose



Butterfly Pose



Rag Doll Pose



Corpse Pose

[www.Top10HomeRemedies.com](http://www.Top10HomeRemedies.com)

**Top10**  
Home Remedies

# PROPER SHOVELLING TECHNIQUES



Using an ergonomically correct shovel, bend low at the knees.

Scoop and lift upward with your legs. Do not lift with your back!

Turn sideways without twisting your back. Point your feet in the direction you are throwing, and toss the snow.

If snow is deeper than one foot, use your shovel as a blade to chop it down before shoveling it up.



## 10 Tips for Planning Meals on a Budget

Are you trying to save money on food? If so, start by planning your meals for the next few days or week ahead. It takes a bit of time, but it will help you save money later.

### 10 tips to get you started

1. Make a menu. Decide which recipes you will make for lunch and dinner and make a list of the items that you will need from the grocery store. When you have a plan, you will be less likely to spend money on fast food or convenience meals. Take a look at these tips for [easy menu planning](#).
2. Plan your meals around foods that are on sale. Check store flyers, newspaper inserts and coupon sites online. You may be surprised at the good buys available. Just be sure to buy and plan for foods that you will actually use so that they don't go to waste.
3. Plan at least one meatless meal a week. [Legumes](#) (beans, lentils, dried peas), [eggs](#), tofu, peanut butter and canned fish offer great tasting protein at a good price. Here are a few tasty meatless meal recipes: [Black Bean Couscous Salad](#), [Egg Bhurji](#), and [Sweet Chili Tofu Stir-fry](#).
4. Check your pantry, refrigerator and freezer. Look at the expiry dates of the foods and ingredients you already have on hand. Which ones do you need to use up? Look for [recipes](#) that use those foods and ingredients.
5. Enjoy grains more often. Grains such as rice, pasta, barley and couscous are inexpensive and can be used in many different recipes. Try them in soups, stews and salads such as [Chicken Bulgur Salad](#).
6. Avoid recipes that need a special ingredient. Some recipes call for a special ingredient that you may not have. How much does that ingredient cost? Does it come in a small or big package? Can you use it in other recipes before it goes bad? It may not be worth the money to buy an ingredient if you are only going to use it once. Leave the ingredient out or try the recipe with an ingredient that you already have at home. It's fun to experiment while cooking and you may surprise yourself with the finished dish.
7. Look for seasonal recipes. Vegetables and fruit are cheaper when they're in season.
8. Plan to use leftovers. Think about how you can use leftovers. If you're cooking roast chicken with rice and vegetables for Sunday night's supper, then make chicken sandwiches for Monday's lunch. On Tuesday, use the bones to make a chicken soup and toss in any leftover vegetables and rice.
9. Make extras. Don't let a big bunch of carrots or celery go to waste. Use it all up by making an extra big pot of soup. If ground beef is on sale, make two batches of lasagna instead of one. Serve one batch for dinner, and freeze the other batch in meal-sized portions for another time.
10. Know what your family likes to eat. Encourage your family to share their favourites and help with menu



planning. That way you can look for favourite ingredients and foods when they go on sale.

You may also be interested in:

[Best Buys at the Grocery Store](#)

[20 Ways to Save Money on Your Groceries](#)

[Menu Planner Checklist](#)



## All About Homemade Baby Food

Many parents are interested in making homemade baby food. Find out how to get started and get tips on preparing baby food safely.

### What's the difference between homemade or store bought baby food?

Homemade and store bought baby foods are both good choices for your baby. They both have similar vitamins and minerals. Making homemade baby food means you can:

- Use fresh and seasonal fruit and vegetables
- Use foods from your culture and food traditions
- Control the amount of sugar and salt you use
- Save money
- Adjust the texture of foods to suit your baby

### Making homemade baby food

Before you begin, make sure to wash your hands with soap and warm water before handling food. Use clean utensils, counters and containers.

#### How to make baby food from vegetables and fruit

Preparing:

Choose fresh vegetables and fruit without bruises or blemishes. Thoroughly wash, peel, and remove the pit and seeds. Then slice vegetables and fruit into chunks.

Cooking: Place vegetables or fruit in a small amount of boiling water. Cook until tender. You can also cook by steaming or microwaving.

To steam, place food in a steam basket or colander above a pot of boiling water.

To microwave, place in a microwaveable container with a little bit of water.

After boiling, steaming or microwaving, drain the water and keep it in a separate bowl. After cooking:

Mash, mince, grind or puree soft cooked vegetables and fruits. Add a little bit of the cooking liquid to help get the right texture. You can add spices if you wish. Do not add salt or sugar.

Tip: Some soft fruits like bananas and peaches can be mashed and made into baby food without cooking them.

### How to make baby food from protein foods

Preparing:

Choose meat alternatives like beans, peas, lentils or tofu. Choose unsalted plain ground beef, chicken, pork and fish like salmon, halibut, sole, haddock, tilapia and bass. You can add spices if you wish. Do not add salt or sugar.

Cooking:

Bake, poach or roast meat, chicken or fish until it is a soft cooked texture. Make sure it is thoroughly cooked. Flake fish with fingers to remove any bones.

Cook beans, peas and lentils from scratch. You can also use canned versions by rinsing and heating them up.

Stir fry, sauté, steam or fry tofu.

After cooking:

Puree, mince or grind the meat, chicken or fish. Add some liquid if you wish to get the right texture.

Mash, dice or puree cooked beans, peas, lentils or tofu.

## Keeping homemade baby foods safe to eat

Storing baby foods:

Cover and refrigerate your homemade baby foods right away. They should not be left at room temperature for more than two hours.



Baby foods made of vegetables, fruit, legumes and tofu will keep in the fridge for two days.

Baby foods made of meats, poultry and fish will keep in the fridge for one day.

### Freezing baby foods:

To freeze, pour or spoon prepared baby food into ice cube trays and cover with plastic wrap.

Once the food is in a solid cube, store in freezer bags for up to one month. Remember to label and date freezer bags.

### Thawing baby foods:

Do not thaw baby foods at room temperature. Do not refreeze once it has thawed.

Thaw only the number of cubes needed for a meal. Thaw cubes in the refrigerator, in the microwave or a double boiler.

### Serving baby foods:

Heat all baby foods thoroughly until they are steaming hot.

Cool before serving.

Any uneaten food should be thrown away.

## Can I give my baby finger foods?

Yes. You can offer these foods as finger foods:

Soft cooked vegetables and fruit

Soft cooked tofu

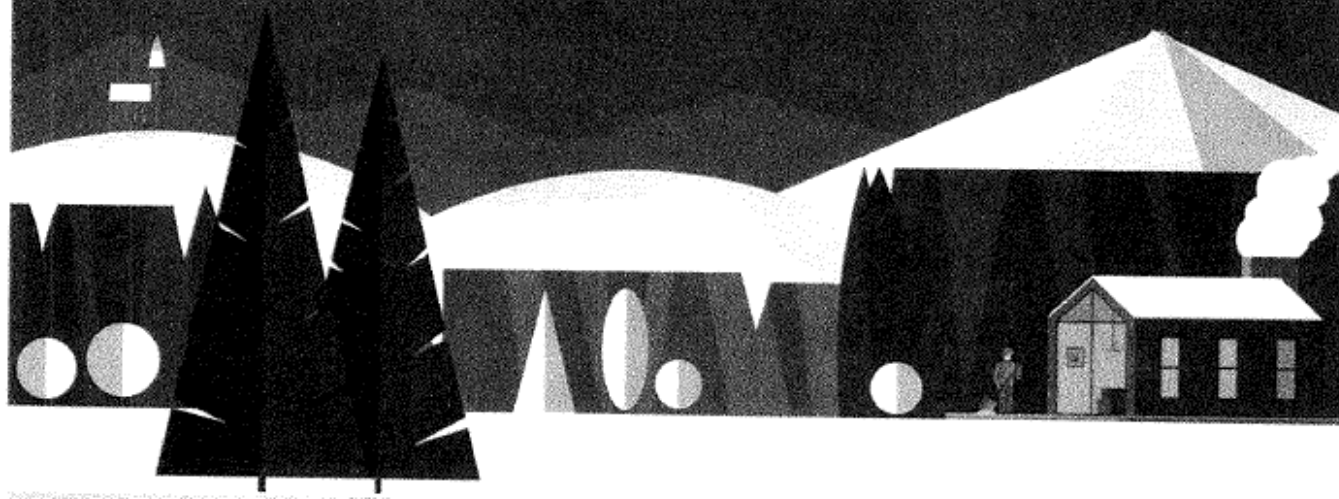
Small (pea sized) pieces of tender meat or poultry

De-boned and flaked fish

Small beans (like black beans, navy beans) or larger beans cut in half (like kidney beans)

Pieces of egg

# WINTER HOME SAFETY TIPS FOR SENIORS



Schedule maintenance for furnaces and fireplaces to ensure they are safe to use.



Check batteries in portable radios, flashlights, smoke alarms and carbon monoxide detectors.



Keep all heat sources and vents clear of clutter.



Make sure smoke alarms and carbon monoxide detectors are installed and working on every floor of the home.



Never leave portable heaters unattended.



Put entry or garage lights on a timer or light sensor so they come on as soon as it gets dark each day.



Keep fire extinguishers on hand and near heat sources.



Keep the home well-lit by installing the maximum watt bulbs indicated.

*Over a million people worldwide have now had vaccines and there have been very few serious side effects.*



***“I am happy I took the vaccine. I want all my people to be vaccinated.”***

*Annabella Metatawabin, 86 years old, and is the first long-term care patient from Peawanuck First Nation to get vaccinated.*

*Photo and quote courtesy of:*  
[www.waha.ca/covid-19/vaccine](http://www.waha.ca/covid-19/vaccine)



## After Vaccination

### Side effects

Most people have no side effects at all. Like other vaccines the COVID-19 vaccine can cause mild side effects such as: Pain, redness or swelling where the needle was given, mild fever, tiredness, and muscle or joint aches. These mild side effects go away on their own without treatment.

Until everyone is vaccinated, public health measures will continue to be necessary to minimize the spread of COVID-19 in Canada and save lives.

These recommendations include:

- Wash your hands,
- Stay home when sick,
- Maintain physical distancing,
- Wear a face mask as appropriate, and
- Keep using good cough and surface hygiene.



Together....  
***Let's stop  
COVID-19  
one arm at a  
time!***

Get vaccinated to protect yourself, your loved ones, and your community.

Talk to a health care provider in your community if you have questions about the vaccine.



Government  
of Canada

Canada



## Vaccine Safety

**Q:** I know these vaccines were developed quickly and that concerns me – were shortcuts taken?

No. Because it is a health emergency and because doctors and scientists worked together all over the world, the vaccines took less time to develop.

Tens of thousands of people volunteered to be in the studies for the vaccine. Health Canada reviewed and approved the vaccines according to high standards and no shortcuts were taken.

The vaccines that have been approved are very effective at preventing people from catching COVID-19 and getting sick. Vaccines for other infections like meningitis and polio have prevented millions of people from getting these diseases and have saved lives.



*Mardeen Hill, Iroquois Lodge, Six Nations of the Grand River, receiving the COVID-19 vaccine.*

## Getting the Vaccine

Vaccines work by training your immune system to recognize a virus and stop it from making you sick. After you get the vaccine, if you are exposed to the virus, your body is ready to respond more quickly than if you hadn't had the vaccine.



Pfizer and Moderna, both require two doses 3-4 weeks apart.

## Misinformation and Facts



**MISINFORMATION:** The vaccine is being tested on Indigenous Peoples.



**FACT:** No, the vaccine is not being tested on Indigenous Peoples. Large studies have already been done with the approved vaccines in Canada, in tens of thousands of people.

Indigenous persons are a priority because they are more likely than other Canadians to have health problems and are at risk of being very sick with COVID-19.



**MISINFORMATION:** People have had serious allergic reactions to the COVID-19 vaccine.



**FACT:** No. This has happened very rarely. It is important to talk to your nurse or doctor if you have ever had serious allergic reactions.



**MISINFORMATION:** I can get COVID-19 from the vaccine.



**FACT:** No. You cannot get COVID-19 infection from the vaccine. The vaccines do not contain whole live viruses so they cannot cause the infection.

# We're in this fight together Let's stop COVID-19

Get vaccinated to protect yourself, your loved ones, and your community.

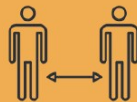
Remember to continue to:



Wash your hands



Stay home when sick



Maintain physical  
distance



Wear a face mask



Keep using  
good cough and  
surface hygiene

Talk to a health care provider in your community, if you have questions about the vaccine.

#crushCOVID



Catalogue: R5-765/2021E-PDF  
ISBN: 978-0-660-37259-4



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# Together, let's stop COVID-19 one arm at a time

The COVID-19 vaccines are safe, effective and approved by Health Canada.

Improved technology, worldwide collaboration, and increased government funding helped speed up the development of the vaccines.

The vaccine works to:



Recognize the virus



Destroy the  
infected cells



Produce antibodies  
to fight the virus



Remember the virus  
and how to fight it, if  
you are exposed to it again

Talk to a health care provider in your community, if you have questions about the vaccine.

#crushCOVID



Catalogue: R5-764/2021E-PDF  
ISBN: 978-0-660-37257-0



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