

COMMUNITY HEALTH PROGRAM NEWSLETTER

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.

April
Onerahtókha 2022



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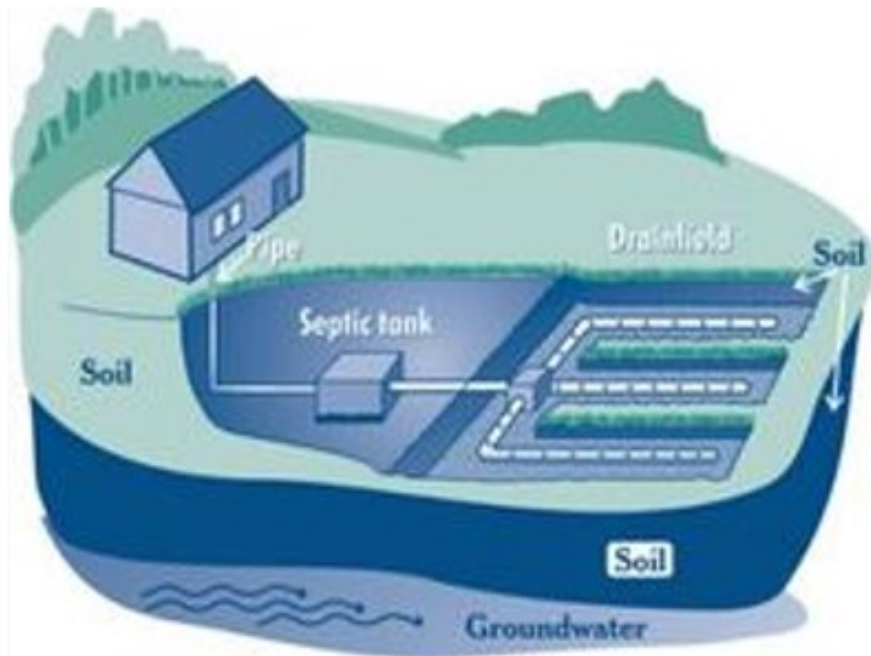


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Tips for Onsite Septic Systems



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.
 - 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.
 - 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.
 - 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.
 - 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.
 - 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.

Be Safe: Have
an alcohol-free
pregnancy



best start
meilleur départ

by/par health *nexus* santé

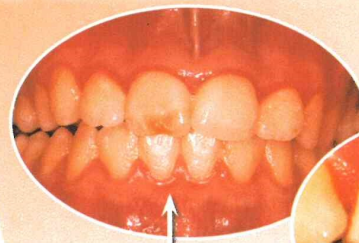
Diabetes & Gum Disease

Diabetes can affect your teeth, gums and the bone that supports your teeth

Keeping blood sugar at the correct level is important to your dental health and overall health

If you have high blood sugar levels, you are at increased risk of gum disease

Infections in the mouth can affect your ability to control your blood sugar



Many people have gum disease and don't know it

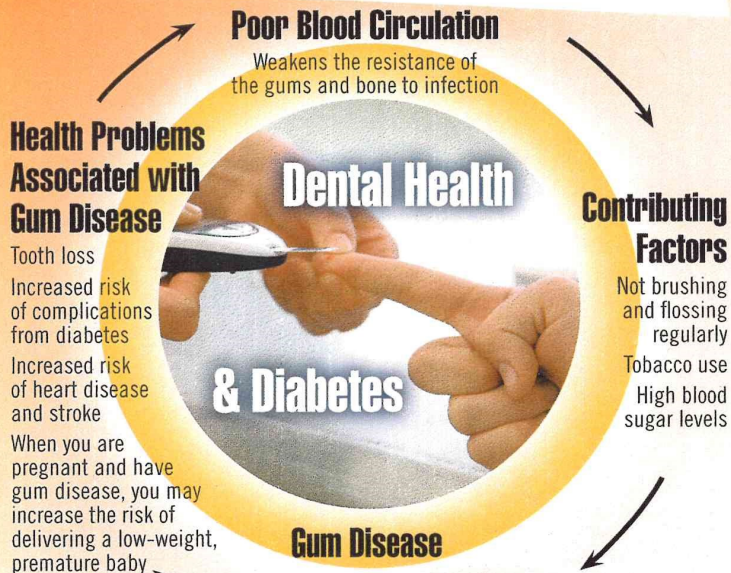
Early stages of gum disease can be reversed by brushing and flossing daily to remove plaque



More advanced stages of gum disease cause permanent loss of bone supporting the teeth



Loss of bone supporting the teeth



Signs of Gum Disease

- Gums that bleed when you brush and/or floss
- Gums that are red, swollen or tender
- Bad breath
- Gums that have pulled away from the teeth
- Pus between the teeth and gums
- Teeth that are painful, loose or move
- Changes in the way your teeth fit together
- Changes in the fit of your dentures

Tips for Keeping Your Smile Healthy

- Brush your teeth after every meal and before bed
- Floss once a day
- Keep your blood sugar levels under control
- Treat gum infections, tooth infections and pain early
- Make healthy food choices
- Clean dentures daily
- See your medical or dental professional if you experience dry mouth
- Avoid smoking

**For Future Generations of Healthy Smiles,
Visit your Dentist, Dental Therapist, or Dental Hygienist Regularly.**

Produced by First Nations and Inuit Health • Manitoba Region • In collaboration with First Nations Communities. Photographs courtesy of D. Gershman.

Make Your Drinks Count

As kids grow, what they drink can help make them healthy and strong. You are a powerful influence in your child's life. Every time you choose a healthy drink, you are teaching your kids a habit they can use for life.

Here's how you and your kids can make drink choices count:



Milk:

Choose low-fat (1%) or fat-free (skim) milk at meal and snack times. Milk has calcium, vitamins, and protein that you don't get from other drinks.

How much each day?

Age	Amount
2-3	2 cups*
4-8	2 ½ cups*
9-adult	3 cups*

* one cup of milk =
8 ounces yogurt or
1.5 ounces natural cheese

Juice:

If you choose juice, make sure it is 100% juice

How much each day?

Age	Amount
1-6	½ to ¾ cup or less
7-adult	1 to 1 ½ cups or less

Choose whole or cut-up fruit instead of juice most of the time.



Water:

Water is a good choice, especially between meals and snacks.

How much each day?

- ▶ Drink water during the day to quench thirst and stay hydrated.
- ▶ Offer more water in warm weather and when your kids are active.

Use a water bottle to keep water handy.



Cook Together. Eat Together. Talk Together. Make Mealtime a Shared Time.

What about....?

Use these facts to sort through all of your choices:



Soda, coffee drinks, sports and energy drinks

- ▶ These sugary drinks have calories, but little or no nutrients.
- ▶ Sports drinks are ok when kids are very active for more than one hour and on hot days.
- ▶ Coffee and energy drinks are not ok for kids. They can contain large amounts of caffeine, which has serious health risks for kids.
- ▶ The best source of energy is healthy food.

Juice

- ▶ 100% fruit juice can be part of a healthy diet, but only in small amounts.
- ▶ Drinking fruit juice isn't the same as eating fruit. Juice doesn't have fiber.
- ▶ Juice and other sugary drinks can cause tooth decay.



Flavored milk

- ▶ Flavored milk has the same amount of protein, calcium and other nutrients. Chocolate is added for flavor.
- ▶ At school, the flavored milk offered from the cafeteria is made with fat-free milk and less sugar. It has only 20 more calories than lowfat milk.
- ▶ For a lower sugar choice at home, try mixing chocolate milk with unflavored milk.

Other milks

- ▶ Lactose-free milk has the same nutrition as milk, just no lactose.
- ▶ Alternative milks made from plants (soy, almond, rice and hemp) all have different amounts of nutrients, especially protein and calcium.
- ▶ Nutrients that are in cow's milk are sometimes added to other milks.
- ▶ Read labels carefully so you know what you are getting.



Cook Together. Eat Together. Talk Together. Make Mealtime a Shared Time.



2016 www.healthoregon.org/sharedmeals

Healthy Easter Snacks

Author: [Erin Collins](#)

Prep: 10 mins

Total: 10 mins

Between egg hunts, parties, and Easter baskets filled with candy, Easter can be a total sugar rush for kids. But you can strike a good balance with these tasty and healthy snacks for Easter!



Servings: 4 servings

Ingredients

- ☐ Mini circle cheeses
- ☐ Celery – cut into “whiskers”
- ☐ Baby carrots – cut in half for ears
- ☐ A large carrot – cut into a triangle for nose
- ☐ Mini chocolate chips – for eyes



Instructions

1. Assemble the cute bunny faces by pushing the baby carrots into the top of the cheese for ears. Place the rest of the pieces on to make a bunny face.

Calories: 86kcal | Carbohydrates: 2g | Protein: 6g | Fat: 6g | Saturated Fat: 4g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Cholesterol: 15mg | Sodium: 231mg | Potassium: 49mg | Fiber: 1g | Sugar: 1g | Vitamin A: 2552IU | Vitamin C: 1mg | Calcium: 25mg | Iron: 1mg

NUTRITION INFORMATION:

Calories: 86kcal



RECIPES MADE WITH KIDS FOR KIDS





Spin-a-Smoothie



Berry Blaster

Nutrition Fact per 1 cup (250 mL) serving
Leafy greens such as spinach are nutritional rock stars, providing us with important nutrients like folate, vitamin A, C and K! Getting your greens has never been this tasty!



MOHAWK COUNCIL OF AKWESASNE
DEPARTMENT OF HEALTH
COMMUNITY HEALTH PROGRAM

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Tsi nensatónhere

Easter Sunday



O'nhónhsa



Tahahonhtané:ken



À:there



Ononhsatokénhti



Kítkit



Teiotá:ronte



Wahsahsonwe'
O'nhónhsa



Ahonnesá:ke O'nhónhsa



Watewaterhónhsaseh'te