

DECEMBER | TSIOTHÓHRHA 2022

COMMUNITY HEALTH PROGRAM

NEWSLETTER

Our Mission:

*TO FOSTER HEALTHY
GENERATIONS.*

Our Vision:

*AKWESASNE WILL BE A
COMMUNITY WHERE PEOPLE ARE
ENGAGED; CHILDREN AND
FAMILIES ARE RESILIENT; CULTURE
IS HONOURED; AND WE USE
INNOVATIVE, WHOLISTIC
APPROACHES TO SERVICE
DELIVERY.*

Approximately

8,300

people were not aware
that they were infected
with HIV in 2018.

canada.ca

What's Inside?

World AIDS Day	2
HIV Stigma Fact Sheet	3,4
Healthier Gingerbread Cookie Recipe	5,6
12 Ways to Have a Healthy Holiday Season	7
Flu Vaccination Clinics	8-10
Respiratory Syncytial Virus (RSV)	11,12
Healthy Hot Chocolate Recipe	13
Steps to Stress Management	14,15
Holiday Snack Idea	16
Physical Activity with Type 2 Diabetes	17
ELF Movie Workout	18
Tips to Stay Fall Free in Winter	19,20

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Find us on
Facebook

@ MCA Community Health Program



World AIDS Day

DECEMBER 1, 2022

World AIDS Day takes place on the same day every year, December 1st. This is an opportunity for everybody to come together in the fight against HIV, to show support for those living with HIV, and to remember those who have lost their lives to an AIDS-related illness.

"World AIDS Day is important because it reminds the public and government that HIV has not gone away - there is still a vital need to raise money, increase awareness, fight prejudice and improve education." worldaidsday.org

**For more information, visit
catie.ca**

**STOP THE STIGMA & LET'S
FIGHT TO END HIV TOGETHER.**



"HIV continues to be a major global public health issue, having claimed 40.1 million lives so far."

who.int



HIV Stigma Fact Sheet

Let's Stop HIV Together raises awareness that we all have a role to play in stopping HIV stigma. When we support people with HIV, we make it easier for them to live healthy lives.

What is HIV stigma?

HIV stigma is negative attitudes and beliefs about people with HIV. It is the prejudice that comes with labeling an individual as part of a group that is believed to be socially unacceptable.

Here are a few examples:

- 1 Believing that only certain groups of people can get HIV**
- 2 Making moral judgments about people who take steps to prevent HIV transmission**
- 3 Feeling that people deserve to get HIV because of their choices**

What is discrimination?

While stigma refers to an attitude or belief, discrimination is the behaviors that result from those attitudes or beliefs. HIV discrimination is the act of treating people with HIV differently than those without HIV.

Here are a few examples:

- 1 A health care professional refusing to provide care or services to a person living with HIV**
- 2 Refusing casual contact with someone living with HIV**
- 3 Socially isolating a member of a community because they are HIV positive**

What are the effects of HIV stigma and discrimination?

HIV stigma and discrimination affect the emotional well-being and mental health of people with HIV. People with HIV often internalize the stigma they experience and begin to develop a negative self-image. They may fear they will be discriminated against or judged negatively if their HIV status is revealed.

“Internalized stigma” or “self-stigma” happens when a person takes in the negative ideas and stereotypes about people with HIV and start to apply them to themselves. HIV internalized stigma can lead to feelings of shame, fear of disclosure, isolation, and despair. These feelings can keep people from getting tested and treated for HIV.



What causes HIV stigma?

HIV stigma is rooted in a fear of HIV. Many of our ideas about HIV come from the HIV images that first appeared in the early 1980s. There are still misconceptions about how HIV is transmitted and what it means to live with HIV today.

The lack of information and awareness combined with outdated beliefs lead people to fear getting HIV. Additionally, many people think of HIV as a disease that only certain groups get. This leads to negative value judgments about people who are living with HIV.

What can be done about HIV stigma?



Get the facts.

Learn HIV basics and what it means to live with HIV. Having the facts can help reduce misunderstandings and decrease stigma associated with HIV.



Learn how to talk about HIV.

Talking openly about HIV can help normalize the subject. But be mindful of how you talk about HIV and people with HIV. Our stigma language guide can help.



Begin to take action.

We can help end HIV stigma through our words and actions in our everyday lives. Check out our stigma scenarios for tips on what you can do when you witness stigma.

VISIT [CDC.GOV/TOGETHER](https://www.cdc.gov/together)

**STOP HIV
STIGMA**

 @StopHIVTogether  @CDCHIV  @CDC_HIV



Ending
the
HIV
Epidemic

PN 300498

HEALTHIER

Gingerbread Cookies

Ingredients:

For the cookies:

1 cup + 6 tbsp (165g) white whole wheat flour

$\frac{3}{4}$ tsp cornstarch

$\frac{1}{4}$ tsp baking powder

1 $\frac{1}{2}$ tsp ground ginger

$\frac{1}{4}$ tsp ground cinnamon

$\frac{1}{8}$ tsp ground nutmeg

$\frac{1}{8}$ tsp ground cloves

$\frac{1}{4}$ tsp salt

2 tbsp (28g) unsalted butter or coconut oil,
melted and cooled slightly

1 large egg, room temperature

1 $\frac{1}{2}$ tsp vanilla extract

$\frac{1}{4}$ cup (60mL) molasses

1 tsp vanilla crème stevia

For the icing (optional)

10 tsp confectioners'
style stevia

2 tsp nonfat milk



Directions:

1. To prepare the cookies, whisk together the flour, cornstarch, baking powder, ginger, cinnamon, nutmeg, cloves, and salt in a medium bowl. In a separate bowl, whisk together the butter, egg, and vanilla extract. Stir in the molasses and vanilla crème stevia. Add in the flour mixture, stirring just until incorporated. Transfer the dough to the center of a large sheet of plastic wrap, and shape into a 1"-tall rectangle. Cover the top with another large sheet of plastic wrap. Chill the dough for at least 1 hour.

2. Preheat the oven to 325°F, and line two baking sheets with silicone baking mats or parchment paper.
3. Leaving the cookie dough between the sheets of plastic wrap, roll it out until ⅛" thick. Lightly flour your cookie cutter, and press it into the dough, making sure each shape lies as close to its neighbors as possible to minimize unused dough. Peel the unused dough away from the shapes, and place them onto the prepared baking sheets. Reroll the unused dough, and repeat.
4. Bake the cut out cookie dough at 325°F for 8-10 minutes. Cool on the baking sheet for 5 minutes before turning out onto a wire rack to cool completely.
5. To prepare the icing, stir together the confectioner's style stevia and milk in a small bowl. Spoon into a zip-topped bag, and snip off the corner. Pipe onto the cooled cookies.

Happy baking!



12 WAYS

TO HAVE A HEALTHY HOLIDAY SEASON

- 1 **WASH HANDS OFTEN TO PREVENT THE SPREAD OF GERMS**
- 2 **BUNDLE UP TO STAY DRY AND WARM**
- 3 **MANAGE STRESS**
- 4 **DON'T DRINK & DRIVE OR LET OTHERS DRINK & DRIVE**
- 5 **PRACTICE FIRE SAFETY**
- 6 **BE SMOKE-FREE**
- 7 **GET EXAMS AND SCREENINGS**
- 8 **GET YOUR VACCINATIONS**
- 9 **FASTEN SEATBELTS WHILE DRIVING OR IN A VEHICLE**
- 10 **MONITOR CHILDREN**
- 11 **PREPARE FOOD SAFELY**
- 12 **EAT HEALTHY, STAY ACTIVE**

[cdc.gov](https://www.cdc.gov)

**TO SCHEDULE A SEASONAL FLU SHOT APPOINTMENT
PLEASE CALL THE MCA COMMUNITY HEALTH
PROGRAM AT (613) 575-2341 EXTENSION 3220**

Get the
FLU  **SHOT**
not the flu!

COMMUNITY HEALTH PROGRAM FLU VACCINATION CLINICS

FLU SHOT CLINIC

Wednesday, November 30, 2022

10 a.m. - 2 p.m.

St. Regis Recreation (Community Health Fair)

Walk-In Clinic

FLU SHOT CLINIC

Friday, December 2, 2022

10 a.m. - 4 p.m.

Kanonhkwa'tsheri:io - CHP Office

Walk-In Clinic

- *Flu shot clinics are for anyone age six (6) months and older.*
- *Masks required when in the clinics.*
- *Please wear loose fitting clothing to allow ease of access to the upper arm.*
- *If you are feeling sick, please don't attend the vaccination clinic.*
- *After December 2nd, flu shots will be administered by appointment only.*

For more information or to schedule an appointment,
please contact the Community Health Program at:

613-575-2341 ext. 3220





Anyone can catch the flu. Protect yourself and others.

Free flu shots are available to Ontarians six months of age and older.

Why it's important to get the flu shot

The flu can be serious. It can lead to serious complications that can result in a hospital stay, especially among seniors and young children. Complications can include pneumonia or heart attacks. In some cases, it can result in death. The flu shot is your best defence against getting the flu.

When to get the flu shot

Flu season typically runs from late fall to early spring. You should get a flu shot as soon as it is available as it takes about two weeks following immunization to develop protection. As protection wanes over time and influenza strains change frequently, it is important to get the flu shot every year.

Individuals aged five and over may receive a flu shot at the same time as, or at any time before or after a COVID-19 vaccine. Children between six months and under five years are recommended to wait 14 days before or after the administration of the COVID-19 vaccine before getting their flu shot.

Where to get the flu vaccine

6 MONTHS UP TO 2 YEARS OLD	2 YEARS +
<ul style="list-style-type: none">• Doctor or nurse practitioner• Some local public health units	<ul style="list-style-type: none">• Doctor or nurse practitioner• Some local public health units• Participating pharmacies

Vaccines for Seniors

For the 2022/2023 season, if you're 65 and older, there are three different flu shots available:

- The standard-dose vaccine that protects against four strains of flu virus.
 - The adjuvanted vaccine that protects against three strains of flu virus and contains an adjuvant (a substance added to a vaccine that helps the recipient develop an improved immune response).
- The high-dose vaccine, that protects against four strains of flu virus, but in higher doses.

All three flu vaccine types are safe, effective and offer strong protection to seniors. Talk to your doctor, nurse practitioner, pharmacist or public health unit about which option is best for you.

How to avoid getting and spreading the flu

Get the flu shot.

To reduce the chances of catching and spreading the flu:

- Wash your hands often;
- Cover your mouth when you cough or sneeze;
- Don't touch your face;
- Stay at home when you're sick; and
- Clean (and disinfect) surfaces and shared items.



Respiratory Syncytial Virus (RSV)

Key Facts about RSV

- Most children will have at least one RSV infection by the age of two.
- RSV infects the lungs and airways. It causes colds and is the most common cause of bronchiolitis, an inflammation of the small airways in the lung, and pneumonia in young infants and toddlers.
- Children are more likely catch RSV from November to April when the virus is most active. RSV typically causes mild symptoms that last a few days and would not require medical attention.
- Some people with RSV infection, especially infants younger than six months of age and older adults, may need to be hospitalized if they are having trouble breathing or are dehydrated.

What are the signs and symptoms of RSV?

Children with RSV may experience symptoms like a cold or flu, including:

- Coughing
- A runny nose
- Fever
- Wheezing
- A decrease in appetite and energy
- Irritability

Because RSV is a virus, antibiotics will not help your child get better faster. In most cases, you can take care of your child at home as long as they are breathing comfortably, their skin does not look blue and they are drinking and urinating as usual.

How can I treat my child with RSV?

- Use over-the-counter acetaminophen or ibuprofen for fever and pain. Do not give ibuprofen to babies under six months old without first speaking to your health care provider. Never give aspirin to children.
- Offer plenty of fluids to prevent dehydration. If your baby is having trouble drinking, try to clear nasal congestion with a bulb syringe or saline nose drops.
- A lukewarm bath or wet face cloth may help your child feel more comfortable. Avoid cold baths because they can make your child shiver, raising their temperature.
- Dress your child in light clothing. If your child starts to shiver, add warmer clothing and remove them when the shivering stops.
- Consult your health care provider before giving your child non-prescription cold medicines or if have concerns about your child's symptoms.

When should I call a doctor or go to an emergency department?

Go to an emergency department if your child:

- Has trouble breathing, pale skin, lips that look white or blue, asthma or wheezing.
- Is younger than three months old and has any of the following symptoms:
 - Fever and is very sleepy or difficult to wake
 - Repeated vomiting and unable to keep any liquids down for eight hours or more
- Vomiting or diarrhea containing a large amount of blood
- Signs of dehydration with dry mouth or no urination for eight hours or more

How can I protect my child from RSV?

- Keep your child at home if they are sick and avoid sick relatives
- Clean surfaces in your home that are touched often
- Wash your hands and your child's hands often
- Cough or sneeze into your sleeve
- Breastfeed your baby, if possible
- Avoid cigarette smoke

HEALTHY HOT CHOCOLATE

Recipe

Ingredients:

4 cups almond milk (dairy, almond, coconut milk all will work)

4 tablespoons cocoa powder

2 tablespoons maple syrup

Instructions:

In a sauce pot whisk together milk, cocoa powder and maple syrup vigorously until combined.

Heat over medium high heat for 2-3 minutes, stirring occasionally.

Once warm – pour into mug and enjoy!

Dairy free, refined sugar free, low calorie, and made with only 3 ingredients!

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.

“ABATE” the stress: understanding the stress response

These are the 4 elements of the stress response:



B BODY
(Physiology)



A ACTIONS
(Behaviour)



T THOUGHTS
(Cognition)



E EMOTIONS
(Affect)

Identifying which element of the stress response will help us understand what purpose it is serving- even though it might be an unhealthy coping strategy.

Healthy Coping Strategies:



Holiday Snack!



**'TIS THE SEASON
FOR FUN AND
HEALTHY SNACKS!
CREATE YOUR VERY
OWN VEGETABLE
SANTA TO ENJOY!**



6 tips for physical activity with type 2 diabetes

The American College of Sports Medicine has released recommendations in the February 2022 issue of its flagship journal, *Medicine & Science in Sports & Exercise*.



Regular aerobic exercise

Participating in regular aerobic exercise helps manage blood glucose.



High-intensity resistance exercise

This type of exercise, when performed safely, will help more than low- to moderate-intensity exercise.



Be active after meals

Being active after eating may help those with T2D reduce blood glucose.



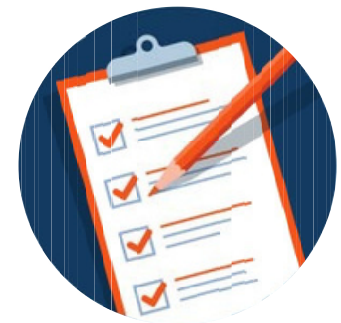
Avoid crashing during or after a workout

People who use insulin should lower their levels or supplement with carbs to avoid a crash during or after their workout.



For those who use beta blockers:

Don't rely on a heart monitor to measure workout intensity. Ask a certified exercise professional about using ratings of perceived exertion (RPE) to track how a workout feels.



When to schedule workouts

Try and schedule workouts after meals instead of before them. Doing so will let you take advantage of exercise's blood glucose-stabilizing benefits.



"Exercise can play an important role in managing type 2 diabetes, and workouts can be modified to fit the abilities of most people," says lead author Jill A. Kanaley, Ph.D. "Those with type 2 diabetes who want to lose weight should consider workouts of moderately high volume for four to five days per week."

ELF

MOVIE WORKOUT

When someone says, "Christmas Cheer" – Do 5 push ups

When someone references the North Pole – Do 10 Squats

When you hear "Cotton Headed Ninny Muggins" – Do 10 Burpees

Anytime Buddy consumes sugar – Do 5 lunges each side

Whenever someone says, "Buddy" – Do 10 sit-ups

DON'T FORGET TO SMILE!





Patient Handout: Tips to Stay Fall Free in Winter

It only takes a split second to fall, but here are some tips to help you from falling.

Choose your footwear carefully

- Check your traction: wear boots and shoes with a good grip.
- Consider using an anti-slip shoe traction device or ice cleats on your shoes. Even though you have these devices on, you still need to avoid icy and slippery surfaces. Always take off these grips or cleats when indoors because they may make you slip on indoor flooring.

Plan ahead

- Make sure you have enough time to get where you're going. Your chances of falling increase when you're running late and rushing.
- Be aware of winter weather conditions.
- Let people know your plans and take a cell phone or whistle with you or wear an alert system when you leave your house.
- If you fall, have someone that can assist you in getting help as quickly as possible, this may even save your life.

Use caution as you walk

- Walk like a penguin to prevent falls on snow and ice
Walking like a penguin: means moving slowly and taking very small steps.
Keep your feet pointed outward to allow for wider base of support and your knees slightly bent and relaxed to lower your center of gravity.
Your hands should be kept out to your side and out of your pockets for balance like a penguin's wings. Wear gloves so you can keep your hands out of your pockets.
Keep your head up and don't lean forward.
See the video link from Alberta Health Services for more information: [Walk Like a Penguin](#)
- Walk on cleared walkways. Use the safest route to your location and the safest route into the building.
- Find a clear path around snow or ice when you can.
- Be careful of hidden ice and dark areas on pavement as they can be slippery and dangerous. Assume all wet, dark areas on pavement may be slippery or icy. Walk around them if you can.
- Use a backpack, making sure that it fits, to keep your hands free. Avoid carrying anything heavy that may make you lose your balance or that blocks your view as you walk.
- If you use a cane, buy and attach an ice tip.
- Avoid texting or talking on your phone and walking at the same time.
- Be careful getting on or off a bus as the steps or the road may be slippery. Use the front door to exit, so the driver can lower the bus for a safer exit.
- Be careful getting in and out of your car. Hold onto your car door or car as you get out to give yourself extra support.
- Use Nordic poles if recommended to you by a healthcare professional. For some people, Nordic poles may not be appropriate.

Use handrails on stairs and ramps

- If you're walking on a slope where there are no handrails, be extra careful.
- Check your railings and ensure they are sturdy as they may save you from an unexpected fall.

Remove snow as soon as you can from your porch, steps, walkway and driveway

- Keep your salt and shovel indoors to avoid slipping outside.
- Spread sand or grit on your steps and walkways. You could also try carrying a small container of sand or grit to sprinkle on icy or sloped surfaces that you can't walk around.

Stay active

- On especially bad weather days, consider whether you really need to go out or not.
- If ice and snow make it unsafe to exercise outdoors, stay active with an indoor routine that includes strengthening and balance exercises.
- Don't let your fear of falling get in the way of winter outdoor activities. Staying indoors and being inactive can increase your fall risk.

Ask for help

- Most people are willing to help you navigate across a slippery sidewalk or parking lot or to help with snow removal.
- If entrances or sidewalks are not safe, ask people to help remove the snow or use de-icer. Businesses and property managers can help reduce the dangers.
- Plan ahead for snow and icy days.

Adapted from:

1. CARP (Canadian Association for Retired Persons). Farewell to Falls Resource Guide (2019). <https://s3.amazonaws.com/zweb-s3/uploads/carp/2019/11/FarewellToFalls.pdf>
2. Centre for Hip Health and Mobility. Tips for Staying Fall-Free this Winter. <http://www.hiphealth.ca/blog/tips-for-staying-fall-free-this-winter>
3. Fall Risk Management Program, Alberta Health Services. Winter Walking Tips: Lower Your Risk of Falling (2019). <https://myhealth.alberta.ca/Alberta/Pages/winter-walking-tips.aspx>
4. Michigan Government. Winter Fall Prevention & Safety Tips. https://www.michigan.gov/documents/mdch/Winter_Fall_Prevention_494521_7.pdf
5. Osteoporosis Canada. Navigating Winter (2014). https://osteoporosis.ca/wp-content/uploads/COPING_November_20_2014.pdf



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