

Enníska/February 2025 Newsletter



Community Health Services Sector

Our Vision: Tsie Nen:we Wa'kwarihwaintah
"Our Future, Our Responsibility"

OUR MISSION

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.



Sexual Health Tips



Pink Shirt Day



Jordan's Principle



Monthly Calendar



Heart Health



Recipes



Food Safety



Green Food Bag



Quit Smoking Tips



Vaccinations



Kanonhkwa'tsheri:io Health Facility



Contact Us:



613.575.2341 ext. 3220

FEBRUARY NATIONAL HEART MONTH



**Love your heart. Learn more
about keeping it healthy.**

Know the warning signs of heart attack and stroke

You could save your life



Heart attack and stroke are life-or-death emergencies — every second counts. If you think you or someone you're with has any symptoms of heart attack or stroke, call 911 immediately.

For a stroke, also note the time when the first symptom(s) appeared. A clot-busting drug received within 3 to 4.5 hours of the start of symptoms may improve your chances of getting better faster.

Heart Attack Warning Signs

Some heart attacks are sudden and intense, but most of them start slowly, with mild pain or discomfort. The warning signs are:




-  • Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
-  • Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
-  • Shortness of breath. This may occur with or without chest discomfort.
-  • Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

Stroke Warning Signs

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden trouble seeing in one or both eyes
- Sudden confusion, or trouble speaking or understanding
- Sudden trouble walking, dizziness or loss of balance or coordination
- Sudden, severe headache with no known cause

The acronym F.A.S.T. is an easy way to recognize and respond to the sudden warning signs of stroke. The letters stand for:

-  • Face dropping — Ask the person to smile. Does one side of the face droop or is it numb?
-  • Arm weakness — Ask the person to raise both arms. Is one arm weak or numb? Does one arm drift downward?
-  • Speech difficulty — Ask the person to repeat a simple sentence such as, "The sky is blue." Is the sentence repeated correctly? Are they unable to speak, or are they hard to understand?
-  • Time to call 911 — If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately.

The American Heart Association and National Heart, Lung, and Blood Institute are working together for women, for healthy hearts.

GoRedForWomen.org

Know the signs of STROKE

F

Face

is it drooping?

A

Arms

can you raise both?

S

Speech

is it slurred or jumbled?

T

Time

to call 9-1-1

Beat stroke Call
9-1-1 **FAST**

heartandstroke.ca/FAST

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Ingredients

- ☐ 1 cup (250 mL) sliced mushrooms
- ☐ 2 green onions, chopped
- ☐ 1 carrot, diced
- ☐ ½ cup (125 mL) sliced celery
- ☐ 1½ cups (375 mL) low sodium chicken broth
- ☐ ¾ cup (175 mL) brown rice
- ☐ 1 tsp (5 mL) sesame oil
- ☐ 2 boneless skinless chicken breasts, chopped - ½ lb (250 g)
- ☐ 1 cup (250 mL) canned chickpeas, drained and rinsed
- ☐ 2 tbsp (25 mL) sodium reduced soy sauce
- ☐ 2 cups (500 mL) bean sprouts



Directions

- Step 1**
- Wash hands with soap and warm water for at least 20 seconds. Wash all surfaces and equipment used for food preparation. Gently rinse mushrooms, green onion, carrot and celery under cool running water before preparing these ingredients.
- Step 2**
- In a saucepan, bring 1 ¼ cups (300 mL) of the chicken stock and rice to boil. Reduce heat to cover and cook for 25 minutes or until liquid is absorbed. Fluff with fork and set aside.
- Step 3**
- In a large nonstick skillet, heat sesame oil over medium high heat and cook chicken and mushrooms for about 8 minutes or until chicken reaches an internal temperature of 165°F (74°C) when checked with a digital food thermometer. Add green onions, carrot, celery, chickpeas and cooked rice. Cook, stirring for 2 minutes to combine.
- Step 4**
- Add remaining chicken stock and soy sauce and cook for 5 minutes. Add bean sprouts and toss to combine. Serve.
- Step 5**
- Put away any leftovers into the fridge within 2 hours or sooner if they are in a warm location.

Chicken fried rice

Chinese fried rice can be packed with fat and not nearly enough protein and fibre to keep you full. This version is colourful and filled with all of the above.

This recipe has been adapted to include **Health Canada's** safe recipe style guide.

by Emily Richards PH Ec.

307 cal • Serves 4

Prep time	Cook time	Total time
0h 15m	0h 40m	0h 55m

Nutritional information

Per serving (1 of 4)	
Calories 307	Total fat 4 g
Protein 23 g	Saturated fat 1 g
Sodium 460 mg	Cholesterol 2.4 mg
Potassium 761 mg	Carbohydrates 45 g
	Fibre 5 g
	Sugars 2.4 g
	Added sugars 0 g

Ingredients

- ☐ 3 tomatoes, chopped
- ☐ 1 avocado, diced
- ☐ 1 cup (250 mL) diced cucumbers
- ☐ 1 small shallot, thinly sliced
- ☐ 2 tbsp (25 mL) white balsamic vinegar
- ☐ 1 tbsp (15 mL) extra virgin olive oil
- ☐ 1 tbsp (15 mL) chopped fresh oregano
- ☐ Pinch fresh ground pepper
- ☐ 1/2 cup (125 mL) crumbled light feta



Nutritional information

Per serving (about 130 g)

Calories 120

Protein 3g

Sodium 75 mg

Potassium 370 mg

Total fat 9g

Saturated fat 2g

Cholesterol 5 mg

Carbohydrates 9g

Fibre 3g

Sugars 4g

Added sugars 1g

Avocado tomato feta salad

Enjoy as a side dish or add some canned tuna or salmon, grilled chicken or steak for a light lunch.

by Emily Richards PH Ec.

120 cal • Serves 4

Prep time
0h 10m

Cook time

Total time
0h 10m

Directions

Step 1

In a large bowl, combine tomatoes, avocado, cucumber and shallot. Add vinegar, oil, oregano and pepper. Toss gently. Sprinkle with feta and toss again.

Ingredients

- ☐ 1 tbsp (15 mL) canola oil
- ☐ 1/2 cup (125 mL) chopped onion
- ☐ 3/4 cup (175 mL) diced carrot
- ☐ 3/4 cup (175 mL) diced potato
- ☐ 1 cup (250 mL) yellow split peas
- ☐ 4 cups (1 L) sodium reduced chicken broth
- ☐ 1/3 cup (75 mL) diced lean cooked ham
- ☐ 1 bay leaf
- ☐ 1/8 tsp (0.5 mL) ground black pepper



Nutritional information

Per serving (1 of 6)

Calories 170

Protein 9 g

Sodium 150 mg

Potassium 319 mg

Total fat 3 g

Saturated fat 0 g

Cholesterol 5 mg

Carbohydrates 27 g

Fibre 3 g

Sugars 3 g

Added sugars 0 g

Classic split pea soup

This timeless soup makes a satisfying lunch or supper on a chilly day.

Recipe and photo provided by hellocanola.ca

170 cal • Serves 6

Prep time

0h 10m

Cook time

1h 0m

Total time

1h 10m

Directions

Step 1

In large saucepan, heat canola oil over medium-high heat and add onion, carrot and potato. Sauté until vegetables are tender.

Step 2

Add split peas, broth, ham and bay leaf.

Step 3

Bring to boil; reduce heat; cover and allow to simmer for about 45 to 60 minutes or until peas are tender and soup has thickened. Stir occasionally. Remove bay leaf. Add pepper just before serving.

Food Safety in the Kitchen- Self Checklist for the Community

	Food Safety Step
Category Cold Storage/Cooling of Hazardous Food	1- Food is held at 4o C (40o F) or less 2- Food is frozen at -18o C (0o F) or less 3- Food is cooled from 60o C to 20o C within 2 hours 4- Food is cooled from 20o C to 4o C within 4 hours
Cooking/Hot Holding/Reheating of Hazardous Food	5- Thermometers used to verify food preparation and storage temperatures. 6- Thorough cooking to minimum internal food temperature. 7- Hot holding; minimum of 60o C after cooking, rapid re-heating 8- Re-heating: to original cooking temperature in 2 hours
Protection from Food Handler Contamination	9- Washing hands thoroughly before and after handling food 10- Separate hand washing basin provided for food handlers 11- Hand washing basin with supplies of soap and paper towels in dispensers 12- Food handler hygiene
Protection from Adulteration, Contamination	13- Separate raw foods from ready-to-eat foods during storage and handling 14- Food protected from potential contamination and adulteration 15- Constant supply of potable hot and cold running water under pressure 16- Toxic/poisonous substances (chemicals/pesticides) to be stored separately from food
Equipment Utensil Sanitation	17- Manual dishwashing: Wash/rinse water clean, sanitizer- Chlorine bleach ½ teaspoon/ 1 liter water 18- Mechanical dishwashing: Wash, rinse, sanitize technique with hot water or sanitizers 19- Food contact surfaces washed/rinsed/sanitized after each use and following any operations when contamination may have occurred



Please contact Community Health Program if you are interested in Food Handler Course at [613-575-2341 ext. 3220](tel:613-575-2341)

Tetewatska:hon

GREEN FOOD BAG

ORDER NOW
FOR MARCH

DEADLINE TO ORDER:
FRIDAY, MARCH 7TH
PICKUP:
WEDNESDAY, MARCH 19TH

Contact:

Community Health Services
613-575-2341
Extension 3220



Tips for your attempt to quit smoking

QUICK TIPS

1



Distract yourself

Listen to your favorite music.
Go for a walk.
Call or text a friend.

2



Tell people that you are quitting

Tell your friends and family and ask for their support.
Ask people close to you if you can call them when you are working on beating an urge to smoke.

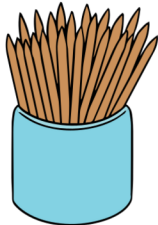
3



Watch out for temptations

For the first little while, try to avoid the stores where you would buy your cigarettes.
Stay away from public places that allow smoking.

4



Find safe substitutes

Use toothpicks in places where you would normally smoke.
Holding it and bringing to your mouth could satisfy the need.
Use paperclips or any other item to keep your hands busy.

5



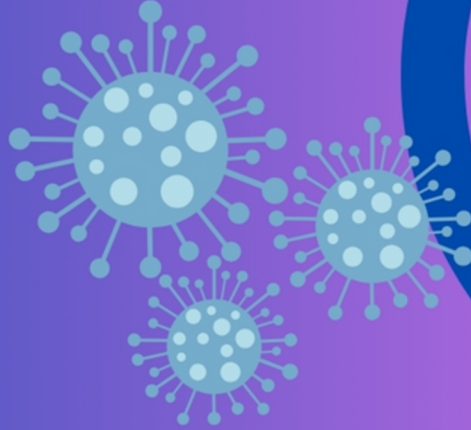
An easy safe substitute is ...

Chew on something to keep your mouth busy. A good example is to chew on some sugarless gum. Chewing gum can last longer than smoking a cigarette so the urge to smoke can pass.

It may take more than one quit attempt. The important thing is to keep trying!

MCA COMMUNITY HEALTH SERVICES

FLU VACCINE RECOMMENDATIONS



Getting the flu vaccine each year is the best way to prevent the flu. Vaccines are safe, effective, and the best way to protect yourself against getting very sick. Vaccination is recommended for everyone aged six months of age and older. How much protection the vaccine gives depends on a person's age and immune system.

Each year, there is a new vaccine to match the strains that are expected to spread.

Flu Vaccine Facts:

- The vaccine can provide protection even when the match is not exact.
- The vaccine also reduces the risk of getting very sick from complications of an infection by 50%.
- The flu vaccine cannot make you sick from influenza because it does not contain any live virus.
- It takes two weeks for your body to develop an immune response from the vaccine.
- Flu vaccines are safe, and side effects are usually mild and last only a few days.
- Common side effects include: pain, redness and swelling at the injection site, headache, fever, muscle aches, joint pain or feeling tired. Side effects in children include irritability, drowsiness, or loss of appetite.



Questions?

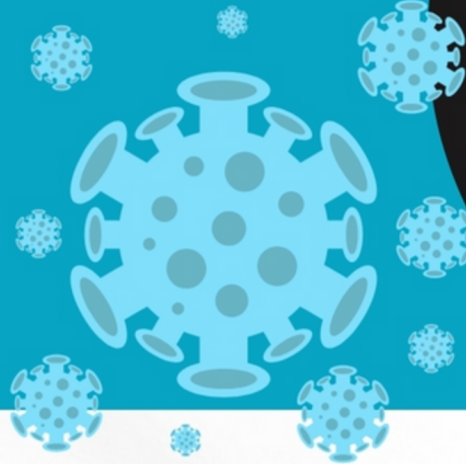


(613) 575-2341 Ext. 3220



MCA COMMUNITY HEALTH SERVICES

COVID-19 VACCINE RECOMMENDATIONS



The new COVID-19 vaccine formulation is recommended for the following populations:

- All adults 65 years of age or older

Those 6 months of age and older who are:

- Residents of long-term care homes and other congregate living settings
- Individuals with underlying medical conditions that place them at higher risk of severe COVID-19, including children with complex health needs
- Individuals who are pregnant
- Individuals in, or from, First Nations, Métis and Inuit communities
- Members of racialized and other equity-deserving communities
- People who provide essential community services

All other previously vaccinated and unvaccinated individuals (6 months of age and older), may receive the most recently updated vaccine in the fall of 2024.



QUESTIONS?



(613) 575-2341 EXT. 3220



SexPlus Week – February 10th to 14th

Formerly known as Sexual Health Week

SEX POSITIVE PARENTING: TIPS TO BECOME A SEX POSITIVE PARENT

WHAT DOES SEX POSITIVE PARENTING MEAN?



Sex positive parenting means moving away from “the talk” as a one-time awkward thing we must check off our list and, instead, normalize talking about gender and sexuality in our homes, working to become trusted sources of information and support in the process.

By talking to our kids about sexuality and everything that goes along with it – **in age-appropriate ways** – we are laying crucial foundations that foster wellbeing throughout their lives, and we are nurturing a positive and respectful approach to sexuality for children to grow up to live healthy lives and thrive.

World Health Organization (WHO) defines sexual health as a state of physical, mental, and social wellbeing in relation to sexuality.





TIPS:

Assess your values:

Assess your values and understand where your own beliefs and attitudes about sex, gender, anatomy, and relationships come from. This is a step that does not happen only once, it's a constant scan.

Let go of the idea of “The Talk”:

Talking to our kids about gender, sex, reproduction, and sexuality should **not** be a one-time thing that happens on a specific schedule. Make it an ongoing discussion and keep that line of communication open. Talking to our kids about sexuality, health, gender, identity, relationships, and consent is a lifelong process where we answer questions, help them make sense of their experiences, and frame information as our children grow up. These are important opportunities to affirm our values and help children build the skills they need to be healthy, thrive, and nurture healthy relationships.

Aim to answer questions simply and honestly:

Honesty is the best policy when it comes to sex positive parenting. Honesty is key when we talk to our kids about gender, sex, or their anatomy. This is an area where we want to avoid confusion, and we want to make sure we normalize having those conversations. This is important health information so answers should be straight forward and given in true and simple language.

Be mindful of your own reactions:

Communication is only partially about the words we use. People heavily rely on our body language, tone, and inflection to get a sense of what we are “really” saying. While the content of our answers might not include anything shaming, the way we answer our children’s questions about sex may communicate fear or that they should be embarrassed about what they brought up.



TIPS:

Embrace and promote body positivity. Not just with your kids, for yourself as well:

Our kids see and hear the way we treat our own bodies, and they internalize that important information. The way they will see and treat their own bodies is informed by our own ways. It's easy to fall into the trap of being overly critical of our bodies. In the same vein, for the most part, we should refrain from commenting on our kids' bodies. Instead, let's speak about ourselves in ways we want our kids to speak about themselves. If we model comfort with ourselves (even if we have to fake it until we make it) as well as love and respect for our own bodies and what they can do, our kids will know what they deserve and can demand that, too.

Respect their Privacy:

Sex -positivity is all about respect – and that includes respect people's rights, including their right to information, privacy, meaningful choice, agency, and autonomy. As parents, we should show serious respect for our children, so they get a feel for it and know to expect respect from us when asking questions.

Kids are full individuals, not just adults in training. What makes us cringe and feel exposed is likely to make them feel the same way. We can show our kids that they deserve to be treated with respect and to set their own boundaries around what and when to share with others, including their parents.



TIPS:

Start talking early and be a fierce advocate for your kids:

It's never too early to teach our kids about consent. It can be done in simple and meaningful ways. For instance, when we don't stop tickling them even if they ask us to, when we force a hug or a kiss when they are mad and brush them off if they try to swat us away, or when we make them sit on a relative's lap even though they said they didn't want to, we undermine the consent of our children by teaching them that their consent only matters in certain circumstances. Teaching about consent is also about teaching communication skills and the many ways people use to let us know "yes" and "no" (it's not always just by saying no), how to assert and respect people's bodily autonomy and boundaries, how to react to rejection, etc. If we hope to create a safer world for all children, where rape culture is a thing of the past, we certainly have a role to play as trusted adults.

Resist gender norms and stereotypes:

Around 3 or 4, children begin to work out for themselves what gender feels like to them and they begin testing their understanding often by adopting (and in some cases, rejecting) stereotypical behaviours of what is normatively associated with masculinity and femininity. While it's normal, it's healthy and important to be mindful of how we may be reinforcing those stereotypes – (for example, by overly praising our daughters when they wear dresses or by showing discomfort if we see our sons play with dolls or wearing nail polish). Since this is a time when children are receiving so many messages – and often, rigid ideas – about gender, we can use these messages to encourage critical thinking. For example, we can use books and media as perfect conversation starters on gender norms, encourage friendships across genders, expand activities made available for all kids, vocally challenge generalizations (when we hear, "pink is for girls," we can certainly remind children (and other adults) that colours are for everybody and that there are no rules about how to be boy or a girl), and help our children learn the skills to challenge stereotypes (e.g. "Daddy feels like crying too sometimes, would you like a big hug?" or "Mama needs to repair the washing machine, would you like to help me carry those tools?").



TIPS:


Make lots of resources available to your kids:

There are wonderful books that can make it into the bedtime story roster or can be strategically left lying around the house. Kids are curious and can really dig into topics like puberty, how babies are made, or what families can look like if you make the resources available to them. Some of these books can start some great conversations, while others can be perused in private. And then, do yourself the same favour and start equipping yourself with good resources around inclusive sexual health information. Sex positive parenting can keep us on our toes! It's great modeling to put a question aside if we don't have an answer right away and then come back to it once we've done some homework. It shows children how we are all lifelong learners and how valued their questions are. Sometimes, keeping the lines of communication open about sexuality means we wade into unknown or scary waters. It's OK to take the time to look things up, educate ourselves, find the appropriate resources, chat with friends, and seek expert advice from sexual health educators, online or in your community.

Parent the child you have:

This means slowing down and tuning into your child's individual abilities, needs, and goals so that you can respond to their learning styles, interests, and developmental milestones.

As parents, our core mission is to nurture our children's growth and to help them be who they truly are. Kids (and everyone really) thrive when they feel seen, heard, and respected. Some of our kids will have a different gender identity or sexual orientation than what we thought they would, or they will have ways to express their gender and individuality that surprise us. As parents, we may think that "toning down" kids' authentic selves or discouraging the public expression of things we find risky will protect them in a world that is not always friendly. But what happens is that we become their first bullies and their home becomes the first place where they must hide. It is true, the world is not always a friendly place, but studies overwhelmingly demonstrate that a supportive and connected family is the most protective factor for 2SLGBTQ+ kids and that is fundamentally true for all kids. For our kids to shine in all their glory, let's be their fiercest cheerleaders, advocates, and protectors!



When we have conversations with our children about gender, sexuality, and health it:

Sets the stage for our children to make healthy decisions about their bodies, their relationships, and later, their sexual lives.

Supports young people as they grow into their authentic selves

Sheds light on and challenges sexism and gender-based discrimination

Protects against sexual abuse

Teaches children about consent and how to ask for it, give it, and respect people's boundaries

Supports them in knowing how to initiate and nurture strong, healthy relationships

Helps counter sex negative messaging that have long lasting effects

February 26th

Pink Shirt Day

What is bullying?

Bullying is a form of aggression where the person doing the bullying has power over the person being bullied.

Bullying can cause:

*Physical trauma

*Serious emotional problems like:

- ~ anxiety
- ~ low self-esteem
- ~ depression.

Let Kindness Grow





WE ARE ALL IN THIS TOGETHER!



IF YOU KNOW SOMEONE WHO IS BEING BULLIED ONLINE:

- When you see someone being bullied online, stand up for them.
- Write down or save what you see and when you see it.
- Help the person being bullied understand that they don't deserve to be bullied. You could do this by phoning them, sending them a private message, email or text, or by speaking with them at school.
- Don't encourage bullying behaviour by participating in a bullying conversation thread or, "liking" or forwarding a hurtful comment.

IF YOU ARE **BEING BULLIED**

- Don't try to reason or communicate with the person who is bullying you.
- Use the "block" feature to prevent the person from contacting you again.
- Tell a trusted adult or contact the Kids Help Phone web site.
- Save any messages you receive as evidence.



Information provided by
redcross.ca/respecteducation
Preventing Bullying



ADDITIONAL RESOURCES



CALL

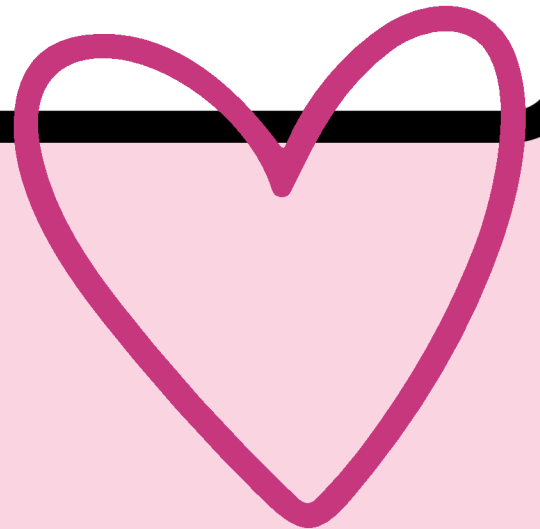
Kids Help Phone, 1-800-668-6868



TEXT

I AM SOMEONE Ending Bullying Society, Text '211' to talk

Kids Help Phone, Text '686868'





JORDAN'S PRINCIPLE

SATELLITE OFFICE

From January 23 to February 27, Jordan's Principle staff will be available every Thursday at Iakhihsohtha Lodge in Tsi Snaihne. Please use the entrance on the building's west side.

Schedule an appointment today to learn how Jordan's Principle can assist in your child's needs!

OFFICE HOURS: 8 AM - 4 PM

January 23, 2025

January 30, 2025

February 6, 2025

February 13, 2025

February 20, 2025

February 27, 2025

Jordan's Principle funding addresses health, social, & educational needs, offering culturally relevant services tailored to the unique circumstances of First Nations children under the age of 18, including 2SLGBTQQIA & those with disabilities.

TO BOOK AN APPOINTMENT:

 **613-575-2341 ext. 2652**



Navigators On-Site



Intake Appointments



Support Services



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<div>1</div> <div>12pm-1:30pm Ice Skating @ A'nowara'ko:wa Arena</div> <div>  </div>
<div>3</div> <div>11am-1pm Walking & Learn @ A'nowara'ko:wa Arena</div> <div>  </div>	<div>4</div> <div>9am-4pm Immunization Clinic</div> <div>  </div>	<div>5</div> <div>11am-1pm Walking & Learn @ A'nowara'ko:wa Arena</div> <div>  </div>	<div>6</div> <div>9am-4pm Immunization Clinic</div> <div>  </div>	<div>7</div>	<div>8</div> <div>Winter Hiking Series</div> <div>  </div>
<div>10</div> <div>11am-1pm Walking & Learn @ A'nowara'ko:wa Arena</div> <div>  </div>	<div>11</div> <div>9am-4pm Immunization Clinic</div> <div>  </div>	<div>12</div> <div>11am-1pm Walking & Learn @ A'nowara'ko:wa Arena</div> <div>  </div>	<div>13</div> <div>9am-4pm Immunization Clinic</div> <div>  </div>	<div>14</div> <div>  </div>	<div>15</div> <div>12pm-1:30pm Valentine's Day Ice Skating Event @ A'nowara'ko:wa Arena</div> <div>  </div>
<div>17</div> <div>Family Day</div> <div>  </div>	<div>18</div> <div>9am-4pm Immunization Clinic</div> <div>  </div>	<div>19</div> <div>11am-1pm Walking & Learn @ A'nowara'ko:wa Arena</div> <div>  </div>	<div>20</div> <div>9am-4pm Immunization Clinic</div> <div>  </div>	<div>21</div>	<div>22</div> <div>12pm-1:30pm Ice Skating @ A'nowara'ko:wa Arena</div> <div>  </div>
<div>24</div> <div>11am-1pm Walking & Learn @ A'nowara'ko:wa Arena</div> <div>  </div>	<div>25</div> <div>9am-4pm Immunization Clinic</div> <div>  </div>	<div>26</div> <div>11am-1pm Walking & Learn @ A'nowara'ko:wa Arena</div> <div>  </div>	<div>27</div> <div>9am-4pm Immunization Clinic</div> <div>  </div>	<div>28</div>	



**Mohawk Council of Akwesasne
Department of Health**

