

# COMMUNITY HEALTH SERVICES NEWSLETTER

STAY INFORMED • STAY CONNECTED

MCA's Community Health Services (CHS) supports the physical, emotional, and developmental well-being of Akwesasronon through prevention-focused, family-centered care.

This sector provides a combination of public health education, hands-on support, and navigation assistance to empower individuals and families to make informed health decisions rooted in Akwesasne's values.

## SECTOR 2 SERVICES:

Health Promotion & Prevention

Environmental Health & Infection Prevention & Control

Healthy Families

Quebec Health Card Request & Renewals

### Upcoming Workshop/Events:

#### **April 13: Cultural Connections & Conversations**

- Time: 12:00 – 1:30 p.m.
- Location: Akwesasne Seed Hub (1636 NY-37, Akwesasne, NY)

#### **April 15: Indigenous Career Fair**

- Time: 9:30 a.m. – 2:00 p.m.
- Location: A'nowara'ko:wa Arena

### Reminders:

#### **Green Food Bag**

- Order Deadline: April 3, 2026
- Pick Up Date: April 15, 2026

#### **Summer Student Employment Program (Post-Secondary)**

- Application Deadline: April 17, 2026

#### **AMBE Headstart & School Registration**

- Application Deadline: April 24, 2026

### Our Vision:

*To shape a healthier future through reciprocity with our community,*

# Community Health Services

## **Immunization Clinic:**

*By Appointment Only*

Time: 10 a.m. - 4 p.m.

Location: Community Health Services Office  
Kanonhkwa'tsheri:io Health Facility  
(Second Floor)

## **Healthy Families Program:**

*By Appointment Only*

Location: Kanonhkwa'tsheri:io Health & Social Facility  
Community Health Services  
(Second Floor)

## **Green Food Bag Program:**

Pick-up now in all 3 districts!

Time: 11 a.m. - 5 p.m.

Locations:

Kana:takon Recreation Center  
Akwasasne Homemakers  
A'nowara'ko:wa Arena or Kawehno:ke Recreation Center  
(schedule may vary)

Order at: Community Health Services (Second Floor)

## **Senior Fitness with Ally:**

Every Tuesday

Time: 11 a.m. - 12 p.m.

Location: Tri-District Elders Lodge (Kawehno:ke)

## **Diabetes Prevention - Fitness Program with Krista**

*By Appointment Only*

Note: Clearance referral needed from your provider  
before beginning the program

Location: Health Promotion & Prevention Program Fitness  
Room  
Kanonhkwa'tsheri:io Health Facility  
(Bottom Level)

# April 2026

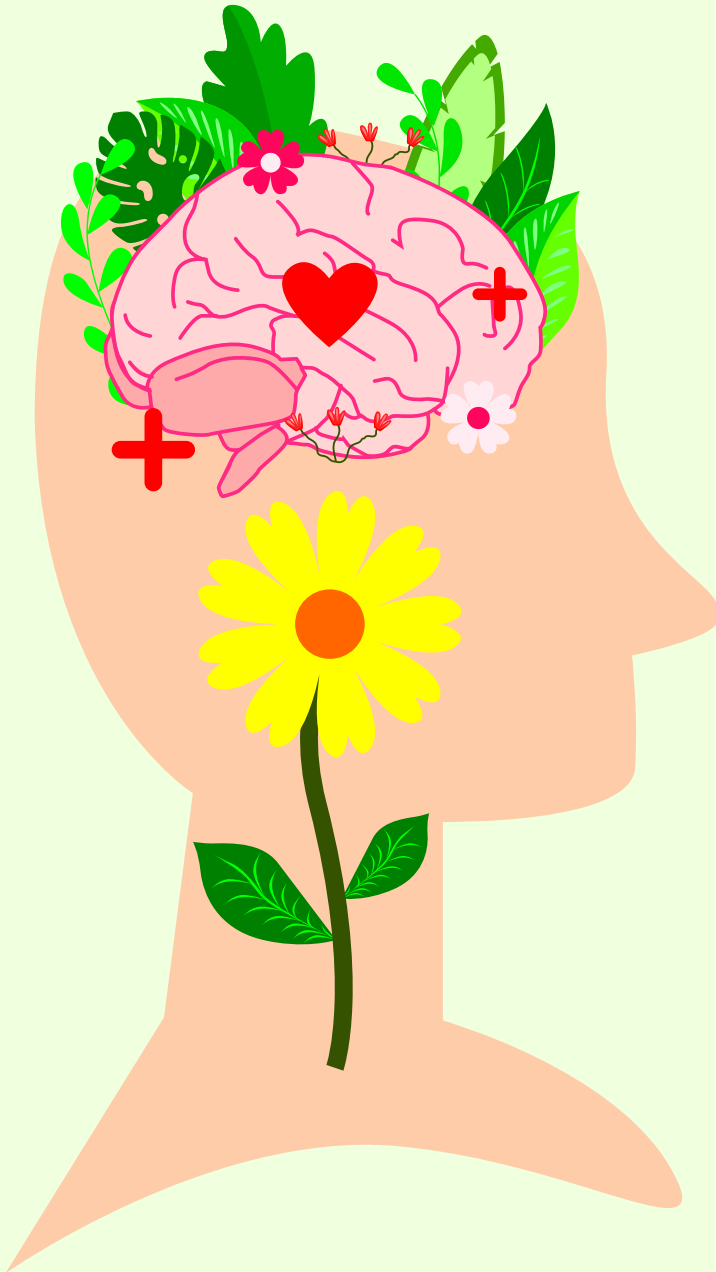
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 12 pm: Mindful Movement Mat Yoga Class	2 Immunizations Clinic 12 pm - 2 pm: Public Fitness	3 <b>MCA Offices Closed</b> Order Deadline: Green Food Bag	4
5	6 <b>MCA Offices Closed</b>	7 Immunizations Clinic 11 am - 12 pm: Senior Fitness 12 pm - 2 pm: Public Fitness	8 12 pm: Mindful Movement Mat Yoga Class	9 Immunizations Clinic 12 pm - 2 pm: Public Fitness	10 12 pm - 2 pm: Public Fitness	11
12	13 12 pm - 2 pm: Public Fitness 4 pm: Mindful Movement Mat Yoga Class	14 Immunizations Clinic 11 am - 12 pm: Senior Fitness 12 pm - 2 pm: Public Fitness Green Food Bag Pick Up	15 12 pm: Mindful Movement Mat Yoga Class Green Food Bag Pick Up	16 Immunizations Clinic 12 pm - 2 pm: Public Fitness	17 12 pm - 2 pm: Public Fitness	18
19	20 12 pm - 2 pm: Public Fitness 4 pm: Mindful Movement Mat Yoga Class	21 Immunizations Clinic 11 am - 12 pm: Senior Fitness 12 pm - 2 pm: Public Fitness	22 12 pm: Mindful Movement Mat Yoga Class *Subject to change	23 Immunizations Clinic 12 pm - 2 pm: Public Fitness	24 12 pm - 2 pm: Public Fitness	25
26	27 12 pm - 2 pm: Public Fitness 4 pm: Mindful Movement Mat Yoga Class	28 Immunizations Clinic 11 am - 12 pm: Senior Fitness 12 pm - 2 pm: Public Fitness	29 12 pm: Mindful Movement Mat Yoga Class	30 Immunizations Clinic 12 pm - 2 pm: Public Fitness		

**QUESTIONS?**

**(613) 575-2341 ext. 3220**

# STRESS AWARENESS MONTH APRIL 2026

BE KIND TO YOUR MIND AND LEARN  
HOW TO LOWER STRESS



## GOOD STRESS VS. BAD STRESS

Stress can be good and bad. Playing a game, going on a vacation, even preparing for a presentation at work can give us a natural high and quick boost of energy. On the other hand, greater worries like financial problems, job loss or illness can lead to more negative lasting effects.



## HEALTH EFFECTS

Stress is known to cause short term health effects, such as stomach aches, insomnia and anxiety. But did you know it can cause long-term health consequences like heart disease, stroke, high blood pressure, or even immune and circulatory complications?



## WOMEN & STRESS

For women, chronic stress can also lead to irregular menstrual cycles, decreased fertility, and an increased risk of certain autoimmune diseases.



# MINIMIZING YOUR RISK OF STRESS-RELATED HEALTH PROBLEMS

01.

## Identify the Problem

What is causing your stress (your job, your relationship, finances, etc.)? Once you know your stress triggers, you can work on a solution.

02.

## Connect with Others

Having another person for support is always better than facing problems on your own. Letting family or friends know you are having a difficult time can help.

03.

## Exercise

Physical activity is a great way to reduce stress. Whether it's by going to the gym or simply going for a walk, make sure to stick to a daily routine of fitness.

04.

## Pause & Reflect

Mindfulness activities, such as meditation, breathing exercises, or gentle stretching can help your body feel more relaxed.

05.


## Disconnect

Dependency on technology can increase stress and anxiety. Create boundaries around screen time and remember to take regular breaks.

06.

## Reach Out for Support

If you are overwhelmed by stress, don't be afraid or embarrassed to ask for professional help.



# MINDFULNESS

Mindfulness is the ability to be fully present in the current moment; it is the practice of being aware of where we are and what we're doing without feeling overwhelmed by what's going on around us. Mindfulness can help us become aware of our thoughts, feelings, and sensations, and enhance our overall wellbeing.

## BENEFITS OF MINDFULNESS

### 1. REDUCE STRESS, ANXIETY, & DEPRESSION

Research has shown that practicing mindfulness can help reduce negative thought patterns (such as worrying and rumination), while increasing self-compassion.

### 2. IMPROVE PERFORMANCE

Mindfulness is known to improve focus and concentration while also benefitting memory

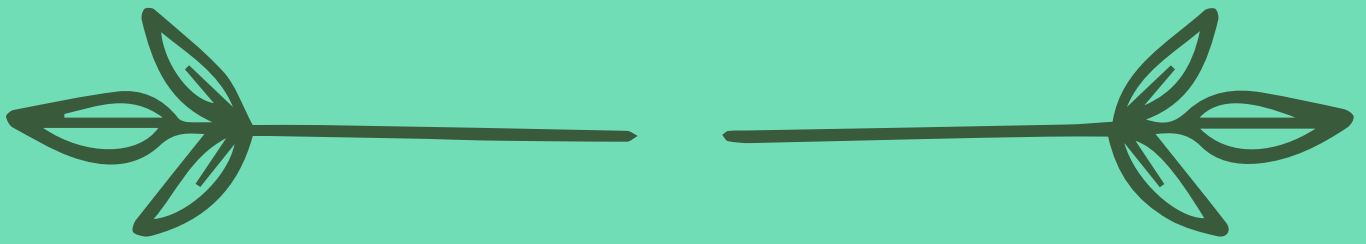
### 3. GAIN INSIGHT & AWARENESS

Mindfulness can lead to better self-reflection and emotional clarity, allowing us to understand ourselves better.

### 4. IMPROVE WELLBEING

Studies have suggested that mindfulness can help manage pain, lower blood pressure, and improve heart health.





# Grounding Activities to Reduce Stress

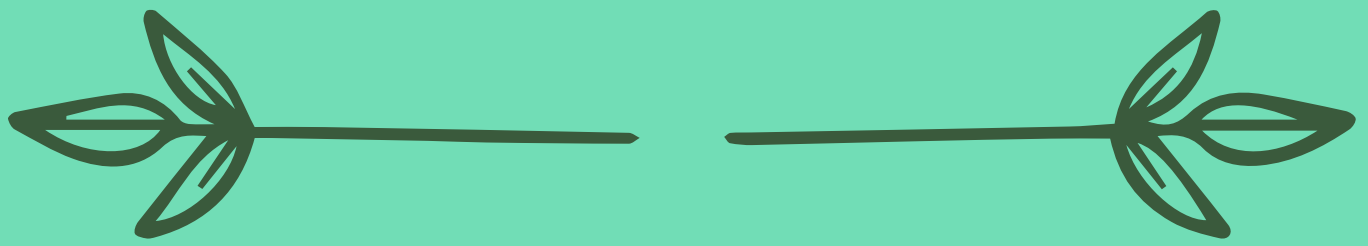
## 1. 5 Senses Technique

This technique can help manage symptoms of stress, overwhelm, and anxiety by shifting focus from anxiety-provoking thoughts to the present moment.

Look around the room and identify:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste





# Grounding Activities to Reduce Stress

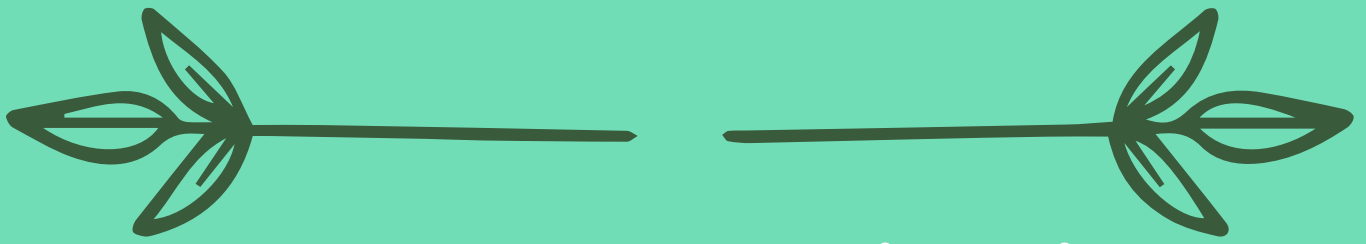
## 2. Body Scan

1. Take ten deep breaths
2. Focus on the sensations in your body from top to bottom
3. Repeat in reverse



HEAD  
FACE  
NECK  
SHOULDERS  
UPPER BACK  
LOWER BACK  
ABDOMEN  
UPPER LEGS  
LOWER LEGS  
FEET





# Grounding Activities to Reduce Stress

## 3. Mindfulness Walk

Research has shown that regularly engaging in mindfulness while walking can reduce symptoms of anxiety and depression, enhance mental clarity, and reduce stress. While there is no wrong way to practice mindfulness while walking, here are some tips to get you started:

- Focus on what your body is doing (notice each footstep as it hits the ground, or how your body responds to the movement).
- Pay attention to your senses as you walk (ex: listen to the wind blowing, feel the rain on your face, smell the blooming flowers, etc.)
- Be aware of each breath; when your mind drifts from walking, gently bring yourself back.





**APRIL 2, 2026**

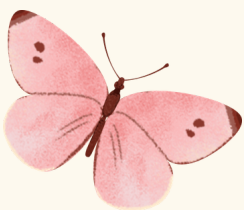


# WORLD AUTISM AWARENESS DAY

## ***AUTISM & HUMANITY - EVERY LIFE HAS VALUE***

Celebrated annually on April 2<sup>nd</sup>, **World Autism Awareness Day** is an internationally recognized day designated by the United Nations to promote the acceptance, appreciation, and inclusion of individuals with autism, as well as recognize their local and global contributions.

This year's theme, "**Autism & Humanity - Every Life Has Value**", aims to assert the dignity and worth of all individuals with autism. At a time when misinformation and stigma around autistic lives is increasing, this year's vision promotes the belief that societies become stronger, more innovative, and more sustainable when they embrace neurodiversity.





# Autism & Mental Health

**Did you know that people with autism are more likely to experience mental health difficulties?**

These can include:

- Anxiety and depression
- Obsessive-compulsive disorder (OCD)
- Attention deficit hyperactivity disorder (ADHD)
- Eating disorders

**People with autism may be more vulnerable to dealing with mental illnesses because:**

- They may have less appropriate resources available to them.
- They may face challenges or delays in getting a proper diagnosis.
- They deal with stigma and discrimination.

**How can you help a loved one with autism who is struggling with their mental health?**

- Stay calm, patient, and ready to listen; don't assume you know why they are acting or feeling a certain way.
- Ask them questions about their experience to better identify and understand their triggers.
- Remember that mental illness can be expressed with anger, hostility, or social withdrawal. Don't take strong emotional responses personally.
- Reach out to professionals for additional support, such as a family doctor, psychotherapist, or supportive counsellor.



APRIL 7TH  
WORLD  
*Health Day*

World Health Day 2026 calls on people everywhere to stand with science. Under the theme “Together for health. Stand with science”, this year’s campaign celebrates the power of scientific collaboration to protect the health of people, animals, plants, and the planet. The aim is to encourage the public to engage with evidence, facts, and science-based guidance to protect health.



# KEEP ACTIVE

Every year, **1 in 3** Elders will fall...

The good news is that there are actions you can take to prevent falls.

As you age, falls often occur in your home because of dangers that are easily overlooked, but important to fix.



## Benefits of Exercise

Keeps your bones and muscles healthy and strong

Improves your balance

Keeps your heart and lungs healthy

Increases your energy

Helps you sleep

Reduces the fear of falling

Helps to reduce the risk of chronic diseases

Improves memory and attention

Improves mood



**KEEP YOUR MOCCASINS MOVING!**

Kee Tas Kee Now Tribal Council | <http://keetaskeenow.ca>

## TAKE ACTION TO IMPROVE YOUR STRENGTH AND BALANCE

- Start slow, work up to 15 minutes or more of moderate- to high-intensity exercise at least 3 – 5 days each week, and maintain over time.
  - **Moderate intensity:** you will sweat, and breathe harder.
  - **High intensity:** you will sweat, and be out of breath.
- If you are just getting started, build up slowly and add a few minutes each day.
- Include activities that strengthen both arm and leg muscles.
- Try to move more, and sit less.



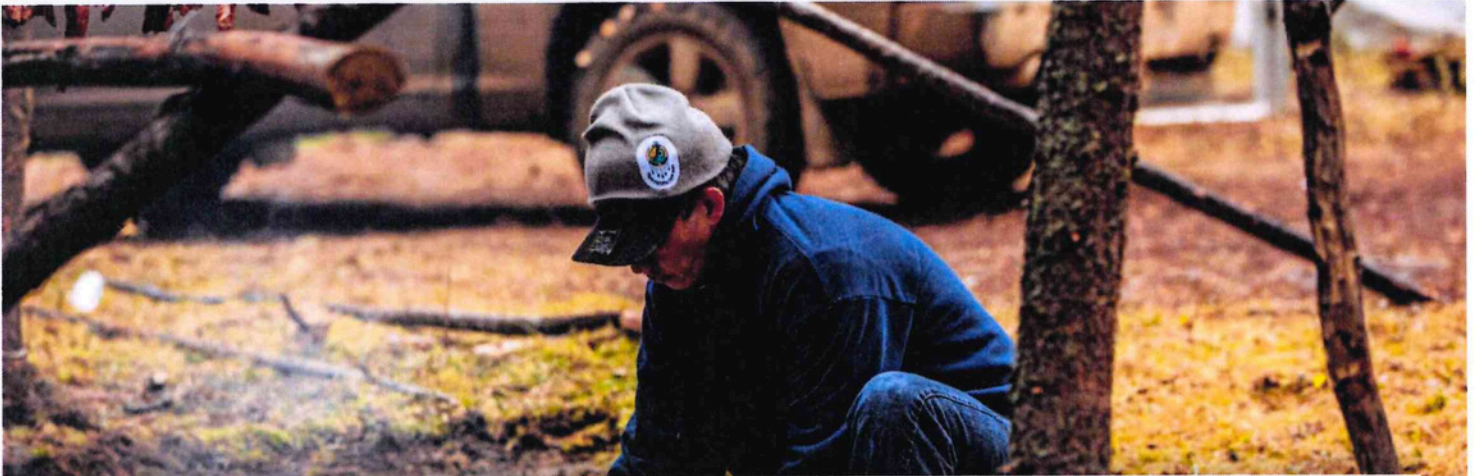
For balance, try exercises in a standing position.

For strength, try wall push-ups, stair climbing, or exercise with weights or bands.

For endurance, try walking, dancing, or gardening.

For flexibility, try stretching.

Ask your community health nurse or doctor about the best exercise program for you.



[FindingBalanceAlberta.ca](https://www.findingbalancealberta.ca)

This resource was adapted with permission from *Finding Balance*, an initiative of the Injury Prevention Centre.  
© Copyright 2024 - *Finding Balance* & Injury Prevention Centre. Sources available upon request.

# HOW TO GET UP FROM THE FLOOR BY YOURSELF AFTER A FALL



1. Calm down.
2. Check your body.
3. If you are injured, call for help.
4. If you are not injured, look for a sturdy piece of furniture...



**1**  
Roll onto your side.



**2**  
Crawl over to a chair or sturdy piece of furniture.



**3**  
From a kneeling position, put your arms up onto the seat of the chair.



**4**  
Bring one knee forward. Place that foot on the floor.



**5**  
Push up with your arms and legs. Pivot your bottom around.



**6**  
Sit down. Rest for a minute before trying to move.

If you have had a fall, please talk with your doctor or community health nurse.



# Adding movement to your at-home routine

## REMEMBER TO:

- Check with your healthcare provider before you start a new exercise program.
- Wear comfortable, supportive footwear.
- Use a firm, stable chair, countertop, or wall for support.
- Start with five repetitions of each exercise. Add one or two every day until you reach 15 repetitions.
- Be aware that muscle soreness after exercise is normal.

## While you get breakfast



### STANDING LEG CURL

- Stand with feet hip-width apart
- Shift weight onto one leg
- Bend other knee
- Raise heel toward buttocks as far as it is comfortable
- Return to starting position
- **Repeat on each leg up to 15 times**



### SIDE LEG LIFT

- Stand with feet together, hold the counter for support
- Shift weight onto one leg
- Raise the other leg out to the side
- Keep your back straight and tall
- Slowly return leg to the floor
- **Repeat on each leg up to 15 times**



### HEEL RAISE

- Stand with feet hip-width apart
- Hold onto the counter and look forward
- Slowly raise both heels off the floor, standing on toes
- Hold for 5-10 seconds
- Return to start position
- **Repeat up to 15 times**



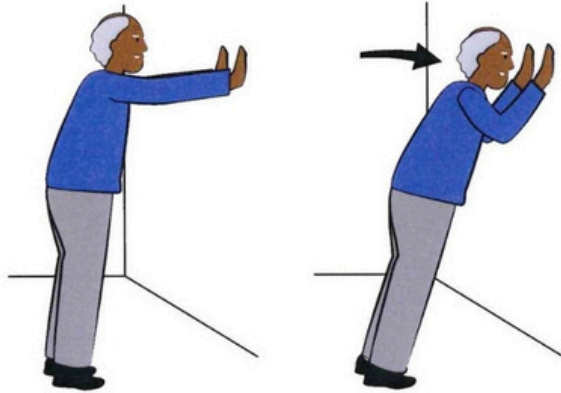
### TOE RAISE

- Stand with feet hip-width apart
- Hold onto the counter and look forward
- Slowly raise toes off the floor, putting weight onto heels
- Hold for 5-10 seconds
- Return to start position
- **Repeat up to 15 times**

Continued on the next page →

# Adding movement to your at-home routine (cont.)

## After lunch



### WALL PUSH-UP

- Facing a wall, stand arms' length away and place hands on the wall at shoulder height, and shoulder-width apart
- Tighten the abdominal muscles
- Keeping back and legs straight, bend elbows while lowering upper body toward the wall
- Hold for 2-3 seconds
- Straighten arms pushing against the wall and return to starting position
- Keep elbows slightly bent
- **Repeat up to 15 times**

## While watching your favourite TV show



### SIT TO STAND

- Sit in a chair, feet hip-width apart
- Slowly stand up half way, both arms outstretched
- Make sure your knees do not come forward past your toes
- Keep your hips, knees, and ankles in line
- Stand up straight and tall, then return to seated position
- **Repeat up to 15 times**

To access this exercise guide for seniors online, visit [parachute.ca/movetips](https://parachute.ca/movetips)

Parachute is supported by the Government of Canada's Emergency Community Support Fund and Community Foundations of Canada

# Boxelder bugs



Boxelderbugs are 1/2-inch long, black, beetle-shaped insects with red markings, primarily known as nuisance pests that congregate on sunny, south-facing walls in autumn. They feed on sap from maple and boxelder trees but do not cause significant damage, nor do they bite or reproduce indoors.

On warm winter days or in early spring, they emerge from hiding (walls, crevices) to be exposed in the sun.

## Damage

- They generally do not harm buildings, but their fecal matter can leave red-orange stains on curtains, siding, and clothes.
- They emit a foul odor when crushed.

## Common Entry Points

- **Windows and Doors:** Gaps around frames, worn-out weatherstripping, and torn window screens are the most common entry points.
- **Siding and Foundations:** Cracks in the foundation, gaps in siding (especially older vinyl siding), and the space where different building materials meet.
- **Utility Entries:** Voids around pipes, conduit, wires, and dryer vents that enter the home.
- **Roof and Vents:** Attic vents, rooflines, and eaves.
- **Electrical Areas:** Loose-fitting electrical outlets and switch covers on exterior walls.
- **Weep Holes:** In brick or stone veneer buildings, boxelder bugs can enter through "weep holes" at the bottom of the wall.

## Management and Control

- **Physical Removal:** vacuuming them up is an effective indoor control method, as they do not damage homes or fabrics.
- **Prevention:** The most effective control is sealing exterior cracks, gaps in siding, and repairing window screens.
- **Removal:** A strong, focused stream of water can be used to dislodge them from walls.
- **Chemical Control:** Insecticidal soaps or insecticides like malathion can be used on trees during the summer.
- **A pest control operator** can be called for a pesticide application all around the building and foundation, which can be an effective strategy.

If you need more information or want a thorough inspection, please contact 613-575-2341.



**EXPANDED PICK-UP LOCATIONS – NOW IN ALL THREE DISTRICTS**

# TETEWATSKA:HON GREEN FOOD BAG SCHEDULE

## ORDER DEADLINE:

LIMITED AMOUNT,  
DON'T WAIT TO ORDER!

- April 3, 2026
- May 8, 2026
- June 5, 2026
- July 3, 2026
- August 7, 2026
- Sept. 4, 2026
- Oct. 2, 2026

## PICK UP DATES/LOCATION:

A'NOWARA'KO:WA ARENA  
OR KAWEHNO:KE REC

- April 14, 2026
- May 19, 2026
- June 16, 2026
- July 14, 2026
- August 18, 2026
- Sept. 15, 2026
- Oct. 20, 2026

KANA:TAKON REC &  
AKWESASNE HOMEMAKERS

- April 15, 2026
- May 20, 2026
- June 17, 2026
- July 15, 2026
- August 19, 2026
- Sept. 16, 2026
- Oct. 21, 2026

When purchasing a bag, location pick-up **MUST** be specified.  
If none is indicated, distribution will default to Kana:takon.

*Limit of 2 bags per person. Please bring your own reusable bags when picking up! No bags will be provided.*



Each bag is \$20, due at the time of order! Cash or e-transfer accepted.



**etransfer@akwesasne.ca**

In the Message section, please include: "Green Food Bag" and the month along with your name, phone number, and pick-up location.



# PUBLIC FITNESS

FOR AKWESASNE COMMUNITY MEMBERS & MCA EMPLOYEES

**Start Date:**  
February 4th

**End Date:**  
June 30th

*A welcoming space for community members and MCA employees to work out independently.  
Access a variety of fitness equipment and enjoy the freedom to exercise  
at your own pace in a supportive, healthy environment.*

## **Who Can Attend:**

All Community Members (18+)  
MCA Employees

## **Location:**

Health Promotion & Prevention Fitness Room  
(Kanonhkwat'sheri:io Health Facility)

## **Days & Times:**

Monday | 12:00 - 2:00 p.m.  
Tuesday | 12:00 - 2:00 p.m.  
Thursday | 12:00 - 2:00 p.m.  
Friday | 12:00 - 2:00 p.m.

## **Details:**

- All fitness levels are welcome.
- Wear proper gym attire.
- Respect equipment & others.
- Space is limited to 10 max.

**To register, please contact Prevention Specialist Krista Lee Oakes:**

☎ (613) 575-2341 ext. 3239

✉ [healthpromotionandprevention@akwesasne.ca](mailto:healthpromotionandprevention@akwesasne.ca)

📍 Kanonhkwat'sheri:io Health Facility  
Sector 2: Community Health Services - Health Promotion & Prevention Program





# MINDFUL MOVEMENT

**WITH CERTIFIED YOGA INSTRUCTOR STEVEN THOMPSON**

*Breathe, stretch, and build strength as you discover  
the perfect balance between body and mind.*

Start Date: March 11, 2026

End Date: June 17, 2026

DOH SECTOR 2 | COMMUNITY HEALTH SERVICES

Join instructor Steven Thompson for a gentle, beginner-friendly mat yoga class designed to help you unwind, stretch, and recharge.

No experience needed — just bring an open mind, and a willingness to move and breathe at your own pace.



**Mondays • 4:00 - 5:00 p.m.**

**Wednesdays • 12:00 - 1:00 p.m.**



**Kanonhkwa'tsheri:io Health Facility**

HealthPromotion & PreventionProgram  
Fitness Room (Bottom Level)

**LIMITED TO 10 SPOTS  
AVAILABLE FOR EACH CLASS.  
FIRST COME, FIRST SERVE!**

**FOR MORE INFORMATION:**

Prevention Specialist Krista Lee Oakes  
(613) 575-2341 ext. 3239  
healthpromotionandprevention@akwesasne.ca

DOH Sector 2 | Community Health Services presents:



# Senior Fitness

*Stay active, strong, and social with our senior fitness class!*

Join Ally for a fun, low-impact workout designed to improve balance, flexibility, and overall wellness. Whether you're new to exercise or looking to maintain your fitness, this class offers a supportive and encouraging environment for all ability levels.

**OPEN TO  
SENIORS  
55+**

Move at your own pace, connect with others, and feel great—body and mind!



**Every Tuesday (11 am-12 pm)**



**Tri-District Elders Lodge**

For more information about the class, please contact Certified Senior Fitness Instructor **Allyson Lamesse**:



**(613) 575-2341 ext. 3223**

**Kanonhkwat'sheri:io Health Facility**



Happy Easter!

