



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

Jordan's Principle

Quebec Health Card Request & Renewals

Upcoming Workshop/Events:

Lunch & Learn Workshop

- Refresh & Restore: For Liver Health & Wellness
- Date & Time: January 28, 2026 @ 12:00 p.m. - 1:30 p.m.
- Location: Kanonhkwa'tsheri:io Health Facility (Turtle Room)
- Contact: Call Judy to pre-register at 613-575-2341 ext. 3247

Reminders:

Green Food Bag

- Order Deadline: January 9, 2026
- Pick Up Date: January 21, 2026



Our Vision:

To shape a healthier future through reciprocity with our community,

Contact MCA Community Health Services:

613-575-2341 EXT. 3220 • COMMUNITYHEALTH@AKWESASNE.CA



TSIOTHOKWA:WA/ JANUARY 2026

Community Health Services

Immunization Clinic:

By Appointments Only

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

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

Healthy Families Program:

By Appointments Only

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

Green Food Bag Program:

Once a Month

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

**Location: Kanonhkwa'tsheri:io Health Facility
Order at: Community Health Services (Second Floor)
Pick Up at: Atrium (Bottom Floor)**

Senior Fitness w/Ally:

Every Tuesday

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

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

Diabetes Prevention - Fitness Program w/Krista

By Appointments 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)**

REFRESH & RESTORE: FOR LIVER HEALTH & WELLNESS

Join Registered Dietitian Anne-Charlotte and Prevention Specialist Krista Oakes for an engaging Lunch and Learn Workshop focused on liver health and wellness.

This interactive session includes:

- A 15-minute movement session to boost energy and circulation.
- A presentation on fatty liver awareness and prevention.
- Lunch provided and refreshing infused waters.

Learn how to nourish the body, move with purpose, and make small changes that lead to big health benefits.

Date: Wednesday, January 28, 2026

Time: 12:00 p.m. - 1:30 p.m.

**Location: Kanonhkwa'tsheri:io Health Facility
Turtle Room (Upstairs Board Room)**

Pre-registration is required!

To sign up, contact Judy:
judy.weir@akwesasne.ca
613-575-2341 x 3247

LUNCH & LEARN



"Empower wellness through knowledge, movement, and mindful hydration."



Tetewatshkahon GREEN FOOD BAG

ORDER NOW
FOR
FEBRUARY



Community Health Services
613-575-2341
Extension 3220



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.

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

Where: Tri-District Elders Lodge

When: Every Tuesday

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

For more information about the class, please contact Allyson Lamesse:

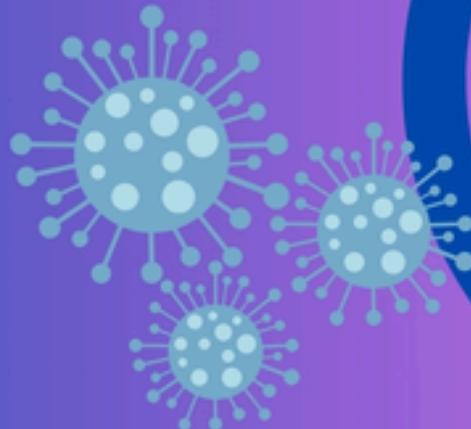
 **613-575-2341 ext. 3223**

 **Kanonhkwat'sheri:io Health Facility**
Community Health Services Office



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



QUEBEC HEALTH INSURANCE CARD

APPLYING:

DOCUMENTS NEEDED:

- PHOTOCOPIES OF YOUR CERTIFICATE OF INDIAN STATUS
- BIRTH CERTIFICATE
- RESIDENCY LETTER

CALL RAMQ 1-800-561-9749

LOST OR STOLEN CARD:

CALL RAMQ: 1-800-561-9749

COST: \$15.00 (FREE OVER AGE 65).
ONLINE OR BY MAIL.

EXPIRED CARD:

CALL RAMQ: 1-800-561-9749

**WHEN MAKING AN APPLICATION:
COMMUNITY HEALTH CAN TAKE YOUR PHOTO, WHICH IS
NEEDED IF YOU ARE AGED 14 AND OVER.**

CARD SHOULD ARRIVE WITHIN 4 WEEKS.

RESIDENCY LETTER:

IT IS A LETTER SIGNED AND DATED FROM THE MOHAWK COUNCIL OF AKWESASNE INDICATING THAT YOU LIVE ON THE TERRITORY.

THIS INFORMATION IS FOR INFORMATIONAL PURPOSES ONLY. THE REGIE MAY REQUEST ADDITIONAL INFORMATION/DOCUMENTS AT THEIR DISCRETION.



JORDANS PRINCIPLE



Jordan's Principle is a legal rule ensures First Nations children living in Canada can access the products, services and supports they need, when they need them.

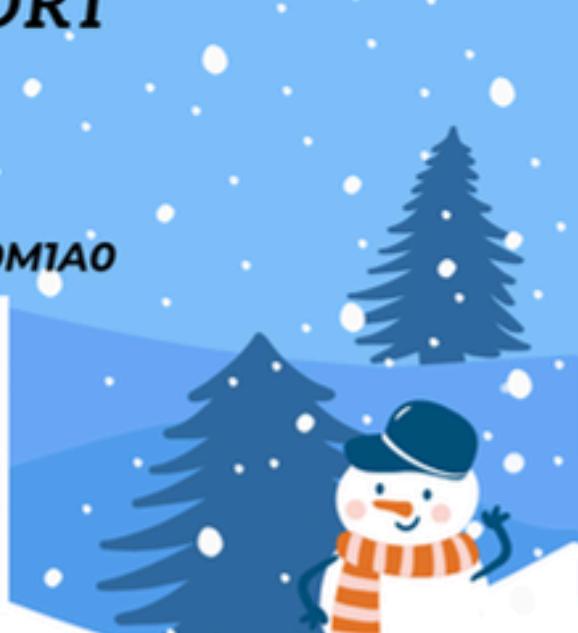
INTAKE APPOINTMENT & NAVIGATOR SUPPORT

(613)-575-2341 Ext. 2652

Hours 8am - 5pm

Kanonkwatseriio Health Facility

31 Hilltop Drive, Akwesasne QC H0M1A0



January is Alzheimer's Awareness Month

Support Changes Everything

Where to turn? For people living with dementia, the Alzheimer Society is your first link to help and support with services, programs, information, and knowledge.



FirstLink®  Premier lien®

FIND SUPPORT

Alzheimer Society

ALBERTA AND
NORTHWEST TERRITORIES

Toll free: 1-866-950-5465

www.alzheimer.ab.ca

Community Changes Everything

You are not alone. For people living with dementia, the Alzheimer Society is your first link to a community of caring, support, knowledge and people ready to help.



First Link®  Premier lien®

JOIN THE COMMUNITY
Alzheimer Society

ALBERTA AND
NORTHWEST TERRITORIES

Toll free: 1-866-950-5465
www.alzheimer.ab.ca

Knowledge Changes Everything

You have questions. For people living with dementia, the Alzheimer Society is your first link to leading knowledge, world-recognized research, and a whole community of caring people who have answers.



First Link®  Premier lien®

FIND ANSWERS
Alzheimer Society

ALBERTA AND
NORTHWEST TERRITORIES

Toll free: 1-866-950-5465
www.alzheimer.ab.ca

Dementia Risks and Prevention Quiz

1. When is a good age to start taking action to reduce your risk for developing dementia?

- A. In your 20s
- B. In your 40s
- C. When you turn 60
- D. Any age



2. Genetics is not the only risk factor for dementia.

True
False



3. Which of the following healthy behaviours can help reduce the risk of developing dementia?

- A. Reducing alcohol consumption
- B. Getting enough sleep
- C. Wearing a helmet to prevent head trauma
- D. All of the above



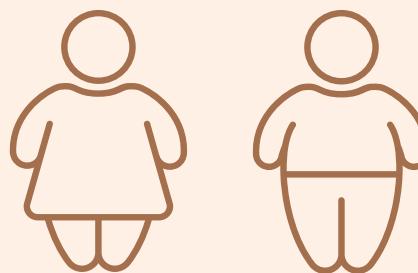
4. Dementia can affect anyone.

True
False



5. Obesity increases the risk of developing dementia by:

- A. 25%
- B. 40%
- C. 60%
- D. 85%



6. Exercising and eating nutritious food are not only good for your body, they are also good for your brain.

True
False



7. Smoking is a risk factor for dementia.

True
False



8. Which of the following is a risk factor for dementia?

- A. Air pollution
- B. Hearing loss
- C. High blood pressure
- D. All of the above



9. People with certain chronic health conditions, such as diabetes and high blood pressure, are at higher risk of developing dementia.

True
False



10. There is a cure for dementia.

True
False



Answer Key



1. **D** - Any age
2. **True**
3. **D** - All of the above
4. **True**
5. **C** - 60%
6. **True**
7. **True**
8. **D** - All of the above
9. **True**
10. **False**

SHOVELING SNOW AND DIABETES



Things to Consider

Hypoglycemia

Shoveling snow is not regularly a part of your daily routine. Check your blood glucose level before and after shoveling. Make sure you eat before and/or after, depending on your numbers.

Footwear

Wear boots that will keep your feet warm and dry. Neuropathy (decreased feeling) in your feet may hide how cold your feet are. Frostbite can be a result!

Plan for being house-bound

Keep glucose tablets and apple juice at home in case the snow is too heavy for you to shovel.

Make sure you have extra testing supplies.

Do not shovel if you are having symptoms of a heart attack. Call for an ambulance.



Insulin

Do not allow insulin to freeze. Freezing can change how well the insulin works.

Keep your testing strips and glucose meter out of the cold as the frigid temperatures can damage them.

Do not keep your supplies in your car.

What can you do?

- Ask your doctor if shoveling is safe for you to do.
- Ask or hire someone to shovel for you.
- Shovel more often so snow doesn't get too deep.

EMERGENCY SERVICES

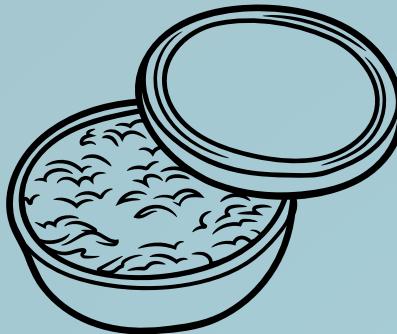
Akwesasne Mohawk Police
(613) 575-2000

SUMMARY OF ALTERNATIVE TOBACCO PRODUCTS AND THEIR HARM

TYPES OF TOBACCO PRODUCTS:

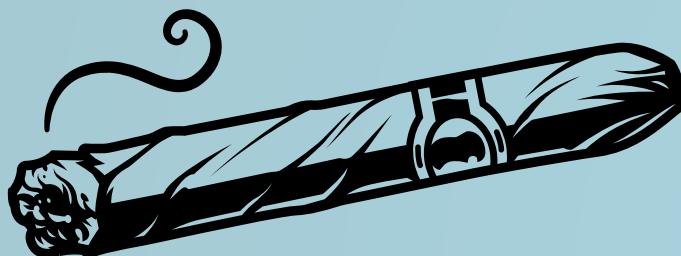
SMOKELESS TOBACCO:

- INCLUDES CHEWING TOBACCO, ORAL TOBACCO, SPIT TOBACCO, DIP, CHEW, SNUS, DISSOLVABLE TOBACCO, AND SNUFF.
 - CAUSES CANCERS OF THE MOUTH, ESOPHAGUS, AND PANCREAS.
 - MAY CAUSE GUM AND HEART DISEASE.



CIGARS:

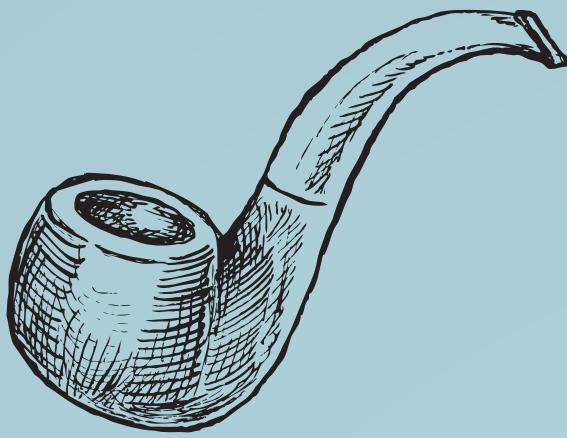
- INCLUDES PREMIUM CIGARS, LITTLE FILTERED CIGARS (LFCS), AND CIGARILLOS.
 - CONTAINS HIGHER LEVELS OF TOXIC CHEMICALS THAN CIGARETTE SMOKE.
 - CAUSES CANCERS OF THE ORAL CAVITY, LARYNX, ESOPHAGUS, LUNG, AND POSSIBLY PANCREAS.
 - DAILY CIGAR SMOKERS, ESPECIALLY THOSE WHO INHALE, ARE AT INCREASED RISK FOR HEART AND LUNG DISEASES.



TYPES OF TOBACCO PRODUCTS:

PIPES:

- TOBACCO PLACED IN A BOWL CONNECTED TO A STEM WITH A MOUTHPIECE.
 - CAUSES LUNG CANCER AND INCREASES THE RISK OF CANCERS OF THE MOUTH, THROAT, LARYNX, AND ESOPHAGUS.



HOOKAH (WATERPIPE):

- ALSO KNOWN AS SHISHA, HUBBLE BUBBLE, GHELYOON, BOORY, GOZA AND NARGHILE.
 - SMOKE IS PASSED THROUGH WATER BEFORE INHALATION.
 - HOOKAH SMOKE IS AT LEAST AS TOXIC AS CIGARETTE SMOKE.



SEASONAL AFFECTIVE DISORDER (S.A.D.)

What Is S.A.D.

Many people go through short periods when they feel sad or unlike their usual selves. Sometimes, these mood changes begin and end when the seasons change. Many people feel "down" or have the "winter blues" when the days get shorter in the fall and winter and feel better in the spring when longer daylight hours return.

Sometimes, these mood changes are **more serious** and can affect how a person feels, thinks, and behaves. If you have noticed significant changes in your mood and behavior when the seasons change, you may be experiencing seasonal affective disorder. SAD is more than the winter blues. In most cases, SAD symptoms start in the late fall or early winter and go away during the spring and summer.

Note

Seasonal affective disorder, or SAD, is **more** than the winter blues that some feel during the colder months. Symptoms can include **irritability, anxiety, fatigue, social withdrawal** and **loss of interest** and pleasure in activities you normally enjoy.

Tips

- **Recognize the Impact of Seasonal Changes**
- **Establish a Consistent Routine**
- **Maximize Exposure to Natural Light**
- **Stay Active**
- **Practice Mindfulness and Self-Care**
- **Maintain Social Connections**
- **Embrace Seasonal Activities**
- **Focus on Nutrition**
- **Seek Professional Help if Needed**

MCA Mental Health

613-575-2341 ext.3115

SRMT Mental Health

518-358-3145

Hope for Wellness Help Line (24hr)

1-855-242-3310

SEASONAL AFFECTIVE DISORDER

5 FOODS AND RECIPES TO KEEP SEASONAL DEPRESSION AT BAY



Nutritious foods may help prevent SAD

Fruit and berries

Citrus fruits like oranges can act like your personal 'sun' during the winter season by boosting your **vitamin D** levels, while strawberries, blueberries, blackberries, and raspberries are filled with essential **nutrients** and are among the healthiest foods on earth. Blueberries alone have been shown to significantly improve your mood.



Leafy greens

Research shows that spinach is nutrient-rich with vitamins and minerals that support mental health. **Magnesium, calcium, and potassium** help regulate stress while some evidence suggests that **folate**, or **folic acid**, may aid in treating depression.

SEASONAL AFFECTIVE DISORDER

5 FOODS AND RECIPES TO KEEP SEASONAL DEPRESSION AT BAY



Nutritious foods may help prevent SAD



Dark chocolate

Eating dark chocolate makes you feel good and that's because dark chocolate gives some feel-good **serotonin** to boost your mood. People experiencing depression often have low levels of serotonin. It's not a cure-all, but dark chocolate can boost happiness.



Fish

Fatty fish, like salmon, are packed with **omega-3** and **vitamin D**. Omega-3 fatty acids are responsible for the production of mood-enhancing hormones **dopamine** and **serotonin**, while vitamin D comes in handy during the winter months when we can't be out in the sun.



Nuts

Much like fatty fish, nuts are bursting with **omega-3** and a helpful dose of **magnesium**. Whether you're a fan of walnuts, almonds, pecans, or all three, snacking on nuts can create a better mood, give you higher levels of energy, and provide other essential nutrients needed for your mental health.

Lightened Up Chicken Caesar Salad

Serves 4



Ingredients

Crispy Chickpeas

- 1 15-ounce can chickpeas (drained and thoroughly dried)
- 1 tablespoon light olive oil
- $\frac{1}{2}$ tsp salt

Cajun Chicken

- 4 chicken breasts, skinless- boneless
- 2 tablespoons light olive oil, divided
- 2 tablespoons Cajun seasoning

Caesar Dressing

- $\frac{1}{2}$ cup mayonnaise
- $\frac{1}{2}$ cup plain Greek yogurt
- 2 medium garlic cloves, minced
- 4 teaspoons lemon juice, to taste
- 2 teaspoon Dijon mustard
- 1 teaspoon Worcestershire sauce, to taste
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{3}$ cup parmesan cheese
- 1-2 tablespoon water (to thin it out)
- Ground black pepper, to taste

Remaining Salad Ingredients

- 8 cups romaine lettuce washed, dried
- $\frac{1}{3}$ cup parmesan cheese

Registered Dietitian
Anne-Charlotte George, RD

Directions

1. Preheat oven to 350°F
2. Drain and thoroughly dry chickpeas with paper towel. Add on baking sheet, drizzle with oil, salt and seasoning. Bake for 40-45 minutes
3. Combine the chicken breasts and 1 tablespoon olive oil in a small bowl. Season with cajun spice, making sure to cover all of the chicken.
4. Heat up a large pan with remaining olive oil, add the chicken once hot and cook on each side for 3-4 minutes, ensuring that a dark crust is forming, "blackening" the chicken.
5. Transfer to a cookie sheet (or keep in an oven safe pan) and finish cooking in oven. Cook until chicken has reached 165°F internally
6. Once cooled, cut chicken breasts into slices.
7. Combine all dressing ingredients and set aside.
8. In a large bowl, cut romaine lettuce into bite size pieces. Top with dressing and toss.
9. To serve, top with parmesan cheese, crispy chickpeas, and prepared chicken.

Recipe adapted from: [Easy Caesar Dressing Recipe - Cookie and Kate](#) and [Chicken Caesar Salad \(easy to make\) - Spend With Pennies](#)



**Mohawk Council of Akwesasne
Department of Health**

