



# Aionkwatakari:teke

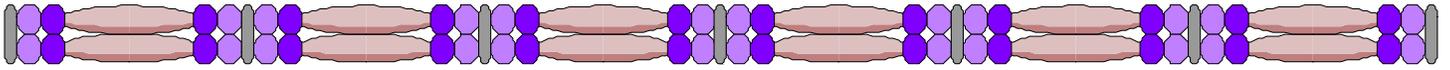
(A-YOU-GWA-DA-GA-RI-DE-GEH)

"For us to be healthy"

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Kahnawake's Only Health and Wellness Newsletter

Ohiari:ha/June 2017



## INTERVIEW

*Chris Delaronde & Gina Delaronde*

<b>INSIDE THIS ISSUE</b>	Benzodiazepines.....	3	How to Plant a Three Sisters Garden.....	9
	Becoming Who You Are.....	4 – 5	Relationships & Violence Prevention.....	10
	The KSCS Teen Group.....	6	Volunteering Pays.....	11
	Breaking-Up is Hard to Do.....	7	The Benefits of Reading.....	11
	Applying Permaculture Principles.....	8 – 9	Looking Out for Our Elders.....	12

**Aionkwatakari:teke**

Aionkwatakari:teke is a newsletter published six times a year by Communications Services of Kahnawà:ke Shakotiiá'takehnhas Community Services (KSCS). Our purpose is to provide information on health and wellness issues that affect Kahnawà'kehró:non. All community members are welcomed and encouraged to submit articles provided that they are comprehensive to the general public, informative and educational. Slanderous material will not be accepted. Views expressed in the articles may not necessarily reflect those of KSCS. We reserve the right to edit all articles. All questions concerning this newsletter should be directed to:

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This newsletter is intended to complement, not replace, the advice of your health care provider. Before starting any new health regimen, please see your doctor.

**Editor's Notebook**

As you read this, I hope the sun is shining and it's warm. At least warmer than it's been when I'm wrote this. And dryer. It should come as no surprise that the month of April set rainfall records and we certainly felt the repercussions of that phenomena, some with devastating results with flooding in many areas of Quebec including my community of Kanehsatake.

Many are thankful that Kahnawake avoided the floods, which allowed members of the community (including the Kahnawake Emergency Preparedness crew and some staff and our Executive Director, Derek Montour, from KSCS) to lend assistance in flood relief in Kanehsatake. To say we have never seen flooding of this magnitude in our area is an understatement.

What needs to be underscored is that this event may no longer be an isolated or rare event. Climate change is real. And unlike what many climate change deniers believe, it doesn't mean that warm or even hot weather is the norm. It doesn't mean that you won't have a snowstorm in the winter. No. What it means is that climate change is causing the weather patterns to change and global warming is causing the earth's average temperature to increase. It means that we will be facing weather patterns that are more intense and unpredictable "Extreme weather events become the norm." (*What is Climate Change?* David Suzuki Foundation).



Cover photo by Tyson Phillips. Cover design by Marie David.  
Images on pages 4-5, and page 6 designed by Freepik.



# Benzodiazepines

## What You Need to Know

BY JESSICA OESTERREICH, PREVENTION

**P**OP-CULTURE HAS BEEN making a lot of references to “Xannies” lately. If you’re not familiar with the term, it refers to the prescription drug *Xanax*. Xanax belongs to a group of medication known as *benzodiazepines*, which are a type of psychiatric medication. A psychiatric medication is a medication that alters how the brain functions.

In the case of benzodiazepines they alter brain function by increasing a chemical in the brain that makes people feel calm. This is why some doctors prescribe it to help people deal with anxiety or to help people fall asleep. Although benzodiazepines are often prescribed by a doctor, they still carry a risk for abuse, addiction, and overdose.

To reduce the risk of abuse and addiction, it’s important to follow your doctor’s instructions. For the majority of people, these drugs are meant to be used *irregularly* or for a *short amount of time*. That means using a medication like Xanax when you’re having a panic attack or overwhelming anxiety.

If benzodiazepine is being used daily, it should be used only for a few weeks to help you get into a healthy sleep pattern or while getting long term treatment for a mental health disorder. Benzodiazepines — like Xanax — are not meant to be a long term solution to anxiety or insomnia.

The risk of addiction to benzodiazepines greatly increases when they are taken regularly for more than a

few weeks. The signs of addiction include: craving the medication, taking more than prescribed, and continuing to use the medication even though it is disrupting normal life. People with a history of addiction are more likely to develop an addiction to benzodiazepines.

It’s important to let your doctor know if you have lived with addiction at any point in your life. Benzodiazepine/Xanax abuse can lead to a physical dependency. If you think you may be developing an addiction or dependency talk to your doctor right away. You will need your doctor to supervise your dosage as it’s slowly cut back over time. It isn’t recommended that you stop “cold-turkey.”

Local teens are reporting that their peers are using Xanax recreationally. It’s important to know that mixing Xanax with alcohol can greatly increase your risk of alcohol poisoning, since Xanax masks the effects of alcohol. It’s imperative for parents and teachers to understand that teens may be abusing Xanax to deal with anxiety and stress in their lives.

Adults often overlook anxiety and stress in teens assuming that their worries are not as valid as our own. However, teens do experience serious anxiety disorders.

Teenagers are trying to deal with anxiety associated with performing at school or in sports or extra-curricular activities, in caring for siblings, and

— for graduates — figuring out what to do with their lives. If these teens haven’t been taught how to manage stress through time management, relaxation techniques, or by saying no to extra responsibilities, then they may choose to self-medicate with prescription medications or illicit drugs.

For more information or help, call Kahnawà:ke Shakotiià’takehnhas Community Services at 450-632-6880 and ask to speak with an intake worker.

Source:

“Understanding psychiatric medications, benzodiazepines.” *Centre for Addiction and Mental Health, Toronto, 2009.*



# Becoming Who You Are

BY TYSON PHILLIPS, COMMUNICATIONS



Christopher Delaronde and his mom Gina Delaronde. Photo by Tyson Phillips.

**I**MAGINE LIVING EACH DAY IN A body that you cannot identify with. For Christopher (Chris) Delaronde, this is his reality. He was born 16 years ago as a female. For most of his young life, his name was Orennenha:wi (She carries the song). “I knew by the age of 10 that I identified as a boy,” Chris explained. He is open about being a transgender teen; however, there were challenges he had to face and he is still dealing with some of those challenges to this day.

Gina Montour-Delaronde, Chris’s

mom, recalls the first time Chris came out. “It was June 2015 when Chris told me he was gay. At this time, he was still Orennenha:wi. Since he was a young teen, I asked him ‘How do you know you are gay?’ He told me he just knew who he was,” she said.

“A year later in August 2016, he came to me and said we needed to talk. Chris was not able to express his feelings through talking so he handed me a note. The note said that Chris is transgender and is a male.” Gina was stunned but she gave her full support. “I have

unconditional love for my child and I will be there for him no matter what.”

Gina began to do research on transgender teens and was shocked to find out that many transgender teens commit suicide. She wanted to make sure Chris never went down this path. Chris revealed he did have suicidal thoughts before coming out but never attempted to end his life.

Chris attends Kahnawake Survival School and his classmates accepted the fact that he is transgender. “I was so scared to tell my family and friends that I am transgender, I thought they would no longer accept me. My classmates are fine with it, I don’t get bullied. Most people in my life accepted the fact that I am a male, but my father had a hard time with it,” Chris said.

Chris’s father works out of town and was not there when he made his announcement. Gina told Chris’s father and brother a few days later about Chris’s coming out. “I had to have a heart to heart with him that this is who Chris is and we cannot change him, but as parents we should do everything possible to support him,” Gina said.

Her son agreed. “Some people think it is a choice to be gay / transgender,

it's not. If I lived my life as a female, I would be miserable. This is the way I was born, to be a male. I was just born in the wrong body," Chris said.

Gina admitted she went through a grieving period after realizing she would no longer have a daughter. "As a mother, you have these dreams of seeing your daughter get married and have children," she said. "It was a struggle at first but I continue to learn and have a good group of people around me for support. I need to be strong to support him."

A challenge Chris deals with each day is that he suffers from chronic migraines. As the migraines started a few years ago before Chris came out, Gina thought the migraines stemmed from the stress Chris was going through by not revealing his sexual identity. Unfortunately the migraines continue to this day.

"We have seen every specialist doctor and they can't find an answer. Chris has also been diagnosed with depression, which we believe came from him trying to live his life with

the pain of daily migraines," Gina said. "He doesn't have much of a social life, he can't enjoy being out with friends. When he's not in school, he's in bed suffering." Their greatest wish is to find something that works that either stops or relieves the migraines.

The Meraki Health Centre is a clinic in Montreal for transgender youth. As Chris is transitioning, he gets injections each month. Testosterone is injected to produce male hormones into his body, and hormone blockers to stop his female hormones. By next year, Chris will most likely see physical changes due to the hormones.

In October 2015, Chris and Gina attended a gathering in Akwesasne for two spirited people and their families. "So many people shared their stories. I learned a lot during that weekend," Gina admitted.

"In Akwesasne, they have support for the LGBTQ (Lesbian, Gay, Bi-Sexual, Transgender, and Questioning) community," she said. "I believe that it was through the Wholistic Health and

Wellness Program of Akwesasne that they have implemented components of the 'Safe Zone Project' that allows LGBTQ people to know they have allies and people to talk to. I think they displayed this through stickers in their house windows or on their car," she said. "We need something like this in Kahnawake. There is nothing for two-spirited people in our community."

Chris had some advice for other teens who may be questioning their sexuality/gender identity. "If you are not happy, express how you really feel. Be yourself."

If you or someone you know needs support, contact KSCS at 450-632-6880 and ask for an intake worker.

### **Meraki Health Centre**

1-1445 Rue Lambert-Closse

Montreal, QC., H3H 1Z5

Tel: 514-933-3393

Email: [info@centremeraki.com](mailto:info@centremeraki.com)

*"If you are not happy, express how you really feel. Be yourself."*



## The KSCS Teen Group

BY KARINA PETERSON, PREVENTION

**T**HE TEEN GROUP OFFICIALLY opened its doors for operation and welcomed youth participants on April 4, 2016. It's a prevention program offering leadership and social life skills education while encouraging healthy decision making and positive lifestyles. It's a safe, open, and trusting place for teenagers to participate in discussions and lessons outside of school curriculums, to build and foster healthy relationships, to learn communication and life skills and to gain self-esteem.

The program is offered to youth between the ages of 12–17 in high school, and is housed at the KSCS Whitehouse located next to MCK. We have space for 15 participants and we are currently at maximum capacity, with members coming from four different schools, Kahnawà:ke Survival School, Lakeside Academy, Loyola High School, and Howard S. Billings. The program operates on Monday and Wednesday evenings from 6:00 P.M. to 8:15 P.M. and operates year-round.

Over the last year, the Teen Group has volunteered at many events around the community such as the Kahnawà:ke Youth Center zombie run, the annual Kahnawà:ke holiday parade, and the Christmas concert, to name a few.

The Group also travelled to Gatineau for a youth summit, where the goal of the summit was to emphasize leadership, education and

achievement. The members learned how to cook and participated in several workshops on topics such as residential schools, mental wellness, healthy sexuality, cultural presentations and more.

The Teen Group has participated in building and planting three gardens, they participated in Pink Shirt Day (the national anti-bullying campaign), and designed an anti-bullying campaign for their own community. The members also began a moccasin making project over the month of April for Cultural Awareness Month.

Our summer program differs from our regular programming through learning-based outings and activities that take place during morning and afternoon hours. Information packages were distributed at the end of May and registration is open to all members.

As part of the Teen Group's first year of operation, evaluations were distributed to members and parents so that we can determine what needed to be improved for the upcoming year. Suggestions and comments were taken into consideration and programming



**Traditional Singing with Leo Parent**

*Photo courtesy of the Teen Group.*

was adjusted accordingly in terms of our operating hours and the structure of the program.

This summer, the Group will be teaming up with three different youth programs based out of Montreal. This is an opportunity for the Group to socialize with other youth and exchange information about each other's cultures. We will also be participating in a sweat lodge workshop, museum days and various team-building activities.

Once the summer program is over, membership renewal and new registrations for the 2017–2018 sessions will take place in September 2017. More information will be made available to the community as the date gets closer. For more information about the Teen Group, please call 450-635-8089.



# Breaking-Up is Hard to Do

BY ERIN MONTOUR, PREVENTION

**B**REAKING-UP IS HARD TO do, especially for teenagers. In the age of social media, it can be even harder.

According to research done by Pew Research Centre (2015) the preferred method for breaking-up is in person or by phone (Lenhart, Anderson, and Smith). Less acceptable ways of breaking-up include texting, sending a message over social media and changing a status (Ibid).

Breaking-up through social media is quite uncommon; fewer than one in 10 teenagers has experienced or has initiated a break-up through this means (Ibid). In comparison, texting is more commonly used by teens, 27 per cent of teens have broken-up with someone, while 31 per cent of adolescents have ended a relationship this way (Ibid).

Teens use social media in different ways in order to break-up with someone. Some teens will use texting/social media because it depersonalizes the process of breaking-up, because they don't want to deal with hurt feelings or emotions (Ibid).

Breaking-up with a partner can leave a digital trail of data (e.g., photos or messages) across a range of

platforms that can offer exes ways of establishing unwanted contact with a former partner or preserve unwanted memories (Ibid). Often, teens will reduce social connections or block a former partner on social media or on their cell phones (Ibid).

For teens, it may be a way to get over someone or deal with unwanted feelings (Ibid). For example 38 per cent of teens have untagged or deleted photos of themselves and a past partner on social media, while 30 per cent of teens have blocked an ex from texting them (Ibid).

There are differences between how male and females approach a break-up over social media. Forty-four percent of girls are more likely than boys to block or unfriend an ex on social media, while 46 per cent percent of girls have untagged or deleted photos from a previous relationship (Ibid).

The majority of teens view social media as a supportive place in the context of relationship break-ups (Ibid). A large percentage (63 per cent) of teens agree with the statement "social media allows people to support you when a relationship ends" (Ibid), while other teens found that people

in their social networks wanted to be too involved in their lives after the break-up. Some teens felt that people may be too nosy, while others were genuinely expressing concern for their well-being (Ibid). Whatever the case, sometimes social media can involve multiple people in a break-up.

It seems social media can be a double edged sword it can be a supportive environment for teens suffering a break-up. On the other hand, a relationship documented over social media can be more challenging to forget (Ibid). Whatever the case, social media seems to have provided a new way for teens to break-up in this fast paced technological age.

If you or someone you know need support because of a break-up, please call KSCS 450-632-6880 and ask to speak with the intake worker.

*Source: Lenhart, Amanda, et al. "Chapter 5: After the Relationship: Technology and Breakups." Pew Research Center: Internet, Science & Tech, PEW Research Center, 1 Oct. 2015, [www.pewinternet.org/2015/10/01/after-the-relationship-technology-and-breakups/](http://www.pewinternet.org/2015/10/01/after-the-relationship-technology-and-breakups/). Accessed 9 May 2017.*



# Applying Permaculture Principles

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**P**ERMACULTURE IS A movement and a design framework that was developed in Australia in the 1970s. It was inspired by the relationship that the Indigenous people of Australia have with their landscape. The word permaculture combines “permanent agriculture” and “permanent culture”, both important concepts in a world that values short-term monetary gain over cultural knowledge and agriculture systems that can sustain us for generations.

Permaculture is about designing our home, landscape, and lifestyle to live well within the earth’s means. The knowledge used to do this comes from observing and interacting with the landscape, something our ancestors did with great skill when they designed the Three Sisters planting system.

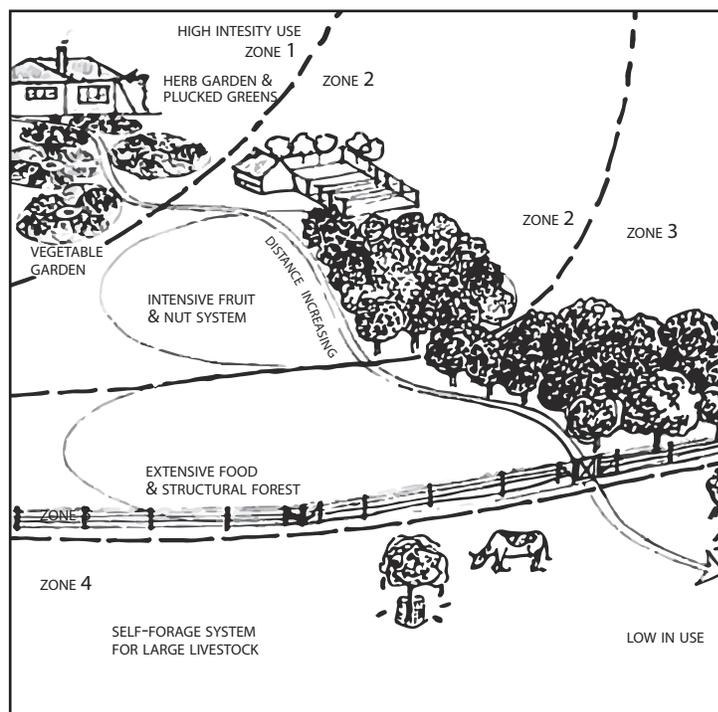
By observing and interacting with their surroundings over generations, they realized that these crops grew well together. The corn provides support for the beans to grow and the beans return the favour by converting nitrogen into a useable form that the corn needs to grow. The squash plants act as a barrier to certain critters and their large leaves keep the soil moist and favourable for growth of all the plants in the mound. This is an ancient example of companion planting.

Permaculture is also about trying to become more self-sufficient and less reliant on fossil fuels. Although

we have become accustomed to buying our food from Chile and California from our grocery store, we are generally not aware of the environmental costs of this practice. Transportation of food around the globe burns enormous amounts of fossil fuels that enter the atmosphere and contribute to global climate change. Growing our own food is a way to reduce our impact on the earth, develop great self-sufficiency and food security, and to feed our families healthy and pesticide-free food. As the world’s climate changes and becomes more erratic, local food security is more important than ever.

Using the principles of permaculture to develop your yard requires a few simple steps:

- First, think about what your goals are for your landscape. Do you mainly want beautiful flowers for yourself and pollinators to enjoy, or an abundance of food for your family? Do you have the space and time to care for livestock?



- Second, spend time in your yard and observe:
- Where do the plants grow particularly well?
- What is the prevailing wind direction?
- Where does the sun travel throughout the day?
- Which areas receive full sun, part sun, or are fully shaded?

## This will help you to develop your landscape plan and select your plants.

- Third, work with what you have. Try to list the plants that grow naturally in your yard and keep as many of these as possible. The plants that are native to our area are well adapted to the landscape,

provide habitat to the local species, and will require little maintenance.

- Next, draw a base plan of your home and yard. Design your landscape to have the least amount of maintenance. In the zone closest to your house include these elements that you will use often such as your compost, food and herb gardens. A little bit further [away], include elements that you will use less often such as fruit and nut trees and a chicken coop. If you have more land, you can maintain a forest zone with edible plant species and other medicines or keep livestock.

### Important elements to consider for your landscape plan include:

- A compost area to reduce the organic waste that goes into landfills and to make fertile soil for your gardens.
- Rain barrels to capture rainwater from your gutters to water your gardens.
- A windbreak on the west side of your yard to block the prevailing winds and reduce your home's

energy requirements during the cold months.

- Finally, determine what materials you will need to meet your landscape goals. Used materials will often do the trick. They are cheaper and save resources.

Using permaculture principles to develop the landscape around your home can be a fun experience. This is a space for your family to relax, play, and enjoy your surroundings. By building on our cultural knowledge of our agricultural systems and establishing a landscape that works with the existing natural environment, you can enhance the enjoyment of your landscape and feel good about your contribution towards a sustainable future for our community.

## How To Plant A Three Sisters Garden

1. Make mounds of dirt in your garden at the end of May or beginning of June.
2. Plant five corn seeds in a circle at the top of a mound.
3. Wait about two weeks for the corn to get about 12 CM and plant seven bean plants in a circle about 1.5 CM away from the corn.
4. Wait another week and plant seven squash and pumpkin seeds around the bottom of the mound of dirt.
5. As the plants grow, take out the weaker plants and leave a few of the strongest.
6. Adjust the bean plants to wrap around the corn stalks for support as they grow.





# Relationships & Violence Prevention

BY MARY MCCOMBER, PREVENTION

**L**ET'S END THE CYCLE OF ABUSE. The cycle can only end with effort and dedication to living to our full capacity as respectful and caring Onkwehón:we. In the past, the Rotinonhsón:ni learned the hard way that hatred and war only broke down their families and societies. The Peacemaker (Dekanawida) brought us a message of peace. We can honour that message by bringing it into our homes, school yards and workplaces.

July is *Violence Prevention Month* and the slogan is *Aiétewatste' ne Ka'nikonhrí:io* (We Ought to Use a Good Mind). The month's awareness activities and radio talk shows will focus on healthy relationships and the impact of intimate partner violence on children and families.

We are determined to revitalize our traditional ways as Kanien'keháka and some of the teachings we work to honour are: that women are to be respected as leaders and life givers, that men have a responsibility to act as protectors of their families and communities, and that we all need to care for and guide our children.

These teachings start early in life and are modelled in our families. Unfortunately, due to trauma and illness affecting individuals and families, it may be a challenge for some to promote the teachings of *Skén:nen* (Peace), *Ka'satsténhsera* (Power) and *Ka'nikonhrí:io* (Good Mind/Righteousness).

Family violence can be a vicious cycle from one generation to the next, but with

awareness, support and a willingness to change, there is hope. It would have to begin early in life when children are born and raised into families where they have support and are given opportunities to thrive and flourish.

Young people need to be educated and guided by role models who can provide them with examples for healthy relationship building. This is important as they develop and start looking for partners of their own. Dating violence may occur if youth learn behaviours that promote violence as a way to deal with problems or as a way to get what they want.

The Seven Dancers Coalition of New York State (2017), explain that, "Teen Dating Violence is known as a pattern of behaviour that is physical, emotional, verbal or sexual abuse used by one person to exert or take control over another in an intimate relationship. Usually, between the ages of 13–19 years." This definition also explains domestic violence or intimate partner violence with adults. Without support and early intervention, youth who are violent, may continue to be violent.

There are studies that support that intimate partner violence, among other family risk factors, can have a long term impact on the wellness of children and youth. The Adverse Childhood Experience (ACE) study explains that early childhood exposure to violence and maltreatment can have an impact on a child's wellness.

According to the Seven Dancers Coalition, intimate partner violence

can happen in any type of relation and can take many forms. It's important to keep in mind that a person experiencing intimate partner violence needs to break the silence and ask for help. Leaving a situation like this can be a dangerous time and "it is important to seek help and to get informed on the best possible way to leave the relationship." If you or someone you know needs support, contact a KSCS intake worker at 450-632-6880.

Sources:

"What is Domestic Violence?"  
Haudenosaunee Coalition - Domestic Violence. Haudenosaunee Coalition, n.d. Web. 02 May 2017. <<http://www.sevendancerscoalition.com/home/domestic-violence/>>.

*Essentials for Childhood: Steps to Create Safe, Stable, Nurturing Relationships and Environments.* n.p.: National Center for Injury Prevention and Control - Division of Violence Prevention, 2014. PDF.

## Emergency and after hours resources

*Kahnawà:ke Peacekeepers* 450-632-6505

Off reserve 911

*Kahnawà:ke Shakotíia'takéhhnhas*

Community Services

450-632-6880

CLSC Chateaugay

450-699-3333

McGill Domestic Violence Clinic

514-398-2686

McGill Sexual Assault Center

514-398-8500

SOS Conjugal Violence (24 HRS)

1-800-363-9010 OR 514-873-9010



## Volunteering Pays

BY CHRISTINE TAYLOR, PREVENTION

**S**UMMER IS APPROACHING AND YOU MAY FIND YOURSELF WITH SOME free time. Many students apply for summer jobs with Tewatohni'saktha, or seasonal jobs like at a golf course or office temp for the summer. Did you ever consider volunteering?

Volunteering doesn't actually pay in cash but the benefits can be far reaching. It's good for the community, good for the soul and ultimately good for your future to consider spending some of your time doing something that you are interested in, having some fun, but also making contacts within the area you might be looking at going to school for. You may even decide if this is something you'd like to make a career of.

When it comes to finding work, experience can be a four letter word but by volunteering in the capacity of an intern or stagier (unpaid worker), you're able to get experience in a field that might not otherwise be open to you. Your foot's in the door and voila! You can list the experience on a resume and it's no longer a four-letter-word.

Another important aspect of volunteering is the emotional satisfaction you receive when helping others. Volunteering in and for a community program (like the Kahnawà:ke Food Basket) helps others in the community. Without volunteers, precious resources would be spent on a salary or salaries rather than going towards the people that the program is intended to help.

Volunteering shows prospective employers that you care about your community. The skills and knowledge you acquire can be listed on a resume, making potential employers see you as an asset.

You don't have to limit your volunteering to your own community. There are many different organizations — from local to city and even national or international programs — that are open to volunteers at any time of year. Work varies from planting trees in British Columbia, to serving the homeless, or volunteering in a foreign country by helping to meet their unique needs.

The possibilities abound for you to help, meet people, and contribute to the world around us. Consult locally or talk to a school advisor who might be able to help you find something that you're interested in. Many organizations will have contacts in schools or ask your parents or just drop in at an organization and ask if there is opportunity to volunteer.

Work experience, helping the community, marketable skills in an industry that you are interested in, and acquiring new skills are just a few of the benefits of volunteering. It's a win-win situation.

## The Benefits of Reading

BY THE KAHNAWÀ:KE LIBRARY

*READING IS A VITAL SKILL AND PART* of our everyday life. Imagine the difficulty, limitations, and frustration to not be able to read. Comprehension to interpret what is being read develops through practice. Our brains are exercised by strengthening and building new connections. Concentration is improved because reading requires focus to the content of the literature.

Reading is an accessible and mobile form of entertainment. Books can be read on car rides, waiting in lines and for appointments, and whenever boredom strikes. The stories or information contained in the books provide the power of knowledge to the reader. Furthermore, reading relaxes the body and mind. It is a way to unwind at the end of a long day.

Children who have access to books and are read to, have an advantage to succeed in life. Reading to a child will strengthen quality time through bonding. The child will associate reading with comfort, pleasure, and fun. The outcome will be an individual who has developed a love for reading to last a lifetime. It is never too early or too late to begin reading!

## The Back Page....

*"Ageing is an extraordinary process where you become the person you always should have been."*

~ David Bowie, 1947-2016



## Looking Out for Our Elders

BY PATRICIA ZACHARY, HOME & COMMUNITY CARE SERVICES

**K**SCS HOME AND Community Care Services — along with KSCS Prevention and Family Violence programs — is launching a campaign regarding older adult mistreatment. The campaign was formerly known as Elder Abuse. The Kahnawà:ke campaign has been named Iethi'nikòn:rare ne thotí:iens (We are looking out for our elders).

Over the next year, we will be focusing on informing the community about older adult mistreatment in an effort for community members to gain a better understanding of this issue and how it affects the individual, the family and the community at large. Our intention is to assist community members who are being affected by mistreatment to raise awareness and inform them of the resources that are available.

On June 15, 2017, we will launch the campaign at the Kahnawà:ke Services Complex from 10:00 AM – 2:00 PM. This date also coincides with the World Elder Abuse Awareness Day, which is the day declared by the World Health Organization to raise awareness and efforts "to eliminate all forms of violence and abuse against older people." (UN Secretary General Ban Ki-moon).

On that day, we will have general information on older adult mistreatment. Purple Ribbons, which are the symbol to accompany the campaign, will be given out and we will have prizes available. All Kahnawà:ke organizations will be given the Purple Ribbons and are asked to support the campaign.

In honour of our elders, there will be a BBQ and social for all elders in the community. The event will take place on June 15, from 4:00 PM – 7:00 PM at the Turtle Bay Elder's Lodge. There is no charge for the event and the food is available on a first come, first served basis while supplies last.

We hope to see you participate in these activities on June 15, 2017. It takes a community to raise a child.... it also takes a community to look out for our elders, "Iethi'nikòn:rare ne thotí:iens."

Source: "World Elder Abuse Awareness Day." World Health Organization. United Nations, Dept. of Public Information, n.d. Web. 9 May 2017.

### Ohiarí:ha / June

- ALS Awareness Month
- Spina Bifida & Hydrocephalus Awareness Month
- Stroke Awareness Month
- 3 Natl. Health & Fitness Day
- 5 World Environment Day
- 13 Men's Mental Health Awareness Day
- 15 World Elder Abuse Awareness Day
- 21 Natl. Aboriginal Day

### Ohiarikhó:wa / July

- 1 **Canada Day (KSCS closed)**
- 5 Natl. Injury Prevention Day
- 8-9 Kahnawà:ke Pow Wow
- 28 World Hepatitis Day

Do you have questions or suggestions? Is there a topic you would like to see covered in a future issue of the newsletter? Contact us and let us know.

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