



# Aionkwatakari:teke

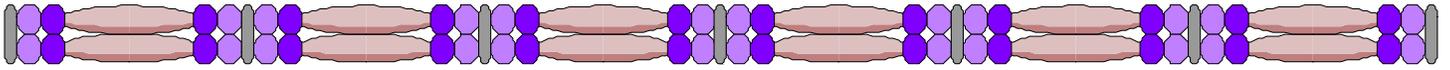
(A-YOU-GWA-DA-GA-RI-DE-GEH)

*"For us to be healthy"*

Vol. 23, No. 4

Kahnawake's Only Health and Wellness Newsletter

Seskéha/August 2018



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## Aionkwatakari:teke

Aionkwatakari:teke is a newsletter published six times a year by Communications Services of Kahnawà:ke Shakotiiia'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



What a summer we have been having, huh? But, if you're like me and you remember the four-letter-word called winter all too well, you're not going to complain. Nay. Enjoy it, I say. And remember what's not far off and coming our way.

I hope you enjoy this issue of Aionkwatakari:teke, as well. Niawenhko:wa to everyone who contributed to this issue (with a couple articles held over for the next issue, yay!). I hope you enjoy them as much as I did.

*Sken:nen,*  
*Marie David*



## Family Photo Contest

Want a chance to win a one night stay at the Holiday Inn with Dinner for You & Your Family?\*



Send in a picture of your family enjoying a physical or cultural activity. Drop the photo off at the Family & Wellness Center or email it to [fwc@kscskahnawake.ca](mailto:fwc@kscskahnawake.ca)

Contest runs from August 1<sup>st</sup>, 2018 to September 28<sup>th</sup>, 2018

**1<sup>st</sup> PRIZE: 1 night hotel stay & dinner for 4**  
**PLUS 2 Prizes of Dinner & movie passes for 4**



All photos will be displayed at the Family & Wellness Center's open house in October 2018 where voting will take place

**Contest open to Kahnawake residents only**

\*For official rules visit the K.S.C.S. website [www.kscskahnawake.ca](http://www.kscskahnawake.ca) or call Frankie Massicotte or Trudy Jacobs at the Family and Wellness Center for more information. (450) 638-0408



Cover photo & design by Marie David.

Photo on page 4 by Karina Peterson. Graphics on page 9 by Freepik.



## Successful Co-Parenting

BY TRUDY JACOBS, PARENTING WORKER

We all want our children to grow up happy and healthy, emotionally secure, but how do we achieve this when there is a separation, a break up or divorce? Co-parenting is learning to parent together and present a united front as parents.

By co-parenting and working together you can meet your child's needs and secure their wellbeing. Your focus is to put the child's needs in the forefront so that you can deal with each other in a respectful, calm, non-judgemental way. It can be difficult to remove negative feelings towards your ex. The unresolved feelings of rejection, anger, and loneliness can become overwhelming. Parents should consider counselling and seek professional help if necessary.

Your health is important to provide a safe and secure environment for your child. Find a support group or good friend to confide in. Do not make your child your confidant. Never criticise or say negative things about your ex in the presence of or within ear shot of your child or on social media. This may bring up conflicting feelings for your child, making them feel like they have to choose one parent over the other.

Your child deserves both parents to be present and to play an active role in their life. Co-parenting is not about your feelings, or that of your ex, it is about the welfare of your child.

Do not put your child in the middle. Do not ask them to keep secrets or make them the messenger between you and your ex. Instead, as parents, speak respectfully to each other, devise a parenting plan and schedule for your child including a plan for who will be taking on the responsibility of extracurricular activities. Create a shared calendar for both of you to use as a quick reminder.

Remain peaceful, consistent and keep open lines of communication concerning your child. Make your child the focal point of any and all communication. Listen and respect each other's point of view in order to resolve your differences maturely. Ex's can easily push buttons; learn to relieve the stress and know your triggers to figure out and manage your response.

Co-parenting can be looked at as a "Team effort". Each of you are the life coach for your children. They will emulate and replicate what they are shown. They will learn how to treat people and resolve differences intelligently if given the proper role model.

Compromise can be an effective tool to resolve issues. Don't sweat the small stuff, learn to let go. Support each other's decisions. Most parents have similar goals for their child. Sit down and discuss rules and discipline. Make the rules as similar as possible in both households to provide consistency and structure for your child's transition from one home to the other.

As a team, make important decisions about your child together. Discuss how to handle changes in their schedule or emergency situations such as when the child becomes sick at school, a school closure, or when a babysitter is unavailable.

At the end of the day, what's important is that your child is loved and feels safe, and that they have someone who is there for them no matter what. Secure attachment to both parents is essential for your child to develop a strong immune system and emotional resiliency in life.

For more information on parenting after separation or divorce, please contact the Tsi:nonwe Ahsonhnhii:iohake – Family and Wellness Center for "Kids In The Middle" parenting program. 450-638-0408.

Sources:

Mullineaux, Trevor Crow. *Strategies for Successful Co-Parenting*. Very Well Family, 8 Apr. 2018, [www.verywellfamily.com/strategies-for-successful-co-parenting](http://www.verywellfamily.com/strategies-for-successful-co-parenting).

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Foster, Laura. *Co-Parenting After Divorce: Focus on Your Child's Needs*. LifeWorks, May 2018.



## A Tribe Called Red: Concert Review

BY KARINA PETERSON, PREVENTION



**A**:se Tahonatehiaróntie Teen Group, Kahnawà:ke Tourism, and the Kahnawà:ke Youth Center collaborated to bring the Juno-Award-winning musical group, A Tribe Called Red, here to Kahnawà:ke for a free concert, as part of the band's Rez Tour. The concert took place on Saturday, May 31, 2018.

A Tribe Called Red mixes traditional Indigenous instrumentals, and singing with modern electronic dance music. Their concerts feature performances from Indigenous artists, who specialize in different traditional dances like hoop dancing, smoke dancing, and more. The Rez Tour is making its way across Canadian and U.S. reserves with the last show taking place on November 22 in Mississauga, Ontario.

The first step in bringing the band here is planning and organizing. Á:se Tahonatehiaróntie Teen Group got to work on helping to raise money for the event to help with the planning and organizing costs. We planned a bake sale and a 50/50 raffle ticket fundraisers. We were able to contribute over \$600.00 to the event.

Part of the Rez Tour was a workshop/Q&A for Kahnawakehró:non that was held on May 30 at the Kahnawà:ke Youth Center. The workshop was well-attended with Kahnawakehró:non of different ages.

The band shared some motivational words about following one's dreams, and the inspirations behind their music. The crowd was able to ask questions to the band, and were given an opportunity to take photos with them.

May 31 was the night of the concert, held outdoors at the Kahnawà:ke

Sports Complex. The stage was set, the concert crew were given tasks, and the event had begun. Over 700 people were in attendance of all ages, from babies to elders. It was a beautiful night for a great performance.

It began with local talents, such as Passion and DJ Poptart to name a few, to set the stage, and finished with A Tribe Called Red. The group delivered a fantastic concert, with pounding beats, light shows, and beautiful, exciting performances of the dancers, some of which were local as well. The crowd danced until the end of the night, with highlights of the band bringing youth on stage for a dance off.

The Kahnawà:ke Youth Center held a corn-roast fundraiser and sold concession items to keep the concert goer's hydrated and satisfied. Kahnawà:ke Tourism had their promotional booth up, with their beautiful "selfie-frame" for concert goer's to take keepsake photos of themselves at the show. Á:se Tahonatehiaróntie Teen Group had a booth with photo displays of the group in action, along with some promotional items.

The concert was a huge success, and many adoring fans left with cultural pride, and the satisfaction of watching brilliant performances. Many thanks for all the people who supported the event in terms of donations, fundraisers, and volunteering, and niawenhkó:wa to Kahnawà:ke Tourism and the Kahnawà:ke Youth Center for including Á:se Tahonatehiaróntie Teen Group with this collaboration.

# Fun Things To Do As A Family

BY TRUDY JACOBS, PREVENTION

Being a parent can be very busy and sometimes non-stop with working, school, day care, sports, plus all the extracurricular activities you and your child(ren) may be involved in. It can become overwhelming. How do you find the time to relax and enjoy just being a family?

Here are a few suggestions that you can add into your routine that you will find easy and fun to do together as a family.

- Smile and hugs. After a long day SMILE when you see your child. It may not seem like much but acknowledging their presence is welcome and appreciated! And hugs are always the best medicine after a hard day...It melts away any stress!
- Relax and destress. Take the time to unwind for a few minutes after work and picking up the kids. Stop at the park before heading home. It can be as simple as ten minutes but it will make a difference.
- Make a date. After school or day care, stop and get an ice cream or a special treat. It gives your child something to look forward to at the end of the day.
- Plant hidden treasure. Place a special note or sticker in their lunch box— it's fun finding hidden treasure and can brighten their day.
- Let them help. Let the kids help prepare dinner (depending on their age). Let them set the table, put cutlery in place, place the bread and butter, napkins, and maybe toss a salad or help prepare dessert.
- Eat family meals together. Breakfast, lunch or dinner, whichever is easier to get together and enjoy eating together, sharing your day, and having conversations. Take turns deciding the subject.
- Have a special date night. Set a table with candles and fancy glasses/dishes, if you are crafty, make fancy napkin holders, dress up for the occasion!
- Read a book. Place dinner in the oven then read a book while it cooks. Be animated and come up with goofy voices.
- Get silly. Once the dinner chores are done and the table is cleared blast some music and have fun! Dance! Get silly!
- Have a special game night. Pick a night and play board games, giving each child a turn to decide what game to play.
- Create a family scrapbook. Commemorate special events and talk with your kids about some of the photos, who's in them and where the photo was taken. Share why the memory is special.
- Create a family time capsule. Each member contributes two things, seal it up in a special container, date it and decide when it is to be opened.
- Create a height chart. Get creative and make it special
- Take an annual family photo. Add it to the family scrap book. Make it fun. Pick a theme and dress up! (ex: red sock day, crazy hats, team jersey)
- Camp out. Build a blanket tent in the living room and have a picnic. Or camp out in your back yard. Build a fire and roast marshmallows, hot dogs, and tell ghost stories.
- Have a family garage sale. Each family member donates articles, toys, clothes, old sports equipment. Use the money to buy pizza or go out to eat!
- Volunteer with your kids. Show them how to give back to their community.
- Create a special/secret hand shake. Use it when they succeed at something new.
- Create a bedtime ritual. Read a book, say a prayer, recite Ohen:ton Karihwatehkwen, or say something you are grateful for "Gratitude Attitude".

CONTINUED ON PAGE 5



# Attachment

BY LISA FAZIO, TSI IONTEKSA'TANONHNHA EXTENDED FAMILY PROGRAM

As parents, grandparents, great-grandparents, expectant parents, etc., we want to do what is best for our children. We research the latest parenting practices and theories, we find the best doctors and the best schools, and we avoid consuming certain foods/drinks during pregnancy, and we figure out at which age to introduce certain foods to our children to promote the best health. Throughout the decades best parenting practices have evolved and changed, but at the core is the desire to do the best by our children.

Lately we've been hearing a lot about attachment and its importance. First, let's take a look at what 'attachment' is and second, let's explore John Bowlby's attachment theory, and finally, let's discuss ways to strengthen healthy attachments in our relationships with our children and others.

First, attachment refers to the special emotional relationship or bond with another person (Broderick and Blewitt, 2006). One of the first attachments that people create is with their primary caregivers through caregiver-child interactions. During early childhood is where we see the emergence of different attachment styles (also referred to as attachment patterns), which can be explained by attachment theory.

Second, attachment theory focuses on relationships and bonds among

people, especially long-term relationships like those between parents and children and between romantic partners. John Bowlby is regarded as the founder of attachment theory; the theory has been further researched and developed throughout the years.

For children, attachment is regarded as a system that serves three purposes: "It maintains proximity between infant and caregiver, nurturing the emotional bond (called proximity maintenance); It provides the potential for ongoing protection (called secure base); and it creates a haven for the infant when distressed (called safe haven)" (Broderick and Blewitt, 2006, p.119). There are four main patterns (or styles) of attachment:

1. **Secure attachment:** Securely attached children show distress upon separation from their caregiver and joy upon the return of the caregiver. These children feel secure and are able to rely on the adult caregiver which in turn gives them the confidence to go out and explore. The child may be upset when their caregiver leaves, but the child feels confident that the caregiver will return (proximity maintenance). When scared, these children can seek out their caregiver for comfort knowing that the caregiver was mostly emotionally available and understanding (secure base), and responded to their needs (safe haven).

2. **Ambivalent/anxious attachment:** Children who are ambivalent or anxious typically become distressed when their caregiver leaves, and often are not reassured or comforted by the caregivers return. These children "are considered to be attached...but their attachments seem insecure, often laced with high levels of anxiety, as though the infant cannot quite achieve a sense of security and ease even when mother is available" (Broderick and Blewitt, 2006, p.122).

3. **Avoidant attachment:** Children with an avoidant attachment are inclined to ignore or avoid their caregiver, sometimes combining being near and moving away from the caregiver. These children seem to be unemotional during episodes of separation and reunion with their caregiver and sometimes do not show preference for their caregiver over a complete stranger. Children who are punished for relying on their caregiver will refrain and avoid seeking help from the caregiver in the future.

4. **Disorganized attachment:** Children with a disorganized attachment frequently show an unclear mix of behaviours and may seem dazed, disoriented, or confused. These children often

show signs of both anxious/ambivalent and avoidant attachment.

Finally, now that we've explored what attachment and attachment theory is, here are a few things to consider in strengthening a healthy (or secure) attachment within our relationships with our children and others:

- “Children who have a secure attachment with at least one adult do better in school, have better friendships, enjoy greater physical health, and go on to have more intimate, fulfilling, and enduring relationships throughout life” (Hoffman, Cooper and Powell, 2017, p.2).
  - » “Fifty years of research has shown that children with a secure attachment:
  - » Enjoy more happiness with their parents
  - » Feel less anger at their parents
  - » Get along better with friends
  - » Have stronger friendships
  - » Are able to solve problems with friends
  - » Have better relationships with brothers and sisters
  - » Have higher self-esteem

» Know that most problems will have an answer

» Trust that good things will come their way

» Trust the people they love

» Know how to be kind to those around them.”

*(Hoffman, Cooper and Powell, 2017, p.15)*

- You are very important to your child
- Every time you answer your child's need for comfort or confidence, you are building a relationship of trust and security
- Every time you 'cooooo', 'awwww', and smile with your infant you are building the bonds of attachment
- Every time you place a cartoon bandage on them or kiss a boo boo, you are strengthening your relationship with your child
- When you provide structure, routine, clear rules and expectations for your children you are showing that you are dependable and trustworthy
- When you are curious about your children, asking them questions and getting to know them as individuals, you are showing them they are important, interesting and valuable; You are strengthening attachment

- Be playful and bring laughter to your relationship

A secure attachment is one of the most important foundations we can offer our children and is significant to healthy development.

#### Sources

Broderick, P. C., and Blewitt, P. (2006). *The Life Span: Human Development for Helping Professionals*. (2<sup>nd</sup> ed.). Upper Saddle River, NJ: Pearson Merrill Prentice Hall

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Hoffman, K., Cooper, G., and Powell, B. (2017). *Raising a Secure Child: How Circle of Security Parenting Can Help You Nurture Your Child's Attachment, Emotional Resilience, and Freedom to Explore*. New York, NY: The Guilford Press.

Hughes, D. A. (2004). *Facilitating Developmental Attachment*. Lanham, MD: Rowman and Littlefield.

Kenny, J. A., and Kenny, P. (2014). *Attachment and Bonding in the Foster and Adopted Child*. Indianapolis, IN: Brigtinne Press.



# Meal Prepping

Your Answer to Quick Healthy Meals Every Day

BY CHANTAL HADDAD, PDT, KATERI MEMORIAL HOSPITAL CENTRE

**D**o you often find yourself saying “Oh No! What am I going to make for supper tonight?” To make matters worse, by that time you are probably already hungry and you know there’s nothing at home to make a nice fast meal! Luckily there are lots of take-out options available to save the day, but you do not feel good about this because you don’t really want to eat this way day after day.

Nobody has time to prepare beautiful home cooked meals every day, but just a little bit of planning ahead will get you on your way to easy breezy healthy meals; the more you practice, the easier it will get. Start small and think of three simple, homemade meals that you are very comfortable to prepare.

Next, think about how each of your dinners can be converted into a lunch for the next day (example roast pork for supper, pork sandwich or salad for lunch the next day). The next step is to write a grocery list based on your three day plan and make sure your kitchen is well stocked.

Once you have all your ingredients and a good plan, you are ready for the action. Choose a time when you can spend about two hours prepping for your week, get your partner and the kids to help out, and go to it.

## Some ideas for prepping ahead:

- Wash and chop vegetables ahead of time: onions, garlic, peppers, carrots, zucchini, etc. and store in the fridge in airtight containers or baggies; peel potatoes and store in salted water;
- Thaw, clean and marinate meats 1–2 days before;
- Cook quinoa, rice or pasta and refrigerate in airtight containers.

Some meals can be prepared ahead of time to be oven ready (example roasted potatoes, veggies and chicken). Assemble slow cooker ingredients in a Ziploc bag, ready to go. Wash fruits and vegetables and portion into small containers for lunchbox snacks. Prepare your own salad dressing for the week and store in a bottle in the fridge.

For more ideas and step by step instructions on meal prepping visit: [www.eatingwell.com/article/290737/30-days-of-healthy-meal-prep/](http://www.eatingwell.com/article/290737/30-days-of-healthy-meal-prep/)

## THE IMPORTANCE OF DEMENTIA AWARENESS & EDUCATION

CONTINUED FROM PAGE 12

With the goal of education and awareness, working with the health services in Kahnawà:ke the Alzheimer Society Suroît provides a variety of services within the community. Training and support groups for caregivers are offered on a regular basis. The Society is also available to provide information sessions, information and support, either by phone or by individual or family meetings for caregivers and for the person with dementia. Contact us at 1-877-773-0303

### Sources

1. *Dementia: Benefits of Early Diagnosis*. Alzheimer’s Society of Canada.
2. *First Link*. Alzheimer Society of Canada, Alzheimer Society of Canada, 8 Nov. 2017.
3. *Dementia Friendly Communities*. Alzheimer Society of Canada, 26 June 2018.



# Meal Prep Planning Template

BY CHANTAL HADDAD, PDT, KATERI MEMORIAL HOSPITAL CENTRE

Here is an example of a pre-prepped menu to get you started: Happy meal prepping!

	SUPPER	NEXT DAY LUNCH	PRE PREPARATION	SAME DAY
DAY 1	<ul style="list-style-type: none"> <li>🍷 Pork Tenderloin</li> <li>🍷 Veggie Stir-fry</li> <li>🍷 Rice</li> </ul>	<ul style="list-style-type: none"> <li>🍷 Green Salad with Pork Tenderloin</li> </ul>	<ul style="list-style-type: none"> <li>🍷 Thaw meat, trim fat &amp; marinate</li> <li>🍷 Prepare stir fry sauce &amp; chop veggies.</li> <li>🍷 Cook rice</li> </ul>	<ul style="list-style-type: none"> <li>🍷 Wash &amp; cut lunch salad veggies</li> <li>🍷 Stir fry veggies</li> <li>🍷 Cook pork on BBQ or broil in the oven (15–20 minutes)</li> <li>🍷 Prepare lunch salad</li> </ul>
DAY 2	<ul style="list-style-type: none"> <li>🍷 Roasted Vegetable Pasta with Goat Cheese or Feta</li> </ul>	<ul style="list-style-type: none"> <li>🍷 Roasted Vegetable Salad with chickpeas</li> </ul>	<ul style="list-style-type: none"> <li>🍷 Chop vegetables &amp; roast</li> </ul>	<ul style="list-style-type: none"> <li>🍷 Cook pasta</li> <li>🍷 Prepare lunch salad</li> </ul>
DAY 3	<ul style="list-style-type: none"> <li>🍷 Black bean Quesadilla Green Salad</li> </ul>	<ul style="list-style-type: none"> <li>🍷 Black Bean and Quinoa Salad</li> </ul>	<ul style="list-style-type: none"> <li>🍷 Prepare quesadilla filling</li> <li>🍷 Cook quinoa</li> </ul>	<ul style="list-style-type: none"> <li>🍷 Assemble quesadillas &amp; grill</li> <li>🍷 Prepare lunch salad</li> </ul>
DAY 4	<ul style="list-style-type: none"> <li>🍷 Roasted Chicken &amp; Potatoes</li> <li>🍷 Grilled vegetables</li> </ul>	<ul style="list-style-type: none"> <li>🍷 Chicken &amp; Grilled Veggie Wrap</li> </ul>	<ul style="list-style-type: none"> <li>🍷 Thaw &amp; season chicken, then roast</li> <li>🍷 Peel &amp; chop potatoes, then roast</li> <li>🍷 Clean &amp; chop vegetables for grilling</li> </ul>	<ul style="list-style-type: none"> <li>🍷 Grill vegetables</li> <li>🍷 Prepare chicken wraps for lunch</li> </ul>
DAY 5	<ul style="list-style-type: none"> <li>🍷 Chili</li> <li>🍷 Carrot Slaw</li> </ul>	<ul style="list-style-type: none"> <li>🍷 Leftover Chili (this can be frozen to use for a lunch next week)</li> </ul>	<ul style="list-style-type: none"> <li>🍷 Thaw meat.</li> <li>🍷 Chop vegetables Prepare chili</li> <li>🍷 Shred carrots for Slaw</li> </ul>	<ul style="list-style-type: none"> <li>🍷 Mix carrot slaw</li> </ul>



# Community Health Portraits

BY TYSON PHILLIPS, COMMUNICATIONS & DR. COLLEEN FULLER, KMHC



Some of the people responsible for the Kahnawà:ke Health Portraits at the launch of Volume One. Photo by Marie David.

On June 5, 2018, Onkwata'karitáhtshera (Kahnawà:ke's one health and social service agency; the body that oversees Kanien'kehá:ka control of Kanien'kehá:ka health) released the first volume of a detailed community health portrait entitled "Onkwana'ta Our Community Onkwatakari:te Our Health."

The portrait, many years in the making, was shared with community members and organizations at a formal launch at the services complex on June 5, 2018. Electronic copies are available online via the Kateri Memorial Hospital Centre's (KMHC) website and the KSCS website.

Derek Montour is the Executive Director of KSCS and the chair of Onkwata'karitáhtshera. He explained the need for the health portrait. "In 1998, Onkwata'karitáhtshera saw a

gap in service planning; there was not enough data to guide planning and decision making at a program level. There was no clear picture of the true state of health in Kahnawà:ke."

Over the years, Onkwata'karitáhtshera has relied primarily on perceptions of community members and service organizations through extensive consultations to answer the question, "What are the main health concerns and needs in Kahnawà:ke?" Through this process, priorities for the community health plan were identified. In 2012, there was agreement on the current seven main health priorities:

- Diabetes
- Cardiovascular disease and hypertension

- Obesity
- Cancer
- Early childhood and family wellness (focus on learning disabilities and developmental delays)
- Substance use and addictions
- Mental wellness

Even so, many questions still remained: How would we know if the efforts community organizations are making are actually helping to make progress on these issues? How do we compare to the rest of the province on these issues? Could we be missing important issues that should also be priorities? To answer these questions, Onkwata'karitáhtshera knew we needed more concrete health data to really see what the picture of health in Kahnawà:ke looked like.

In 2015, Onkwata'karitáhtshera collaborated with the First Nations of Quebec and Labrador Health and Social Services Commission to enable Kahnawà:ke to participate for the first time in the First Nations Regional Health Survey. A unique agreement was set up explained Patsy Bordeau, Onkwata'karitáhtshera technical program administrator, "The surveyors were from the community so people felt more comfortable to do the survey. The data that was collected stayed within Kahnawake."

In the end, more than 600 people of all ages participated in the survey,

Continued from previous page

a 100 per cent response rate. The local survey data was then analyzed by Dr. Colleen Fuller, a medical doctor specializing in public health and preventive medicine — also working at KMHC — and Colin Steensma, an epidemiologist from Health Canada's First Nations and Inuit Health branch.

With the help of Dr. Fuller and Mr. Steensma, Onkwata'karitáhtshera was able to go even further, creating a second collaboration with the department of public health of the Montérégie region in order to obtain additional health statistics relevant to Kahnawà:ke; exploring data from Health Canada's non-insured health benefits (NIHB) system, and piecing this all together with local organization statistics.

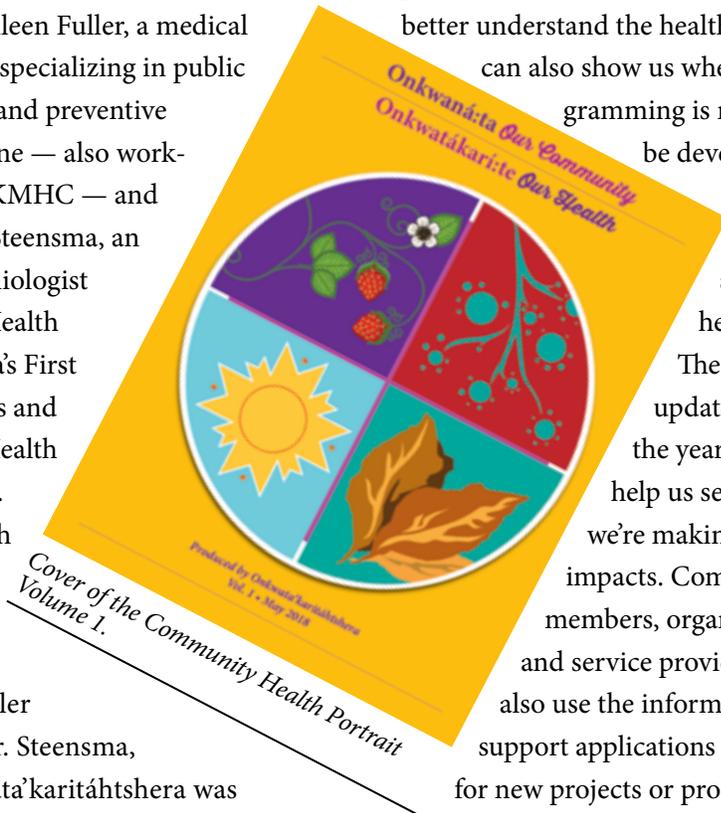
"It was a long and complex task to put this report together. This is a major advancement and a first for a First Nations community so we are very proud to share this information with everyone in Kahnawake," Dr. Fuller explained. "The portrait (Onkwaná:ta Our Community Onkwata'karí:te

Our Health ) is meant to help service providers and community members to better understand the health issues. It can also show us where programming is needed to be developed or to be adapted to better address health needs. Then, when we update this over the years, it will help us see where we're making real impacts. Community members, organizations and service providers could also use the information to support applications for funding for new projects or programs."

For example, everyone knows the dangers of smoking. Volume 1 of the health portrait shows that while Kahnawà:ke has been effective in helping many people quit smoking, there are still a high number of homes where young children are regularly exposed to second-hand smoke; so finding and implementing effective strategies to reduce second-hand smoke exposure is identified as an important area to put extra focus on.

"This first volume focuses on four subjects: diabetes and diabetes prevention, cancer and cancer prevention, tobacco use and smoke exposure, and substance use and addictions," explained Patsy.

Dr. Fuller, Patsy Bordeau and the Onkwata'karitáhtshera Health Data Subcommittee have already begun to work on volume two, which will cover early childhood health indicators and mental wellness.



#### FUN THINGS TO DO AS A FAMILY CONTINUED FROM PAGE 5

- End the day with something positive. Always leave your child with a positive thought before going off to sleep. Tell him/her something good that you noticed he/she did or said and why you are glad the Creator gave you such a great gift of him/her.
- Create memories! We all have an inner child waiting to get out and play! Find that inner child and enjoy your children while they are still young and enjoy being at home with you! Before you know it they will be all grown up and having a family of their own. How great would it be for them to pass on to their children, the little things you did with them?

## The Back Page....

Piglet "How do you spell love?"  
Winnie the Pooh "You don't spell it...you feel it."

~ A.A. Milne, author *Winnie the Pooh*

## The Importance of Dementia Education & Awareness

BY SUSAN ALLVEY, ALZHEIMER SOCIETY-SUROIT

In order for people with dementia to have the best quality of life possible it is necessary to first eliminate the stigma currently attached to the disease. It is a disease, like any other disease.

We need to talk about it openly and share the benefits of our experience with each other. It is imperative that we raise awareness about the disease, the need for quality care and increased funding for research.<sup>1</sup>

Early diagnosis can be key. It enables the person with dementia to be able to participate more actively in both their health-care decisions and their legal and financial matters. It enables them to set priorities based on what is important to them, such as travelling, pursuing new goals, or deciding when to stop working.

Treatment of Alzheimer's disease and other dementias is typically more effective when started early in the disease process.<sup>1</sup>

The First Link® program allows healthcare professionals, with the permission of the patient, to share their information with their local Alzheimer society, for Kahnawà:ke, the Alzheimer Society Suroit.

The Alzheimer Society then provides information, support and

education to the person with dementia to learn how to live well with dementia.<sup>2</sup>

The community, as a whole, can help by becoming educated about the disease. With understanding comes compassion and the ability to know how to help one another. Given that one of the greatest risk factors for dementia is age, as the population continues to age and the prevalence of dementia increases, we should be aspiring to become a dementia friendly community.

A dementia-friendly-community is one where people living with dementia are understood, respected and supported. It's an environment where people living with dementia can be confident that they can contribute to community life.

In a dementia-friendly-community people understand dementia and people living with dementia will be included and have a choice over their day to day lives and level of engagement.<sup>3</sup> In this manner people do not become isolated and afraid to ask for help. After all we could be in the same situation one day, how would we like to be treated?

CONTINUED ON PAGE 8

### Seskéha/August

- 9 Intl. Day of the World's Indigenous Peoples
- 12 Intl. Youth Day
- 19 World Humanitarian Day
- 31 Intl. Overdose Awareness Day

### Seskehkó:wa/September

- Acne Awareness Month
- Prostate Cancer Awareness Month
- World Alzheimer's Month
- 3 Labour Day (KSCS closed)
- 10 World Suicide Prevention Day
- 16 Terry Fox Run
- 28 World Rabies 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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