



Aionkwatakari:teke

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

"For us to be healthy"

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Kahnowà:ke's Only Health and Wellness Newsletter

Tsothóhrha/December–Tsothohrkó:wa/January 2018–2019



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Aionkwatakari:teke

Aionkwatakari:teke is a newsletter published six times a year by Communications Services of Kahnawà:ke Shakotii'a'takehnhas Community Services (KSCS). Our purpose is to provide information on health and wellness issues that affect Kahnawa'kehró:non. All community members are welcomed and encouraged to submit articles provided that they are comprehensive to the general public, informative and educational. Slandorous 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. Check out our Facebook page at [KSCS Kahnawà:ke](https://www.facebook.com/KSCSKahnawake).

Editor's Notebook



WELCOME TO THE LAST ISSUE FOR 2018. IS IT JUST ME OR DOES IT ALWAYS SEEM LIKE TIME FLIES? WINTER MADE A SOMEWHAT EARLY APPEARANCE IN MID-NOVEMBER WITH ITS CHILLY TEMPERATURES AND SNOW. SOON, THE HOLIDAYS WILL BE HERE AND THE NEW YEAR AS WELL.

I hope you have a wonderful holiday and you spend it however and with whomever you wish. Be safe. Be happy.

Sken:nen tanon Ohserase!

Marie



Caption: Konwati'shatstenhsheerawis – Women Empowering Women, is a grassroots group working together to cultivate an optimal non-medical birth support service. The funds received by CIF and KSCS will be used for childbirth educator training and strategic planning. Left-Right: Onerahtokha Marquis, CIF Chairperson and group members Tammy Kanáhne Standup, Jody Jacobs, Lee Scott, Kanorarihtha Albany, Courtney Delisle. Photo courtesy of the Community Initiatives Fund of Kahnawà:ke. See their article on page 8.

GRAPHICS ON PAGES 2, 5, 9, AND 12 BY FREEPIK



Reading as Mental Health Wellness

BY JULIE DELISLE, PREVENTION

ONE OF THE GREATEST things about reading a good book is the ability to escape our reality and enter the world of our fictional heroes. For our youth who are having difficulties dealing with mental health issues such as anxiety or depression, reading can be an effective coping method.

In Canada, it is estimated that 10–20 per cent of youth are affected by a mental illness or disorder. The rates of mental illness among Indigenous youth are likely higher as the suicide rate in Indigenous youth is approximately five to six times higher than non-Indigenous youth in Canada.

The steady increase in mental health concerns in youth can be contributed to many factors. Notably, the rise of online bullying and the pressure of social media perfection can be very triggering to a population who are already impressionable and coping with low self-esteem. It can sometimes feel impossible to escape the constant online harassment, while at the same time can be very isolating.

When our youth are feeling hopeless trying to emulate the imaginary lives of their favorite Instagram stars, maybe this is when we need to shut down the apps and open up a book.

In 2018, I don't believe that a complete internet/technology boycott is realistic, especially for our youth. What I believe is possible and necessary are mandatory tech breaks, whether they are for a couple hours or for a few days.

During this time, sitting down with a new novel can work as a positive form of escapism from the pressures of everyday life. Shifting the focus away from stress at home, school or online for even an hour can work as an effective form of cognitive behavioral therapy for children suffering with mental health issues.

Being able to relate and empathise with the struggles of a character can make a difference to a youth who is feeling isolated or misunderstood. Understanding that there are other people who have been through the same struggles as them can inspire confidence in them that they are not alone and will make it through.

Reading with younger children or simply discussing your child's new book can be a crucial form of bonding between you and your children.

Having a set reading time together is especially helpful for busy parents as it provides a time to form emotional connections that may be missed. Asking your child what they liked or disliked most about the story or what they thought of certain scenarios can provide good insight into how they've been feeling about real life situations.

Reading together can teach important lessons, help with difficult life changes and just be an enjoyable activity as a family.

For more information on how reading can positively affect mental health check out the

Reading Well program at <https://reading-well.org.uk/>. Reading Well has put together a list of 35 books for youth that focus on support and advice on mental health conditions. This list includes everything from memoirs to graphic novels, all recommended by young adults and health professionals.





Storytelling as a Learning Tool

BY KAWENNARO:ROKS MARY MCCOMBER, PREVENTION

STORYTELLING CAN BE AN important tool in encouraging the use of Kanien'kéha at home. It can stimulate the imagination and help make the process of learning fun. Storytelling is also an important part of our oral history; it's how our history, our laws, and our traditions were passed down from generation to generation.

Kahnawà:ke Shakotii'a'takéhnhas Community Services (KSCS) has been in the process of enhancing our services and programs to ensure that we are being mindful of and incorporating tsi niionkwarihò:ten in everything that we do. One step towards this is to encourage the staff of Shakotii'a'takéhnhas to participate in Kanien'kéha training and education.

For many years, we have been collaborating with community organizations to secure resources and opportunities for our staff to learn and enhance their language and cultural awareness skills. We have been working in collaboration with the Mohawk Council of Kahnawà:ke's (MCK) Tsi Tewahará:tat Tsi Niionkwarihò:ten Center and the Kanien'kehá:ka Onkwawén:na Raotitíóhkwa Language and Cultural Center (KORLCC) programs in order to do this.

This year, the Shakotii'a'takéhnhas Tsi Niionkwarihò:ten Committee continues our work by providing monthly awareness sessions around

cultural topics. In addition, in-house Kanien'kéha sessions are also being offered to staff. Shakotii'a'takéhnhas believes in the importance of our language and we are working towards supporting the community vision of strong language use on a daily basis.

The goals and objectives of Shakotii'a'takéhnhas focus on helping individuals and families. If families are asking for more use of our ways in programs and services it makes sense that we enhance and encourage our language and cultural awareness.

Our language is at a critical point and, as Dorothy Lazore stated in a community language gathering in 2017 that "we are in an 'immersioncy.'" This was a play on words, to say that we need to do what we can before we lose our language.

It is an emergency and we need to immerse ourselves in the process of learning the language. More importantly, we need to pass it on to the next generation and the importance of family in the process can't be stated enough.

We have done so much work to get where we are today. We have immersion programs for children and adults, we are beginning to hear more Kanien'kéha on the radio and in the media. How can we start using Kanien'kéha at home? Family storytelling may be a beneficial way to develop language skills. As we all may know, storytelling was the way our ancestors taught the children.

Family activity ideas:

- If you use media to aid your learning, watch some Tóta tánon' Ohkwá:ri videos and have a family movie night.
- Go to the library or the cultural center to find books and videos to use at home.
- Invite an elder or another speaker, to your movie nights and have them help translate the videos or children's books.
- Watch YouTube videos and other appropriate videos with your children to learn vocabulary.
- Make your own books and videos as a family.
- Visit your child's school to see what they may offer in terms of resources, or to get an idea of what they are learning.
- Partner up with other friends or families that can help you in your language goals.
- Read to your child or have them read to you.

Sewaterahswiiohá'k tánon'
sewatatenikonhró:ri.



Life and Career Transitions

BY JERRY MIDDLETON, SUPPORT

HAVE YOU HAD A FRIEND, loved one, or colleague who was discussing or undergoing a change of career or a similar major life change? Ever wondered in what way(s) you could be most helpful to this person? Some suggestions to these questions on how to advise in such a situation may not seem so original once reading them but are worth reviewing, given how transitions are inevitable in our life course.

Any transition or change in one's life routine is often construed by us as stressful. Simply, any change, whether positive or negative, is often stressful.

We are accustomed to a given routine (our minds are easily conditioned and learn routines), and too many changes from that routine, especially many changes occurring together during a given period of time, such as a career transition, are generally stress inducing and a lot to process cognitively, emotionally, and physically.

Career transitions are a frequent part of life in North America. Whereas the average number of career transitions is estimated to be between five and seven for a given worker, this is only a conservative estimate.

Research has suggested that to cope with a career transition successfully, it is often crucial to follow one's inner values, nurture confidence in one's decision to change, and rely amply on the social support of friends and family.

Simply congratulating anyone who is contemplating a major (career) change for taking a stand in the desired direction towards their dreams is a great way to reaffirm their inner values and experiences.

Research in the performing arts profession, including on dancers, singers, actors and actresses, and on musicians, has shown that believing in one's inner talent and resources— despite what critics may say—makes for a better experience in career transition.

That is, following one's intrinsic self-worth and values allows for one to develop self-confidence and relish in the success once a career transition has occurred.

This reliance on the self is in contrast to making one's values contingent on the highly critical, evaluative demands of critics and sometimes of society (similar to motivation that is fostered from sources extrinsic to the self), which has been correlated with psychological distress.

Relying on friends, family, and a wider community during any life transition invariably moderates the level of stress attendant on such a change.

For one, simply expressing and processing the emotions and



thoughts pertaining to a change with close ones is helpful for us to have an outlet for otherwise intense emotions associated with a change. Having the emotional support of close ones also boosts our immune systems and to weather the general processes involved in life transitions.

A last piece of advice to give to anyone seeking advice on or support for a major (career) transition is to validate their inner experiences of feeling overwhelmed by the many changes happening at one point in time. By highlighting that it is normal to experience overwhelming feelings, normalizes these often tumultuous experiences.



Kahnawà:ke's Health Portrait

BY KIERSTEN TWO-AXE & DR. COLLEEN FULLER, ONKWATA'KARITÁHTSHERA

YOU MAY BE AWARE THAT Onkwata'karitáhtshera in June 2018, had an official launch of Volume 1 of "Onkwaná:ta Our Community, Onkwata'kari:te Our Health", Kahnawà:ke's first health portrait. This portrait of health included the first results from our community's participation in the First Nations Regional Health Survey (RHS) in 2015-2016, and important community health trends based on data that has been accessed through collaboration with Health Canada and with the Montréalégie Public Health Department.

All of this was done with careful consideration of the principles of ownership, control, access and possession (OCAP®).

In fact Onkwata'karitáhtshera has a formal policy framework incorporating these principles that guides the creation, distribution and use of Kahnawà:ke's Health Portrait.

The first volume of "Onkwaná:ta Our Community, Onkwata'kari:te Our Health", focuses on four subjects:

- Diabetes and Diabetes Prevention

- Cancer and Cancer Prevention
- Tobacco Use and Smoke Exposure
- Substance Use and Addictions

Did you know?

The information contained within this first volume will help health and social services organizations and

providers plan and adapt services to the needs of the community.

It can also be used by community members to better understand the overall health of Kahnawakehrónon. We want community members and service providers to know that they can use this collective health data when developing, writing and submitting proposals for funding to various agencies nationally, regionally and locally.

Digital copies can be accessed on the KSCS and KMHC websites. Paper-copies can be available if required by request to the Onkwata'karitáhtshera Secretariat.

What's next?

Onkwata'karitáhtshera is now working on Volume 2 with hopes of getting it out to the community in 2019. It will include a focus on:

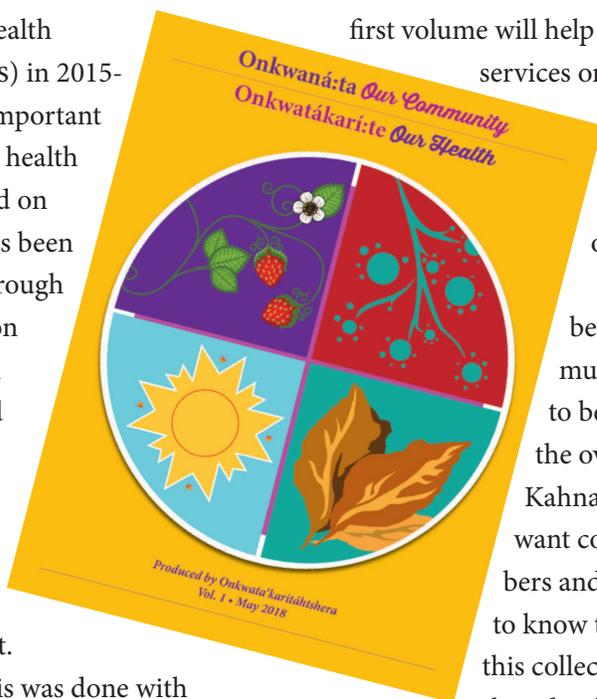
- Mental Wellness and Mental Illnesses
- Early Childhood Development and Family Wellness
- Injury Prevention

As we continue to analyze the survey responses and access other sources of data, we are planning further chapters for a Volume 3, including

- Chronic Diseases
- Cardiovascular Disease and Hypertension
- Dental Health
- Infections and Infection Prevention
- Sexual Health
- Access to Care Services

Ultimately, we are building our capacity to improve our health and social services and health outcomes. Long-term, we are aiming to be able to update our portraits every few years to help us stay informed as health trends change and to understand how impactful the hard work of our community groups and agencies are for improving the health of Kahnawakehrónon.

We work in partnership with the First Nations of Quebec and Labrador Health and Social Service Commission (FNQLSSC) to organize staff training to help us better use Kahnawà:ke's statistics and to prepare questions for the next version of the regional health survey.



What can you do?

As you read and use the portrait chapters, you may be thinking about other community health topics where more information about the subject could be useful, or you may be thinking of different ways this data could be useful to you and others. You may even be already collecting general statistics in one of the programs you run (like number of people attending a group) that could be helpful information to complete a future chapter of the portrait.

Onkwata’karihtáhtshera would be happy to receive your questions and feedback to make future volumes more useful. If you are interested in using the data from the health portrait, please contact Karonhiaroroks Picard or Kiersten Two-Axe Myiow at KSCS 450-632-6880.

And that’s not all...

Onkwaná:ta Our Community, Onkwata’kari:te Our Health has made a big splash outside of the community too. Since it was presented to the community in June of 2018 word has spread about this remarkable achievement. We’ve heard from health directors and from doctors in other Indigenous communities across Canada about how impressed they are by this initiative – many of them are hoping to follow our example and develop their own health portraits!

References

Ownership, Control, Access and Possession (OCAP®): The Path to First Nations Information Governance. First Nations Information Governance Centre. May 23, 2014. http://fnigc.ca/sites/default/files/docs/ocap_path_to_fn_information_governance_en_final.pdf

Links to the “Onkwaná:ta Our Community, Onkwata’kari:te Our Health”

1. http://www.kscs.ca/sites/default/files/article/attachment/kahnawake_health_portrait_volume1_small.pdf
2. [http://www.kmhc.ca/pdf/\(Share\)Kahnawake%20Health%20Portrait%20Volume%201%202018_FINALPRINT_SMALL.pdf](http://www.kmhc.ca/pdf/(Share)Kahnawake%20Health%20Portrait%20Volume%201%202018_FINALPRINT_SMALL.pdf)

What is OCAP®?

OWNERSHIP means that Kahnawa’kehrò:non are the collective owners of the data used to create the information contained in the Kahnawà:ke Health Portrait.

CONTROL means that Kahnawa’kehrò:non have the collective right to control all aspects of information management, from collection of data to the use, disclosure and ultimate destruction of data.

ACCESS means that Kahnawa’kehrò:non have the right to access collective information pertinent to community health and to make decisions about who can access this information.

POSSESSION reflects the state of custodianship of data and is sometimes necessary to ensure ownership, control and access.

Community Initiatives

BY CHARLEEN SCHURMAN, COMMUNITY INITIATIVES FUND OF KAHNAWÀ:KE

THE COMMUNITY INITIATIVES FUND OF KAHNAWÀ:KE (CIF) COMPLETED OUR FIRST SUCCESSFUL ROUND OF FUNDING and presentations were made to 15 deserving recipients on October 25th, with a total of \$314,000 allocated as follows:

Organization	Initiative Name	Amount Funded
K103.7 FM Mohawk Radio	Language initiative	\$10,269.20
Kahnawà:ke Fire Brigade	Kahnawà:ke Paramedic Program	\$55,500
Kahnawà:ke Golden Age Club	Admin, computers, office furniture, security, lights	\$20,507
Kahnawà:ke Minor Hockey	Novice program hockey nets & rink dividers	\$7,000
Kahnawà:ke Schools Diabetes Prevention Project	Strategic development	\$12,000
Kahnawà:ke Youth Center	Straight Up! Climbing Wall Project	\$61,000
Kanien'kehá:ka Onkwawén:na Raotitíóhkwa Language and Cultural Center	Fundraising consultation	\$25,000
Karihwanoron Mohawk Immersion	Fundraising consultation	\$25,000
*Konwati'shatstenhshe rawi's	Strategic planning & certification	\$12,519.56
Skatne Tsi *Tewaie'wen:ta	Kahnawà:ke's 1 st annual sober community-wide mixed softball tournament	\$6,300
*Step By Step Child & Family Center	Food allergy support group	\$7,000
Step By Step Child & Family Center	Fundraising consultation	\$25,000
*Tenshat'enikonhrakwarite - Broaden Your Mind	Ceremony workshops	\$18,900
*Tetewatatia'takehnhas	Purple Ribbon Walk	\$2,400
*Tewanatanohnha Women's Group	Working towards addressing root causes of addictions & its impact on Kahnawà:ke families	\$26,000
<i>Total</i>		\$314,395.76
*CIF and KSCS funding collaboration		

The CIF will be launching a second round of funding during a community-wide promotional campaign, with a date to be announced in 2019. In the meantime, interested groups can prepare by thoroughly reading the information on our website www.kahnawakefund.com, and developing their proposal idea. Please LIKE our Facebook page and ensure you'll be the first to receive new details as they become available.



Healthy Alternatives to Holiday Meals

BY KIERSTEN TWO-AXE MYIOW, ONKWATA'KARITASHERA

WITH THE HOLIDAYS approaching, it's hard to stay on track with a healthy diet. We've grown accustomed and, quite frankly, look forward to indulging in our favourite foods at this time of year. In Kahnawà:ke, our holiday meal usually consists of turkey, ham, stuffing, meat pie, and mashed potatoes with gravy. A great way to stay on track is finding healthy alternatives to these foods.

You can't go wrong with turkey; the breast is lean and very low in saturated fats. Where we tend to add fat is with the gravy. But! There is an easy way to make delicious yet healthy turkey gravy to smother all over your food. You can start by saving the giblets and neck from the turkey. Boil in 6 cups of water. Add 2–3 cups reduced-sodium chicken broth and ¼ cup of whole wheat flour. Add ¾ cup of deglazing liquid, such as a white wine and a tablespoon of minced fresh herbs. Cook on medium low heat and stir continuously (2).

A healthy alternative for stuffing is wild rice stuffing, where you substitute wild rice for the bread that stuffing is normally made with. Wild rice has many health benefits; it is packed with protein, vitamins, fiber, iron, potassium, phosphorous, zinc, and magnesium. If you are a fan of quinoa, feel free to use it in place of the wild rice (1).

Mashed potatoes can be a side dish to almost any meal but a healthy

substitute is mashed cauliflower. That's right. You read it right. Mashed cauliflower can be made the same way as mashed potatoes; by boiling the cauliflower. Mash after cooking, add fat-free margarine and skimmed milk along with your favourite spices. Another alternative is sweet potatoes. Sweet potatoes aren't called that for nothing; their sweetness and texture also make for a delicious healthy substitute to regular mashed spuds.

Many people put cranberry sauce on their meat pie, but don't think about all of the sugar and preservatives that it contains. A healthy and simple way to still use cranberries is to make it yourself. Combine ¾ cups of Splenda (18 packages) or other sugar alternative like Stevia, honey, or maple syrup, ½ cup of sugar-free orange juice (or juice from fresh-squeezed oranges), 1/2 cup water, ¼ teaspoon of cinnamon, 1/8 teaspoon kosher salt and 12 ounces of cranberries in a medium saucepan. Bring up to a simmer over medium heat and cook for 15 minutes. Let it cool completely before serving (3).

With so many resources out there from the all mighty Google to Pinterest; there really isn't an excuse to fall off of your healthy path. It's all about being creative, determined and willing to go that extra mile.

Sources:

1. Yovino, kirsten. "6 Healthy Stuffing Recipes to Make This

Thanksgiving." The Cheat Sheet, 23 Nov. 2017, www.cheatsheet.com/life/healthy-stuffing-recipes.html

2. Price, Jessie. "Herbed Pan Gravy Recipe." EatingWell, 2006.
3. Deen, Bobby. "Homemade Cranberry Sauce." Food Network, 2 Dec. 2013.

Winter Safety in the Home

BY WIHSE STACEY, KAHNAWÀ:KE FIRE BRIGADE

WINTER TIME IS OFFICIALLY here. The snow has arrived, the cold weather is here to stay. It's a great time of year to stay indoors, have family and friends to enjoy some good stories and maybe a nice fire going in the fire place. Sounds like a nice way to spend any evening.

Hopefully by now all your Christmas shopping is done, the house is decorated and the kid's exams will be over soon.

But have you taken a minute to think about the everyday things around your house that could be dangerous, especially those problems that arise especially in the winter? Having a fire in your house is a very stressful event for any person. Even more so in the winter.

Having the cold weather here means that your house needs to be heated. Making sure that your heat source is properly functioning can be some very cheap insurance and peace of mind for you and your family.

Chimney fires from wood stoves that are burning poorly seasoned wood, or improperly maintained chimneys can destroy your house. An estimated 22 thousand fires and 20 civilian deaths occur on average every year because of chimney fires.

Make sure your chimney is swept often and that your fire wood is seasoned. Have a professional come

to inspect your chimney and wood stove installation prior to starting it for the season.

Carbon monoxide detectors are another form of very cheap insurance for you and your family. Heating with any type of fuel (oil, propane, etc.) or even having a propane cooking stove could potentially lead to carbon monoxide issues. Although these forms of fuel when used properly are very safe, they can be dangerous if your equipment malfunctions.

If for any reason your fuel is not burning completely this could result in a carbon monoxide being formed. Exposure to carbon monoxide can be fatal even if exposure is for a short period of time. Before you begin using these appliances have a qualified professional have a look at them.

Any time of year, your home should have basic safety items on hand. Have a fire extinguisher (10-20 lbs ABC) in your home in a place where everybody knows. Make sure it's ready to be used and not still in the box buried behind the recycling. Make sure everybody in the house knows how to use it.

Smoke detectors should always be in a home. Ensure they are mounted high on the wall or to the ceiling and clear of obstructions and have fresh batteries. You should place a smoke detector on every floor of the house including the

basement and near all bedrooms. Have a home escape plan and make sure everybody knows it.

A BBQ or a generator is never safe to operate indoors. No amount of ventilation is enough to stop the carbon monoxide from gathering in your house. Never store propane tanks indoors. If you have a backup generator now would be the time to make sure it work.

A few small steps now could make your holidays much more enjoyable. We hope you have a merry Christmas and happy New Year. Be safe!

Fire Safety

FROM THE WEBSITE OF FIRE PREVENTION CANADA

Fire Escape



Practice your fire escape plan with your family. Memorize the emergency number in your area. Practice responding calmly and correctly.

Plan your escape now



Maintain your smoke alarms

In case of a real fire



Call out to others



Family discussion



Get out fast, closing doors behind you
Use stairs, not the elevator



Practice often



Call for help from a neighbor's home
Never go back inside a burning house

The Back Page....

"Hope smiles from the threshold of the year to come, whispering, 'It will be happier.'"

~ Alfred Lord Tennyson

Text and Chat Help Lines

In Kahnawà:ke

Kahnawà:ke Shakotii'a'takehnhas Community Services: 450-632-6888, ask for the in-take worker.

Kahnawà:ke Peacekeepers: On-call worker (at nights, weekends, and holidays)
450-632-6505



Text and Chat Services Available in Canada

First Nations and Inuit Hope for Wellness

• Help Line (24/7): 1-855-242-3310

Online chat (24/7) at www.hopeforwellness.ca

Canadian Indian Residential Schools Crisis Line: 1-866-925-4419

Canada Suicide Prevention Service (CSPS) in French or English toll-free:
1-833-456-4566 (24/7)

Kids Help Phone (general counselling line): 1-800-668-6868

- Text Services: Text "CONNECT" to 686868 (also serving adults)

Chat Services: (6:00 PM–2:00 AM ET): www.kidshelpphone.ca

Crisis Services Canada toll free: 1-833-456-4566 / text: 45645

Suicide Action Montréal 24/7: 1-866-277-3553

Gay Line (from anywhere in Quebec 7:00 AM – 11:00 PM): 1-888-505-1010

Tele-Jeunes (from anywhere in Quebec 24/7): 1-800-263-2266

Tsothórhra/December 2018

- 1 World AIDS Day
- 3 Intl. Day of Persons with Disabilities
- 6 Natl. Day of Remembrance & Action on Violence Against Women
- 10 Intl. Human Rights Day
- 21 Winter Solstice
- 25 **Christmas Day (KSCS closed)**
- 26 **Boxing Day (KSCS closed)**

Tsothórhkó:wa/January 2019

- 1 **New Year's Day (KSCS closed – re-opens Jan. 3, 2019)**
- 20-26 Natl. Non-Smoking Week
- 23 Weedless Wednesday
- 31 Bell Let's Tak 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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