

AIONKWATAKARI:TEKE

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

"FOR US TO BE HEALTHY"



HOLIDAY ISSUE



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 Kahnawà'kehrónon. 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. Check out our Facebook page at [KSCS Kahnawà:ke](https://www.facebook.com/KSCSKahnawake).

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Please continue to follow the [Kahnawà:ke Task Force](#) for updates and recommended directives as the pandemic continues.

Check out the [Kateri Memorial Hospital Centre's COVID-19 site](#) for information on COVID-19 and the complete listing of the directives from the Task Force.

And continue to check out our [website](#) and [Facebook page](#) for updates to our programs and services.

Spirit of Wellness 2020

BY TYSON PHILLIPS, COMMUNICATIONS

EVERY YEAR, KSCS HOSTS THE SPIRIT OF WELLNESS (SOW) campaign throughout the community in November. SOW has been taking place during the month of November since 2006. The campaign consists of various activities for the community to participate in. With the ongoing pandemic, the campaign was very different this year. This year's two coordinators Karina Peterson and Adrienne Zachary, both primary prevention workers, spoke about the challenges they faced to run the campaign during a pandemic.

"Many people think the Spirit of Wellness month is the family skating party, physical activities, and prizes. Those events are part of it; however, the campaign is to create wellness for the community," explained Karina.

When Adrienne and Karina started planning this year's events, they knew restrictions due to the pandemic would shape this year's events, for instance, there couldn't be events where people would be allowed to gather. "We decided it would be all virtual. We knew it would be a challenge, so we came up with the idea to bring people together through technology" Adrienne explained.

All the events were hosted via the KSCS Facebook page. Some of the events included a 5K walk or run, a gratitude week (where people would post who or what they were grateful for), wearing pink day to promote kindness and eliminate all forms of bullying/lateral violence, an appreciation week (where people could nominate someone who has had an impact on your life), an elder craft showcase, and online workshops.

"We were able to give a presentation on Zoom to the Indigenous students who attend the Nova Career Centre. It was a workshop on what is Spirit of Wellness," Karina explained. "Konwatsitawi M. Meloche gave a presentation on resilience trauma and healing, which was viewed by many people, including viewers from the United States. As it was a very heavy topic, we had rovers if anyone wanted to talk afterwards." The numbers on Facebook showed that the resilience workshop had 600 views. If you missed Konwatsitawi's presentation, you can view it on the KSCS Facebook page.

Community members who participated in the activities such as "Wearing Pink", "5k walk or run" would send in their photos to Karina and Adrienne. "We had many do the walk or run. Some did just 3k, and we accepted that. It was to get people out of their house and do a physical activity," Karina said.

Not all activities went as planned. The elders' crafts activity was meant to be an online showcase of crafts made by community elders; however, no photos were submitted. So, the activity was changed to ask the question: "Where did you learn your craft?" "This was honouring the teachings of our elders. We had people submit their stories on Facebook," said Karina.

After viewing the numbers on Facebook, this year's Spirit of Wellness was a success. "There was a lot of participation from the community. Karina and I are very happy we had so many people take part in the activities," Adrienne said.

The Spirit of Wellness activities officially ended on November 30. However, that does not mean the ideology of health and wellness stops. "We want to keep the momentum going. We usually have an opening on November 1, but there is no closing of the month. We want people to continue practicing wellness throughout the year," Karina said.

Check out the Facebook Live recording of [Karina and Adrienne's wrap up of the Spirit of Wellness 2020](#).

[Konwatsitawi Meloche workshop part 1](#)

[Konwatsitawi Meloche workshop Part 2](#)



Ideas for Virtual Holiday Get-Togethers

BY MARIE DAVID, COMMUNICATIONS



AS WE HEAD INTO THE HOLIDAY SEASON 2020 and the pandemic numbers still rising we all now must realize that this year's holidays will be different. There will be no big family gatherings, no office parties or dinners, no trips to the mall to see Santa or to purchase those last minute gifts.

This season will be hard but maybe it doesn't have to be as hard as some believe. The holiday season is usually a stressful time. Some people have actually embraced the changes. Sure, they will miss getting together with their family but they figure they can get together at a later day when it's safe to do so. One woman said she and her husband are planning to have a quiet, date-night like Christmas dinner with just themselves. She's found it's less stressful as she's not making dinner for crowd. It's also affected her spending, since she and her husband will be the only ones exchanging gifts.

If you still want to exchange gifts, you can always shop online and have it shipped to their address (most places include gift wrapping and/or a gift card for free). Even if the shipping deadline for Christmas has passed, you can still send the gifts because who doesn't enjoy getting a gift? Or better yet, shop and support local. Smaller stores have a better handle on how to keep customers safe with COVID precautions in place (restricting the number of people allowed in the store at one time, and mandatory mask and hand hygiene rules). Many stores also offer the opportunity to order by phone or online and then either have it

delivered or ready for pick up at the store, thus reducing the amount of time spent inside the store.

Many people are choosing to connect virtually via online platforms like Facebook, Zoom, Skype, FaceTime, or Google Hangouts. Why not connect via one of those online platforms and watch each other open gifts or prepare and/or eat dinner? Get together via Zoom or FaceTime and mix up your favourite batch of cookies. You can even share watching parties via [Netflix Teleparty](#) (Note: all users must have a Netflix account) or [Discord](#). How about a virtual reading group? This can happen on a daily or weekly basis as you take turns reading along to your favourite book. Give yourself bonus points if you use Kanien'ke:ha resources. It's a great way to practice and/or teach your language skills.

If you can't spend time with an elderly relative or friend, a phone call, a card, a dropped off gift, and/or a virtual visit can help ease their (and your) loneliness. You don't need to wait for the holiday to do this.

The pandemic has been hard on everyone. But following the public health directives from the Kahnawa:ke Task Force will help get us through this. If you need additional help, reach out to KSCS at 450-632-6880 and ask for an intake worker. Also, continue to check out our [KSCS Facebook](#) page for workshops and information posted to help all of us get through this. There is no shame in taking care of yourself during these difficult times.

Illustration by Dhiraj Gursale/Pixabay

COVID-19 and the Holidays

BY MARIE DAVID, COMMUNICATIONS

HOLIDAYS ARE GOING TO BE DIFFERENT FOR everyone this year. With COVID-19 and public health guidelines, large gatherings of family, friends, and co-workers just isn't advisable. And with pandemic-fatigue a very real concern, it's more important than ever to adhere to the public health guidelines from the Kahnawake Task Force in order to keep yourself and those around you safe. It's also wise to keep in mind that the situation is ever-changing; guidelines and restrictions may be different one week than they are another week. It's best to keep informed about these updates and changes by visiting the Kahnawake Task Force Facebook page at Kahnawa:ke 411. <https://www.facebook.com/Kahnawake911>

Pandemic fatigue is understandable. The pandemic has been going on for many of us since the middle of March and it can conceivably continue for another year or two before a vaccine is widely available. In early November, I listened to an 89-year-old-womann on a radio call-in show who had lived through other pandemics. She said her mental health was good, despite being separated from her family and being in the more vulnerable age groups. She said the key to get through this pandemic is to not dwell on the negative; that to not get hung up on things that you can't control. Doing so can be hard, and it may take a mental-reset, but doing so can go a long way in helping us get through this.

Whenever I start to get down, I try to remind myself of what I should be grateful for. Yes, these are hard times but I'm always aware that they could be worse. We are lucky

to be able to have the technology that makes working and learning remotely somewhat easier (depending on some factors such as access to a fast and reliable internet service and access to tablets and other computer and software technologies that are required to help both work/education requirements).

Technology can't replace visits with loved ones or friends but it can help bridge the gap through phone calls, Zoom meet-ups, Google hangouts, or FaceTime-ing. It's not ideal but then neither is the possibility of you or someone you

love becoming infected. Still. I try to think of what our ancestors must have gone through during other pandemics, during harsh winters, and with little information coming in (and how old that information must have been when it finally reached them). They didn't have it easy. So when I make myself realize this, I realize how much easier this



difficult situation is for many of us.

I guess, what I'm trying to point out is that yes, we do have it bad, but we can get through this. If we allow ourselves to bend and sway, then we won't break. We have to allow ourselves the latitude to adapt instead of holding true to hard-held practices. Our ancestors must have adapted their ways along the way, otherwise we wouldn't be here.

Stay safe. Stay healthy. Take care.

Illustration by Freepik

Not Your Typical Children's Books

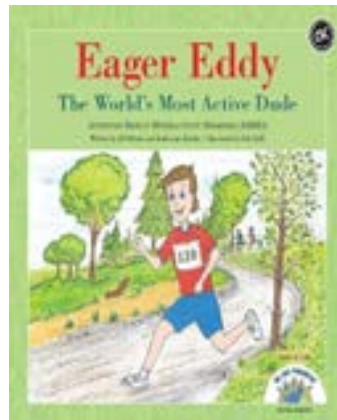
Resources Available for Children and Families at the Kahnawà:ke Library

BY REAGHAN TARBELL,
STRATEGIC DEVELOPMENT
COORDINATOR

AS YOU ENTER THE LIBRARY, AND LOOK TO THE RIGHT OF THE circulation desk, you'll notice a short brown bookshelf. There's a sign that says these books are made available by the First Nations Health and Social Services Resource Center (FNHSSRC). The books are at a child's eye level and the artwork is definitely geared towards a younger audience, however, these are not your usual children's books: while children are the intended audience, they are not the sole audience. These are books that can also be read with/by a parent or other caregiver as they deal with a variety of topics: neglect, abuse, trauma, positive body image, parents who are going through a divorce, the loss of a sibling, etc.

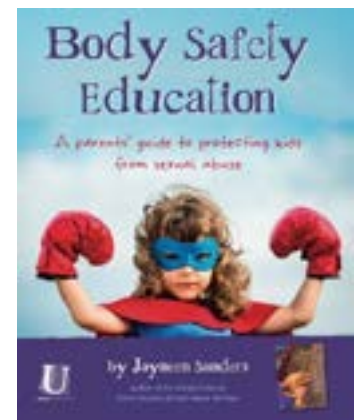
Below is just a small sampling of the books that are available at the Skawenniio Tsi Iewennahnotahkhwa Kahnawake Library.

My Maddy by Gayle Pittman. Most mommies are girls. Most daddies are boys. But lots of parents are neither a boy nor a girl. Like my Maddy. This book includes a note to readers on the transitioning of a parent and explaining it in a way that a child can understand.



Eager Eddy, The World's Most Active Dude: Attention Deficit Hyperactivity Disorder (ADHD) by Jill Bobula and Katherine Bobula. Eddy is the world's most active dude. Some people call me Eager Eddy, others say I have Attention Deficit Hyperactivity Disorder. ADHD describes my behaviour and my high level of energy. I love who I am because I'm such a great kid! My high level of is a very precious gift.

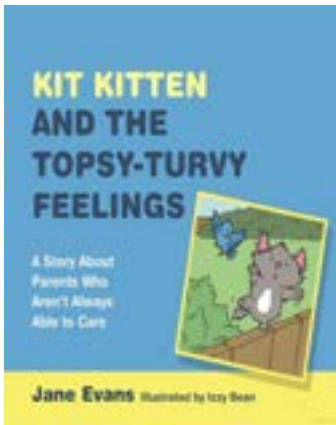
Body Safety Education: A Parents' Guide to Protecting Kids from Sexual Abuse by Jayneen Sanders. A step-by-step guide for parents and carers on how to protect children from sexual abuse through personal Body Safety Education. This guide contains simple, practical and age-appropriate ideas, as well as important information



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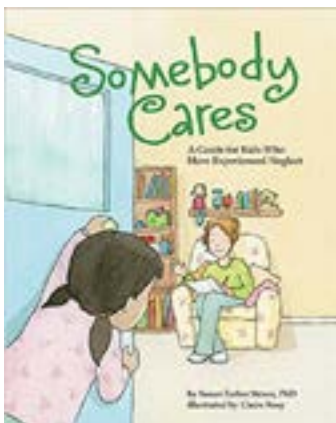
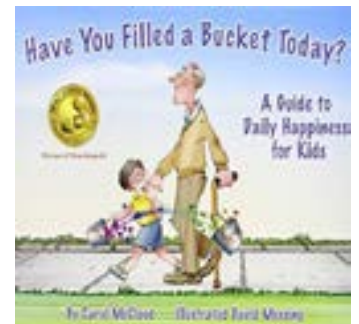
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on how abusers groom and signs a child maybe being sexually abused. Body Safety knowledge empowers children. It goes a long way in keeping them safe from sexual abuse, and ensuring they grow up as assertive and confident teenagers and adults.



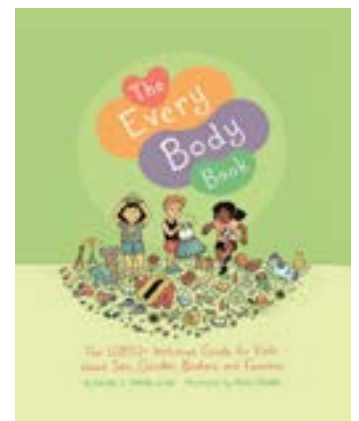
Kit Kitten and the Topsy Turvy Feelings. A story about Parents Who Aren't Always Able to Care by *Jane Evans*. Many children live in homes where things are chaotic and parents or carers are distracted and emotionally unavailable to them. This storybook, designed for children aged 2 to 6, includes feelings based activities to build a child's emotional awareness and vocabulary. A helpful tool for use by parents, carers, social workers and other professionals to enable young children to begin to name and talk about their feelings.

Have you Filled a Bucket Today? A Guide to Daily Happiness for Kids by *Carol McCloud*. While using a simple metaphor of a bucket and a dipper, author Carol McCloud illustrates that when we choose to be kind, we not only fill the buckets of those around us, but also fill our OWN bucket!



Somebody Cares, A Guide for Kids who Have Experienced Neglect by *Susan Farber Straus*. Every kid needs a grown-up who takes care of them and is kind to them. When kids don't have the care, love, and attention that they need while growing up, they can feel lonely, sad, angry, or worried. Sometimes these feelings can cause problems with other behaviors, too. And, mostly, Somebody Cares teaches kids that they were not to blame for their experiences and that they were brave to do so much on their own.

The Every Body Book. The LGBTQ+ Inclusive Guide for Kids about Sex, Gender, Bodies and Families by *Rachel E. Simon*. This vibrant and beautifully illustrated book teaches children sex, gender and relationships education in a way that is inclusive of all sexual orientations and gender identities. Covering puberty, hormones, pregnancy, consent, sex, babies, relationships and families, it uses gender-neutral language throughout and celebrates diversity in all its forms, including race, ethnicity, faith, bodies, gender and sexuality.



The Kahnawake Library is open six days a week. For more information please visit <https://klibrary.ca/> or call (450) 633-1016.

PRIVATE INDOOR VISITATION SAFETY GUIDELINES

Effective Friday, November 13, **TWO HOUSEHOLDS** may visit once per week following these safety guidelines

MASKS, HYGIENE & DISTANCE

Masks **MUST** be worn, hands washed/sanitized and a 2-meter distance maintained for people not in the same household.

* If distance cannot be kept, reduce number of guests

DO NOT ATTEND OR HOST A VISIT IF YOU:

- ▶ Have COVID-19
- ▶ Have COVID-19 symptoms
- ▶ Have been around someone with COVID-19
- ▶ Are awaiting test results
- ▶ Are in self-isolation
- ▶ Are at risk (Over 70, immuno-suppressed, etc)
- ▶ Live with or take care of someone at risk

Visits must be limited to the number of family members from two households maximum

RECOMMENDATIONS IN THE HOME:

- Avoid using air conditioners or fans that blow air around.
- Clean high-touch surfaces in home (faucets, door knobs, etc) before guests arrive and frequently while in your home.
- Dedicate one bathroom to guests and one to you, if possible.

FOR THE VISIT:

- ▶ Ask guests to wash hands with soap for 20 seconds (or sanitize hands) frequently during visit
- ▶ Record-keep visit in case you need it later (write date of visit, guest names, activities, etc)

WHEN SERVING MEALS:

- ▶ NO buffet-style or self-serve. Individual meals should be served.
- ▶ Seat people from the same households at the same table
- ▶ No sharing of items
- ▶ Identify glasses with guest's name

Keeping these safety guidelines in mind will ensure a safe and enjoyable visit with your guests.

The Kahnawà:ke COVID-19 Task Force

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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