

AIONKWATAKARI:TEKE

Kahnawà:ke's Health and Wellness Newsletter

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WHAT'S INSIDE



What's for Lunch?

A look inside the popular online nutritional cooking segment.

Tsi Niionkwariho:ten at KSCS

How the program kept moving forward despite the pandemic.

& More, Including

Assisted Living Services
LGBTQ2S+ Support
Round Table Talk



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Raising Awareness About Overdoses

Kara Diabo, Prevention

International Overdose Awareness Day is a global event held each year on August 31st to raise awareness about drug overdose and reduce the stigma around drug use. We also acknowledge the grief felt by families and friends remembering those who use substances, have died, or had a permanent injury due to drug overdose.

Overdose occurs when someone takes one or more drugs in a quantity or combination that exceeds what their body can handle. While street drugs often come to mind, overdose can happen with many different types of drugs (especially when mixed). Recreational drug use often comes to mind when we think about overdose, but those who take prescription medications are also at risk.

Over the past few weeks, KSCS has provided information about addiction, treatment, harm reduction tips, and preventing overdose deaths. We hosted noon hour talk shows on the radio with guest speakers from Profan (an organization dedicated to educating people about recognizing and responding to opioid overdose). We also had community member Ashennontie Diabo on the K103 noon hour talk show to share his journey to recovery and promote local recovery groups Alcoholics Anonymous (AA) and Narcotics Anonymous (NA).

Posters promoting awareness have been posted around the community and on August 31, 2021, a resource booth was set up to share resources with the community. KSCS prevention has collaborated with le Centre intégré de santé et de services sociaux de la Montérégie-Ouest (CISSMO) addiction worker Kelly Neil to create three short videos about opioid addiction, responding to an overdose, and harm reduction tips. The links can be found on [KSCS Facebook page](#) as well as the KSCS [Ensa'nikhonhriiohake](#) Facebook page.

The main messages we want to convey are:

- Overdose deaths are preventable.
- An overdose is a medical emergency that requires immediate medical attention. Always call the Peacekeepers if you suspect someone has overdosed.
- If you use drugs, whether prescribed or not, or know someone else who uses drugs, carry a naloxone kit with you to reverse the effect of an opioid poisoning. Kits are available at the pharmacies free of charge.
- Do not use drugs alone. The risk of fatal overdose is higher for people who consume alone at home as there is no one there that can intervene with naloxone or call the Peacekeepers for help.

If you suspect someone close to you might have a substance use problem or may be at risk of an overdose, talk to them. Listen with openness and without judgement. It can be difficult to watch someone you love abuse substances but being there for them will make their road to recovery easier.

If your loved one is open to seeking treatment, talk to them or encourage them to speak to their doctor, pharmacist, or an intake worker at KSCS. Recognize that you may also need support and that it's okay to reach out for help.

Many people are in a better position to recover when they have the support and encouragement from friends, family, and the community. Be patient, listen, and encourage good communication and healthy habits. Get support if you need it. KSCS is here for you. Call 450-632-6880 for more information.

Independent Living Center

Marie David, Communications

Rebbecca Robertson is a life skills support worker at the Independent Living Center (ILC), which is part of KSCS's Assisted Living Services. She was only there a short while before the pandemic was declared and the strict public health restrictions have had an impact on programs and activities (and even life) at the ILC.

The ILC (along with Turtle Bay Elders' Lodge) were immediately put into lockdown in March 2020 to help keep the residents and staff safe from COVID-19. That meant no visitors and no outside activities were allowed.

Rebecca works with another life skill support worker, Heidi Diabo and, together, they coordinate activities for the residents who live at the ILC. Assisted Living Services also provide day services through the Young Adults Program (YAP) and the Teen Social Club (TSC). The ILC shares part of the building with YAP and the TSC; however, due to public health restrictions, they have not shared the same space for over a year.

The residents miss the interaction with the YAP and TSC participants as well as the other staff. But, like everyone, they've adapted to the new reality.

Even with the restrictions, the staff recognized the importance of getting the residents out of their rooms as much as possible. It's challenging with limited space but the staff found a way to make that happen. Plexi-glass dividers are in place and the residents can play games and interact with each other. As well, the staff used virtual program like Mindfulness offered through Zoom twice a week to not only help with mental health but to also provide for socialization among participants.

Technology was a barrier, especially for some of the older residents but it wasn't long before they were FaceTime-ing with other residents or family members.



When the chaos of the pandemic hit and there was so much uncertainty, it was important for Rebecca and the rest of the staff at the ILC to provide structure. So, they adapted their programming to online and embraced the eventual loosening restrictions. They took walks three times a week, planned shopping trips and trips to movies (albeit with fewer participants for these outings). Still, it was a welcome opportunity to get outside into the world once again.

The lockdown was stressful. Some clients don't have big families and the staff become like their family. The residents know the restrictions were put in place to help keep them safe and that, while it has been long, it won't last forever. They're always there to be a shoulder to lean on or to listen to them when they need it.

Up and Running

Cynthia McGregor, Assisted Living Services

On July 12, 2021, the Teen Social Club (TSC) and the Young Adults Program (YAP) resumed programming services. In March 2020, programming for both activities were suspended due to the outbreak of the COVID-19 pandemic.

Reopening these programs required staff to regroup and redesign our services within the limits and guidelines set by Kahnawake's public health.

Under normal circumstances, the TSC would relocate to the Kateri School during the summer; however, that wasn't possible this year.

We were fortunate the Family and Wellness Center (FWC) offered to accommodate us this summer. The TSC loved the facility and their beautiful green space! We also had the opportunity to work along with Prevention Workers Kanaeshon



Delaronde and Corrina Phillips.

Programs activities included an emphasis on physical and mental health and we incorporated culture as a regular feature of our programming throughout the summer. Online Zoom activities continued: Pat's Pet show, exercise classes, cooking sessions, mindfulness practice, and arts and crafts.

Other activities included: bingo, scrapbooking, science and experiments, outdoor water games, badminton, carnival day, and pizza parties.

Despite some challenges, the summer was successful thanks to our dedicated staff at the YAP, TSC. Nia:wenhko:wa to all the FWC staff who welcomed the TSC staff and clients this summer!



**Teen
Social
Club**

**Young
Adults
Program**

Round Table Talk

Alana Atwin, Prevention

Throughout the last year and a half, during the COVID-19 pandemic, the Parenting team at the Family and Wellness Center has been exploring ways to connect with the community to offer information that is supportive, educational, and relevant to their needs. In mid 2020, closed-group parenting presentations were offered to provide information, promote discussion, and to offer solutions and strategies, but were limited to participants who are available on certain days at specific times

The Parenting team came up with the idea to create a talk show on the Zoom platform that is then broadcast live on Facebook and recorded for future viewing. Our guests include professionals and individuals who have life experiences related to the topics presented. Not only do we present general issues related to parenting, we also address relevant community issues. The community is invited to ask questions in advance or during our live broadcast.

Since November 2020, we have hosted 25 episodes of Round Table Talk. During this past spring and early summer, we covered the following topics:

May 3 – Celebrating Moms – Celebrating moms and mother figures, what it means to be a mom, and the impact of our own mothers on our lives.

May 10 – Chantal Haddad, KMHC nutritionist – A discussion about children, teens, and nutrition.

May 17 – Jessica Martin, Marie Vincent Foundation — A discussion about sexuality. How do we teach our children about their bodies and at what

age is it appropriate to do so? We also discussed the importance of open communication about sexuality with our children for their safety.

May 31– Paul Davis, Internet and Social Media – A discussion on the nitty gritty of social media and use of electronics with children and teens. He made suggestions for screen time and taught us some basics about Instagram, Snapchat, and TikTok, and why age restrictions for these apps are so important.

June 7– Tom Dearhouse and Codey Martin – Traditional support counsellors at FWC joined us to address the community's reaction to the 215 bodies of children found at a former residential school in Kamloops, B.C. Why do we react the way we do and how can we address the trauma we all feel surrounding the discovery?

June 14 – Celebrating Dads and the Men's support group – Tom and Codey joined us again to celebrate dads and father figures. We talked about the roles and responsibilities of fathers in our culture, and Tom and Codey spoke about their Men's Group.

June 28 – Robin Skye and Travis Gabriel, Onentokon Healing Lodge discussed the challenges of caregivers living with and caring for individuals with mental health issues and addictions.

All our episodes are available on the KSCS [Facebook](#) page for viewing at any time. We're happy to announce that our latest season is in full swing and will run biweekly to mid December 2021. If you have an idea for future topics or guests, email parenting@kscskahnawake.ca

All
Round Table
Talk episodes are
available on the KSCS
Facebook page for
viewing at any time

What's for Lunch?

Marie David, Communications

What's for Lunch? is a collaboration between the KSCS Parenting program and the Kateri Memorial Hospital Centre (KMHC).

Frankie Massicotte, a KSCS Prevention Parenting worker, and Chantal Haddad, the KMHC nutritionist, worked together previously on the Let's Get Cooking program that took place at the KSCS Family and Wellness Center. The program was aimed at encouraging parents to cook nutritious meals for their families. Parents — usually women — went to the FWC with their children in tow (the FWC provided free child care). COVID changed all that.

In person programming was suspended last March due to public health measures. The Prevention team realized the pandemic was affecting our mental and physical health. It also meant families were spending more time together. And so...What's for Lunch? was born. Initially, Frankie and Chantal started off with snack preparations which eventually morphed into What's for Lunch? and launched in September of 2020. Only this time, it was virtual!

Going live on Facebook wasn't easy. There were equipment malfunctions, technical difficulties, and shyness to get over. After all, Chantal and Frankie weren't used to being on-camera personalities. But that's changed and they've both become more comfortable being in front of the camera. Their videos average between 200 and 400 views.

There were other challenges as well like doing the shows outside when it was either cold, windy, or stifling hot, or dealing with an inefficient kitchen. All the while,

their audience was growing and learning how to cook healthy meals. Mothers, grandparents, and at least one father were spending time with their kids and following along with the recipes, which was awesome as these were part of the goals of the program.

As Frankie pointed out, cooking and sharing a meal can be a perfect time for some low-key checking in. Asking how someone is doing over a meal or while preparing a meal can be less intimidating. It's quality time spent with loved ones, creating memories, and creating an appreciation for the process of making a meal. It's setting children up with good eating habits.

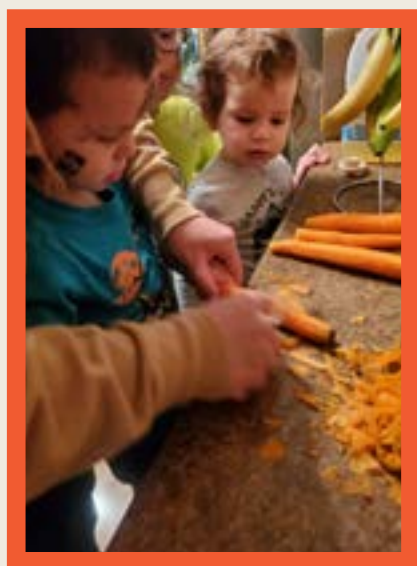
It's also a lot of work. Participants who register get an ingredient kit, which means shopping and distribution. You don't have to be registered to be eligible for the weekly prize draws but you do need to like, tag, share, or comment on the original video. You can also qualify by posting pictures of your family making the recipe and using the hashtag

#FWCLetsGetCooking. If you missed

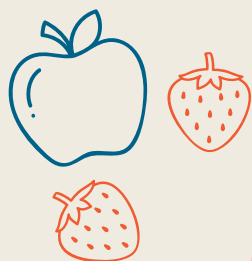
it live, the videos can still be accessed on the KSCS Facebook page. Just click on the search button and type in What's for Lunch? to bring up all the videos.

Frankie and Chantal aren't sure yet how the program will change once the pandemic is over. Will it be in person? Will it still be broadcast? In the meantime, they're committed to providing opportunities for more memory making family cooking activities while What's for Lunch? continues via [KSCS Kahnawake Facebook Live](#). Stay tuned and check out some pictures on the following page! *Congratulations on winning the Crush Innovation Prize from the Quebec Order of Dietitians and Nutritionists this year!*

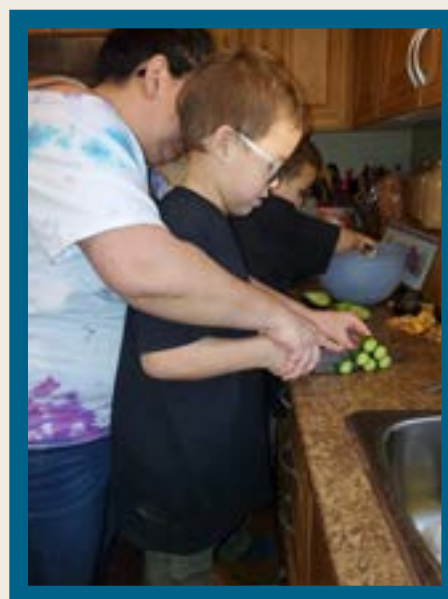
Remember to like, tag, share, or comment on the original video and use the hashtag #FWCLetsGetCooking to qualify for the weekly prize draw



What's for
Lunch?



Pictures
from
What's for
Lunch sent in by
our wonderful
participants!



I Know What We Did This Summer

By: Beatrice Taylor & Corleigh Beauvais

During the course of this pandemic, our young adults have faced many difficulties. KSCS experienced an increase at intake for individual support and psychological services for teens. The KSCS Prevention staff (Whitehouse and Family and Wellness Center) offered two intensive one-week camp sessions for teens this past summer. The sessions were held in July and August and were offered to youth between the ages of 12–17 years old.

The goal of the camp was to provide Onkwéhon:we youth with the opportunity to learn traditional teachings from knowledge keepers in a fun and safe environment. The teachings included skills that can be used to help cope with the struggles that they might be experiencing. Some of the traditional teachings included the learning and understanding the Ohen:ton Karihwaterkwen, the Creation Story, our roles and responsibilities, learning our seed, and planting, and Aton:wa songs.

The first session offered traditional teachings in the mornings and the afternoon consisted of art, seed



songs/planting, and crafting. The first week ended with a field trip to LaRonde which the youth enjoyed. The youth learned about Ohen:ton Karihwaterkwen, and the importance of opening and closing each day with it. Some were shy to do it at first but by the end of the week, everyone was open to saying it whether it was in Kanien'keha or English.

The second session offered different activities and topics. Lessons were provided from the Family Wellness Center (FWC) traditional team as well as other Haudenosaunee knowledge keepers who provided teachings on spirituality, grounding, and the Creation Story in the mornings. The afternoons consisted of crafting, social songs, roles and responsibilities and art therapy. The second week ended with a field trip to Super Aqua Club.

Participants filled out evaluations after each session and, overall, the feedback received was positive. It's clear the youth want more information sessions.



Our Ways

By: Kawennarò:roks McComber and Karennénhtha Loft

As with the rest of the community, the pandemic provided us with many challenges. We've had to readjust our work priorities were were both reassigned to the Emergency Food Basket service from March 2020 to August 2021. At the same time, we didn't want the program to lose momentum. in order to continue offering tsi niionkwarihò:ten activities to KSCS staff, we found it necessary to learn new technical skills by taking up MS Teams (a software program from Microsoft that enhances teamwork through shared chat, intranet, and video conferencing) to share information and maintain contact with co-workers. All our meetings and educational events were offered virtually, which provided us with creative ways to adapt to this challenging time including.

Our reassignment to the Emergency Food Basket Service where we helped coordinate day to day services, prepared and delivered food baskets and assisted with the documentation, reporting and evaluation of the service.

Our continued collaboratiion with other KSCS initiatives and community events such as KSCS sharing circles with the Staff Wellness Activities Team (SWAT); the Tewaharatat' Tsi Niionkwarihò:ten Culture and Language Network



monthly meetings; and the Tsi Niionkwarihò:ten Tsitewahahara'n language and culture program.

Onboarding sessions to new staff. Onboarding was developed in 2018 to familiarize new staff, regardless of where they come from, with the values of KSCS and the language and culture of the community. Due to COVID-19, we had to adjust our in-person sessions to recorded presentations via MS Teams. We held our first virtual Q and A session with new hires on September 29, 2021.

Continuing to offer support for staff who need information on culturally related content and Kanien'kéha translations for their programs and services.

Planning is in the works for the remainder of the year. We are supporting KSCS and the community by reintegrating in-person suicide prevention training that was put on hold due to the pandemic including safeTALK, suicide alert training, that took place in October 2021, and ASIST (Applied Intervention Skills Training), which takes place in November 2021. For information related to safeTALK email: [Mary McComber](#) and for ASIST email: [Christine Loft](#).



Celebrating Diversity

By: Katerina Assadi and Lisa Lahache, Communications



In July of 2021, KSCS Support Counsellor Nicole Withers identified that there was a need in the community to offer more resources and support to the LGBTQ2S+ community. It began with a one-time, drop-in support group on the evening of August 4, and then a second one was held at the end of August.

This third time around, Nicole is once again at the helm of the project that will be co-facilitated with the help of KSCS stagiaire student Jo Roy and community member Tanner Phillips. The sessions are being offered roughly every two weeks until December, with the group split into two time slots based on age groups (under 18 and adults). Group members will work with the facilitators to create activities and programming, which helps create an inclusive atmosphere.

Nicole, who has been working at KSCS since March of 2021, offered that the group, “is working to bridge community members and celebrate differences. We’re helping to create a more inclusive community by offering resources and educational material.” The aim of the group is to have the messages of equality, respect, and open-mindedness resonate with group members and with the community. “Each member comes for a variety of reasons, from needing support to [seeking] a sense of belonging,” Nicole said. “We’re happy to be able to provide this space for individuals to grow together.”

Group sessions take place at the KSCS Whitehouse, from 5:00 P.M.–6:30 P.M. for youth under 18 years, and 6:30 P.M.–8:00 P.M. for adults.

UPCOMING DATES:

- **November 29, 2021**
- **December 13, 2021**

Future dates may be added based upon client demand.

For more information, contact KSCS at 450-632-6880.

- Spirit of Wellness information about activities and events can be found on our [website](#) and on our [KSCS Facebook page](#).

November 2021

Spirit of Wellness month



National Domestic Violence Awareness Month
Movember

- Support Group Parents of Teens 6:00 – 8:00 PM via Zoom
 - ▶ November 3, 10, 17, and 24
- M.O.M.S Group online via Zoom 9:00 – 11:00 A.M.
 - ▶ November 4, 11, 18, and 25, 2021
- Free Breakfast for Veterans at the Kahnawà:ke Legion Hall
 - ▶ November 6 from 7:30 – 10:00 A.M.
- Remembrance Day
 - ▶ November 11 (*KSCS is open*)
- ASIST Training at KSCS main building 8:30 A.M. – 4:00 P.M.
 - ▶ November 11 – 12, 2021
- LGBTQ2S+ Support Group at the KSCS Whitehouse 5:00 – 8:00 P.M.
 - ▶ November 15, 2021
- Intl. Day for the Elimination of Violence Against Women
 - ▶ November 25



December 2021



- World AIDS Day
 - ▶ December 1
- M.O.M.S Group online via Zoom 9:00 – 11:00 A.M.
 - ▶ December 2 and 9, 2021
- Natl. Day for Remembrance and Action on Violence Against Women
 - ▶ December 6
- International Human Rights Day
 - ▶ December 10, 2021
- LGBTQ2S+ Support Group at the KSCS Whitehouse 5:00 – 8:00 P.M.
 - ▶ December 13, 2021
- Anti-Bullying Day
 - ▶ December 17
- KSCS closed
 - ▶ December 24, 27, 28 and 31, 2021



January 2022

- KSCS closed
 - ▶ January 3-4, 2022
- Bell Let's Talk Day
 - ▶ January 26