



# Aionkwatakari:teke

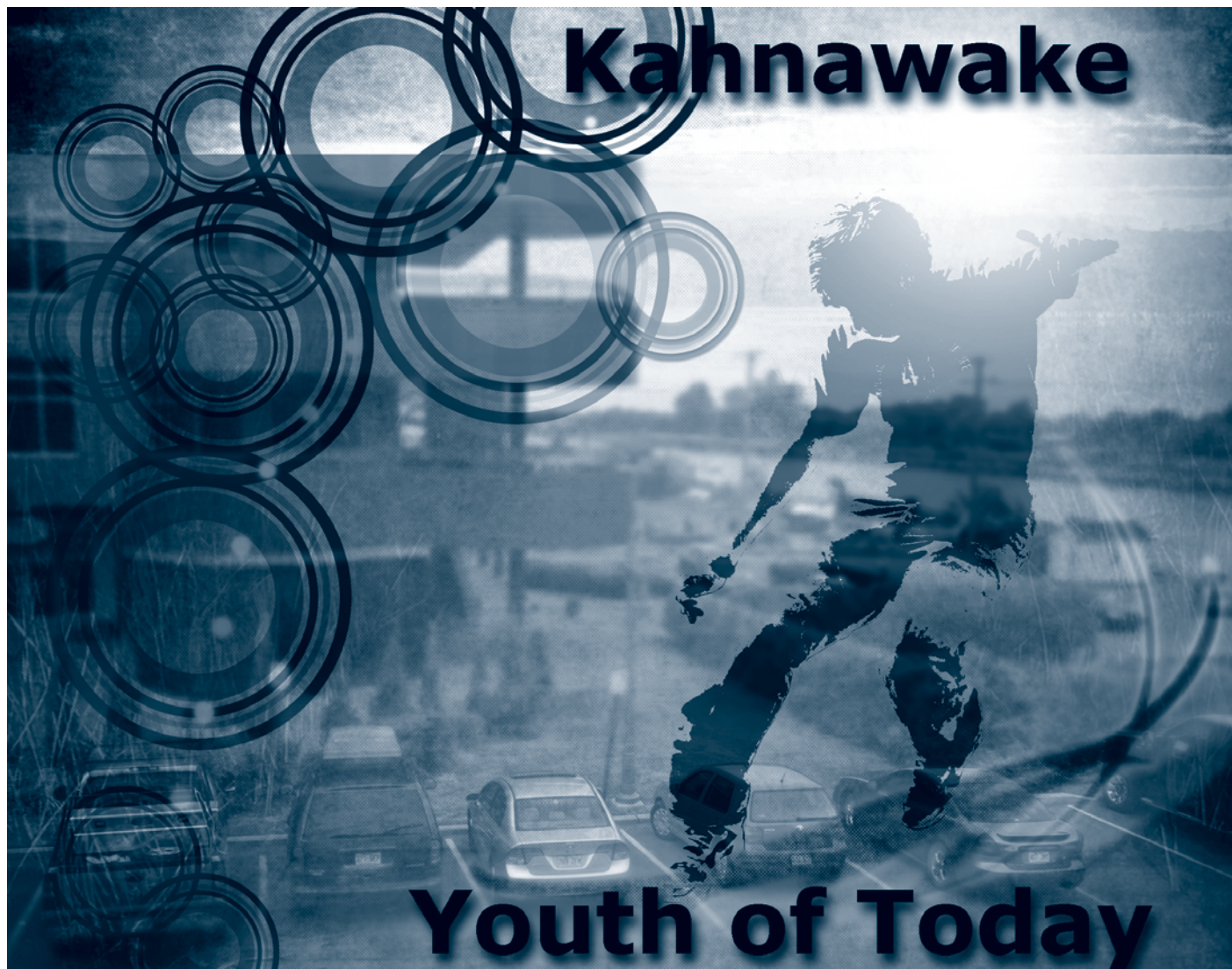
(A-YOU-GWA-DA-GA-RI-DE-GEH)

"For Us To Be Healthy"

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## Aionkwatakari:teke

Aionkwatakari:teke is a newsletter published six times a year by Communications Services of Kahnawake Shaktiia'takehnhas Community Services (KSCS). Our purpose is to provide information on health and wellness issues that affect Kahnawa'kehró:nón. All community members are welcomed & encouraged to submit articles provided that they are comprehensive to the general public, informative & 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

Ah, summer is finally here. At least I'm hoping so. I'm writing this at the beginning of May and it's still a bit chilly and damp. Still, the summer months are in our midst and by the time you're reading this, I hope you get to enjoy warmer weather.

This is our teen issue. We have articles aimed at teens and their parents or guardians. We also have a profile on Jessica Deer and her journey to continue her education while also working for The Eastern Door newspaper.

There are also articles on the perils of sun tanning (FYI, I wouldn't want to be Snooki's skin—or any of the Jersey Shore peeps—in a few years. Shudders.) There's an article on how the art of conversation among teens has almost entirely been replaced by social networking and texting, which has its own kind of language.

Our other articles examine what to do if you find drug paraphernalia and ATV courtesy and safety. We haven't forgotten our elders; there's an article on scams targeting elders and tips on how to safeguard against it. While elders are particularly vulnerable, we can all fall prey to crafty scam artists so it's good reading all around.

I hope you enjoy this issue and when you're done with it, please recycle it. See you in August!

Sken:nén,

Marie

Cover design by Marie David. Photo of skateboarder from Stock Xchange. Photo of parking lot by Marie David.





# ROTISKEN'RAKÉHTE

## BE THE CHANGE - LEAD THE WAY

by CHAD DIABO WITH PERMISSION OF ORIGINAL AUTHOR TEYOWISONTE THOMAS DEER

### Part 3 of 6

**A**s Kanien'ke:haka, we have always been taught that it is the men's responsibility to be a protector, a defender of the people, a warrior. We are also taught to be a provider and nurturer for our families.

Many societies have their own brand of warriors or warrior class. In history, feudal Europe and Japan had their knights and samurai, respectively.

In modern times, warriors have become soldiers. These professional warriors are people who are paid to engage in military campaigns. They fall into one of two categories: *soldiers*, who fight on behalf of their own state; or *mercenaries*, who offer their services commercially to causes unrelated to their own nationality.

Among the Kanien'ke:haka we have the Rotisken'rakéhte. I say *have*, because they never left us, although some of us have forgotten what it is to be one. Our men are not just soldiers for our community or nation state. Their roles are more complex and include aspects that we have forgotten.

The Rotisken'rakéhte provide a lifestyle of education and self-betterment, gathering to improve their knowledge of the traditional ways and learn to exercise their roles and responsibilities as Haudenosaunee men. These men engage in activities to learn our language, our ceremonial speeches, and of course our traditional songs and dances.

In societies where a specialized warrior class exists, specific codes of conduct (ethical codes) are established to ensure that the warrior class is not corrupted or otherwise dangerous to the rest of society. Our Rotisken'rakéhte live by a moral code guided by our constitution; the Kaianere'kó:wa. Every man in the community has the potential to be a part of this society, but they are expected to be of sound mind, to walk their talk and to be involved members of the community.

Internally, the Rotisken'rakéhte serve as peacekeepers and mediators in conflicts, ensuring that peace and harmony continue to be a priority within our territories. When requested of them by the Clans in Council, these men serve as the envoys of peace in international disputes and disturbances.

You may think that being a good fighter makes you a better warrior. This is not necessarily the case. Rotisken'rakéhte is more than just fighting or using violence to achieve peace. For those of you who aspire to be a Rotisken'rakéhte you must strive to be a better person, to be healthy in mind, body, spirit, and thought. Respect is an integral part of that journey; respect for yourself, for your mother, for your girlfriend/wife, and for the community that you live in.

In the two previous articles, we introduced the literal translation of Rotisken'rakéhte and one of the interpretations of the root word of *óhstien*.

Other speakers of the language believe that the root words are *o'kén:ra* meaning earth or soil, applying the connotation of *earth carriers*, suggesting *we are defenders of the land*.

Being a defender of the land is a noble choice, protecting the people is a definite need. But it is only *one part of the whole* of what it means to be a Kanien'keha:ka man. You can't just go off and commit yourself to taking on an adversary on your own initiative for the good of the community.

Within the Longhouse, it is our women who decide when we go to war. All avenues of diplomacy must be tried first; violence prevention and dispute resolution come before action. We are not, nor have we ever been, warmongers. Since the 1900s our men have been defending the communities from outside aggression. As men, we must listen to the direction of our Clan mothers. They determine when and if we can use violence to achieve peace.

Peace is the ultimate goal of being Rotisken'rakéhte, to live a healthy lifestyle with honor and courage and for the good of the community.

Imagine Kahnawake with more Rotisken'rakéhte, how different our community would be? Now is the time to encourage yourself, your husband, your son, or your boyfriend to (re)learn how to become one!





## Sexually Transmitted Infections in Kahnawake

by TARYN CONLON, PREVENTION

Unfortunately, this article will be shocking to most people. We usually assume that our surroundings are safer than those that we do not inhabit. Not true!

According to reports in 2000 and 2002, Kahnawake had 185 incidents of sexually transmitted and blood borne pathogens. This is higher than the reported 142 incidents in the Montérégie region and does not include sexually transmitted infections that are spread through skin-to-skin contact like HPV (genital warts) or herpes.

People who have sexual intercourse with an infected person can spread STI's whether it's through vaginal, anal, or oral sex.

Blood borne pathogens are spread through blood contact. This may occur from sexual intercourse (vaginal, anal) or through the sharing of needles (tattoo and piercing items, drug injecting material), toothbrushes, razors or other items that can help the disease/virus enter your body.

Percentages of chlamydia were much higher in Kahnawake than in the Montérégie region between 2000

and 2002. This is devastatingly similar to that of the province as a whole (122 cases per 100,000 in Kahnawake vs 149 cases per 100,000 in the province).

Chlamydia is known as the invisible STI because almost 80 per cent of the people infected have no symptoms. The few that do experience symptoms will notice pelvic pain, more discharge, inflammation of the genitals and pain when urinating. Chlamydia will ultimately cause infertility in the person infected. Chlamydia is easy to test for and is treatable.

What can Kahnawa'kehró:n non do?

- Learn about safer sex methods.
- Make informed decisions. Talk to your partner(s) about STI's and use of protection.
- Use condoms consistently and correctly.
- Get **TESTED** for STI's if you are sexually active.

- If you are diagnosed or treated for an STI, follow your health care provider's treatment and follow-up recommendations. You can be easily re-infected if your partner is not treated as well.

Remember, it is impossible to recognize if a person has an STI based on their appearance even if you know the person well. The person may not even know they have it.

If you have been sexually active the only way to know if you have an STI or blood borne pathogen is to get tested. Be especially careful when you consume alcohol or drugs, as you may forget to use a condom or be less inclined to do so.

*Source: Montérégie Public Health Directorate. Diseases Surveillance Summary Kahnawake 2000-2002. Montreal: MSSS, 2003. Print.*



## BBQ Food Safety

submitted by MARIE DAVID (taken from Health Canada)

Continued on page 6

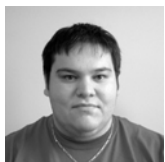
When barbecuing, care must be taken (just like with any other cooking) to prevent bacteria from spreading and causing painful illness.

Marinate raw meat in the refrigerator, not on the counter. Set some of the marinade aside (that hasn't touched raw meat) in the refrigerator if you want to use it for basting or as a dipping sauce. Don't use marinade that has been in contact with raw meat on cooked foods.

If you are storing your food in a cooler before cooking, make sure the cooler is kept cold. Keep the cooler out of direct sunlight and avoid opening it often.

Make sure the meat is well sealed so that the ice water doesn't come into contact with it. This can lead to cross contamination with other items in the cooler. Use a separate cooler for vegetables and/or drinks.

Bacteria such as *E. coli*, *Salmonella* and *Campylobacter* are killed by heat. To check the temperature of the meat, take it off the grill and place it on a clean plate (not the same plate used for raw meat). Insert the digital thermometer in the thickest part of the meat e.g. for hamburgers: insert through side of the patty all the way to the middle. Check each piece of meat because heat can be uneven.



## OMG! Talking is a Thing of the Past

by KARONIAKETE MERRICK DIABO, PREVENTION

*In writing this article, I would like the reader to be aware that they will need a sense of humor as well as general concern for the well being of our youth.*

I have had the privilege of delivering life skills and leadership programming to the youth of this community through the MAD Group for the past 11 years.

Over the years, I have seen every type of adolescent you can imagine. Putting labels aside, I have come across a phenomenon that simply boggles my mind. This is the ability of some youth to have a conversation without moving their lips. There is still a form of movement; however, they're using their fingers on a keypad. That's right, they're texting!

According to Statistics Canada, "wireless cell phones continue to grow in popularity in Canada. More than three-quarters (78 per cent) of Canadian households indicated they had a cell phone in 2010, up from 74 per cent in 2008."

Moreover, with mobile phones taking over LAN (local area network) lines and the consistent growth of social networking, texting, tweeting, facebooking, and emailing, have seemingly replaced a good ol' conversation. Social interaction is on a cell-ular level! So much so that people are using these technologies to break-up with their significant others, to discuss their weekends, to cheat on tests, to instantaneously report a death before a family is notified, etc.

On several occasions within the MAD Group, I've witnessed participants sitting right next to one another texting each other. Honestly, I was in shock and awe as I watched the disturbing lack of interaction that existed between the two members. I sat there thinking that eventually the human race will evolve into a state where we have no mouths, smaller fingers and larger eyes making it easier to communicate digitally.

Social networking is not always a negative thing. It can be used to reunite old friends, to spark love interests, and to announce the birth of a

child. The positive components of social networks should be used to invite face-to-face discussions; to read—not off a screen—body language, to hear someone's voice and the tone in which they deliver their message, and simply be in the presence of another human being that is a necessity towards proper socialization.

The moral of the story is simple. Take the opportunity and responsibility to engage in proper conversation. Whether that means that you have to settle a conflict such as bringing an end to a relationship, or celebrating a new connection...let's do it the way it's supposed to be done; in person. This will ensure that talking is not just a thing of the past.

Source: "Residential Telephone Service Survey." Statistics Canada. Dec. 2010. Web. 4 May 2011.



## Scary Stories Summer Book Club

submitted by SKAWENNIIO TSI IEWENNAHNOTAHKHWAKAHNAWAKE LIBRARY

The Scary Stories Summer Book Club is a new initiative in the Kahnawake Library created to capture the interest of teens aged 12-14 who want to continue the joy of reading. It is an expansion of the regular book club that caters to the 6-11 age group.

### How it worked

The teens met once a week for 1.5 hours for six weeks during the summer months. During each session, one story from our featured book was read along with an Iroquois legend



from Kanien'keha Okara'shon:'a, and an episode of Tales from the Crypt rounded out the experience.

The club was set up in a scary fashion; the facilitators taped frightening monster posters onto the wall, lit candles were strategically placed in many areas of the room and scary

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## Profile: Jessica Deer

by TYSON PHILLIPS, COMMUNICATIONS

When Jessica Deer graduated from Sacred Heart School in 2007, she wanted to continue her education but like many young people she didn't know what field to enter.

She did have an idea of what she *didn't want*. "I did not want to just go into Social Sciences," she said. "A friend was going to Dawson College in the video/cinema/communications program. I found it to be interesting and was accepted into the program. I'm glad I did, because I turned out to really love it," she explains.

### Making Media

Jessica, 21, is a busy young woman. She just finished her second year at Concordia University in the Communication Studies program, she is an associate producer and panellist on *Mohawk TV's* Channel 4 show *Exposed*, she writes a weekly column for the *Eastern Door*, and is a member of the MCK's Kahnawake Youth Forum.

Getting into Concordia's Communication program is competitive, with applicants from all over the world vying for a spot where typically only 30 students are chosen. In the first year of study, every student has to take three production classes in film, sound, and intermedia.

By the second year, the student has to choose which stream they will specialize in.

Jessica chose intermedia, which focuses on media practices that encompass different fields, such as



Jessica Deer. Photo by Tyson Phillips.

animation, graphic design, Adobe Flash and web design. "It is a lot of hard work and very competitive, but I love it as it let's me be very creative." She enthuses. "One of my professors told the class that they don't just hand out A's so you could just imagine all the work that has to be done."

Jessica got her start at the *Eastern Door* community newspaper as a summer student in 2008. She continued to work part-time over

the past two years while attending school. In June 2010, Jessica started working for Mohawk TV and she still contributes her *Teenage Wasteland* column to the *Eastern Door* that looks at issues in Kahnawake from a youth perspective.

### Future Plans

"When I graduate I was thinking of furthering my education by majoring in graphic design or journalism. If that does not work out, I want be working in the media, somehow. With the skills I'm learning I hope to apply it to my future work and that it could benefit the community in some way," she says.

Jessica feels that if young people attempt to further their education, it will be worth it in the end. "It's not easy. It's a lot of hard work; however, I found what I want to do for my future." She said. "Other students may not know what field to enter after high school, but don't give up. Give higher education a chance. Once you are there, maybe then you can decide what you want to do for the future. The most important thing is going into a field of study that you enjoy." Jessica plans to graduate from Concordia University with a BA in Communication Studies in 2013.



Continued from page 4

Beef, veal and lamb (pieces and whole cuts)

- Medium rare 63°C
- Medium 71°C
- Well done 77°C
- Pork (pieces and whole cuts) 71°C

- Poultry (chicken, turkey, duck) pieces 74°C
- Poultry (chicken, turkey, duck) whole 85°C

Ground meat and meat mixtures (e.g. burgers, sausages, meatballs, etc.)

- Beef, veal, lamb and pork 71°C

- Poultry 74°C

- Others (e.g. hot dogs, stuffing, leftovers) 74°C

Discard any food left out for more than two hours. Don't keep food at room temperature for more than one hour.



## Here Comes The Sun

by CHRISTINE TAYLOR, PROMOTION & EDUCATION

**I**t's hard to imagine that the rays of the sun that you receive today could cause you damage. But the same rays that give you a tan are also damaging your skin.

You might think it looks healthy when in fact, even one sunburn and or extended periods of sun exposure can cause damage to your health in the short and long term.

Short term damage:

- Sunburn or uneven colouring
- Dry skin
- Age spot darkening
- Wrinkles
- Rash

Long Term damage:

- Premature aging and loss of elasticity
- Age spots
- Wrinkles
- Damage to the eyes
- Skin growths
- Cancer

Protecting your skin is particularly important to young people. Overexposure to sunlight in childhood and adolescence is an important factor in the increase in developing skin cancer.

You can help protect yourself when enjoying the outdoors e.g. always wear sunscreen (SPF 15 or higher) and reapply often. There are waterproof sunscreens as well as those made for sensitive, acne prone, or facial skin.\* You should also

- Use a lip balm with SPF (15 or higher). Lips can burn too!

- Wear a hat and protective clothing but still use sunscreen (not all UV rays are filtered out by clothing, and there is still exposed skin on your hands, ears, legs and feet.)
- Wear polarized sunglasses to filter out UV rays.
- Limit your exposure by staying out of the sun when it's at its strongest, between the hours of 10:00 a.m.–2:00 p.m. and be mindful of the reflection off of water, beach, and snow.

If you do want a tan try sunless tanning lotions, sprays and or bronzers to give you a natural glow without exposing yourself to UV rays.

Never use a tanning bed. The World Health Organization's International Agency for Research on Cancer recently moved tanning beds up "to the highest cancer risk category—group 1—'carcinogenic to humans.'"

Do not intentionally sunbathe or use oils that offer no protection either.

Try and remember; a tan only lasts a short time while we need our healthy skin to last a lifetime.

*\* Please refer to Aionkwatakari:teke vol. 16, no. 2 for information about potentially harmful chemicals in sunblock.*

Source: "Indoor Tanning is Out." Canadian Dermatological Association. Web. 4 May 2011.



### What if I have a mole and I want to know if it is a problem?

**Most people don't** know what to look for e.g. any unusual skin condition, especially a change in the size or colour of a mole or other darkly pigmented growth or spot, scaliness, oozing, bleeding, the appearance of bump or nodule, spread of pigment beyond the border, itchiness, tenderness and pain, a sudden change in a moles appearance from small to large, ulcerated and easily prone to bleeding growth, are all warning signs of skin cancer.

**ABCD** is a simple way to remember the warning sign of cancer:

- **A is for asymmetry.** One half of the mole does not match the other.
- **B is for border** irregularity, the edges are botched, ragged or blurred.
- **C is for color** the pigmentation is not uniform.
- **D is for diameter** greater than 6 millimetres (about the size of pencil eraser.)

Any or all of these symptoms should cause you to visit a physician





# ATVs, Walking Paths, & Irresponsible Behavior

by ARNOLD LAZARE, COMMUNITY PROTECTION UNIT

**T**he Community Protection Unit is a conduit for the Safety Committee; as a result, community members often bring their concerns to us.

One of the latest issues that several community members have asked to be addressed is the irresponsible operation of All Terrain Vehicles (ATV), especially on or near the walking paths. As mentioned in earlier articles, the community is struggling with the contentious issue of individual freedoms versus collective responsibilities.

The walking and bicycle paths were designed to give community members a safe and enjoyable place to walk or bike ride in areas designated as *green space*. Unfortunately the areas set aside are also favorable for ATV use.

The legitimate complaint is that irresponsible users of ATVs pose a real safety threat to the young and old by driving near the walking/bike paths. By driving fast and doing jumps, there have been several near misses of pedestrians versus ATVs. When community members attempt to resolve the issue, their efforts are often mocked or totally ignored.

Many community members say it is strictly an enforcement issue but that adds a new level of complication to the argument. If people control their own behavior there is no need for enforcement, plain and simple. This article attempts to resolve the issue by exercising that not-so-common idea of using common sense.

## Finding a balance

On one hand, ATVs can be very fun to use and there is a lot of adrenaline in driving fast doing jumps etc. However, given their weight and momentum they create, they can also do a lot of damage to people and property.

Regardless of the jurisdiction, a generally accepted principle is that vehicle users have to be responsible and in control of their vehicles. The walking/bicycle paths and community areas such as the soccer and football fields were not designed for ATV use so common sense says *don't go there*.

ATVs can safely accommodate between one and two riders but operating with more passengers is irresponsible and dangerous. It is also recognized that youth are less accepting that their behavior is dangerous or think that nothing bad will happen to them.

We do know that if there is a major tragedy the community will be upset and demand that something be done. It is our strong suggestion that preventative action be taken BEFORE something bad happens. This can be accomplished by requiring ATV users to respect communal areas and to drive responsibly in appropriate areas.

The walking/bike paths are designated as such and pedestrians should not have to worry about their safety. ATVs are tolerated but if their operators are not respectful then they themselves create the need for enforcement.



*Arnold Lazare is the Emergency Preparedness & Planning Manager with the CPU.*

Continued from page 5

figures were set around our reading spot, which created an eerie surrounding.

The room was divided into two sections: the reading circle and the media area. At the start of each session, we sat in a circle, enjoyed snacks and shared news or personal scary story experiences. Each peer listened closely to each other and respected each speaker in the group. After reading our stories and legends, we moved into the media area to view our weekly feature film.

The junior teens were exposed to a variety of authors they may not have had the opportunity to explore before including *Dean Koontz*, *Roald Dahl*, *Stephen King*, and *Washington Irving*.

They also listened to legends adapted by our own Kahnawake Elders, allowing the close examination of customs and themes from our culture. While the stories and legends were read, the facilitators gave explanations of advanced words and meanings, which raised questions about the subjects in each story and allowed for a full understanding of the content. The session ended with a Scary Stories Film Fest in a theater format with popcorn, soda and creepy costumed creatures.

This summer's theme will continue with more *Scary Stories*. The format will be similar to last year's with the reading of books from other authors of that genre, introducing the teens to a more comprehensive range of thriller writers.

*Editor's note: please see the article on page 9 for more information.*





## Summer in K–Town

by BRIAN WILLIAMS, PROMOTION & EDUCATION

**T**he summer season is about to kick into full swing and if you are looking for some fun activities around town for you children, here are a couple of ideas:

### Junior Fire Brigade

Is your child interested in what it takes to fight fires? The junior Fire Brigade will give your child an opportunity to learn about fire safety in an educational and fun way.

**When:**   **Session 1**   June 20–July 2 (2 weeks)  
               **Session 2**   July 11–July 22 (2 weeks)  
**Ages:**               9–17 years old  
**Cost:**               \$60.00

Space is limited to 20 students per session. For more information call 450-632-2010

### Summer Book Camp 2011

Getting children to experience the joy of reading at a young age will help to ensure a life-time love of reading. “Reading is the most important skill children must master to succeed in school and later in life.” (YMCA 7)

**When:**   June 20–August 11 (8 weeks)  
**Group I:**   Mondays & Wednesdays  
               9:00 a.m.–12:00 p.m.  
**Group II:** Tuesdays & Thursdays  
               9:00 a.m.–12:00 p.m.  
**Ages:**               6–11 years old  
**Cost:**               \$50.00

Activities take place at Skawenni:io Tsi Iewennahnotahkwa Kahnawake Library. Some activities will take place outdoors. Please provide sunscreen for your child. The featured summer novel is *The Game of Silence* by Louise Erdrich. Space is limited to 12 children per group.

### Scary Stories Summer Book Club 2011

**When:**   July 6, 13, 20, 27 and August 3, 10  
               (Wednesday afternoons)  
**Ages:**    12–14 years  
**Cost:**    \$20.00

Space is limited. For more information call 450-633-1016 or visit [www.klibrary.ca](http://www.klibrary.ca)

### Summer Work Programs

Business minded youth, or those you just want a heads up on the skills they will need for future employment, will want to try out these summer programs.

**The KSSEP (Kahnawake Summer Student Employment Program)** is a popular program for Kahnawake students. They must register at Tewatohnhi'saktha first. High school/adult-ed students should register by June 3<sup>rd</sup> (post secondary deadline was before publication). The KSSEP job listing will be up on their website by the time of publication. This program is for all full-time students currently in school and returning to school in the fall. For more information contact: Angie Marquis [angie.marquis@kedc.biz](mailto:angie.marquis@kedc.biz)

**The Heads Up Program** is a life-skills business/entrepreneur program for teens aged 13–17 years old. Sessions are three weeks long with one session in June and one session in July. Participants will learn a variety of skills, meet new friends, go on outings and run their own business. For more information contact: Daryl Leclaire [daryl.leclaire@kedc.biz](mailto:daryl.leclaire@kedc.biz)

Of course there are other activities for you and your whole family to do this summer in and around the community: going for walks, fishing, playing sports. The most important thing is that you get out and have fun!

Source: Munsen-Benson, Carolyn. “Raising Kids Who Read.” *ywca.ca: YMCA Resources and Reports*. (2009): 1–49. PDF. 19 Apr. 2011.



## Dementia

by LISA PETERSON, KMHC COMMUNICATIONS

**D**ementia is a scary word for many people. The word is derived from the Latin word *de* meaning ‘apart’ and *mentis* meaning ‘mind’. Although only a word, it very accurately describes what happens when dementia becomes part of a person’s world.

Dementia is typically associated with aging and is the progressive deterioration in cognitive function; the ability to process thought (intelligence). Progressive means that the symptoms will gradually become worse. The deterioration is more than expected from normal aging and is due to damage or disease. Dementia is a very real health concern to the aging population where the trend for life expectancy is longer than in previous years.

There are several well-known diseases that can lead to dementia with Alzheimer’s being the most common. Alzheimer’s changes the chemistry and structure of the brain and brain cells die prematurely.

Stroke is another factor that can lead to dementia. Strokes cause problems with blood vessels (veins and arteries). The human brain needs a supply of oxygen rich blood and if the supply is destabilized in any way then brain cells could die—causing symptoms of vascular dementia. Symptoms may appear gradually or suddenly as with a major stroke.

Other factors leading to dementia vary from dementia with Lewy bodies, frontotemporal dementia as well as diseases such as Parkinson’s, Huntington’s, motor neuron disease and multiple sclerosis to name a few.

There are some signs of dementia that can be determined by other health, mental or psychological concerns.

- **Memory loss:** A patient may forget his/her way back home from the mall. The patient may forget names and places and may find it difficult to remember what happened earlier in the day.
- **Moodiness:** A patient may become more moody as parts of the brain that control emotions become damaged. Moods may also be affected by fear and anxiety. The patient is frightened about what is happening to them.
- **Communicative difficulties:** The person may find it difficult to talk, read and/or write.

As dementia progresses, a patient’s ability to carry out tasks diminishes and they may not be able to care for themselves.

In the majority of cases, dementia is incurable. Researchers are working to establish treatments that may slow down the progress of dementia. Cognitive and behavioral therapies may prove useful e.g., music therapy may be beneficial to those suffering from dementia.

It’s crucial that the patient’s caregiver receive training on the the care regarding a patient with dementia. It’s important that the caregiver receive emotional support and has time to decompress from having to care for their loved one suffering from dementia.

For more information on dementia, or to access respite care for your loved one, please contact Dale Beauchamp-Lahache at 450-638-3930 ext 267. There are options to help you deal with dementia that are located within our community.

## Finding Drug Paraphernalia

### What to do

by JAMES LAZARE, PREVENTION

In Kahnawake, drugs and alcohol are known throughout the community.

When it comes to drugs, paraphernalia like; needles, zip-lock bags, pipes, razor blades, etc., these items can be left behind in open and easily accessible areas.

Touching these items can have a serious consequence. For example: a person who used a needle may have an STI or HIV. Anyone who finds the needle may accidentally prick themselves and end up with a good chance of contracting the STI or HIV.

What to do when paraphernalia is found? Follow these three steps:

1. Do not touch the paraphernalia
2. Call the Peacekeepers
3. Do not let anyone touch it

These steps will ensure safety of our community. Let’s keep Kahnawake safe and clean for generations to come.



A nasty find. Photo by Eric Molina/ Flickr.

## Target: Elders

by MARIE DAVID

As Kanien'kehaka, we are brought up to respect our elders, to take care of them, to value their wisdom and to not push them aside because they are too old.

Unfortunately, it's become harder to hang onto our values with the increasing demands on our time, economic pressures, and a general breakdown in community social values.

Recently, the Mohawk Council of Kahnawake warned community members about an increase in charity scams using names similar to legitimate charities. Scams like these are hurtful because people think they are giving to a legitimate charity, like the Haitian or Japanese earthquake relief funds, only to find out the money is actually going to fraudsters, causing people to be wary of donating in the future.

According to the Canadian Anti-Fraud Center (CAFC) seniors are targeted "for many reasons including, loneliness, lack of family support, age vulnerability, and for health related reasons such as Alzheimer's."

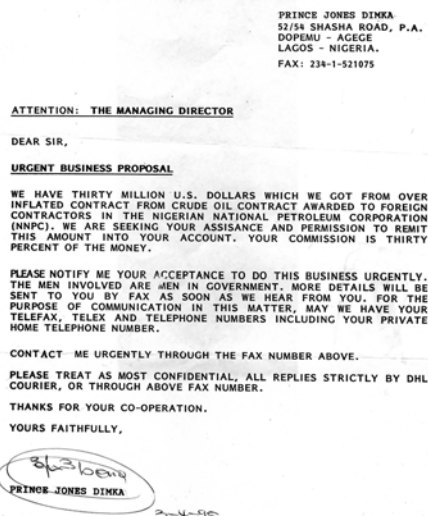
Other scams include the grandparent scam, so-called because the predator calls the elder-victim pretending to be their grandchild who's in "some kind of trouble and need[s] money immediately." (CAFC). They prey on the elder's sympathy claiming they have been "in a car accident, are having trouble returning from a foreign country, or need bail money." (CAFC).

Victims are asked not to tell anyone—they don't want "Dad" to know—and are asked to transfer the money to an account through services such as Western Union or Money Gram. Variations include callers pretending to be neighbours or friends of the family.

### The warning signs

The CAFC lists some situations that should ring alarm bells:

- If something sounds too good to be true, it usually is e.g. you're told you've won money in a lottery or raffle you don't remember entering. Or you're offered a once in a lifetime investment with the promise of a huge return.
- You have to pay to play e.g.



An example of the Nigerian money scam.

you're told you're a winner but you have to pay a fee (taxes, processing, delivery or duties) to collect your winnings.

- You're asked to give financial information over the phone (credit card or banking information): "Honest businesses won't ask for that information unless you are using that specific method of payment." (CFAC).

- They ask for cash: Often, scammers will insist you send them cash or a money order rather than a cheque or credit card payment because cash isn't traceable and you can't stop payment on it.
- Other signals include: fraudsters being more excited than you are, wanting to be your friend, and pressuring you into making decisions immediately.

### What to do?

- Be cautious and suspicious of calls or emails asking for money.
- You have the right to check out the caller. Ask for a phone number and address, for any printed material they might have, and time to think over the offer. If they hesitate in giving you any of this...consider it a warning sign and hang up.

Contact the Kahnawake Peacekeepers if you suspect fraud at 450-632-6505. You can also contact the Canadian Anti-Fraud Centre by phone: 1-888-495-8501 or email: [info@antifraudcentre.ca](mailto:info@antifraudcentre.ca).

Source: <http://www.antifraudcentre-centreantifraude.ca/english/home-eng.html>



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*"If you want to go quickly, go alone. If you want to go far, go together."*

*African proverb*



## Kids in the Middle Parenting After Separation

by BEA TAYLOR, PREVENTION

There are times when a relationship doesn't work out between two people and if children are involved, this makes the situation so much harder. Children need love and support in situations like these.

Next month, Our Gang will be conducting a campaign on **Kids in the Middle** which will run from July 11–22, 2011. We will give information to the community on the process of separation and how parents can support their child(ren) during this time.

Breakups are difficult on everyone involved. But it's important to understand that if a breakup occurs due to abuse of any kind—whether towards you or your child(ren) or you feel threatened or unsafe with your partner—that you seek help from the Peacemakers, KSCS, and family or friends before exploring a healthy parenting arrangement.

When safety is not an issue, it is ideal to have both parents involved in parenting the child(ren). The end of a relationship is a loss, causing everyone involved to go through a grieving process. It may be the end of family life as the children once knew it, but it is not the end of their family. So, how do parents cope with the loss in a healthy way?

The first thing parents need to do is be honest with their children. Reassure your child that they did not **cause** the divorce, they can not **control** it and they can not **change** it. Parents need to be open about the

emotional roller coaster their child may go through and be willing to talk and listen to their child.

In our next issue, I will cover: strategies on how to tell your children, understanding the grieving cycle and how to help your children cope. If you would like more information about the Kids in the Middle program or have any questions on this article, call Bea Taylor or Kateri Oesterreich at 450-635-8089.

For more info on this topic, check out these resources on the Internet: Child and Family Canada: [www.dfd-efc.ca](http://www.dfd-efc.ca), Department of Justice Canada: [www.canada.justice.gc.ca](http://www.canada.justice.gc.ca), Families Change: [www.familieschange.ca](http://www.familieschange.ca).

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**"HOW YOU HANDLE YOUR OWN FEELINGS AND HOW YOU RELATE TO THE OTHER PARENT WILL AFFECT HOW WELL YOUR CHILDREN ADJUST TO THE SITUATION" (KIDS IN THE MIDDLE HANDBOOK)**

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Source: *Kids in the Middle Handbook. British Columbia. 2003-2005. The Law Courts Education Society of British Columbia.*

### June is...

- ALS (Lou Gehrig's Disease) Awareness Month
- Natl. Spina Bifida & Hydrocephalus Awareness Month
- Seniors Month
- Stroke Awareness Month
- 31-5 Safe Kids Week
- 6-12 Sun Awareness Week
- 5-11 Canadian Environment Week
- 5 Natl. Cancer Survivors Day
- 5 World Environment Day
- 8 Clean Air Day
- 11-12 Relay for Life
- 14 Natl. Memory Screening Day
- 14 World Blood Donor Day
- 21 Natl. Aboriginal Day
- 24 St. Jean Baptiste
- 26 Intl. Day Against Drug Abuse & Trafficking

### July is....

- 1 Canada Day
- 4 Independence Day (USA)
- 11 Anniversary of "Oka Crisis"
- 11 World Population 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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