

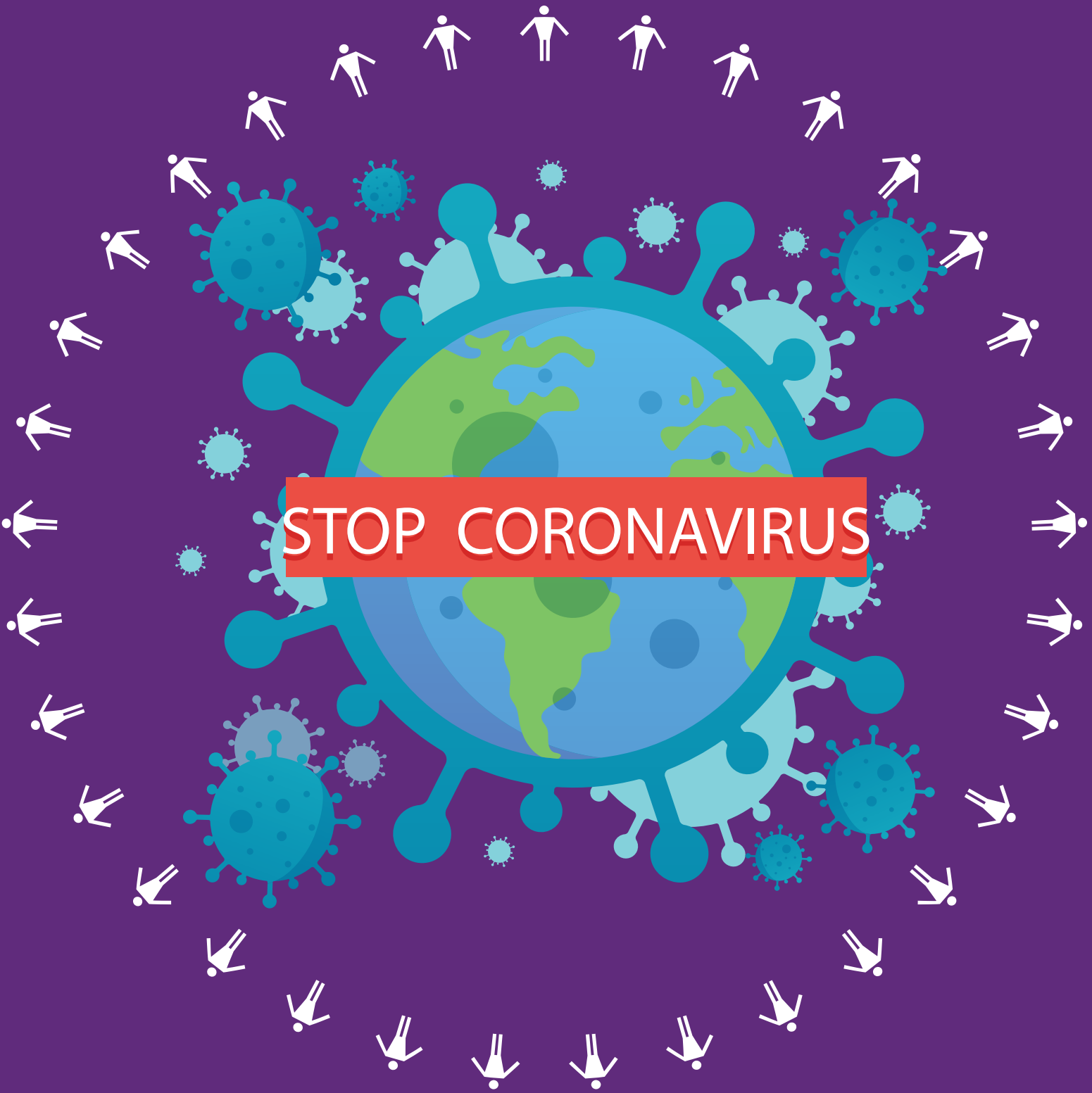
AIONKWATAKARI:TEKE

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

"FOR US TO BE HEALTHY"



SPECIAL COVID-19 ISSUE



STOP CORONAVIRUS

Aionkwatakari:teke

Aionkwatakari:teke is a newsletter published six times a year by Communications Services of Kahnawà:ke Shakotii'a'kehnhas Community Services (KSCS). Our purpose is to provide information on health and wellness issues that affect Kahnawa'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).

Editor's Notebook



Welcome to this special online-only edition of Aionkwatakari:teke. The content exists of articles and posters that were produced and posted on our Facebook page. As you know, we are in unusual and trying times as the whole world grapples with the caronavirus, or COVID-19. We don't know when life will return to normal or whether normal will even be the same. Perhaps we'll have to adjust to a new normal. Whatever the case, we hope you are well and abiding by the recommendations of the Kahnawà:ke Task Force. Remember to wash your hands often and practice safe distancing. Be sure to check out the [KSCS website](#) and [Facebook page](#) for information that can be helpful during the pandemic.

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Cover image of COVID-19, created by Freepik.com, Image of people in circle created by Marie David. Cover design, by Marie David

Activities to do with Kids

BY MARIE DAVID, COMMUNICATIONS

THERE'S NO QUESTION, THESE ARE TRYING times we find ourselves living in. It can be especially hard for parents who find themselves home with children because there's no school or daycare. Some schools, including some schools in the community, have set up distance learning so they can continue to receive instruction and lessons online. And that structure is important to kids right now (and maybe even us as well). The world must seem very scary. Providing structure and consistency can be a good way to help alleviate at least some of their fears.

Besides distance learning offered by schools, there are many other educational sites that are offering access (some are free, others, you have to create an account). Here are a few:

The Kanien'keha:ka Onkwawen:na Raotitiohkwa Language and Cultural Center has set up distance learning for their current Kanienke:ha students. They've also launched a virtual Cultural Awareness Month for April on [Facebook](#) and on [Instagram](#).

Follow the [Kahnawà:ke Education Center's Facebook](#) page for any news and updates related to education in the community.

Here are some other resources

- [Scholastic Magazine](#)
- [Amazing Educational Resources](#) is a Facebook Group that is a place to “share the good, the bad, and the ugly about the many teacher resources on the Internet.”
- [Google Arts & Culture](#) is a great resource to explore arts, history, and foreign culture. You can explore by theme, historical figure or time period, collections, artists, mediums, or experiments.
- [National Museum of the American Indian.](#)
- [US National Parks](#) virtual tours.
- [Take Over 30 Virtual Field Trips](#) with the kids * be warned, some sites use Flash for their virtual tours

which a lot f browsers block by default.

- [Lunch Doodles with Mo Willems.](#) Willems is a Kennedy Center artist in residence who did a three-week run of 15 doodles that are archived on this site.
- [Draw with Rob.](#) is another resource to inspire kids to draw.
- [Colouring books](#) from Counter Print, an online book shop based in the UK, that sells books on design and children's books. The artwork was donated by some well known illustrators.
- [101 Ideas To Keep Your Kids Busy During Caronavirus Closures](#) at Forbes.com.
- [Bored? This Indigenous List Is For You](#) for kids and adults alike check out this list put out by Indian Country Today that includes links to podcast and audio books by and about Indigenous people.

One thing I've done for myself, my little addiction, is following baker [Christina Tosi](#) on Instagram. Christina has been doing a Baking Club video every day since late March. Christina owns and operates a popular bakery in New York called the Milk Bar. Her daily videos are filmed in her kitchen and her energy is super fun. To date, she's made meringues, pancakes, brownies, caramel sauce, flour tortillas, and homemade turtles. She always gives tips and alternatives if you don't have the ingredients on hand. Viewers submit their own photos and twists on recipes e.g., one viewer made miso caramel sauce.

What about you? What are you doing to destress, besides Netflix and chill? Do you have tips to pass along? Send them to us at editor@kscskahnawake.ca

How are you doing? We may be social distancing but that does not mean we are alone. Reach out to your loved ones through a phone call, email, or FaceTime Google Hangout, or Skype. You can even Facebook messenger with them. We will get through this together.

Parenting & Self-Care Links

BY FRANKIE MASSICOTTE, PARENTING WORKER

THESE LINKS ARE PROVIDED BY THE KSCS Parenting team for families to use to help with wellness, self-care, stress, and activities for kids. There are all kinds of resources out there about activities to do while self-isolating at home with your family. As a parent, make sure you are kind to yourself and take the time you need to stay healthy emotionally, physically, and psychologically.

Check online. Many professionals are offering their services (yoga, meditation, even concerts by celebrities) free during this time. Do a yoga class with your kids! Or take some time to do it yourself while you set them up with an activity in another room.

Below are links that parents can use if they are looking for things to keep themselves and their children amused (and educated) during this hard time:

- [What Is Online Tutoring](#): This website is a place for parents who have children that were struggling with school subjects before the pandemic. It's free!
- [Storyline Online](#): This website offers a free literacy program where parents can find videos of actors reading stories which include an activity guide for lessons for K-5 students to do at home.
- [275 Plus Enrichment Activities For Children While Parents Are Working Remotely](#) This link is to a spreadsheet that was forwarded to parents of the New Frontiers School board. It is a list of activities for parents to use with their children, some do not require parent involvement, which can free up time for parents to take time for work, self-care or other import matters they need to tend to. It's organized by age range, prep time and includes a link to the activity. There are over 250 activities. *TIP*: if the link doesn't open, simply copy the activity title and paste it into a browser search bar.

The following links are other self-explanatory activities families can use:

- [Things To Do Over Winter Break: 25 Family Staycation Ideas](#)
- [35 Fun, Stress-Relief Activities To Do With Your Kids](#)
- [15 Simple, Easy And Fun Classic Card Games For Kids](#)
- [Family Feud Questions For Kids](#)
- [Free Games To Play With Your Grandchildren On FaceTime](#)

These links are for wellness and self-care:

- [8 Affordable Wellness Activities To Do As A Family](#)
- [How To Boost Your Immune System And Keep Yourself Healthy During This Flu Season](#)
- [Improving Your Indoor Air Quality For Your Health](#)
- [30 Plus Self-Care Ideas For Parents During The COVID-19 Pandemic](#)
- [25 Self-Care Ideas For Exhausted Parents](#)
- [Self-Isolation Survival Guide For Frazzled Parents](#)
- [Getting Started With Mindfulness](#)
- [How A Gratitude Journal Changed My Outlook On Life](#)



**RECOVERY IS A
PROCESS AND IF
YOU ARE READY OUR
ADDICTION
RESPONSE TEAM IS
HERE TO ASSIST YOU**

**Call Addiction Response Services at KSCS to find out
about tele-counselling and creating a recovery plan
that's right for you!**

(450) 632-6880

Staying Safe in Abusive Relationships During COVID-19

BY CORINNA PHILLIPS, PREVENTION

SURVIVORS MAY BE FORCED TO STAY in the home or in close proximity with their abusers during the COVID-19 isolation measures, which can create a circumstance where their safety is compromised. Survivors may need to alter their safety plans, if it is safe to do so. Remember that survivors are not alone and they may reach out to a number of support resources if in crisis or just need to talk, such as:

For emergency assistance call the Kahnawà:ke Peacekeepers at 450-632-6505.

- [Staying Safe During COVID-19](#) the National Domestic Violence Hotline, 30 Mar. 2020,
- [National Domestic Violence Hotline](#). The is a United States-based service. Log onto thehotline.org to chat, or text LOVEIS to 22522 or call 1-800-799-7233.
- [Tel-Aide](#) provides confidential non-specific support for people who are in emotional distress, experiencing loneliness, stress at work, domestic violence, addiction, etc. Call 514-935-1101.
- The [Hope for Wellness Help Line](#) offers immediate



mental health counselling and crisis intervention to all Indigenous peoples across Canada.

Experienced and culturally competent help line counsellors can help if you want to talk, are distressed, have strong emotional reactions, and/or are triggered by painful memories. Help Line 1-855-242-3310.

- [Tel-Jeunes](#) offers provides information and counselling services for youth. Call 1-800-263-2266 or text 514-600-1002.

- [SOS Conjugal Violence](#) offers counselling, evaluation, information, awareness, support and referral services for victims of domestic and family violence. (Find an

Indigenous shelter in Quebec or ask to speak to an Indigenous counsellor). Call 1-800-363-9010.

- [211 Information and Referral Centre of Greater Montreal](#) for social services in the area.
- [Shelter Safe](#) is an online resource to help women and children find safety from violence and abuse. You can view a national list of transition houses, and find a shelter in your area.

Blended Families During COVID-19

Trying to Make the Best out of Not-So-Best Situation

BY ALANA ATWIN, PARENTING

WITH EVERYTHING GOING ON IN THE world with fears about the transmission of the coronavirus/Covid-19 virus, caregivers are at home trying to figure out what to do with their kids — how do we entertain little ones? How do we maintain a healthy routine or schedule? How do I ensure that they stay healthy?

These questions can loom larger for families dealing with blended family issues, divorce and/or separation.

How do I(we!) decide what to do?

There is no sweeping answer that works for every family situation, but there are questions you can ask yourself to ensure that you, your children, and the rest of your family are kept healthy.

You may find yourself asking “Can I completely guarantee that my...

- child(ren) can safely move from one household to the other without transmitting the virus to the *other home*?
- child(ren) can safely move from one household to the other without transmitting the virus to *my home*?
- social distancing behaviours don't put my child(ren) at risk? (Am I or the other parent required to work outside the home? Are precautions being taken when parents return (disinfecting, etc)?)”

There are no guaranteed answers to these questions. Michelle Sample, a family lawyer with Toronto-based Goldhart Law, advises ex-couples who do get along to communicate, and try and come up with a plan. “Reach out to the other parent directly because, hopefully, the person who cares most about your children is the other parent. Identify what are the [coronavirus] risks and try to agree on that. Do we have an agreement that everyone in your house and mine is self-isolating? Maybe it's not reasonable then to continue things as normal.”

The situation is changing almost daily, if not hourly. Try to communicate to develop a plan. And remember, the whole reason you're having this discussion in the first place is that your best interests are in your child(ren)'s health.

What if there's a communication breakdown?

Of course, things become much more complex if there is no communication between the two households/parents. Try to keep in mind that this whole situation is stressful on everyone, children too.

If they're old enough, consider asking them what they think. They may be fearful about being transported back and forth or feel guilty that they're afraid to go to the other household and may not say it. It is of utmost importance to reassure them that every decision made is to ensure that their health and safety is a priority.

How can I connect with my child?

If a decision is made to have a child remain at one household during the period of self-isolation/social distancing, there are still ways to connect with your child.

- Chat daily on Facebook Messenger. Colour or draw together. Show each other what you made.
- Play a video game online together.
- If no one is showing symptoms, go for a walk or bike ride together always ensuring social distancing protocols are adhered to.
- Download Netflix Party and watch a movie together!

These are times unlike no other. We have an opportunity to help to ensure that it is a positive experience for our children, not one of added stress inside the home with everything going on in the outside world.

Marcia Zug, professor of family law suggests that parents should try to be a team in this situation, even if it is

Blended Families During COVID-19

difficult. “This is not the time to keep a minute accounting of how many overnights the other parent has had or to argue that the current school closures should be treated like summer vacation,” she said. Instead, she advises parents should discuss their concerns be open to new arrangements. Let the other parent know they will have access to their child(ren) through increased phone calls and video chats, etc.

Mind, then heart

Mohawk Council of Kahnawà:ke Chief, Ratsénhaienhs Ross Montour was a guest on the K103 Party Line talk show and this issue was brought up by a listener. Ratsénhaienhs Montour brought up a great point. “These are trying times for everyone,” he stated. “We have to process our hearts to our minds. That means, we have to think first about what is best. In the situation of blended families, our hearts are going to take a beating but we have to use our minds first.”

Sources:

Defao, Janine. “OK, Teens: What’s Your (Coronavirus) Plan?” Bay Area Parent, n.d.

Chattopadhyay, Piya. “How Divorced or Separated Parents Share Custody of Their Kids during COVID-19 Crisis” | CBC News. CBC, 22 Mar. 2020.

Zug, Marcia. “Co-Parenting in the Coronavirus Pandemic: A Family Law Scholar’s Advice.” The Conversation, 24 Mar. 2020.

Using substances over time can interfere with your thoughts, feelings and behaviors. Recovering from substances involves learning and practicing to manage your emotions in a healthy way.

- 1- Become aware of your emotions and pay attention to what you are feeling**
- 2- Understand and label your emotions (without judgement). Not saying whether it is good or bad but that “it is what it is”**
- 3- Allow yourself to feel your emotions without REACTING to them**
- 4- Manage or change your emotional reaction to meet your goals in a more positive way**

Call Addiction Response Services at KSCS for more tips or information on recovery (450) 632-6680.

For assistance after hours, weekends and holidays call the PKs (450) 632-6505. They will connect you to the After Hours Response Worker.



Another important part of recovery involves awareness of your high-risk situations. Remembering the acronym D-HALT can help you check in with yourself to avoid cravings or have better control over them. They are all common risk factors for relapse.

D = DEPRESSED
H = HUNGRY
A = ANGRY
L = LONELY
T = TIRED

**You can reach Addiction Response Services
 (450) 632-6880**

SOCIAL SUPPORT



Having a supportive person in your corner is very important. Knowing that friends, family, a fellow group member, or counsellor are rooting for you to succeed makes all the difference.

Daily Support

It's important to have positive relationships in your daily life. People who have strong relationships are more resilient when facing life's obstacles and are more likely to beat addiction.

With social distancing in effect, we recommend you reach out through:

-Phone -Zoom -FaceTime

Crisis Support

When in crisis, it is helpful to have a person you can count on for support. Make a list of people you can contact, who will help to talk you through the situation.

No one to turn to? Call the Hope for Wellness Helpline 1-855-242-3310 KSCS (450) 632-6880 After hours, holidays/weekends call the PKs (450)632-6505 who will connect you with our after-hours response worker

Most cravings last about 30 minutes with the intensity decreasing over time. Getting through one without using is crucial. You can do it!

Plan what you will do when a craving comes on.

- Call a friend, family member, sponsor, counsellor to support you.
- Replace your use with a positive habit or activity.
- Come up with a plan to keep yourself busy (going for a walk, exercising, journaling, cooking, crafting, or reading) while you are experiencing the craving.
- Call KSCS for more tips or to help you develop a recovery plan.

Call KSCS and set up a tele-counselling session with an Addiction Response Worker (450) 632-6880. For emergency assistance after hours, weekends and holidays, please call the PKs at (450) 632-6505 they will connect you to our Emergency Workers



In severe cases of alcohol addiction or opioid withdrawal, it is not advised to stop using without talking to a doctor first.

Enjoy the Taste of Maple

BY CHANTAL HADDAD, KMHC NUTRITIONIST

This article was written by Chantal Haddad for the regular April/May issue and we're including it here because, who doesn't want some good maple recipes?

THE ICE IS MELTING AND THE MAPLE SAP IS flowing, a sure sign that nature is awakening and spring is in the air. It is time to enjoy the wonderful flavor of our very own local maple syrup.

Maple syrup can be used in many recipes to add a unique and delicious flavor punch; here I am sharing some of my favorites. Maple glazed salmon will deliver your weekly dose of heart healthy Omega 3s; maple balsamic vinaigrette will put any salad over the top; and maple

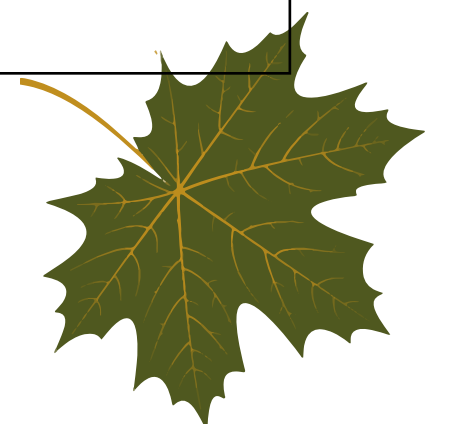
chia pudding served with fresh berries will give you fiber, antioxidants as well as Omega 3s.

When enjoying maple syrup remember that even though it does contain some nutrients and antioxidants, it is also very high in sugar. For your body, maple syrup is very similar to other sweeteners such as honey, molasses, agave syrup, and brown or white sugar; it will raise your blood sugar in pretty much the same way. So, remember to enjoy it in moderation. Hope you like the recipes!

Maple Glazed Salmon (serves 6)		recipe from canadianliving.com
AMOUNT	INGREDIENTS	
6	Salmon Fillets (about 6 oz each)	
1/3 cup	Maple Syrup	
1 tbsp	Soy sauce	
1 tbsp	Lime juice	
1	Jalapeno pepper, seeded and minced	
1	Garlic cloves, minced	
pinch	Pepper	
DIRECTIONS		
<ol style="list-style-type: none"> Place salmon in a shallow dish. In bowl, combine maple syrup, soy sauce, lime juice, jalapeno pepper, garlic and pepper. Pour half over salmon and turn to coat. Reserve the other half for basting. Cover and refrigerate the marinated salmon for about 30 minutes, turning once. Place salmon on foil-lined rimmed baking sheet. Roast in 450 F oven, brushing halfway through with remaining marinade, until fish flakes easily when tested, about 10 minutes. Broil until glazed, about 3 minutes. 		

Maple Chia Pudding (serves 6)		recipe adapted from canadianliving.com
AMOUNT	INGREDIENTS	
3 cups	Soy or Cow's milk (or any other milk)	
3/4 cup	Chia seeds (whole)	
1/4 cup	Maple syrup	
1 tsp	Vanilla Flavouring	
	Fresh Berries	
DIRECTIONS		
<ol style="list-style-type: none"> Mix chia seeds with milk, allow to thicken for about one hour, stirring occasionally. Add maple syrup and vanilla, stir well. If pudding isn't thick enough, keep it in the fridge for another hour. Enjoy pudding with fresh berries; eat it right away or save it in the fridge for later. 		

Maple Balsamic Vinaigrette		recipe from Chantal's Kitchen
AMOUNT	INGREDIENTS	
2 tbsp	Olive Oil	
4 tbsp	Balsamic Vinegar	
4 tbsp	Maple Syrup	
To taste	Salt & Pepper	
DIRECTIONS		
<ol style="list-style-type: none"> Mix all ingredients together in a jar with a lid, shake well. Enjoy on your favorite salad or vegetables 		



Protection Against Viruses

BY BRYAN IP, ENVIRONMENTAL HEALTH OFFICER, EHS

WE'VE ALL BEEN LIVING WITH coronavirus/COVID-19 in our lives since mid-March. All the experts agree that frequent hand-washing is the best defense. Here are some preventative measures against viruses:

- Wash your hands frequently
- Avoid touching your face with your hands. Use a tissue instead
- Cough or sneeze into your elbow or, if you must, a tissue, then throw the tissue away
- Seek medical care early if you have fever, cough or difficulty breathing
- Stay home/isolate yourself if you are sick

When you should wash your hands:

- Before, during and after preparing food
- Before eating
- After using the washroom
- After sneezing, coughing or blowing your nose
- After caring for the sick
- When your hands are visibly dirty
- After handling animals

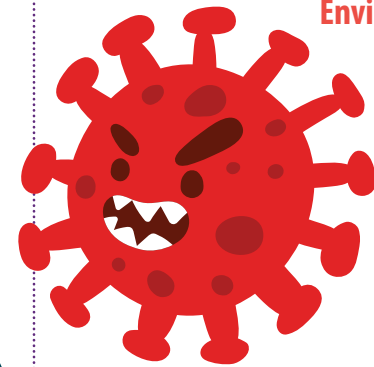
If you don't have access to running water or soap, use an alcohol-based hand sanitizer with at least 60 per cent alcohol. According to public health sources, face masks are not necessary unless you are sick or caring for the sick. If you are using a face mask, make sure that you are using them properly. For further information about how to properly use

a face mask, follow this link: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>

Young children and babies

- Ensure diaper changing station are disinfected properly after every use. Use a high level disinfectant of 1000 ppm bleach solution (4 teaspoons of household bleach into 1 litre of water) for disinfection after the cleaning process. Wash your hands after changing a diaper.
- Disinfect toys, surfaces, and play areas on a daily basis
- Separate sick children
- Encourage young children to wash their hands frequently

Environmental Cleaning and Disinfecting



We can take further precautions to prevent getting sick from our surrounding environment by cleaning and disinfect more frequently. Cleaning and disinfecting is a two-step process. First, cleaning is the physical removal of foreign material (e.g. dust, soil, blood, excretions, microorganisms, etc.) This is done by using warm water, soap/detergent and mechanical action. After cleaning an object, rinse it with clean water to remove the detergent film.

Disinfection is the second step. Disinfectants come in ready-to-use or pre-mixed varieties. These products should always have a drug identification number (DIN). To ensure that the disinfection process is effective, always follow the manufacture instructions. In general, use the disinfecting product on the surface that is intended for disinfection after the cleaning process and then either let it air dry or wipe it dry after the recommended contact time has been reached.

Continued on page 15

Protection Against Viruses

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Other household bleach mixed with water is an effective disinfectant as well.

Examples of chemical disinfectants to use on surfaces

Household bleach at a concentration of 500 ppm (Mix 2 teaspoons of bleach into 1 litre of water). Contact time of 1 minute

- Ammonium-based disinfectants
- Accelerated Hydrogen Peroxide

Examples of High Contact Surfaces for daily cleaning:

- Light switches
- Keyboards/Computer Mouse
- Doorknobs, elevator buttons
- Common area phones
- Fridge/freezer handles
- Cupboard/drawer handles
- Washroom surfaces (faucets, toilet flusher)

Children and Anxiety

BY ALANA ATWIN, PREVENTION

WITH ALL THAT HAS BEEN GOING ON across Canada and in our own community regarding pipeline protests in BC, we have been made aware that “the world is watching”, “the country is watching”, but we can't forget that our children are watching, too.

Some parents have expressed concerns to KSCS parenting workers over changes in behaviors in their children over the past several weeks. Some children are fearful about leaving the community and/or going to school and are expressing anxiety about violence and death especially after seeing local news reports and being present when discussions about the protests are brought up.

Here are some tips to help support your children if you've noticed them becoming more anxious with the ongoing situation:

- Be aware of what your kids are watching. Be proactive in switching off when young kids are around. For older kids, talk through what you're seeing together.
- Don't dismiss their anxiety. Help them to manage it. Help them to understand. Encourage questions. Explain that it's normal to feel scared or worried.

- Provide reassurance. Remind them that they're safe and while scary things can happen, they happen very rarely.
- Focus on the helpers. Point out the people working to fix the frightening situation peacefully and want to make sure it doesn't happen again.
- Manage your own reactions. Children learn how to feel about something by watching adults' reactions. Share your feelings but show them that you're managing them.

Changes in behavior to watch out for:

- Becoming clingy
- Having more tantrums or outbursts
- Acting younger than their age
- Having a hard time sleeping
- Talking more about death and dying.

If your child is acting differently and you're worried about their reaction to distressing news, contact the Family and Wellness Center parenting team for more tips and strategies.

Source: “Healthy Families.” Beyond Blue, Beyond Blue.

Washing hands, simple and effective!



1 WET HANDS



2 APPLY SOAP



3 RUB FOR 15
TO 20 SECONDS



4 SCRUB NAILS



5 RINSE



6 DRY



7 TURN OFF WITH
A PAPER TOWEL

msss.gouv.qc.ca/grippe

Santé
et Services sociaux
Québec 

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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