

# KWAKIUTL DISTRICT COUNCIL HEALTH

We Wai Kai Nation KDC Health  
Quinsam & Cape Mudge

**“Gadwall xa hamattalla”  
Helping Our People**

**April 28th - May 2nd, 2014**



## Hepatitis Awareness

## **Quinsam KDC Health Staff Schedules**

Phone:250-286-8064 Fax:250-286-8071 Lunch Break 12:00-1:00pm Office Hours 8:30am-4:30pm

**Dianna Smith**, Site Admin Coordinator **Monday-Friday**

Email: receptionquin@kdchealth.com

**Georgina Isaac**, Community Wellness Worker **Monday—Friday**

Email: georgina.isaac@kdchealth.com

**Terena Lansdowne**, Community Health Representative **Monday—Friday**

Email: terena.lansdowne@kdchealth.com

**Linda Lavender**, Arthritis Coordinator **Monday, Thursday & Friday**

Email: linda.lavender@kdchealth.com

**Cheryl Mooney**, Community Health Nurse **Tuesday, Thursday & Friday**

Email: cheryl.mooney@kdchelath.com

**Alisia Henkel**, Casual Community Health Nurse **Friday**

Email: alisia.henkel@kdchealth.com

**Jamie DeLuce**, MSW, MSW Ph.D. (by appointment only) 250.286.8064

Email: jamie.deluce@kdchealth.com

## **Cape Mudge KDC Health Staff Schedules**

Phone:250-285-3996 Fax:250-285-3736 Office Hours 8:00am-4:00pm Lunch 12:00-1:00 pm

**Ken Bell**, Community Wellness **Tuesday & Wednesday**

Email: ken.bell@kdchealth.com

**Cheryl Mooney**, Community Health Nurse **Monday, Wednesday**

Email: cheryl.mooney@kdchealth.com

**Patty Wilson**, Community Health Representative **Monday—Friday**

Email: patty.wilson@kdchealth.com

**Jamie DeLuce**, MSW, RSW Ph.D. (by appointment only) 250-286-8064

Email: Jamie.deluce@kdchealth.com

**Kathleen Power**, Registered Dietitian (by appointment only) 250-286-9766

Email: Kathleen.power@kdchealth.com

# Take Care of Yourself



## QUINSAM WELLNESS CENTRE

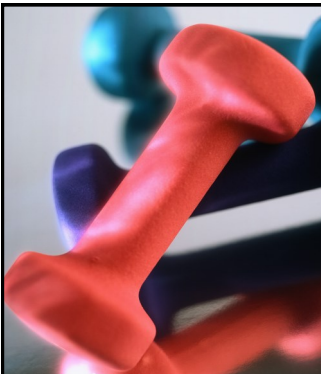
9:00 - 4:00 Mon-Fri

### Sauna Benefits

Relaxation, Increase Circulation  
Remove Toxins, Reduce Inflammation  
Pain Relief, Improve Skin,  
Weight Control and Improve Skin  
Elasticity & Burn Calories



### Weight and Cardio Room



Reduce Stress      Strength      Flexibility  
Weight Loss      Decrease Body Fat  
Increase Endurance      Sleep Better  
Lowers Blood Pressure

Enter  
Monthly  
Draw

### Paraffin Waxing (for hands and feet)

Arthritis Relief      Bursitis Relief  
Smooth skin      Eczema  
Inflammation      Stiff Joints



# KDC Fitness

**Monday**

Yoga with Gail Allen

6:30 - 7:30

CR Office



**Tuesday**

Circuit Training with Sally Feast

5:30-6:30

Quinsam Office



**Thursday**

Belly Fit with Sally Feast

5:30-6:30

Quinsam Office



**Saturday**

Walk/Run with Mildred

10:00

CR Office



# What's Happening at the Cape?!



**April 2014**

**NEW PHONE # 285-3996**

<b>Mon, 28</b>	<b>Community Lunch</b> IBS
<b>Tues, 29</b>	<b>Office Day</b>
<b>Wed, 30</b>	<b>PATTY OUT OF OFFICE</b>
<b>Thurs, 1</b>	<b>Office Day</b>
<b>Fri, 2</b>	<b>Lab</b> Bring lab requisition and care card 8:15 - 9:15

**CHECK OUT THE NEWSLETTER ON-LINE AT**  
**[www.kdchealth.com](http://www.kdchealth.com)**



# QUINSAM

April - May 2014

- Mon, 28**      **Nobody's Perfect Parenting**  
10:00-1:00
- Tues, 29**      **Circuit Training**  
5:30-6:30
- Wed, 30**      **Youth Walk/Run with Terena & Vanessa**  
3:00-5:00
- Thurs, 1**      **Healthy Babies**  
Asthma/Spring Baskets  
12:00-2:00  
**Belly Fit**  
5:30 - 6:30
- Fri, 2**      **Office Day**

Check out the Newsletter on-line at

[www.kdchealth.com](http://www.kdchealth.com)



**KDC Health  
(Campbell River Office)  
Mental Health  
&  
Addictions**

## **Men's Group**

The KDC Mental Health & Addictions Program understands the importance of culture and tradition as part of the healing process. It is our goal to offer programming that is culturally sensitive and steeped in the tradition as part of the healing process. It is our goal to offer programming that is culturally sensitive and steeped in the traditions of Kwakwaka'wakw Peoples. It is also our practice to offer ceremony and tradition as part of every program offered by the MH&A Program.

**Monday's**

**6:30**

**EVERYONE WELCOME!**

**Where: Campbell River KDC Office  
1400 A Drake Road Campbell River,  
Ph. 250.286.9766**

Open to all Aboriginal Males. Well being activities are focused around men's gatherings and sharing of various topic. All information shared is kept CONFIDENTIAL.

# Little Eagle Book Club



**Bring your child in to  
join our book club**



Please drop your donations off at  
the Quinsam office or call  
250-286-8064 to have them  
picked up!



# GARDENING WITH ARTHRITIS



- Assess and adapt your garden to make maintenance easier. Consider using ramps or gently sloping paths, and install paving stones or other materials that have a rough surface for traction. Raised beds will reduce stress on joints like knees and backs, and keeping the width of beds to two feet or less (60 cm) will minimize stretching.
- In the garden itself, choose plants and shrubs that are lower maintenance. Most shrubs, herbaceous and perennial plants require no dead-heading and minimal pruning. Raised containers are ideal for more colourful annuals (geraniums, impatiens and petunias) that do require more care. There are pulley systems available for hanging baskets for ease of watering.
- Pace yourself by planning rest areas or using a low stool to minimize the need to bend as often, and weed a bit every day rather than trying to tackle all the weeding in one day.
- Be selective with your garden tools. Gardening gloves with good grips will decrease stress on your hands. Choose tools that are lightweight and that come with longer handles. Use duct tape or pipe insulation to make grips on tools larger and more comfortable to use.
- Use a wheelbarrow to reduce stress on your back and arms. It can also be used to transport a watering can or other heavy items to remote areas of the garden.

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