

KWAKIUTL DISTRICT COUNCIL HEALTH

We Wai Kai Nation KDC Health Quinsam & Cape Mudge

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

Aug 17 — 21, 2015



Island wide Elders Lunch

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 **Mon—Wed & Fri - Thurs in Cape Mudge**

Email: receptionquin@kdchealth.com

Georgina Isaac, Community Wellness Worker

Email: georgina.isaac@kdchealth.com

Terena Lansdowne, Community Health Rep **Tues, Wed, Fri 8:30—4:30**

Email: terena.lansdowne@kdchealth.com

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

Email: linda.lavender@kdchealth.com

Jacey Dick, Casual Community Health Nurse

Email: jacey.dick@kdchealth.com

Alisia Henkel, Community Health Nurse

Email: alisia.henkel@kdchealth.com

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

E-mail: kathleen.power@kdchealth.com

Natalie Crawford, Clinical Counsellor (by appointment) 250-286-8064

Monday-Thursday

E-mail: natalie.crawford@kdchealth.com

Allan Campbell, Mental Health & Addictions Program Manager (by appointment only)

E-mail: allan.campbell@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 **Monday & Tuesday**

Email: ken.bell@kdchealth.com

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

Email: patty.wilson@kdchealth.com

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

Email: Kathleen.power@kdchealth.com

Alisia Henkel, Community Health Nurse

Email: alisia.henkel@kdchealth.com

Take Care of Yourself



QUINSAM WELLNESS CENTRE

9:00 - 4:00 Mon-Wed & Fri

Thurs 9:00 - 5:30

Sauna Benefits

Relaxation, Increase Circulation

Remove Toxins, Reduce Inflammation

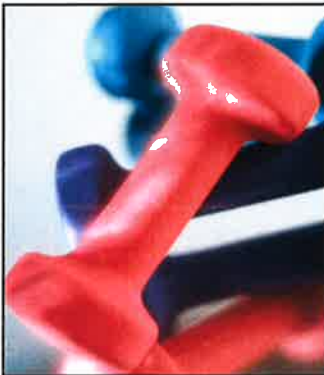
Pain Relief, Improve Skin,

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

Paraffin Waxing (for hands and feet)

Arthritis Relief

Bursitis Relief

Smooth skin

Eczema

Inflammation

Stiff Joints



What's Happening at the Cape?!



August 2015

Wed, 19 **Parents & Tots—Portion Control**

Sat, 22 **Passage to Passage**



QUINSAM

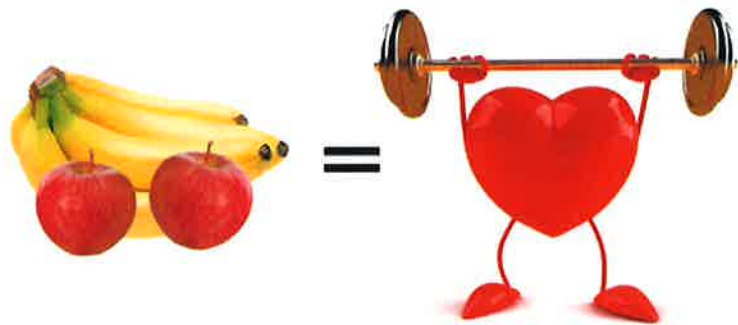
August 2015

Thurs, 20

COHI

Parent & Tots

Today's session will be on portion size. A great information tool to help you guide your child(ren) thru the growing process. This class will be open to kids 10 and under to promote healthy eating.



August 19th 2015

10:30-11:30

KDC Cape Mudge



Passage to Passage will be happening on
Saturday August 22nd.

Boats will be departing from the Campbell River Shores at
11 a.m.

All Community members are encouraged to greet our
guests ..Feel free to wear your regalia... It is hoped that
both dragon boats can make it this year along with
numerous other kayaks and canoes.

This event (with about 100 people) has been ongoing for
several years now and is a chance to chat with neighbors
from across Discovery Passage...in the style of days before
ferries.



Quinsam
COHI

Every 3rd Thursday of the Month you can bring your child in with any concerns or questions about their teeth.

Aug 20

2:00-4:00

With Ethel Henry; Dental Hygienist



Arthritis

Lunch

With Dr. Botsford & ARC

September 17th

11:00—1:00

QUINSAM

September is Arthritis month!

Please join us for Lunch & Presentations:

- **Dr. Botsford—Joint Replacement & Surgery Wait time**
- **Diane Lacaille—Community Pilot Project**
- **Linda Li—Tech & Stretch**

For more information

call Linda

250-286-8064



Fitbit Program

Join **PA**thway **T**o **H**ealth (**PATH**)

PRIZE DRAW WINNERS

- ⇒ **Melanie Roberts—Charge Fitbit**
- ⇒ **Stephanie Chickite—Running Shoes**
- ⇒ **Cindy Frank—Running Jacket**
- ⇒ **Julia Smith—Charge Fitbit**

More prize draws coming soon!

Registration is now CLOSED

This project will wrap up in December and the results will be shared at the KDC Health Forum in March 2016



QUINSAM PATIENT TRAVEL

Please note:

**Terena will be away
during the week of
August 17—21, 2015**

**Please submit all
patient travel requests
prior to Aug 17,
otherwise reimburse-
ment will be issued**

PRECIOUS BEGINNINGS



Think about our next generation



River Cleanse
August 20th at 9:00am
Baikie Island
End of Robinson Road

We would like to extend an invitation to anyone who would like to learn more about and participate in a cultural river cleanse ceremony. We will have Elder Carol Bear facilitating this learning opportunity. There will be a picnic to follow. **Please call Tracy Hnidy at (250) 286-9766** to register, get directions and to find out what to bring.

Community Engagement Coordinator Laich-Kwil-Tach Treaty Society, Contract Position

The Laich-Kwil-Tach Treaty Society is seeking a Community Engagement Coordinator to assist with communicating treaty and negotiation issues with the We Wai Kai community. Reporting to the Chief Negotiator, the Community Engagement Coordinator will focus on all aspects of community relations and engage community members as we seek to share treaty information and obtain feedback on treaty related topics, issues, and interests. Specific emphasis will be on engaging citizens who have had limited participation in the process to date, including youth.

Key Responsibilities

- Work with the treaty team to develop a communications strategy
- Support the treaty team in our work to communicate with the We Wai Kai community
- Build and foster relationships within the community
- Write regular newsletters
- Maintain and keep current the LTS website
- Engage the community through social media including Facebook, Instagram, Twitter and other means
- Develop treaty background and educational materials
- Seek grant funds for larger communications projects

The qualified applicant must:

- Have a university degree or recognized diploma in communications, marketing, journalism, or another related field
- Have exceptional written and communications skills
- Have strong presentation and public speaking skills
- Have an understanding of the BC treaty process
- Be self-motivated and self-directed
- Be flexible and willing to travel to meet with our citizens who live outside of Campbell River and Cape Mudge
- Have a valid BC driver's licence
- Be a citizen of the We Wai Kai Nation

Conditions

The Community Engagement Coordinator position will be contract based. It will be approximately 10 days per month until March 31, 2015 and is subject to ongoing funding thereafter. The successful applicant will be part of the larger treaty team as we work toward negotiating an agreement with Canada and BC for We Wai Kai citizens to consider and vote upon.

Applications should include a c.v or resume, a cover letter outlining your experience and how you will contribute to the Laich-Kwil-Tach Treaty Society's effort to obtain a treaty offer, and a sample of your writing. Send your application by email to Rod Naknakim at rnaknakim@lkts.ca by August 31, 2015. For more information please call Dee at 250-714-0308.



**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.