



KWAKIUTL DISTRICT COUNCIL HEALTH

We Wai Kai Nation KDC Health

Quinsam & Cape Mudge

"Gawalla xa hamattalla" Helping Our People

August 15,19,2016



the difference between
WHO you **ARE** and
WHO you want to **BE**
is **WHAT** you **DO**.

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

Amanda Roberts, Site Admin Coordinator Email: receptionquin@kdchealth.com- **Mon-Fri**

Dianna Smith, Community Health Rep Email: dianna.smith@kdchealth.com -**Mon-Fri**

Alisia Henkel, Community Health Nurse **Tues-Thur**

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 **Mon-Thurs**

E-mail: natalie.crawford@kdchealth.com

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

E-mail: allan.campbell@kdchealth.com

Jacey Dick , Community Health Nurse **Email:** jacey.dick@kdchealth.com **Tue & Fri**

Shelby Huffman- Community Health Nurse (Mentor)

Email: shelby.huffman@kdchealth.com **Tues-Thur & Fri**

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 **Mon & Tues**

Email: ken.bell@kdchealth.com

Patty Wilson, Community Health Representative **Mon—Fri**

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 **Mon—Wed**

Email: alisia.henkel@kdchealth.com

Jacey Dick, Casual Community Health Nurse **Tues**Email: jacey.dick@kdchealth.com

Shelby Huffman, Comm Health Nurse (Mentor) shelby.huffman@kdchealth.com

Mon—Wen

Take Care of Yourself



QUINSAM & CAPE MUDGE WELLNESS CENTRE

9:00 - 4:00 Mon—Fri

CLOSED FOR LUNCH 12:00-1:00

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



SUNSHINE WELLNESS

Mon, Sept 12, 6:00-7:30 Heart Health Eating

Wed, Sept 14, 1:30-4:00 Healthy Feet

Fri, Sept 30, 10:30-11:30 Fueling Your Body

**To register for a workshops please call
Dianna at 250-286-8064**

Transportation will be provided for community members

These workshops are informative and instructed by Dietitians, Doctors & Pharmacist etc.

MOVIE UNDER THE STARS



**Thursday,
Aug 18th**

QUINSAM FIELD

- Bring your lawn chairs & blankets.
- Enjoy popcorn and a drink
- Glo stix provided for children



Movie starts at sunset (approximately 8:32pm)

COMMUNITY EVENT HOSTED BY KDC HEALTH & QUINSAM RECREATION

**Starting
Sept, 20th**

Balance, Stretch & Strength

This is a **BEGINNER** class for all those new to exercise or those that have been inactive or recovering from injury or illness.

Sally Feast has been a personal trainer for years and started out overweight and battling illness.

The class will consist of a group check in, 5 min. warm up, followed by 20 min. of exercise and a 5 min. cool down.

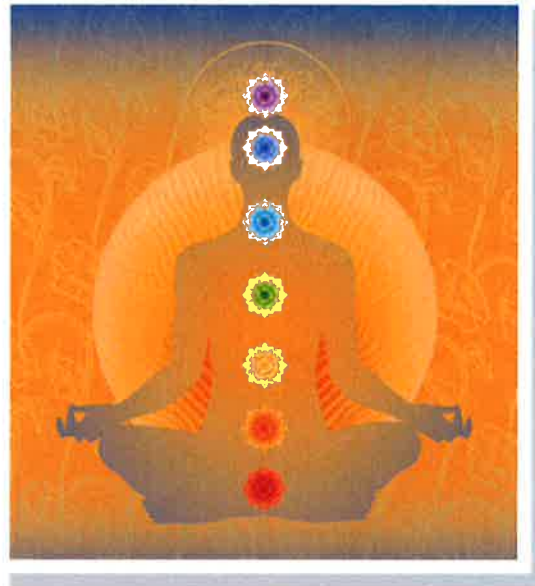
TUESDAY'S

5:30-6:30 pm

Quinsam Gym

If you have any questions or would prefer a different day or time, please call Dianna 250-286-8064

Adult Yoga & Wellness



'I am the Creator of Child's Pose Yoga; nourishing young hearts and minds through, yoga, meditation and mindful thinking. I am a certified all-ages yoga teacher currently living on Quadra Island. With years of education and life experience 😊 I have chosen to dedicate my life to studying health and wellness, and it brings me great joy to share this passion with those around me. My approach to yoga is one of mindfulness, ease and play. All you need for a class with me is an open heart and mind, and your breath!'

Monday's

Starting September 19th

5:30-6:30

To Register please call Dianna Smith at 250-286-8064

KDC Health



Kids' Yoga and Wellness

Classes Coming
this fall to
Quinsam!

- ❖ Yoga basics for physical and emotional wellbeing!
- ❖ Meditation and relaxation techniques to manage stress and anxiety

Mondays, Starting
September 19, 2016
Ages 5+
3:45-4:45pm

Register with Vanessa by email at
youth@wewaikai.com or call 250-202-6924

www.childsposeyoga.ca
www.facebook.com/childsposeyoga
info@childsposeyoga.ca



SALSA MAKING

Tuesday, Aug 30th

1:00-4:00

Quinsam Hall

Join us

Monday Aug 29th at 9:30am

In the **Community Garden** to
harvest peppers, onions, toma-
toes and basil.



Each participant will take home a jar of salsa

EVERYONE WELCOME



BREAKFAST FOR LEARNING

Sept 12-16

7:15am - 8:00am

Pop into the gym before
catching the bus to
school for breakfast
with your family



WANTED

4 Newsletter Carriers



KDC Health Newsletter Carrier

- Over 12 years old
- \$30.00 for 104 deliveries each week
- Newsletter pick up at Quinsam KDC Office on Friday before 4:00 (must be delivered before the following Monday)
- Schedule will be on an available rotating basis with 4 other carriers

**PLEASE BE ADVISED KDC HEALTH STAFF
WILL NOT SUPERVISE THIS ACTIVITY**

Please call Amanda at 250-286-8064 if you are interested



safeTALK

PLEASE JOIN US...

KDC Health is pleased to offer **safeTALK** to anyone interested in enhancing their understanding and skills in responding to those at risk of suicide. This training, offered as part of the FNHA Hope, Help, Healing Project is free to anyone interested. Health workers and Community members will become confident with how to handle suicide situations, and with assisting the person to feel safe.

Suicide Alertness for Everyone

safeTALK is a three-hour training program that prepares helpers to identify persons with thoughts of suicide and connect them to suicide first-aid resources. Most people with thoughts of suicide, either directly or indirectly, invite help to stay safe. Alert helpers know how to identify and work with these opportunities to help protect life. Powerful videos illustrate both non-alert and alert responses. Discussion and proactive stimulate learning. Upon completion the participant will receive a safeTALK certificate.

When: Sept. 6 @ 1:00 PM-5:00 PM (Followed by a Community Dinner)

Where: KDC Health Cape Mudge– Multi-Purpose Room

Who: Cape Mudge Community members and Partners

To register contact Allan Campbell at allan.campbell@kdchealth.com or call 250-286-8064

