



# KWAKIUTL DISTRICT COUNCIL HEALTH

We Wai Kai Nation KDC Health

Quinsam & Cape Mudge

***"Gawalla xa hamattalla" Helping Our People***

August 22,26,2016



Be Sun Safe!

Playing in the pool is fun,  
Make sure you stay safe in  
the sun!

Wear a hat and plenty of  
sunscreen,

Mr sun can be a little mean!

## 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

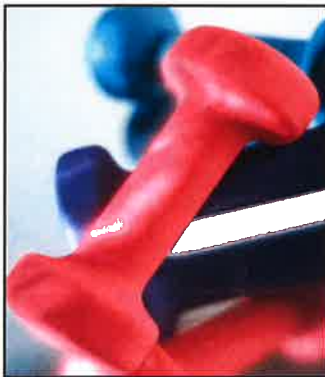
**CLOSED FOR LUNCH 12:00-1:00**

### 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



# 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](mailto:allan.campbell@kdchealth.com) or call 250-286-8064



First Nations Health Authority  
Health through wellness



# Community Dinner

*Hope, Help, Healing  
Suicide Awareness in Your  
Community*

**Dear Community Members,**

KDC Health is inviting you and your families to join us for a catered dinner, discussions and presentations in coming together for **National Suicide Awareness Day!** In bringing together community in the spirit of learning and supporting one another we will discuss the topic of responding to risk in our community towards prevention. We hope you can join us!

**Where:** Cape Mudge Hall

**When:** Sept 6, 2016 5:30 pm



*“Gawalla xa hamattalla” – Helping our People*

# HIV EDUCATION AND HYGIENE BACK TO SCHOOL KITS

Once again KDC Health is pleased to offer our HIV/AIDS information and Hygiene Back to School kits to our back to school youth. Please stop by the office on **Thursday August 25th** and pick up your package. Lots of great info and wellness planning to choose from.





## Cape Mudge Site

Dental Varnishing 10:00-11:00 am

**Wednesday August 23rd 2016**

Please call Patty for dental varnishing services if you have a child aged 7 or under who is registered in our current program. New registrations begin

September 21st 2016

250-285-3996

**Thankyou!**



# Weaving Study Group

Cape Mudge KDC/Brighter Futures Initiative  
at the Health Centre

At today's group we will discuss the fall planning for weaving, sewing and much more.



**Today's session will feature:  
Bracelet making with cedar**

**Wednesday Aug 24 2016**

**1:00 pm—3:00pm**



Cape Mudge

**BLOODWORK LAB**

**8:00-9:00 Lab**

**Friday, August 26th 2016**

**B12 shots, lab requisitions, blood work all  
available**

**Walk-in to the lab at the Cape Mudge, KDC  
Health office between 8:00 & 9:00 and the  
Nurse Practitioner will collect a specimen -  
blood, urine or other  
body fluid.**