



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



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 pm

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

KDC Health



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



PROTOTYPENAMA.COM

**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



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



Working Together for Healthy Nations

No, but we are offering the retinal screening to known Type 1 and Type 2 Diabetics in First Nations communities on Vancouver Island.

Is there a cost for the retinal screening?

No, the TeleOphthalmology Program is fully funded and will be offered at no charge to people living with Type 1 and Type 2 Diabetes. There may be downstream costs if treatment is recommended by the eye specialists.

Who do I contact if I have diabetes and I am interested in getting a retinal scan by the TeleOphthalmology Program?

You should contact the Inter Tribal Health Authority to find out about the next clinic scheduled for your area.

Who will be setting up the appointment times for retinal screening?

You will be contacted to set up an appointment by a member of the TeleOphthalmology Team 1-877-777-4842 or your local or community health representative.

What about transportation to the TeleOphthalmology clinic?

Check with your health representative and we will see what we can do.

How often should I get the retinal screen?

The Canadian Diabetes Association recommends once a year; this will depend upon your results and what the ophthalmologist recommends.

How long does it take to get the results from my retinal scan?

The Ophthalmologist will read your retinal scan within 4 weeks. If treatment is required, the TeleOphthalmology Nurse will contact you for follow up treatment. If no treatment is required then you will receive a follow up notification to receive a follow up scan in one year.

Will I have to sign anything?

Yes, you will have to sign a consent form to have screen done, this is to ensure that you are well informed about the procedure.



Working Together for Healthy Nations

KDC Health
Sept 28th
Quinsam
Office

ITHA TeleOphthalmology Program - Frequently Asked Questions

Who should have the retinal screening offered by the ITHA TeleOphthalmology Program?
People living in rural and remote First Nations communities with Type 1 and Type 2 Diabetes

Who is eligible?

This project is open to all age groups, for all First Nations people that are living with Type 1 and Type 2 Diabetes.

Would this retinal screening program be available to all Aboriginal people?

Yes, this includes Status Indians, Non-status Indians, Métis and non-aboriginal people living in First Nations Communities on Vancouver Island.

What is retinal screening and is it the same as a regular vision test or eye exam?

No, retinal screening is done to detect early signs of eye disease that can be caused by Diabetes. It is not a standard eye exam for vision correction.

Where is the TeleOphthalmology Program going to be offered?

Retinal screening will be offered to all fifty one First Nations communities on Vancouver Island.

When will the retinal screening be in the community?

The TeleOphthalmology Program will be visiting First Nations communities on Vancouver Island for the next twelve months. Your local or community health representative will assist the TeleOphthalmology Team in setting up a date and location for a retinal screening in the near future.

If I have Diabetes, why should I go to this retinal screening instead of my eye specialist?

The TeleOphthalmology Program save you travel time as it is being brought right to your doorstep and gives you efficient access and the best quality of health care services by the top eye specialists living on Vancouver Island.

Do we have to be referred by our Doctor to get the screening done?



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



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

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