

# KWAKIUTL DISTRICT COUNCIL HEALTH

**We Wai Kai Nation KDC Health**  
**Quinsam & Cape Mudge**

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

**Feb 16 - Feb 20, 2015**



**Emergency Preparedness 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 **Monday-Friday**

Email: receptionquin@kdchealth.com

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

Email: georgina.isaac@kdchealth.com

**Terena Lansdowne**, Community Health Representative

**Mon, Wed & Fri 8:30-12:30 & 3:00-4:30; Thurs 3:00-7:30**

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 **Wednesday**

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

## **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

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

Email: cheryl.mooney@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

# 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    |



# PINK SHIRT DAY

## WHAT IS BULLYING?

Bullying is when someone keeps doing or saying things to have power over another person. Calling someone names, saying or writing nasty things about them, leaving them out of activities, not talking to them, threatening them, making them feel uncomfortable or scared, taking or damaging their things, hitting or kicking them or making them do things they don't want to do are all forms of bullying.

**Generally bullying has the following features:**

- It is repeated—this may be single acts with different targets or many acts with the same target.
- It involves a power imbalance—this means that there is an unequal relationship between the target and the bully, this could be because of physical size, age, gender or social status. By not stopping bullying we increase this power imbalance.
- It is harmful.
- Generally, we think that bullying is deliberate.

It is difficult for those being bullied (targets) to defend themselves and it can often be difficult for those doing the bullying (initiators) to learn new social behaviors.

## THERE ARE FOUR MAIN TYPES OF BULLYING

- ⇒ **Physical** - hitting and punching
- ⇒ **Verbal** - teasing, taunting, unwanted threatening, homophobic or racist remarks and name calling.
- ⇒ **Social** - ignoring or excluding, spreading rumors or gossiping, withholding friendship.
- ⇒ **Cyber** - repeated threats, unkind remarks or criticisms sent electronically.

## What are the effects of bullying on those involved?

- Anxiety
- Depression
- Suicidal feelings
- Relationship problems
- Loneliness
- Poor social skills
- Low self esteem
- Lack of confidence
- Fall in academic performance
- Truancy
- Health problems



# **What's Happening at the Cape?!**

## **FEBRUARY**



**Mon, 16**

**Community Lunch**

12:00-1:00

Heart Health & Cholesterol  
Screening

**Tues, 17**

**Office Day**

**Wed, 18**

**Button Blanket Group**

10:00-3:00

**Thurs, 19**

**Weaving**

10:00-4:00

**Fri, 20**

**Lab**



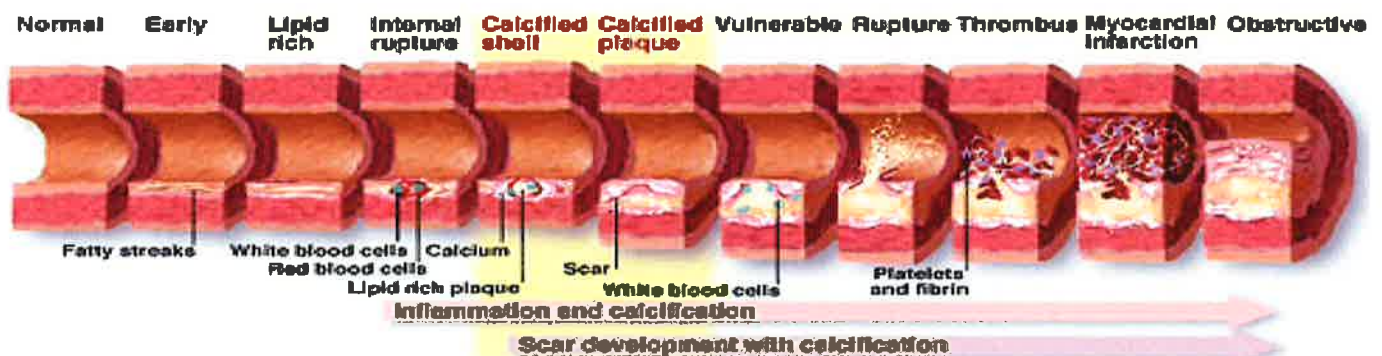


Monday, Feb 16

12:00

CAPE MUDGE KDC HEALTH OFFICE

## Heart Health & Cholesterol Checks



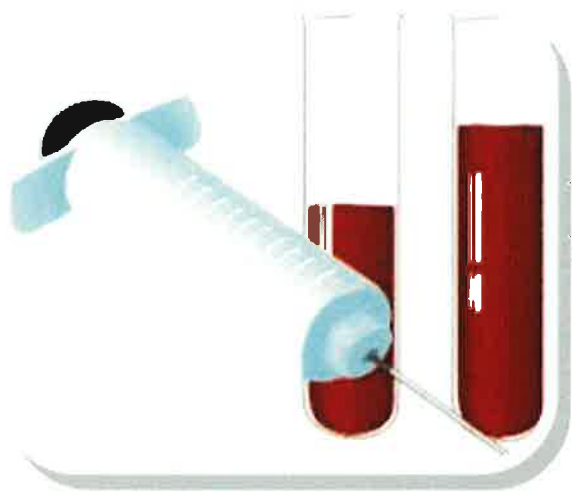
# Weaving Study Group

Cape Mudge KDC Health Centre



**Wednesdays**

**10:00am—4:00pm**



Cape Mudge

**BLOOD WORK LAB**

**8:15-9:15 Lab**

**Friday, Feb 20th**

**Do you have a requisition from your doctor  
and no time to catch the ferry for lab work?**

**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.**



# *Community Lunch*

## *February 23, 2015 @ 12:00 pm*

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**We Wai Kai First Nation & KDC Health**

Come out and join us for:

1. Lunch @ Cape Mudge Health Centre
2. Great Information
3. Prizes
4. Question and answer period

These information sessions are held to provide community members with ideas on how to prepare for an emergency specifically relating to EARTHQUAKES!

This joint venture between We Wai Kai First Nation and KDC Health aims to bring community members the tools they will need in event of such an emergency.

Please come out so that we can provide solutions together to make our emergency plans successful.

*Are  
You  
Ready?*



**BE**  
**READY**  
**MAKE A PLAN**

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



# QUINSAM

February 2015

**Mon, 16**      **Office Day**

**Tues, 17**      **Cultural Connections—Button  
Blankets**  
12:00-2:00

**Wed, 18**      **Office Day**

**Thurs, 19**      **Healthy Babies—Pink Shirt Day**  
12:00-2:00  
**Circuit Training**  
5:30-6:30

**Fri, 20**      **Emergency Preparedness Lunch**  
12:00

# Healthy Babies

Thurs, Feb 5

12:00-2:00



Please join us for lunch while baby plays with other little ones.

## Pink Shirt Day

# Circuit Training



**NEW DAY! Thursday's**

**5:30-6:30 pm**

*Join Sally Feast and Terena Lansdowne for a fun  
cardio /weight training class.*



# *Community Lunch*

## *February 20, 2015 @ 12:00 pm*

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**We Wai Kai First Nation & KDC Health**

Come out and join us for:

1. Lunch @ Quinsam Hall
2. Great Information
3. Prizes
4. Question and answer period

These information sessions are held to provide community members with ideas on how to prepare for an emergency specifically relating to EARTHQUAKES!

This joint venture between We Wai Kai First Nation and KDC Health aims to bring community members the tools they will need in event of such an emergency.

Please come out so that we can provide solutions together to make our emergency plans successful.

*Are  
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**BE**  
**READY**  
**MAKE A PLAN**

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



# **Heart Health Wellness Screening**

**February 26th**

**Drop-in's Welcome**



**Cholesterol  
Blood Pressure  
Glucose  
Oxygen**

**Knowing your numbers could save your life!**

# LEARN THE SIGNS OF STROKE

**F**ACE is it drooping?

**A**RM**S** can you raise both?

**S**PEECH is it slurred or jumbled?

**T**IME to call 9-1-1 right away.

# NOT Recommended Teething Aids



## Baby Necklaces for Preventing or Reducing Teething Pain

- Health Canada Warning: choking hazard
- No research to support effectiveness

## Numbing/Teething Gels

- Can numb baby's throat; increases choking hazard
- Health Canada Warning: contains benzocaine – may decrease blood's ability to deliver oxygen to the body



## Homeopathic Teething Gels, Liquids or Tablets

- No research to support effectiveness
- Check for a Natural Product Number (NPN)

## Teething Bag

- Increases risk of tooth decay when food is placed in the bag and chewed on for a long time



## Teething Biscuits

- Increases risk of tooth decay when chewed on for a long time



# Recommended Teething Aids



## Face Cloth

Dampen with water and chill in the fridge or freezer for 30 minutes.

## Toothbrush

With parental supervision.



## Non-Vinyl Teething Ring

Cool in the fridge, not the freezer; check for cracks and clean often.

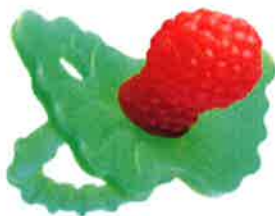
Clean, Non-Vinyl  
BPA-Free Chew and  
Teething Toys



## Finger Brush or Gum Massager

For massaging baby's gums.

## Teething Accessory Worn by Mom



## Teething Soother

Meant for teething (unlike most soothers); cool in the fridge, not the freezer.

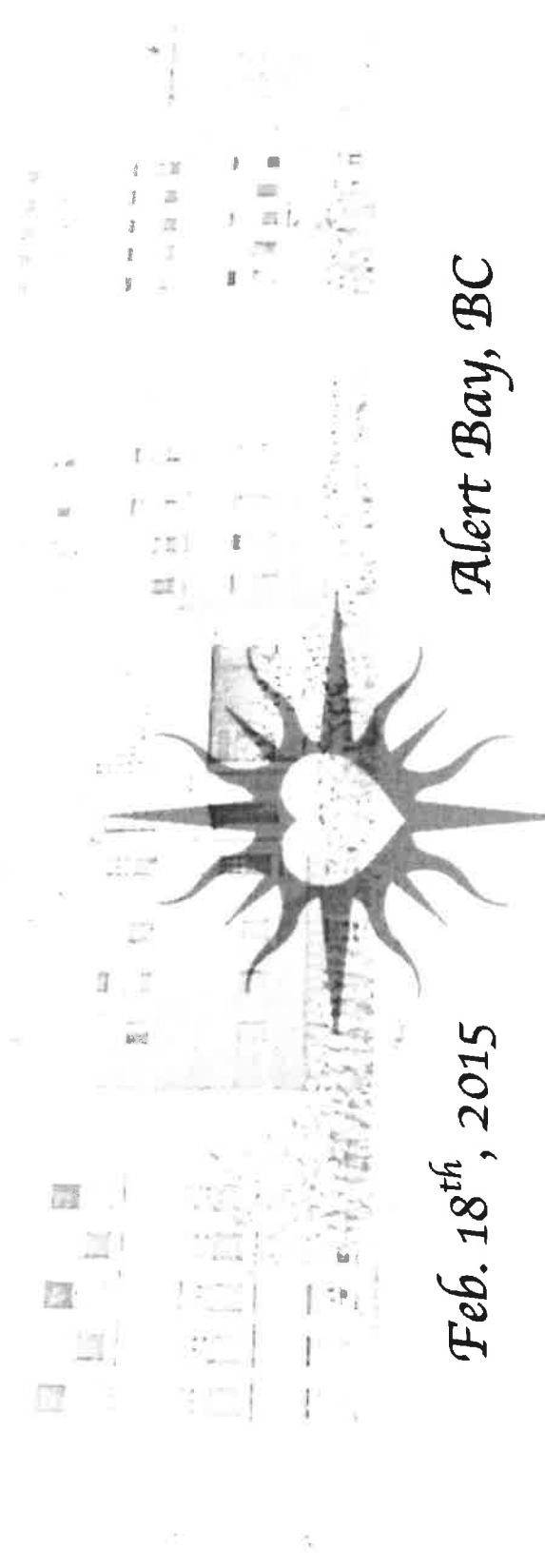
## Comforting Your Child

Distraction, cuddling, rocking, singing, etc.



# *I'tustolagalis*

"Rising Up, Together"



Feb. 18<sup>th</sup>, 2015

Alert Bay, BC

## **Tentative Itinerary**

**Feb. 17<sup>th</sup>** (~5:00pm)

- Meet & Greet
- Assign billeting
- Dinner
- Cultural Sharing

**Feb. 18<sup>th</sup>** (~10:00am – 4:30pm)

- Ceremonies, speeches, song & dances of celebration
- Lunch

*Venues to be announced.*

*Saint Michael's Residential School is slated for demolition in the very near future! The intent of this gathering will be to "celebrate the passing of a dark, historical period thereby igniting new hope and optimism through continued healing and potential for reconciliation."*



# ASSEMBLY OF FIRST NATIONS

– January 2015 –

## PERSONAL EDUCATION CREDITS INDIAN RESIDENTIAL SCHOOL SETTLEMENT AGREEMENT

### *Form Filling and Community Support*

#### **Reminder - New Deadlines for Personal Credits:**

The Assembly of First Nations (AFN) pressed for a deadline extension in response to the serious administrative concerns expressed by Common Experience Payment (CEP) recipients and family members. On January 8, 2015 the British Columbia Supreme Court announced new deadline dates.

**Acknowledgement Forms – NEW Deadline March 9, 2015**

**Redemption Forms – NEW Deadline June 8, 2015**

**Spend-By Date – NEW Deadline August 31, 2015**

#### **Support:**

The AFN is not the Administrator for the Personal Education Credits; however, four **AFN Community Liaisons** have been assisting CEP recipients with applications since February 2014. AFN Community Liaisons will continue to help guide CEP recipients and administrators through this process.

AFN Community Liaisons can help you:

- **Understand** the Acknowledgement Form process
  - How do I fill out the forms?
  - Which sections must be filled; which sections can be omitted?
  - How can I advocate for my clients and organizations? (Consent to Communicate Form)
- **Understand** the Redemption Form process
  - How do I explain the process to my Administrators, Financial Officers, Registrars and Program Coordinators? (including Education Institutions, Friendship Centres, First Nations Governments, etc.)
- **Coordinate** the paperwork and get the funds flowing
  - How do we create Budgets and Invoices for Education or Cultural or Group Education Services?
  - How do we follow up with Crawford Class Action Services to find out where our funds are?
- **With support options**
  - By providing conference calls, community visits, presentations, “Train the Trainer” sessions, one-on-one assistance
  - On-line – See “how to” videos, PowerPoint presentations, sample budget forms and templates, and other resources at <http://www.afn.ca/index.php/en/personal-credits>

Group Programming/service can include:

- Traditional knowledge transmission and courses taught by Elders
- Culture camps, healing, ceremony, rites of passage
- On-the-land activities, including:
  - Hunting, fishing, trapping, tanning, canoeing, camping
  - Harvesting and preparing traditional foods and medicines
- Artistic and cultural expression— beadwork, sewing, carving, painting, dancing, storytelling, hand games

The new “Spend-by” date for Personal Credits is **August 31, 2015** therefore Group Education plans must be coordinated as soon as possible.

**Criteria for Eligibility (programming must include at least one of the following):**

- Address harms resulting from the legacy of Indian Residential School including intergenerational impacts
- Restoration of Indigenous languages, cultural education, and personal development
- Preservation/transmission of Indigenous knowledge and skills to future generations
- Promote and restore Indigenous values, traditions, traditional family, or governance
- Include elements of research and capacity building for communities
- Address special needs of segments of population including elderly, youth, women
- Be based on a community holistic approach designed to address needs of individuals, families, and communities

**Benefits of pooling Personal Credits:**

Most First Nations are working with their members to assist them to access their Personal Credits for group education, cultural, and on-the-land activities. There is more flexibility for the CEP recipient to use the credits in this manner. Contact your First Nation office or the AFN for more details.

**Process:**

The Personal Credits are administered by *Crawford Class Action Services*, as set out in the Terms and Conditions.

1. **Application:**
  - a. *Individualized* Personal Credits Acknowledgement forms were mailed out January 2014.
  - b. CEP Recipients must call the Personal Credits Help Desk if they have not received or if they have misplaced their Acknowledgement Form.
2. **Deadlines:**
  - a. **March 9, 2015 (midnight)** – Deadline for CEP Recipient to submit *Acknowledgement Form*
  - b. **June 8, 2015 (midnight)** – Deadline for Education Entity or Group Educational Service to submit *Redemption Form* (it is the CEP Recipient’s responsibility to ensure that the form is sent).
  - c. **August 7, 2015** - Crawford Class Action Services will finalize payments to education entities
  - d. **August 31, 2015** – Deadline to SPEND the Personal Credits
3. **Right to Appeal:** One month to appeal decision, but must be within deadlines timeframe.
4. **Unused Personal Credits:** Upon completion of this process, any unused Personal Credits will be transferred to the National Indian Brotherhood Trust Fund and Inuvialuit Education Fund for education purposes.

See Personal Credits “how to” videos, powerpoint presentations, sample budget forms and templates, and other resources at [www.afn.ca](http://www.afn.ca).

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To submit your forms or to request information specific to your personal file, please contact the  
**Personal Credits Administrator - Crawford Class Action Services:**

Email: [irspersonalcredits@crowco.ca](mailto:irspersonalcredits@crowco.ca)

Phone: 1-866-343-1858 (Help Desk), Fax: 1-888-842-1332

[www.residentialschoolsettlement.ca](http://www.residentialschoolsettlement.ca)

To review the *Terms and Conditions of Personal Credits* or the *Indian Residential School Settlement Agreement*, please visit [www.residentialschoolsettlement.ca](http://www.residentialschoolsettlement.ca).

**National Indian Residential School 24-Hour Crisis Line: 1-866-925-4419**





FitNation incorporates a series of dynamic stretching exercises that are fun, adaptable to any fitness level, and presented in an easy-to-use workout format.

The program was developed by the Aboriginal Sport, Recreation and Physical Activity Partners Council in affiliation with Nike N7 and Dwayne Roberts, a certified Nike trainer. The exercises encompassed within the FitNation program can be modified for three basic fitness levels:

- Introductory
- Intermediate
- Advanced

In December 2015, Community Nutritionist & Certified Fitness Leader, Kathleen Power completed the FitNation training under the leadership Nike trainer, Dwayne Roberts. KDC Health is excited to offer this unique style fit classes to our communities.

**When:** **Monday, Feb 2nd, 2015 \* 12-1pm** (program will run every Monday till March 30<sup>th</sup>, 2015)

**Where:** **Thunderbird Hall**

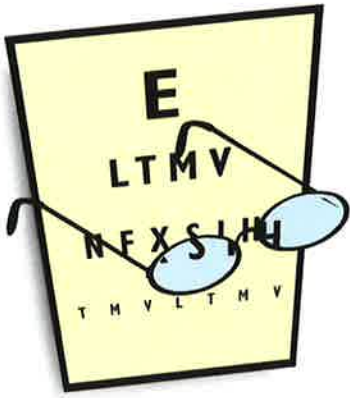
**Target Group:** **Health Staff**

**Band Staff**

**Community Members**

**\*Weekly incentive prizes!!**

Needing further info please contact Kathleen Power, 250 286 9766 or  
kathleen.power@kdchealth.com



# **KDC HEALTH VISION CLINIC FOR ALL COMMUNITIES April 9 & 10**

Children and Elderly are recommended to have an eye exam every year, and adults over 18 should have eye exams every 2 years.

All clients need prior approval please call Tracey @ 250-286-9766 as soon as possible and provide the following information: Name, Date of Birth, Status Number and Personal Health Number (Care Card) and upon approval you will get a call back to book your appointment.

Priority will be given to those already on the list from the previous cancelled vision clinic.

**THERE WILL BE NO FIT INS IF YOU DO NOT HAVE  
PRIOR APPROVAL YOU WILL NOT BE SEEN!**



**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**

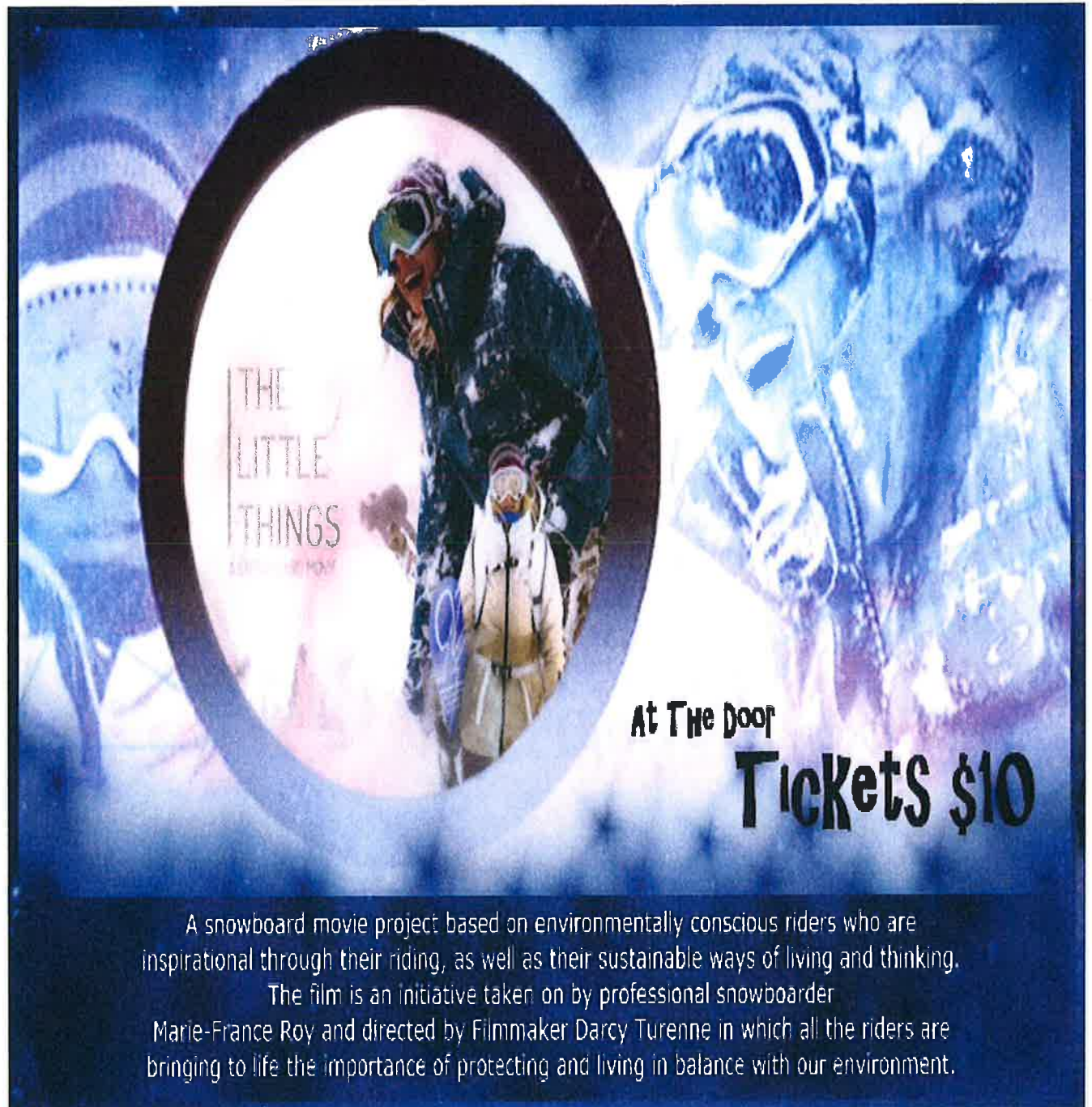
**6:30**

**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.

***Friday Feb. 27 DOORS 6:30/ SHOW 7:00***  
***TIMBERLINE THEATRE -NORTH ISLAND***  
***COLLEGE- CAMPBELL RIVER CAMPUS***



**At The Door**  
**Tickets \$10**

A snowboard movie project based on environmentally conscious riders who are inspirational through their riding, as well as their sustainable ways of living and thinking. The film is an Initiative taken on by professional snowboarder Marie-France Roy and directed by Filmmaker Darcy Turenne in which all the riders are bringing to life the importance of protecting and living in balance with our environment.

***\*Winner of the 2014/2015 Cold Smoke Award\****  
***\*Winner of Protect Our Winters Climate Activist Award\****



# “The Little Things”

Marie-France Roy and Darcy Turenne

‘The Little Things Movie’ is an environmental film featuring award-winning scientist David Suzuki alongside a cast of professional snowboarders making positive changes towards a sustainable environment.

## Winner of the 2014/2015 Cold Smoke Award



**Nominated For:**

**Mountain Roots Award:** Awarded to the film most rooted in local community, geography, engagement and voice.

**Award for Best Cinematography:** Awarded to the film for the most incredible cinematography

**The Soul award:** Awarded to the film most invoking a soulful and moving experience

## SHOWING: FEBUARY 27

## NORTH ISLAND COLLEGE, Campbell River

**Tickets to the show can be purchased for \$10 at the door.**

**Doors open at 630pm, show starts at 7pm.**

**To purchase advance tickets or for more information about the event  
please contact Vanessa at [youth@wewaikai.com](mailto:youth@wewaikai.com)**

**100% of proceeds support WeWaiKai Youth Group**

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**KDC Health**

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Find helpful links

Read the newsletter