



"GWALLA XA HAMATTALLA"

'Helping our people'

K'OMOKS HEALTH CENTRE

January 2019 NEWS

3320 Comox Road, Courtenay, BC V9N 3P8

Phone: 250-339-6591 Fax: 250-339-6593

Office Hours: 8:30 am – 4:30 pm - Closed for Lunch 12:00 – 1:00 pm



K'OMOKS KDC HEALTH

STAFF SCHEDULES

Phone 250-339-6591 Fax 250-339-6593 - Office Hours 8:30 - 4:30pm

Lunch Break 12:00 - 1:00pm

Ken Bell - Community Wellness Worker - Wednesday & Thursday

Email: ken.bell@kdchealth.com

Natalie Crawford - Clinical Counsellor - by appointment

Email: natalie.crawford@kdchealth.com

Jordan Campbell – Clinical Counsellor – Fridays

Email: jordan.campbell@kdchealth.com

Tami Compton - Community Health Representative – Monday - Friday

Email: tami.compton@kdchealth.com

Kathleen Power - Registered Dietitian -by appointment -1-866-286-9766

Email: kathleen.power@kdchealth.com

Tanille Johnston- Patient Health Care Navigator- by appointment

Email: tanille.johnston@kdchealth.com (on Mat leave)

Allie Graham - CHHN - by appointment - 250-339-6591

Email: allison.graham@kdchealth.com

Jacey Dick - CHHN – Tues - by appointment - 250-339-6591

Email: jacey.dick@kdchealth.com

Pamela Mitchell – Site Admin. Coordinator – Monday - Fridays

Email: receptionkom@kdchealth.com

TAKING CARE OF YOU

WELLNESS BENEFITS AVAILABLE

INFRARED SAUNA

**Relaxation, Increase Circulation, Remove Toxins, Reduces Inflammation,
Pain Relief; Improve Skin, Weight Control, Burns calories**

PARAFFIN WAXING

****Please call ahead so Wax Pot is heated and ready****

**For hands - Arthritis Relief, Bursitis Relief, Smooth Skin, Eczema,
Inflammation, Stiff Joints**

EXERCISE EQUIPMENT

Treadmill, Hand Weights

FOOT CARE

**Foot care is available for Elders, Diabetics & those with mobility
problems.**

Please call 250-339-6591 to set up an appointment

WELLNESS CHECKS

Book an appointment to get a wellness check, 250-339-6591

To speak with the nurse she is in on Tuesdays and Fridays,

Please give us a call!

HEALTH CENTRE HAPPENINGS

**The programs listed below are sponsored jointly between
K'omoks First Nation & KDC Health**

CHAIR YOGA

Chair Yoga is very beneficial for Elders and persons with mobility issues

Drop in Tuesdays in the Band Hall from 11:00 am – noon

No yoga on Feb 15th

EXERCISES

These classes are great for those wanting to get in shape as well as for those wanting to stay in shape

Drop in Mondays & Wednesdays – Band Hall – 5:00-6:00 pm

CHAIR MASSAGE

Relaxation Massage is beneficial for Elders and persons with mobility issues

Please call 250-339-6591 - To Book a 30 minute session

Date: Jan. 15th 2018 - 1:00 – 2:30 pm

Craft Evenings

Multipurpose Room

Time: 6:00-8:00 pm

TOOLS FOR CHANGE

Cultural Connection

Date: Jan. 25th Time: 1-3

Topic: making peg dolls

Elders Lunch

Up coming Date: Jan. 15th Time: 12-1

Serving: soup and sandwiches

Topic: Alzheimer's

Men's Wellness Group Lunch

Multipurpose Room

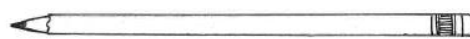
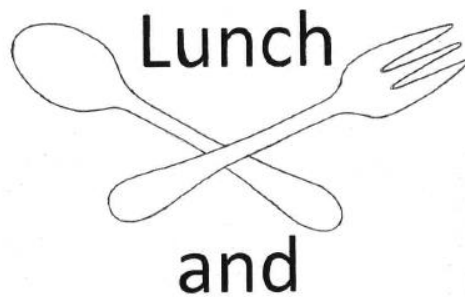
Date: none this month Time: Noon

Topic:

All information shared is kept CONFIDENTIAL

☺ All First Nation fellows welcome ☺

The KDC Mental Health & Addictions Program understands the importance of culture and traditions as part of the healing process. It is our goal to offer programming that is culturally sensitive and steeped in the traditions of the Kwakwaka'wakw peoples as part of the healing process. It is also our practice to offer ceremony and tradition as part of every program offered by the Mental Health & Addictions Program.



Learn

Multipurpose Room

Up coming Date: Jan. 31st Time: 12:00 – 1:30 pm

PROBLEM SOLVING



Come Share Your Story!

QUINSAM

Mon, Jan 14th & 28th

8:30—11:30

Do you have a story you would like to share to help improve our health care?

We would be pleased to hear stories about challenges or successes you may have had with vision, dental, pharmacy and/or medical supplies and equipment.

KOMOKS

Mon, Jan 14th & 28th

1:00—3:30

- Was it a smooth process to get a walker?
- Were you able to get new glasses easily?
- Did you have a surprise bill at the dentist?
- Did you encounter helpful staff?

CAPE MUDDGE

Mon, Jan 21st & Feb 4th

9:00—12:00

- Are you going without a service or supply because you can not afford it?

If you have an experience to share, please pop in to see me. Let's chat and see if we can find solutions to suggest to those involved to reduce the chances of these issues happening again.

CAMPBELL RIVER

Mon, Jan 21st & Feb 4th

due to holiday on the 18th

2:00—4:30

For more information or to schedule a time please

call Dianna @ 250-286-9766

Did you pay for something you thought was covered?

Prescriptions/Over the Counter Medication

Glasses/Eye Exam

Dental

Medical Equipment

Complete a [FNHA Reimbursement Request Form](#) and mail it to
First Nation Health Authority

- Log on to FNHA <http://www.fnha.ca>
- Click on “Benefits”.
- Scroll down until you see “PharmaCare Transition” on the left of the screen. Double click on it.
- Scroll down until you see “Client Reimbursement” on the left of the screen. Double click on it.
- Scroll down until you see “Exceptional Client Reimbursement” in the center of the screen.
- Click on “FNHA Reimbursement Form”.
- Print off the form.
- Complete all sections.
- Attach original receipt with prescription or dental claim form.
- Mail the originals to the address on the back of the form.

If you are unsure or need assistance please call Dianna at 250-286-9766.

I will be happy to help!

TIMES COLONIST 10K



KDC Health will be hosting a team to travel to the
Time Colonist 10K, Sun. April 28th, 2019

The Aboriginal RunWalk program consists of a 13 week training program.
You will have 2 training options:

- Walk
- RunWalk

The training is 3 times per week. We will meet as a group once per week and you will train 2 days independently. You will be given training plans to meet your individual needs.

Registration is on January. 22 ,2019 3-6pm

KDC Health K'omoks Office

(Registration will include; measurements, cholesterol & diabetes screening)

No late registrations will be accepted

If you require further information please contact your group leader:

If you have questions please contact your group Leader:

Tami Compton 250-339-6591

Cooking Classes

Hosted by Kathleen Power,
Registered Dietitian



This 4 week Class will feature East Indian style cooking:

- Naan Bread & Chickpea Butternut Squash Curry
- Butter Chicken
- Beef Vindaloo
- Chicken Tikka Masala

K'omoks Health Office

Jan 3, 10, 24, & 31

3-5pm

Please call Pamela Mitchell to **Register**

250 339 6591

Kathleen.power@kdchealth.com

Drop In times

We have set up special drop in times for those wanting to come in and work on crafts or projects.

Drop in

Mondays- 9-12 Fridays- 1-4

Times Colonist 10k run/ walk

Are you interested in doing the 10k?

Would you like to volunteer to help fundraise for the trip?

We do 13 weeks of walking to prepare for the walk

Try something new and get your body moving

Please contact Tami at 250-339-6591



Kwakiutl District Council Health



SAVE THE DATE Jan 16th, - 18th, 2019

Come join KDC Health &
Samaya Entertainment for fun and stories!!!

When: January 16th, to January 18th, 2019 **Where:** Thunderbird Hall

Time: Registration at 8:30 pm am till 4:30 pm

Community Dinner on January 16th, 2019 at 5:30 pm

with a performance by Dani and Lizzy who sign **Dancing in the Sky**

Closing ceremony at the Kwanwatsi Bighouse on January 18, 2019 9:00 am to 12:00 pm

Guest Presenters—Dani & Lizzy, Mike Scott, Suzette Amaya, and Suzette Amaya from Samaya Entertainment sharing their stories via workshops.

Open for all community members.!!!

Light breakfast, am snacks, lunch, pm snack!



Dani & Lizzy



Mike Scott



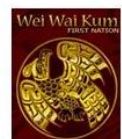
Suzette Amaya



Stanley Amaya



Registration forms available at KDC Health offices or call Milly at 250.286.9766



Heal! Inspire! Empower!