

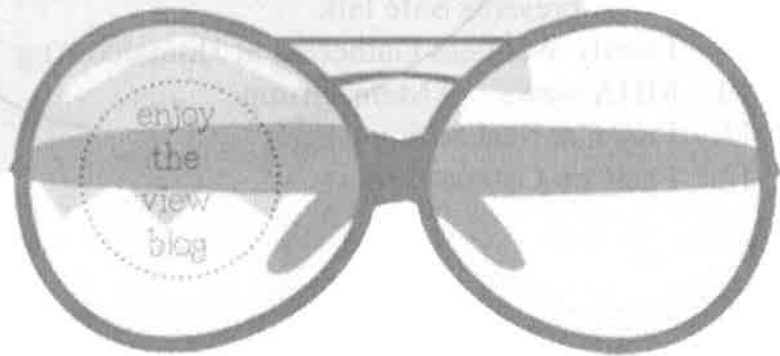
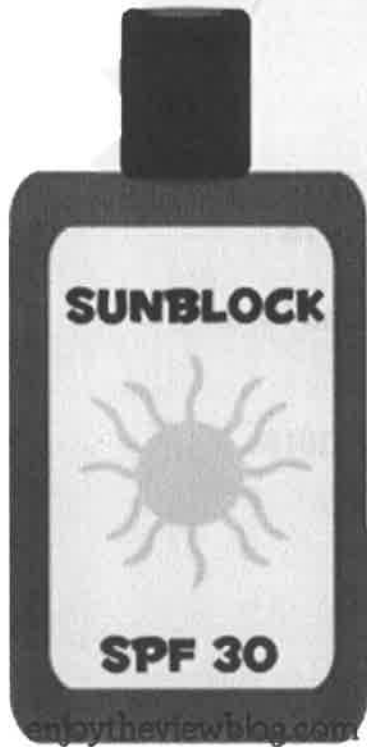
# JULY

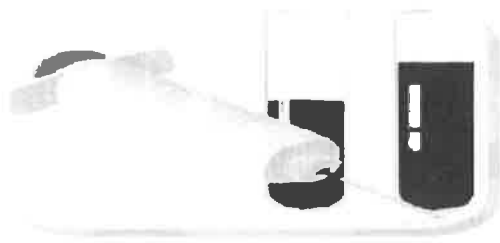


July 23-27, 2018

Kwakiutl District Council Health  
Laichkwiltach Health Centre  
1400A Drake Road . Campbell River, B.C.  
V9W 7K6  
Tel: 250-286-9766 Fax: 250-286-9713  
Email: [reception@kdchealth.com](mailto:reception@kdchealth.com)

PRACTICE  
SUN  
SAFETY!





KDC Health  
**BLOODWORK LAB**

**MONDAY'S**  
**9:00-11:00**

**Do you have a requisition from your doctor  
and no time to wait at the hospital for lab  
work?**

**Walk-in to the lab at the Campbell River, KDC Health office be-  
tween 9:00 & 11:00 and a VIHA lab technician will collect a  
specimen - blood, urine or other bodily fluids.**

Inquires can be directed to the Site Admin  
at 250-286-9766

## **KDC HEALTH GYM**

Come on in and enjoy our gym for free.

Treadmills, Elliptical Machine, Bike, Free Weights, Sauna

### **Hours:**

Monday 8:30—4:30

Tuesday 8:30—4:30

Wednesday 8:30—4:30

Thursday 8:30—4:30

Friday 8:30—4:30

# INTRODUCTION TO Tai Chi

With Helen Sun

Join us at the KDC Health Campbell River Office in exploring the benefits and journey of Tai Chi and learn how Tai Chi exercises can help you

Reduce Stress;	Improve Brain Function;
Improve Balance;	Elevate your mood;
Increase Energy;	Energize you;
Enhance Circulation;	Increase sense of well-being;
Tone & Strengthen Muscles;	Promote longevity;
Increase Mobility;	and more.

This will be an easy beginner class

Every Tuesday & Friday

starting July 13th

from 10:00 to 11:00 am

During the summer we may be outside

Come give it a try

身 心 神  
Body Mind Spirit



# KDC Health

## *Youth Mountain Bike Camp*

**MUST REGISTER BY JULY 13th**

**Tuesday, July 31**

**10am– 2pm**

8-15 years

**Wednesday, August 1st**

**10am– 2pm**

8-15 years



**Participants please bring their bikes & gear to the camps**

**Parents/Guardians must sign the registration form then drop-off to**

**Kathleen Power at Camp or to her KDC Health Office or email**

**kathleen.power@kdchealth.com by July 13th.**

**To Register Contact:**

**Kathleen Power**

Nutritionist, KDC Health

250.286.9766

kathleen.power@kdchealth.com

**DO YOU HAVE A FAMILY DOCTOR?**

*OR*

**Are you unable to physically get to your family Doctor due to health challenges?**

*KDC IS LOOKING TO CONNECT WITH MEMBERS THAT **DO NOT HAVE A FAMILY DOCTOR** or **ARE UNABLE TO GET TO THEIRS DUE TO HEALTH CHALLENGES!***

*We are working on a program to bring Doctors into our communities that can serve our membership that are going without!*

**-> IF YOU DO NOT HAVE A FAMILY DOCTOR, PLEASE CALL, TEXT or EMAIL TANILLE TO LET HER KNOW.**

Gilakas'la

**Tanille Johnston, BSW, RSW  
Patient Health Care Navigator  
Kwakiutl District Council Health**

**Cell: 250.202.4219  
Email: [tanille.johnston@kdchealth.com](mailto:tanille.johnston@kdchealth.com)**

**First Nations Health Authority**

**General inquiries**

Phone: 604.693.6500

Toll free: 1.866.913.0033

Health Benefits (toll-free):

1.855.550.5454

Fax: 604.913.2081

**Media:**

(604) 831-4898

[Media@fnha.ca](mailto:Media@fnha.ca)

**FNHA Indian Residential Schools information line:**

1-877-477-0775

**Short Term Crisis Intervention Mental Health Counselling Fax Number**

(604) 666-6458

**Indian Residential School Resolution Health Support Program (IRS RHSP) Fax Number**

(604) 658-2833

Email: [info@fnha.ca](mailto:info@fnha.ca)

*\*Please refrain from posting personal health information in your message*

**Our location**

501-100 Park Royal South

Coast Salish Territory

West Vancouver, BC

V7T 1A2

**Enter Tribal Health Authority – Vision, Medical Supplies and Equipment, Mental Health  
Counselling**

**Contact Us**

534 Centre Street,

Nanaimo BC, V9R 4Z3

Phone: 250.753.3990

Toll free phone: 1.877.777.4842

Fax: 250.591.2169

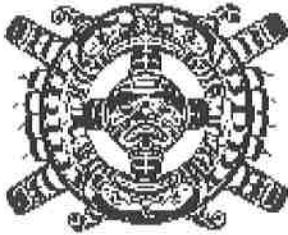
Toll free fax: 1.877.778.4842

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

**North Island Team**

**Michelle McClain, Manager (Campbell River) 250-286-7100 Ext. 67304**

- **Nadine Kruger, Aboriginal Liaison Nurse (Campbell River) 250-830-8865**
- **Jessie Newman, Dietitians (Campbell River) 250-286-7100 Ext. 67306**
- **Laurel Anderson, Aboriginal Liaison Nurse (Comox) 250-650-5714**



**KWAKIUTL DISTRICT COUNCIL  
CAMPBELL RIVER HEALTH OFFICE  
1400 A DRAKE ROAD  
CAMPBELL RIVER, B.C. V9W 7K6  
Phone (250) 286-9766  
Fax (250) 286-9713**



**Mental Health & Addictions**  
**MENS GROUP**

**Open to all Aboriginal Males**

**Well being activities are focused around men's gatherings and sharing of various topics  
All information shared is kept CONFIDENTIAL.**

**When: MONDAY'S**  
**Time: 6:30 PM**  
**Where: Campbell River KDC Office**  
**1400A Drake Road,**  
**Campbell River, BC**  
**Ph: 250-286-9766**

**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 traditions of the Kwa kwa ka'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.**



# Are Your Kids Safe?



## **FREE Child Seat Safety Check and Picnic at Spit Park**

**Stop by at Spit Park and our certified child seat technician will make sure that your child seat is safe and that it is the right seat for your child. Join us for a picnic lunch and fun activities for the kids!!**

**There is no charge for this service so please stop by - you don't need an appointment. Call Tracy Hnidy at 250-286-9766 for more information.**

<b>DATE:</b>	<b>July 25, 2018</b>
<b>Time:</b>	<b>11:00am – 2:00pm</b>
<b>Location:</b>	<b>Spit park on Spit Road beside Jiggers Restaurant</b>

## Facts about Osteoarthritis

- ✚ Most common type of arthritis
- ✚ Condition leads to breakdown of cartilage, eventually becoming bone on bone
- ✚ Can result in pain, stiffness, swelling and decrease range of motion
- ✚ Joints most commonly effected knees, hips, hands, spine, neck, big toe
- ✚ No cure for Osteoarthritis

## Early Signs

- ❖ Morning stiffness that lasts 30 minutes or less
- ❖ Joint swelling causing decrease range of motion
- ❖ Joint crepitus; grind, grate, or crackling sensation
- ❖ Pain ; increased with high impact activities

## Treatment Goals

- Disease gets worse over time
- Best results to treat as soon as possible
- Delay future damage
- Keep joints as healthy as possible
- Control pain
- Improve function