



KWAKIUTL DISTRICT COUNCIL HEALTH

We Wai Kai Nation KDC Health

Quinsam & Cape Mudge

"Gawalla xa hamattalla" Helping Our People

JULY 25-JULY 30,2016



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**

Georgina Isaac, Community Wellness Worker **Mon-Fri**

Email: georgina.isaac@kdchealth.com

Dianna Smith, Community Health Rep Email: dianna.smith@kdchealth.com –**Mon-Fri**

Linda Lavender, Arthritis Coordinator

Email: linda.lavender@kdchealth.com

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





ALL KDC HEALTH
OFFICES

WILL BE CLOSED
FRIDAY AUGUST 1

FOR
BC DAY!



Congratulations to Tracy and Makayla winners of the Garden volunteer participation draw. The mother and daughter team are the winners of \$50.00 in superstore gift cards...

Thankyou to all our volunteers you make our community great!!!!

EVERYONE IS WELCOME TO HELP THEMSELVES TO OUR FRESH GARDEN PRODUCE....LETTUCE, SWISS CHARD, ONIONS, ZUCCHINI AND MORE. :

zucchini



shutterstock · 298236725



AT THE CAPE:

In support of community activities KDC is pleased to be partnering with the youth worker Vanessa for programs at the Cape during the week of July 25-29th. Our focus will be Water Safety

Everyone is encouraged to participate in the Survival Swim Lessons July 25 + 26 from 10 am—2 pm at the pool. This training is delivered by the Lifeguard Outreach Society and will be fantastic.

Lunch is included each day...

Thursday July 28th will be a community swim day promoting health and wellness thru

physical activity. Games and much more

Starting at 1 p.m see you there..

Patty Wilson, CHR KDC Health

Sunshine Wellness Health Matters Education Schedule 2016

CLASS	DATES	CLASS TIMES	FACILITATOR/S
Portion Distortion	Fri. Oct. 28	10:30am-11:30 am	Erin
Craving Change	Mon. Oct.3, 17, 24, 31 & Nov.7	9:30 am-11:30 am	Erin/Jennifer
Fueling Your Body	Fri. Sept. 30	10:30am-11:30am	Erin
Understanding Lab Work	Tues. Nov. 8	1:30 pm-3:30 pm	
Healthy Feet	Wed. Sept. 14	1:30 pm-4:00 pm	Cheryl
A Good Night's Sleep	Tues. Nov. 22	1:30 pm-4:00 pm	Sheila
Living Well with COPD	Wed. Sept. 21, 28 & Oct. 5	1:30 pm-4:00 pm	Sheila
	Wed. Nov. 16, 23 & 30	1:30 pm-4:00 pm	Sheila
Chronic Pain Self-Management	Dates, times and facilitator for next session still to be determined		
Introduction to your Heart ***	Thurs. Sept. 22	1:00 pm-2:00 pm	Rita/Cathe
	Thurs. Nov. 24	1:00 pm-2:00 pm	Rita/Cathe
Medication Management ***	Thurs. Sept. 29	1:00 pm-2:00 pm	CRH pharmacist
	Thurs. Nov. 10	1:00 pm-2:00 pm	CRH pharmacist
Complementary & Alternative Medicines in Chronic disease management***	Thurs. Oct. 20	1:00 pm-2:00 pm	London Drugs pharmacist
	Thurs. Dec. 1	1:00 pm-2:00 pm	London Drugs pharmacist

June 28, 2016

Sunshine Wellness Health Matters Education Schedule 2016

Stress Response/Intro to Mindfulness & Meditation***	Thurs. Oct.6	1:00 pm-2:00 pm	Sheila
	Thurs. Nov. 17	1:00 pm-2:00 pm	Sheila
Heart Healthy Eating ***	Mon. Sept. 12	6:00 pm-7:30 pm	Jennifer
	Thurs. Nov. 10	9:30 am-11:00 am	Jennifer/Erin
Hypertension***	Thurs. Sept. 8	1:00 pm -2:00 pm	Cheryl/Monique
	Mon. Nov. 7	6:00 pm – 7:00 pm	Cheryl/Monique
Why Exercise is good for the heart***	Thurs. Sept. 15	1:00 pm-2:00 pm	Mark Cryderman
	Thurs. Nov. 3	1:00 pm-2:00 pm	Mark Cryderman
Talk with the Doc***	Thurs. Oct. 13	1:00 pm-2:00 pm	Dr. Ramsey
	Thurs. Dec. 8	1:00 pm-2:00 pm	Dr. Ramsey

*****=heart matters educational classes*****

All classes are open to everyone, pre-registration is required by calling 250-850-2195