



KWAKIUTL DISTRICT COUNCIL HEALTH

We Wai Kai Nation KDC Health Quinsam & Cape Mudge

"Gawalla xa hamattalla" Helping Our People

May 23 - May 27, 2016



Building Healthy Communities

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@kdchealt.com **Mon–**

Take Care of Yourself



QUINSAM & CAPE MUDGE WELLNESS CENTRE

9:00 - 4:00 Mon—Fri

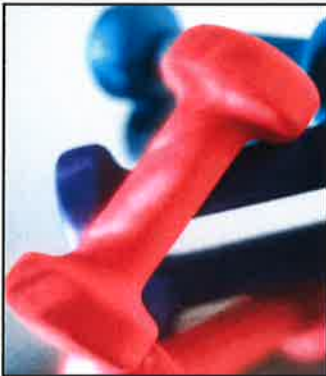
CLOSED FOR LUNCH 12:00-1:00

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



What's Happening at the Cape?!



April 2016

Mon – Victoria Day Office Closed

Tuesday – Language Class 7PM

Wens –

Thurs – Yoga + Essential Oils 6:30pm-7:45Pm



QUINSAM

April 2016

Monday – Victoria Day Office Closed

Tues –

Wed – Community Garden 9:30PM-10:30PM

Wonderful Wednesdays 10:30AM-12:00PM

Lunch and Learn CR KDC OFFICE 12AM-1:30PM

Thur –

Friday –



ALL KDC Health Offices

will be closed

MAY 23rd For

Victoria Day (Monday)



VICTORIA DAY



“Cancer Awareness” ~ Celebration for Life Gathering on Saturday May 21, 2016

We would like to invite community members to our celebration for life gathering - This year we invited Dana Henderson as our guest speaker to share her personal story on how cancer affected her life.

Our goal - Raise cancer awareness, and most important uplift one another through standing in the circle of healing, lighting a candle in honor of those who are struggling with cancer, those who have passed away from cancer, - **Canadian Cancer Society & Campbell River Hospice will have a table of resources available for community members**

Please bring a picture of your loved ones we will have a table set up for pictures

When: Saturday May 21, 2016

**Where: Thunderbird Hall - 1400 Weiwaikum Road,
LUNCH will be provided - Indian Taco's**

Time: 11:30 am - 3:30 pm.

Dana Henderson will share her story! / stand in the circle— Lighting candles for healing!

******We invited “The Band of Brothers” - offering comfort service to uplift our community members**** Singing gospel songs!**

Contact Georgina Isaac, Community Wellness Worker

Office: (250) 286-8064 or Cell (250) 204-1196

“NO ONE FIGHTS ALONE!”

YOGA + ESSENTIAL OILS = HEALING BLISS

It's the time of year to move!

According to **Ayurveda** (the science of knowledge, and Yoga's sister science), we can use the healing power of **nature** to bring our bodies and minds back into a state of balance and harmony; using foods, herbs, plants, spices, movement, skin care practices and of course yoga - according to the season and our individual constitutions.

In this energizing yet gentle yoga practice, we will begin the process of awakening the body after a season of hunkering down, resting, and possibly lethargy and heaviness. We will practice dynamic postures to get our circulation and breathing going, and then settle into some more passive postures, ideal for engaging the relaxation response. We will use **nature** in the form of essential oils, to stimulate and also calm our senses. These aromas will send you well on your way to healing.



Thursdays, May 26th 6:30-7:45 pm
KDC Health at the Cape Mudge Band Office
Free!

(if the class is popular it will continue on so please come join us!!)

Yo ?egas

Language Class

Tuesday May 24 th 2016



Class time starts at 7 p.m.

Please join us at the Cape Office for language class. Instructor Lisa Anwar will introduce you to beginners language and future programming will be discussed at this time.

Thankyou, Patty

See you soon.

FIT BIT challenge participants



Keep it up everyone YOU ARE DOING GREAT!
It's so exciting to see that so many are still participating in the Fit Bit Weekly Challenges. Your dedication and persistence is fantastic.

Reminder to bring in your fitbit totals for our Snack and refreshment gift card draws. See you soon.

WALK! Walk! Walk!



May 30th - June 5th

Bike to Work Week!

KDC Health has registered a team! Please follow the link below if you would like to join our enthusiastic team!

So lets blow the dust off our bikes and get movin!

Prizes!

Group Ride & Breakfast!

<https://www.biketowork.ca/registration>

For more info contact:

Kathleen Power, Community Nutritionist/Fitness Leader
kathleen.power@kdchealth.com



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: June 7 @11:00 AM-3:00 PM

Where: KDC Health Office- Cape Mudge

Who: We Wai Kai First Nation Band 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



RUN THE SPIT 5K

Takes Place in Campbell River
As part of

National Aboriginal Day Celebrations

Participants can walk or run this 5K waterfront course followed by
a pancake breakfast.

Race Starts at 8am
1400A Drake Rd
JUNE 21st, 2016



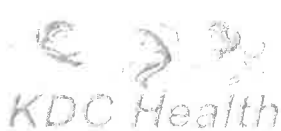
Register online: <http://www.raceonline.ca/events/details/?id=1220>

This event is ideal for those walking or running. The course offers limited elevation and is a timed event. It is an excellent opportunity to take part in your first race or set a new personal best!

For more info contact: KDC Health 250 286 9766



First Nations Health Authority
Health through wellness



**THE 4th ANNUAL
RUN THE SPIT**

RUN/WALK JUNE 21, 2016

Please complete this form, and mail or fax to:
1400 A Drake Road
Campbell River, BC. V9W 7K6
Further information: email:
kathleen.power@kdchealth.com
Phone: 250 286 9766

I am entering: **Spit 5K Run** **Spit 5K Walk**

Participants in The Spit 5K Walk/Run will be corralled at the start line based on whether you are running or walking; the runners will be 1st and walkers and children will be 2nd.

Name _____

Address _____

City _____ Province _____ Postal Code _____

Email: _____ Phone _____

Gender M F

Date of Birth: _____
(MM/DD/YYYY)

T-shirt Size Adult(circle one only): S M L XL XXL

T-shirt Size Youth(circle one only): XS S M L

Waiver Release. Please read carefully. I know that running/walking a road race is a potentially hazardous activity, I should not enter and run/walk unless I am medically able and properly trained. I also know some police supervision and some control by volunteers will be provided, there will be traffic and maybe unauthorized traffic on the course route. I assume the risk of running in traffic. Is also assume any and all other risks associated with running/walking the event including but not limited to falls, contact with other participants, the effects of the weather including high heat and/or humidity, the condition of the roads, all such risks being know and appreciated by me. Knowing these facts, and in consideration of you accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the Kwakiutl District Council Health (KDC Health), City of Campbell River including their Police Department, Event Officials, Volunteers, and the Ministry of Transportation and anyone else acting on their behalf, from and against any and all claims of liability for death, personal injury or property damage of any kind or nature whatsoever arising out of or in the course of my participation in this event. The Release Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, know or unknown. Applications for minors will be accepted only with a parents signature and should be signed by minor also. If I am signing on behalf of or together with a minor as parent or guardian or responsible adult, I warrant that I have authority to do so I agree, in consideration of KDC Health allowing the minor to participate at my request, to indemnify all of the above named parties for any claims as described about advanced by said minor or by anyone on that minor's behalf, and I consent jointly with the minor and on the minor's behalf to the use of images and stories of the race involving the minor to be used for any purpose without compensation. I agree that the organizers may use any images and stories of the race which include me for any purpose without compensation.

I hereby acknowledge having read this Release and Waiver and that I understand and accept its terms.

Signature _____ Date _____ Parent/Guardian signature (if entrant under 19) _____

****Deadline to Register June 19, 2016.****



