

# KWAKIUTL DISTRICT COUNCIL HEALTH

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

**“Gadwall xa hamattalla”  
Helping Our People**

**May 26th - May 30th, 2014**



## **Food Allergy Awareness**

## **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 **Monday—Friday**

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 **Friday**

Email: alisia.henkel@kdchealth.com

**Jamie DeLuce**, MSW, MSW Ph.D. (by appointment only) 250.286.8064

Email: jamie.deluce@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 **Tuesday & Wednesday**

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

**Jamie DeLuce**, MSW, RSW Ph.D. (by appointment only) 250-286-8064

Email: Jamie.deluce@kdchealth.com

**Kathleen Power**, Registered Dietitian (by appointment only) 250-286-9766

Email: Kathleen.power@kdchealth.com

# Take Care of Yourself



## QUINSAM WELLNESS CENTRE

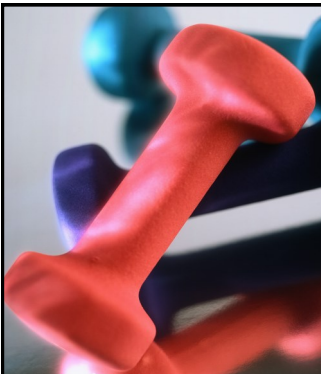
9:00 - 4:00 Mon-Fri

### 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

Enter  
Monthly  
Draw

### Paraffin Waxing (for hands and feet)

Arthritis Relief      Bursitis Relief  
Smooth skin      Eczema  
Inflammation      Stiff Joints



# What's Happening at the Cape?!



## May 2014

**Mon, 26**      **OFFICE DAY**

**Tues, 27**      **OFFICE DAY**

**Wed, 28**      **Parents & Tots**

*Food Allergies*

**10:00-12:00**

**Thurs, 29**      **Community Garden** - watering planting & weeding

1:00-3:00

**Fri, 30**      **Lab**

8:15-9:15

**Strength & Balance**

10:00-11:00

**CHECK OUT THE NEWSLETTER ON-LINE AT**

[www.kdchealth.com](http://www.kdchealth.com)



# QUINSAM

May 2014

**Mon, 26**      **OFFICE DAY**

**Tues, 27**      **Elders Lunch**

*Hepatitis Awareness*

**12:00-2:00**

**Circuit Training**

**5:30-6:30**

**Wed, 28**      **Youth Walk/Run with Terena & Vanessa**

**3:00-5:00**

**Massage with Roberta - call Terena to book an appointment**

**10:00-3:00**

**Thurs, 29**      **Belly Fit**

**5:30 - 6:30**

**Fri, 30**      **Office Day**

**Check out the Newsletter on-line at**

**[www.kdchealth.com](http://www.kdchealth.com)**



**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.

# Little Eagle Book Club



**Bring your child in to  
join our book club**



Please drop your donations off at  
the Quinsam office or call  
250-286-8064 to have them  
picked up!







