

# KWAKIUTL DISTRICT COUNCIL HEALTH

WE WAI KAI NATION  
QUINSAM & CAPE MUDGE  
NOVEMBER 14 - 18, 2016

NOVEMBER



*"Gawalla xa hamattalla" Helping Our People*

## 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

**Keltie Pike**, Site Administrative Coordinator **Mon-Fri**

Email: receptionquin@kdchealth.com

**Amanda Roberts**, Community Health Representative **Mon-Fri**

Email: amanda.roberts@kdchealth.com

**Alisia Henkel**, Community Health Nurse **Maternity Leave**

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

E-mail: kathleen.power@kdchealth.com

**Natalie Crawford**, Clinical Counsellor (by appointment only) 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**, Casual Community Health Nurse **Wed**

Email: jacey.dick@kdchealth.com

**Shelby Huffman**, Community Health Nurse (Mentor) **Tues, Thur & Fri**

Email: shelby.huffman@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 Worker **Mon & Tues**

Email: ken.bell@kdchealth.com

**Patty Wilson**, Community Health Representative **Mon-Fri**

Email: patty.wilson@kdchealth.com

**Kathleen Power**, Registered Dietitian **Fri**

Email: Kathleen.power@kdchealth.com

**Alisia Henkel**, Community Health Nurse **Maternity Leave**

**Shelby Huffman**, Community Health Nurse (Mentor) **Mon & Wed**

Email: shelby.huffman@kdchealth.com

**Jacey Dick**, Casual Community Health Nurse

Email: jacey.dick@kdchealth.com



# 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



# KDC Welcomes New Staff!

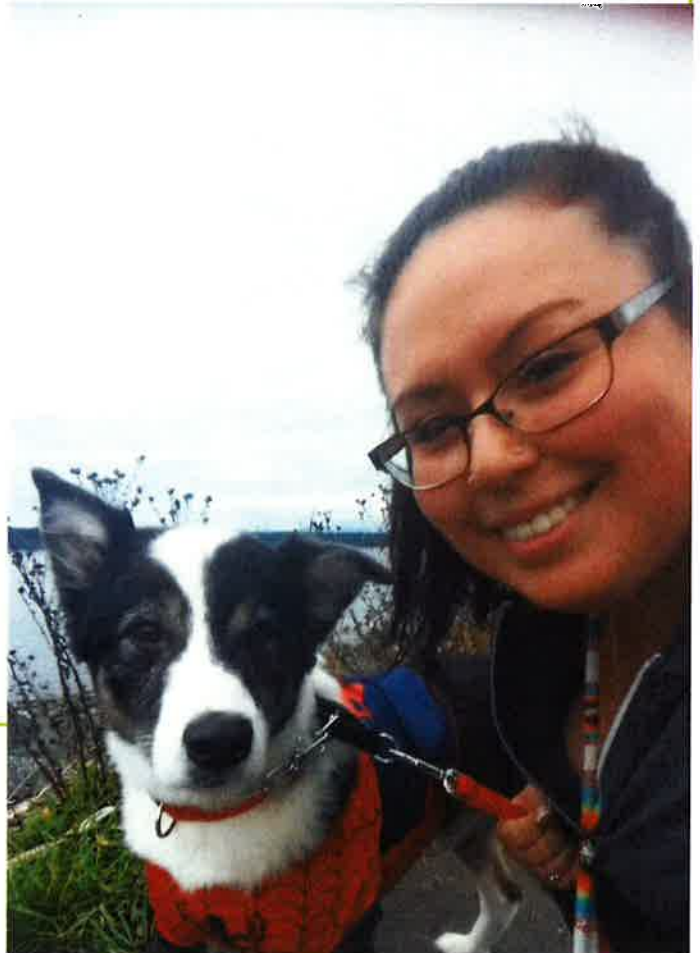
Hello everyone,

My name is Brittley James. I am Campbell River born and raised. I am a member of the Cape Mudge Band.

I recently returned to Campbell River from Regina Saskatchewan, where I have been attending the First Nations University of Canada studying Indigenous Social Work. It has been my goal for sometime to return home after attaining my education and to work within our own community.

I love the outdoors and going for walks along the river with my dog named Dexter who keeps me on my toes. I am happy to be back home near my family and my culture and I look forward to working within our community, as the new Community Wellness Worker with KDC Health.

Gila'kasla





## **NOVEMBER IS ABORIGINAL DISABILITY AWARENESS MONTH**

### **FOR IMMEDIATE RELEASE**

November 2016 marks the 2<sup>nd</sup> Anniversary of Aboriginal Disability Awareness Month in British Columbia.

In 2015, the Métis Nation British Columbia, the BC First Nations Summit and the Province of British Columbia all recognized and proclaimed November as Aboriginal Disability Awareness Month. This was the first such recognition, specific to Indigenous persons living with disabilities, proclaimed anywhere in the world.

Since 2015, the British Columbia Aboriginal Network on Disability Society (BCANDS) has been working with various Indigenous leadership organizations and provincial and territorial governments to have Aboriginal Disability Awareness Month recognized across Canada.

In 2016, the Assembly of First Nations, the Council of Yukon First Nations and the Province of Saskatchewan all recognized and proclaim the month as well.

The frequency of disabilities experienced by the Indigenous population of Canada is twice that of the national rate and up to three times higher within certain Indigenous age groups.

Aboriginal Disability Awareness Month was created to raise awareness of the often-unique issues that face the Indigenous population of Canada who live with disabilities. Through bringing issues to light, Aboriginal Disability Awareness Month assists to eliminate the barriers that can restrict persons living with disabilities in being fully participating members of our communities, provinces, territories and country.

Throughout November a variety of activities and awareness events are being held to raise awareness and celebrate the month.

### **About the British Columbia Aboriginal Network on Disability Society (BCANDS)**

BCANDS is the only stand-alone Indigenous organization of its type in Canada. 2016 marks the 25th anniversary of BCANDS and its delivery of award winning Indigenous disability and health services. BCANDS disability services are available to any Indigenous person living with a disability regardless of age, location, Indigenous ancestry, disability and disability related need.

For more information on Aboriginal Disability Awareness Month or BCANDS please contact Neil Belanger – Executive Director at (250) 381 7303 or by email at [exdir@bcands.bc.ca](mailto:exdir@bcands.bc.ca) or visit [www.bcands.bc.ca](http://www.bcands.bc.ca)

For information of the upcoming BCANDS 2017 “*From the Outside Looking In.....Indigenous Disability and Wellness Gathering*” please visit [www.bcands2017gathering.com](http://www.bcands2017gathering.com)

## **CHAIR MASSAGE AT THE CAPE**



**KDC Cape Mudge Health Office**

**Time: 1:15 pm start**

**DROP INS WELCOME**

**Monday Nov 14, 2016**

**Facilitated by Teresa**

**Please call for an appointment.**

Want to know how to you could potentially save a life?  
Come Learn about Naloxone



# Naloxone

PREVENTING OVERDOSES  
SAVING LIVES

Naloxone is a medication that reverses the effects of an overdose from opioids (e.g. heroin, methadone, morphine). BC has developed a **Take Home Naloxone (THN) Program** to help save lives. This site will help you learn more about THN programs and how the BC THN program can be part of your community.

Presenter: Sarah Sullivan from AVI Courtenay

Date: Nov 15

Time: 12:00-1:00

Place : Cape Mudge Band Office

Open to all community members!

# **Language Class with Lisa**



**Tuesday November 15th**

**Start time 6:45 p.m. at the Cape Health  
Office**

**Everyone welcome! An hour or more of  
Interactive language lessons..**

**Learning Thru song, games and more.**

**Thankyou,**

**Patty Wilson, CHR**

**LEARNING  
IS  
FUN**



**CAPE MUDGE**

# **Wellness Checks**

**Wed. November 16**

10:00 am—12:00 pm



**Blood pressure checks and weigh ins!**



# WALK WITH ME

## Pathway to Health

### Youth Safety Fair

#### Youth interactive Harm Reduction strategy stations:

- \* Drinking and Driving; KDC Staff
- \* Car Seat Safety—KDC Staff
- \* Liver Health—Amy; Positive Wellness
- \* Helmets; KDC Staff
- \* Dental—Ethel; Island Health
- HIV/AIDS—Kecia Larkin,  
DINNER PRESENTER  
First Nation HIV Educator**
- \* Street Smarts—Mike; RCMP



NOV 30th

2:30-6:00

QUINSAM HALL

Dinner at 4:45

EVERYONE WELCOME

For more information please contact

Dianna Smith

250-286-9766



**FAMILY  
FUN  
FAIR**



Brought to you by

We Wai Kai FC & Bounce A Rama. All proceeds go to the WWK kids soccer teams!

Sunday,  
Nov. 27

**11:00 am**

–

**3:00 pm**

at

**Quinsam Hall**

# NOTICES

The Youth Tribal Journey scheduled for November 17, 2016 at 11:00 am has been **cancelled.**



Patty Wilson, CHR, will be out of the Cape Mudge KDC Health office on November 17 – 18, 2016.