

# 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!

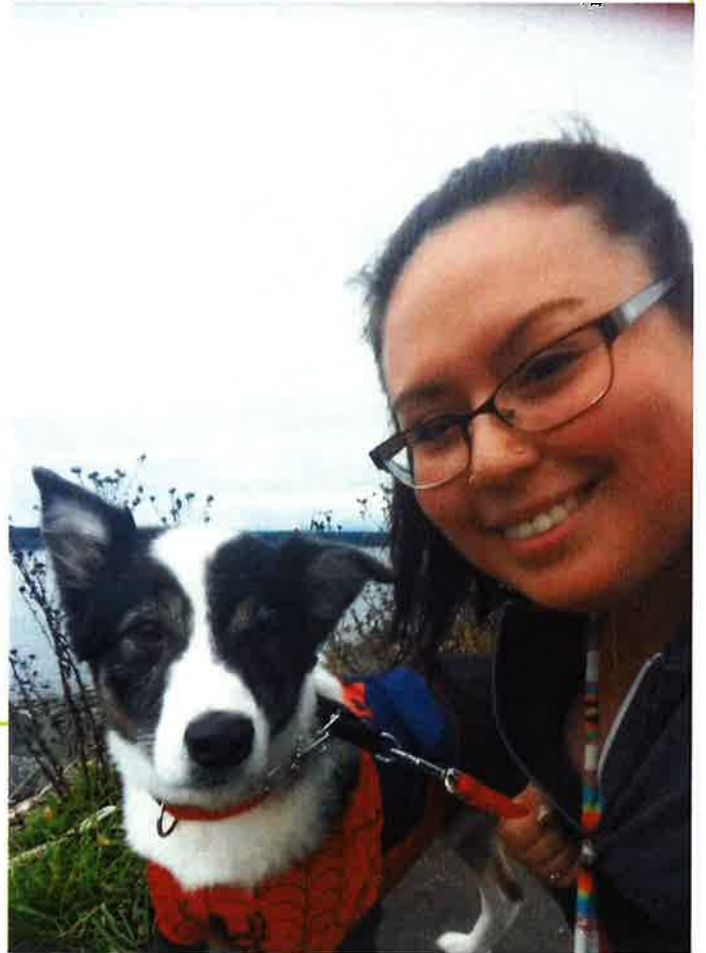
Hello everyone,

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)

# COHI

## Quinsam Children 0-7 yr. old



### **COHI—Children's Oral Health Initiative**

A free check up with our First Nation Dental Hygienist Ethel Henry and trained COHI Aide

### **Children 0—7 years old**

This is a free program for education and prevention of early tooth decay.

Fluoride Varnish may be an option to stop decay from progressing, slow the rate of decay & prevent decay in healthy teeth.

**Fluoride Varnish is easy, quick and painless.**

Thurs Nov 17 2:00-4:00

Call Amanda at 250-286-8064 to  
schedule an appointment

# Balance, Stretch & Strength

This is a **BEGINNER** class for all those new to exercise or those that have been inactive or recovering from injury or illness.

*Sally Feast has been a personal trainer for years and started out overweight and battling illness.*

The class will consist of a group check in, 5 min. warm up, followed by 20 min. of exercise and a 5 min. cool down.

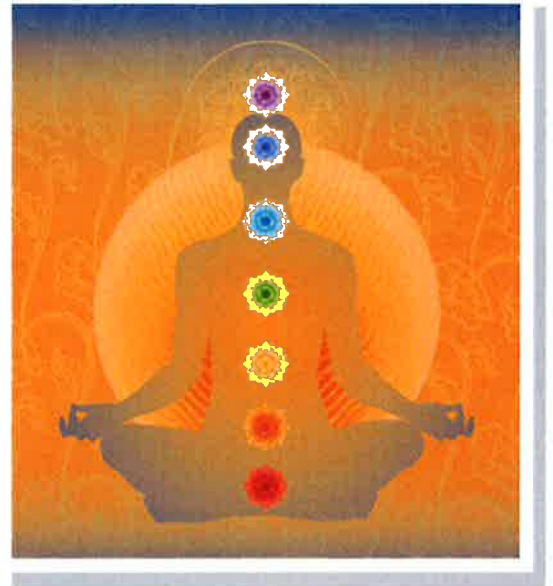
**TUESDAY'S**

**5:30-6:30 pm**

**Quinsam Gym**

If you have any questions or would prefer a different day or time, please call Amanda 250-286-8064

# Adult Yoga & Wellness



'I am the Creator of Child's Pose Yoga; nourishing young hearts and minds through, yoga, meditation and mindful thinking. I am a certified all-ages yoga teacher currently living on Quadra Island. With years of education and life experience 😊 I have chosen to dedicate my life to studying health and wellness, and it brings me great joy to share this passion with those around me. My approach to yoga is one of mindfulness, ease and play. All you need for a class with me is an open heart and mind, and your breath!'

## Monday's

Starting September 19th

## 5:30-6:30 pm

To Register please call Amanda at 250-286-8064

KDC Health





# 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.