



# KWAKIUTL DISTRICT COUNCIL HEALTH

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

**"Gawalla xa hamattalla"**  
**Helping Our People**

**Oct 20 - Oct 24, 2014**

**EARLY DETECTION IS  
YOUR BEST PROTECTION  
AGAINST BREAST CANCER**



## **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 **Tues, Wed & Fri**

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

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

E-mail: kathleen.power@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 **Monday & Tuesday**

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

**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?!



## October 2014

**Mon, 20**

**Office Day**

**Tues, 21**

**Lateral Violence Workshop**

12:00 with lunch

**Tea & Tools 2:00-3:00**

Scrapbooking

**Wed, 22**

**Bootcamp**

6:00-7:00 at the hall

**Weaving Study Group with Vicki**

\$10.00 donation plus cost of material

10:00-8:30pm

*Nurse Cheryl available*

**Parents & Tots—HALLOWEEN PARTY**

Learn Not to Burn & Speech Therapist

**Thurs, 23**

**Tea & Tools**

Little Eagles Book Club

**Fri, 24**

**Lab**

8:00-9:00

**Breast Cancer Awareness Lunch w/Kathleen**

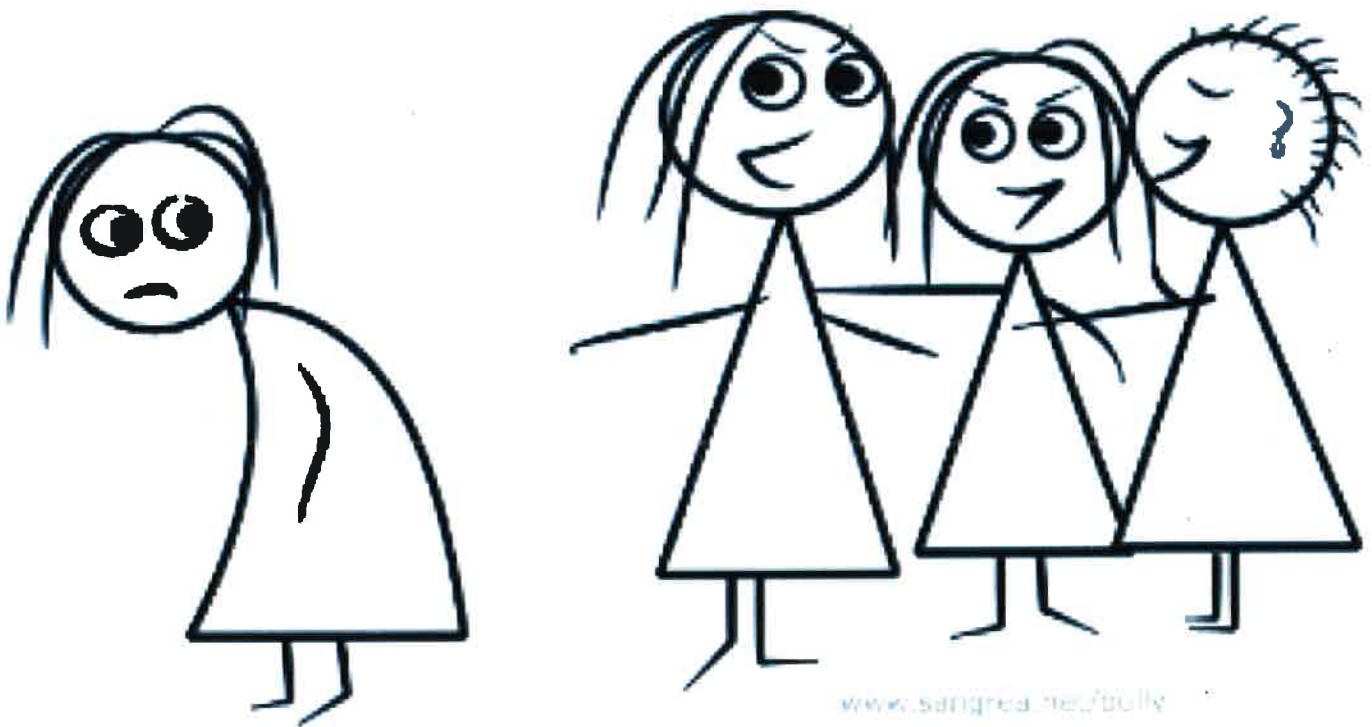
9:00-11:00

**You can view our newsletter on-line at [www.kdchealth.com](http://www.kdchealth.com)**

# Lateral Violence

## Workshop

With Ken Bell in Cape Mudge



**Tues, Oct 21**

**12:00**

**Lunch Provided**





&



# Tuesday & Thursday With Ken In Cape Mudge

Bring your creative mind and favorite pictures for  
an hour of scrapbooking



Also Little Eagles Book Club reading  
material will be available

# Little Eagle Book Club



## REMINDER!

Stop by the Cape Mudge office  
to pick up a new book  
and your  
reading log form.





**WEDNESDAYS**

**6:00-7:00**

**CAPE MUDGE HALL**

**MUSCLES:**

**USE 'EM**

**OR**

**LOSE 'EM**

**IF IT DOESN'T CHALLENGE YOU**

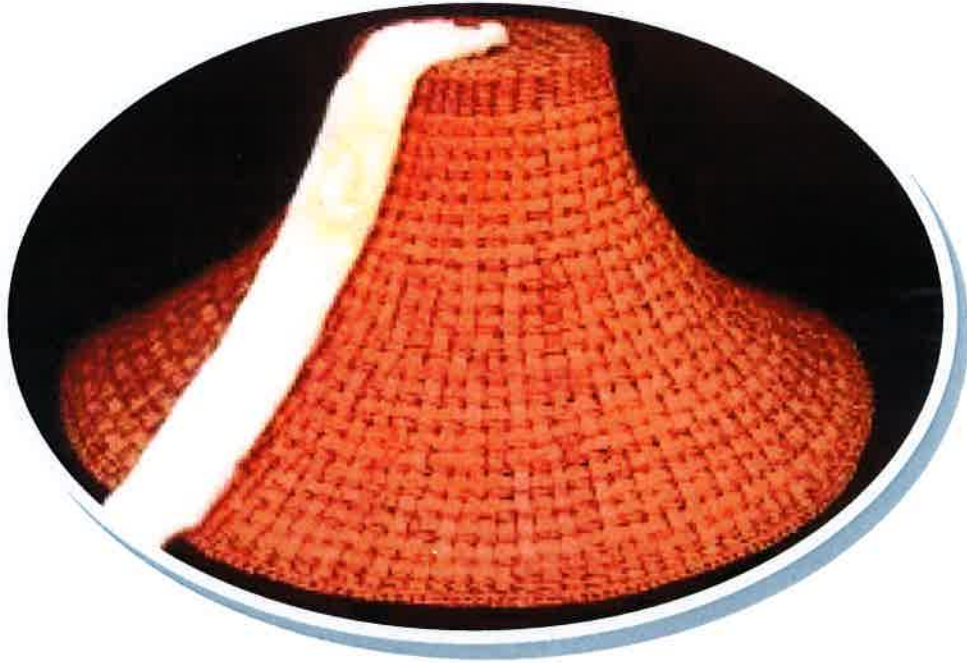
**IT DOESN'T CHANGE YOU**

- FRED DEVITO



# Weaving Study Group

Cape Mudge KDC Health Centre



## Wednesdays

## 10:00am—8:30pm

Potluck Lunch & Dinner Break from 5:00-6:00

**\$10.00 donation + the cost of materials**

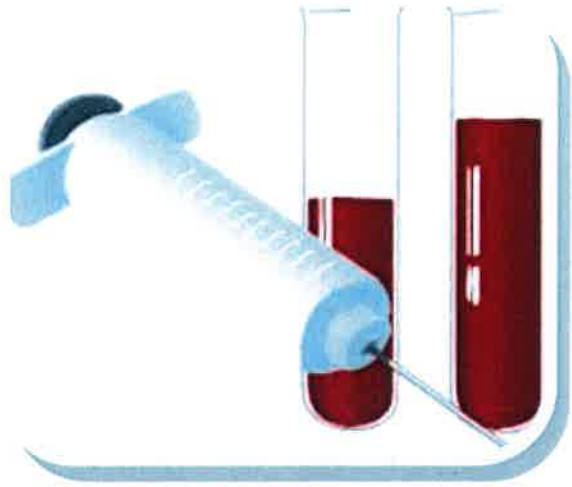
# Parents & Tots

Wed, Oct 22nd

11:00-12:00



**THEME: Halloween Party**



Cape Mudge

**BLOOD WORK LAB**

**8:00-9:00 Lab**

Followed by

**Breast Cancer**

**Awareness Lunch**

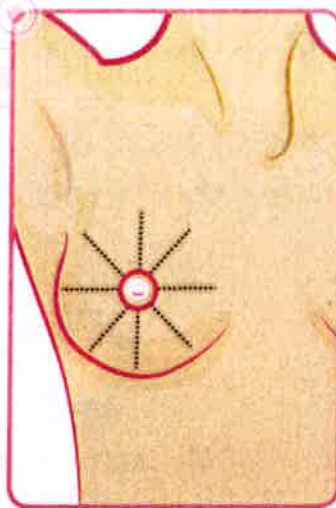


**Friday, October 24th**

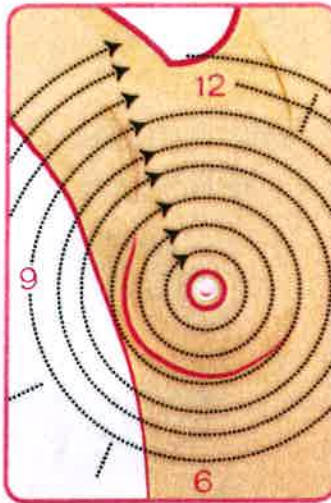
**Do you have a requisition from your doctor and no time to catch the ferry for lab work?**

**Walk-in to the lab at the Cape Mudge, KDC Health office between 8:00 & 9:00 and the Nurse Practitioner will collect a specimen - blood, urine or other body fluid.**

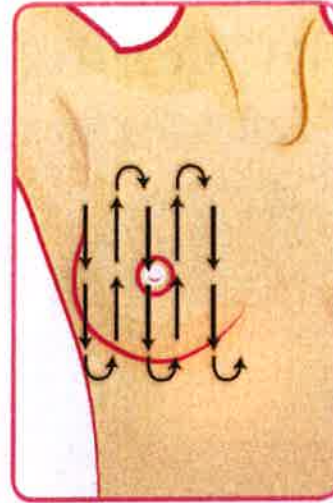
# BREAST SELF-AWARENESS



WEDGE PATTERN



CLOCK PATTERN

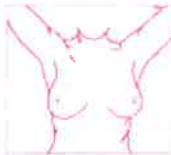


VERTICAL STRIP



## 1. LOWER & LIFT:

examine your breasts in front of a mirror with your arms at your sides and then raised over your head with your palms pressed together



## 2. LOOK:

for changes in size, shape, contour, dimpling, piling, or redness or scaliness of the nipple or breast skin. Then, with arms slightly raised, examine each underarm.



## 3. LIE:

lie down on your back with a pillow under your right shoulder.



## 4. TOUCH:

with your left three middle finger pads to feel for lumps in your right breast. Feel the breast tissue with dime-sized circular motions.



## 5. CIRCLE:

your breasts, beginning at the nipple. Use firm, smooth pressure and move in larger and larger circles until you reach the outer edge of the breast. Begin with a soft touch and constantly increase the pressure. Use three levels of pressure: light to feel the tissue closest to the skin, medium to feel a little deeper, and firm to feel the tissue closest to the chest and ribs.



## 6. UP & DOWN:

feel up and down the breasts. First with a soft touch, then increase the pressure. Feel for changes from top-bottom and side-side. Cover the entire breast and don't miss any tissue.



## 7. REPEAT:

move the pillow under your left shoulder. Repeat steps 4-6 using your right hand on your left breast.



## Screenings Can Save Your Life

Following are the average size of lumps found by different screening methods:



By women not trained in BSE



By women doing occasional BSE



By women doing regular BSE



By first mammogram



By regular mammogram

Source: Breast Health Program of New York

# EARLY DETECTION



**Cape Mudge**  
**FLU CLINIC**

**OCT 31 - 10:00 - 3:00**

**NOV 3 - 1:00 - 3:30**

**NOV 5 - 10:00 - 6:00**

**NOV 10 - 1:00 - 3:30**

**NOV 12 - 1:00 - 3:30**

**Cape Mudge Community  
Health Committee  
Meeting**



**Tues, Oct 28th**

**9:00 am KDC Office**

**EVERYONE WELCOME**



# QUINSAM

*October 2014*

**Mon, 20**

**Office Day**

**Tues, 21**

**Circuit Training—with Sally**

**5:30-6:30**

**Wed, 22**

**Office Day**

**Thurs, 23**

**Office Day**

**Fri, 24**

**Office Day**

# Circuit Training



**EVERY Tuesday**

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

*Join Sally Feast and Terena Lansdonwe for a fun  
cardio / weight training class.*



# Motoring Munchkins

**TUES, OCT 21**

A great time to play with your little one,  
chat with other parents and increase  
physical activity for your toddler.

The group will be open to families with  
children under 5 years old.



**PLEASE BRING YOUR OWN  
PUSH TOYS**

(tricycles, push cars, etc.)

**2:30-3:30**



# Elders & Babies

# HALLOWEEN PARTY

WE ARE COMBINING ELDERS LUNCH & HEALTHY BABIES

Come join us for lunch!

Bring your grandparents or grandchildren, for an  
afternoon of laughter and fun!

**Please DRESS UP for a prize!**



**Thursday Oct 30th**

**12:00-3:00**

# REMINDER

## Patient Travel

**Terena; Patient Travel Clerk has NEW HOURS  
effective September 1st, 2014**

**Tuesday 1:30 - 4:30**

**Wednesday 8:30 - 4:30**

**Friday 8:30 - 4:30**

Please call during these hours to advise of your appointment.

You may also leave a detailed message on her voicemail should you call during hours she is not available.

***To ensure you receive your travel in time for your appointment please allow 1 week processing time for all patient travel.***

**Quinsam**

**FLU CLINIC**

**OCT 31 - 10:00 - 3:00**

**NOV 4 - 10:00 - 4:00**

**NOV 6 - 11:00 - 4:00**

**NOV 7 - 1:00 - 4:00**

**NOV 13 - 10:00 - 6:00**

**NOV 14 - 1:00 - 4:00**



**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.

## Wild Rice Stuffing

### Ingredients

- 1 tsp vegetable oil
- 1 ½ cups chopped celery
- 1 cup chopped onion
- 1 cup uncooked wild rice
- 2 garlic cloves, minced
- 4 cups low sodium
- Chicken broth
- 1 ½ Tbsp chopped fresh sage
- 1 cup uncooked long-grain brown rice
- ½ cup chopped apricots (optional)
- ½ cup chopped pecans (optional)
- ½ tsp salt
- ½ tsp freshly ground black pepper



### Directions:

1. Heat over medium-high heat. Coat pan with 1 tbsp of oil. Add celery, onion, wild rice, and garlic to pan; sauté 3 minutes.
2. Stir in broth and sage; bring to boil. Cover, reduce heat, simmer 25 minutes. Stir in brown rice, and bring to boil.
3. Cover, reduce heat, and cook for 30 minutes or until liquid is absorbed. Remove from heat; let stand, covered, 10 minutes.
4. Stir in apricots and remaining ingredients. Recipe taken from [www.myrecipes.com](http://www.myrecipes.com)

## Gordon Ramsay's Brussels Sprout with Pancetta/Bacon

### Ingredients

- 1kg Brussels sprouts, outer leaves removed
- Sea salt and freshly ground black pepper
- 1-2 tsp olive oil
- 200g pancetta or bacon cut into small pieces
- 200g vacuum-packed chestnuts
- 2 lemons



### Directions

1. Trim the base of the Brussels sprouts and cut them in half lengthways. Bring a pan of salted water to boil. Add the sprouts and blanch for 2-3 minutes, then drain well.
2. Heat the olive oil in a wide frying pan and fry the pancetta for a few minutes until golden and crisp. Toss in the sprouts and cook for 2-3 minutes, tossing occasionally.
3. Roughly chop the chestnuts and squeeze over a little juice. Check the seasoning and adjust if necessary.
4. Transfer to a warmed serving dish.



**Congratulations to the KDC Health Wellness Team on the GoodLife Fitness  
Victoria Marathon – Half Marathon/8K!**

<b>8K</b>	<b>Time</b>
Jake Smith	49:49
Curtis Wilson	50:32
Dayle Wilson	50:32
Dianna Smith	51:41
Tina McLean	1:13
Jacobi Burlotte	1:22
Teri Burlotte	1:22
Tristan Varga	1:22
<b>Half Marathon</b>	
Kathleen Power	2:05
Jamie DeLuce	2:10
Ken Bell	2:43
Steve Dick	2:48
Andreas Dick	2:58
Lorraine Harry	2:57
Lawrence Harry	3:02
Milly Price	3:06
Tracey Rolland	4:08
Erny Norris	4:08

**Thanks for Your Support through Ticket  
Purchases**

**Congrats to Prizes Winners!**

Asus Nexus 7 Tablet Teri Burlotte

Fit Bit Flex Jordana Inrig

Lululemon Gift Card Lorraine Harry



# Sasamans Society

Strengthening "Our Children" and families,  
in a community driven and  
culturally appropriate manner.



Join us for the Annual General Meeting to  
celebrate the highlights and accomplishments  
of the past year.

**Thursday November 13th, 2013**

**@ 4:30 PM**

at the Maritime Heritage Centre  
(621 Island Hwy, Campbell River, BC)





**Kwa-Kwela-Xulit tu mustimuxw translation:**  
(Kwa-kwala) (Huqu'wel-milum)

**Represents:**

Kwawaka'wakw / Coast Salish  
*"Given Another Chance at Life"*

## **ABORIGINAL SUICIDE CRITICAL INCIDENT RESPONSE TEAM (ASCIRT) BOOT CAMP**

The ASCIRT Boot Camp is an intensive 5 day training program designed to prepare community members, frontline workers and/or volunteers to respond to critical incident and suicide. This strength-based, community-centered training will focus on developing the skills necessary to respond to and support one another during times of crisis.

**WHERE:** Ocean Resort, Oyster Bay, BC

**WHEN:** November 17 – November 21, 2014

**WHO:** Any community member from one of the 29 ITHA Member Nations, priority to those who have attended previous ITHA ASCIRT programs.

Accommodations / meals are provided by ITHA for the duration of the program at Ocean Resort; travel to and from Oyster Bay, BC is at the responsibility of the participant.

**REGISTRATION DEADLINE IS OCTOBER 21, 2014 @ 4:00 p.m.**

Please ensure registration forms are completed in full and are accompanied by a letter of support from your community.

Inquiries can be made by contacting the WMH Team at the contact numbers below.

# THE INDIAN RESIDENTIAL SCHOOLS SETTLEMENT AGREEMENT



To: KDC Health Community Members,

Personal Credits Notice, if you received a Common Experience Payment, you could get \$3,000 in personal credits for educational programs and services. The Indian Residential Schools Settlement Agreement...

.What are personal credits? Personal credits may be used for a wide range of educational programs and services, including those provided by universities, colleges, trade or training schools, indigenous institutions of higher learning, or which relate to literacy or trades, as well as programs and services related to Aboriginal identities, histories, cultures or languages.

Will I receive a cheque? No - cheques will be issued directly to the educational entity or group providing the service.

Each CEP recipient will be mailed an Acknowledgement Form, if you did not receive an Acknowledgement Form call 1-866-343-1858

if you need assistance with filling out the application please contact Georgina Isaac (250) 286-8064 *Community Wellness Worker,*

Resolution Health Support Workers from TSOW TUN LE LUM Cultural team will be available to fill out your application

Dead line for completing application form is October 31, 2014