

# KWAKIUTL DISTRICT COUNCIL HEALTH

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

*"Gawalla xa hamattalla" Helping Our People*

**Jan 11 – Jan 15, 2016**

Healthy  
New  
Year!

**TOBACCO TIMEOUT CHALLENGE**

## 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 **Mon—Wed & Fri - Thurs in Cape Mudge**

Email: receptionquin@kdchealth.com

**Georgina Isaac**, Community Wellness Worker **Mon-Fri**

Email: georgina.isaac@kdchealth.com

**Terena Lansdowne**, Community Health Rep **Mon-Fri**

Email: terena.lansdowne@kdchealth.com

**Linda Lavender**, Arthritis Coordinator **Mon, Thurs & Fri**

Email: linda.lavender@kdchealth.com

**Alisia Henkel**, Community Health Nurse **Tues-Thur**

Email: alisia.henkel@kdchealth.com

**Chelsea Dwornick**, Nurse Mentor **Fri**

**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

## 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

# 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?!



**Jan 2016**

- |              |  |
|--------------|--|
| Tuesday 12   | Skillz Program<br>Good Food Box Assembly |
| Wednesday 13 | Parents and Tots                         |
| Thursday 14  | Weaving Conference Meeting               |

Welcome to the beginning of a prosperous year with  
Cape Mudge KDC Health

We look forward to working with you!



## QUINSAM

**Jan 2016**

- |              |                  |
|--------------|------------------|
| Monday 11    | FitNation        |
| Tuesday 12   | Circuit Training |
| Wednesday 13 | Lunch & Learn    |

With new beginnings and healthy lifestyles, Quinsam  
KDC invite you to join us on our 2016 adventure!

**COHI Cape Mudge Village**  
**Jan 12th 2016(Tuesday)**



**Please note: In support of  
our dental health initiatives  
we will be assembling good  
food boxes for families with  
children ages**

**0-7 Start time 10:30**

**Parents + Tots group**  
**Wednesday January 13 2016 \$**  
**TARTING AT THE CAPE HEALTH OFFICE FROM 10:30-11:30**



**This months Parent + Tots activity will be celebrating Literacy.**  
**Please joins us with your child to celebrate together.**

## Healthy Walking

Are you interested in participating in a step counting program. The First Nations Health Authority has fit bit clips available. The Cape Mudge Band in partnership with the KDC Health department is looking for 15 Quinsam or Cape Mudge community or band members whom would be interested in having a clip and working with the CHR to keep a tally of steps over a six week period.

Please call Patty if you are interested so she can register you with the Health Authority and order your clip.

Telephone: 250-285-3996

This is on a first come first serve basis and has a deadline of Feb 15<sup>th</sup> to apply.

Thankyou,

Patricia Wilson, CHR



FitNation incorporates a series of dynamic stretching exercises that are fun, adaptable to any fitness level, and presented in an easy-to-use workout format.

The program was developed by the Aboriginal Sport, Recreation and Physical Activity Partners Council in affiliation with Nike N7 and Dwayne Roberts, a certified Nike trainer. The exercises encompassed within the FitNation program can be modified for three basic fitness levels:

- Introductory
- Intermediate
- Advanced

Community Nutritionist & Certified Fitness Leader, Kathleen Power completed the FitNation training under the leadership Nike trainer, Dwayne Roberts. KDC Health is excited to offer this unique style fitness classes to our communities.

**When: Monday, January 11<sup>th</sup>, 12:00pm**

**Where: Quinsam Hall**

If you require further information please contact Kathleen Power, 250  
286 9766



# Circuit Training



**TUESDAY'S**

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

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

**EVERYONE WELCOME**

**Healthy Babies**  
**Friday January 15th 2016**  
**STARTING AT THE QUINSAM HEALTH OFFICE**  
**FROM 10:30-11:30**



**This months Parent + Tots activity will be celebrating Literacy.**  
**Please joins us with your child to celebrate together.**  
**Open for ages 0-3**

## Community Wellness Lunch & Educational Video

**GEORGINA ISAAC/MICHELLE GUENTER**

When: Wednesday January 13, 2016

(bi-weekly groups)

Where: Kwakiutl District Council Health Office

Quinsam Office 200-2005 Eagle Drive

Time: 12:00 noon - 1:30 p.m

**Theme: Healing adult children—"Children of addiction"**

### **EVERYONE IS WELCOME!**

We meet bi-weekly - lunch is provided at 12:00 noon, then we watch a video on addiction and have a open discussion on the video

As we come together to learn how addiction has impacted our lives, our loved ones, and uplift one another through support. Going back to our traditional teachings, walking hand in hand on the Journey of life...Providing support to one another on the journey of life

For more information contact—Georgina Isaac, Community Wellness Worker—(250) 286-8064 or cell number is (250) 204-1196



# TIME COLONIST 10K



KDC Health will be hosting a team to travel to the  
Time Colonist 10K, April 24<sup>th</sup>, 2016!

The Aboriginal RunWalk program consists of a 13 week training program. You will have 3 training options:

1. Walk
2. RunWalk
3. Run

The training is 3 times per week. We will meet as a group once per week and you will train 2 days independently. You will be given training plans to meet your individual needs. All activity levels are welcome to join!

**Registration for this event is January 20<sup>th</sup>, 3-5pm at the KDC Health Campbell River Office & KDC Health Quinsam Office. If you would like to register but can not attend on January 20<sup>th</sup> please contact Kathleen Power, or Mildred Price. No late registrations will be accepted.**

If you require further information please contact your group leader:

Kathleen Power, Campbell River/Cape Mudge  
250 286 9766

Mildred Price, Quinsam 250 286 9766



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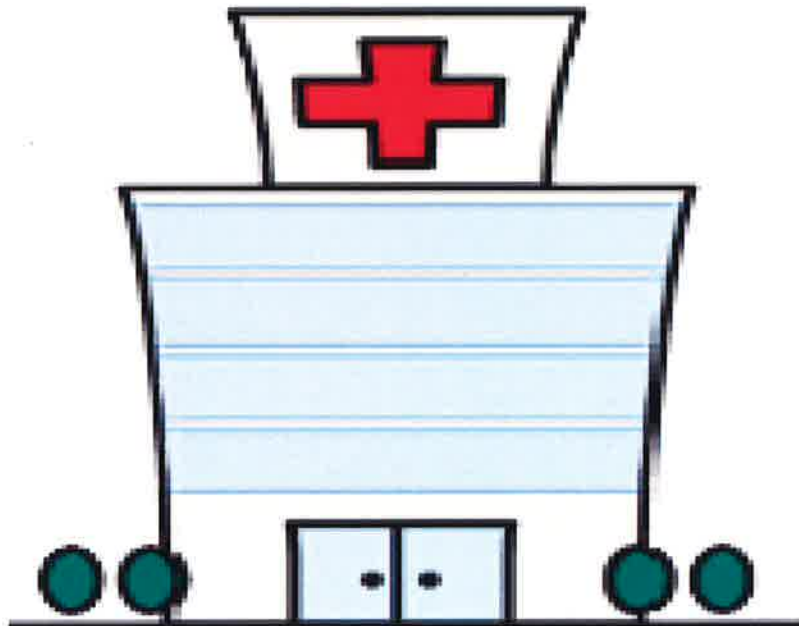
**When:** **Wednesday, January 27<sup>th</sup>, 6:45am** (Program will run for 6 weeks)

**Where:** **KDC Health Campbell River Office**

**Please call Lorraine Henderson at front desk to register 250 286 9766. Space is limited so register ASAP.**

**PATIENT TRAVEL SERVICES FOR MEMBERS OF THE CAPE  
MUDGE VILLAGE AND QUINSAM VILLAGE**

**January 2016**



**For those status individuals requiring medical travel out of town please contact me at 250-285-3996 extension 0 or on my cell at 250-202-7908 . I will be please to assist you with your travel needs during the month of January.**

**Thankyou, Patty Wilson, CHR**



**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.

# Your Journey begins here.



**On February 2**

Quit tobacco for 24hrs  
and you could win one  
of two **\$250.00 prizes**

## **Contest Details**

Every big journey begins with a single first step.

On February 2 we're asking you to take the Tobacco Timeout Challenge and quit tobacco for 24hrs. Making the decision to try is the first step on the journey to becoming tobacco-free.

You don't have to quit forever—just 24 hrs. And you don't have to do this on your own—there will be hundreds of other people joining with you from across BC.

If you're like most people who smoke, you probably want to quit and you've probably even tried before. The reality is that most people don't quit the first time, nor the second, nor even the third.

Like learning anything new, learning to be smoke free takes practice and takes time. The more times you try to quit—the more you break the cycle of routine—the more likely you are to succeed.

So what are you waiting for? You've got nothing to lose, a lifetime to gain, and—if you're lucky—one of two \$250 prizes to win.

Let's get started!

**Sign up today at: [www.quitnow.ca/contest/tobaccotimeout](http://www.quitnow.ca/contest/tobaccotimeout)**