

# MARCH



**Kwakiutl District Council Health  
Laichkwiltach Health Centre**  
1400A Drake Road . Campbell River, B.C. . V9W 7K6  
Tel: 250-286-9766 Fax: 250-286-9713  
Email: [reception@kdchealth.com](mailto:reception@kdchealth.com)



**March 24-28, 2014**

## CR SITE STAFF LIST

Kim Roberts, -Health Director  
Tracey Rolland, Assistant to Director  
Jan Dick, Finance Coordinator  
Candy Bateson, Human Resources Coordinator  
Kathleen Power, Nutritionist  
Mildred Price—Programs Support/HUB  
Michelle Anderson, CHN/HCN  
Lorraine Harry, HCC Manager  
Mary Henderson, CHR  
Allan Campbell, MHA Program Manager  
Tracy Hnidy, FASD Coordinator  
Mitzi Larsen, FASD Mentor  
Robyn Dias, FASD Mentor  
Lorraine Henderson, Site Admin Coordinator

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# Book Your Mammogram Today



Call Lorraine at KDC Health

250-286-9766

to book an appointment

**APRIL 15, 2014**

# Nursing News

Michele Anderson will be away from March 24, 2014 to April 2, 2014 and will return on Wednesday April 3, 2014. Alisia Henkel will be covering for that time period.

(see Alisia's schedule)

# Nursing News

**Alisia's**

**Nursing Schedule**

**for March 24-28, 2014**

**8:30am—4:30pm**

- MONDAY - In the Campbell River Office
- TUESDAY - In the Komox Office
- WEDNESDAY - In the Campbell River Office
- THURSDAY - In the Campbell River Office
- FRIDAY - In the Komox

**Please note this schedule may change unexpectedly**

**You can contact Alisia**


**in Campbell River at 250-286-9766**

**in Quinsam at 250-286-8064**

**Or on her Cell 250-203-2273**

**Email: [alisia.henkel@kdchealth.com](mailto:alisia.henkel@kdchealth.com)**

## Pink Eye (Conjunctivitis)

<p><b>What is it?</b></p>	<p>Pink eye is an infection of the covering of the eyeball and the inside of the eyelid. It is usually caused by a virus, but may be caused by bacteria or other irritant.</p> <p>Children under 5 years of age are most often affected.</p> <p>Signs and symptoms of pink eye may include:</p> <ul style="list-style-type: none"> <li>➤ Teary, red, itchy, painful eye(s)</li> <li>➤ Eyelid(s) may be swollen</li> <li>➤ Pus or thick discharge (yellow or yellowish-green color) can make eyelids sticky, especially during sleep</li> <li>➤ Fever</li> <li>➤ Eye(s) may be sensitive to sunlight</li> </ul>
<p><b>How is it spread?</b></p>	<p>Spreads easily through direct and indirect contact with discharge from an infected child's eye:</p> <ul style="list-style-type: none"> <li>➤ touching the discharge from an infected child's eye</li> <li>➤ a child with pink eye touches the discharge from his eye and then touches another child</li> <li>➤ an object that is contaminated with the virus or bacteria (e.g., tissue, facecloth, eye dropper, makeup applicator) is touched by another child's hand or touches another child's eye</li> </ul> <p>When pink eye is caused by a cold virus, the droplets from a sneeze or cough can also spread the virus.</p>
<p><b>Incubation period</b></p>	<p>Usually 1 – 3 days from contact with an infected person</p>
<p><b>When is the person contagious?</b></p>	<p>During active infection when the child has symptoms</p> <ul style="list-style-type: none"> <li>➤ If the pink eye is caused by bacteria and the child is started on antibiotic treatment, he/she will not be contagious 24 hours after starting antibiotic treatment.</li> </ul>
<p><b>How to prevent spread of the illness to other children.</b></p> 	<p>If a child is started on antibiotics, exclude child from school or child care facility until 24 hours after antibiotics started.</p> <p>If pink eye is caused by a virus or other irritant, child may return to school or child care facility after seeing a primary health care provider.</p> <p>Ensure children do not share washcloths, towels, or bedding.</p> <p>Carefully dispose of articles (or clean, if applicable) contaminated with secretions from a child's eye immediately after use.</p> <p>For more information, refer to <a href="#">Routines Practices</a>.</p> <p><b>Handwashing is the best way to stop the spread of infections.</b></p>

## CHR Weekly NEWS

**Elder Wellness,**  
Thursdays,  
March 27, 2014 at  
10:30 am for  
Chair Exercises,  
Wellness Screenings,  
and lunch, enjoy visiting,  
health information.



**Patient Travel,** have your  
request in 7 days before  
your scheduled  
specialist appointment.

**Girls Group** starts on  
Wed. April 2, 2014 at  
2:30pm – 4:00pm

**Healthy Babies** will be  
Wednesday, April 16,  
2014 at 10:30am to Noon

**TB Screening's** will be  
happening, **Tuesday,**  
**April 8, 2014** from  
**10:00am – 4:00pm** and  
skin test readings will be  
on April 10, 2014.



Massages with Roberta Engles

**Tues, March 25, 14**

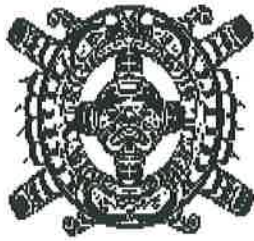
Call to book an appointment 250-286-9766

\$7.00 for ½ hour

\$32.00 for 1 hour

At the KDC Health Centre

1400 Drake Road, Campbell River, BC



KWAKIUTL DISTRICT COUNCIL  
HEALTH OFFICE  
1400 A DRAKE ROAD  
CAMPBELL RIVER, B.C. V9W 7K6  
Phone (250) 286-9766  
Fax (250) 286-9713

**KDC HEALTH  
OFFICE  
VANCOUVER ISLAND  
LAB HOURS**

You can get your lab work  
done at the KDC Health  
Campbell River Site on  
Mondays between the hours  
of 9:00am -11:00am



# TRADITIONAL MEDICINE



**DO YOU HAVE INFORMATION ABOUT ANY ELEMENT OF  
TRADITIONAL MEDICINE? IDEAS ABOUT HOW TO  
PRESERVE AND SHARE THE KNOWLEDGE, TO PASS ON TO  
FUTURE GENERATIONS.**

ARC (ARTHRITIS RESEARCH CENTRE) IN COLLABORATION WITH KDC HEALTH IS  
IN THE PROCESS OF DEVELOPING THIS CHAPTER IN THE "ARTHRITIS WELLNESS  
PROGRAM". A CULTURAL RELEVANT, FAMILY BASED PROGRAM FOR PEOPLE  
AND THEIR FAMILIES LIVING WITH ARTHRITIS.

**INTERESTED CANDIDATES WILL BE SENT INFORMATION  
LETTERS SHORTLY AND THEN MOVING FORWARD WITH  
ROUND TABLE DISCUSSIONS AND HOW WE WOULD LIKE TO  
SEE THIS INCORPORATED**

**IF YOU WOULD LIKE TO BE INCLUDED,  
OR HAVE INFORMATION TO SHARE;  
PLEASE CONTACT**

*Linda Lavender RMT  
Arthritis Program Coordinator  
Quinsam/Cape Mudge  
200-2005 Eagle Drive  
Campbell River, BC V9W 1P9  
Telephone: 250-286-8064  
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Website: [www.kdchealth.com](http://www.kdchealth.com)*

**ARC**





**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**

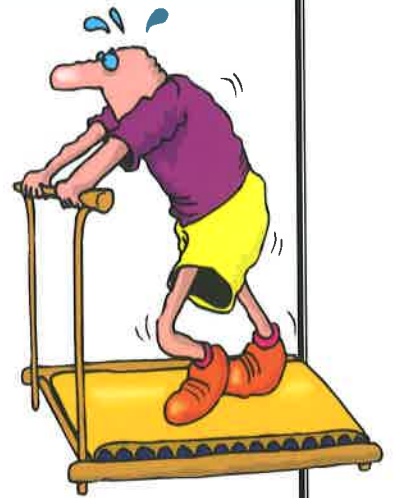
**EVERYONE WELCOME!**

**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.



**NOTE:**  
**Due to Programs**  
**Schedule may**  
**change without**  
**notice.**



**Monday:** 8:30 am– 4:30 pm  
**Tuesday:** 8.30am–4.30pm  
**Wednesday:** 8.30am–2.00pm  
**Thursday:** 8:30 am-10:00am  
1:00pm to 4:30 pm  
**Friday:** 8.30am–4.30pm

