

KWAKIUTL DISTRICT COUNCIL HEALTH

We Wai Kai Nation KDC Health
Quinsam & Cape Mudge

**"Gadwall xa hamattalla"
Helping Our People**

March 31th - April 4th, 2014



Irritable Bowl Syndrome Month

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 **Monday—Friday**

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

Jamie DeLuce, MSW, MSW Ph.D. (by appointment only) 250.286.8064

Email: jamie.deluce@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 **Tuesday & Wednesday**

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

Jamie DeLuce, MSW, RSW Ph.D. (by appointment only) 250-286-8064

Email: Jamie.deluce@kdchealth.com

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

Email: Kathleen.power@kdchealth.com

Take Care of Yourself



QUINSAM WELLNESS CENTRE

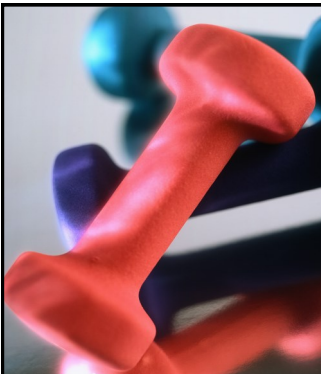
9:00 - 4:00 Mon-Fri

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



KDC Fitness

Monday

Yoga with Gail Allen

6:30 - 7:30

CR Office



Tuesday

Circuit Training with Sally Feast

5:30-6:30

Quinsam Office



Thursday

Belly Fit with Sally Feast

5:30-6:30

Quinsam Office



Saturday

Walk/Run with Mildred

10:00

CR Office

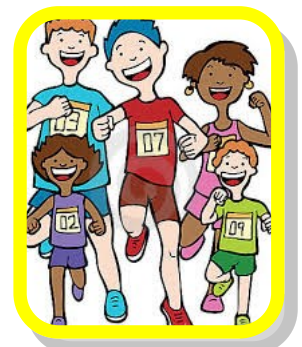


Sunday

Walk/Run with Kathleen

10:00

CR Office



What's Happening at the Cape?!



April 2014

NEW PHONE # 285-3996

Mon, 31	Weaving 10:00-2:00
Tues, 01	QI Emerg Service Meeting 10:00-12:00
Wed, 02	Circle of Meals 11:00 - Order Deadline
Thurs, 03	OFFICE DAY
Fri, 04	Patty Out of Office 1:00-4:30



QUINSAM

April 2014

- | | |
|------------------|--|
| Mon, 31 | OFFICE DAY |
| Tues, 01 | Circuit Training
5:30-6:30 |
| Wed, 02 | Youth Walk/Run with Terena & Vanessa
3:00-4:00 |
| Thurs, 03 | Healthy Babies
Immunization Awareness
12:00-2:00
Belly Fit
5:30 - 6:30 |
| Fri, 04 | OFFICE DAY |

Check out the Newsletter on-line at

www.kdchealth.com



**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.

Little Eagle Book Club



Stop by to pick up a book bag and borrow a book for a few days.



Please drop your donations off at the Quinsam office or call 250-286-8064 to have them picked up!

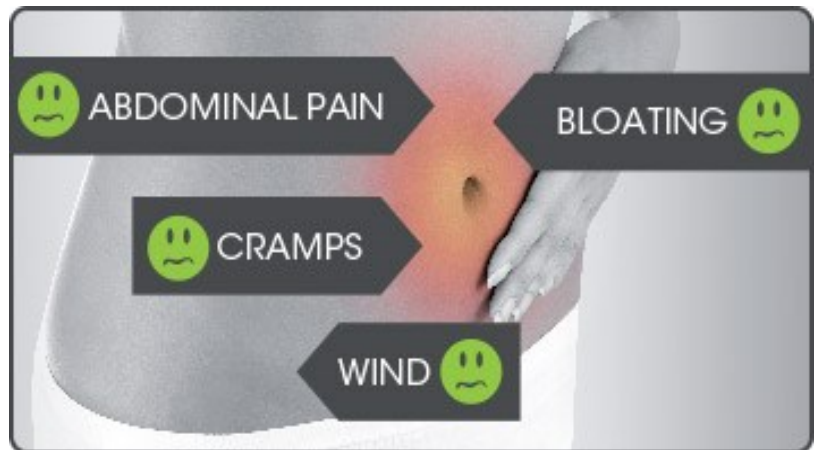
I.B.S

Irritable Bowel Syndrome

WHAT IS IRRITABLE BOWEL SYNDROM?

Irritable bowel syndrome is a disorder affecting the intestine. IBS involves problems with the movement of digested food through the intestines and how the brain interprets signals from the intestinal nerves.

The most common symptoms are abdominal pain and irregular bowel patterns that result in constipation, diarrhea, or alternating periods of both.



CAUSE?

The exact cause is unknown, however, it is believed that it may be caused by several factors such as, a prior infection, gastrointestinal infection, food poisoning, traveler's diarrhea, surgery, a change in diet or the use of antibiotics or new medications, an imbalance of intestinal bacteria or a change in the body's level of hormones. An imbalance of immune signals in the bowel wall or brain chemicals may also lead to the development of IBS.

RESOURCE



The CDHF has developed a smart phone app for iPhone and Android called Gi BodyGuard to help you quickly, easily and privately track and share your digestive symptoms with your physician

Gi BodyGuard App helps you track information. This could be a valuable tool to help with a diagnosis and help avoid food and drink that may contribute to symptoms. Download yours today!

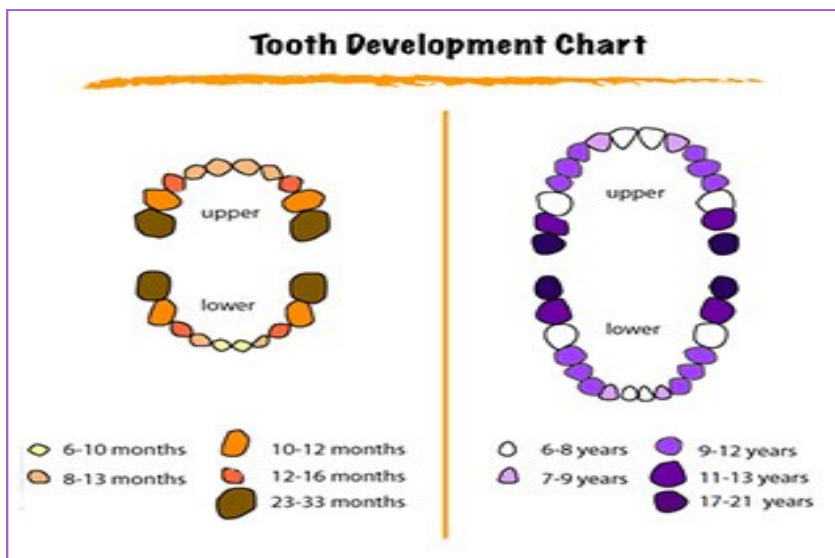
Dental Hygienist Week

April 3 - 9

Children's Oral Health Initiative (COHI)

KDC Health offers COHI, a dental initiative designed to prevent and control tooth decay in young First Nation children and to set the stage for a lifetime of healthy teeth. Helping children avoid pain and infection from cavities gives them a better opportunity to learn and thrive

First Visit: You can bring your baby in even before they have teeth. By starting so early we are introducing dentistry in a positive manner. Education about brushing/flossing techniques, how much toothpaste, fluoride or no fluoride toothpaste, when to introduce flossing when baby should come off the bottle, tips for introducing brushing, and good snacks.



Fluoride Varnish: strengthens the teeth to help prevent cavities. It is a sticky substance that hardens within seconds in a few different flavors.