



# KWAKIUTL DISTRICT COUNCIL HEALTH

We Wai Kai Nation KDC Health

Quinsam & Cape Mudge

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

August 1- August 5



## 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

**Amanda Roberts**, Site Admin Coordinator Email: receptionquin@kdchealth.com- **Mon-Fri**

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

Email: georgina.isaac@kdchealth.com

**Dianna Smith**, Community Health Rep Email: dianna.smith@kdchealth.com -**Mon-Fri**

**Linda Lavender**, Arthritis Coordinator

Email: linda.lavender@kdchealth.com

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

Email: alisia.henkel@kdchealth.com

**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

**Jacey Dick** , Community Health Nurse **Email:** jacey.dick@kdchealth.com **Tue & Fri**

**Shelby Huffman**- Community Health Nurse (Mentor)

**Email:** shelby.huffman@kdchealth.com **Tues-Thur & Fri**

## 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

**Shelby Huffman**, Comm Health Nurse (Mentor) shelby.huffman@kdchealth.com

**Mon-Wen**

# 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





## On-Call Casual Health Care Opportunity

Kwakiutl District Council

Location: Various KDC Health Sites

**KDC Health delivers community-based health care programs and services in order to enhance the health and wellness of communities through excellence, accountability and respect for regional and cultural diversity.**

### **On-Call Casual Personal Care Worker**

Reporting to the Home & Community Care Coordinator, the On-Call Casual Personal Care Worker provides personalized care and support to clients in their homes by assisting with the activities of daily living. PCWs ensure safety and comfort, maintain hygiene, facilitate physical activity and promote independence and mental well-being of the client in a respectful and compassionate manner. *As an on-call casual worker, this position has no guaranteed hours and works "stand-by", accepting daily or weekly assignments for vacation relief, sick day or heavy workload. The position travels to all KDC site locations as dispatched.*

#### **Qualifications:**

- Certificate from a recognized institution in Home Support, Residential Home Care Attendant or equivalent.
- Level C First Aid and Current CPR certification.
- Two (2) years directly-related experience in residential home care, hygiene, supervision of medication, community health development, understanding of common disease processes and conditions throughout the life span.

#### **Additional employment requirements:**

- This position must have the ability to work flexible hours including evenings and weekends as required
- Must hold a valid BC Driver's Licence, valid car insurance and reliable vehicle.
- Must be able to provide official copies of academic and certification records.
- Must be able to provide three (3) business references. Valid references are defined as a direct supervisor who is familiar with the applicant's work.
- Must pass Vulnerable Criminal Records Check.
- Must have ability to bend and lift according to WCB standards (50 pounds).
- Must provide a current ICBC Drivers Abstract

In circumstances where there is an equal combination of qualifications and experience, preference will be given to people of Aboriginal heritage.

To receive a comprehensive job description, please email: [administration@kdchealth.com](mailto:administration@kdchealth.com)

If you are interested in applying for this position, please submit your resume, cover letter (including salary expectations and three employment references) to:

Please forward a resume, cover letter and wage expectations to:

[administration@kdchealth.com](mailto:administration@kdchealth.com) or mail to,

KDC Health

1400 A Drake Road

Campbell River B.C. V9W7K6

This posting will remain open until position is filled  
Thank you in advance, but only those applicants selected for an interview will be contacted.

## **All the best on you Journey.....**

The Mental Health and Addictions program at KDC Health would like to wish great success to a long time team member. Georgina Isaac, Community Wellness Worker- Quinsam/Campbell River has decided to move on from KDC Health to allow more time to pursue other personal endeavors. Georgina will be sadly missed as her long tenure at KDC Health brought many great accomplishments and relationships. Georgina touched many over the years and brought to the KDC a perspective rooted in traditional, culture and personal experience which will be sorely missed. We wish you all the best Georgina!

Allan Campbell M.A., RCC

Mental Health & Addictions Program Manager

Quinsam Health Center Site Manager

(o) 250-286-8064

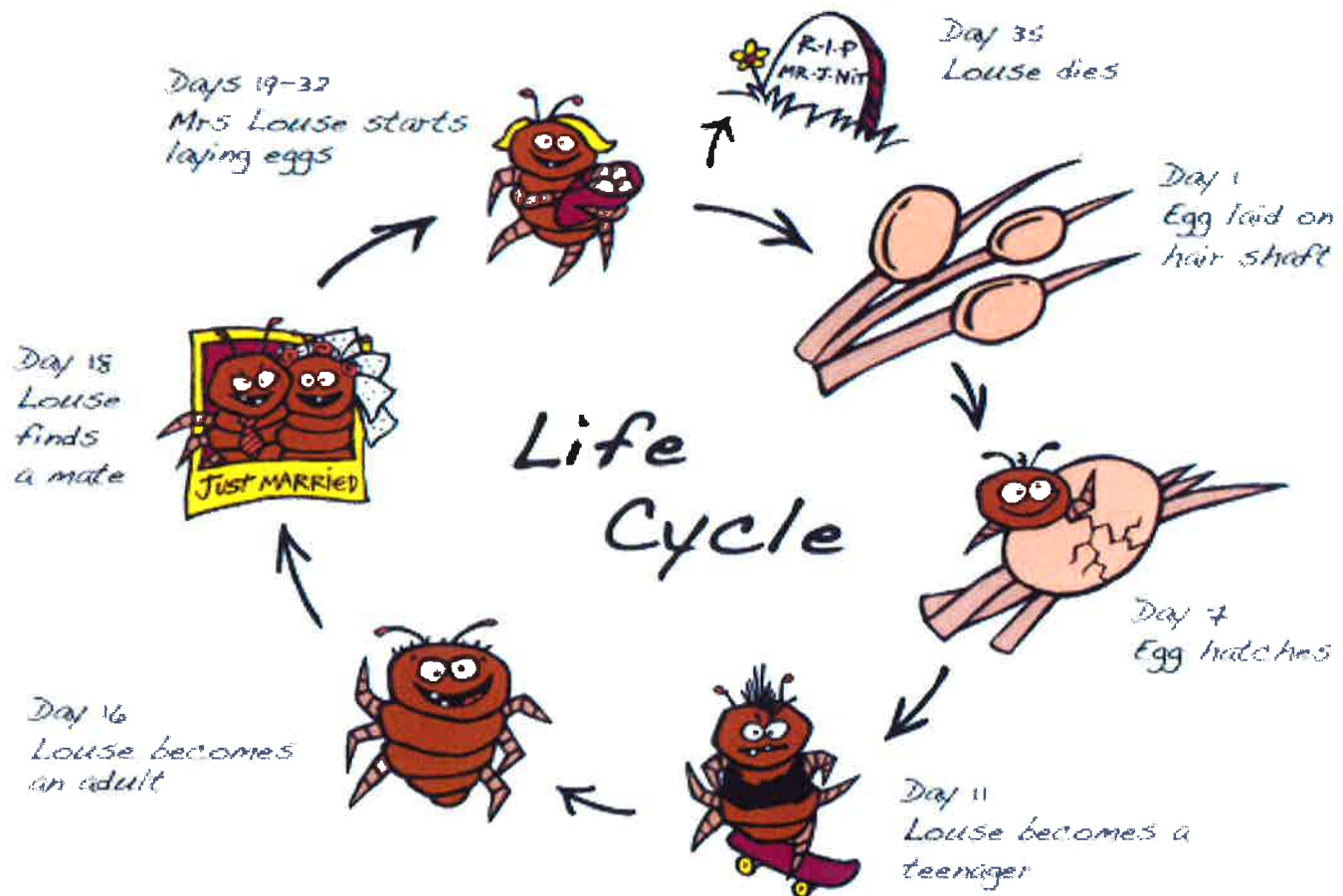
(c) 250-203-0773



# LICE

## Reduce the Risk of Infestation

- ◇ Screening for head lice on a regular basis
- ◇ Wearing your hair up at school or work
- ◇ Not sharing hats, helmets, combs, brushes or hair accessories.
- ◇ Having children use their own sleeping bag and pillow for sleep-overs
- ◇ Ensuring all jackets, scarves, hats & mittens are kept in the backpack at school
- ◇ Protecting your head when traveling by bus, train, or airplane and in the movie theater



**Check your child's head often**

# MEDICATION

## DROP OFF



Pharmacy name and address

Number used by the drugstore to identify this drug for your refills

Person who gets this drug

Instructions about how often and when to take this drug

Name of drug and strength of drug

Doctor's name

Drugstore phone number

Prescription fill date

**Local Pharmacy**  
123 MAIN STREET  
ANYTOWN, USA 11111 (800) 555-5555

DR. C. JONES

NO 0060023-08291 DATE 06/23/09

**JANE SMITH**  
456 MAIN STREET ANYTOWN US 11111

**TAKE ONE CAPSULE BY MOUTH THREE TIMES DAILY FOR 10 DAYS UNTIL ALL TAKEN**

**AMOXICILLIN 500MG CAPSULES**

QTY MRG  
NO REFILLS - DR. AUTHORIZATION REQUIRED  
USE BEFORE 06/23/12  
SLF/SLF

Don't use this drug past this date

**Bring your expired or unused medication, of any kind to the KDC Office and we will dispose of it**

Keeping old medicines around the house is not safe, especially if you have children/teenagers who could take the medicine by accident. Expired medications can be ineffective or even toxic. Prescription drugs, including over the counter medicines, can also be subject to reuse, misuse, theft and abuse.

***Flushing your medicines down the toilet or drain, or tossing them in the garbage is not recommended***

# Sunshine Wellness Health Matters Education Schedule 2016

CLASS	DATES	CLASS TIMES	FACILITATOR/S
Portion Distortion	Fri. Oct. 28	10:30am-11:30 am	Erin
Craving Change	Mon. Oct.3, 17, 24, 31 & Nov.7	9:30 am-11:30 am	Erin/Jennifer
Fueling Your Body	Fri. Sept. 30	10:30am-11:30am	Erin
Understanding Lab Work	Tues. Nov. 8	1:30 pm-3:30 pm	
Healthy Feet	Wed. Sept. 14	1:30 pm-4:00 pm	Cheryl
A Good Night's Sleep	Tues. Nov. 22	1:30 pm-4:00 pm	Sheila
Living Well with COPD	Wed. Sept. 21, 28 & Oct. 5	1:30 pm-4:00 pm	Sheila
	Wed. Nov. 16, 23 & 30	1:30 pm-4:00 pm	Sheila
Chronic Pain Self-Management	Dates, times and facilitator for next session still to be determined		
Introduction to your Heart ***	Thurs. Sept. 22	1:00 pm-2:00 pm	Rita/Cathe
	Thurs. Nov. 24	1:00 pm-2:00 pm	Rita/Cathe
Medication Management ***	Thurs. Sept. 29	1:00 pm-2:00 pm	CRH pharmacist
	Thurs. Nov. 10	1:00 pm-2:00 pm	CRH pharmacist
Complementary & Alternative Medicines in Chronic disease management***	Thurs. Oct. 20	1:00 pm-2:00 pm	London Drugs pharmacist
	Thurs. Dec. 1	1:00 pm-2:00 pm	London Drugs pharmacist

June 28, 2016



# Sunshine Wellness Health Matters Education Schedule 2016

<b>Stress Response/Intro to Mindfulness &amp; Meditation***</b>	Thurs. Oct.6	1:00 pm-2:00 pm	Sheila
	Thurs. Nov. 17	1:00 pm-2:00 pm	Sheila
<b>Heart Healthy Eating ***</b>	Mon. Sept. 12	6:00 pm-7:30 pm	Jennifer
	Thurs. Nov. 10	9:30 am-11:00 am	Jennifer/Erin
<b>Hypertension***</b>	Thurs. Sept. 8	1:00 pm -2:00 pm	Cheryl/Monique
	Mon. Nov. 7	6:00 pm – 7:00 pm	Cheryl/Monique
<b>Why Exercise is good for the heart***</b>	Thurs. Sept. 15	1:00 pm-2:00 pm	Mark Cryderman
	Thurs. Nov. 3	1:00 pm-2:00 pm	Mark Cryderman
<b>Talk with the Doc***</b>	Thurs. Oct. 13	1:00 pm-2:00 pm	Dr. Ramsey
	Thurs. Dec. 8	1:00 pm-2:00 pm	Dr. Ramsey

**\*\*\*=heart matters educational classes\*\*\***

All classes are open to everyone, pre-registration is required by calling 250-850-2195