



**August 10, 2020—August 14, 2020**

**KDC Health—Quinsam Wellness Centre  
200-2005 Eagle Drive, Campbell River, BC V9H1P9**

**Office Hours—8:30 am—4:30 pm**

**Closed for lunch 12:00 pm—1:00 pm**

**We are in**

**Phase 1**



**Phase 2**



**Phase 3**



**Phase 4**



**Please do your part and keep safe!!**

**“Gawalla xa Hamattalla” - “Helping Our People”**

## Quinsam Site Staff

<u>Vacant</u> Site Administrative Coordinator	250-286-8064	receptionquin@kdchealth.com	Mon—Fri
<u>Natalie Crawford</u> Clinical Counsellor/ Team Lead	250-286-8064 Cell: 250-287-0215	natalie.crawford@kdchealth.com	Vacation
<u>Program/Project Support Coordinator</u> Milly Price	250-286-8064 Cell: 250.203.2765	mildred.price@kdchealth.com	Mon-Fri
<u>Jordan Campbell</u> Clinical Counsellor	250-286-8064 Cell: 250-203-0773	Jordan.campbell@kdchealth.com	Tues/Wed/Fri
<u>Katrina Nelson</u> Community Health Representative	250-286-8064	katrina.nelson@kdchealth.com	On Leave
<u>Shelby Uzzell</u> RN, BScN CHN/H&CCN	250-286-8064	shelby.uzzell@kdchealth.com	Tues & Thurs
<u>Brandi Varga</u> Youth Outreach Coordinator	250-286-8064 Cell:250-203-9471	brandi.varga@kdchealth.com	Mon– Fri
<u>Tanille Johnston</u> Patient Health Care Navigator	Cell 250-202-4219	tanille.johnston@kdchealth.com	On Leave
<u>Kathleen Power</u> Registered Dietician	250-286-9766	kathleen.power@kdchealth.com	(by appointment)
<u>Linda Lavender</u> Arthritis Wellness Worker	Cell: 250-202-4484	Linda.lavender@kdchealth.com	(by appointment)

## Cape Mudge Site Staff

<u>Keltie Pike</u> Community Health Representative	250-285-3996	keltie.pike@kdchealth.com	Mon—Fri
<u>Shelby Uzzell</u> RN, BScN CHN/H&CCN	250-286-8064	shelby.uzzell@kdchealth.com	Mon—Wed
<u>Leave</u> Child & Youth Counsellor	250-285-3996	petra.stewart@kdchealth.com	On Leave
<u>Jordan Campbell</u> Clinical Counsellor	250-285-3996	Jordan.campbell@kdchealth.com	Thursday

## What's Happening in Phase 3

### KDC Offices During Phase 3

People can take part in smart, safe and respectful travel within B.C. Remember, international travellers returning to B.C. are required by law to self-isolate for 14 days and complete a self-isolation plan.

The BC Restart Plan takes a phased approach to reopening. This allows sectors and activities within the phases to open when the evidence and data tells us the time is right, and as protocols and guidance are in place for them to do so safely.

If you have been exposed to COVID-19 or are experiencing symptoms, please contact your primary care provider or local public health office or call 8-1-1.

Remember physical distancing 2 meters apart!

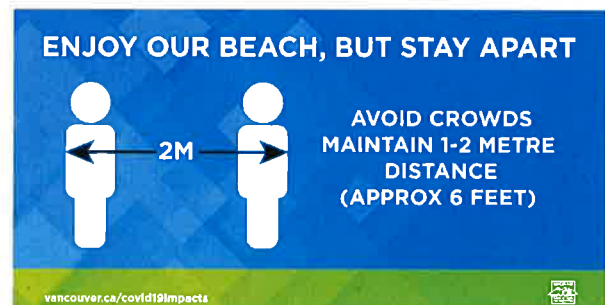
When physical distancing is not possible WEAR A MASK!

Please wash hand frequently with soap and water when available!

No access to soap and water use hand Alcohol Based hand sanitizer; remember to wash your hands when you have access to soap and water!!

Avoid large gatherings!

We are all in this together so lets keep each other safe!





**KDC Health Will Continue To Provide Harm Reduction Supplies  
On the following reserves**

**If You or Someone You Know Requires Harm Reduction Supplies  
or A Naloxone Kit, KDC Staff Will Deliver To You.**

**Quinsam Please Contact:**

**Natalie @ 250. 286.8064 or 250.203.7265**

**Campbell River Please Contact:**

**Leanne @ 250-203-9713**

**Cape Mudge Please Contact :**

**Keltie @ 250-285-3996**





# Are You Interested in Making Regalia?

Please connect with Milly at 250.286.8064 to discuss options.

I will do my best to support you during this trying time; however, we will be enforcing Social Distancing (2 metres apart) and wearing a mask if needed.

**You are required to have the following:**

- Know your family crest
- Have a drawing of the crest

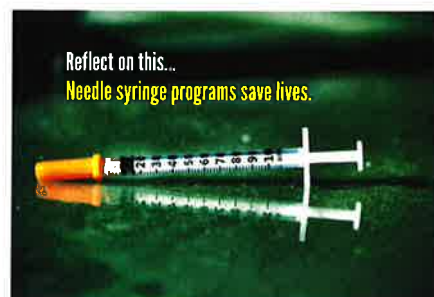
*KDC Health will supply the material and I will be available to help as needed.*

Lets have some fun together while honouring our traditions.



# Steps to Safe Needle Disposal

## Harm reduction programs save lives



**Contact KDC Health Staff at 250.286.8064 if you require assistance.**

**Do NOT pick up used needles** with bare hands avoid getting poked by a dirty needle.



Use an appropriate container as pictured or a plastic container to dispose of needles



If you do happen to get poked:

1. Let the area **BLEED**,
2. **DO NOT** squeeze it, just let it bleed
3. **WASH** with soap and water
4. You should **CONTACT** you public health officer or visit a nearby hospital
5. **DOCTORS** will assess the wound and your vaccine history to determine the best course of action

# Sun Safety Selfie



Okay this is how it works!

Take a picture of yourself using any of the following:

⇒ Sunscreen

⇒ Sun glasses

⇒ Sun hat

⇒ Using shade protection

⇒ Hydrate



Post it on our KDC Health face book page or make arrangements with myself by calling 250.286.8064.

This is for all ages! I have 12 gift card to give away

Categories include:

⇒ Infant Youth

⇒ Adult Elder





First Nations Health Authority  
Health through wellness

# Protect Yourself From COVID-19

Each of us plays a role in protecting our communities and loved ones.  
Follow these tips to prevent COVID-19 and stop the spread of germs!

- Remember to wash your hands frequently with soap and water, and encourage others to do the same. If you can't wash your hands, then use hand sanitizer.
- Try to avoid touching your face.
- Frequently clean and sanitize door handles, washrooms and surfaces that are touched often.
- Recommend that people sneeze and cough into a tissue or their elbow.
- Practise physical distancing by staying at least two metres (six feet) away from other people.
- For now, we cannot use usual greetings such as handshakes, hugs, and kisses. Safe greetings include a wave, a nod, or a bow.
- Make sure to wash your hands before and after eating, and don't share plates or utensils with others.
- If you are not feeling well, please stay home from work or work from home. This will keep those around you safer.
- Limit unnecessary travel and avoid gathering with others.
- If you have traveled out of the country, you should self-isolate for 14 days upon return.
- Wearing a cloth face mask might not protect you from COVID-19 but it is one way to protect others in situations where you cannot keep a safe distance for an extended period of time i.e. when you are on transit, grocery shopping, getting a haircut or visiting someone indoors.

**During this time, it is important to check in with yourself and others—if you aren't feeling 100%, it is better to stay home for now. Thank you for doing your part to keep your community safe!**

Learn more and get all COVID-19 updates at [www.fnha.ca/coronavirus](http://www.fnha.ca/coronavirus)



# 7 C's

## of STRESS FIRST AID

### 1. Check - Assess, observe & listen

Check in regarding stress reactions of yourself and your coworkers on an ongoing basis.  
Then...

**Confidence**  
Restore self esteem and hope  
Promote confidence in core values and beliefs, bolster pride and commitment.

**Coordinate**  
Get help, refer as needed  
Try to find an acceptable way to refer someone to EFAP or other support. Provide a menu of options.

**Competence**  
Restore effectiveness  
Foster and restore a stress affected person's capacity to function in their important life roles.

**Cover**  
Get to safety ASAP  
Ensure ongoing safety - can be momentary assistance that increases your or another's sense of safety.

**Connect**  
Get support from others  
Try to restore or increase social support by asking for or providing support when you see stress in yourself or others.

**Calm**  
Relax, slow down, refocus  
Reduce the intensity of physiological, emotional and behavioural stress.



## Sudoku Essentials

<b>8</b>			<b>9</b>	<b>3</b>				<b>2</b>
		<b>9</b>					<b>4</b>	
<b>7</b>		<b>2</b>	<b>1</b>			<b>9</b>	<b>6</b>	
<b>2</b>							<b>9</b>	
	<b>6</b>						<b>7</b>	
	<b>7</b>				<b>6</b>			<b>5</b>
	<b>2</b>	<b>7</b>			<b>8</b>	<b>4</b>		<b>6</b>
	<b>3</b>					<b>5</b>		
<b>5</b>				<b>6</b>	<b>2</b>			<b>8</b>

**Puzzle #: 1**

**Difficulty: Easy**

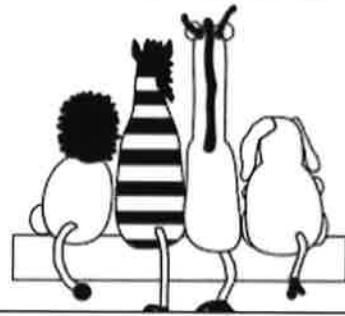
**Date: 3/29/2006**

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<http://www.SudokuEssentials.com>

Visit us online for free Sudoku puzzles and essential information about Sudoku.

Name: \_\_\_\_\_

# Friendship Word Search



CARING

BEST FRIEND

LAUGHTER

TRUST

SHARE

CONFIDE

MEMORIES

RESPECT

LISTENS

LIKE

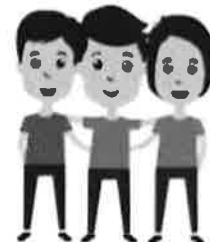
UNDERSTANDING

SPECIAL

CO OPERATES

KINDNESS

HELPS



Empowered  
Women  
Empower  
Women

# NEW VIRTUAL GROUP

**COMING AUGUST**



**MONDAY 11-12  
WEDNESDAY 12-1  
THURSDAY 3-4**

**LIMITED SPACE  
AVAILABLE**

## TO SIGN UP

TEXT ONLY: 250-201-6975

EMAIL: [jenball@annelmorhouse.ca](mailto:jenball@annelmorhouse.ca)

Please provide:

- Name; email address; text number
- Which group days work best for you. Please choose more than one.



FOR MORE INFORMATION, CONTACT 250-287-7384



# Kindness ROCKS!



**Quinsam Community Members Walk around the community find all 4 painted rocks which are placed in different spots**

*\*Hints\**

1. *One Could Run Here*
2. *Children Go Here*
3. *Food Grows Here*
4. *Events Happen Here*

Take a picture with each rock then send them in to be entered into a draw to win a prize.

**This activity is for all ages!!**

**Contest will run until August 20,2020**

**\*\*Please be sure to leave them where they are placed for others to find\*\***

Pictures can be sent to Brandi  
brandi.varga@kdchealth.com or  
via Facebook my profile name is Brandi Kdc

