



# KWAKIUTL DISTRICT COUNCIL HEALTH

We Wai Kai Nation KDC Health

Quinsam & Cape Mudge

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

JULY 25-JULY 30,2016



## 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





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## On-Call Casual Health Care Opportunity

Kwakiwilt 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:

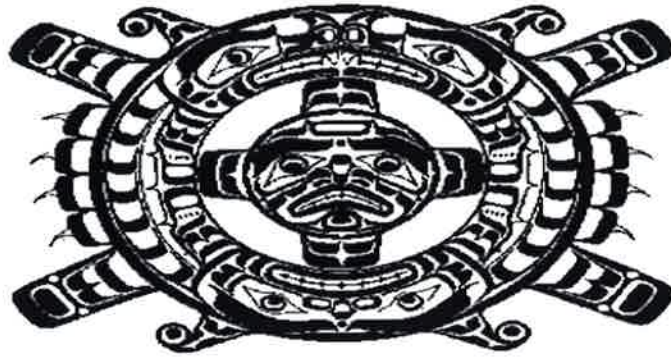
[administration@kdchealth.com](mailto:administration@kdchealth.com) or mail to,

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 KDC HEALTH

OFFICES

WILL BE CLOSED

FRIDAY AUGUST 1

FOR

BC DAY!



**C.R. Bowling Alley**

**July 29<sup>th</sup>**

**12:00-3:00**

**Please Register with Georgina  
before July 28**

*HEALTHY SNACKS PROVIDED*

**BOWLING**





# **ELDERS LUNCH**

## **Thurs, July 28th**

Catch the 10:30 ferry, tour the museum then  
lunch at 12:00

**Quinsam Elders**

# REMINDER

Medical transportation benefits are provided to **ASSIST** clients in accessing medically required health services at the **NEAREST** appropriate health professional or health facility.

The most economical and efficient means of transportation is to be used, taking into account the urgency of the situation and the medical condition being addressed.

## **KDC Staff Responsibilities**

- Adhering to the Medical Transportation Framework and regional/community policies.
- Obtain all necessary paperwork to coordinate travel arrangements prior to submitting request to the Band office staff for funds.
- Submit Travel Claim to Band office in a timely manner for processing
- Confirm appointment details if necessary
- Hotel Bookings

## **Client Responsibilities**

- Give sufficient notice, ideally 5-10 days prior to leaving the community.
- *This will avoid last minute confusion or having to cancel appointments because arrangements could not be made in time.*
- Returning a signed Confirmation of Attendance form by the Doctor/Nurse stating they have attended their medical appointment.
- Giving notification when cancelling an appointment prior to the date of the appointment; including 24 hours notice to cancel any hotel arrangements.
- Not becoming verbally abusive or threatening to the patient transportation clerk or coordinator.
- Not damaging property or abusing accommodation arrangements, such as causing excessive noise.

**FOR MORE INFORMATION OR CONCERNS PLEASE CONTACT:**

**KDC HEALTH CHR; PATTY—250-285-3996**

**KDC HEALTH CHR; DIANNA—250-286-8064**



# 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***