



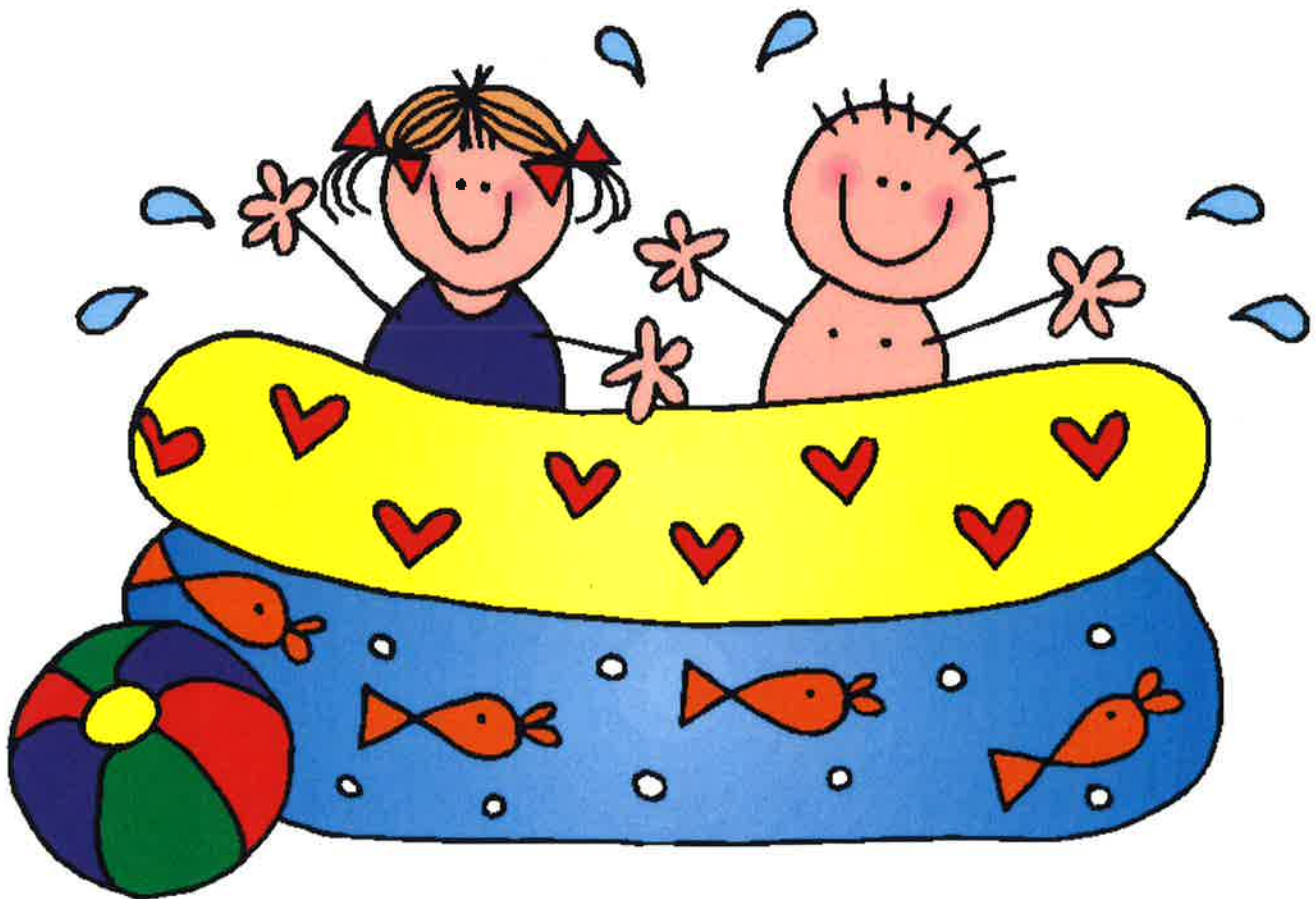
KWAKIUTL DISTRICT COUNCIL HEALTH

We Wai Kai Nation KDC Health

Quinsam & Cape Mudge

"Gawalla xa hamattalla" Helping Our People

JULY 4-JULY 8, 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





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

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 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.



KDC Health
1400 A DRAKE ROAD
CAMPBELL RIVER, B.C. V9W 7K6
Phone (250) 286-9766
Fax (250) 286-9713

Upcoming Employment Opportunity, Human Resources Coordinator

Location: Campbell River, BC

As an employee of the Kwakiutl District Council (KDC) you will be a key member of the senior management team, responsible for overseeing the human resources requirements of the KDC.

Reporting to the KDC Administrator, the HR Coordinator works as a member of the senior management team and provides support to the KDC team associated with day-to-day Human Resource related operations (i.e. benefits administration, training and capacity building, performance management, policy development/recommendations, and recruitment).

A diploma in Human Resource Management or Business Management or and acceptable combination of education training and experience, coupled with a minimum five (5) years directly-related experience in a Human Resources Management position, with minimum of one (1) year in a community setting, and experience in the health field and or working with First Nations would be an asset. Knowledge of Human Resource standards and best practices with demonstrated expertise in administration and payroll services. Highly developed organizational skills and detail oriented, proven interpersonal skills and the ability to work well with others; professional handling of confidential and sensitive information with discretion and an intermediate level of MS Office suite of programs is a must (i.e. Excel, Word, Power Point).

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

KDC Health provides preventative and health promotion services for 6 of our member nations. For more information, go to www.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:

KDC Health
1400 A Drake Road
Campbell River, BC V9W 7K6
Email: administration@kdchealth.com Fax: 250 286-9896

This posting will remain open until 4:30 pm, Thursday **July 21**, 2016
Thank you in advance, but only those applicants selected for an interview will be contacted.



To All Community Members

I want to take this opportunity to let you know that as of June 30, I will be resigning from KDC Health.

Our partnership with the Arthritis Research Canada will continue in collaboration with KDC Health to improve the Health of Community Members living with Arthritis .

Thank you all for many years of contributions and support in the development of programs allowing for increased knowledge and information on the importance of movement and education on Arthritis .

Take care and best wishes to everyone on their continuing journey to optimum personal health.

Sincerely

Linda Lavender RMT

Arthritis Coordinator

Happy Summer Everyone,

Youth Camp is well underway having started on July 6th and continuing until Friday the 8th. I will be in and out of the office during many of the activities so please make sure to leave a message when you call the office 250-285-3996 extension 0. I will be checking the phone throughout the day.

Don't forget to stop by the office and pick up your orange Community Garden Volunteer Card. There will be a \$50.00 gift card drawn at the end of July so keep those efforts up. Your help is greatly appreciated.

Fit Bit Walkers what can I say, You are doing a tremendous job your effort is so impressive. Thanks for taking the lead on the challenges and activities and keep the walking up.....

Language class will be continuing on Wednesdays starting at 7 pm. This gives time for a snack break after the pool closes and before class starts. Lots of small prizes for participants, and some great snacks too. We will be having a Schools Out celebration this Wednesday so make sure you join us...

Gilakasala,

Pat Wilson, CHR