



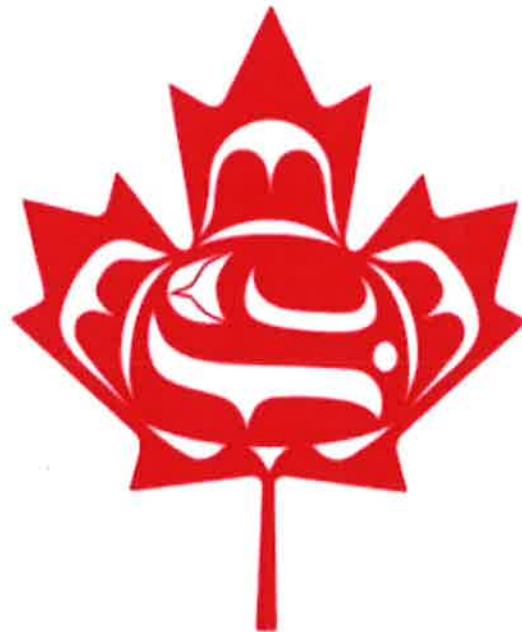
KWAKIUTL DISTRICT  
COUNCIL HEALTH

We Wai Kai Nation KDC Health

Quinsam & Cape Mudge

*"Gawalla xa hamattalla" Helping Our People*

JUNE 27-JULY 1, 2016



Happy Canada Day

## 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

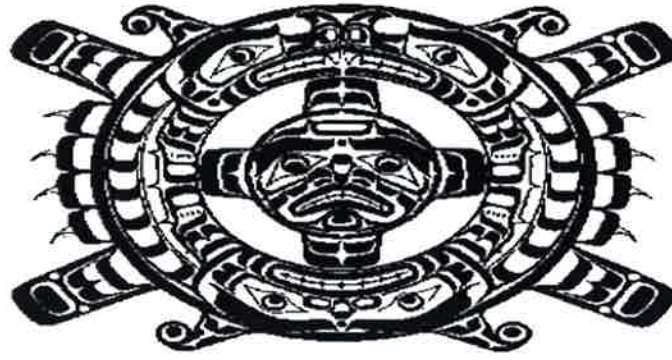


Reduce Stress	Strength	Flexibility
Weight Loss	Decrease Body Fat	
Increase Endurance	Sleep Better	
Lowers Blood Pressure		

### Paraffin Waxing (for hands and feet)

Arthritis Relief	Bursitis Relief
Smooth skin	Eczema
Inflammation	Stiff Joints





ALL KDC HEALTH  
OFFICES

WILL BE CLOSED  
FRIDAY JULY 1ST FOR  
CANADA DAY!





**Kwakiutl District Council**  
**1400A Drake Road**  
**CAMPBELL RIVER, B.C. V9W 7K6**  
**Phone (250) 286-9766**  
**Fax (250) 286-9713**

**Employment Opportunity – Part Time Receptionist/ Trainee,  
Summer Student Employment – 21 hours per week  
July 4 – August 26, 2016**

**Location: KDC Health offices, Campbell River**

*Kwakiutl District Council Health (KDC Health) is looking for a summer student to work in the KDC Health offices located in the Campbell River Wellness Centre's. The position is requiring a General Assistant Trainee. The trainee will assist the Site Administrative Coordinator and provide reception coverage during vacations, provide program support, support nurses & other staff on an as needed basis.*

Reporting to the KDC Health Director, this position requires strong interpersonal skills to effectively interact and support the staff, and greet visitors. Typical duties will include answering phones, front desk customer service, sending and receiving faxes, photocopying, mail and other related duties.

**Employment requirements:**

- Must be a youth 16 – 29 years of age
- Must be returning to school full-time in the fall 2016
- Good communication skills both oral and written
- Be able to work with limited supervision
- Good organizational skills
- A valid driver's license and reliable vehicle would be an asset

**Wage: \$12.45 per hour**

For questions or to receive further information, please email: [administration@kdchealth.com](mailto:administration@kdchealth.com)

Please submit your resume, cover letter and three employment references) to:

**Assistant to Director, KDC Health**  
**1400 A Drake Road**  
**Campbell River, BC V9W 7K6**  
**Email: [administration@kdchealth.com](mailto:administration@kdchealth.com) Fax: 250 286-9713**

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



# YOGA + ESSENTIAL OILS = HEALING BLISS

## It's the time of year to move!

According to **Ayurveda** (the science of knowledge, and Yoga's sister science), we can use the healing power of **nature** to bring our bodies and minds back into a state of balance and harmony; using foods, herbs, plants, spices, movement, skin care practices and of course yoga - according to the season and our individual constitutions.

In this energizing yet gentle yoga practice, we will begin the process of awakening the body after a season of hunkering down, resting, and possibly lethargy and heaviness. We will practice dynamic postures to get our circulation and breathing going, and then settle into some more passive postures, ideal for engaging the relaxation response. We will use **nature** in the form of essential oils, to stimulate and also calm our senses. These aromas will send you well on your way to healing.



Tuesday, June 28<sup>th</sup> 6:30-8:00 pm @ Dana

Mahone Yoga instructor

----KDC Health at the Cape Mudge Band Office

Free!

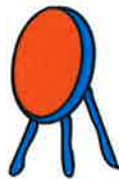
*(if the class is popular it will continue on so please come join us!!)*



# JULY 5 TO 8<sup>TH</sup>

KIDS SUMMER CAMP AT THE CAPE 10 A.M. TO 2 P.M.  
(MORNING SNACK AND LUNCH INCLUDED DAILY)

To all the kids at the Cape Mudge Village site who are between the ages of 6-12. We are having our annual summer camp and look forward to seeing you again this year. We have many fun filled activities planned and hope you will participate. Please call Patty (250-202-7908 cell) if you are planning to attend --as the camp is limited to the first 12 kids.



TREASURE HUNT

