

KWAKIUTL DISTRICT COUNCIL HEALTH

We Wai Kai Nation
Quinsam & Cape Mudge

October 24-28



"Gawalla xa hamattalla" Helping Our People

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

Keltie Pike, Site Administrative Coordinator **Mon-Fri**

Email: receptionquin@kdchealth.com

Amanda Roberts, Community Health Representative **Mon-Fri**

Email: amanda.roberts@kdchealth.com

Alisia Henkel, Community Health Nurse **Maternity Leave**

Kathleen Power, Registered Dietitian (by appointment only) 250-286-9766

E-mail: kathleen.power@kdchealth.com

Natalie Crawford, Clinical Counsellor (by appointment only) 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, Casual Community Health Nurse **Wed**

Email: jacey.dick@kdchealth.com

Shelby Huffman, Community Health Nurse (Mentor) **Tues, Thur & Fri**

Email: shelby.huffman@kdchealth.com

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 Worker **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 **Maternity Leave**

Shelby Huffman, Community Health Nurse (Mentor) **Mon & Wed**

Email: shelby.huffman@kdchealth.com

Jacey Dick, Casual Community Health Nurse

Email: jacey.dick@kdchealth.com

KDC Welcomes New Staff!

Please join us in congratulating Dianna Smith and Amanda Roberts regarding their recent changes in role within the KDC Health team. Dianna Smith has left the Quinsam site to take on her same role at the Campbell River site. Dianna's short time with the Quinsam team saw her bring life to the Community Health Representative role at Quinsam. With her leaving we proudly announce that Amanda Roberts will fill the Community Health Representative position at Quinsam. Amanda comes to this role with a fresh perspective which is complimented by the fact that she worked closely with Dianna prior to her departure. We look forward to Amanda growing into the position and further getting to know community over the years to come. With Amanda's transfer came an opening with the Site Admin Coordinator position for Quinsam. We are pleased to introduce Keltie Pike as our new Site Admin Coordinator! Keltie will be the new bright smile and kind voice of the KDC Health Quinsam office. Come on by and say hi!



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





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

Employment Opportunity, Clinical Counsellor
FTE .06 (21 hrs. per week)

As an employee of the Kwakiutl District Council (KDC) you will be a key member of the health team, providing direct patient support to KDC member nation citizens. This exciting new role will offer the right candidate an initial one year, full time term contract.

Reporting to the Mental Health & Addictions Program Manager, the Clinical Counsellor is a professionally-accredited position. The role of the Clinical Counsellor is to provide counselling to individuals, families and youth, across all KDC Health sites. The position applies knowledge and experience in providing therapy for a range of KDC Health individual and family situations. The incumbent operates at a high level of analytical, information processing and human interaction. The duties of this position include providing counselling services to an active caseload of individuals, youth and families, coordinating therapy with other service providers and participating as part of the KDC Health team to create and follow through on care plans for children and families. Make regular visits to all four site offices.

A Masters degree in an allied health discipline including supervised practicum from an approved post secondary institution. In addition to a Masters degree the incumbent must have a minimum of five (5) years as a Therapist with a minimum of one (1) year in a community setting. Registered member in good standing with the BC Association of Clinical Counsellors or the BC College of Psychologists. Exposure to a First Nations health environment is an asset.

An equivalent combination of education and experience that is deemed to be equal to the above requirements may be considered.

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: terry.lee@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:

Human Resources Coordinator, KDC Health
1400 A Drake Road
Campbell River, BC V9W 7K6
Email: terry.lee@kdchealth.com Fax: 250 286-9713

This posting will remain open until 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

Employment Opportunity, Patient Health Care Navigator (PHCN) Full-time

As an employee of the Kwakiutl District Council (KDC) you will be a key member of the health team, providing direct patient support to KDC member nation citizens. This exciting new role will offer the right candidate an initial one year, full time term contract.

Reporting to the Health Director, the PHCN works as part of the Health Team and, as required acts as a client care navigator while ensuring care is culturally specific, ethno sensitive, and patient-centered. Working with the KDC Health Team, helping with the aboriginal health system of the new FNHA Health Benefits program, and referrals as the need is identified; the PHCN has dual responsibilities to act as a client advocate to help community members navigate the hospital/health care system and to serve as a Patient Health Care Navigator for KDC client care.

A Degree in Social Work, five (5) years directly-related experience in the majority of specialties listed in the job description (e.g. experience in health promotion, delivery of health programs and understanding of community health issues) is required, although an equivalent combination of education and experience will be considered.

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

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Flu Clinics

At Quinsam

The nurses will be providing influenza immunizations at the KDC Office on Quinsam on the following dates:



Tuesday, October 25

10:00am - 4:00pm

Thursday, October 27

1:00pm - 6:00pm

Tuesday, November 1

10:00am - 4:00pm

ATTENTION!
KDC HEALTH COMMUNITIES



VISION CLINIC DATES

November 7th to 9th, 2016

It is recommended that children and elderly have an eye exam every year. Those who are 18+ are recommended to have an eye exam every 2 years.

IMPORTANT: All clients will need prior approval please call Mildred or Dayle @ 250-2869766 as soon as possible & provide the following information:

Name:

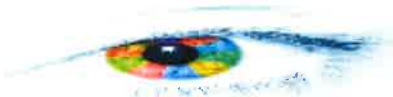
Date of Birth:

Status Number:

Personal Health Number (Care Card) and upon approval you will get a call back to book your appointment.

Priority will be given to those already on the list from the previous cancelled vision clinic.

MUST HAVE PRIOR APPROVAL OR YOU WILL NOT BE SEEN!



First Aid Course

Interested??

Please call Amanda at
250-286-8064 to register

1 Day class Nov 9th

One day First Aid and CPR class based on Employment Standards.

Please call if you are interested in this or other First Aid courses.

MUST HAVE 10 PEOPLE REGISTERED FOR A CLASS

You could save a life!

FENTANYL INFORMATION SESSION



- What is it?
- How does it affect the body?
- What other drugs could it be in?
- How many fatalities in BC?
- Are deaths preventable?
- Naloxone update

'Little good news to share' Fentanyl overdoses: Nanaimo health officials hoping to avoid Victoria tragedy

Drug overdose death toll in B.C. hits 488 as government, health agencies try to tackle the fentanyl public health emergency after fentanyl overdoses kill 200 people in three months

Fentanyl in Canada will get worse before it gets better: RCMP report

HOSTED BY KDC HEALTH

GUEST SPEAKERS

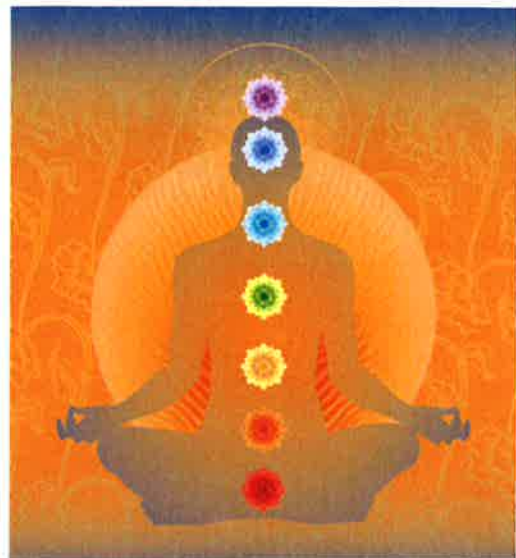
Leanne; Positive Wellness Counselor; AIDS VI & Amy; Nurse Clinician, Positive Wellness NI Services

Oct 26

6:30-7:30

Quinsam

Adult Yoga & Wellness



'I am the Creator of Child's Pose Yoga; nourishing young hearts and minds through, yoga, meditation and mindful thinking. I am a certified all-ages yoga teacher currently living on Quadra Island. With years of education and life experience 😊 I have chosen to dedicate my life to studying health and wellness, and it brings me great joy to share this passion with those around me. My approach to yoga is one of mindfulness, ease and play. All you need for a class with me is an open heart and mind, and your breath!'

Monday's

Starting September 19th

5:30-6:30 pm

To Register please call Amanda R. at 250-286-8064

KDC Health



Building A Better Relationship With Food

With Kathleen Power Registered Nutritionist &
Clinical Counselor Natalie Crawford

Topics Include:

Self Care

Motivation

Body Image

Making Change

Goal Setting

Mindful/Intuitive Eating

Instinctual Eating

Decisional Balance

This is not a dieting group

Where: Campbell River KDC Health Office

When: Tuesday's 5:30pm - 7:30pm



Snacks Tea & Coffee Provided

Limited space available

Call Amanda @ Quinsam KDC Health Office - **250-286-8064**

Halloween Safety Tips



 Younger children should always walk with an adult.
 Older children should always walk in a group.


 Use flashlights, glow sticks, or reflective tape to make it easier to be seen at night.


 Do not go to any dark, unlit houses.

 Do not go inside a stranger's house.


 Cross at crosswalks and make eye contact with drivers before you cross.

 Walk, don't run!


 Pay attention when walking past driveways to make sure cars aren't pulling in or out.

 Wear non-toxic make up instead of a mask, which may hinder sight. If you wear a mask, make sure it fits well.

 Costumes and shoes should fit to avoid trips and falls.

 Costume accessories such as swords shouldn't be sharp. They should be soft and flexible.

 Do not eat any candy until an adult checks it.

 Eat only factory wrapped candy and stay away from home made treats or candy from another country.

 Parents, keep an eye out and drive safe!





&



**Campbell River Community
Literacy Association**



**Campbell River
Literacy Now**



Presents...



It's Halloween!! Dress up in your scariest costume and come down to the library to "Trick or Book"! Receive a free new book!

Feel free to drop off gently used children's books at the library before Halloween.

Free! | October 31 | 2—4pm | Campbell River Library

Contact: campbellriver@virl.bc.ca | 250-287-3655