



# KWAKIUTL DISTRICT COUNCIL HEALTH

We Wai Kai Nation KDC Health

Quinsam & Cape Mudge

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

September 12-16



## 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**

**Dianna Smith**, Community Health Rep Email: dianna.smith@kdchealth.com **-Mon-Fri**

**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** , Casual Community Health Nurse **Email:** jacey.dick@kdchealth.com **Wen**

**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 Email: jacey.dick@kdchealth.com

**Shelby Huffman**, Comm Health Nurse (Mentor) shelby.huffman@kdchealth.com **Mon-Wed**

# 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, Community Wellness Worker (CWW)**

*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, this front line worker holds a Bachelor in Community Social Services or health related program, such as Human Services, Mental Health, Life Skills & Career Development with two to four (2-4) years' experience. The incumbent 1) works under clinical supervision of the MHA Manager to coordinate client-focused treatment/rehabilitation plans (advocacy, education & referrals); 2) develops and delivers addictions & mental health awareness activities (e.g. men's group; chit chat) according to pre-approved program planning schedules and 3) builds community relationships and promotes a safe health and supportive environment for clients that instills a sense of dignity and self respect.

A Bachelor in Community Social Services or health related program, such as Human Services, Mental Health, Life Skills & Career Development, two (2) years directly-related experience in the majority of specialties listed in the job description (e.g. working with mental health issues; intake process for addictions; knowledge of the Mental Health Act; understanding the social effects of substance abuse, the ability to organize community groups/programs; the ability to use alternative and traditional healing methods) 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.

To receive a comprehensive job description, please email: [administration@kdchealth.com](mailto: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](http://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:

**Assistant to Health 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 filled.  
Thank you in advance, but only those applicants selected for an interview will be contacted.





Break Fast.... After resting all night your body is like a car needing fuel. So Join us...power up ...and start your day right.

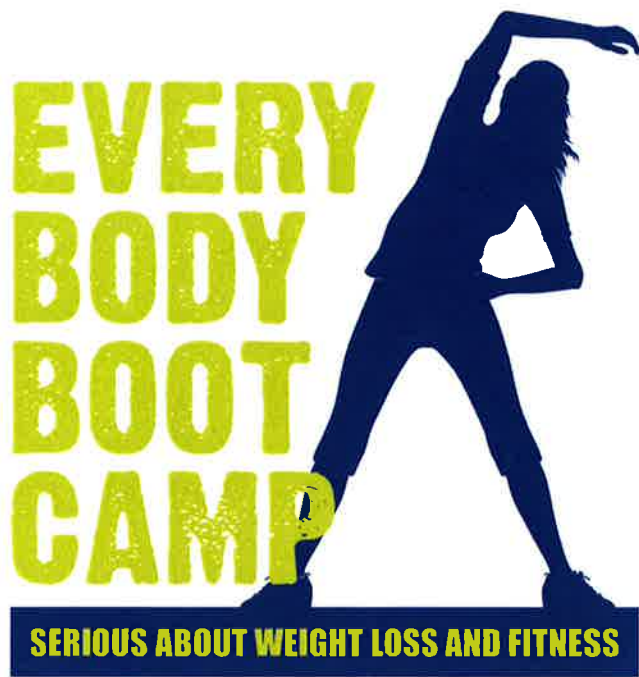
Please join us at the Cape Mudge Health Office for a 3 day event..."Building Better Breakfasts" is an interactive session with myself and Dietician Kathleen Power. Starting Monday September 12th at 7:30 to 8:30 a.m. we will be happy to share breakfast food ideas with you and your children.

Thankyou, Patty Wilson, Community Health



Out of office:

Patty will be out of the office on Friday Sept 16th from 1 –4 so please drop by in the morning for services. On Monday Sept 19th she will be involved with Recertification of the Children’s Oral Health Initiative (COHI) our dental program so will be in Campbell River and not available. Phone messages will be returned as time allows. Thank You



Starts Wednesday Sept.  
14th 2016

At the Cape Mudge Hall

Free for community mem-  
bers...start time 6 p.m.

Looking for motivation, from beginner to advanced  
Boot Camp offers fitness routines for all ages.

This weekly training program is being sponsored by  
the Cape Mudge Recreation from Sept thru March.

Everyone welcome! Free for Cape Mudge  
Community members. Start time 6 p.m.



Cape Mudge

**BLOODWORK LAB**

**8:00-9:00 Lab**

**RESTARTS September 23rd 2016**

**B12 shots, lab requisitions, blood work all  
available**

**Walk-in to the lab at the Cape Mudge, KDC  
Health office between 8:00 & 9:00 and the  
Nurse Practitioner will collect a specimen -  
blood, urine or other  
body fluid.**



# Fit Nation

When: Monday September 19th

Time: 6:30am

Where: Campbell River KDC Health Office

Open to everyone

Fit Nation will run for 6 weeks



If you would like to register for Fit Nation

Please call Amanda @ 250-286-8064

# Indian Residential School

**Support Programs available:**

*We need your input!*

## **Homalco Cultural Centre**

**PRIZES**

**Sept. 28th, 2016  
9:30 am—6:00 PM**

**DINNER**

*For more information contact:*

**Neil White & Arlene White  
IRS Support Workers**

**Neil's Cell: 250-713-8277  
Arlene's Cell: 250-713-6741**



**Inter Tribal Health Authority**

IRS Support Programs

250-753-3990 ext.278